

**FREE**



# 2025-2026 Oneida County Aging and Disability Resource Directory

A Publication of the  
Northwoods Star Journal  
and ADRC of Oneida County

[adrc.oneidacountywi.gov](http://adrc.oneidacountywi.gov)






**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.

30832

**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](http://www.rennesgroup.com)

### CONTACT US

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

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.

CONNECT WITH US





**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.

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The ADRC of Oneida County is here to provide information and assistance to residents of Oneida County and their family members. Our specialists can assist with benefits and options.

**715-369-6170**  
or toll-free **800-379-7499**

**<https://adrc.oneidacountywi.gov>**

Share this website with your family members and friends for easy access to information and links important to older adults and adults with disabilities in Oneida County.



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## **ADRC of Oneida County Committee**

*The policy-making committee of the ADRC*

Ted Cushing, Chair  
Russ Fisher, Vice Chair  
Sharon Dricken  
Robert Thome, Jr.  
Joan Hauer  
Rita Mahner  
James Unger  
Linnaea Newman  
Melanie Fralick

The ADRC committee oversees the policy-making decisions for the department. The nine committee members are appointed by the Oneida County Board Chairperson and represent residents regarding programs and policies for Oneida County residents age 60 and better and adults with disabilities.

Currently, four members of the committee are elected County Board Supervisors and the other five members are citizen members recognized for their ability and interest in service to older adults and persons with disabilities.

*Members as of April 2025*

### **OPEN MEETINGS**

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

# Aging and Disability Resource Center of Oneida County

## Aging and Disability Resource Center Staff

Mya Olkowski, Manager

Heather Beach, Nutrition/Transportation Coordinator

Lori Ring, Retired/Senior Volunteer Coordinator

Traci Caswell, APS Social Worker

Jean Sutherland-Kreger, APS Social Worker

Sarah Phelps, ADRC Specialist

Jennifer Sackett, ADRC Specialist

Amy Bayer, ADRC Specialist

Laura Klebs, Dementia Care/ADRC Specialist

Elizabeth Erickson, Disability Benefit Specialist

Kris Schiek, Elder Benefit Specialist

Shelley Steingraeber, Receptionist

Older adults, persons with disabilities, and family members contact our office every day for information and assistance for the options and services adults need to live the life they want to live. This directory is a good starting point for accessing services in Oneida County.

Please save this directory to use throughout the year to help you, a family member or a friend locate a program, service or product. Our staff welcomes the opportunity to meet with you personally to address your individual concerns. Together we can find solutions that will help adults maintain independent lives in their choice of residency and community.

We are indebted to the *Northwoods Star Journal* who worked with our Department to produce this 20th edition publication. We also thank each of the advertisers in this directory for purchasing ads to make this publication possible. We welcome your comments and suggestions to improve future directories.

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

**For additional information and assistance for any older adult or disability issue, contact:**

**ADRC of Oneida County**

100 W. Keenan St., Rhinelander, WI 54501 • (715) 369-6170 or toll-free (800) 379-7499

<https://adrc.oneidacountywi.gov> • e-mail: [adrc@oneidacountywi.gov](mailto:adrc@oneidacountywi.gov)



# Healthy Living Programs In Oneida County

Sponsored by: ADRC of Oneida County, UW-Extension, and the YMCA of the Northwoods



**Healthy Living with Diabetes**  
A 6-week program + bonus session to help adults living with type 2 diabetes, pre-diabetes, or who live with someone that has diabetes. In this weekly interactive class, learn to set goals, problem-solve, improve blood sugar, make healthy food choices, and new solutions to live well.



**Living Well with Chronic Conditions**  
A 6-week program to help adults with an ongoing health condition live a healthy life and feel better. In this weekly interactive class, learn to set goals, problem-solve, cope with common symptoms, form healthy routines, and discover new solutions to live well.



**Healthy Living with Chronic Pain**  
A 6-week program for individuals managing on-going, persistent pain. In this weekly interactive class, learn new coping skills for managing pain. Learn to set goals, problem solve, use your mind to manage symptoms, and become more active and involved in life.



**Mind Over Matter: Healthy Bowels, Healthy Bladder**  
A 3 session (For women only) researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. learn strategies for preventing or lessening symptoms



**Strong Bodies**  
A ten or twelve week, strength-training program that includes progressive resistance strength training, balance, and flexibility exercises.



**Stepping On**  
A 7-week program + booster session to help adults reduce falls and stay active. In this interactive class, learn about balance and strength exercises, safety at home, and ways to be strong and steady.

**To register or get more information about a workshop, Call the ADRC of Oneida County. If you are interested in taking part in one of these workshops please call the ADRC and get us your name and contact info so we can let you know when the next workshop will be starting. 715-369-6170**

# ADRC Services

## ADRC of Oneida County

Address: 100 W. Keenan St.

Rhineland, WI 54501

Telephone: (715) 369-6170 or (800) 379-7499

Website: [adrc.oneidacountywi.gov](http://adrc.oneidacountywi.gov)

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

Services: Offering a variety of programs and information related to older adults and adults with disabilities. The following programs are offered by the ADRC of Oneida County. There is no charge for services unless noted.

### Alzheimer's Family Caregiver and Support Program:

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

(See "Alzheimer's Disease" section for more specific information on page 13.)

### Disability Benefit Specialist: Disability Benefit Specialist

assists adults with disabilities ages 18-59 years old with public and private benefit programs including application and appeal procedures. Phone, office or home visits are available.

(See "Advocacy" Section for more specific information on page 10.)

**Elder Benefit Specialist:** Elder Benefit Specialists are available to help adults age 60 and older "cut through the red tape" of various federal, state and county benefits programs like Medicare, Social Security, medical billing problems, housing assistance, SeniorCare, etc. Phone, office or home visits are available.

(See "Advocacy" section for more specific information on page 10.)

**Evidence-Based Programs:** Clinically proven programs that can help older adults maintain independence. Living Well with Chronic Conditions, Stepping On (falls prevention), Healthy Living with Diabetes, Healthy Living with Chronic Pain, Strong Bones, and Stand Up for Your Health.

**National Family Caregiver Support Program:** Offers assistance and guidance to family caregivers. Help may be available to any Oneida County resident,

## What about cremation?

Do funeral homes do cremation? Can I still have a service? What about costs? We can help with all of it. Please send for this informative brochure to help answer any questions you may have. It's free and you'll learn with cremation there are as many choices as there are wishes.



1025 Margaret St • Woodruff, WI 54568  
(715) 439-4100 • [www.nimsgernfuneral.com](http://www.nimsgernfuneral.com)

Heindl-Nimsgern Funeral & Cremation Services  
284 Chestnut St Phillips, WI 54555 • 715-339-2313

Krueger-Nimsgern Funeral & Cremation Services  
101 N. 2nd St Tomahawk, WI 54487 • 715-453-3808

Yes, I'd like more information on cremation.  
(There is no cost or commitment.)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_

MAIL TO: Nimsgern Funeral & Cremation Services  
PO Box 230 • Woodruff, WI 54568

439499



WHAT  
about  
CREMATION?

As Many Choices As  
There Are Wishes



**Jamie Nimsgern**  
OWNER/  
FUNERAL DIRECTOR

whether they are receiving or providing the care, regardless of the older adult's county of residence.

(See "Caregiver Support" section for more information on page 15.)

**Loan Closet:** (Durable Medical Equipment)

(See "Medical Equipment" section for more information on page 45.)

**Meals on Wheels:** This program provides balanced, nutritious meals to older adults who are home-bound and unable to attend a Senior Dining Site. Participants are allowed the opportunity to make a donation towards the cost of the meal.

(See "Food" section for more information on page 28.)

**Newsletter:** The ADRC monthly newsletter is the best resource for the current news about activities, menu and informative articles. Your free copy is available at The ADRC, all Senior Dining Sites, at community locations, on-line or mailed to your home for a small fee.

**Recreational Activities:** The ADRC of Oneida County is open to all adults for casual drop-in and socializing for organized activities. There is no charge for coming to the Center; fees relate only to specific optional programs.

(See "Community Center" section for more specific information on page 17.)

**Senior Dining Sites:** This program provides an opportunity for persons age 60 and over and spouses to enjoy a nutritious meal in a social setting at seven dining site locations in Oneida County. There are no economic guidelines to qualify to attend, and all participants are allowed the opportunity to contribute towards the cost of the meal.

(See "Food" section for more information on page 29.)

**Supportive Home Care:** Provides homemaker assistance to low income older adults and persons with disabilities who need only modest assistance.

**Transportation Services:** The ADRC provides volunteer drivers for those not served by other options like Medicaid-covered transportation.

(See "Transportation" section for more specific information on page 54.)

**Volunteer Opportunities:** The work of the ADRC is accomplished by an effective combination of trained staff and volunteers. A variety of volunteer opportunities are available. Mileage reimbursement is available for volunteer driving.

(See "Volunteers" section for more specific information on page 56.)

## What are your options of getting help at home?

There are several options for receiving extra help to allow you, or a loved one, to remain at home as long as possible. This list includes different options included in this directory (see page references). For personalized assistance, contact the ADRC of Oneida County (page 6).

**Home Care:** (page 32) Paid help you hire for your choice of services: Basic companionship, household chores, assistance with personal cares (bathing, dressing, etc.), shopping, etc. You can hire someone directly and you are responsible for all employment related issues, or you can contract with an agency. Check with the ADRC for information if you qualify for publicly funded care.

**Home Health Care:** (page 33) Medically necessary care to help treat, restore, rehabilitate or sustain a patient in the home. Physician orders are required and Medicare, Medicaid and Private Insurance may cover these services when certain criteria are met.

**Hospice Care:** (page 34) Supportive care in the final phase of a terminal illness and focus on comfort and quality of life, rather than cure. Hospice is often home-based, but can include hospice homes, nursing homes or hospitals. Medicare, Medicaid, veterans benefits, etc. usually covers the cost.

**Respite Care:** (page 51) Paid help you hire, either in the home or in a care facility (for overnight or longer stays) that give temporary/short-term (hours or days) relief to those caring for a loved one who can not be at the home alone. Respite offers a break for caregivers. Check with the ADRC for information if you qualify for publicly funded care.

## ADRC Services cont.

**Memory Screens:** ADRC staff administer memory screenings to assess for any potential memory-related concerns. This information can then be provided for further evaluation to your healthcare provider or a specialized memory clinic.

## Adult Day Services

Adult Day Services offer a facility for adults with early memory loss or other disability that prevents the person from being alone at home. Allows caregiver respite and social and recreational activities for the participant.

### Pastime Club Adult Day Services

**Ascension Lutheran Church - Minocqua**

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

Telephone: (715) 358-3404, (608) 881-2117

Website: [www.pastimeclub.org](http://www.pastimeclub.org)

Hours: Monday & Thursday 9:30 a.m.-2:30 p.m.

## Advocacy

### AMAC-Association of Mature American Citizens

The Association of Mature American Citizens (AMAC) is here to protect your interests, and to offer an alternative perspective on how to best solve the problems seniors face today. We need you. America needs you.

Telephone: (888) 262-2006

### American Association of Retired Persons (AARP)

Address: 222 W. Washington Ave. #600  
Madison, WI 53703

National AARP Telephone: (866) 448-3611  
(800) 424-3410 or (888) 687-2277

Website: [www.aarp.org/states/wi](http://www.aarp.org/states/wi)

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

### GOVERNMENT SUBSIDIZED HOUSING Leave your maintenance worries behind



#### 1 Bed-Rent 30% of income!

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

#### 1-2 Bed-Rent 30% of income!

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

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

**715-351-9358**

[minocquaregion@impactseven.org](mailto:minocquaregion@impactseven.org)

**EHO**

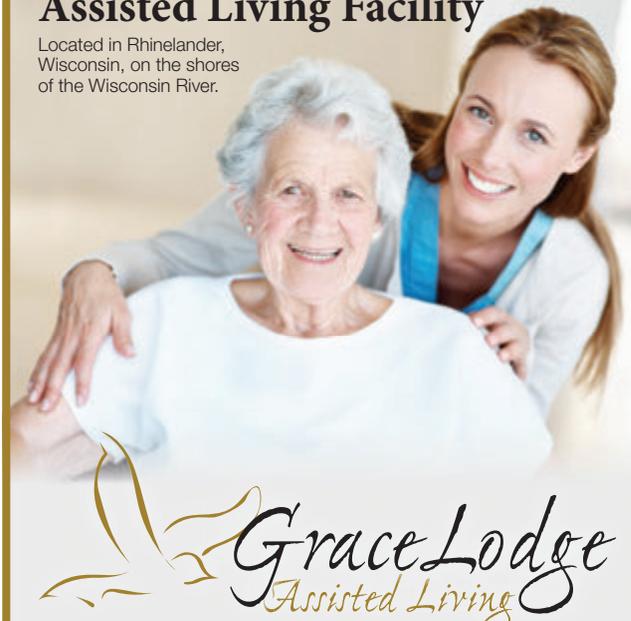


"This institution is an equal opportunity provider and employer."



### Locally Owned & Managed Assisted Living Facility

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



*Grace Lodge*  
Assisted Living

1000 Day Street • Rhinelander  
715-365-1234 • [GraceLodge.com](http://GraceLodge.com)

Locally owned by Calvin and Susan Sprik

244652

## **Benefit Specialist Programs**

ADRC of Oneida County

Address: 100 W. Keenan St.

Rhineland, WI 54501

Telephone: (715) 369-6170 or (800) 379-7499

### **Disability Benefit Specialist**

Services: The Disability Benefit Specialist can assist adults with disabilities, age 18-59, by providing information and counseling regarding benefit programs, including eligibility assessment, application and appeals assistance, for Social Security disability, Medicaid, Medicare. Post-eligibility issues include work incentives, overpayments and Continuing Disability Reviews, Medicare options including Advantage plans and prescription plans.

### **Elder Benefit Specialist**

Services: The Elder Benefit Specialist can assist adults age 60 years and older by providing information and counseling regarding benefit programs (Social Security, Medicare, Supplement Insurance, etc.), including eligibility assessment, application assistance and appeals process. We can assist with initial level disability cases.

## **Coalition of Wisconsin Aging & Health Groups (CWAG )**

Address: 30 West Mifflin, Suite 406,

Madison, WI 53703

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

Website: [www.CWAG.org](http://www.CWAG.org)

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

## **Disability Rights Wisconsin (DRWI)**

A private non-profit agency that protects the rights of people with disabilities, DRWI also offers programs for protection and advocacy including SSI-Managed Care Advocacy, Victim Advocacy, The Client Assistance Program (CAP) assists people with disabilities who are having questions or concerns about services through the Division of Vocational Rehabilitation (DVR) or who have concerns about services received through an Independent Living Center (ILC). DRWI also assists those with disabilities age 18-59 in Family Care & IRIS who wish to speak to an Ombudsman. For ages 60+,

see: "Long-Term Care Omb."

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

Milwaukee: (414) 773-4646

Website: <https://disabilityrightswi.org>

## **Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR)**

Telephone: (608) 243-5670

Website: [www.gwaar.org](http://www.gwaar.org)

Services: Website resource for advocacy materials on issues affecting older adults and their caregivers. Includes programs on Elder Abuse Hotline, Business Development Center, Guide to Elder Law and Benefits in WI, Veteran-Directed Home-and-Community-based Services, WI Senior Employment Program (WISE), and the two programs below:

### **WI Guardianship Support Center (GSC)**

Helpline: (855) 409-9410 (leave a message)

Email: [guardian@gwaar.org](mailto:guardian@gwaar.org)

Website: [www.gwaar.org/gsc](http://www.gwaar.org/gsc)

Services: The GSC answers questions on adult guardianship, protective placement, advance directives, and more.

### **Wisconsin Senior Medicare Patrol (SMP)**

Helpline: (888) 818-2611

Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

Website: [www.gwaar.org](http://www.gwaar.org)

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

## **Long-Term Care Ombudsman**

The WI Board on Aging & Long Term Care Northern Regional Ombudsman.

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

Telephone: (800) 815-0015 Stacey Holom

E-mail: [boaltc@wisconsin.gov](mailto:boaltc@wisconsin.gov)

Website: <http://longtermcare.wi.gov/pages/ombudsman.aspx>

Services: The Long-Term Care Ombudsman Program advocates for people 60 and older who receive their long-term care services as residents or tenants or a licensed or certified long-term care setting, such as nursing homes, Adult Family Homes (AFH), Community Based Residential Facilities (CBRF), and Residential Care Apartment Complex (RCAC) and ser-

## **Advocacy cont.**

ices of the community options programs. Serves participants in both the Family Care and IRIS Programs. For ages 18-59, the long-term care Ombudsman Program is Disability Rights WI

### **Midstate Independent Living Choices (MILC)**

Address: 3262 Church St.  
Stevens Point, WI 54481

Telephone: (715) 344-4210

Website: [www.milc-inc.org](http://www.milc-inc.org)

Services: A consumer-controlled, non-profit, non-residential organization serving 11 counties in Wisconsin, since 2000. Our mission is "Empowering people toward independence" through our core services of advocacy, independent living skills training, information & referral, peer support, and transition to the community.

Hours: Mon.- Fri. 8:30 a.m.-5 p.m.

### **Wisconsin Legislative Hotline**

Telephone: (800) 362-9472  
(TTD) (800) 228-2115

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

## **Alcohol & Other Drug Abuse-AODA**

### **Alcohol and Drug Abuse Program Oneida County Human Services**

Address: 705 E. Timber Dr.  
Rhineland, WI 54501

Telephone: (715) 369-2215

24-hour Crisis Line: (888) 299-1188

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

### **Alcoholics Anonymous**

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

Website: [www.northwoodsaa.org](http://www.northwoodsaa.org)

### **Aspirus Koller Behavioral Health - Rhinelander**

Address: 1630 N. Chippewa Dr.  
Rhineland, WI 54501

Telephone: (715) 361-2805

Hours: Mon.-Thurs. 8 a.m.-4:30 p.m.;  
Fri. 8 a.m.-3:30 p.m.

### **Aspirus Koller Behavioral Health - Woodruff**

Address: 240 Maple St., P.O. Box 470  
Woodruff, WI 54568

Telephone: (715) 356-8540

Hours: Mon.-Thurs. 8 a.m.-4:00 p.m.

### **Center for Substance Abuse**

Telephone: (877) 726-4727

Hotline: 800-662-4357

Services: The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness in America's communities.

### **Koinonia Treatment Facility**

Address: 1991 Winnebago St.  
Rhineland, WI 54501

Telephone: (715) 362-5745 (24/7 Help)

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

Regular hours 8:00 a.m. - 4:00 p.m.

### **Minocqua Alcohol & Drug Recovery Center - Marshfield Clinic**

Address: 9792 Hwy 70  
Minocqua, WI 54548

Telephone: (715) 358-7377

Toll Free: (844) 288-8324

### **National Council on Alcoholism & Drug Dependence**

Telephone: (800) 622-4357 or (877) 435-7425

Website: [www.ncadd.org](http://www.ncadd.org)

## **SAMHSA's National Helpline**

Telephone: (800) 662-HELP (4357)

Services: SAMSHA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

## **Transitions Center, LLC**

Address: 22 N. Pelham St., P.O. Box 622  
Rhineland, WI 54501

Telephone: (715) 365-6696

Services: Alcohol, drug abuse, gambling, mental health and domestic violence counseling on an outpatient basis for all ages. Individual, couples, family and group counseling available. Medicare, Medicaid, private insurance and private pay accepted. Weekdays, Saturdays and some evenings.

## **988 - 24/7 Crisis Support Center**

# **Alzheimer's Disease**

## **Adult Day Services Pastime Club**

### **Ascension Lutheran Church - Minocqua**

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

Telephone: (715) 358-3404

Website: [www.pastimeclub.org](http://www.pastimeclub.org)

Hours: Monday & Thursday 9:30 a.m.-2:30 p.m.

## **Alzheimer's Association - Wisconsin Chapter**

Address: P.O. Box 1472

Rhineland, WI 54501

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

Website: [www.alz.org/wi](http://www.alz.org/wi)

Services: Non-profit with the mission "to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health." Also offer professionally staffed 24/7 Helpline (800-272-3900) offers support and advice to family and caregivers.

# **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 Oneida County, please call the

**Oneida County  
Human Services**

**715-362-5695**

or toll-free at

**888-662-5695**

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

## Alzheimer's Disease cont.

### Alzheimer's Family & Caregiver Support Program

#### ADRC of Oneida County

Address: 100 W. Keenan St.

Rhineland, WI 54501

Telephone: (715) 369-6170

Services: Financial assistance with "in-home" respite, supportive care, adult daycare and special equipment. Free consultation, information and materials. Caregivers can be any age and either the caregiver or care recipient must reside in Oneida County. Care recipient must have a dementia diagnosis and meet criteria.

### Alzheimer's Support Groups

(See "Support Groups" section on page 52.)

### Memory Café

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

#### Northwoods Memory Café

Immanuel Evangelical Lutheran Church

Address: 21 W. Timber Dr.,

Rhineland, WI 54501

Telephone: (715) 369-6170

1st Thursday every month 10:30 a.m.-12:00 p.m.

#### Eagle River Memory Café

Walter E. Olson Memorial Library

Address: 203 N. Main St.,

Eagle River, WI 54521

Telephone: (715) 479-3625

2nd Monday of every month 10:00 -11:30 a.m.

#### St. Germain Memory Café

Northlife Church

Address: 6065 State Hwy 70 East

St. Germain, WI 54554

Telephone: (715) 479-3625

1st Monday of every month 10:00 - 11:30 a.m.

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## Memory Clinics

If you have concerns about memory loss, thinking skills or behavioral changes in yourself or a loved one, an important first step toward diagnosis and treatment includes contacting a memory clinic for an evaluation. Oneida County is fortunate to have two Wisconsin Alzheimer's Institute affiliated Memory Clinics.

### Marshfield Clinic Medical Center

Address: 9576 Hwy 70,  
Minocqua, WI 54548  
Telephone: (715) 358-1793

### Northern Wisconsin Memory Diagnostic Center Aspirus Rhinelander Clinic - N. Shore Dr.

Address: 2251 North Shore Dr.  
Rhinelander, WI 54501  
Telephone: (715) 361-4560

## Pastime Club Adult Day Services

### Ascension Lutheran Church - Minocqua

Address: 7937 Hwy. 51 S., P.O. Box 276  
Minocqua, WI 54548  
Telephone: (715) 358-3404  
Website: [www.pastimeclub.org](http://www.pastimeclub.org)  
Hours: Monday & Thursday 9:30 a.m.-2:30 p.m.

## Project Lifesaver

Telephone: (715) 361-5100  
Contact: Oneida County Sheriff's Department  
Services: Coordinates the placement of radio transmitter wristbands on individuals who are at risk of wandering away from their homes. Trained law enforcement teams can use the transmitter signal to help locate these individuals should they wander away.

# Caregiver Support

## Alzheimer's Family Caregiver Support

(See "Alzheimer's Disease" section on page 13.)

## Caregiver Support Groups

(See "Support Groups" section on page 52.)

## Frontotemporal Degeneration Support Groups

Call their Helpline or look for support online:  
1-866-507-7222  
Website: <https://www.theaftd.org/living-with-ftd/aftd-support-groups/> National Family Caregiver Support Program



# Senior Hearts Home Care

## **IN-HOME ADULT CARE – MEDICATION ADMINISTRATION – MEAL PREP**

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# ***ADVANCE DIRECTIVES***

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

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

- **Power of Attorney for Health Care**
- **Declaration to Physicians**
- **Do Not Resuscitate Order**
- **Power of Attorney for Finances**

Completing any of these documents is voluntary. They are valid once they have been completed, properly witnessed and signed. It is important to know that you continue to make your own health care and financial decisions as long as you are able.

The ADRC of Oneida County can assist in the proper completion of the advance directives.

Please contact the ADRC of Oneida County at 715-369-6170 or 800-379-7499 to reserve a seat at the Advance Directives Workshop.

## ***POWER OF ATTORNEY VS. LIVING WILL***

<b>Power of Attorney for Health Care</b>	<b>Declaration to Physician (Living Will)</b>
Allows you to designate someone to be your “proxy” decision maker known as your health care agent.	Your declaration is to the physician. No one represents you in making decisions.
Becomes effective when you are unable to make your own decisions, and two medical doctors (or one physician and one psychologist) examine you and personally certify your incapacity.	Becomes effective when two physicians determine your condition is terminal and death is imminent or when you are in a persistent vegetative state.
Addresses most health care decisions, including terminal illness, and may include your specific requests for treatment.	Addresses only your preferences regarding life-sustaining procedures and feeding tubes in two situations described above.

## **Caregiver Support cont.**

### **National Family Caregiver Support Program**

#### **ADRC of Oneida County**

Address: 100 W. Keenan St.,  
Rhineland, WI 54501

Telephone: (715) 369-6170 or  
toll-free (800) 379-7499

Services: Provides family caregivers with information, assistance, support, respite care and supplemental services. Help is available to any Oneida County resident, whether they are receiving or providing the care, regardless of the older adult's county of residence.

### **Pastime Club Adult Day Services**

#### **Ascension Lutheran Church - Minocqua**

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

Telephone: (715) 358-3404

Website: [www.pastimeclub.org](http://www.pastimeclub.org)

Hours: Monday & Thursday 9:30 a.m.-2:30 p.m.

### **Respite Care Association of Wisconsin RCAW**

Telephone: (608) 222-2033

Website: [respitecarewi.org](http://respitecarewi.org)

Provides grants to caregivers to obtain respite services

### **Wisconsin Parkinson's Association Support Group:**

Meeting in the Community Room

Laura Peck: (715) 420-2160

Email: [clew2222@gmail.com](mailto:clew2222@gmail.com)

Meeting Time: 2nd Tuesday at 3:00 p.m.

### **Wisconsin Family Caregiver Support Program**

Telephone: (866) 843-9810

Website: [www.wisconsin caregiver.org](http://www.wisconsin caregiver.org)

## **Chore Service**

*(Also see "Home Care" section for options for hiring a variety of services related to chores on page 32.)*

### **Brush With Kindness Habitat for Humanity-Northwoods**

Telephone: (715) 420-0412

Website: [habitatforhumanitynorthwoodswi.org](http://habitatforhumanitynorthwoodswi.org)

Services include interior and exterior painting, landscaping and minor repair services, which are sold to low-income homeowners. Contact our office for information on how to apply for a project to be completed.

### **Tomahawk Area Interfaith Volunteers, Inc.**

Address: 113A Tomahawk Ave.

Tomahawk, WI 54487

Telephone: (715) 453-8200

E-mail: [taivdirector@gmail.com](mailto:taivdirector@gmail.com)

Website: [www.taivnorthernwi.org](http://www.taivnorthernwi.org)

Office hours: Mon. – Fri. 10 a.m.-2 p.m.

Services hours: 7 a.m.-5 p.m.

## **Community Centers**

### **ADRC of Oneida County**

Address: 100 W. Keenan St.

Rhineland, WI 54501

Telephone: (715) 369-6170 or (800) 379-7499

Services: Variety of social, educational, health and recreational activities for older adults. Monthly newsletter available with complete activity calendar and menu. No membership required. Host site for Oneida County Senior Dining and Meals on Wheels Program.

### **Generations – A Community Gathering Place**

Address: 103 Elm St. & P.O. Box 1815

Woodruff, WI 54568

Telephone: (715) 356-9118

Email: [lakeland.senior@yahoo.com](mailto:lakeland.senior@yahoo.com)

Website: [www.lakelandretirement.org](http://www.lakelandretirement.org)

Services: Non-profit offering a variety of programs and services for older adults. Monthly newsletter with complete activity calendar available.

Hours: Mon. – Thur. 8:30 a.m.-3 p.m.,

Fri. 8:30 a.m.-noon

# Consumer Protection

## Better Business Bureau of Wisconsin, Inc. Consumer Protection Division

Address: 10019 W. Greenfield Ave.  
Milwaukee, WI 53214

Telephone: (414) 847-6000

Fax: (414) 302-0355

Website: [www.wisconsin.bbb.org](http://www.wisconsin.bbb.org)

Services: The consumer protection bureau contacts the business in question. If they decide it should be handled by another agency, they do the referral. If the business you complain against refuses to settle your complaint, you might consider discussing your complaint with a lawyer in private, or taking action in small claims court.

## Consumer Hotline of the Agriculture, Trade and Consumer Protection (DATCP)

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

Telephone: (800) 422-7128

Website: [www.datcp.wi.gov](http://www.datcp.wi.gov)

Services: Having a problem with an auto mechanic, contractor, or landlord? Educates consumers to avoid identity theft; and to regulate unfair business practices.

## National Fraud Information Center

Fraud Hotline: (202) 835-3323

Website: [www.fraud.org](http://www.fraud.org)

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

## National No-Call List

Telephone: (888) 382-1222

Website: [www.donotcall.gov](http://www.donotcall.gov)

## State of Wisconsin Department of Financial Institutions

Telephone: (608) 261-9555

Website: [www.wdfi.org](http://www.wdfi.org)

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

## How to Hire In-Home Help

Most older adults want to stay independent for as long as possible. They want to stay in control of their lives and live in their homes or apartments among familiar surroundings and friends. Sometime, in order to achieve this goal, additional help in the home is needed.

### Below is a summary from the guide of where to start in hiring in-home help:

**Interviewing Applicants:** Screen by phone first to eliminate someone who doesn't sound reliable. Interview in person, maybe ask a family member or friend to join you. Have a list of questions ready to ask.

**After the interview:** Never hire someone without first checking references.

**Offering an applicant the job:** Complete and sign a contract before work begins that covers rate of pay and work needed. Check to see if your home or apartment insurance covers your employee. Be sure to pay by check- not cash.

**Supervision:** Explain what you want an employee to do giving clear instructions. Be "up front" on performance. Give praise and correction when needed.

**Safety:** Do not leave valuables lying around. Try not to get overly involved with an employees private life or lend them money, vehicles, household furnishings or clothing. Report any theft or abuse immediately to law enforcement.

## **Wisconsin No-Call List**

Telephone: (888) 382-1222

You must call FROM the phone you want to put on the No-Call List: sign up once and you're done, as long as you have that number. Covers both National & Wisconsin No-Call List.

# **Continuing Education**

## **Learning in Retirement**

Address: P.O. Box 518

Rhineland, WI 54501

Telephone: Toll-free (800) 544-3039 ext. 4491  
or (715) 365-4491

Services: Operated by Nicolet Area Technical College with various classes year-round for retired or semi-retired adults.

## **Nicolet Area Technical College**

Address: P.O. Box 518

Rhineland, WI 54501

Telephone: (715) 365-4493 or  
toll-free (800) 544-3039

Website: [www.nicoletcollege.edu](http://www.nicoletcollege.edu)

Services: Nicolet College provides numerous opportunities for educational degrees, short term training, and educational and cultural enrichment. Outreach Learning Centers in major communities of Northern Wisconsin.

## **Oneida County University of Wisconsin Extension**

### **Northwoods Center Room 121**

Address: 5350 College Dr.,

Rhineland, WI 54501

Telephone: (715) 365-2750

Services: UW Extension works with continuing adult education, distance learning, and offers consultations for small business owners.

Hours: Mon. – Fri. 8 a.m.-4 p.m.

# **Crisis Intervention**

## **Crisis Intervention Link**

### **Community Mental Health Services**

### **Oneida County Human Services:**

Telephone: (715) 365-2155

Family Services Crisis Line: (888) 299-1188 Dial 288

Text Line: Text HOME to 741741

## **Family Services Crisis Line**

### **Oneida County Human Services**

Telephone: Toll-free (888) 299-1188

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

## **Koinonia Treatment Facility**

Address: 1991 Winnebago St.

Rhineland, WI 54501

Telephone: (715) 362-5745 (24/7 Help)

Services: Drug and alcohol treatment for residents of Oneida, Vilas and Forest Counties. Detox beds available for Vilas and Oneida County residents 24/7. Regular hours 8:00 a.m. - 4:00 p.m.

## **National Crisis and Suicide Prevention Lifeline**

Telephone: (988) NATIONWIDE

## **Text Hopeline**

Text "HOME" to 741741 to text with a trained crisis counselor 24/7 via free text message

## **Tri-County Council on Domestic Violence and Sexual Assault**

Address: P.O. Box 233, 3716 Country Dr., Suite 6

Rhineland, WI 54501

Telephone: (715) 362-6841 or toll-free 24 hour

Hotline (800) 236-1222

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

## **Veterans Crisis Line**

Telephone: (800) 273-8255 or Dial 988 and press 1

Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Hours: 24/7 Hotline

# Dental Assistance

## Family Health Center Dental Clinic- Rhinelander

Address: 2268 North Shore Dr.,  
Rhinelander, WI 54501

Telephone: (715) 420-1400

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

## Peter Christiansen Dental Clinic

Address: 129 Old Abe Rd.  
Lac du Flambeau, WI 54538

Telephone: (715) 588-4269

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

Hours: Mon. – Sat. 7:10 a.m.-5:30 p.m.

## Wisconsin Dental Association, Inc.

Telephone: (414) 276-4520

Website: [www.wda.org](http://www.wda.org)

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

Hours: Mon. – Fri. 8 a.m.-4:30 p.m.

# Disabilities Resources

## Brain Injury Resource Center of Wisconsin, Inc.

Address: 511 North Grand Ave.  
Waukesha, WI 53186

Telephone: (262) 770-4882



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Penny, or Dave

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

## Chick-A-Dee Acres Farm, Inc

Address: 475 Bloom Rd.,

Eagle River, WI 54521

Telephone: (715) 891-7675

Website: [www.chickadeeacresfarm.org](http://www.chickadeeacresfarm.org)

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

## Disability Benefit Specialist

(See "ADRC Services" section on page 8.)

## Headwaters, Inc

Address: 1441 East Timber Dr.,

Rhineland, WI 54501

Telephone: (715) 369-1337

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

## Job Accommodation Network

Address: P.O. Box 6080

Morgantown, WV 26506-6080

Telephone: (800) 526-7234

TTY: (877) 781-9403

Email: [jan@askjan.org](mailto:jan@askjan.org)

Services: Information for individuals & employers on job accommodations, ADA, and assistive technology.



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**Call for qualification information**  
**715-365-7979**  
**411 W. Phillip St., Rhineland, WI 54501**

132601

The Rhineland Housing Authority has been providing clean, safe and affordable independent housing in the Community since 1970, is an Equal Opportunity Housing provider and manages a smoke-free facility.

## **Disabilities Resources cont.**

### **Midstate Independent Living Choices (MILC)**

Address: 3262 Church St., Suite 1  
Stevens Point, WI 54481

Telephone: (715) 344-4210 Voice & TTY  
(800) 382-8484

Website: [www.milc-inc.org](http://www.milc-inc.org)

Services: A private, non-profit agency serving people with disabilities in advocacy, information & referral, independent living, assistive technology, medical equipment, employment, housing and home health care.

Hours: Mon. – Fri. 8:30 a.m.-5 p.m.

Services: A private, non-profit agency serving people with disabilities in advocacy, information & referral, independent living, peer/mental health support, assistive technology, medical equipment, transition services, housing and home health care. MILC is an IRIS consultant agency & provider of Personal Assistant Services.

### **State of Wisconsin Department of Workforce Development / Division of Vocational Rehabilitation (DVR) c/o Northern Advantage Job Center**

Telephone: (715) 365-1500 (Job Center)

Address: 51 A North Brown St.  
Rhineland, WI 54501  
(Entrance off Courtney St.)

Telephone: (800) 469-0917 or (715) 261-8760

TTY: (608) 327-6400

Website: [dwd.wisconsin.gov/dvr](http://dwd.wisconsin.gov/dvr)

Services: DVR is a Federal/State program to assist those with disabilities to obtain, maintain and improve employment with counseling, training, job assistance/coaching, assistive technology, and other individualized services.

### **Work Incentives Benefit Specialist (WIPA)**

Telephone: (877) 826-1752 (toll-free)

Email: [wipawi@eri-wi.org](mailto:wipawi@eri-wi.org)

Website: [www.wisconsinwipa.org](http://www.wisconsinwipa.org)

Work incentives benefit specialists offer support to people with disabilities by helping them make informed decisions about employment. They help

people understand how they could benefit from working, and explain special rules about returning to work. They also help people understand how their disability/other benefits. If you're currently enrolled in Family Care/IRIS, talk with your case manager/consultant or consultant about getting help from a WIPA. If you are working with DVR, ask them for WIPA referral.

## **Elder/Domestic Abuse**

### **911**

Anywhere in Oneida County for an EMERGENCY. Stay on the phone to give all relevant information until you are asked to hang up.

### **Emergency Mental Health Services**

#### **Oneida County Human Services**

Address: 705 E. Timber Dr.,  
Rhineland, WI 54501

Telephone: (715) 369-2215

Services: Emergency services designed to provide prevention, intervention and support in mental health crisis situations.

### **Oneida County Human Services**

Address: Courthouse, 1 S. Oneida Ave.,  
P.O. Box 400  
Rhineland, WI 54501

Telephone: (715) 362-5695 or  
toll-free (888) 662-5695

Website: <https://ocdss.co.oneida.wi.us>

Services: Department of Social Services is the lead agency for elder abuse in Oneida County. Abuse is defined as physical abuse, material (financial) abuse, neglect, or self-neglect of a person who is age 60 or older. Department of Social Services works with other local agencies (Law Enforcement, ADRC, etc.) to investigate allegations and offer services. All calls are kept confidential.

Hours: Mon. – Fri. 8 a.m.-4:30 p.m.

### **Tri-County Council on Domestic Violence & Sexual Assault**

*(See "Crisis Intervention" Section on page 19.)*

# Emergency Services

## Alzheimer's "Safe Return" Program

(See "Alzheimer's Association-Greater Wisconsin Chapter" in Alzheimer's Disease Section on page 13.)

## Medic Alert Foundation

Telephone: (800) 432-5378

Website: [www.medicalalert.org](http://www.medicalalert.org)

Services: Medical emergency ID bracelets to identify your medication or medical conditions in case of an emergency. Plus 24/7 emergency services to relay your critical medical information in times of need.

## Oneida County Ambulance Service

911 for emergencies

Non-emergency call: Rhinelander (715) 361-5100  
Minocqua (715) 356-3234

## Wisconsin's Silver Alert Program

Telephone: (608) 266-1671

Website: [wsic@doj.state.wi.us](mailto:wsic@doj.state.wi.us)

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

# Emergency Support

## American Red Cross

Telephone: (877) 618-6628

Website: [redcross.org](http://redcross.org)

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

## Association of Churches for Emergency Services (ACES)/Salvation Army

Telephone (leave message): (715) 360-5826

ACES coordinates emergency aid (shelter, food, health, clothing, etc.) with limited resources from a collaboration of area churches. Leave a message and a volunteer will call you back to discuss program.

## Caritas

Address: St. Matthias' Episcopal Church  
Outreach Center, Downtown Minocqua

Telephone: (715) 356-9989

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

Call for information on the support and types of aid they provide.

## Oneida County Project Lifesaver

Oneida County Sheriff's Office/

Division of Emergency Management

Telephone: (715) 361-5201 Dispatch

Services: Citizens with a cognitive condition such as Autism, Alzheimer's, or Dementia who may wander from their home as well as their family may benefit from the program. 24 hours.

## Salvation Army

Telephone: Minocqua (715) 554-7044

Three Lakes (715) 617-2199 (Kathy)

Services: Emergency lodging, gas and food pantry vouchers.

# Employment

## Job Accommodation Network

Address: PO Box 6080

Morgantown, WV 26506-6080

Telephone: (800) 526-7234

TTY: (877) 781-9403

Email: [jan@askjan.org](mailto:jan@askjan.org)

Services: Information for individuals and employers on job accommodations, ADA, and assistive technology.

## Northern Advantage Job Center

Address: 51 A North Brown St.

Rhineland, WI 54501

(Entrance off Courtney St.)

Telephone: (715) 365-1500

## North Central FSET Program - Oneida County

Address: 1 S. Oneida Ave.

Rhineland, WI 54501

Telephone: (715) 490-1015

Contact: Heather Chillemi

E-mail: [chillemi@changewithin.net](mailto:chillemi@changewithin.net)

Outreach Office: Minocqua Public Library

Hours: Wednesdays, 10:00 a.m. - 4:30 p.m.

Services: Employment and Training

Description: FoodShare Employment and Training is a support program that assists with education, training, job search, employment, costs to work.

# Memory Care Connections

## Isn't Memory Loss a Natural Part of Aging?

**YES AND NO.** Everyone has forgotten where they parked the car or the name of an acquaintance at one time or another. And many healthy individuals are less able to remember certain kinds of information as they get older.

The symptoms of Alzheimer's disease are much more severe than such simple memory lapses. Alzheimer symptoms affect communication, learning, thinking, reasoning and can have an impact on a person's work and social life.

The chart below provides examples of the differences between persons with Alzheimer's disease and age-related memory problems.

### What is the difference between Alzheimer's disease and normal age-related memory difficulties?

Activity	A Person with Alzheimer's Disease	A Person with Age-Associated Memory Problems
Forgets	Whole Experiences	Part of an experience
Remembers later	Rarely	Often
Can follow written or spoken directions	Gradually unable	Usually able
Can use notes	Gradually unable	Usually able
Can care for self	Gradually unable	Usually able

Determination of whether memory loss is associated with Alzheimer's disease can only be made by health care professionals. Chart derived from the book *Caring for People with Alzheimer's Disease: A Manual for Facility Staff*, by Lisa P. Gwyther.

For more information, a free dementia screening, or information on funding for services contact:

**ADRC OF  
ONEIDA COUNTY  
715-369-6170**

## Employment cont.

### Wisconsin Division of Vocational Rehabilitation (DVR)

"See DVR in Disability Resources on page 22"

### Wisconsin Senior Employment Program (WISE)

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

Telephone: (715) 362-0300

Website: [dhs.wisconsin.gov/wise/index.htm](http://dhs.wisconsin.gov/wise/index.htm)

Email: [jtucker@ser-national.org](mailto:jtucker@ser-national.org)

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

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

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

### Workforce Innovation and Opportunity Act

#### Northern Advantage Job Center

Address: 51A Brown St.  
Rhineland, WI 54501

Telephone: (715) 365-1501

Services: Provides services to people age 18 and over for job seeking/keeping skills, classroom training and case management. No charge for services. Must meet eligibility requirements.

## Financial Assistance

### Community Block Grant

Telephone: (715) 752-4620

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

### Family Health Center of Marshfield, Inc.

Telephone: (800) 942-5420

Services: Family Health Center of Marshfield, Inc. is a federally funded program in partnership with Marshfield Clinic, Inc. The program provides preventive and primary health care to persons or families with limited income resources. The program helps coordinate its services with existing public and private programs in order to stretch lim-

ited resources to maximize the number of people who can be helped. Waiting list applications are still being accepted.

### **Forward Service Corporation**

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

Telephone: (715) 365-1500  
Emergency Assistance for rent or security deposit for those with minor children.

### **Frontier - WI Lifeline App.**

Telephone: (800) 921-8101  
Website: [www.frontier.com](http://www.frontier.com)  
Services: Lifeline Program helps with discounts on bill if eligible requirements are met.

### **Integrated Community Solutions**

Telephone: (920) 498-3737  
Website: [www.ics-gb.org](http://www.ics-gb.org)  
Services: The Housing Choice Voucher Program is a federally funded housing program. This program provides rental subsidies to low-income families, senior citizens, handicapped and disabled individuals. The program assists lower income households in obtaining adequate and affordable housing. Various other rental assistance and housing programs through Newcap can be accessed through the Coordinated Entry staff members.

### **Marshfield Clinic Patient Assistance Center**

Telephone: (800) 782-8581 ext. 94475  
Services: Marshfield Clinic Patient Assistance counselors are here to provide support if you are experiencing a financial hardship and wish to apply for assistance.

### **Movin' Out, Inc.**

Telephone: toll-free (608) 251-4446  
E-mail: [info@movin-out.org](mailto:info@movin-out.org)  
Website: [www.movin-out.org](http://www.movin-out.org)  
Services: A range of housing solutions for adults with disabilities and for families that include children with disabilities. Housing counselors assist people with disabilities and their families throughout Wisconsin to match up what's affordable and attainable given their specific situation and their desires.

### **NeedyMeds**

Telephone: (800) 503-6897  
Website: [www.needyMeds.org](http://www.needyMeds.org)

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

### **Personal Essential Pantry First United Methodist Church**

Address: 724 Arbutus St.  
Rhineland WI 54501  
Telephone: (715) 362-2091  
Email: [peppantry2018@gmail.com](mailto:peppantry2018@gmail.com)  
Website: [rfmc.online](http://rfmc.online)  
Hours: Open 2nd Monday of each month 3:30-5:00 p.m. and last Sat. of each month 9-11:30 a.m.

### **QLink Wireless Phone**

Telephone: (855) 754-6543  
Website: [www.qlinkwireless.com](http://www.qlinkwireless.com)  
Program offers a discount for those who meet eligibility requirements.

### **Safelink Phone Discount Program**

Telephone: (800) 378-1684  
Website: [www.safelinkwireless.com](http://www.safelinkwireless.com)  
Program offers a discount for those who meet eligibility requirements.

### **Social Security Administration**

(See "Social Security" Section on page 52.)

### **Tomorrow's Home Foundation**

Address: 258 Corporate Dr., Suite 200C,  
Madison, WI 53714  
Telephone: (608) 255-1088  
Website: [www.tomorrowshomefoundation.org](http://www.tomorrowshomefoundation.org)  
Services: Non-profit created by Wisconsin Housing Alliance to provide emergency assistance for critical repair for mobile homes.

### **WHEDA - Property Tax Deferral Loan Program Wisconsin Housing and Economic Development Authority**

Telephone: (800) 334-6873  
Website: [www.wheda.com](http://www.wheda.com)  
Services: Property Tax Deferral Program: if you are age 65 or older, own your own home in Wisconsin and meet other qualifications, you may apply to WHEDA for a loan to pay your property taxes. The loan principle and interest do not have to be repaid until you transfer ownership of your property or you no longer live on it.

## **Financial Assistance cont.**

### **Wisconsin Housing and Economic Development Authority (WHEDA)**

Telephone: (800) 628-4833  
Website: [www.wheda.com](http://www.wheda.com)  
Hours: Mon. – Fri. 8 a.m.-5 p.m.

### **Wisconsin Foreclosure Resource**

Telephone: toll-free (888) 995-HOPE (4673)  
Services: Through the hot-line the Homeownership Preservation Foundation provides a free service that can provide answers, connection to a counselor, and comprehensive telephone counseling to help homeowners avoid foreclosure.

### **Wisconsin Home Energy Assistance Program (WHEAP)**

#### **Energy Services Inc.**

Address: 1 S. Oneida Ave.  
Rhineland, WI 54501  
Telephone: (715) 362-5695  
Services: The Wisconsin Home Energy Assistance

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

#### **HE+ HVAC Program Services**

HE+ HVAC Program Services provides assistance to eligible homeowners when their primary heating system stops operating or is operating in an unsafe manner. HE+ HVAC Program Services can include repairs, or in some situations, a total replacement of an inoperable system. Call your local WHEAP agency immediately if you are experiencing a no-heat situation.

#### **Oneida County Human Services**

Address: 1 S. Oneida Ave.  
Rhineland, WI 54501  
Telephone: (715) 362-5695

#### **HE+ Water Conservation Program Services**

The HE+ Water Conservation Program is a year-round program that provides assistance to eligible Wisconsin households with the repair or replacement of leaky or non-working water heaters, leaky fixtures, toilets and/or piping. Water Conservation Program Services are

## Your local Family Care option for personal care and support



Some of the services we manage with you include:

- Care Management
- Personal Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- Residential Care
- In-Home Supportive Care

For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

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



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DHS Approval 5/2/18

funded by Public Benefits and customers must live in the territory of a participating Public Benefit utility in order to qualify for HE+ Water Conservation Program Services.

**Oneida County Human Services**

Address: 1 S. Oneida Ave.  
 Rhinelander, WI 54501  
 Telephone: (715) 362-5695

**Food**

If you have Medicare and Medicaid, you may get up to \$180/mo towards food with a D-SNP Advantage Plan. Contact your ADRC Benefit Specialists or insurance agents for more information.

**FoodShare/SNAP**

FoodShare Wisconsin helps low-income individuals and families buy the food they need for good health. You can use your FoodShare benefits at most stores. You also can use them at many farmers markets, where you can buy fresh fruits and vegetables most months out of the year. People all over Wisconsin get help from FoodShare.

**We help people of all ages who:** Have low-income jobs, Live on a small or fixed income, Are retired, Have lost their jobs, Are disabled and can't work.

You can apply several ways:

**(Online)** – Go to <http://www.access.wi.gov/or-access.wi.gov>, set up an account, and then enter your information.

**(Phone)** – You can reach your local agency at 1-888-445-1621 to complete an application by phone.

**(Agency)** – You can go in person to your local agency and meet with a worker. You may need to schedule an interview for a later date and time.

**(Mail)** – We can mail you a paper application. You can return it to your agency, mail it or fax it. If you want us to mail you a paper application, please provide your address.

**Lakeland Pantry**

Address: 1707 US Hwy 51 North  
 Woodruff, WI 54568  
 Telephone: 715-358-2222  
 Hours: Tuesday 8:30 11:30 a.m.  
 Thursday 3:30–6:00 p.m.  
 Serving: Lake Tomahawk, Minocqua, and Woodruff



**FOR RENT**  
**AFFORDABLE HOUSING**  
 FOR PEOPLE 62 OR DISABLED  
 at Old Orchard Estates, Three Lakes, WI

**1 & 2 BEDROOM APARTMENTS**

- Appliances
- On-site Laundry
- Off-Street Parking
- Community Rooms
- Rental Assistance Available

**PHONE**  
**800-490-6621**

  
 Equal Housing Opportunity

This institution is an equal opportunity provider, and employer.

238699

**Affordable Apartments For Rent**  
**1 BEDROOM FLOOR PLANS**  
 For Older Adults &/or Persons with a Disability



**Fairfield Homes**  
 400 Elm Street • CRANDON • **715.362.7855**

**Eagle Pines**  
 202 E. Pine Street • EAGLE RIVER • **715.479.9877**

**Rhine Haus**  
 1207 Mason Street • RHINELANDER  
**715.362.7855**

 [www.meridiangroupinc.net](http://www.meridiangroupinc.net) 

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## **Food cont.**

### **Meals on Wheels: Oneida County**

#### **ADRC of Oneida County**

Address: 100 W. Keenan St.,  
Rhineland, WI 54501

Telephone: (715) 369-6170 or  
toll-free (800) 379-7499

Services: Nutritious meals delivered by volunteer drivers to homebound seniors unable to attend local senior dining site. For individuals over age 60 and their spouse. No economic Guidelines to qualify, confidential contributions accepted (suggested contribution \$5.00). Call for more specific information and qualifications.

### **Rhineland Food Pantry**

Address: 627 Coon St.  
Rhineland, WI 54501

Telephone: (715) 369-7237

Distribution Hours: Monday 3-5 p.m.,  
Wednesday 4-6 p.m., Saturday 9-11:30 a.m.

Recipients must apply for assistance and must be a resident of Oneida County. Senior Stock Boxes are available, contact the Rhineland Food Pantry for more information. Oneida County residents can shop at the pantry once every 14 days. To use the pantry

people must reside in Oneida County, meet income eligibility requirements, and show ID at each visit.

### **Ruby's Pantry**

#### **Calvary Baptist Church (Sponsored by)**

Address: 1136 Military Rd.  
Rhineland, WI 54501

Ruby's Pantry is a food distribution program with no income qualifications that distributes surplus food from major manufacturers. \$25, Distribution from 4:30-6:30 p.m., 3rd Tuesday of the month, doors open at 4:30 p.m.

### **Salvation Army**

Contact: ACES (715) 360-5826 (Rhineland)

Minocqua: (715) 554-7044

Three Lakes: (715) 617-2179

Services: Emergency funds for lodging (one night only), and food, referral to food pantry, connection with other crisis agencies. Salvation Army can only be utilized once.

### **The Table - St. Augustine's Church**

Address: 39 S. Pelham St.  
Rhineland, WI 54501

Telephone: (715) 420-0066

Contact: Father Dean Einerson

Services: The last day of every month starting at 5:30

## **Food Pantries**

Four different communities in Oneida County operate a food pantry. Each pantry operates independently under different sponsoring organizations and each one has different requirements regarding income and residency, frequency of use, days and hours of operation, etc. Contact each pantry to learn how they operate.

<b>LOCATION</b>	<b>CONTACT PERSON/ PHONE NUMBER</b>
Rhineland Food Pantry 627 Coon St., Rhineland	Malisa Vinger (715) 369-7237 Monday 3-5 p.m., Wednesday 4-6 p.m., Sat 9-11:30 .m.
Lakeland Food Pantry 1707 Hwy. 51 N., Arbor Vitae	Every Tues. 8:30-11:30 a.m. and Every Thurs. 3:30 – 6 p.m. 715-358-2222
Nokomis Town Hall 2541 Lake Nokomis Rd., Tomahawk	Bette Stillman (715) 612-2947
Town Office Building 6965 W. School St., Three Lakes	(715) 546-2192 1st & 3rd Saturday, 9:30 - 11:00am

## Senior Dining Sites

ADRC of Oneida County  
 Address: 100 W. Keenan St.  
 Rhinelander, WI 54501  
 Telephone: (715) 369-6170  
 or toll-free 800-379-7499

Services: Anyone age 60 or older and their spouse are welcome to enjoy a square meal with a circle of friends at any of our seven Senior Dining Sites. No

economic qualifications, confidential contributions are accepted. (Suggested contribution is \$4.50 for on-site dining). Reservations are required by calling one day in advance to the appropriate number listed below. See “Meals on Wheels” heading for meal delivery throughout Oneida County to homebound seniors unable to attend their local Senior Dining site. (Suggested contribution is \$5.00 for home-bound seniors)

LOCATION	DAYS	FOR RESERVATIONS CALL
ADRC of Oneida County, Rhinelander	Mon.-Fri. 11:30	(715) 369-6170
Holy Family Catholic Church, Woodruff	Mon.-Fri. 11:30	(715) 892-4045
Reiter Center, Three Lakes	Mon. thru Thurs. 11:30	(715) 499-3738
Ray Sloan Community Bldg., Lake Tomahawk	Mon. & Wed. 11:00	(715) 614-2908
Cassian Town Hall, Cassian/Harshaw	Tues. & Thurs. 11:15	(715) 277-4190
Nokomis Town Hall, Nokomis	Mon. & Wed. 11:30	(715) 499-5026
Sugar Camp Town Hall	Tues. & Thurs. 11:30	(715) 499-5027

p.m. a community meal is served. Focus is on socialization and fellowship. No income requirements, donations are accepted.

### Three Lakes Christian Food Pantry

Address: 6965 West School St.  
 Three Lakes, WI 54562  
 Telephone: (715) 546-3316 and choose option 5  
 Hours: 1st and 3rd Saturday of the month,  
 9:30 AM - 11:00 AM

### Tomahawk Food Pantry (Tomahawk)

Address: 1104 School Rd.  
 Tomahawk, WI  
 Telephone: (715) 453-4378  
 Hours of operation: Wednesday 1:00-3:00 p.m.,  
 Friday 11:00 a.m.-12:30 p.m.  
 Serving all of Lincoln County plus part of southwest Oneida county.

### Vilas Food Pantry (Eagle River)

Address: 1013 N Railroad St,  
 Eagle River, WI 54521  
 Telephone: (715) 479-9581

Hours of operation: Wednesdays 8:30–10:00 a.m.  
 and 1st and 3rd Tuesday 3:00–5:00 p.m.  
 Serving All of Vilas and parts of Oneida County

## Foot Care Options

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

### Achilles Foot & Ankle Clinic

Address: 728 Hwy 51  
 Woodruff, WI 54568  
 Telephone: (715) 358-9777  
 Services: Medicare billing for diabetic patients only. If client is self-pay, first please call for pricing for initial visit.

## **Foot Care Options cont.**

### **Luminous Health Naturally**

#### **Foot/Nail Care by RN**

Telephone: (715) 493-0067

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

### **Lakeland Foot and Nail Care**

Telephone: (715) 321-4734

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

### **Marshfield Medical Center - Minocqua Orthopedic & Podiatry**

Address: 9601 Townline Rd.

Minocqua, WI 54548

Telephone: (715) 358-1106

Services: Medicare billing for diabetic patients. Call Medicare to see what is covered. If not, please call for current cost for nail trimming.

### **Walkabout Orthotics & Prosthetics - Rhinelander**

Address: 2003 E Winnebago St.

Rhinelander, WI 54501

Telephone: (715) 849-8703 call for appointment

## **Frontotemporal Degeneration/ Dementia**

For more information, contact the associations and their support network resources.

*(See also "Support Groups" Section on page 52.)*

### **The Association for Frontotemporal Degeneration (AFTD)**

Address: 2700 Horizon Dr., Ste 120

King of Prussia, PA 19406

Telephone: (866) 507-7222

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

Email: [info@theaftd.org](mailto:info@theaftd.org)

The most common cause of dementias under age 60 from neurodegeneration of the frontal and/or temporal brain lobes, progression over 2-20 years. Types include PPA, PSP, CBS, FTD-ALS and Behavioral Variant FTD. The AFTD is the leading source for people with FTD and their care partners to get advice and support, including webinars, and a Help Line.

### **CurePSP**

Address: 325 Hudson St., 4th Fl

New York, NY 10013

Hope Line: (800) 457-4777

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

Email: [info@curepsp.org](mailto:info@curepsp.org)

CurePSP is the leading nonprofit organization dedicated to the awareness, care and cure for three neurodegenerative diseases: progressive supranuclear palsy (PSP), corticobasal degeneration (CBD) and multiple system atrophy (MSA). For MSA, see also "Parkinson's Disease" for the listing MissionMSA.

### **National Aphasia Association, Inc (NAA)**

Address: 5448 Apex Peakway Dr., Ste 232

Apex, NC 27502

Telephone: (252)254-4449

Website: <https://aphasia.org/contact/>

Email: [answers@aphasia.org](mailto:answers@aphasia.org)

Advocacy for Aphasia, which is an acquired communication neurodegenerative disorder that impairs a person's ability to process language, and includes PPA, and PPAOS as well as other types. PPA can affect: speaking, understanding, reading, writing; where PPAOS can affect ability to produce speech.

### **MissionMSA**

Address: 1660 International Dr, Ste 600

McLean, VA 22102

Telephone: (866) 737-4999

Support Line: (866) 737-5999

Website: <https://missionmsa.org/>

Email: [info@missionmsa.org](mailto:info@missionmsa.org)

Mission MSA is dedicated to offering resources to help patients with MSA-Parkinson's or MSA-C neurodegenerative diseases assemble their care teams, manage symptoms, explore clinical trials, and support the MSA community.

# **Gambling Problems**

(See "Support Groups" Section on page 52.)

## **Aspirus Koller Behavioral Health - Rhinelander**

Address: 1630 N Chippewa Dr.  
Rhinelander, WI 54501

Telephone: (715) 361-2805

Services: Providers with experience and special training in the treatment of addictions, including gambling.  
Hours: Mon. - Thurs. 8a.m.-5p.m., Fri. 8a.m.-4p.m.

## **Aspirus Koller Behavioral Health - Woodruff**

Address: 240 Maple St.  
Woodruff, WI 54568

Telephone: (715) 356-8540

Services: Providers with experience and special training in the treatment of addictions, including gambling.  
Hours: Mon. - Thurs. 8a.m.-5p.m., Fri. 8a.m.-4p.m.

## **Gambler Anonymous**

Telephone: (715) 297-5317  
Website: gambleranonymoys.org

## **Wisconsin Council on Problem Gamblers**

Address: 1585 Allouez Ave.  
Green Bay, WI  
Telephone: toll-free (800) 426-2535  
24 hour Help Line

Text: (850) 888-4673  
Website: www.wi-problemgamblers.org  
Hours: Mon. - Fri. 9a.m.-5 p.m.

# **Grief**

(See "Support Group" Section on page 52.)

# **Health Education**

## **ADRC of Oneida County**

Address: 100 W. Keenan St.  
Rhinelander, WI 54501

Telephone: (715) 369-6170

Offering Evidence Based programs: Stepping On (falls prevention), Living Well with Chronic Conditions, Healthy Living with Diabetes, Strong Bones.

## **Wisconsin Institute for Healthy Aging (WIHA)**

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

Phone: (608) 243-5690

E-mail: info@wihealthyaging.org

Website: <https://wihealthyaging.org>

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

# **Health Information Center**

## **Oneida County Health Department**

(See "Public Health" Section on page 50.)

## **Oneida County UW Extension - Family Living Education**

### **Nicolet Area Technical College**

Address: 5350 College Dr., PO Box 518  
Telephone: (715) 365-2750

Services: Food management and food safety, health/families/finances links, Strongbodies strength training program, Family Finance & Budgeting.  
Hours: Monday-Friday, 8 a.m.-4:30 p.m.

## **YMCA of the Northwoods**

Address: 2003 E. Winnebago St.  
Rhinelander, WI 54501

Telephone: (715) 362-9622

Website: [ymcaofthenorthwoods.org](http://ymcaofthenorthwoods.org)

Hours: Mon. - Fri. 6 a.m.-8 p.m., Sat. 8 a.m.-2 p.m., Sun. 1 p.m.-5 p.m.

# Hearing Resources

Consult your phonebook for a list of Hearing Aid vendors. If you have Medicare, you may have options for hearing aid financial assistance with Advantage Plans. Contact your ADRC Benefit Specialist or insurance agents.

## Better Hearing Institute Hotline

Telephone: (202) 975-0905

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

The Better Hearing Institute (BHI) is a non-profit corporation that educates the public about the neglected problem of hearing loss and what can be done about it.

## ENT & Allergy Associates, S.C.

The Forest County Potawatomi Community has generously provided us with outreach clinical space starting October 1, 2024 at their Health & Wellness Center at 8201 Mish ko swen Drive in Crandon.

**Ear, Nose & Throat** – Dr. Jens Brown will be providing care on Tuesdays.

**Allergy & Immunology** – Dr. David Edmondson will be providing care on Fridays.

**Audiology** – Dr. Kaley Ludwig will be providing care on Tuesdays and every other Wednesday.

The Hodag Hospitality Group has also generously provided space for us to administer weekly allergy injections on Fridays, starting September 13, 2024 at their new Holiday Inn Express at 1958 Navajo St. in Rhinelander. These will be staffed by Nicole Flohr, PA-C.

Telephone: (715) 847-2021

## HEAR Wisconsin

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

Telephone: (414) 604-2200

Website: <https://hearwi.org>

Services: HEAR Wisconsin is a nonprofit that helps infants, children, and adults with hearing loss by eliminating communication and language barriers through personalized services, technology, and education.

## Midstate Independent Living Consultants (MILC)

(See “Disabilities Resources” Section on page 20.)

## Office for the Deaf and Hard of Hearing (ODHH)

Telephone: (855) 359-5252

For an interpreter: (715) 502-9355

Contact: Jennifer Anderson, Deaf Specialist

Deaf disability benefit specialist: May be utilized for Oneida County deaf/HOH clients, at this office.

Specialist: JenniferM.

## Telecommunications Assistance Program (TAP)

Contact the ODHH office by phone or leave a video message at 855-359-5252 and send any TAP-related faxes to 608-224-5754.

Email: [dhstap@dhs.wisconsin.gov](mailto:dhstap@dhs.wisconsin.gov)

## TEPP

Telephone: (844) 411-3861

TTY: (844) 411-3862

The TEPP program helps people with disabilities buy equipment they need in order to use basic telephone services. You can get an application or ask questions by calling or writing: Public Service Commission, P.O. Box 7854, Madison, WI 53707-7874

# Home Care Services

Home Care is private paid help you receive in your home. Homecare aides offer a wide range of services including basic companionship, household chores, shopping, assistance with personal care such as bathing and dressing or transportation. You can hire Home Care Aids either on your own or through an agency. (For physician ordered medical care in the home see Home Health Care and for in-home or short-term facility care to give caregivers a break, see “Respite Care” on page 49.)

## Christian Servants Home Care

Telephone: (920) 642-3329 (Peggy)

Website: [www.christianservantshomecare.com](http://www.christianservantshomecare.com)

## Cornerstone Caregiving Woodruff

Address: 9433 County Highway J, unit C  
Minocqua, WI 54548

Phone: (715) 317-5096

Email: [woodruffwi@cornerstonecaregiving.com](mailto:woodruffwi@cornerstonecaregiving.com)

Business Hours: Mon. – Fri. 8am-5pm

with on call staffing 24/7

Call Cornerstone Caregiving for your in-home care needs, we offer assistance with ADL's, laundry, light housekeeping, meal prep, transportation, companionship, medication reminders and more. We have no minimum hours and flexible schedules, we service clients in Vilas, Oneida, Lincoln, Iron and surrounding counties. Our caregivers are background checked, have a minimum of 3 years of experience and live right where you do! Please call to schedule a free in-home assessment to discuss your specific needs and how we can help.

### **Families Matter Senior Home Care Services**

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

### **Heal to Thrive (Live-in Caregivers)**

Telephone: (779) 210-7387

Website: [www.chealtothrive.com](http://www.chealtothrive.com)

### **Helping Hands Senior Homecare Service, LLC**

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

Contact: Kim Deede

Website: [www.helpinghandsseniorhomecaresvcs.com](http://www.helpinghandsseniorhomecaresvcs.com)

Hours: Mon. – Fri. 9a.m.-5 p.m.

### **Loving Touch Home Care LLC**

24 Hour Telephone: (715) 490-5800

Website: [www.lovingtouchhomecare.com](http://www.lovingtouchhomecare.com)

### **Midstate Independent Living Choices**

Address: 3262 Church St., Suite 1

Stevens Point, WI 54481

Telephone: (715) 344-4210

Website: [www.milc-inc.org](http://www.milc-inc.org)

Services: MILC is a personal care agency. MILC-PAS supports consumer directed services. Services may include personal care assistance such as bathing and dressing, supportive home care such as light housekeeping, chore and/or errand services, and RESPITE, giving parents/guardians a temporary break.

Hours: 8:30 a.m. – 5 p.m.

### **Nicolet Supportive Home Care**

Telephone: (715) 350-6405

Hours: Mon. – Fri. 8 a.m.-4 p.m.

Website: [www.nicoletstaffing.com](http://www.nicoletstaffing.com)

### **Northwoods Senior Home Care**

Telephone: (715) 358-6792

### **Respite Care Association of Wisconsin**

Telephone: (608) 222-2033

Website: [www.respitecareofwi.org](http://www.respitecareofwi.org)

### **Senior Hearts Home Care, LLC**

In-home adult care, respite, ADL Assistance

Address: 125 W. Davenport St.

Rhinelander, WI 54501

Telephone: (715) 362-7008

Hours: Mon. – Fri. 10 a.m.-3 p.m.

### **Stay Home Instead, LLC**

Telephone: (715) 360-2571

Toni Siewert, Owner

Website: [stayhomeinstead.com](http://stayhomeinstead.com)

### **TLC For Seniors**

Telephone: (715) 355-5673

Website: [www.tlchomecarewi.com](http://www.tlchomecarewi.com)

### **Village Caregiving**

Address: 4321 W College Ave.

Appleton, WI 54915

Telephone: (920) 510-4761

Email: [michaeljones@villagecaregiving.com](mailto:michaeljones@villagecaregiving.com)

Website: [www.villagecaregiving.com](http://www.villagecaregiving.com)

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

## **Home Health Care**

Home Health Care covers medically necessary care to help treat, restore, rehabilitate or sustain a patient in the home. Physician orders are required for these services and the patient must meet certain guidelines to qualify. Medicare, Medicaid and Private Insurance may cover these services when certain criteria are met.

*(For general assistance in the home, see "Home Care.")*

### **Aspirus At Home**

Address: 1630 N. Chippewa Dr.,

Rhinelander, WI 54501

Telephone: (715) 361-5490

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

## Home Health Care cont.

### **Care.com**

Online resource for caregivers.

### **Compassus Home Health**

Address: 111 Davenport St. #101  
Rhineland, WI 54501

Telephone: (800) 234-3542 Option 2

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

## Hospice Care

Specialized care for the terminally ill patient for whom curative therapy is no longer effective or desired and supportive services for family, provided in the home, nursing home or hospital. Please also see companies in Home Health Care that provide hospice services.

### **Aspirus at Home Rhineland**

Telephone: (866) 847-2600

Hours: Mon. – Fri. 8 a.m.-4:30 p.m.

Home Health & Hospice

### **Aspirus Comfort Care and Hospice Services**

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

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

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

### **Aspirus Seasons of Life (Hospice House)**

Address: P.O. Box 770, 8951 Woodruff Rd.  
Woodruff, WI 54568

Telephone: (715) 356-5014

Hours: 24 hours

Hospice facility with 24 hour care

### **Compassus Home Health & Hospice**

Address: 111 Davenport St. #101  
Rhineland, WI 54501

Telephone: (800) 234-3542 Option 1

## Hospitals/Medical Facilities

### Hospitals

#### **Aspirus Rhineland Hospital**

Address: 2251 N. Shore Dr.

Rhineland, WI 54501

Telephone : (715) 361-2000

Website: [www.aspirus.org](http://www.aspirus.org)

With urgent care services:

Monday 7:30 am- 7:00 pm

Saturday 9:00 am- 12:00 pm

#### **Howard Young Medical Center**

Address: 240 Maple St.,

Woodruff, WI 54568

Telephone: (715) 356-8000

Website: [www.aspirus.org](http://www.aspirus.org)

#### **Marshfield Medical Center/Hospital- Minocqua**

Address: 9576 Hwy. 70

Minocqua, WI 54548

Telephone: (800) 331-3734 or (715) 358-1715

### Medical Facilities

#### **Aspirus Cancer Care-**

#### **James Beck Cancer Center**

Address: 2251 N. Shore Dr.

Rhineland, WI 54501

Telephone: (715) 361-2140

Website: [www.aspirus.org](http://www.aspirus.org)

#### **Aspirus Cardiology- Rhineland**

Address: 2275 N. Shore Dr.

Rhineland, WI 54501

Telephone: (715) 847-2611

Services: Specialists in heart and blood vessel diseases.

Hours: Mon. – Fri. 8 a.m.-5 p.m.

#### **Aspirus Cardiology- Woodruff**

Howard Young Medical Center

Address: 240 Maple St.

Minocqua, WI 54548

Telephone: (715) 847-2611

#### **Aspirus Outpatient Therapies**

Address: 2003 E. Winnebago St.

(YMCA Building) Rhineland, WI 54501

Telephone: (715) 361-2300  
Website: www.aspirus.org  
Hours: Mon. – Fri. 8 a.m.-5 p.m.

**Family Practice - Primary Care**

*(Clinics may also support specialists offices.)*

**Aspirus Rhinelander Clinic -  
N. Chippewa Dr. (Walk-In)**

Address: 1630 N. Chippewa Dr.  
Rhineland, WI 54501  
Telephone: (715) 361-5480  
Hours: Mon. – Fri. 8 a.m-7 p.m., Weekend  
8 a.m.-4 p.m., Holidays 8 a.m.-1 p.m.

**Aspirus Rhinelander Clinic -  
N. Shore Dr.**

Address: 2251 N. Shore Dr.  
Rhineland, WI 54501  
Telephone: (715) 361-4700  
Website: www.aspirus.org

**Aspirus Woodruff Clinic**

Address: 240 Maple St.  
Woodruff, WI 54568  
Telephone: (715) 356-8140  
Website: www.aspirus.org

Hours: Mon.-Fri. 8 a.m.-5 p.m. Closed Weekends

**Marshfield Medical Center -  
Minocqua**

Address: 9576 Hwy. 70  
Minocqua, WI 54548  
Telephone: (715) 358-1715  
Hours: Mon.-Fri. 8 a.m.-5 p.m.

**Marshfield Clinic - Rhinelander Center**

Address: 2260 N. Shore Dr.  
Rhineland, WI 54501  
Telephone: (715) 420-2380  
Hours: Mon.-Fri. 8 a.m.-5 p.m.

**Rhineland, VA Clinic**

*(See "Veterans" Section on page 55.)*

**Aspirus Rhinelander Hospital  
(Urgent Care)**

Address: 2251 N. Shore Dr.  
Rhineland, WI 54501  
Telephone: (715) 361-2000  
Website: www.aspirus.org  
Hours: Monday 7:30 am- 7:00 pm  
Saturday 9:00 am- 12:00 pm

## Don't Forget

### Your Annual Medicare Part D CHECKUP!

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

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

- Monthly premium increases*
- Higher co-pays or deductibles*
- Changes in the prescription drug formulary*
- New quantity limits*
- There may be new plans available*

**Call** the ADRC of Oneida County at **715-369-6170**. Leave your contact information. Someone will return your call to schedule an appointment. We look forward to seeing you after October 15!



# Housing

This section is divided into the 4 different types of housing options for older adults located within Oneida County; Apartments, Residential Care Apartment Complex (RCAC), Community Based Residential Facilities (CBRF), Adult Family Homes and Nursing Homes. Advanced planning is important to prevent housing decisions being made at a time of crisis. Contact the Aging & Disability Resource Center of the Northwoods for guidance in determining what kind of housing options would be appropriate for you or your family member.

**Apartments:** Multi-unit dwellings for people capable of managing their own lives. The following chart is for subsidized apartments in Oneida County. "Subsidized" means residents must meet income qualifications and pay rent on a sliding fee scale. A variety of other apartments, that do not offer rent subsidy, can be located by looking in your local newspaper classified ads or yellow pages.

	Size of Apts. & Number Available			Number of Floors	Allow Pets	Laundry Facilities	Secured Entry
	Studio	1 BR	2 BR				
<b>Rhineland</b>							
<b>Evergreen Manor</b> 411 W. Phillip St. • 715-365-7979	3	45	2	3	Yes	Yes	Yes
<b>Historic West Elementary Apts.</b> 718 W. Phillip • 715-365-7979		4	20	2	Yes	Yes	Yes
<b>Phoenix Villa Apts.</b> 1-888-276-0246 1011 Mason St. • 715-482-8847	7	21		2	Yes	Yes	Yes
<b>Rhine Haus</b> 1207 Mason St. • 715-362-7855		63	2	3	Yes	Yes	Yes
<b>Thelma Woodland Villa</b> 238 West Hill Dr. • 800-685-9353		10		1	Yes	Yes	Yes
<b>Minocqua/Woodruff</b>							
<b>Lake Shore Assisted Living</b> 715-277-2010		8		1	Yes	Yes	No
<b>Mary John Vanderloop Villa</b> 8764 Handrick Dr. • 715-351-9358		20		1	Yes	Yes	Yes
<b>One Penny Place</b> 820 3rd Ave., Woodruff • 715-525-2683		32	20	3	Yes	Yes	Yes
<b>Wood Court Apts., Inc.</b> 917 3rd Ave. • 715-482-8847	5	15		1	Yes	Yes	Yes
<b>Woodland Lake Estates</b> 686 Elm St., Hwy 51N, Woodruff 800-490-6621	22	22		2	Yes	Yes	Yes
<b>Three Lakes</b>							
<b>Old Orchard Estates</b> 6972 Orchard Lane • 800-490-6621		16	8	1	Yes	Yes	Yes

# 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.

Rhinelanders	Studio Apt.	1 Bedroom	2 Bedroom	Subsidy Available	Allows Pets
<b>Grace Lodge</b> 715-365-1234 www.gracelodge.com • 1000 Day St., Rhinelanders	12	16	4	No	Yes
<b>Lakeshore Assisted Living Apts.</b> 12440 Warpath Ln., Minocqua • 715-356-2911		16	5	No	Yes
<b>Milestone Senior Living Apts.</b> 4686 N. Shore Dr., Rhinelanders • 715-265-2796		18	4	No	Yes

**Community Based Residential Facility (CBRF) located in Oneida County:** 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.

Rhinelanders	Capacity	Private Rooms Available	Dementia	Wheelchair	Incontinence	24 hr. Awake Care	Pets
<b>Country Terrace of Wisconsin</b> 533 E. Timber Dr. • 715-365-3324	15	Yes	Yes	Yes	Yes	Yes	Yes
<b>Cumberland Heights</b> 251 Westhill Dr. • 715-365-6789	15	Yes	Yes	Yes	Yes	Yes	No
<b>Heritage House</b> 25 E. Frederick St. • 715-369-1407	8	Yes, 7	Yes	Yes	Yes	Yes	Yes
<b>Country Terrace of Wisconsin</b> 1450 W. Phillip St. • 715-362-0333	15	Yes	Yes	Yes	Yes	Yes	Yes
<b>Milestone Senior Living Suites</b> 4686 N. Shore Dr. • 715-265-2796	22	Yes	Yes	Yes	Yes	Yes	Yes
<b>Lake Tomahawk</b>							
<b>Lakeshore Assisted Living</b> 715-277-2010	15	Yes, 12	Yes	Yes	Yes	Yes	No
<b>Minocqua/Woodruff</b>							
<b>Country Terrace of Minocqua A</b> 8730 Packing Plant Rd. • 715-356-1171	14	Yes	Yes	Yes	Yes	Yes	No
<b>Country Terrace of Minocqua B</b> 8730 Packing Plant Rd. • 715-356-1171	8	Yes	Yes	Yes	Yes	Yes	No
<b>Northwoods Abundant Care Assisted Living</b> 9778 Country Lane, Woodruff 715-439-4540	4	Yes	Yes	Yes	Yes	Yes	Depends
<b>Lakeshore Assisted Living</b> 12440 Warpath Ln. • 715-356-2911	15	Yes	Yes	Yes	Yes	Yes	Depends
<b>Lakeshore Assisted Living</b> 12440 Warpath Ln. • 715-356-2911	15	Yes	Yes	Yes	Yes	Yes	Depends
<b>Lakeshore Assisted Living</b> 2187 Katie's Ln. • 715-356-2911	8	Yes	Yes	Yes	Yes	Yes	Depends
<b>Lakeshore Assisted Living</b> 2201 W. Bolton Ln. • 715-356-2911	8	Yes	Yes	Yes	Yes	Yes	Depends
<b>Milestone Senior Living Suites</b> 750 Elm St. • 715-288-2364	20	Yes	Yes	Yes	Yes	Yes	Yes

# Housing

**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
<b>Friendly Village</b> 715-365-6832 • 900 Boyce Dr., Rhinelander	146	Yes (Dementia Unit)
<b>Careview Health &amp; Rehab of Minocqua</b> 715-356-6016 • 9969 Old Hwy. 70 Rd., Minocqua	72	Yes
<b>Rennes</b> 715-420-0728 • Fax 715-420-0729 • 1970 Navajo St., Rhinelander	95	Yes

**Apartments:** Multi-unit dwellings for people capable of managing their own lives. The following chart is for subsidized apartments in Oneida County. “Subsidized” means residents must meet income qualifications and pay rent on a sliding fee scale. A variety of other apartments, that do not offer rent subsidy, can be located by looking in your local newspaper classified ads or yellow pages.

Housing for Individual with Disabilities	Size of Apts. & Number Available			Subsidy	Allow Pets	Managing Group
	Studio	1 BR	2 BR			
<b>Rhinelander</b>						
<b>Clare Melin Villa</b> 125 West Hills Road Phone • 715-661-1394	0	12	0	Yes	Yes	Impact 7
<b>Timber Lane Apartments</b> 800 E Timber Drive • 715-394-2012	0	9	11	Yes	Yes	CCB
<b>Rhine Haus</b> 1207 Mason St. • 715-362-7855	0	63	2		Yes	
<b>Sumac Trail Apartments</b> 1313 W Phillip Street • 715-394-2012	0	6	0	Yes	Yes	CCB
<b>Minocqua</b>						
<b>Veda Stone Villas</b> 8694 Packing Plant Road • 715-351-9358	0	5	1	Yes	Yes	Impact 7

## Housing, Financial Assistance

### Fair Housing & Equal Opportunity Office

Telephone: (202) 708-1112

### H.A.V.E.N. Household Abuse Victims Emergency Network

Address: 1106 E. 8th St.,

Merrill, WI 54452

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

Website: [www.haveninc.org](http://www.haveninc.org)

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

### New Hope Shelter

Address: 601 N. Summit Ave., Crandon, WI 54520

Telephone: (715) 478-3669

Website: [www.newhopeshelter.net](http://www.newhopeshelter.net)

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

### Our Sister’s House

Address: 328 E. Washington Ave.,

Tomahawk, WI 54887

Telephone: (715) 224-3520

Website: [www.oursistershouse.com](http://www.oursistershouse.com)

Services: Their mission is to provide immediate temporary housing to individuals and families, to offer assis-

tance in attaining employment and to find permanent housing and further education. Stays are allowed up to 3 months, no drugs or alcohol, no sex offenders accepted, and minor must be accompanied by an adult.

### **Salvation Army Homeless Shelter Transitional Living Center**

Address: 113 S. 2nd Ave.,  
Wausau, WI 54401

Telephone: (715) 845-6583

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

Services: 30-90 day emergency shelter with three meals per day. Residents receive basic living skills training to help them succeed outside of the shelter. They will also have access to a case manager to support their efforts searching for housing, applying for assistance and much more.

### **Sunshine for Humanity, Inc.**

Address: 1191 Hwy. 45 S,  
Eagle River, WI 54521

Telephone: (715) 477-2220

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

### **Frederick Place, NATH (Northwoods Alliance for Temporary Housing)**

Address: 204 W. Frederick St.  
Rhineland, WI 54501

Telephone: (715) 369-9777

Website: [www.nathnorthwoods.com](http://www.nathnorthwoods.com)

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

### **Housing Discrimination**

24 Hour Hotline: (800) 669-9777

### **Judicare Legal Aid**

(See "Legal Assistance" Section on page 43.)

### **Rural Development, USDA**

Address: 2187 N. Stevens St., Suite A  
Rhineland, WI 54501

Telephone: (715) 362-5941, ext. 4

Website: [www.rurdev.usda.gov](http://www.rurdev.usda.gov)

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

Hours: Mon. – Fri. 8 a.m.-4:30 p.m.

# ADRC provides comprehensive guidance on long-term care options

Assisting individuals and their families in making informed decisions

#### **OPTIONS COUNSELING INVOLVES:**

- Personalized decision-making process
- Face-to-face interaction
- Tailored to each individual's unique needs

#### **SERVICE OFFERED TO:**

The clients, as well as their families, caregivers, and others in need of assistance

#### **OUR GOAL**

To empower individuals to make the best choices for their long-term care, without bias or omission of information on suitable options.

#### **ADRC of Oneida County**

Address: 100 Keenan St, Rhineland, WI 54501

Phone: (715) 369-6170

[adrc.oneidacountywi.gov](http://adrc.oneidacountywi.gov)



# DON'T Let a Crook



## into your house!

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

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

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

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

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

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

## **Housing, Financial Assistance cont.**

### **Tenant Resource Center**

Address: 1202 Williamson St., Suite 101  
Madison, WI 53703

Telephone: (608) 257-0006

Website: [www.tenantresourcecenter.org](http://www.tenantresourcecenter.org)

Assistance understanding rental rights & responsibilities, eviction processes, etc.

### **US Department of Housing and Urban Development**

Address: 310 W. Wisconsin Ave., Suite 950  
Milwaukee, WI 53203

Telephone: (414) 297-3214

Website: [www.hud.gov](http://www.hud.gov)

Services: Rent assistance programs have variable income limits. Mon. – Fri. 8 a.m.-4:30 p.m.

### **WHEDA (Wisconsin Housing and Economic Development Authority)**

Telephone: (800) 628-4833

Website: [www.wheda.com](http://www.wheda.com)

Hours: Mon. – Fri. 8 a.m.-5 p.m.

### **Wisconsin Rural Housing**

Telephone: (800) 400-5974

Website: [www.wisconsinruralhousing.org](http://www.wisconsinruralhousing.org)

Rental, Deposit, Mortgage, Utility, Property

Tax Assistance. Eviction Assistance: Judicare

(see “Legal Assistance” Section on page 43.)

### **Income Based Housing**

### **A&M Services Property Management**

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

Telephone: (715) 478-5030

### **Carlson Properties Holdings & Management**

Address: P.O. Box 124, 318 Grand Ave.  
Spencer, IA 51301

Telephone: (712) 580-5360

### **Catholic Charities Bureau (CCB)**

Address: 1416 Cunming Ave., Superior, WI 54880

Telephone: (888) 376-0246 or (715) 394-6617

Website: [www.ccbhousing.org](http://www.ccbhousing.org)

### **Impact 7 Management Group**

Address: 8764 Handrick Rd.

Minocqua, WI 54548

Telephone: (715) 434-1717

Email: [minocquaregion@impactseven.org](mailto:minocquaregion@impactseven.org)

Website: [www.impactseven.org](http://www.impactseven.org)

### **Integrated Community Solutions**

Address: 2605 S Oneida St, Suite 106

Green Bay, WI 54304

Telephone: (920) 498-3737

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

### **Meridian Group (Rhine Haus/Highland Estates)**

Address: 1207 Mason St.

Rhineland, WI 54501

Telephone: (715) 362-7855

Website: [www.meridiangroupinc.net](http://www.meridiangroupinc.net)

### **NEWCAP, Inc.**

Address: 1201 Main St.

Oconto, WI 54153

Telephone: (800) 242-7334

Website: [www.newcap.org](http://www.newcap.org)

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

### **Rhineland Housing Authority (RHA)**

Address: 411 W. Phillip St.

Rhineland, WI 54501

Telephone: (715) 365-7979

Services: Information on approved subsidized housing including Section 8. The amount of the subsidy is based on income.

## **Income Tax Assistance**

### **AARP Tax Aid Program**

60 & over; moderate to low income. Provides free tax counseling and assistance in completing forms by AARP trained volunteers, February through early April. By appointment only.

ADRC of Oneida County: (715) 369-6170

Lakeland Area: Minocqua Public Library

(715) 356-4437

## Income Tax Assistance cont.

### **Volunteer Income Tax Assistance (VITA)**

Telephone: (800) 906-9887 for assistance finding a location

Website: <https://irs.treasury.gov/freetaxprep/>  
All people with disabilities are eligible for free income tax preparation assistance through this program.

### **Wisconsin Department of Revenue**

Address: One Wausau Center  
731 N. 1st St., Suite 6000  
Wausau, WI 54403

Telephone: (715) 842-8665

Website: [www.revenue.wi.gov](http://www.revenue.wi.gov)

Information and assistance on Wisconsin taxes and homestead tax.

Hours: Mondays 7:45 a.m. to 4:30 p.m.

## **Information and Assistance**

### **Aging and Disability Resource Center (ADRC) of Oneida County**

Address: 100 W. Keenan St.,  
Rhineland, WI 54501

Telephone: (715) 369-6170 or (800) 379-7499

Website: [adrc.oneidacountywi.gov](http://adrc.oneidacountywi.gov)

The first place to contact for assistance, information and advocacy for older adults and adults with disabilities and their families. ADRC Specialists listen to and understand each unique situation, gather information and connect people to available options and resources to maintain independence including both private and publically funded options. The ADRC of Oneida County office is located in the Health and ADRC Building (100 W Keenan St., Rhineland).



*Historic West Elementary*  
Old School Charm



- Affordable housing -age restrictions and income limits do apply
- We offer 24 beautiful 1 & 2 bedroom apartments

**For more information please contact the Rhineland Housing Authority (715) 365-7979**

The Rhineland Housing Authority has been providing clean, safe and affordable independent housing in the Community since 1970, is an Equal Opportunity Housing Provider and manages a smoke-free facility.

1306500



**HOMETOWN VILLAGE APARTMENTS in MERCER**  
5231 N. Vaughn Street  
**715.536.5589**

**Affordable Apartments For Rent**  
**1 BEDROOM FLOOR PLANS**  
Rent is Based on Income  
**For Older Adults &/or Persons with a Disability**

 [www.meridiangroupinc.net](http://www.meridiangroupinc.net) 

365623

## **Midstate Independent Living Choices (MILC)**

Address: 3262 Church St.  
Stevens Point, WI 54481

Telephone: (715) 344-4210

Website: [www.milc-inc.org](http://www.milc-inc.org)

Services: A consumer-controlled, non-profit, non-residential organization serving 11 counties in Wisconsin, since 2000. Our mission is "Empowering people toward independence" through our core services of advocacy, independent living skills training, information & referral, peer support, and transition to the community.

Hours: Mon.- Fri. 8:30 a.m.-5 p.m.

## **Eldercare Locator**

Telephone: (800) 677-1116

Website: [www.eldercare.acl.gov](http://www.eldercare.acl.gov)

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

Hours: 9 a.m. - 8 p.m. ET

## **United Way 211 - Information & Referral Service For Residents in Lincoln, Oneida & Vilas Counties**

### Non-emergency services

Telephone: (715) 369-0440

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

## **Wisbar Lawyer referral**

### (private attorneys)

Telephone: (800) 362-9082

Website: [www.wisbar.org](http://www.wisbar.org)

# **Legal Assistance**

## **Guardianship Support Center**

24 Hour Hotline: (855) 409-9410

Email: [guardian@gwaar.org](mailto:guardian@gwaar.org)

Website: <https://gwaar.org>

"Competence" is the ability of a person to manage his or her own affairs. Sometimes a person with a severe mental disability may be unable to manage his or her property or care for himself or herself. A guardian is a person appointed by the court to make

the decisions the person is unable to make independently and to be an advocate for the person's interests. Before a judge can appoint a guardian for a person, the judge must find that the person is "incompetent." This toll-free telephone line is available to all individuals with questions concerning guardianship law – how to determine whether an individual needs a guardian, how the court procedures work, the roles, responsibilities and authority of guardians and alternatives to guardianship. In Oneida Co. guardianship is filed under the Probate Dept., (715) 369-6159

## **Judicare Legal Aid**

Address: 401 Fifth St., Suite 200

Wausau, WI 54403

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

Website: [www.judicare.org](http://www.judicare.org)

Legal services for low-income persons in 33 Northern WI counties, and Native Americans statewide. You also may be eligible as a victim of a crime. Eligibility is based on family size/income.

## **Lawyer Referral and Information**

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

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

Telephone: (800) 362-9082

Website: <https://wisbar.org>

## **Tenant Resource Center**

Address: 1202 Williamson St., Suite 101

Madison, WI 53703

Telephone: (608) 257-0006

Website: [www.tenantresourcecenter.org](http://www.tenantresourcecenter.org)

Assistance understanding rental rights & responsibilities, eviction processes, etc.

# **Libraries**

## **Edward U. Demmer Memorial Library**

Address: 6961 W. School St.

Three Lakes, WI 54562

Telephone: (715) 546-3391

Hours: Mon. & Wed., 9a.m.-7 p.m.; Tues., Thurs, & Fri. 9 a.m.-5 p.m.; Sat. 9 a.m.-2 p.m.

## Libraries cont.

### Minocqua Public Library

Address: 415 Menominee St.  
Minocqua, WI 54548  
Telephone: (715) 356-4437  
Hours: Mon.- Thurs. 9 a.m.-7 p.m.;  
Fri. 9 a.m.-6 p.m.; Sat. 9 a.m.-3 p.m.

### Rhineland District Library

Address: 106 N. Stevens St.  
Rhineland, WI 54501  
Telephone: (715) 365-1070 (adult information)  
(715) 365-1050 (children's information)  
Services: Any resident of Oneida County can request a library card at no charge which may be used at all libraries in the Wisconsin Valley Library Service area, and if valid, at all other public libraries with a borrowing agreement. "Books on the Go" outreach program for older adults.

### Richard J. Brown Library/ Learning Center

Nicolet Area Technical College  
Address: 5364 College Dr.  
Rhineland, WI 54501  
Telephone: (715) 365-4479 or (800) 544-3039  
Services: Requires a Social Security number, driver's license or other picture ID to check out materials.  
Hours: Mon. - Fri. 8:30 a.m.-4:30 p.m.

### Wisconsin Regional Library for the Blind & Physically Handicapped

(See "Vision Resources" Section on page 55.)

## Medicaid (MA)

Please reach out to the ADRC of Oneida County for assistance.

### IM Central Consortium

Some healthcare programs we determine eligibility for include:



## STURGUL & LONG, S.C.

Estate Planning and Elder Law Attorneys



**Attorney**  
**RYAN J. LONG**  
Licensed in  
Wisconsin, Michigan  
& Minnesota

**Because we limit our practice to these areas of the law, we are able to craft sophisticated solutions to even the most complex estate planning and elder law issues.**

**Serving the Legal Needs of the Elderly and their Families**

Sturgul & Long, S.C. is an Estate Planning and Elder Law Office that focuses its practice exclusively in the following areas:

- Estate Planning, including Revocable and Irrevocable Trusts, Financial Powers of Attorney, Health Care Powers of Attorney, Wills
- Nursing Home Planning
- Medicaid Planning & Asset Protection
- Estate & Trust Administration
- Medicare
- Guardianship & Guardianship Avoidance

**We are located in the Lakeside Plaza Building,  
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### Affordable Housing

Current Vacancies

#### FEATURES

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



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- BadgerCare+ (under 65)
- EBD Medicaid (elderly, blind, disabled)
- MAPP (Medicaid Purchase Plan for individual that are disabled and working)
- Medicare Premium Services (pays for Medicare Part B)
- LTC Medicaid (institutional or long term care waivers)

You can apply several ways:

(Online) – Go to HYPERLINK “<http://www.access.wi.gov/>” access.wi.gov, set up an account, and then enter your information.

(Phone) – You can reach your local agency at 1-888-445-1621 to complete an application by phone.

(Agency) – You can go in person to your local agency and meet with a worker. You may need to schedule an interview for a later date and time.

(Mail) – We can mail you a paper application. You can return it to your agency, mail it or fax it. If you want us to mail you a paper application, please provide your address.

## **Medical Equipment**

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

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

If you are unsure if an item is covered by Medicare, call (800) 270-2313, or call the ADRC of Oneida county for more information.

### **ADRC of Oneida County - Loan Closet**

Address: 100 W. Keenan St.

Rhineland, WI 54501

Telephone: (715) 369-6170 or (800) 379-7499

Services: Variety of equipment (walkers, wheelchairs, canes, etc.) for short-term loan to Oneida County residents age 60 and older. Please call 24 hours in advance to check inventory. \$5 for small items; canes, walkers, etc. \$10 wheelchairs and rollator walkers (90-day loan).

### **Aspirus Home Medical Equipment**

Including oxygen, respiratory care, wheelchairs, scooters and a full range of equipment.

Telephone: (800) 338-6121

### **Generations - A Community Gathering Place**

Address: 103 Elm St., Woodruff, WI 54568

Mailing Address: P.O. Box 181

Woodruff, WI 54568

Telephone: (715) 356-9118

Hours: Mon. – Thurs. 8:30 a.m.-3 p.m.,

Fri. 8:30 a.m.-noon

### **Good News Project**

Health equipment & lending program

Address: 1106 N. 5th St.

Wausau, WI 54403

Telephone: (715) 843-5985

### **Home Medical Products & Services**

Address: 2005B N. Stevens St.

Rhineland, WI 54501

Telephone: (715) 369-2525

Hours: Mon. – Fri. 8:30 a.m.-5 p.m.

### **Lincare**

Address: 1571 Hwy. 51 N, Suite B

Arbor Vitae, WI 54568

Telephone: (715) 358-3766

Hours: Mon. – Fri. 8:30 a.m.-5 p.m.

### **Midstate Independent Living Choices**

Telephone: (800) 382-8484

Hours: Mon. – Fri. 8:30 a.m.-5 p.m.

### **Nativity Thrift Shop**

**Located at former Pine Lake School**

Address: 4293 N. River Rd.

Rhineland, WI 54501

Telephone: Joe - (715) 369-2044

Hours: Mon., Wed. & Sat. 9 a.m.-3 p.m.

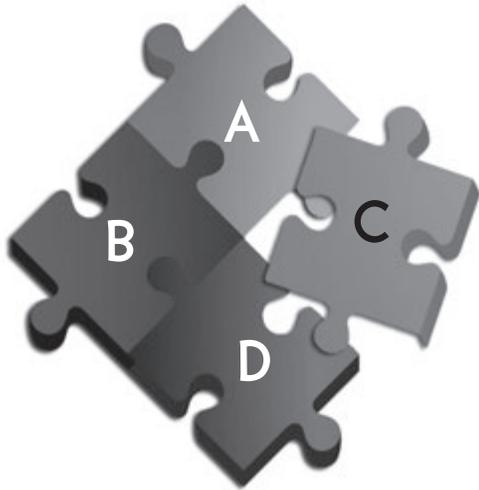
**2nd location at Downtown Rhineland**

Address: 436 N. Brown St.

Rhineland, WI 54501

Telephone: (715) 362-2665

Hours: Mon. – Sat. 10 a.m.-3 p.m.



# Puzzled about medicare?

Medicare coverage can be very confusing. Understanding the options and differences is crucial. Kris Schiek, Oneida County Elder Benefit Specialist can help you understand the basics of Medicare and how to design your Medicare coverage to fit your needs.

You will get complete non biased information from a professional not making a commission on your Medicare choice.

As you near age 65 (up to three months prior), call 715-369-6170 to make an appointment with Kris to review Medicare coverage, get your questions answered, and sign up for your benefit.



# Be aware of scams and fraud!

Don't get caught in a scam or fraud. Medicare and the IRS will never contact you to demand payment or ask you for your Medicare number. Don't be "Midwestern Nice" - just hang up the phone on those callers.

Be sure to check your Explanation of Benefits (EOB) to make sure you have received the services being billed to Medicare in your name.

If you see a doubtful item or service on your EOB, give Kris a call or call the Senior Medicare Patrol at 888-818-2611.

## Medical Equipment cont.

### **VRI Care Center**

Telephone: (800) 860-4230

Website: [www.VRIcares.com](http://www.VRIcares.com)

General Inquiry email: [info@vricares.com](mailto:info@vricares.com)

Services: For a cost (private-pay; insurance; agency)  
VRI can assist in preserving your independence with medication management-providing dispensers and monitoring.

## Medicare

### **ADRC of Oneida County – Benefit Specialists**

(See “ADRC Services” Section on page 8.)

### **Medicaid Fraud**

Telephone: (800) 488-3780

### **Medicare Advantage / Medigap Helpline**

Telephone: (800) 242-1060

### **Medicare Fraud**

Telephone: (800) 633-4227

### **Medicare Hotline**

Telephone: (800) 633-4227

TTY: (877) 486-2048

### **Social Security Administration**

(See “Social Security” Section on page 52.)

### **Senior Medicare Patrol (SMP)**

Telephone: (888) 818-2611

Website: [smpresource.org](http://smpresource.org) or [smpwi.org](http://smpwi.org)

## Mental Health

### **Aspirus Koller Behavioral Health-Woodruff**

Address: 240 Maple St. , Woodruff, WI 54568

Telephone: (715) 356-8540

Hours: Mon. – Fri. 8 a.m.-5 p.m.

Offering outpatient therapy services.



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- Specialized Memory Care Unit: Secured Unit for Alzheimer's / Dementia Care
- Respite & Hospice Care



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✉️ [www.friendlyvillagerehab.com](http://www.friendlyvillagerehab.com)

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## **Mental Health cont.**

### **Aspirus Koller Behavioral Health-Rhineland**

Address: 1630 N Chippewa Dr.  
Rhineland, WI 54501  
Telephone: (715) 361-2805  
Hours: Mon. – Fri. 8 a.m.-5 p.m.  
Offering outpatient therapy services.

### **Bee Happy Therapy, LLC**

Address: telehealth, licensed provider in Wisconsin  
Telephone: (262) 749-8687  
Email: bhappytherapy@gmail.com  
Website: <https://podiummindset.clientsecure.me/>  
Providing mental/behavioral health outpatient therapy, remote via telehealth

### **Inpatient Voluntary Services**

#### **Aspirus Rhineland Hospital, Behavioral Health Unit**

Address: 2251 N. Shore Dr.  
Rhineland, WI 54501  
Telephone: (715) 361-2020 or (800) 472-7821  
Services any county resident over the age of 18, 24/7.

### **Limberg & Associates Counseling**

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

### **Marshfield Clinic Behavioral Health**

Address: 9792 Hwy. 70 W.  
Minocqua, WI 54548  
Telephone: (715) 356-1793  
Toll-free: (800) 347-0673  
Services: Offering a variety of personal and family services provided by certified professionals in the health disciplines of psychiatry, neuropsychology, and clinical social work.

### **NAMI - Northern Alliance on Mental Illness**

Physical address: 235 N Stevens St.  
Rhineland, WI 54501  
Mail: P.O. Box 1494, Rhineland, WI 54501  
The Center/Main phone: (715) 420-1700  
Crisis: 988

Support: (715) 369-4740  
Executive Director, Kristin Bonamo: (715) 303-7372  
or [kbonamo@naminorthernlakes.org](mailto:kbonamo@naminorthernlakes.org)  
General inquiries: [contact@naminorthernlakes.org](mailto:contact@naminorthernlakes.org)

### **The Center**

A peer-run drop-in center for people age 18 and older in recovery from mental illness.  
Contact: Linda Jacobson (715) 420-1700  
Hours: Mon-Fri 11:00 a.m.-3:00 p.m.

### **New Horizons Family Services**

Address: 40W Davenport St.  
Rhineland, WI 54501  
Telephone: (715) 420-0220  
Website: [www.newhorizonsfamilyservices.org](http://www.newhorizonsfamilyservices.org)

### **Oneida County Human Services**

Address: P.O. Box 897, 705 E. Timber Dr.  
Rhineland, WI 54501  
Telephone: (715) 369-2215  
Services: Assistance and advocacy for clients with mental illness in accessing needed services such as financial resources, support groups and psychiatric services to help them live independently in the community. Oneida County Human Services Outpatient Clinic offers psychiatry, medication management, and therapy. Oneida County Human Services offers CCS, CSP, CLTS, Birth to Three, and Emergency Services Programming.  
Hours: Mon. – Fri. 8 a.m.-4:30 p.m.

### **Transitions Center, LLC**

Address: 22 N. Pelham St., P.O. Box 622  
Rhineland, WI 54501  
Telephone: (715) 365-6696  
Website: [www.transitionscenter.com](http://www.transitionscenter.com)  
Services: Alcohol, drug abuse, gambling, mental health and domestic violence counseling on an outpatient basis for all ages. Individual, couples, family and group counseling available. Medicare, Medicaid, private insurance and private pay accepted. Weekdays, Saturdays and some evenings.

## **Nursing Homes**

*(See "Nursing Homes" Section on page 38)*

# Parkinson's Disease-related

## Lewy Body Dementia Association

Address: 912 Killian Hill Rd. SW  
Lilburn, GA 30047  
Telephone: (404) 935-6444  
Website: [www.lbda.org](http://www.lbda.org)

## Parkinson's Support Groups

(See "Support Groups" Section on page 52.)

## Wisconsin Parkinson's Association

Address: 13400 Bishops Ln Suite 120,  
Brookfield, WI 53005  
Telephone: (414) 312-6990  
Email: [mail@wiparkinson.org](mailto:mail@wiparkinson.org)  
Website: <https://www.wiparkinson.org>

# Personal Emergency Response System

## Great Call Lively

Telephone: (866) 359-5606  
Website: [lively.com](http://lively.com)  
Services: Offers flip phones for low-income and personal emergency response buttons.

## Lifeline

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

# Simply Cremation

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## Hildebrand Funeral Home & Cremation Specialists

**Simply Cremation** — is a fast, easy, low-cost cremation service. Serving **all** of northern Wisconsin. The cost is **simply \$1,500** and includes the cremation. See how our funeral home can save your family thousands of dollars on funeral expenses.

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## Hildebrand Funeral Home

24 E. Davenport Street, Rhinelander, Wisconsin  
[www.hildebrandrussfh.com](http://www.hildebrandrussfh.com)

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## **Personal Emergency Response cont.**

### **Life Station**

Telephone: (855) 402-4395  
Website: [www.lifestation.com](http://www.lifestation.com)

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

### **Phillips Lifeline**

Telephone: (855) 332-7799

### **Medic Alert Foundation**

Telephone: (877) 276-4436  
Website: [www.medicalert.org](http://www.medicalert.org)

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

### **Medical Care Alert**

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

### **Suburban Technology**

Telephone: (920) 739-5156  
Website: [suburbantechnology.com](http://suburbantechnology.com)  
Services: Provides personal response systems to enable older adults and those with long term health care needs to remain in their homes and communities.

### **VRI Care Center**

Telephone: (800) 860-4230  
Website: <https://vricares.com/>  
General inquiry email: [info@vricares.com](mailto:info@vricares.com)  
Services: Emergency alert buttons available inside your home for fall detection and additional devices can also be used outside of your home through mobile GPS.

## **Prescription Drug Programs**

### **ADRC of Oneida County: Benefit Specialist**

Older adults have a variety of choices for prescription drug programs to reduce out-of-pocket expenses, with one of the many Medicare Part D plans or SeniorCare. Another is bundling your prescription drug coverage within a Medicare Advantage Plan. Contact your county Benefit Specialist for specific options for your situation.

### **NeedyMeds**

Telephone: (800) 503-6897  
Website: [www.needy meds.org](http://www.needy meds.org)  
Services: Find help with the cost of medicine.

### **Social Security Administration's Extra Help Program**

Telephone: (800) 772-1213  
Website: [www.ssa.gov/medicare/part-d-extra-help](http://www.ssa.gov/medicare/part-d-extra-help)  
Service: The Extra Help program helps people with limited income and resources to lower or cut Medicare Part D costs. Apply online easily. Visit [Medicare.gov](http://Medicare.gov) to learn more.

### **SeniorCare**

Telephone: (800) 657-2038  
Services: Prescription Drug Coverage for Wisconsin Residents 65 or over. Four levels of program participation based on income.  
Hours: Mon. – Fri. 8 a.m - 6 p.m.

## **Public Health**

### **Oneida County Health Department**

Address: 100 W. Keenan St., P.O. Box 400  
Rhinelander, WI 54501

Telephone: (715) 369-6111  
Services: Women's screening program, family planning, HIV/STD screening, adult health, generalized public health, tobacco control, prenatal care coordination, WIC, personal preparedness, nutrition education, breastfeeding, immunizations/flu shots. Sliding fee scale depending on program.

# Recreation

## Cycling Without Age-Vilas, Oneida

Address: 100 W. Keenan St.,  
Rhineland, WI 54501  
Telephone: Vilas: (715) 479-3625 or  
Oneida: (715) 369-6170

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

# Respite Care

Respite Care is paid help, either in the home or in a care facility that gives temporary/short-term (hours or days) relief to those who are caring for a loved one who can not be at home alone. Respite gives temporary relief to those who are caring for family members, who might otherwise require permanent placement in a facility outside the home. Most Home Care agencies offer in-home respite, see Home Care (pages 31 & 32) for those agencies. The following list are facilities that provide overnight temporary respite stays.

## Country Terrace of Minocqua A&B

Address: 8730 Packing Plant Rd.  
Minocqua, WI 54548  
Telephone: (715) 356-1171  
Hours: Mon. – Fri. 8 a.m.-5 p.m.  
*(Also see "Housing" section on page 35.)*

## Country Terrace of Wisconsin

Address: 533 E. Timber Dr.  
Rhineland, WI 54501  
Telephone: (715) 365-3324  
Hours: 24 Hours  
Address: 1450 W. Frederick St.  
Rhineland, WI 54501  
Telephone: (715) 362-0333  
Hours: 24 Hours

## Cumberland Heights

Address: 251 West Hill  
Rhineland, WI 54501  
Telephone: (715) 365-6789  
Hours: 24 Hours  
*(Also see "Housing" Section on page 37.)*

## Lake Shore Assisted Living

1 week Minimum  
Address: 12440 Warpath Lane  
Minocqua, WI 54548  
Telephone: (715) 356-2911  
Website: www.lakeshoreal.com  
Hours: Mon. – Fri. and Weekends 8 a.m.-5 p.m.

## Midstate Independent Living Choices (MILC)

Address: 3262 Church St.  
Stevens Point, WI 54481  
Telephone: (715) 344-4210  
Website: www.milc-inc.org  
Services: MILC is a personal care agency. MILC-PAS supports consumer directed services. Services may include personal care assistance such as bathing and dressing, supportive home care such as light house-keeping, chore and/or errand services, and RESPITE, giving parents/guardians a temporary break.  
Hours: 8:30 a.m. – 5 p.m.

  
**John C. Houlihan**  
**ATTORNEY AT LAW**

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

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jhoulihan@houlihanlaw.net

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# MILESTONE

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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

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715-350-8011 | [milestoneeagleriver.com](http://milestoneeagleriver.com)  
2332 North Railroad St. #45N

#### RHINELANDER, WI

715-361-1111 | [milestonerhineland.com](http://milestonerhineland.com)  
4686 North Shore Drive

#### TOMAHAWK, WI

715-224-3747 | [milestonetomahawk.com](http://milestonetomahawk.com)  
314 E Lincoln Avenue

#### WOODRUFF, WI

715-439-4500 | [milestonewoodruff.com](http://milestonewoodruff.com)  
750 Elm Street

450622

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

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*extraordinary* LIVING.

## Respite Care cont.

### Milestone Senior Living Suites

Address: 4686 N. Shore Dr.  
Rhineland, WI 54501  
Address: 750 Elm St.  
Woodruff, WI 54568  
Telephone: (715) 361-1100  
Hours: Mon. – Fri. 9 a.m.-4 p.m.

## Social Security

### Social Security Administration

Address: 2023 Navajo St.  
Rhineland, WI 54501  
Rhineland Office: (888) 868-8185  
Fax: (833) 950-2186  
Hours: Mon. – Fri. 9 a.m.-4 p.m.  
(Call prior to going for an appointment)  
National Telephone: (800) 772-1213  
(National Line 8 a.m.-7 p.m.)  
TDD for Deaf: 800-325-0778  
Medicare: 1-800-MEDICARE (1-800-633-4227)  
Wisconsin SSI and Medical Assistance Info:  
(800) 362-3002 (Forward Health)  
Website: <https://www.ssa.gov/>  
Services: Social Security retirement, survivor, and disability payouts. Medicare health insurance, Supplemental Security Income for low income aged, blind, and disabled individuals. Online mySSA accounts provide easy access to order replacement cards, check benefits, print 1099 statements, and change address, etc.

## Social Services

### Oneida County Human Services

Address: P.O. Box 400  
Rhineland, WI 54501  
Telephone: (715) 362-5695 or  
toll-free (888) 662-5695  
Services: Assistance in accessing social services programs including Low Income Energy Assistance, lead Elder Abuse agency, Adult Protective Services, Supportive Home Care, SSI-E Certifications as well as a variety of children's services.

# Support Groups

## **AFTD Support Groups** for Frontotemporal Degeneration, the most common form of dementia for people under age 60:

Website: <https://www.theaftd.org/find-support/>

## **Alcoholics Anonymous**

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

Email: [help@noprthwoodsaa.org](mailto:help@noprthwoodsaa.org)

Call for information and daily meetings throughout the area.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

## **Alzheimer's Support Groups**

### **Rhineland: ADRC of Oneida County**

Contact: Julie St. Pierre (715) 352-4091 or

ADRC of Oneida County (715) 369-6170

3rd Thursday of each month at 1:00-2:30 p.m.

### **Minocqua: Minocqua Public Library**

Contact: ADRC of Oneida County (715) 369-6170

2nd Monday of each month at 10:00-11:30am

### **Eagle River: Vilas County Courthouse**

Contact: ADRC of Vilas County (715) 479-3625

3rd Thursday of each month at 10:30-11:30am

## **Gamblers Anonymous Support Group**

Toll-free: (800) 426-2535 Call, chat, or text 24/7.

Text: (850) 888-4673

Wisconsin Council on Problem Gambling

Website: [wi-problemgamblers.org](http://wi-problemgamblers.org)

## **Grief Support Groups (Compassus)**

Address: 1571 Hwy 51 North

Woodruff, WI 54568

Telephone: (800) 643-4663 or (715) 301-7215

Information: Sandy Hamburg

### **Walter E. Olson Memorial Library**

1st Thursday of every month 1pm

203 N. Main St., Eagle River, WI 54521

### **Minocqua Public Library**

2nd Thursday of every month 1pm

415 Menominee St., Minocqua, WI 54548

### **ADRC of Oneida County**

3rd Thursday of every month 1pm

100 Keenan St., Rhineland, WI 54501

## **NAMI Northern Lakes**

Address: P.O. Box 1494, Rhineland, WI 54501

Helpline: (715) 420-1700

Contact: (715) 369-4740 - Mick

Support group meeting: 2nd Saturday each month,  
10:00 a.m.-noon.

## **NAMI- Northern Alliance on Mental Illness**

### **NAMI Northern Lakes Center**

A peer-run drop-in center for people in recovery from mental illness.

Physical address: 235 N Stevens St.

Mail: P.O. Box 1494, Rhineland, WI 54501

The Center/Main phone: (715) 420-1700

Crisis: 988

Support: (715) 369-4740

Executive Director, Kristin Bonamo: (715) 303-7372  
or [kbonamo@naminorthernlakes.org](mailto:kbonamo@naminorthernlakes.org)

General inquiries: [contact@naminorthernlakes.org](mailto:contact@naminorthernlakes.org)

### **NAMI Peer Support Group**

Telephone: (715) 420-1700

Hours: Tues & Thurs 1:00-2:00 p.m.,

Mon (Women's Group) 4:30-5:30 p.m.

### **NAMI Family Support Group**

Telephone: (715) 420-1700

Contact: Mary Wright 715-362-8972

Patti Wollenberg 765-586-0421

Hours: First Tues of each month 6:30-8 p.m.,

Howard Young Medical Center, Woodruff

## **Northwoods Parkinson's Disease Support Groups**

Facilitator: Laura Peck,

(715) 420-2160 Home,

(925) 446-1560 Cell

Minocqua: Ascension Lutheran Church

2nd Tuesday of each month, 10:30 a.m.-noon

## Support Groups cont.

### Parkinson's Support Group

Location: YMCA of the Northwoods

Address: 2003 E. Winnebago St.  
Rhineland, WI 54501

(Dale and Gale Willcox Gathering Room)

When: Second Tuesday of every month at 3:00 pm

Contact Information: (715) 362-9622

Free to the public

### Tobacco Cessation Support Group - Wisconsin Quit Line

Telephone: (800) 784-8669

## Transportation

### Abby Vans, Inc.

Telephone: (800) 236-8438

Website: [www.abbyvans.com](http://www.abbyvans.com)

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

Services: A special medical transport system serving needs throughout Wisconsin. Provides transportation

to clinics, hospitals, dental offices and other appointments. Vans are wheelchair accessible. Payment may be Medical Assistance or self-pay.

### Arrow Transport 4U, LLC

Telephone: (715) 367-8271

Website: [www.arrowtransport4u.com](http://www.arrowtransport4u.com)

Services: Providing non-emergency transport for Northern Wisconsin, call or email us at [arrowtransport4u@gmail.com](mailto:arrowtransport4u@gmail.com) for more information.

### C&V Transports, LLC

Telephone: (715) 567-0004 Casey

Services: Non-emergency, wheelchair & ambulatory Counties: Oneida, Vilas, Forest, Lincoln, Langlade, Price, Marathon

### MTM-Veyo

Telephone: (866) 907-1493 Call at least

two business days before your visit.

Services: Only for Wisconsin Medicaid & Badgercare Plus clients, Non-emergency medical transportation. Call or apply online or using our app.

### WHAT WOULD BE THE CHARACTERISTICS OF A TOP LEVEL, GRADE A, INCOME ASSET?

#### 1 NO CHANCE OF LOSS

You could not lose your money to stock market dips, or crashes.

#### 2 INFLATION PROTECTION

It could be inflation proof. And the account value could actually go up, while paying you income.

#### 3 THE INCOME COULD BE TAX FREE

for younger planners, you may be able to receive your income tax free, by strategically using an IRS code.

#### 4 YOU COULD TURN THE INCOME ON WHENEVER YOU WANT AND HAVE IT GUARANTEED FOR THE REST OF YOUR LIFE, WITH THE POTENTIAL THAT IT COULD INCREASE AND GIVE YOU RAISES DURING YOUR RETIREMENT.

#### 5 YOUR INCOME WOULD CONTINUE EVEN IF YOUR ACCOUNT BALANCE GOES TO ZERO.

#### 6 IT WOULD PAY YOU FOR THE REST OF YOUR LIFE, SO YOU CAN ACTUALLY COUNT ON IT.

#### WOULD A GUARANTEED RETIREMENT MAKE IT MORE ENJOYABLE?

Are you afraid you may run out of money during your retirement? Call and find out how to guarantee that you won't.



**MICHAEL CARR** Retirement Strategist  
[Simplifymyretirement.life](http://Simplifymyretirement.life)  
[Michael@simplifymyretirement.life](mailto:Michael@simplifymyretirement.life)  
**715-218-9197**

450478

## Adult Day Program

### Fragile Adults and Memory Care

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

**For more information (715) 358-3404**  
**[www.PastimeClub.org](http://www.PastimeClub.org)**

NON-PROFIT ORGANIZATION

450543

## **New Freedom Transportation**

Address: 2920 Schneider Ave. SE  
Menominee, WI 54751

Telephone: (800) 228-3287

Website: [www.cilww.com](http://www.cilww.com)

Contact: Melissa Wold, Transportation Program  
Coordinator

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

## **Northwoods Transit Connections**

Telephone: (715) 420-0585 or toll-free (844) 267-4762  
(Oneida-Vilas Transit Commission)

Website: [northwoodstransit.org](http://northwoodstransit.org)

Public transportation in Oneida and Vilas Counties. Lift equipped buses providing service in Rhinelander and Minocqua/Woodruff are. Requires minimum one-day advanced notice. Call the office to receive most current routes in your area.

## **Stargazer Ride Service/Northwoods Mobility Services**

Address: 9594 County Hwy K  
Tomahawk, WI 54487

Contact: (715) 453-2929

Website: [www.stargazelimousine.com](http://www.stargazelimousine.com)

Hours: Mon-Fri 6 a.m.-6 p.m. Afterhours 6 p.m. & weekends by appointment only.

Hours: Mon-Fri 9 a.m.-5 p.m.

After hours 5 p.m. (715) 892-2760

## **Taxicabs**

### **Hodag Cab Company**

Telephone: (715) 365-7433

Pricing: \$8.00 in Rhinelander city limits. \$5.00 for handicapped, disabled and senior. \$2.00 a mile outside city limits. Caregivers ride free.

### **Rhinelanders Taxi**

Telephone: (715) 499-4990

Hours: 24 hours a day 7 days a week

Wheelchair transport available with advance notice.

Rates: \$7.00 normal one way fare within city limits, \$5.00 for handicapped, disabled, senior and students. \$2.00 per mile outside of city limits.

## **Veterans**

Chapter 62 of the Disabled American Veterans provides free transportation to Iron Mountain VA Hospital Monday, Tuesday, Wednesday and Thursday, by appointment only.

Contact: (715) 369-6227

## **Volunteer Escort Driver Program**

### **ADRC of Oneida County**

Address: 100 W. Keenan St.

Rhinelanders, WI 54501

Telephone: (715) 369-6170 or (800) 379-7499

Services: Transportation by volunteer drivers in their vehicle for older adults and persons with disabilities for medical appointments and groceries where public transport is not available. Fare is based on distance traveled (out of county travel possible). Call for qualifications or to make reservations 48 hours in advance.

## **Wisconsin Department of Transportation: Special Plates Unit Only**

Address: Room 201, 4802 Sheboygan Ave.

Madison, WI 53705

Telephone: (608) 266-3041

For all other inquiries call (608) 266-1466

Website: [www.dot.wi.gov](http://www.dot.wi.gov)

## **Veterans**

### **Oneida County Veterans Service**

Address: Courthouse, P.O. Box 400,

1 S. Oneida Ave., Rhinelander, WI 54501

Telephone: (715) 369-6127

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

Services: Assists veterans and their dependents in applying for State and Federal benefits to which they are entitled. Provides free transportation to Iron Mt. VA Hospital Monday through Thursday, by reservation only.

Veterans Regional Office: (800) 827-1000

Fed VA website: <http://www.va.gov> or [www.va.gov](http://www.va.gov)

State VA website: [dva.state.wi.us](http://dva.state.wi.us)

### **Rhinelanders Outreach VA Clinic**

Address: 639 W. Kemp St.,

Rhinelanders, WI 54501

Telephone: (715) 362-4080

Services: Primary care for veterans.

Hours: Mon. – Fri. 8 a.m.-4:30 p.m.

## **Veterans cont.**

### **Veterans Outreach and Recovery (VORP)**

Support for homeless Veterans with behavioral Health needs. Help is available regardless of discharge status. Region II (Oneida, Vilas, Forest, Lincoln, Marathon and Langlade County)  
Telephone: (715) 401-4821

## **Vision Resources**

### **American Council of the Blind**

Telephone: (800) 424-8666

### **Office for the Blind & Visually Impaired**

Toll-free: (888) 879-0017

Local Contact: Jeff Droll, jeffrey.droll@dhs.wisconsin.gov

Telephone: (715) 401-9123

Website: [dhs.wisconsin.gov/blind](http://dhs.wisconsin.gov/blind)

### **Wisconsin Council for the Blind**

Address: 754 Williamson St.

Madison, WI 53703

Telephone: (800) 783-5213

Services: Private, non-profit agency provides services and assistance for individuals who are visually impaired or blind.

Hours: Mon. – Fri. 8:30 a.m.-4:30 p.m.

### **Wisconsin Regional Library for the Blind & Physically Handicapped**

Address: 813 West Wells St.

Milwaukee, WI 53233

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

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

## **Volunteer Opportunities**

The Retired and Senior Volunteer Coordinator office is at the Aging and Disability Resource Center in Rhinelander. Please make an appointment with our Volunteer Coordinator by calling the ADRC at 715-369-6170. Once you are enrolled, our RSVP Coordinator can refer you to a volunteer assignment that fits your interests and availability. Supplemental accident and medical coverage will be provided to

you during your volunteer work. The current volunteer mileage reimbursement is available upon request as you travel to your assignments. In addition, the standard mileage rate is reimbursed for assignments requiring you to use your vehicle. There are many opportunities to serve at the ADRC and with other community organizations that recruit AmeriCorps Seniors for their volunteer needs.

### **Tomahawk Area Interfaith Volunteers Inc.**

Address: 113 A S. Tomahawk Ave.

Tomahawk, WI 54487

Telephone: (715) 453-8200

## **Weatherization**

### **Division of Energy Weatherization Program**

#### **Ashland County Housing Authority**

Telephone: (866)-432-8947

Must qualify for WHEAP Funding

### **HE+ HVAC Program Services**

HE+ HVAC Program Services provides assistance to eligible homeowners when their primary heating system stops operating or is operating in an unsafe manner. HE+ HVAC Program Services can include repairs, or in some situations, a total replacement of an inoperable system. Call your local WHEAP agency immediately if you are experiencing a no-heat situation.

#### **Oneida County Human Services**

Address: 1 S. Oneida Ave.

Rhinelander, WI 54501

Telephone: (715) 362-5695

### **HE+ Water Conservation Program Services**

The HE+ Water Conservation Program is a year-round program that provides assistance to eligible Wisconsin households with the repair or replacement of leaky or non-working water heaters, leaky fixtures, toilets and/or piping. Water Conservation Program Services are funded by Public Benefits and customers must live in the territory of a participating Public Benefit utility in order to qualify for HE+ Water Conservation Program Services.

## Oneida County Human Services

Address: 1 S. Oneida Ave.

Rhineland, WI 54501

Telephone: (715) 362-5695

# Youth Transition Services

## ADRC

Transitioning from school to adulthood should be an exciting time, but can often be overwhelming, confusing, and uncertain, especially for adults with disabilities. You need someone that can help you navigate from Children's Services to Adult Services and identify all of your options, making sure you have all of the necessary services in place to make this next adventure in your life successful! At age 17½ youth with disabilities or their parents should contact the ADRC of Oneida County 715-369-6170 for information on how the ADRC can help with transitioning to adult services.

## Social Security Administration

(See "Social Security" Section on page 52.)

### Rhineland

Address: 2023 Navajo St., Rhineland, WI 54501

Telephone: (888) 869-1781 or (888) 868-8185

Fax: (715) 369-5675

Website: WI.FO.Rhineland@ssa.gov

### Wausau

Address: 352 Grand Ave., Wausau, WI 54403

Telephone: (855) 269-9186

Fax: (715) 848-1543

Website: WI.FO.Wausau@ssa.gov

## WIOA Services for Youth and Young Adults

If you are between the ages of 14 and 24, you may be eligible for the Youth Program. This program can help you reach your educational and employment goals to have a successful start to your career.

Telephone: (715) 204-2374

Website: <https://fsc-corp.org/our-services/wioa/>

Program Name/s: WIOA Title I-B Youth Program, WIOA Program, E3 Works!

## Wisconsin Division of Vocational Rehabilitation (DVR)

Vocational Rehab (VR) services are any services described in a plan for employment necessary to assist a consumer in preparing for, securing, retaining or regaining an employment outcome that is consistent with the strengths, resources, priorities, concerns, abilities, capabilities, interests and informed choice of the consumer. Website: <http://dwd.wisconsin.gov/dvr/>

### Northern Advantage Job Center

Address: 51A North Brown St.

Rhineland, WI 54501

Telephone: (715) 365-2610 (Voice) or

(800) 662-5330 (Toll Free)

### Supported Decision Making

Website: <https://wi-bpdd.org/wp-content/uploads/2019/12/SDMToolkit.pdf>

Supported Decision Making is a set of strategies that help individuals with disabilities have more control over their life and future. It involves family and friends working together with individuals to support them in making complex decisions.

### Legal Guardianship in Wisconsin

A guardian is a person or organization appointed by a court to exercise care, custody and control on behalf of a ward - a minor or an incapacitated adult. All New Guardians are required to complete Guardian Training (Topics include guardian of person and guardian of estate) before they can be appointed. Training available through UW-Green Bay <https://www.uwgb.edu/guardianship-training/> For more information go to the link below for the Guardian Support Center:

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

### \*County Community on Transition

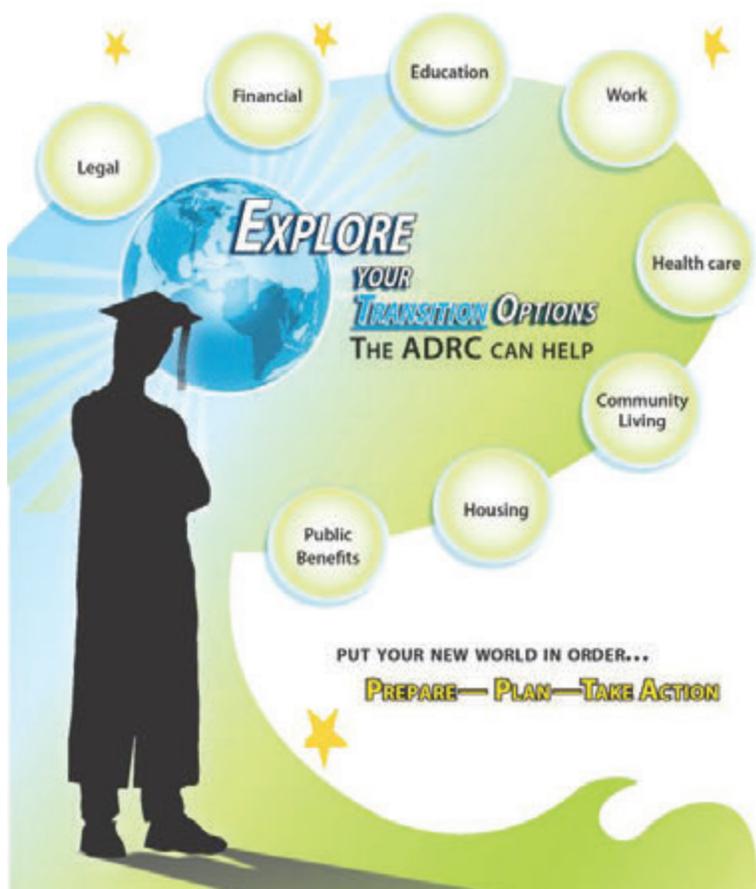
A County Community on Transition (CCoT) is a group of transition partners who have made the commitment to collaborate around identifying barriers to transition planning, to organize the supports needed and to develop solutions for youth with disabilities in the local county they serve. FVO CCoT - Forest,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

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

# Youth in Transition

## Living as an Adult...It is a Whole New World: Prepare for Life After High School

The ADRC can help you get answers to important questions when  
**Transitioning from Youth into Adult Services such as:**



Where am I going to live after high school?

Will I go on to school or get job training for employment?

How will I support myself and manage my finances?

Should I apply for SSI? How and when?

What is publicly funded long-term care?

How is long-term care eligibility determined?

How do my legal rights and responsibilities change when I turn 18?

How do youth services and adult services differ?

How will I manage my healthcare?

The staff at the **ADRC of the Oneida County** will give you the resources, information, and support you while you navigate through this very important life transition.

To find out when and where to start the journey contact the ADRC today!  
Contact us today 715-369-6170 or [adrc@oneidacountywi.gov](mailto:adrc@oneidacountywi.gov)

A website to help with these transitions  
<https://sites.google.com/view/fovccot/home>

# Toll-Free Helplines

- AARP National Memberships . . . . .(800) 424-3410
- AARP United Healthcare Insurance .(800) 523-5800
- AFTD Helpline for those diagnosed with  
FrontoTemporal Dementia: . . . . . (866)-507-7222
- Alcohol & Other Drug Abuse . . . . .(800) 248-9244
- Alzheimer’s Disease  
(and other related dementia) . . . . .(800) 272-3900
- American Cancer Society . . . . .(800) 227-2345
- American Council of the Blind . . . . .(800) 424-8666
- American Lung Association . . . . .(800) 586-4872
- Americans With Disabilities  
Act Information . . . . .(800) 232-9675
- Arthritis Foundation . . . . .(800) 242-9945
- Banking Complaints  
and Information . . . . .(800) 452-3328
- Cancer Information Center (WI) . . . .(800) 227-2345
- Cancer Institute . . . . .(800) 422-6237
- Consumer Complaints . . . . .(800) 422-7128
- Diabetes Association . . . . .(800) 342-2383
- Directory Assistance for  
Toll-Free Numbers . . . . .(800) 555-1212
- Eldercare Locator . . . . .(800) 677-1116
- Epilepsy Association (Midstate) . . . .(800) 924-9932
- Eye Care -Free for  
Low Income Elderly . . . . .(800) 222-3937
- Gambling - Wis. Council on Problem (800) 426-2535
- Geriatric Information  
Resource Center . . . . .(800) 782-8581
- Health Care Fraud Hotline:  
Medicare & Medicaid . . . . .(800) 447-8477
- Hearing Aid Hotline . . . . .(800) 521-5247
- Heart Association . . . . .(800) 242-9236
- Home Health Care Hotline . . . . .(800) 642-6552
- Housing Discrimination Hotline . . . .(800) 669-9777
- Inspector General -  
Department of Agriculture . . . . .(800) 424-9121
- Insurance Complaint Hotline . . . . .(800) 236-8517
- IRS - Federal Taxes . . . . .(800) 829-1040
- Judicare - Legal Assistance . . . . .(800) 472-1638
- Kidney Disease Information . . . . .(800) 638-8299
- Lawyer Referral and Information . . .(800) 362-9082
- Legislative Hotline . . . . .(800) 362-9472
- Liver Disease Information . . . . .(800) 223-0179
- Lung Association of Wisconsin . . . . .(800) 586-4872
- Medicaid . . . . .(800) 362-3002
- Medicaid Managed Care  
(HMO’s) . . . . .(800) 291-2002
- Medicare Hotline  
Hours: Mon.-Fri. 9am-3pm . . . . .(800) 633-4227
- Medicare -Wisconsin Customers,  
Part B. . . . .(800) 944-0051
- Medigap Hotline (Certifies Nursing  
Homes & Care Facilities) . . . . .(800) 242-1060
- Multiple Sclerosis Society . . . . .(800) 242-3358
- National Alzheimer’s Association . . .(800) 621-0379
- National Health Information  
Service . . . . .(800) 336-4797
- National Kidney Foundation . . . . .(800) 543-6393
- Nutrition Hotline . . . . .(800) 366-1655
- Nursing Home Complaints/  
Ombudsman . . . . .(800) 815-0015
- Oneida County Department on Aging (800) 379-7499
- Organ Donations . . . . .(800) 528-2971
- Osteoporosis . . . . .(800) 223-9994
- Parkinson’s Association . . . . .(800) 972-5455
- Poison Center . . . . .(800) 815-8855
- Road Conditions in Wisconsin . . . . .(800) 762-3947
- Second Surgery Opinion  
Information . . . . .(800) 633-4227
- SeniorCare Prescription  
Drug Hotline . . . . .(800) 657-2038
- Social Security . . . . .(800) 772-1213
- Sodium Information Center . . . . .(800) 622-3274
- Suicide Hotline . . . . .(800) 784-2433
- Telephone Assistance Grant . . . . .(800) 393-1000
- Tri-County Council on Domestic  
Violence and Sexual Assault . . . . .(800) 236-1222
- Tobacco Quit Line . . . . .(877) 270-7867
- USDA Meat & Poultry Hotline . . . . .(800) 535-4555
- Veterans Information . . . . .(800) 827-1000
- Visual and Hearing Impaired . . . . .(800) 362-1290
- Wisconsin Council of the Blind . . . . .(800) 783-5213
- Wisconsin Guardianship  
Support Center . . . . .(800) 488-2596
- Wisconsin Physicians Services . . . . .(800) 944-0051
- Wisconsin Telecommunications  
Relay Service . . . . .(800) 947-3529-V/TDD

# Websites

- **AARP** ..... [www.aarp.org](http://www.aarp.org)
- **Academy of Nutrition & Diabetes** ..... [www.eatright.org](http://www.eatright.org)
- **Access to many state agencies and the legislature** ..... [www.wisconsin.gov](http://www.wisconsin.gov)
- **Administration for Community Living** ..... [www.acl.gov](http://www.acl.gov)
- **Adult Day Care Centers** ..... [www.dhs.wisconsin.gov/guide/oneida.htm#alf](http://www.dhs.wisconsin.gov/guide/oneida.htm#alf)
- **AFHs (Adult Family Homes)** ..... [www.dhs.wisconsin.gov/guide/oneida.htm#alf](http://www.dhs.wisconsin.gov/guide/oneida.htm#alf)
- **Alzheimer’s Association** ..... [www.alz.org](http://www.alz.org)
- **American Heart Association** ..... [www.americanheart.org](http://www.americanheart.org)
- **CBRFs** ..... [www.dhs.wisconsin.gov/guide/oneida.htm#alf](http://www.dhs.wisconsin.gov/guide/oneida.htm#alf)
- **Centers for Disease Control and Prevention** ..... [www.cdc.gov](http://www.cdc.gov)
- **Elder Abuse Agencies** ..... [www.dhs.wisconsin.gov/aps/index.htm](http://www.dhs.wisconsin.gov/aps/index.htm)
- **Elder Care Information** ..... <https://www.dhs.wisconsin.gov/aging/index.htm>
- **Elder Hostel** ..... <https://www.road scholar.org>
- **Healthfinder (US Dept. of Health/HS)** ..... [www.healthfinder.gov](http://www.healthfinder.gov)
- **Hospice Association of America** ..... <http://hospice.nahc.org>
- **Housing** ..... [www.wheda.com](http://www.wheda.com)
- **Mayo Clinic** ..... [www.mayoclinic.com](http://www.mayoclinic.com)
- **National Alliance for Caregiving** ..... [www.caregiving.org](http://www.caregiving.org)
- **National Alzheimer’s & Dementia Resource Center** ..... <http://nadrc.acl.gov>
- **National Center on Elder Abuse** ..... <https://nces.acl.gov>
- **National Council on the Aging Benefits Checkup** ..... [www.benefitscheckup.org](http://www.benefitscheckup.org)
- **National Eldercare Locator** ..... <https://eldercare.acl.gov>
- **National Institute on Aging on Aging Resource Directory** ..... <https://www.nia.nih.gov>
- **Oneida County Aging Information** ..... [adrc.oneidacountywi.gov](http://adrc.oneidacountywi.gov)
- **Prescription drug programs and discount cards** ..... [www.rxassist.org](http://www.rxassist.org)
- **RCACs** ..... [www.dhs.wisconsin.gov/guide/oneida.htm#alf](http://www.dhs.wisconsin.gov/guide/oneida.htm#alf)
- **Safety Older Drivers** ..... <https://www.healthinaging.org/driving-safety>
- **Solving Caregiver Problems** ..... <https://www.healthinaging.org/age-friendly-healthcare-you>
- **US Dept. of Agriculture: Information on Nutrition** ..... [www.nutrition.gov](http://www.nutrition.gov)
- **US National Library of Medicine and the National Institutes of Health** ..... [www.medlineplus.gov](http://www.medlineplus.gov)
- **Wisconsin Board on Aging and Long Term Care** ..... <https://longtermcare.wi.gov/Pages/Home.aspx>

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