



# Caregiver and Family News: Living Well in our Best Years



August  
2018

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Greetings,

Summer is in full swing and fall is fast approaching. With four seasons here in the north, summer is often the one that gets pinched. We can get into a frenzied pattern, feeling a need to do everything we can after the snow melts and before the next snow flies. What we really need is to take time to enjoy the warmth of the sun on our skin, the shade of a big tree, the birds chirping in their glory (even at 4:30 a.m.), flowers in bloom, or waves lapping on the sandy shores. It is easier said than done for sure, but it is important to take a moment to breathe and regain our internal compass. Where are you going? What do you want to do? Are you happy? Is it time for a change? All good things to ponder as time goes by.

In the last edition of *Living Well*, we asked for input for Bayfield County's 2019-2021 Plan on Aging. I am pleased to report we received significant input from the community. We have spent time reviewing this information and what we have been focused on. Now we are working on goals and objectives for the future. One could say the internal compass of this department is being recalibrated. There are themes throughout all of the goals focusing on combating loneliness and isolation, improving outreach and education, focusing on early intervention and improving access to resources. This plan also incorporates core local priorities including housing and transportation. We look forward to working together with local partners and various communities to ensure we all can live well in our best years.

Until next time,

*Carrie Linder*

Carrie Linder, CSW  
Aging and Disability Services Manager  
Aging and Disability Resource Center of the North



*Elizabeth Lexau*

Elizabeth Lexau  
UW-Extension, Family Living Educator



**BenefitsCheckUp** is a free service of the National Council on Aging. Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs.



There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how to apply.

**BenefitsCheckUp** asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

After answering the questions, you will get a report created just for you describing programs that may help. Visit: <https://www.benefitscheckup.org/>

What would you like to learn...? Is there a topic about aging or family caregiving you'd like to see covered in this newsletter? Call or email UW-Extension at: (715) 373-6104, x 2; [liz.lexau@ces.uwex.edu](mailto:liz.lexau@ces.uwex.edu)

# Photo ID for Voting

By the GWAAR Legal Services Team (for reprint)

The 2018 general election will be on Tuesday, November 6, 2018.

Offices on the ballot include Governor, U.S. Senator, U.S. Representatives, odd-numbered Wisconsin State Senate seats, and all Wisconsin Assembly seats. Now is the time to make sure you have a valid form of identification for voting.

Most people already have the right kind of photo ID for voting, such as a:

- driver's license,
- Wisconsin Department of Transportation (DOT)-issued ID card,
- a U.S. military ID card,
- a U.S. passport,
- a tribal ID card, or
- a student ID card issued by a Wisconsin accredited university or college.

These types of ID are valid for voting if they are unexpired or if they expired after the date of the most recent general election on November 8, 2016.

The following types of ID cards can be used for voting if they are unexpired:

- a veteran's photo ID card issued by the Veterans Health Administration of the federal Department of Veterans Affairs,
- a certificate of naturalization that was issued no more than two years before the date of the election,
- a driving receipt issued by the Wisconsin DOT,
- an identification card receipt issued by the Wisconsin DOT,
- a temporary identification card receipt issued by the Wisconsin DOT through the Identification Petition Process,
- a citation or notice of intent to revoke or suspend a Wisconsin DOT-issued driver's license that the DOT issued within 60 days of the date of the election.

Some absentee voters do not need a photo ID. Members of the military and people who live permanently overseas do not

need a photo ID. In addition, absentee voters do not need a photo ID if they are considered "indefinitely confined" and cannot travel due to their age, an illness, or a

disability. These voters must indicate that they are indefinitely confined when they apply for an absentee ballot.

If you do not have a valid form of identification, and the documents you need to apply for an ID card are not easily available or would cost too much for you to obtain them, you can use the voter ID petition process. This petition process is available for applicants unable to provide proof of name and date of birth, United States citizenship, identity, or other required documentation. The process is free and will allow you to obtain a receipt you can use to vote while you obtain the remaining documents.

You should go to your local DMV office to apply for your photo ID receipt. If available, bring:

- Proof of your name and date of birth (such as your birth certificate);
- Proof of your identity (your Social Security card, Medicaid or Medicare card, etc.);
- Proof of Wisconsin residency (a utility bill, government mail, lease, etc.);
- Proof of U.S. Citizenship (your U.S. birth certificate or citizenship paperwork); and
- Social Security Number.

If you don't have all of these documents, bring what you have to the DMV. At the DMV, you will fill out two forms. You will receive a receipt in the mail that you can

*(continued on p 3)*



# Voting: Photo ID

(Continued from page 2)

use for voting. This receipt will be valid for 180 days, and it will be renewed automatically unless the DOT cancels it. You will receive additional receipts as long as you are making reasonable efforts to obtain the documents you need to apply for an ID card.

Remember, if you already have an unexpired Wisconsin driver's

license or identification card, or if you have a Wisconsin driver's license or identification card that has expired since November 8, 2016, you already have valid identification for voting.

**Note: there is no separate "voter ID" card.**

If you are unsure whether your ID meets the requirements, visit the Wisconsin Elections Commission website: <http://elections.wi.gov/>.

The Wisconsin Elections Commission also has information on its website about voter



eligibility, poll locations, voter registration information and other election information.

If you have questions about how to obtain identification for voting, you can call the DMV Voter ID hotline at 844-588-1069.

## Older Adults, Dementia & Guns

*By the GWAAR Legal Services Team  
(for reprint)*

A popular topic of debate in America is gun ownership. In Wisconsin, guns are often handed down from generation to generation. Learning to shoot and hunt is a rite of passage in many families. Hunting and shooting are cultural traditions, and guns are often seen as valuable



collectibles or family heirlooms. Nationally, roughly 1 in 3 adults over age 65 owns a gun, and about 1 in 8 adults lives with someone who owns a gun.

As with driving and living independently (and even operating power tools), considerations must be made when a diagnosis of dementia causes an older person's memory to falter and cognitive skills to fade. In these cases, what should happen to firearms that have long been a source of pride and a mark of adulthood?

As with any gun debate, the main concern is safety. Not only is safety a concern for others in the household and the general public, but also for the person with the mental decline. Close to two-thirds of the U.S.'s roughly 34,000 shooting fatalities are suicides.

Currently, no federal law prohibits a person with dementia from purchasing or possessing firearms. (There is a federal law that prohibits people under a guardianship from owning or possessing a firearm.) However, physicians are beginning to broach the topic of gun ownership and accessibility when a person

is first diagnosed with dementia. Often, dementia creates a slow cognitive decline, which allows the older person and concerned family and friends to consider preventative measures.

Most doctors are not suggesting getting rid of guns entirely. Possible recommendations include locking up guns, disabling them, or entrusting them with someone else outside of the home. Some physicians are even considering an "Agreement With My Family" – an advanced directive of sorts for firearms.

Each case is unique to the person, the reason for gun ownership, personal limitations and mental decline, as well as concerns of doctors and family members. If you are a gun owner or know someone who is, it is good to have a discussion about wishes regarding gun ownership, should it become no longer safe to use them.

*Adapted from Healy, Melissa, "As More Older American Struggle with Dementia, What Happens to Their Guns?" (May 11, 2018). More information available at [www.latimes.com/science/enow/la-sci-sn-dementia-guns-access-20180511-story.html](http://www.latimes.com/science/enow/la-sci-sn-dementia-guns-access-20180511-story.html).*

# Who's Your Neighbor?

## Why Neighbor's Matter to Older Adults

*We don't always think of neighbors as a critical resource for older adults but research cited in this article makes a case for promoting frequent and supportive neighborly contact.*



### **The Importance of Neighbors to Older Adults.**

There is a growing interest in programs that strengthen ties among neighbors to help older adults age more successfully in their local communities.

Neighbors typically help each other with non-intimate tasks, such as transportation, and are seen as being an especially important resource during emergencies. Interactions among neighbors can also provide a sense of community or an outlet for personal expression.

Few studies have examined whether relations with neighbors affect older adult's well-being, although recent work from MIDUS (MIDlifeUS study, [midus.wisc.edu](http://midus.wisc.edu)) addressed this.

Over 1000 respondents, aged 40-80, were asked about their:

- **Emotional well-being** Both positive affect (feeling cheerful, satisfied, peaceful) and negative affect (feeling sad, nervous, hopeless).
- **Psychological well-being** Including having a sense of purpose, experiencing continued self-growth, and feeling in charge of one's environment
- **Contact with neighbors** How often they had any contact with their neighbors, even something as simple as saying "hello," and how often they had a real conversation or got together socially with their neighbors.
- **Perceived support from neighbors** How much they could call on a neighbor for help if needed, and how much people in the neighborhood trusted each other.

### **Results:**

- **Emotional well-being** Participants reporting continuously *low levels of perceived support* from neighbors over a 10 year period reported *less positive mood* over time.
- **Psychological well-being** Those who reported

continuously *low or declining levels of contact with or support from their neighbors* over a 10 year period were at greater risk for *lower psychological well-being*.

*Less contact and support between neighbors is linked to lower well-being among older adults, which may affect their ability to age successfully in their own homes.*

- **What matters most** *Perceived support was more important* in predicting psychological well-being than contact with neighbors.



These above associations held even when taking into account the quality of relationships with family and friends.

**Source: Excerpt From - The Importance of Neighbors to Older Adults.** *Aging News, Newsletter of the Institute on Aging UW-Madison Spring/Summer 2015 . See the full article at: [http://aging.wisc.edu/ications/newsletter/aging\\_news\\_SPSU15.pdf](http://aging.wisc.edu/ications/newsletter/aging_news_SPSU15.pdf)*



# Sip and Swipe



Do you have a computer tablet of some sort sitting untouched in the box or gathering dust on a shelf because you just don't know how to use it?

Do you wish you could figure out all that email and internet stuff to keep in touch with family and friends? Are you

just curious what all the big deal is about?

It sounds like a Sip & Swipe Cafe® would be perfect for you! Sip & Swipe Cafe® is a free, interactive, hands-on tablet learning session with a coach that guides you through the process of gaining access to the internet, email and more.

How does a Sip & Swipe Cafe® work? During the program the Generation Online application (installed on the tablet) uses step-by-step instructions on every page to guide elders with little or no online experience through the basic swiping, tapping, and voice recognition techniques required for interacting with a tablet device.

Once these skills are mastered, you will be led onto the Internet, assisted to set up an email account, shown how to download and use apps, and

introduced to popular websites. A volunteer coach from the host facility guides the learner as required, but much of the learning is self-paced.

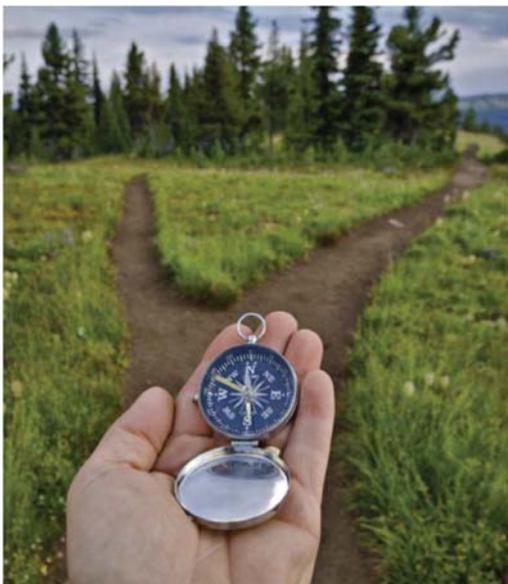
We would like to invite you to take part in a Sip & Swipe Cafe® coming to a Bayfield County location near you!



If you have a tablet collecting dust, you are invited to bring it along and learn how to use it. If you don't own a tablet, each site will have a couple tablets for individuals to use. You may even decide to buy a tablet of your own once you find out how easy it can be!



For more information on becoming a participant at a Sip & Swipe Cafe®, or to volunteer as a coach to facilitate learning, contact Ann Marie at the Aging and Disability Resource Center of the North – Bayfield County Branch: 715-373-6144 x118.



**Save the Date!**

## **Rethinking Aging: Embracing Change**

**Thursday, October 11, 4:00-5:30 p.m.**

**Northern Great Lakes Visitor Center**

Most people don't like to think about change as we age, but the reality is that most of us will need help at some point. Join Dr. Kristin Litzelman, UW-Extension Specialist for Family and Financial Well-being in Middle and Later Life as she discusses common reactions to losing independence and how rethinking aging can help us plan for the future and embrace change.

**Part of Ashland Bayfield County UW-Extension Week 2018**

***Connecting U to You!***

# Helping Kids Understand Alzheimer's Disease

When a family member has [Alzheimer's disease](#), it affects everyone in the family, including children and grandchildren. It's important to talk to children about what is happening. How much and what kind of information you share depends on the child's age and relationship to the person with Alzheimer's.

## Helping Kids Cope

Here are some tips to help kids understand:

- Answer their questions simply and honestly. For example, you might tell a young child, "Grandma has an illness that makes it hard for her to remember things."
- Let them know that their feelings of sadness and anger are normal.
- Comfort them. Tell them no one caused the disease. Young children may think they did something to hurt their grandparent.
- Talk with kids about their concerns and feelings. Some may not talk about negative feelings, but you may see changes in how they act.

Problems at school, with friends, or at home can be a sign they are upset. A school counselor or social worker can help your child understand what is happening and learn how to cope.

A teenager might find it hard to accept how the person with Alzheimer's has changed. He or she may find the changes upsetting or embarrassing and not want to be around the person. Don't force them to spend time with the person who has Alzheimer's. This could make things worse.

Give children information about Alzheimer's that they can understand. For Alzheimer's books and other materials, visit [Resources for Children and Teens About Alzheimer's Disease](#) at the National Institutes of Health Website.

## Spending Time Together and Alone

It's important to show kids they can still [talk with the person with Alzheimer's disease](#) and help him or her enjoy activities. Many younger children will look to you to see how to act.

[Doing fun things together](#) can help both the child and the person with Alzheimer's. Here are some things they might do:

- Do simple arts and crafts
- Play music or sing



- Look through photo albums
- Read stories out loud

If kids live in the same house as someone with Alzheimer's disease:

- Don't expect a young child to help take care of or "babysit" the person.
- Make sure they have time for their own interests and needs, such as playing with friends, going to school activities, or doing homework.
- Make sure you spend time with them, so they don't feel that all your attention is on the person with Alzheimer's.
- Be honest about your feelings when you talk with kids, but don't overwhelm them.

If the stress of living with someone who has Alzheimer's disease becomes too great, think about placing the person with Alzheimer's into a [respite care facility](#). Then, both you and your kids can get a much-needed break.

## For More Information About Helping Kids Understand Alzheimer's

**NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center**

1-800-438-4380 (toll-free)

[adear@nia.nih.gov](mailto:adear@nia.nih.gov)    [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

Read about [this topic in Spanish](#). Lea sobre este [tema en español](#).

The ADEAR Center offers information and free print publications about Alzheimer's disease and related dementias for families, caregivers, and health professionals. ADEAR Center staff answer telephone, email, and written requests and make referrals to local and national resources. Source: National Institute on Aging.

# Tai Chi



## Tai Chi: Moving for Better Balance

is an evidence based program that has been shown to:

- ◆ Improve measures of functional balance and
- ◆ Physical performance
- ◆ Reduce the frequency of falls



Sponsored by: ADRC of the North

## Classes led by Suzanne Rooney starting August 20th, 2018.

The class will continue every Monday and Wednesday through November 7<sup>th</sup> (with no class on 9/3 & 9/17.)

*The class will be held at 3 Locations in Bayfield County!!*

**9:45 -10:45 am ~ Washburn Meditation Center**

325 Washington Ave Washburn

**12:30-1:30 pm ~ Drummond Community Center**

**4:00-5:00 pm ~ Cable Community Center**

To register call RSVP 715-292-6400 x2.

The class is free of charge.

There is an optional DVD available for purchase.

# Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 2.5 hours once per week for six weeks.

**Dates: October 4—November 8, 2018**

**Time: 9:30 am – noon**

**Location: Evelyn Briggs Library  
in Iron River, WI**

To register, call RSVP at  
**715-292-6400 x 2**

***Space is limited; register early!***



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself

<https://wihealthyaging.org/>





# Do you know someone with memory loss who could benefit from the healing power of music?

## What is Music & Memory?

Music & Memory helps people living with a wide range of cognitive and physical challenges to find renewed joy in life through musical favorites. Our team is being trained to develop a personalized playlist that will offer the powerful benefits that music has to offer.

**There is an increase of individuals with dementia being cared for at home, where personalized music provides important benefits to the person with dementia as well as their family caregivers.**

Music & Memory supports families by enabling caregivers faced with the daily challenges of the disease to connect, communicate and keep their relative safe at home longer.

Connecting people with their favorite music improves the quality of their life. Moods brighten, fewer antipsychotic drugs are needed, bonds are renewed, and joy ensues.

More than any other form of therapy, Music & Memory reconnects the resident to a sense of self and well-being.

To learn more about MUSIC & MEMORY at home, or if you are interested in participating in the program, contact the Aging and Disability Resource Center of the North at 1-866-663-3607.



Aging and Disability Resource Center of the North

## Building Our Own "Music & Memory" Library

Bayfield County is currently building our Music and Memory library.

If you have CDs you would like to donate to this program, please contact us!



The CD's can be new, previously used, or even

purchased from garage sales and thrift stores!

**Please do not donate self-made CDs.**

For us to legally use the CD, it must be the original CD. We are working toward having a well-rounded library from which we can create personalized playlists. The

most desired music is pre-1990. If you would like to help build our library but have no CDs, iTunes gift cards will also be welcome. Call Ann Marie at 1-866-663-3607 extension 224 or 715-373-6144 extension 118 for more information.



Aging and Disability Resource Center of the North

## Living Well with Chronic Conditions Workshop

### Put Life back in your life!

**Feel better. Be in control. Do the things You want to do.**

### Join Us

#### Washburn-St Louis Church

Wednesdays, Sept 12—Oct 17, 2018

1:30 pm—4:00 pm

Register by Sept 5<sup>th</sup>

#### Cable Community Center

Thursdays Oct 11-Nov 15, 2018

9:30 am—12 Noon

Register by Oct 4<sup>th</sup>

**To Register: Call RSVP at 715-292-6400 ext 2**

**COST is free for workshop—\$10 for optional book**

Sponsored by Bayfield County Health Department and ADRC of the North

# 2018 Farmers' Markets

Local Farmers' Markets  
In the Chequamegon  
Bay Area

Ashland, Bayfield, & Iron  
Counties



This local resource is brought to  
you by the Bayfield County  
Health Department



For more information  
contact:

Bayfield County  
Health Department  
117 E. Sixth Street  
Washburn, WI 54891  
Phone: 715-373-6109  
Fax: 715-373-6307

## Why Buy Local

Eating local means more money stays within your community. Every dollar spent generates twice as much income for the local economy. Local produce is fresher and tastes better because it is usually sold within 24 hours of being picked.

Did you know that it is estimated that the average American meal travels about 1,500 miles to get from farm to plate?



Eat fresh & buy local



Check out  
[www.feastbythebay.org](http://www.feastbythebay.org)  
for more information on  
local CSAs, farmers' markets and  
the Farm to School program!



# LOCAL FARMERS' MARKETS

## ASHLAND



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

**When:** June 2nd-October 20th  
**Day/Time:**

Saturdays, 8am-Noon

**Location:** Howard Pearson Plaza located on Main Street West, Ashland WI

## BAYFIELD



**Facebook:** Bayfield Farmers Market

**When:** June 23rd –October 13th

**Day/Time:** Saturdays, 8:30am-Noon

**Location:** First Street, Downtown Bayfield, WI

## IRON RIVER

**When:** June 28th-September 2nd

**Day/Time:** Thursdays, Fridays, Saturdays 9am-5pm,  
Sundays 9am-3pm

**Location:** O'Brien's C-Store, Highway 2 Iron River, WI

## HURLEY-IRON COUNTY



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

**When:** June 30th-October 13th  
**Day/Time:** Saturdays, 10am-1pm & Wednesdays, 3-6pm

**Location:** 13420 N. 10th Ave, Hurley, WI Just across from the Wisconsin Tourist Info Center on Hwy 51 N Hurley, WI

## MADELINE ISLAND

**When:** June 1st-October 19th  
**Day/Time:** Fridays, 9:15am-Noon

**Location:** Just across from the ferry office on Main Street, La Pointe, WI

## CORNUCOPIA



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

**When:** June 16th-October 27th  
**Day/Time:** Thursdays, 3-6pm

**Location:** Under the willows at the beach, just off Hwy 13, Cornucopia, WI

## CABLE

[www.cable4fun.com](http://www.cable4fun.com)

**When:** June 23rd-September 29th

**Day/Time:** Saturdays, 9am-1pm  
**Location:** Cable UCC parking lot, 13445 County Hwy M, Cable, WI

## PORT WING



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

**When:** May 26th-October 6th  
**Day/Time:** Saturdays, 9am-Noon

**Location:** Town Hall Pavilion on the corner of Hwy 13 and Grand Ave, Port Wing, WI

## WASHBURN



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

**When:** June 6th-October 10th  
**Day/Time:** Wednesdays, 3-7pm

**Location:** North Coast Coffee parking lot, Bayfield Street, Washburn, WI



WIC (Women Infant Children) vouchers accepted at locations with the following WIC symbol:





# WISCONSIN FAMILY CAREGIVER SUPPORT PROGRAMS

## *National Family Caregiver Support Program (NFCSP)*

## *Alzheimer's Family Caregiver Support Program (AFCSP)*

### ***National Family Caregiver Support Program (NFCSP)***

This program offers respite, information, support, and other resources to family caregivers.

#### **HOW DOES THE PROGRAM WORK?**

Caregiver support services are available to all families caring for a person aged 60 or older or someone with dementia. Grandparents and older relatives caring for minor children or an adult with a disability may also qualify for the program.

#### **WHAT CAN THE PROGRAM PROVIDE?**

Limited short-term respite care may be provided in the home, a day program or a temporary overnight in a facility. Respite services for caregivers include:

- Chore services
- Personal care, such as dressing, bathing or toileting
- Daily homemaking tasks, such as meal preparation, shopping or light housework
- Companionship and general supervision for safety purposes.

*Services and items that complement the care given by caregivers may be provided including:*

- Transportation and assisted transportation
- Assistive devices (weighted silverware, adaptive clothing, door locks, bed alarms, etc.)
- Minor home modifications (wheelchair ramps, grab bars, etc.)
- Supplies (incontinent supplies, etc.)
- Safety Equipment (emergency response system, Safe Return, etc.).

#### **WHO IS ELIGIBLE?**

- Any caregiver who provides unpaid care to a person age 60 or older, **or** to a person of any age who has Alzheimer's disease or related dementia. **Note:** The older adult receiving care must need assistance with daily living.
- Grandparents or relatives age 55 and older who are the primary caregivers for a child under age 19 **or** who care for a person age 19 to 59 with a long-term disability.

*There are no fees or income requirements to enroll in this program.*

### ***Wisconsin Alzheimer's Family and Caregiver Support Program (AFCSP)***

This program was created to enhance the lives of informal and family caregivers while helping people with dementia remain living in the community as long as possible.

#### **HOW DOES THE PROGRAM WORK?**

Funds are available in each county for qualified individuals to provide temporary caregiver respite care and purchase goods and services needed to help care for someone with irreversible dementia.

#### **WHAT CAN THE PROGRAM PROVIDE?**

##### **Typical goods and services include:**

- Respite care or home care services (personal care assistance, meal prep, medication assistance and monitoring, homemaker services, yard work and snow removal, etc.)
- Emergency response systems
- Transportation expenses
- Incontinence supplies
- Home safety modifications
- Home-delivered meals
- Specialized clothing
- Activities and hobby supplies
- Legal expenses related to guardianship
- Caregiver counseling services
- Caregiver education classes
- Individualized services as approved

#### **WHO IS ELIGIBLE? Families are eligible if three criteria are met:**

1. There is a diagnosis of Alzheimer's disease or other dementia
2. The person with dementia resides in a community or home setting (not a facility)
3. The person with dementia and spouse have a gross annual income of \$48,000 or less (costs related to dementia-related care may be deducted when calculating gross income).

*Note: AFCSP services are not available to persons who are enrolled in Family Care, IRIS, or other Medicaid Waiver programs.*

**For more information or to apply for the programs please contact the Aging and Disability Resource Center (ADRC) of the North at**

**1-866-663-3607**

**Bayfield County Extension Office**  
U.S. Department of Agriculture  
Cooperative Extension Service  
Courthouse, P.O. Box 218  
Washburn, WI 54891

NONPROFIT  
U.S. POSTAGE  
PAID  
PERMIT NO. 28  
WASHBURN, WI



## Change Service Requested



### Hours of operation:

8:00-4:00 Monday through Friday

Phone Number:

**1-866-663-3607**

### Visit the ADRC office:

117 E 5th Street

Washburn, WI 54891

Appointments are not necessary, but are helpful.

Website: [www.adrc-n-wi.org](http://www.adrc-n-wi.org)

### Not online? Please note...

This newsletter is distributed online and in print. The online version contains links to additional resources on the Internet. If you received a print version of this newsletter and you'd like access to specific online information mentioned in an article, contact Ann Marie at the ADRC office at 1-866-663-3607 extension 224 or 715-373-6144 extension 118 to request the information. Be sure to state the page number, the issue and the information you are requesting.



Bayfield County – UW Extension

County Administration Bldg

117 E. 5th Street

Washburn, WI 54891

Phone: 715-373-6104

Fax: 715-373-6304

Office hours 8 AM – 4 PM.: Monday – Friday

Website: <http://bayfield.uwex.edu/>

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential."