

CAREGIVER AND FAMILY NEWS



Living Well in our Best Years

Spring 2024



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Greetings!

It is that time of year, where I can wear flip flops one day and put my winter boots on soon after. The days are getting longer and that is all that matters! As we come out of the mildest winter ever, start thinking about how to increase your social connections if you have been a home body.

- Spend more quality time with family and friends.
- Join a group, club, or class related to an interest or hobby (books, art, sports).
- Spend time with others in nature.
- Express gratitude to others.
- Volunteer with an organization.
- Get involved in your community.
- Expand and diversify your social network by making a new acquaintance or friend, especially someone who might be different from you.
- Provide social support to others, such as listening to a friend dealing with a problem.
- Get to know your neighbors.
- If you cannot be with others in person, substitute a phone call for screen time.

These are all good things to do to remain a part of your community and make it a better place. Think of one small thing you can do. Make a plan and act!

Until next time,

Carrie

Carrie Linder, CSW, Aging & Disability Services Manager



The ADRC of the North Welcomes a New Dementia Care Specialist!



Colleen Brewer recently joined the ADRC of the North team as the resident Dementia Care Specialist in January of 2024.

Colleen has three main passions in life; which include music, cooking and working within her community to develop an inclusive environment where all feel welcome and valued.

She was drawn to the Dementia Care Specialist position after spending 5 years working in a long-term care facility where she actively provided services and care to residents and families during the COVID-19 pandemic.

Colleen states that she found the work extremely fulfilling and felt extremely honored to be part of the aging journey; navigating the many twists and turns with families and their loved ones. Colleen is eager to continue building the Dementia Care programs in Bayfield and Ashland Counties and looks forward to working with you!



Top 7 OTC Hearing Aid Scams

1

Unknown Brand Names

Can you find the company's products listed on multiple websites or in stores?



2

Vague or misleading labels

Does the label clearly state that the product is a hearing aid designed to treat hearing loss? Can you read the user manual before making a purchase?

3

FDA "registration certificates"

The FDA does not issue registration certificates for any medical devices, including hearing aids.



4

Rock bottom prices

Does the company advertise prices far below others on the market?

5

No trial period or warranty

Reputable companies will offer both a trial period and warranty.



6

Lack of customer support

Ways to contact the company for help should be easy to find on the website and in the user manual.

7

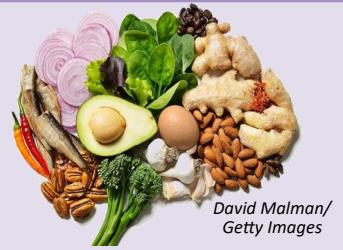
False claims

Does the product claim to cure hearing loss or offer the same technology as high-end brands at a low price?

<https://www.ncoa.org/adviser/hearing-aids/otc-hearing-aid-scams/>

The MIND Diet

Submitted by Colleen Brewer, Dementia Care Specialist
– ADRC of the North



The MIND diet was created to help prevent dementia and slow brain function issues that can happen with age. The diet encourages eating vegetables, berries, nuts, whole grains, olive oil, fish, beans, poultry, and wine. These foods contain many nutrients that promote good brain health, possibly by reducing free radicals, inflammation, and the formation of beta-amyloid plaques.

Early research shows that following the MIND diet can lower the risk of Alzheimer's disease and slow the loss of brain function over time. However, more research is needed to understand the diet's effects.

Because the MIND diet is a combination of the Mediterranean and DASH diets, future research will probably show that it offers other health benefits that are associated with these two diets. But for now, if you're looking for a way of eating that focuses on maintaining brain health as you age, the MIND diet may be for you.

10 foods to eat on the MIND diet

Here are the 10 foods the MIND diet encourages:

- **Green, leafy vegetables:** Aim for six or more servings per week. This includes kale, spinach, cooked greens, and salads. Check with your health care provider first if you are on blood thinners.
- **All other vegetables:** Try to eat another vegetable in addition to the green leafy vegetables at least once per day. It's best to choose non-starchy vegetables because they provide a lot of nutrients for a low number of calories.
- **Berries:** Eat berries at least twice per week. Berries such as strawberries, blueberries,

raspberries, and blackberries all have antioxidant benefits.

- **Nuts:** Try to get five or more servings of nuts each week. The creators of the MIND diet don't specify what kind of nuts to eat, so eat a variety to get different kinds of nutrients.
- **Olive oil:** Use olive oil as your main cooking and salad dressing oil.
- **Whole grains:** Aim for at least three servings daily. Choose whole grains like oatmeal, quinoa, brown rice, whole wheat pasta, and 100% whole wheat bread.
- **Fish:** Eat fish at least once per week. It is best to choose fatty fish such as salmon, sardines, trout, tuna, and mackerel for their high amounts of omega-3 fatty acids.
- **Beans:** Include beans at least four times per week. This category includes kidney beans, black beans, pinto beans, red beans, chickpeas, lentils, and soybeans.
- **Poultry:** Try to eat chicken or turkey at least twice per week. Note that fried chicken is not encouraged on the MIND diet.
- **Wine:** Aim for no more than one glass daily. Moderation is important. Both red and white wine may benefit your brain.
- If you're unable to consume the target number of servings, don't quit the MIND diet altogether. Research has shown that following the MIND diet even to a moderate degree is associated with a reduced risk of Alzheimer's disease and cognitive impairment.

When you're following the diet, you can eat more than just these 10 foods. However, the more you stick to the diet, the better your results may be.

(Continued on page 4)

The MIND Diet (Continued from page 3)

5 foods to avoid on the MIND diet

The MIND diet recommends limiting the following five foods:

- **Butter and margarine:** Try to eat less than 1 tablespoon (about 14 grams) daily. Instead, try using olive oil as your primary cooking fat and dipping your bread in olive oil with herbs.
- **Cheese:** The MIND diet recommends eating cheese less than once per week.
- **Red meat:** Aim for no more than three servings per week. This category includes all beef, pork, lamb, and products made from these meats.

- **Fried food:** The MIND diet highly discourages fried food, especially the kind from fast-food restaurants. Limit eating them to less than once per week.

Pastries and sweets: This includes most of the processed snack foods and desserts you may think of — ice cream, cookies, brownies, snack cakes, doughnuts, candy, and more. Try to limit these to no more than four times per week.

The MIND diet is a healthy diet and can be tweaked to help with other conditions, such as weight loss, heart disease and controlling diabetes. The MIND diet offers variety and moderation, which are the keys to any successful eating program.

MIND Diet Recipe

The MIND Diet recommends dining on fish at least once a week, so add fish tacos to your dinner rotation for a light, easy meal. Try the recipe below with local Lake Superior whitefish or walleye! Delicious!!

Fish Tacos

This recipe is featured in The Mind Diet Plan & Cookbook by Julie Andrews.

For the slaw:

1/4 cup lime zest and juice
3 tablespoons avocado or canola oil
1 tablespoons honey
1/2 teaspoon kosher or sea salt
3 cups shredded green, red or Napa cabbage or coleslaw mix

For tacos:

12 6-inch corn tortillas, toasted
2 medium ripe avocados, peeled and sliced

Directions:

In a glass bowl, whisk together lime zest and juice, oil, honey and salt. Add cabbage and toss to coat. Refrigerate. In a small bowl, whisk together chili powder, cumin, salt, smoked paprika and black pepper. Rub spice mixture on the fish fillets. Heat oil in a large skillet to medium-high heat. Sauté fish fillets 2-3 minutes per side, until it flakes easily with a fork. Serve fish on corn tortillas with slaw and avocado slices.

For the fish:

1-1/2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon kosher or sea salt
1/2 teaspoon smoked paprika
1/2 teaspoon ground black pepper
1-1/2 pounds white fish, skins removed
2 tablespoons avocado or canola oil



Senior Farmer's Market Nutrition Program Vouchers

Available in Bayfield County starting June 2024

Submitted by: Marianne Johnson, Elder Benefits Specialist

We are happy to announce that Bayfield County Department of Human Services (DHS) is once again distributing the Senior Farmers Market Nutrition Program (SFMNP) vouchers to low-income seniors this summer.

The goal of this program is to help seniors improve their diets with fresh produce while giving local farmers more business and adding support to the local economy.

To be eligible for the program, you must be a Bayfield County resident, 60 or older (55 or older if you are Native American), and at or below 185% of the Federal Poverty Limit (FPL). The income criteria for 2024 is:

- For a one-person household, 185% FPL is \$2,322/month.
- For a two-person household, 185% FPL is \$3,152/month.

Income is self-declared; you do not need to show verification of income.

If eligible, you will receive one set of vouchers worth \$45. In 2024, vouchers will be issued/person.

Vouchers can be spent at participating farmers markets and farmstands to buy locally grown produce.



All vouchers will be distributed on a "first come first served" basis, based on when the signed and completed eligibility form is received by the Bayfield County DHS.

After all vouchers have been distributed people will be notified if they are on a waiting list (again in order that the completed forms are received) and will be updated if they will be sent vouchers later.

If you have any questions, or would like an application please contact:

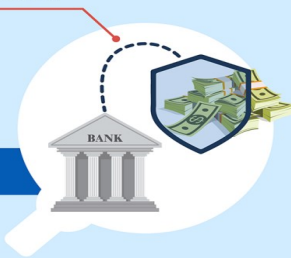
Marianne Johnson at 715-373-3355

marianne.johnson@bayfieldcounty.wi.gov

Anatomy of an Imposter Scam

Never move or transfer your money to "protect it."

It's a scam.



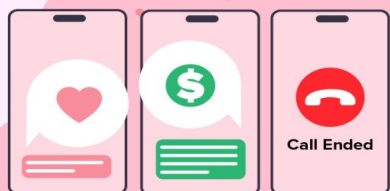
Anatomy of an Imposter Scam

Anyone who asks you for your account verification code is a scammer.

Never share it.



Your new love asked for money urgently or to "invest" it? Say no.
It's a scam.



Did someone tell you to buy a gift card and give them the numbers?

That's a scam.

Report it to the gift card company.

Ask for your money back.



Bayfield County Three-Year Aging Plan Survey

We need your help! Bayfield County Department of Human Services is in the process of developing our 3-year Aging Plan. We **NEED YOUR OPINIONS, IDEAS, AND EXPERIENCES** to make our plan match the needs of our community. The more input we can gather, the better we can serve you and other residents in the future.

Please help us by completing an online survey, it should take only a few minutes of your time.

To access the survey, you may scan the QR Code.



or type in the URL (https://uwmadison.co1.qualtrics.com/jfe/form/SV_1C9fovmdIUTyUGG) onto your device.

If you are not sure how to scan a QR Code see the article on the AARP website <https://www.aarp.org/home-family/personal-technology/info-2023/>

As you complete this survey, please look at both your current situation as well as the support and concerns you see yourself needing as you grow older.

If you prefer to fill out a paper survey, hard copies will be available at all Bayfield County Libraries and Senior Dining Sites.

We also wanted to take this opportunity to tell you about some of the programming we have available to you now.

- To meet your nutritional needs, we have home delivered meals, as well as senior dining sites.

idea → plan → action

- An elder benefits specialist is available to help you apply for, retain, and problem solve both public and private benefits.
- We help arrange transportation to and from medical appts or other essential trips you may have.
- We offer caregiver support to those who are in a caregiving role
- We have information and assistance specialists who can answer questions on a variety of aging and disability related topics and can help connect you with support in your community.
- A dementia care specialist is on hand to help you navigate through challenges that can come with that diagnosis.
- We also have evidence based programs available to help those who are:
 - living with a chronic condition
 - living with diabetes
 - aiming to reduce their fall risk
 - looking for caregiving support
 - looking for ways to strengthen their bodies, walk with greater ease, and gain flexibility, balance, and endurance
- We also have options available for those of you who are looking to socially connect with others from the comfort of your own home.

If any of these programs have piqued your interest, please contact us at 1-866-663-3607 to learn more.





WHAT IS FOODWISE? FoodWise is federally funded statewide by the Supplemental Nutrition Assistance Program Education (SNAP-Ed) & the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles & healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

What does this mean? This means that our educators are active in the Ashland, Bayfield and Iron County communities providing education at schools, in the community and online. Some of the programs that are offered include:



- **StrongBodies** – This is a free strength-training class to catalyze positive change in people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support. New class runs April 2– May 23, 2024~9-10:15 am. Register at <https://go.wisc.edu/9e2x84>

Registration is open throughout the month of April.



- **FoodWise Nutrition Newsletter**—This monthly newsletter keeps the community and our partners informed about local food related activities in the area as well as highlighting the Harvest of the Month, with delicious recipes included.

You can always find out more about what FoodWise is doing in by checking out their Facebook page at :<https://www.facebook.com/FoodWiseUWEX.North> or by contacting Stephanie Bakker by phone at 715-373-3294 or by email at stephanie.bakker@wisc.edu



Thrive Rural Grant

The Bayfield County Housing Authority was chosen as one of ten Thrive Rural grant recipients by Wisconsin Economic Development Corporation in support of a new Senior Housing development in the Town of Bell.

The project is in its very early stages, but this grant will help with pre-development planning and expenses.

Stay tuned for updates as the project progresses.

Mobility Management Services

A Mobility Manager can help you schedule non-emergency medical transportation or connect you with other transportation services near and far.

The mobility manager is a service provided by BART to help you link to all available transportation services.

The ultimate goal is to find the most cost effective and reliable transportation available to get you where you need to go. That may be a bus, volunteer driver, or door to door service.

Need a Ride? BART Can Help!

We can also help support and train new riders on how to use the BART bus system.

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Medicare 101 Virtual Informational Meetings in 2024

Submitted by: Marianne Johnson, Elder Benefits Specialist

The Bayfield County Elder Benefits Specialist, Marianne Johnson will be offering "Medicare 101" presentations for those Bayfield County residents who are approaching age 65 or who will soon be on Medicare. These presentations will **introduce attendees to the basics of Medicare**, as well as give you the information you need to know before making decisions about enrolling in Medicare. Information provided will help you understand what Medicare options would best suit your needs. The Elder Benefit Specialist is an unbiased source for information and takes pride in helping people get the information they need to make an informed decision about benefits.



If you are turning 65 this year and a Bayfield County resident, attending one of these trainings is strongly encouraged. This training will give you enough information to understand your Medicare options and be ready to make decisions about your Medicare when it is time to do so. If you are not a Bayfield County resident, you are welcome to register and will be able to attend the presentation but will be encouraged to contact your county's elder benefits specialist as a resource.

All presentations currently scheduled will be held virtually via Microsoft Teams. Presentations will either start at noon or 6:00pm and will last about an hour and a half depending on the questions asked by the audience. Please register as soon as possible in advance as there are written materials that would be helpful to reference during the presentation that will need to be mailed or printed off by the attendee. There is no charge for the presentations.

To register or if you have questions

Call Marianne at 1-866-663-3607 or email at

marianne.johnson@bayfieldcounty.wi.gov

Presentations dates and times:

March 20, 2024	Noon
April 24, 2024	6:00 pm
May 15, 2024	Noon
June 11, 2024	6:00 pm
July 17, 2024	Noon
August 21, 2024	6:00 pm
September 18, 2024	Noon
October 09, 2024	6:00 pm

Anatomy of an Imposter Scam

A pop-up says to call tech support?

That's a scam.



Anatomy of an Imposter Scam

Scammers want to isolate you from people you know and trust.

Never agree to keep a secret.



Anatomy of an Imposter Scam

If someone says,

Don't trust anyone. They're in on it.

It's a scam.



Anatomy of an Imposter Scam

Did you get a call about suspicious activity in your Amazon account?

It's a scam. Hang up.



OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#).

"It's not just about having someone to chat with. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

How can community groups, businesses, and organizations mark OAM?

- ◆ Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- ◆ Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- ◆ Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- ◆ Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- ◆ Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

What can individuals do to connect?

- ◆ Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.



POWERED BY CONNECTION: MAY 2024

Join Us

Alzheimers and Dementia Caregiver Support Group



Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for family and friends who are caring for someone who has Alzheimer's or another dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



This support group is offered in partnership between the Alzheimer's Association Wisconsin Chapter and the:



Designed for anyone who is caring for someone who has Alzheimer's or related dementia.

**Last Thursday of Each Month
1:00-2:30pm**

**Washburn Public Library
307 Washington Avenue
Washburn, WI**

**Contact the ADRC of the North at
1-866-663-3607 and ask to speak to
the Bayfield County Dementia Care
Specialist with any questions**

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811



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This newsletter was made possible in cooperation with the UW-Madison, Extension Bayfield County & the ADRC of the North



The Aging and Disability Resource Center of the North (ADRC-N) is open Monday-Friday, 8:00 am to 4:00 pm.
 Please call **1-866-663-3607** to speak with an Information and Assistance Specialist regarding questions about resources, services, and benefits. The ADRC-N serves adults age 60 and older, and adults with disabilities ages 18-59.
 Website: www.adrc-n-wi.org

This newsletter and past issues are also available on the Extension Bayfield County website at:

<https://bayfield.extension.wisc.edu/family-living/aging-and-caregiving/>

What would you like to learn...? Is there a topic about aging or family caregiving or finances that you'd like us to cover in this newsletter?

If so, please contact:

- ♦ Tracy Henegar at 715-395-1426 or tracy.henegar@wisc.edu
- ♦ Heidi Ungrodt at 715-373-3288 or heidi.ungrodt@wisc.edu



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