

2022 Senior Resource **DIRECTORY**

**Forest County
Office on Aging**



A publication of the Northwoods Star Journal and Forest County Office on Aging

“Where Compassion and Healing Come Together”

The Bay At

Nu-Roc

www.bay-nuroc.com

715-674-4477

3576A Nu-Roc Lane
Laona, WI 54541



SERVICES OFFERED

- Professional nursing & rehabilitative services for long or short term stays.
- Medicare, Medicare Advantage, Medicaid, VA, Hospice, Private and Respite care services.
- Professional out-patient therapies in a modernly equipped setting.
- Dementia care with compassion, knowledge, and individualized care planning.
- Diversified daily activities with personalized programs for unique individual needs.
- Personalized commitment addressing social needs with understanding and empathetic support.
- “Meal Choice” dining offering nutritious home cooked meals in a spacious dining area which features surround sound music for dining pleasure.
- Specialized transportation for doctor visits or other appointments provided by the facility upon request.
- On-site doctor visits.
- Weekly visits from licensed hair specialists.

AMENITIES

- Wireless Internet for residents and family.
- State of the art call light system with voice response.
- “Homelike atmosphere” with the comforts of home and Northwoods Lodge Decor.
- 16 Private Rooms.
- Relaxing visitation areas with fireplace, bird aviary and comfortable surroundings.
- Spacious outside grounds with a large screen porch, wheelchair swing, numerous covered decks, finely groomed flower beds, and serene, relaxing water fountains.
- Hydro-therapy tub for specialized treatments and whirlpool bathing.
- Cable television in all resident rooms at no additional cost.
- Carpeted hallways for resident comfort and safety.
- Fully air-conditioned.
- Private phone service available in every room.
- Large screen TV for resident viewing pleasure.

Offering Over 65 Years Professional Services Since 1953

Table OF CONTENTS

See pages 49 & 50
for an alphabetical
index of programs
and services

	PAGE		PAGE
• Advocacy	10	• Hearing Resources	27-28
• Aging Services	10-14	• Home Health Care	28
• Alcohol & Other Drug Abuse (AODA)	14-15	• Homeless Shelters	28-29
• Alzheimer's Disease & Other Dementias	15	• Hospice Care	29
• Assistive Technology Resources	15	• Hospitals/Medical Facilities	29-32
• Caregiver Support	16	• Housing	32-35
• Churches	16-17	• Housing/Financial Assistance	35-36
• Clothing	17	• Income Tax Assistance	36
• Consumer Protection	17&19	• Information & Assistance	36
• Continuing Education	19	• Legal Assistance	36&38
• Counseling	19	• Libraries	38
• Crisis Intervention	19-20	• Medicaid	38-39
• Dental Care	20	• Medical Equipment	39
• Dialysis Units	21	• Medicare	37, 39-40
• Dining	21	• Memory Diagnostic Services	40
• Disabilities Resources	21-23	• Mental Health	40-41
• Driver's Licensing	24	• Nursing Homes	41
• Elder Abuse/Domestic Abuse	24	• Pharmacies	41
• Emergency Response Units - Lifeline Programs	24	• Prescription Medication Assistance	42
• Emergency Services	24-25	• Public Health	42
• Employment	25	• Respite Care	42-43
• Energy Assistance	25	• Social Groups	43
• Financial Assistance	25-26	• Social Security	43
• Financial Counseling	26	• Social Services	43-44
• Food	26-27	• Support Groups	44-45
• Gambling Problems	27	• Therapy (Occupational, Physical and/or Speech)	45
• Grandparents	27	• Transportation	45-46
• Health Education	27	• Veterans	46-47
• Health and Wellness	27	• Vision Resources	48
		• Volunteer Opportunities	48
		• Weatherization	48
		• Useful Resources	40

THANK YOU!!!

We extend our thanks to all volunteers who make such a great difference in the Senior service delivery system of Forest County. All volunteer activities are important and appreciated. We would especially like to recognize and thank the site volunteers, Health Promotion Class leaders, and volunteer escort drivers who give so much of their time and of themselves assisting so many.

We are indebted to the Hodag Buyers' Guide who worked with us to produce this 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.



FOREST COUNTY COMMISSION ON AGING: Mike Miller, (Chairman/County Supervisor), Larry Sommer, (Vice-Chair), Jean Jungwirth (Secretary), Jack Matuszewski (County Supervisor), Casey Sponable, Laurie Van Grinsven, Ann Koziol, & Wendy Abney.

THE FOREST COUNTY OFFICE ON AGING COMMITTEE oversees and develops policy for the services of the Office on Aging. The 11 person Committee is comprised of two appointed County Board members, seven citizen members and two advisory members from the Department of Social Services and Forest County Health Department. The Committee meets bi-monthly. The public is invited to attend.

FOR ADDITIONAL INFORMATION AND ASSISTANCE PLEASE CONTACT:
Forest County Office on Aging • 200 East Madison Street, Crandon, WI 54520 • 715-478-3256

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

THE SERVICE NETWORK

Very often the service delivery system appears confusing and overwhelming. As you will find in this directory, within the service delivery system there are many providers who may assist you with information regarding resources and direct services. If you are uncertain about contacting a specific provider, please call the Office on Aging office for assistance.

A brief note about mental health, AODA and developmentally disabled services: Forest County is part of a tri-county consortium comprised of Forest, Oneida and Vilas Counties, with services for mental health, AODA and developmental disabilities being provided by The Human Service Center. The Center is located at 705 N. Timber Drive in Rhinelander. The Northwoods Guidance Center is also housed within this facility. Contact with the Center may be direct or through a local agency.

TAKE THE FIRST STEP!

The first step in the information access chain begins with you or a chosen representative. We encourage all older adults to find out more about services through in-person, phone, fax or e-mail contacts. Please keep in-mind that an appointment may be needed for face-to-face contacts due to the workloads of staff members. It is your right to be accompanied by the person/s of your choice.

IMPORTANT INFORMATION FOR YOUR CONSIDERATION

Everyone Should Have an Advance Directive! An advance directive describes, in writing, your choices about the treatments you want or do not want or about how health care decisions should be made for you if you become incapacitated and cannot express your wishes. An advance directive expresses your personal wishes, beliefs and values. When you make an advance directive, you should consider issues like dying, living as long as possible, being kept alive on machines, being independent, and quality of life. There are three ways to make a formal advance directive in Wisconsin. You can complete either a living will or a power of attorney for health care document. A third way to express your wishes is to have a legal document drafted by your attorney and appropriately witnessed. Contact the Forest County Office on Aging/ Department of Social Services for more information and forms.

What is an Assessment? An assessment is an information gathering process to determine needs, preferences and supports. It may also include establishing program eligibility. Through the assessment process, individuals are given information in regard to available services so that they may choose those which might best meet their needs.

The Adult Protective System in Wisconsin: The Wisconsin Adult Protective Service System changed in 2006. New laws reforming the system were put into effect on November 1, 2006 and December 1, 2006. Currently Wisconsin recognizes two categories of “at risk” adults – “at risk elders” and “at risk adults.” An “elder at risk” is defined as any person age 60 or older that has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation. An “adult at risk” is any adult who has a physical or mental condition that substantially impairs his or her ability to care for his or her needs who has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation. The services may be voluntary or involuntary. The Adult Protective Service System is largely a mechanism for coordinating services from other sources. A service becomes “protective” when it protects an individual from abuse, neglect, exploitation, degrading treatment, or physical harm, or when it protects other people from physical harm that might be caused by an individual “at risk”. Contact: Forest County Department of Social Services



Rennes Health & Rehab Center

Rehabilitative Services & Skilled Nursing



Innovative. Distinctive. Tradition.
Tours available. No appointment necessary.

We invite you to drop in to explore our state-of-the-art facility. Our skilled nursing facility offers on-site physical, occupational and speech therapy as either short-term care or long-term rehabilitative therapy on an inpatient and outpatient therapy basis.

Amenities abound:

- On-site Full-time RN
- Whirlpool Spa & Beauty Salon
- In-House Therapy Services
- 1:1 Therapy Services
- State-of-the-art Therapy Equipment
- 24-Hour Nursing Care
- Hospice Care
- Respite Care
- Inpatient & Outpatient Therapy
- Private & Semi-Private Rooms
- Home-Cooked Meals
- And more....



Rennes Health & Rehab Center
1970 Navajo Street, Rhinelander
Phone: (715) 420-0728

www.RennesGroup.com

55905

What is a Guardian? A guardian is a person appointed by a court to take the place of the person found to be incompetent in exercising the rights he/she is unable to exercise, to make (or help make) decisions the person is unable to make independently and to be an advocate for the person's interests.

A guardianship is created by a court order, and the guardian only has the powers that state law and the court order provide. Any person in Wisconsin over the age of 18 is legally an adult, and is presumed to be able to manage his or her own financial affairs, choose where to live, consent to medical treatment, vote, make contracts, marry and exercise his or her own legal rights as an adult. This presumption does not change because a person has a physical disability.

What are the Different Kinds of Guardians? There are two basic kinds of guardians, a guardian of the estate and a guardian of the person. A court appoints a guardian of the estate for a person who is incompetent to handle his/her own finances. A court appoints a guardian of the person for a person who is incompetent to provide or arrange for personal needs, such as the need for shelter, food, and medical care or social services. A court may appoint the same person as guardian of both the estate and the person, or the responsibilities may be divided. For both personal and financial guardianships, a court may establish either a full or a limited guardianship. To protect the person's rights, self-image, and opportunity to learn, the powers of a guardian should be carefully limited to areas where the person clearly needs a substitute decision-maker.

PROGRAMS YOU SHOULD KNOW ABOUT

Alzheimer's Program: The Alzheimer's Program assists individuals who are living in the community and have a documented dementia. Services are subject to available funding. Contact: Office on Aging (715)478-3256.

Elder Abuse - Elder Abuse is a growing problem across the nation. No one deserves this treatment and no matter what reason an abuser gives for his or her behavior, it's not done out of love. There are many types of abuse. The most obvious is physical abuse. But there are other types of abuse that don't involve any physical violence, such as verbal or emotional abuse, financial exploitation, sexual assault, neglect or self neglect. Such abuse is never the elder's fault; however, he or she may feel ashamed, trapped or all alone. If you believe that someone you know is being or at risk of being abused please call the Department of Social Services at 715-478-3351. You can make a difference!

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

Family Caregiver Support Program: The Family Caregiver Support Program provides assistance to caregivers in five direct service areas including: information about available services; assistance in gaining access to supportive services; individual counseling, organization of support groups, and caregiving training in making decisions and solving problems relating to their roles; respite care to temporarily relieve caregivers from their caregiving responsibilities; and supplemental services, on a limited basis, to complement the care provided by caregivers. For information and referral call the Forest County Office on Aging (715) 478-7712.

Food Share: A nutrition program designed to ensure that all Wisconsin families have access to the food they need. FoodShare Wisconsin is a new and improved version of the Food Stamp program. Although similar to the Food Stamp Program, FoodShare Wisconsin offers more benefits including easier access and simplified eligibility rules. A person must live in Wisconsin; there are no work requirements for FoodShare applicants and participants who are 60 years of age and older; and, households with gross incomes at or below 200% of the Federal Poverty Limit are eligible for the FoodShare program. Contact: DSS, Tribal Economic Support Specialists

Kinship Care: This program provides financial assistance within program guidelines to blood relatives of children placed out of home and found to be in need of protection and services. Assistance is dependent upon availability of funding. Contact: DSS

Medicaid: Medicaid (not to be confused with Medicare) is a group of publicly funded programs to address health care costs for specific groups of individuals including the elderly (65+) and individuals determined disabled by Social Security. The programs have varying income and asset limits. Contact: DSS / Tribal Economic Support Specialists, Benefit Specialists

Medicare Part D: Medicare prescription drug program for individuals eligible for Medicare. Medicare participants must have a Part D plan or approved creditable plan such as SeniorCare. Contact: Benefit Specialists in regard to Part D and creditable plans

HOUSING OPTIONS FOR OLDER PEOPLE

An important note: If you are considering an alternative living situation and will need assistance now or in the future paying for the living arrangement, contact the ADRC in the county in which the facility is located to inquire about policies related to assisted living funding prior to making arrangements for admission.

For some individuals it is no longer possible to remain at home and for some in-home assistance is needed. Below please find some alternative community based living arrangements that might be considered. Please keep in mind that the costs vary greatly and that facilities are licensed/certified for specific population. Before committing to any alternative living arrangement, the facility should be visited and a written statement of services and cost obtained. If the facility is licensed by the State of Wisconsin you may wish to consult the Bureau of Quality Assurance web site (Wisconsin.gov) for survey results regarding a prospective facility or contact the certifying agency such as the ADRC. Because many individuals cannot afford long-term placement, you may wish to contact your local ADRC.

In Home Care: Care services can be provided to older people in their own home or apartment. Homemaker, choir services, home delivered meals, home health care, attendant care, and transportation are some of the services that make it possible for people with long term care needs to remain in their homes. These can be arranged through public social service agencies, purchased from private agencies, or provided by family and friends. While most services are unregulated, home health agencies are licensed by the state and services arranged under Family Care and Medicaid.

Adult Day Care Facilities: An Adult Day Care facility provides services for part of a day in a group setting to adults who need assistance with activities of daily living, supervision and/or protection. Services may include personal care and supervisions, provision of meals, medical care, medication administration, transportation and activities designed to meet physical, social and leisure time needs.

Senior Housing/Independent Living Apartments: Senior housing is multi-unit rental housing that is specially designed for and marketed to elderly tenants. Most offer studio and/or one bedroom apartments and some have a recreation room or other common space for social gatherings. There may be a manager available to make referrals, organize events, or assist with independent living. Tenants may individually arrange for supportive services from outside providers, as with any in-home care. No license or special regulation is required for the facility.

Residential Care Apartment Complex (RCAC): RCACs combine apartment housing with supportive personal and nursing services. Residents have their own apartments, including full bath and kitchen facilities, and retain control over their personal space, care decisions and daily routines. Services are individually tailored to each resident's capacities and preferences and are adjusted as necessary to avoid requiring people to move when their condition deteriorates with age. Facilities may provide up to 28 hours of service per resident per week. RCACs are either registered or certified. Certified facilities will be monitored by the state and eligible to receive Medical Assistance waiver funding, registered facilities will not.

Adult Family Homes: An adult family home is a residence where one to four unrelated adults live and receive meals, supervision, and personal care. Many adult homes, especially those with only one or two paying residents, are private homes where elderly or people with disabilities live with a foster family. Others are staffed homes. Adult family homes caring for one or two unrelated are certified by the county; homes caring for three or four residents are licensed and regulated by the state.

Community Based Residential Facilities (CBRF): Community Based Residential Facilities (CBRFs) are staffed group living arrangements that provide room, board, supervision and other supportive services to five or more unrelated adult residents. Typically, residents have either a private or shared sleeping room and share living, dining and bathroom space with other residents of the facility. CBRFs are intended for people who cannot live independently but are neither acutely ill nor need extensive amounts of nursing care. Facilities vary in size from five residents to over 100. Some are houses, others are facilities. Some serve a frail elderly population; others serve people with disabilities, people with Alzheimer's disease, or a mixed group of residents. All CBRFs must be licensed by the state.

Nursing Home: A nursing home is a health care facility which provides room, board, and 24 hour a day care. Residents may be admitted for short-term respite or recuperative stays or for long-term care for chronic conditions. Nursing homes are licensed by the state. Most are also certified for Medicare and Medicaid, which provide public funds to cover the cost of care for eligible residents.

For ADDITIONAL information: For additional information on licensed, registered, or certified facilities, visit the Wisconsin Department of Health Services web site at: www.dhs.wisconsin.gov/bqaconsumer/AssistedLiving/index.htm. You may also contact the Forest County Office on Aging at (715) 478-3256, ADRC at (800) 699-6704, or The Human Service Center at (715) 369-2215.

ADVOCACY

Administration for Community Living (ACL)

Telephone: (202) 401-4634

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

Website: www.ACL.gov

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

American Association of Retired Persons (AARP)

Telephone: (800) 424-3410

Address: 601 E. Street, NW, Washington, DC 20049

Website: www.aarp.org

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

AARP Wisconsin

Telephone: (888) 687-2277

Fax: (608) 251-7612

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

E-mail: wisstate@aarp.org

Website: states.aarp.org/region/wisconsin

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

Membership fee: Contact AARP.

Community Link

(See Information Section)

Disability Benefit Specialist Program

Serving individuals 18-59 years of age.

ADRC Office - Crandon: (800) 699-6704

(See Aging Services Section)

Disability Rights Wisconsin

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

Fax: (833) 635-1968

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

E-mail: info@drwi.org

Website: www.disabilityrightswi.org

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

Elder Benefit Specialist Program:

Serving individuals 60 years of age and older.

ADRC Office - FCP: (800) 699-6704

(See Aging Services Section)

Elder Law Center

(See Legal Assistance)

Forest County Office on Aging

Telephone: (715) 478-3256

(See Aging Services Section)

Midstate Independent Living Choices

(See Disabilities Resources Section)

Ombudsman

The Board on Aging & Long Term Care

Telephone: (608) 246-7013

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

E-mail: boaltc@ltc.state.wi.us

Services: The Long Term Care Ombudsman program protects the rights of people and responds to complaints and problems of residents of long term care, 60 yr. or older.

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

Telephone: (715) 890-0017

Contact: Amanda Thompson, ADRC

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

Wisconsin Legislative Hotline

Telephone: (800) 362-9472

Website: www.legis.wisconsin.gov

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

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

AGING SERVICES

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

Telephone: (800) 699-6704

Fax: (715) 478-2182

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

The Aging & Disability Resource Center is a service unit that provides information and "links" to available resources and services. Staff members can assist in many areas including, but not limited to: advocacy, paperwork,

referrals, accessing benefits, benefit appeals, housing and long-term care options. Tribal Aging & Disability Resource Specialist-Sokaogon Chippewa & Lac du Flambeau Tribes.

Bureau on Aging and Disability Resources

Telephone: (608) 266-2536

Fax: (608) 267-3203

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

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

E-mail: DHSDLTCaging@dhs.wisconsin.gov

Website: www.dhs.wisconsin.gov/aging

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

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

Elder Benefit Specialist:

Telephone: (800) 699-6704

Contact: Kathy O'Melia

Services: Benefit Specialists are individuals trained to

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

Eldercare Locator

Telephone: (800) 677-1116

Website: www.eldercare.gov

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

Family Caregiver Support Program:

Telephone: (715) 478-3256

Contact Person: Tammy Queen, Director

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

Your Needs. Your Independence. Your Best Life.

Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

www.lakelandcareinc.com



DHS Approval 3/16/20



AGING SERVICES CONT.

Forest County: Office on Aging

Telephone: (715) 478-3256 or (715) 478-7712

Fax: (715) 478-2847

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

Contact: Tammy Queen, Director

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

Website: www.fcaging.com

Find us on Facebook: Forest County Commission on Aging

Services: It is the purpose of the Forest County Office on Aging to respect, inform, assist and serve Forest County residents 60 years of age and older so that they may maintain independence and live in a manner of their choice. It is further the mission of this agency to protect vulnerable adults and to advocate on their behalf. There is no fee for service unless noted. Unless otherwise listed, please contact the Office on Aging for further information in regard to aging services.

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

Forest County Potawatomi Elder Program

Telephone: (715) 478-4715

Address : 5456 Kak Yot Lane, Stone Lake

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

Elder Services Coordinator: Kathy Jacobson

Website: www.fcpotawatomi.com

Meal Site Phone Number: (715) 478-4715

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

Meals provided for tribal members 55 or older

Monday-Thursday, with two meals provided on Thursday.

Meals provided for non-tribal members 60 or older.

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

Great Lakes Inter Tribal Council

Telephone: (715) 890-0017

Contact: Amanda Thompson, ADRC

Services: Serves the Lac du Flambeau Tribe and Sokaogon

Tribe to ensure that tribal members receive culturally appropriate information on aging and disability resources and are able to comfortably and effectively access long term care programs and services.

Greater Wisconsin Agency on Aging Resources (GWAAR)

Telephone: (608) 243-5670

Fax: (866) 813-0974

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

Executive Director: Robert Kellerman

(608) 243-5672

E-mail: info@gwaar.org

Services: Provides advocacy, planning, coordination and

information to 70 county aging departments; administers Federal and State aging funding to counties.

Meals on Wheels:

Telephone: (715) 478-3256

Program for people ages 60 or older that are homebound due to health reasons, and are physically or emotionally unable to travel for a meal with others. To qualify for homebound meals, individuals must meet homebound criteria. An in-home visit will be conducted by agency staff to ensure program requirements are met. A driver delivers nutritious meals to homebound seniors unable to attend a local senior dining site. There are no economic guidelines to qualify, but donations are accepted.

Information and Assistance:

The Forest County Office on Aging and ADRC help older adults and their family members determine needs, and assist them in finding specific services.

Preventive Health Services:

The Office on Aging, with the Forest County Health Department, sponsor evidence based preventive programs including; Walking With Ease, Strong Bodies and Stand, Move More. Contact the Office on Aging for more information.

Senior Dining Sites:

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

Supportive Home Care:

The Dept. of Social Services has available a very limited amount of supportive home care funding to assist Seniors with cleaning and chore services. For more information please call the DSS (715) 478-3351.

Transportation Services:

The Office on Aging provides three Senior transportation programs for Seniors (55+) and persons with disabilities - Medical Escort, Route Transportation and Supportive Transportation. For more information call (715) 478-3256.

Volunteer Opportunities:

Volunteers are very important to the Office on Aging. A variety of different volunteer opportunities are available in office and in the community. Mileage reimbursement is available for volunteer drivers. Contact the Office on Aging for volunteer opportunities.

The OOA is always in need of volunteer drivers.

DO YOU HAVE AN ADVANCE DIRECTIVE?

You have the right to make decisions about your health care. This includes the right to accept or refuse medical or surgical treatment. You also have the right to plan and direct the types of health care you may receive in the event you become unable to express your wishes. You can do this by making an “advance directive.”

WHAT IS AN ADVANCE DIRECTIVE?

An advance directive describes, in writing, your choices about the treatments you want or do not want or about how health care decisions should be made for you if you become incapacitated and cannot express your wishes.

An advance directive expresses your personal wishes, beliefs and values. When you make an advance directive, you should consider issues like dying, living as long as possible, being kept alive on machines, being independent, and quality of life.

Addressing these issues may be difficult but it is necessary if you want others to follow your wishes. In Wisconsin, if you are 18 years of age or older and of “sound mind,” you can make an advance directive. An advance directive speaks for you when you are unable to speak for yourself.

HOW DO I MAKE AN ADVANCE DIRECTIVE?

There are three ways to make a formal advance directive in Wisconsin. You can complete either a living will or a power of attorney for health care document. You do not need an attorney to complete these forms. However, two persons must witness your signature. The forms describe who may or may not be a witness. A third way to express your wishes is to have a legal document drafted by your attorney and appropriately witnessed.

WHAT IS A POWER OF ATTORNEY FOR HEALTH CARE?

The power of attorney for health care is a document in which you appoint another person (a “health care agent”) to make health care decisions for you in the event that you are not capable of making them yourself. A health care agent can make a wide range of health care decisions for you, such as whether or not you should have an operation, receive certain medications, or be placed on a life support system.

In some areas of health care your health care agent is not allowed to make decisions for you unless you give him or her specific authority in those areas when you complete the form. These areas are admission to long term care facilities, limitations on mental health treatment, health care decisions for pregnant women, pregnancy care and provision of a feeding tube.

Your health care agent will make decisions for you based upon your directives, his or her knowledge about you and your wishes, and his or her opinion about what is best for you. It is important to choose someone who knows you well and to discuss your treatment preferences with him or her in advance. You can also include specific instructions about the type of treatments you want or do not want, e.g., surgery, when you complete the form.

A power of attorney for health care goes into effect only when two physicians, or a physician and a psychologist, agree in writing that you can no longer understand your treatment options or express your health care choices to others. To obtain a Power of Attorney for Health Care form and/or to receive assistance in completion of the form, please contact one of the following:

Aging & Disability Resource Center of the Northwoods - 300 S. Lake St., Crandon

**Forest County Department
of Social Services**
200 E. Madison St., Crandon

Forest County Office on Aging
200 E. Madison St., Crandon
(Courthouse)

Community Link Coordinator
St. Mary's Hospital, Rhinelander

AGING SERVICES CONT.

Individuals interested in becoming a volunteer driver should contact the OOA Transportation Clerk, 715-478-3256. Drivers must have a good driving record, a vehicle in good repair and insurance coverage.

Sokaogon Chippewa Elder Program

Telephone: (715) 478-1229

Fax: (715) 478-0222

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

Meal Site Phone Number: (715) 478-7635

Housing Phone Number: (715) 478-2001

Website: sokaogonchippewa.com

Services: Information, referral and nutritious meals.

ALCOHOL & OTHER DRUG ABUSE-AODA

Alcohol and other Drug Abuse Program

Telephone: (715) 369-2215

Crisis Line: (888) 299-1188

The Human Service Center

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

Website: www.thehumanservicecenter.org

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

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

Alcoholics Anonymous

For information and daily meetings throughout the area, call (715) 367-7920

Call for help: (715) 966-9343

Website: www.northwoodsaa.org

Aspirus Behavioral Health-Rhineland & Koller Behavioral Health

Telephone: (715) 361-2805

Riverside Clinic (Outpatient)

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

Woodruff Clinic

Telephone: (715) 356-8540

Address: 311 Elm St., Woodruff, WI 54568

Aspirus Koller Behavioral Health Services

Telephone: (715) 361-2805

Fax: (715) 361-2920

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

Website: www.aspirus.org

behavioral-mental health

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

Aspirus St. Mary's Hospital

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

Inpatient: (715) 361-2020

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

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

Forest County Potawatomi: Health and Wellness Center AODA and Behavioral Science

Telephone: (715) 478-4300 (option 5)

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

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

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

Koinonia Treatment Facility

Telephone: (715) 362-5745

Fax: (715) 362-2819

Address: 1991 Winnebago St., Rhineland, WI 54501

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

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

National Council on Alcoholism & Drug Dependence

Telephone: (601) 899-5880

Fax: (212) 269-7510

Website: www.NCADD.org

Transitions Center, LLC

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

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

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

E-mail: transitionscenter@frontiernet.net

Website: www.transitionscenter.net

Contact: Rita Wege, Director

Business Hours: Monday-Thursday 8:00 a.m.-2:00 p.m.;

Friday and Saturday 8:00 a.m.-1:00 p.m. Appointments

available per counselor

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

Hours: Monday 8:00 a.m.-12:00 p.m.; Tuesday-Friday 8:00 a.m.-6:00 p.m. Saturday by appointment

Wisconsin Recovery Connection

Telephone: (866) 812-8231

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

ALZHEIMER'S DISEASE & OTHER DEMENTIAS

Alzheimer's Association Wisconsin Chapter

Rhinelanders Outreach Office

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

Website: www.alz.org/wi

Contact: Julie St. Pierre

E-mail: jstpierre@alz.org

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

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

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

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

Telephone: (715) 478-3256

Forest County Office on Aging

Friendly Village Nursing & Rehabilitation

Telephone: (715) 365-6832

Address: 900 Boyce Dr. Rhinelanders, WI 54501
(See *Nursing Home Section*)

National Family Caregiver Support Program

Telephone: (715) 478-3256

(See *Aging Services Section*)

Northern Wisconsin Memory Diagnostic Center

Telephone: (715) 361-4880

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

Rennes Health & Rehab Center

Telephone: (715) 420-0728

Address: 1970 Navajo St., Rhinelanders, WI 54501

The Bay at Nu Roc Health and Rehabilitation Center

Telephone: (715) 674-4477

(See *Nursing Home Section*)

Wisconsin Alliance for Family Caregiving

Website: www.caregiver.org

A network of organizations and family caregivers that

provides education, resources, and support to family caregivers statewide.

Wisconsin Family Caregiver Support Program

Telephone: (866) 843-9810 • Milwaukee

Website: www.wisconsin-caregiver.org

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

Wisconsin Alzheimer's Institute

Telephone: (608) 263-2862

Fax: (608) 265-9122

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

E-mail: waimail@mailplus.wisc.edu

Website: www.wai.wisc.edu

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

ASSISTIVE TECHNOLOGY RESOURCES

Tech Enhanced Life

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

WisTech

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

Safe Wander

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

Grandcare

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

CAREGIVER SUPPORT

Family Caregiver Support Program - Forest County Office on Aging

Telephone: (715) 478-3256

(See Aging Agencies Section)

CHURCHES

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

Argonne United Methodist Church

Telephone: (715) 478-3797

Address: 7945 Pine St., Argonne, WI 54511

Mailing Address: 301 S. Lake Ave., Crandon, WI 54520

Contact Person: Pastor Francois Mukosa

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

Bethel Baptist Church

Telephone: (715) 350-4737

Address: 1776 East Ave., Wabeno, WI 54566

Contact Person: Pastor Ben Larson

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

Christ Lutheran Church-WELS

Telephone: (715) 478-5620

Address: 9139 S. Main St., Hiles, WI 54511

E-mail: pastor@northwoodslutheran.org

Website: www.northwoodslutheran.org

Service: Sundays 7:45 am

Forest Larger Parish Presbyterian Church Lakewood, Wabeno, Laona

Telephone: (715) 473-3603

Locations: 4347 N. Branch St.,

Wabeno, WI 54566, 10 a.m.

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

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

Mailing Address: P.O. Box 129, Wabeno, WI 54566

Contact: Rev. Joshua McKenna

E-Mail: forlarpar@centurylink.net

Service Time: Lakewood, Sunday 8:00 a.m.,

Wabeno, Sun. 9:00 a.m., Laona, Sun. 11:30 a.m.

Good Shepherd Lutheran Church

Telephone: (715) 478-3555 or (715) 889-3474

Address: 1507 N. Lake Ave., Crandon, WI 54520

Mailing Address: P.O. Box 146, Crandon, WI 54520

Contact Person: Pastor Kyle Verage

Service Time: Sunday, 10:30 a.m.

Lake Lucerne Gospel Chapel

Telephone: (715) 478-2677

Address: 5132 Jaeger Rd., Crandon, WI 54520

Mailing Address: 604 N. Grandview, Crandon, WI 54520

Contact Person: Don Dewing, Pastor

Service Time: Sunday, 10:00 a.m.

Lakeland Baptist Church

Telephone: (715) 478-3901

Contact Person: Pastor Craig Kirsteatter

E-mail: lakelandbaptistchurchcrandon@gmail.com

Address: 106 S. Hazeldell Ave., Crandon, WI 54520

Service Time: Wednesday at 6:00 p.m. and Sunday at

10:00 a.m. & 5:00 p.m.; Sunday School at 9:00 a.m.

Midwest Indian Mission

Telephone: (715) 478-2730

Fax: (715) 478-2731

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

Contact Person: Rev. Don Dewing, Director

E-mail: ardtndd@newnorth.net

Website: www.midwestindianmission.org

Services: Lake Lucerne Gospel Chapel, Crandon (10:00

a.m. Sunday); Sunnyside Community Church, Carter

(10:00 a.m. Sunday); Waba Nun Nung Gospel Chapel,

Mole Lake (10:00 a.m. Sunday); New Hope Shelter and

Transitional Housing; Shelter Number, 715-478-3669;

Wasmogishek Food Pantry

Pentecostal Church of God

Telephone: (715) 545-2492

Location: Alvin, WI

Pastor: Della Rosenow

Sunday Worship Service, 10:30 a.m.

Wed. Bible Study 10:30 a.m.

Praise Chapel Community Church

Telephone: (715) 478-7755

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

Mailing Address: P.O. Box 364, Crandon, WI 54520

Contact Person: Senior Pastor Franz Gerber

Website: www.praisechapelcc.com

Services: Food pantry, Kid's Club, senior fellowship,

weddings, funerals, women's fellowship. Serving Forest

County. Sundays, 10:00 a.m.; Sunday School during the

school year 9:00 a.m. Wednesday night Bible Study

6:30 p.m. For more information go to our website.

St. Ambrose Catholic Church

Telephone: (715) 473-2511

Address: 1793 Elm Street & Hwy. 32, Wabeno, WI 54566

Mailing Address: P.O. Box 280, Wabeno, WI 54566

Contact Person: Fr. Philip Dinh-Van-Thiep

Mass at St. Ambrose, Wabeno, Sunday 10:30 a.m.

Mass at Lakewood Sunday 9:00 a.m. and Saturday

4:00 p.m. (year round)

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

Telephone: (715) 674-3836 or (715) 889-3474
 Address: 5502 Beech St., Laona, WI 54541
 Contact Person: Pastor Kyle Verage
 Service Time: Sundays at 8:30 a.m.

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

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

St. Joseph Catholic Church

Telephone: (715) 478-3396
 Address: 208 N. Park Ave., Crandon, WI 54520
 Contact Person: Fr. Callistus Elue, Administrator
 E-mail: stjosephscrandon@gmail.com
 Service Time: Saturday at 5:00 p.m. and
 Sunday at 9:00 a.m.
 Services Offered: Pastoral

St. Leonard's Catholic Church

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

St. Luke's United Methodist Church

Telephone: (715) 478-3797
 Address: 301 S. Lake Ave., Crandon, WI 54520
 Contact Person: Pastor Francois Mukosa
 E-mail: stlukesumc@frontier.com
 Service Time: Sunday at St. Luke's, Crandon 10:00 a.m.,
 Sunday at Argonne 8:30 a.m., Sunday School
 held during school year same time as service.

St. Paul Lutheran Church, WELS

Telephone: (715) 478-5620
 Address: 501 N. Park Ave., Crandon, WI 54520
 Contact Person: Pastor Sam Pappenfuss
 Website: www.northwoodslutheran.org
 E-mail: pastor@northwoodslutheran.org
 Service Time: Sunday at 9:15 a.m.

St. Stanislaus Kostka Church

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

Sunnyside Community Church

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

Trinity Lutheran Church

Telephone: (715) 473-5633
 Address: 1741 Forest Ave., Wabeno, WI 54566
 Contact person: Rev. Richard Jensen
 Website: www.trinityrisensavior.com
 Services: Sunday at 9:30 am, 1st and 3rd
 Mondays@ 6:30 pm

Waba Nun-Nung

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

CLOTHING

Christian Thrift Store

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

**Goodwill Industries of
North Central Wisconsin**

Address: 2405 Hwy. 64 E, Antigo, WI 54409
 Telephone: (715) 623-3767
 Address: 2181 Lincoln St., Rhinelander, WI 54501
 Telephone: (715) 362-7565
 Services: Gently used and new items, job training
 programs and opportunities for people with barriers to
 employment, and a drop site for donations.
 Monday-Saturday, 9 a.m.-8 p.m.; Sunday, 9 a.m.-7 p.m.

CONSUMER PROTECTION

Benefit Specialist Program

(See Aging Services Section)

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

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

Caring

it's not the hard
part of caregiving

Caring for someone
and feel exhausted?
Overwhelmed?
Like you can't keep it
up much longer?
Call us. We can help.

For More information please contact:
Forest County Office on Aging
200 East Madison Street
Crandon, WI 54520
715-478-3256



CONSUMER PROTECTION CONT.

Consumer Hotline of the Agriculture Trade and Consumer Protection

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

National Fraud Information Center

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

National "Do Not Call" Registry

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

Wisconsin "Do Not Call" List

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

State of Wisconsin Department of Financial Institutions

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

CONTINUING EDUCATION

Forest County UW-Madison Extension

Forest County - UW Extension Courthouse
Telephone: (715) 478-2212
Fax: (715) 478-2015
Address: 200 East Madison St., Crandon, WI 54520
Amber Rehberg, Area Extension Director
Michelle Gobert, Positive Youth Development Educator, Forest County
Karly Harrison, FoodWise Coordinator, Florence, Oneida, Forest and Vilas Counties
Chris Stark, Community Development Educator, Forest County
Terri Kolb-Health Health & Well Being Educator

Learning in Retirement

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

Nicolet Area Technical College

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

COUNSELING

(See Health, Mental Section)

CRISIS INTERVENTION

Community Access Crisis Intervention Services

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

NEWCAP, Inc.

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

Crisis Line (Crisis Intervention Link)

Telephone: (888) 299-1188
The Human Service Center
Address: 705 E. Timber Dr., Rhinelander, WI 54501
Services: A confidential, 24-hour, 7- days a week crisis line offering support in any crisis situation. Crisis advisors have

CRISIS INTERVENTION CONT.

resources they can call upon or refer to that are located throughout Forest, Oneida and Vilas Counties. There are no fees charged.

Energy Services Inc. for Fuel and Electric Assistance (WHEAP)

Telephone: (715) 245-2400

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

After hours emergency, call sheriff's department.

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

Telephone: (715) 478-3780, (715) 362-6841 or

(800) 236-1222 (24-hour crisis line)

Fax: (715) 478-3796

Address: P.O. Box 233, Rhinelander, WI 54501

Contact Person: Shellie Holmes

E-mail: tcforest@hotmail.com

Website: www.tri-countycouncil.org

Services: Temporary safe housing, food, support and advocacy for victims of domestic abuse, sexual assault and their children; emergency transportation, 24-hour crisis hotline, crisis intervention and support; legal advocacy, criminal justice support, community education, assistance with Judicare, crime victim compensation and restraining orders; supportive services, medical and personal advocacy; safety planning, information and referrals. All services are free of charge and confidential. Hours: Monday-Friday 8:00 a.m.-4:00 p.m.

DENTAL CARE

Bridge Dental Clinic of Antigo

Telephone: (715) 627-4383

Fax: (715) 627-4322

Address: 1111 Langlade Rd., Suite 103 Antigo, WI 54409

Contact: Lindsey Toldness, Dental Director

E-mail: liindseyt@bridgeclinic.org

Website: www.bridgeclinic.org

Services: General dentistry. Serves all counties. Call for an appointment

Family Health Center - Rhinelander Dental

Telephone: (715) 420-1400

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

Forest County Potawatomi Health and Wellness Center - Dental

Telephone: (715) 478-4313

Fax: (715) 478-4492

Address: 8201 Mish Ko Swen Dr., P.O. Box 396,
Crandon, WI 54520

Website: www.fcspotawatomi.com

Marshfield Clinic - Rhinelander Center

Telephone: (715) 420-1400

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

Accept insurance, including MA. We also accept private payments and have financial assistance programs.

Northlakes Community Clinic

Telephone: (715) 276-6321

Fax: (715) 276-1428

Address: 15397 Hwy 32, Lakewood, WI 54138

Mailing Address: P.O. Box 179, Lakewood, WI 54138

E-mail: rbiernasz@northlakesclinic.org

Contact: Rebecca Biernasz, Clinic Manager

Services: Medical, dental, behavioral health, and enabling services. Certified Application Counselors to assist individuals to enroll in the new health insurance marketplace. Serving Oconto, Forest, Langlade, Marinette, and Florence counties.

Satellite dental clinic located at 840 Arbutus Ave.,

Oconto, WI - (920) 516-7107

Hours: Mon-Fri, 7:00 a.m.-5:00 p.m.

Peter Christiansen Dental Center

Telephone: (715) 588-4269

Address: 128 Old Abe Rd., Lac du Flambeau, WI 54538

Potrykus Family Dentistry

Telephone: (715) 546-2101

Fax: (715) 546-4331

Address: 1858 Superior St., Three Lakes, WI 54562

Mailing Address: P.O. Box 410 Three Lakes, WI 54562

E-mail: contactus@potrykusfamilydentistry.com

Contact: Jacque D., Office Manager

Services: Offering complete dental care Tuesday & Wednesday, 7:30 a.m.-4:00 p.m. Serving all areas.

Sokaogan Chippawa Health Clinic

Telephone: (715) 478-5180

Address: 3144 Vanzile Rd., Crandon, WI

Accepts Insurance, MA

Timber Drive Dental, Inc.

Telephone: (715) 365-1800

Fax: (715) 365-1806

Address: 521 E. Timber Dr., P.O. Box 579

Rhinelander, WI 54501

E-mail: info@timberdrivedental.com

Serving Rhinelander and the surrounding communities, Monday-Wednesday, 8:00 a.m.-5:00 p.m.

DIALYSIS UNITS

Aspirus Langlade Hospital Kidney Care

Telephone: (715) 623-9777

Fax: (715) 623-9454

Address: 501 Aurora St., Antigo, WI 54409
(in St. Joseph's Outpatient Building)

Davita Northern Star

Telephone: (715) 356-0132 or 1-800 424-6589

Fax: (715) 356-6392

Address: 311 Elm St., Woodruff, WI 54568

Contact Person: Christine Nelson, Facility Administrator

E-mail: Deb.Handrick@davita.com

Website: www.davita.com

Services: Dialysis. Mon-Sat. 6:00 a.m.-4:30 p.m.

Davita Rhinelander

Telephone: (715) 362-3718 or 1-800-424-6589

Address: 1306 Lincoln St., Rhinelander WI 54501

Website: www.davita.com

DINING

Meal Sites:

Forest County Office on Aging

Please register by calling the site manager or Office on Aging (715-478-3256) one work day in advance of meals.

Alvin Nutrition Site

Telephone: (715) 545-4063

Location: Alvin Town Hall

Serving Time: Thursday @ 4:00 p.m.

Site Manager: Tammy Wolfe (715) 545-3490

Armstrong Creek Nutrition Site

Telephone: (715) 336-2218

Location: Armstrong Creek Community Center

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

Site Manager: Sharon Gile (715) 889-1235

Crandon Nutrition Site -

Crandon Community Building

Telephone: (715) 478-3040

Serving Time: Mon., Tues. & Wed. @ 12:00 p.m.

Site Manager: Deb Brock (920) 946-3020

Laona Nutrition Site - Laona Senior Center

Telephone: (715) 889-3116, Peggy Alderton

Serving Time: Monday, Tuesday & Wednesday @ 12:00 p.m. (noon)

Wabeno Nutrition Site - Wabeno Town Hall

Telephone: (715) 889-0123, Linda McEwen

Serving Time: Mon, Tues, & Thurs. @ 11:30 a.m.

Forest County Potawatomi Meal Site

Telephone: (715) 478-4715

Address: 5456 Kak Yot Lane, Crandon, WI 54520

Sokaogon Chippewa Senior Center Meal Site

Telephone: (715) 478-1229

Address: 3154 Hwy 55, Crandon, WI 54520

Hours of Service: Mon.-Thurs. 11:30 a.m.-12:30 p.m.

DISABILITIES RESOURCES

ADRC Disability Benefit Specialist

ADRC of the Northwoods

Crandon Office:

Telephone: (800) 699-6704

Fax: (715) 499-5057

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

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

Brain Injury Resource of Wisconsin Inc.

Telephone: (262) 770-4882

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

E-mail: admin@bircofwi.org

Division of Vocational Rehabilitation

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

Fax: (608) 327-6400

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

E-Mail: dvr@dwd.wisconsin.gov

Website: www.dwd.wisconsin.gov/dvr

Services: Career guidance and counseling, job search and placement assistance, information and referral services, transition to work services, supported employment services, rehab tech, vocational and other training. Serving Forest, Oneida, Langlade, Tomahawk and Vilas Counties, Hours: Monday-Friday 8:00-12:00, 12:30-4:00

Headwaters, Inc.

Telephone: (715) 369-1337

Fax: (715) 369-1793

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

Contact: Jennifer Felty, Director

Website: www.headwatersinc.org

Services: Headwaters, Inc. is a not-for-profit transitional community based work/rehabilitation center operating since 1969. We have over 40 years of experience providing services to people with intellectual disabilities, autism spectrum disorders, chronically mentally ill, brain injury, physically disabled, individuals who are economically disadvantaged, and children with special needs in Forest, Oneida, and Vilas counties. Hours: Monday-Friday 8:00 a.m.-3:30 p.m.

DISABILITIES RESOURCES CONT.

Inclusa

Telephone: (877) 622-6700

Office Location: 300 S. Pelham St., Rhinelander, WI 54501
(office is open by appointment only)

Website: www.Inclusa.org

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

Business Hours: 8:00 AM-4:30 PM, Monday-Friday

Lakeland Care, Inc

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

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

Website: www.lakelandcareinc.com

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

Hours: (Open by appointment only)

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

Midstate Independent Living Choices, Inc.

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

(TTY): (715) 344-4414

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

Forest County Nutrition Sites

24 HOUR ADVANCE REGISTRATION/CANCELLATION REQUIRED

LOCATION	DAYS	FOR RESERVATIONS CALL
Alvin Nutrition Site Alvin Town Hall Hwy. 55 N., Alvin, WI	4:00 p.m. Thursday	Site (715) 545-4063 Manager: Tammy Wolfe (715) 545-3490
Armstrong Creek Nutrition Site Community Center South Hwy. 101, Armstrong Creek, WI	11:30 a.m. Tues. & Wed.	Site (715) 336-2218 Manager: Sharon Gile (715) 889-1235
Crandon Nutrition Site Crandon Community Building 601 W. Washington St., Crandon, WI	12:00 p.m. Mon., Tues., & Wed.	Site (715) 478-3040 Manager: Deb Brock (920) 946-3020
Forest County Office on Aging	Call by 4:00 p.m. working day before meal to register/cancel.	Forest Co. Office on Aging: (715) 478-3256
Forest County Potawatomi 5460 Kak Yot Lane, Crandon, WI	Please call for meal schedules	(715) 478-4715
Laona Nutrition Site Laona Senior Center 5277 Linden St., Laona, WI	12:00 p.m. Mon., Tues., & Wed.	Manager: Peggy Alderton (715) 889-3116
Sokaogon Chippewa Senior Center Hwy. 55, Crandon, WI	Please call for meal schedules	(715) 478-1229
Wabeno Nutrition Site Wabeno Town Hall 4473 N. Branch St., Wabeno, WI	11:30 a.m. Mon., Tues., & Thurs.	Manager: Linda McEwen (715) 889-0123

Contact: Morgan Potter, Peer Support/Mental Health Coordinator | Zoe Kujawa, Executive Director | Eric Riskus, Independent Living Program Director | Barb Haggen, Director of In-Home Services | Jill Walter, IRIS Program Coordinator, AFS Screen Liason
Website: www.milc-inc.org

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

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

Serving Adams, Florence, Forest, Langlade, Lincoln, Marathon, Oneida, Portage, Taylor, Vilas, and Wood Counties and Lac du Flambeau, Ho Chunk, Forest County Potawatomi, and Sokaogon Chippewa Tribes
Hours: Monday-Friday 8:30 am-5:00pm

The Human Service Center

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

Fax: (715) 369-2214

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

Contact person: AODA – Roberta Marcus;
DD – Kelly Von Oepen; MH – Donna Shimek

Website: www.thehumanservicecenter.org

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

TMG IRIS Consultant Agency

Telephone: (844) 864-8987

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

E-mail: info@tmgwisconsin.com

Website: www.tmgwisconsin.com

As Wisconsin's first certified IRIS Consultant Agency, TMG partners with thousands of adults with disabilities and older adults statewide, empowering them to enjoy meaningful lives in their communities. IRIS participants and their families choose and control the supports that work best for them. When you choose TMG as your ICA, your local IRIS Consultant will get to know you, listen, and understand what's important in your life. Then together, we create a plan that is unique to your long-term care goals. TMG's knowledgeable, compassionate consultants become key allies in achieving long term care goals.

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 Forest County Department on Aging. 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 Forest County Benefit Specialist for help in determining if this is a legitimate offer.

DRIVER'S LICENSING

Department of Transportation Division of Motor Vehicles

Crandon Location

Telephone: (608)264-7447

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

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

Rhineland Location

Telephone: (608)264-7447

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

Hours: M-F 8:30 a.m.-4:45 p.m.

ELDER ABUSE/ DOMESTIC ABUSE

911

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

Forest County Department of Social Services

Telephone: (715) 478-3351

Forest County Potawatomi Health and Wellness Center Behavioral Health Services

Telephone: (715) 478-4332

Office of Crime Victim Services

Telephone: (608) 264-9497

(800) 446-6564 (victims only)

TTY/TTD: (800) 947-3529

Fax: (608) 264-6368

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

Contact: Michelle Viste, Director of the Office of Crime Victim Services

E-mail: ocvs@doj.state.wi.us

Website: www.doj.state.wi.us

Services: Crime victim compensation, victim/witness assistance.

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

Sokaogon Chippewa Family Service Domestic and Elder Abuse

Telephone: (715) 478-6451

Contact: Connie Fox

Tri-County Council on Domestic Violence and Sexual Assault

Telephone: (715) 478-3780

(See Crisis Intervention Section)

EMERGENCY RESPONSE UNITS-LIFELINE PROGRAMS

Lifeline Program

Located in Northern Wisconsin

Telephone: (800) 635-6156

Lifeline Program: Lifeline is a personal response service that ensures quick assistance whenever help is needed. Lifeline lets you maintain independence and gives family peace of mind knowing help is available 24 hours a day, 365 days a year. When the button you wear is pushed, it activates the lifeline to call for help. Most companies provide both home landline and cellular systems, however, each company sets their own prices, may or may not have installation or activation fees, some offer added features. You may want to call to find the company that best meets your needs. **Note: Forest County Health Department no longer offers Lifeline services.**

Connect America

Telephone: (800) 619-9114

Website: www.connectamerica.com

Dickinson County Healthcare

(See Hospital Section)

Freedom Alert

Telephone: (800) 519-2419

Website: www.freedomalert-911.com

Lively

Telephone: (800) 918-8543

Website: www.lively.com

Medical Alert

Telephone: (800) 800-2537

Website: www.medicalalert.com

Phillips Lifeline

Telephone: (855) 681-5351

Website: www.lifeline.phillips.com

VRI

Telephone: (800) 860-4230

Website: www.vricares.com

EMERGENCY SERVICES

911 anywhere in Forest County for an EMERGENCY

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

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

American Red Cross

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

Emergency Food Program NEWCAP, Inc.

Telephone: (715) 478-3871
Fax: (715) 478-2725
Address: 212 N. Lake Ave., Crandon, WI 54520
Website: www.newcap.org
Services: EFSP addresses the needs that arise during time of crisis. Serving Forest County.
Hours: Monday & Thursday 8:00-12:00; 12:30 4:00 pm

Forest County Emergency Management

Telephone: (715) 478-3430
Fax: (715) 478-3431
Address: 200 East Madison St., Crandon, WI 54520
E-mail: forestem@co.forest.wi.us
Contact: Stephanie Statezny
Website: www.co.forest.wi.gov
Hours: Monday-Thursday 8:00 a.m.-4:30 p.m.,
Friday 8:00 a.m.-12:00 p.m.

MedicAlert Foundation

Telephone: (800) 432-5778
Address: 101 Lander Ave., Turlock, CA 95382
Website: www.medicalert.org
Services: Medical emergency ID products to identify your medication or medical conditions in case of an emergency.
Hours of service: Mon-Fri 6:00 a.m.-4:40 p.m.

EMPLOYMENT

Staffworks Group-Wisconsin, Inc., Nicolet Staffing

Telephone: (715) 365-1342
Address: 71 S. Stevens St., Rhinelander, WI 54501
E-mail: rhinelander@nicoletstaffing.com
Contact: Chris Kalata, Branch Manager
Website: www.nicoletstaffing.com
Services: Temporary staffing in all areas of business. Serving Vilas, Lincoln, Oneida, and Forest counties. Hours: Monday-Friday 8:00 a.m.-4:00 p.m.

Northern Advantage Job Center

Telephone: (715) 365-1500
Fax: (715) 365-7836
Address: 51A N. Brown St., Rhinelander, WI 54501
Website: www.wisconsinjobcenter.org

ENERGY ASSISTANCE

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

Telephone: (715) 245-2400
Address: 300 Lake Ave., Crandon, WI 54520
Program: October 1-May 15
Services: WHEAP administers the federally funded Low Income Home Energy Assistance Program and Public Benefits Energy Assistance Program. In addition to regular heating and electric assistance, specialized services include: emergency fuel assistance, counseling for energy conservation and energy budgets, pro-active co-payment plans, targeted outreach services and emergency furnace repair and replacement.

FINANCIAL ASSISTANCE

Benefit Specialist

Forest County Elder Benefit Specialist

Telephone: (800) 699-6704

ADRC Disability Benefit Specialist -

Crandon & FC Potawatomi

Telephone: (800) 699-6704

Forest County Department of Social Services

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

Forest County Potawatomi Family Services

Telephone: (715) 478-4433 or (800) 960-5479
Fax: (715) 478-7294
Address: 5415 Everybody's Rd., Crandon, WI 54520
Mailing Address: P.O. Box 340, Crandon, WI 54520
Contact: Abbey Lukowski,
FCP Family Service Division Director

Website: www.fcpotawatomi.com

Services: FCP Family Services Team is a partnership that serves as a bridge to strengthen and build foundations for families through unified services by sharing and exchanging data collection resources and reporting mechanisms while ensuring and preserving Forest County Potawatomi culture. Serving Forest County Potawatomi Tribal & community members.

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

Movin' Out Inc.

Telephone: (608) 251-4446 or (877) 861-6746
Address: 902 Royster Oaks Dr., Suite 105,
Madison, WI 53714
E-mail: info@movin-out.org
Website: www.movin-out.org

FINANCIAL ASSISTANCE CONT.

Movin' Out Inc. is a housing organization providing information and assistance, housing counseling, and financial help for purchase and rehabilitation to Wisconsin households that include a family member with a permanent disability.

Rural Development, USDA

Telephone: (715) 524-8522

TTY: (715) 345-7614

Fax: (866) 296-9296

Address: Shawano Area Office, 603B Lakeland Road,
Shawano, WI 54166

E-mail: wi-rd-shawano@usda.gov

Website: www.rd.usda.gov/wi

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

SeniorCare Elder Benefit Specialists

Customer Service Line: (800) 657-2038

Prescription drug coverage for Wisconsin residents 65 or older. Four levels of program participation depending upon income.

Sokaogon Chippewa Family Services

Telephone: (715) 478-7600

Fax: (715) 478-7618

Address: 10808 Sokaogon Dr., Crandon, WI 54520

Website: www.sokaogonchippewa.com

Services: Economic Support: General Assistance, Welfare to Work, TANF, Native Employment Works, Kinship Care, W.I.A., Medical Assistance, Food Share and Wisconsin Shares.

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

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

Telephone: (800) 334-6873 or TTY: (800) 943-9430

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

Services: Allows individuals 65 or older with a limited income to convert equity from their home into cash to pay all or a portion of their property taxes. Approved borrowers make no monthly payments on principle and interest until ownership of property is transferred, or until the borrower no longer lives in the home.

Closed 12:00 p.m. to 1:00 p.m.

FINANCIAL COUNSELING

Forest County UW-Madison Extension

Telephone: (715) 478-7797

Address: 200 East Madison, Crandon, WI 54520-1414

Michelle Gobert, Positive Youth Development Educator,
Forest County

Karly Harrison, FoodWise Coordinator, Florence, Forest,
Oneida and Counties

Chris Stark, Community Development Educator, Forest
County

Terri Kolb-Health Health & Well Being Educator

Lutheran Social Services (LSS)

Telephone: (888) 607-6775 or

(414)-246-2300 (main office)

Address: 133 N. 25th St., E, Superior, WI 54880

Website: www.lsswis.org

Services: LSS is a non-denominational, non-profit certified by the NFCC to provide counseling services: free budget and credit counseling, debt management plans, required bankruptcy pre-filing counseling and bankruptcy pre-discharge education, and credit report reviews. Access by phone, internet and in person (in Superior). Serving Wisconsin and Upper Michigan.

FOOD

Forest County Potawatomi Family Services

(See Financial Assistance Section)

Home Delivered Meals:

Forest County Office on Aging

Telephone: (715) 478-3256 or (715) 478-7712

(See Aging Agencies Section)

Home Delivered Meals:

Forest County Potawatomi

Telephone: (715) 478-4715

Home Delivered Meals: Sokaogon Chippewa Community Elderly Center

Telephone: (715) 478-1229

NEWCAP Food Pantry

Telephone: (715) 478-3871

Fax: (715) 478-2725

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

Website: www.newcap.org

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

Office Hours: Monday-Thursday, 7:30 a.m.-5:00 pm.,
Friday, 8:00 a.m.-12:00 p.m.
Food Pantry distribution: Mondays & Thursdays 8:00 am-
12:00 pm; 12:30 pm-4:30 pm

Ruby's Pantry

Telephone: (651) 674-0009
Website: www.rubyspantry.org
Location Rhinelander National Guard Armory
Address: 1136 Military Rd. Rhinelander, WI 54501
Days and hours: 3rd Tuesday of the Month
Registration begins at 4:00 PM
Food Bundles available 5:00-6:30
Services: Ruby's Pantry mission is to procure and
distribute corporate surplus food and goods to help fight
poverty, hunger and disease in rural communities in the
United States for those with low resources and in crisis
through churches, food shelves and other local civic
organizations. There is a fee for each shared purchase.

Wasmogishek Food Pantry

Telephone: (715) 478-2677
Fax: (715) 478-2731
Address: 601 N. Summit, Crandon, WI 54520
Mailing Address: P.O. Box 187, Crandon, WI 54520
E-mail: ardtndd@newnorth.net
Contact: Teleka Dewing, Director
Services: Food and some personal hygiene products. Visits
are limited to once per month. Serving Forest County and
surrounding areas, no residence requirement.
Hours: Mondays and Wednesdays, 11:00 a.m.-
:00 p.m.; Fridays, 5:00 p.m.-7:00 p.m.

GAMBLING PROBLEMS

Aspirus Behavioral Health-Rhinelanders

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

Wisconsin Commission on Problem Gambling

Telephone: (800) 426-2535
24 hrs/day, 7 days/week

GRANDPARENTS

Foster Grandparent Program

(See Volunteer Section)

HEALTH EDUCATION

Aspirus St. Mary's Hospital

Telephone: (715) 361-2000 or (800) 578-0840
Address: 2251 N. Shore Dr., Rhinelander, WI 54501

NEWCAP Community Health

Telephone: (715) 478-3871
Fax: (715) 478-2725
Hours: Monday & Thursday 8:00 a.m.-3:00 p.m.;
Tuesday & Wednesday 8:00 a.m.-4:30 p.m.

HEALTH AND WELLNESS

YMCA of the Northwoods

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

HEARING RESOURCES

Aspirus Medical Group – Rhinelander Audiology Department

Main office: Aspirus Medical Group-Rhinelanders.
Telephone: (715) 361-4560
Address: 2251 N. Shore Dr., Rhinelander, WI 54501
Website: www.aspirus.org
Contact: Dr. Karen Teter, Au.D.; Heidi Grosskopf, Au.D.
Days & times of operation: Monday-Friday 8:00 am-5:00 pm
Outreach offices: Tomahawk & Eagle River.
Services: Audiologic evaluations, balance testing,
communication counseling, hearing aid fitting and servicing
by doctors of audiology.

Hearing Advantage, LLC

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

Hearing Industries Association, Inc.

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

Mid-State Independent Living Choices, Inc.

(See Disabilities Resources Section)

HEARING RESOURCES CONT.

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

Telephone: (855) 359-5252

TTY: (888) 241-9430

Fax: (608) 264-9899

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

Website: www.dhs.wisconsin.gov/odhh

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

HOME HEALTH CARE

Aspirus at Home

Telephone: (715) 847-2600 or (800) 600-8296

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

Website: www.aspirus.org

Services: Skilled nursing, physical and occupational therapy, speech, home health aide, and medical social worker. Hospice in Michigan and Wisconsin.

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

24 hour on-call nurse.

Compassus Home Health Rhinelander & Arbor Vitae Agencies

Telephone: (888) 671-7871

Fax: (877) 292-4636

Address: 111 East Davenport St., Rhinelander, WI 54501

Services: Skilled nursing, physical therapy, occupational therapy, speech therapy, home infusion, home health aide, and medical social worker.

Website: www.compassus.com

Christian Servants HomeCare

Telephone: (920) 642-3329

Website: christianservantshomecare.com

Location: Covers Forest County

Contact: Peggy Leonard

Services: Provides non-medical care from respite, camaraderie, or transportation, to 24/7 care including meals, bathing, medication reminders, cleaning, and more.

Dickinson Home Health

(See Hospital Section)

Loving Touch Home Care, L.L.C.

Telephone: (715) 362-9132; Cell: (715) 490-5800

E-mail: paul@lovingtouchhomecare.com

Website: www.lovingtouchhomecare.com

Services: Loving Touch Home Care LLC provides outstanding care for all people, regardless of age or medical condition.

We specialize in, but are not limited to, Alzheimer's and Dementia care, elder care, and geriatric care management.

The Bay@Suring Home Health & Rehabilitation Center

Telephone: (920) 842-4132

Address: 425 Manor Dr., Suring, WI 54174

Services: Nursing, Physical Therapy, Occupational Therapy, Speech Pathology and Home Health Aide

Stay at Home Care, LLC

Telephone: (715) 350-4210

Fax: (715) 350-4432

Address: 813 5th Ave., Suite, 1, Antigo, WI 54409

Website: www.Stay-at-Homecare.com

Service Area: Forest, Langlade, Lincoln, Marathon & Oneida Counties

Services Provided: Personal Care-assistance with bathing, dressing, grooming, mobility, medications, and toileting.

Supportive Care – assistance with light housekeeping, meal prep, laundry, errands, grocery shopping and respite

Services Provided: Up to 24hours/day, 7 days/week.

Depending on staff availability.

HOMELESS SHELTERS

New Hope Shelter & Transitional Housing

Telephone: (715) 478-3669

Fax: (715) 478-2731

Address: 601 N. Summit Ave., P.O. Box 187
Crandon, WI 54520

Contact: Micah Dewing, Director

E-mail: director@shelter.net

Website: www.newhopeshelter.net

Services: NHSTH is a short term emergency residential program that provides homeless families, single women, and single men with up to 90 days of shelter and case management services. Youth group Sunday 6:00 p.m. Shelter Gym

Northwoods Alliance for Temporary Housing/ Frederick Place

Telephone: (715) 369-9777

Fax: (715) 369-5174

Address: 204 W. Frederick St., P.O. Box 913,
Rhinelander, WI 54501

Contact: Tammy Modic, Executive Director and
Becca, Home Manager

E-mail: tammymodic.frederickplace@gmail.com

Website: www.nathnorthwoods.com
Serves Forest, Langlade, Lincoln, Oneida, and Vilas counties. Frederick Place is a 16 bed emergency, temporary shelter for families, women, and men who are experiencing homelessness.

HOSPICE CARE

Compassus Hospice Rhineland & Arbor Vitae Agencies

Telephone: (800) 643-4663

Fax: (844) 887-0702

Website: www.compassus.com

Services: Skilled Nursing, home health aide, chaplain, medical social worker, bereavement, massage therapy, pet therapy, & veteran recognition

Compassus Hospice Rhineland & Arbor Vitae Agencies

Telephone: (800) 643-4663

Fax: (844) 887-0702

Website: www.compassus.com

Servives: Skilled Nursing, home health aide, chaplain, medical social worker, bereavement, massage therapy, pet therapy, & veteran recognition

The Bay at Nu Roc Health and Rehabilitation Center

Telephone: (715) 674-4477

Address: 3576 NuRoc Ln., Laona, WI 54541

E-mail: administrator@bay-nuroc.com

Special hospice benefits are available for veterans.

HOSPITALS/MEDICAL FACILITIES

Aspirus Antigo Clinic

Telephone: (715) 623-2351

Fax: (715) 623-3427

Address: 110 E. Fifth Ave., Antigo, WI 54409

Hours: Monday-Friday; 8:00 am-5:00 pm

Aspirus Cardiology

Telephone: (715) 361-3000

Fax: (715) 361-3040

Address: 2275 N. Shore Dr., Rhineland, WI 54501

Services: Specialists in heart and blood vessel diseases, heart care and weight loss.

Hours: Monday- Friday; 8:00 am-5:00 pm

Aspirus Eagle River Hospital

Telephone: (715) 479-7411

Address: 201 E. Hospital Rd., Eagle River, WI 54521

Aspirus Elcho Clinic

Telephone: (715) 275-4011

Fax: (715) 275-4012

Address: W10618 Clinic St., Elcho, WI 54428

Hours: Monday-Friday. 8:00 am-5:00 pm

Aspirus Good Samaritan Hospital

Telephone: (715) 536-5511

Address: 601 South Center Ave., Merrill, WI 54452

Website: www.aspirus.org

Hours: 8:00 am-8:00 pm Monday-Friday; Urgent Care

Aspirus Koller Behavioral Health

Telephone: (715) 361-2805

Address: 1020 Kabel Ave. (Outpatient) or

Aspirus St. Mary's Hospital (715) 361-2000

2251 N. Shore Dr., Rhineland, WI 54501

Aspirus Langlade Hospital

Telephone: (715) 623-2331

Fax: (715) 623-9440

Address: 112 E. Fifth Ave., Antigo, WI 54409

Website: www.langladehospital.org/main/home.aspx

Walk-in Clinic-7 days a week; 8:00 am-8:00 pm

Serving Langlade, Forest, Menomonie, Oconto, Oneida, Lincoln, Marathon, and Shawano counties.

Services: Hospital and clinic services including ER, primary care, urgent care clinic, pain clinic, adult day services, assisted living facility, cancer center, dialysis, and many more.

Aspirus Howard Young Medical Center – Woodruff

Telephone: (715) 356-8000

Address: 240 Maple St., Woodruff, WI 54568

Website: www.aspirus.org

Aspirus Iron River Hospital

Telephone: (906) 265-6121

Fax: (906) 265-3098

Address: 1400 W. Ice Lake Rd., Iron River, MI 49935

Website: www.aspirus.org

Aspirus Medical Group – Crandon

Telephone: (715) 478-6300

Fax: (715) 478-6303

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

Website: www.aspirus.org

Services: Internal medicine, family medicine, surgery, women's health, orthopedics, rheumatology, behavioral health, occupational therapy, speech therapy, lab & radiology services, diabetes services.

Hours: Monday 7:30 a.m.-7:00 p.m.; Tuesday, Wednesday,

Thursday & Friday 7:30 a.m.-5:00 p.m.

HOSPITALS/MEDICAL

FACILITIES CONT.

Aspirus Medical Group – Eagle River

Telephone: (715) 477-3000

Address: 930 East Wall St., Eagle River, WI 54521

Aspirus Medical Group – Merrill

Telephone: (715) 804-7500

Fax: (715) 804-7526

Address: 3430 E. Main St., Merrill, WI 54452

Website: www.aspirus.org

Aspirus Medical Group – Rhinelander

Telephone: (715) 361-4700

Fax: (715) 387-5240

Address: 1020 Kabel Ave., Rhinelander, WI 54501

Walk-in Clinic-Monday-Friday 8:00 am-7:00 pm;

Weekends-8:00 am-4:00 pm;

Holidays 8:00 am-1:00 pm

Aspirus Medical Group – Rib Mountain

Telephone: (715) 393-3900 (main switchboard)

Fax: (715) 393-3816

Address: 3301 Rib Mountain Dr., Wausau, WI 54401

Website: www.aspirus.org

Aspirus Medical Group – Weston

Telephone: (715) 393-3860 or (844) 690-6102

Address: 3301 Cranberry Blvd., Weston, WI

Clinic is located on 2nd floor

Website: www.aspirus.org

Hours: Walk-In-Saturdays-8:00am-1:00 pm

Aspirus Medical Group – Woodruff

Telephone: (715) 356-8140

Fax: (715) 356-8525

Address: 240 Maple St., Woodruff, WI 54568

Services: Patient centered medical home care.

Hours: Monday, Wednesday & Friday 8:00 a.m.-

5:00 p.m.; Tuesday 7:00 a.m.-6:00 p.m.

Aspirus Outpatient Therapies

Telephone: (715) 361-5480

Address: 1630 N. Chippewa Dr., Rhinelander, WI

Website: www.aspirus.org

Services: Physical, occupational, and speech therapy.

Aspirus Outpatient Therapy Services – Weston YMCA

Telephone: (715) 355-5701

Aspirus At Home Compassionate Support



- Nursing
- Therapy
- Oxygen, CPAP/BiPAP
- Crutches, Walkers
- Wheelchairs, Scooters
- Beds, Bathroom aids, Wound supplies
- Hospice Care

For more information
call 1.800.600.8296

aspirus.org



AAHADS-001

54978

Affordable Housing

Current Vacancies

FEATURES

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- Smoke-free community spaces
- Pet friendly
- Safe, maintenance-free apartments and grounds
- Off-street parking
- Laundry facilities
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CCB Housing Management

An Operation of Catholic Charities Bureau

(715) 369-2550

(800) 362-2550

880 E. Timber Dr. Rhinelander, WI 54501

55010

Address: 3402 Howland Ave., Weston, WI 54476
Website: www.aspirus.org

Aspirus Regional Cancer Center, Department of Aspirus Wausau Hospital

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

Aspirus Rhinelander Clinic

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

Aspirus Saint Mary's James Beck Cancer Center

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

Aspirus Saint Mary's Hospital – Rhinelander

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

Aspirus - Wausau Family Medicine

Telephone: (715) 675-3391
Fax: (715) 675-4253
Address: 425 Wind Ridge Dr., Wausau, WI 54401
Website: www.aspirus.org
Services: Obstetrics, pediatrics, adult health, mental health, licensed clinical social work. Serving the Greater Wausau area, Mosinee, Merrill.
Hours: Monday-Friday, 8:30 a.m.-5:00 p.m.

Aspirus Wausau Hospital

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

Aspirus Weston Clinic

Telephone: (715) 241-5400
Fax: (715) 241-5424
Address: 4005 Community Center Dr., Weston, WI 54476
Website: www.aspirus.org
Services: Primary care, walk-in services, lab, radiology, CT, open MRI, mammograms, bone density, ultrasound. Serving Weston/Wausau Area.
Walk-in: Monday-Friday, 7:00 a.m.-7:00 p.m.; Saturday, 8:00 a.m.-1:00 p.m.
Primary Care: Monday-Friday, 8:00 a.m.-5:00 p.m.

Dickinson County Healthcare System

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

Florence Medical Center and Pharmacy

Telephone: (715) 528-4775
Fax: (906) 228-0201
Address: 1010 Olive Ave., Florence, WI 54121
Mailing Address: P.O. Box 380, Florence, WI 54121
Website: www.dchs.org
Services: Family medicine, lab services, xray services, and physical therapy. Serving Florence, Iron, and Dickinson counties.
Hours: Monday-Friday 8:00 a.m.-4:30 p.m.

Forest County Potawatomi: Health and Wellness Center

Telephone: (715) 478-4300
Address: 8201 Mish Ko Swen Dr., Crandon, WI 54520
Website: www.fcpotawatomi.com
Services: The Forest County Potawatomi Health and Wellness Center (HWC) offers a multitude of services, including Primary Care, Pediatric Care, Dental, Women's Health, Mental Health, AODA, Podiatry, Optometry, Laboratory, Rehabilitation Services and Imaging to Forest County and the surrounding communities. The team at the HWC takes great pride to ensure each patient has a pleasurable experience from the moment he or she enters the HWC, to the moment he or she leaves.
Clinic Hours: Monday-Friday 7:00 a.m. to 6:00 p.m., Saturday, 8:00 a.m. to 4:00 p.m.

Froedtert Hospital & Medical College of Wisconsin

Telephone: (414) 805-3666
Address: 9200 W. Wisconsin Ave., Milwaukee, WI 53226
Website: www.langladehospital.org

Marshfield Clinic – Marshfield

Telephone: (715) 387-5511 or (800) 782-8581
Address: 1000 N. Oak Ave., Marshfield, WI 54449

Marshfield Clinic – Minocqua Center

Telephone: (715) 358-1000 or (800) 347-0673
Address: 9601 Townline Rd., P.O. Box 1390 Minocqua, WI 54548
Website: www.marshfieldclinic.org
Services: Complete health care for the entire family.
Hours: Monday-Friday 8:00 a.m.-5:00 p.m. Some primary care services offered before 8:00 a.m., or after 5:00 p.m. Call (715) 358-1160 for details.

HOSPITALS/MEDICAL

FACILITIES CONT.

Marshfield Medical Center

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

Marshfield Medical Center – Minocqua

Telephone: (715) 358-1710 or (800) 331-3734
Fax: (715) 358-1715
Address: 9576 Hwy. 70 W, Minocqua, WI 54548

Northlakes Community Clinic

Telephone: (715) 276-6321
Fax: (715) 276-1428
Address: 15397 Hwy 32, Lakewood, WI 54138
Mailing Address: P.O. Box 179, Lakewood, WI 54138
Services: Behavioral health, chiropractic and enabling services. Certified Application Counselors to assist individuals to enroll in the new health insurance marketplace. Serving Oconto, Forest, Langlade, Marinette, and Florence counties.
Medical Hours: Monday 9:00 am-5:30 pm
Tuesday-Thursday 8:00 am-4:30 pm
Friday 8:00 am-4:30 pm

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

Telephone: (706) 389-2668
Address: 2251 North Shore Dr., Rhinelander, WI 54501
Website: <https://healthcare.aspirus.org>
Services: Assist people with cancer and other illnesses that may be life-limiting to ensure understanding of their illness; clarify priorities and identify appropriate resources to offer the best quality of life as possible during the course of their illness.

Saint Joseph's Outpatient – Aspirus Center

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

St. Mary's Hospital Medical Center

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

St. Vincent Hospital

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

Sokaogon Chippewa Health Clinic

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

UW Health – University Hospital

Telephone: (608) 263-6400 or (800) 323-8942
Fax: (608) 263-6401
Address: 600 Highland Ave., Madison, WI 53792
Website: www.uwhealth.org

VA Medical Center – Iron Mountain

Telephone: (906) 774-3300
Address: 325 E. H. St., Iron Mountain, MI 49870
Website: www.ironmountain.va.gov
Serves: Upper Peninsula of Michigan and Northern Wisconsin, providing primary and specialty care services; limited emergency and acute inpatient care.

VA Community Based Outreach Clinic – Rhinelander

Telephone: (715) 362-4080
Address: 639 W. Kemp St., Rhinelander, WI 54501

Weston-Marshfield Medical Center

Telephone: (715) 393-3000 or (800) 559-9800
Address: 3400 Ministry Pkwy. Weston WI 54476
Website: www.marshfieldclinic.org

HOUSING

Subsidized Housing

Acorn Apartments

Telephone: (715) 394-2012 or (888) 276-0246
Address: 508 W. Washington, Crandon, WI 54520
Website: ccbhousing.org
Contact: CCB Housing, Patrick McFarland, Manager
880 E. Timber Dr., Rhinelander, WI 54501
Services: One-bedroom apartments for seniors 62 years of age or older and annual income must be within the income ceiling for Forest County. Rent is 30% of the tenant's monthly income and includes all utilities.

Beech Apartments

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

Fairfield Homes

Telephone: (715) 478-5990
Fax: (715) 362-4093
Address: 400 E. Elm St., Crandon, WI 54520
Contact: Angela Kunkel
Services: HUD subsidized facility for individuals 62 years of age or older, handicapped or disabled welcome. One

bedroom apartments, all utilities, garbage removal, and off street parking are included in rent.

Glenview Senior Apartments

Telephone: (608) 822-7368 or (800) 938-3229

Fax: (608) 822-4779

Address: 607 N. Prospect Ave., Crandon, WI 54520

Mailing Address: DAK Management Co., Inc.

1020 Lincoln Ave., Fennimore, WI 53809

Contact: Stacey Doyle, Property Manager

E-mail: dakmanagement@tds.net

Website: www.dakgroup.org

Services: Low income housing. Housing based on 30% of annual gross income if available.

16 units, all one bedroom

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

Grant Street Apartments

Telephone: (715) 478-5030

Address: 400 West Grant St., Crandon, WI 54520

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

Contact: A & M Services, Jason Gruett

Services: Family housing - one or two bedroom apartments.

Housing Enterprise of Wabeno-

Orchard Ridge Apartments

Telephone: (608) 822-7368 or (800) 938-5648

Fax: (608) 822-4779

Address: 1761 & 1765 Maple Ave., Wabeno, WI 54566

Mailing Address: DAK Management Co., Inc.,

1020 Lincoln Ave., Fennimore, WI 53809

Contact: Stacey Doyle, Property Manager

E-mail: dakmanagement@tds.net

Website: www.dakgroup.org

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

Serving Wabeno.

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

Laona Housing Harris Street Apt.

Telephone: (712) 262-2360

Fax: (608) 348-6550

Address: 4746 Cherry St., Laona, WI 54541

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

Laona Manor Apartments

Telephone: (920) 606-2942

Address: 5269 Beech St., Laona, WI 54541

Contact: Lance or Cheryl Tibbs

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

One Penny Place

Telephone: (715) 358-5541

Address: 820 3rd Ave., Woodruff, WI

Contact: Kathy McCaughn

NURSING HOME FACILITIES

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

	Capacity	Medicare Certified
Bay @ Suring Health & Rehabilitation Center 920-842-2191 • 430 Manor Dr., Suring	50	Yes
The Bay at Nu Roc Health and Rehabilitation Center 715-674-4477 • 3576A Nu Roc Lane, Laona	50	Yes
Minocqua Health & Rehab Center 715-356-6016 9969 Old Hwy 70 W., Minocqua	65	Yes
The Bay at Eastview Medical Rehab Center 715-623-2356 729 Park St., Antigo	136	Yes
Friendly Village 715-365-6832 900 Boyce Dr., Rhinelander	150	Yes
Florence Health Service 715-528-4833 5778 Chapin St., Florence	73	Yes
Rennes Health & Rehab Center 715-420-0728 1970 Navajo St, Rhinelander	95	Yes

HOUSING

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

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

Community Based Residential Facility (CBRF): A place where five or more unrelated people live together in a community setting. Services provided include room and board, supervision, support services, and may include up to three hours of nursing care per week. All individuals admitted to CBRF's MUST have a ADRC assessment completed prior to admission. Family Care funding can assist in providing supportive care services in the older adults own residence or in a CBRF. Talk with the CBRF Manager for more details.

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

HOUSING CONT.

Park Apartments - Family Housing

Telephone: (715) 478-5030

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

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

Contact: A & M Services, Jason Gruett

Wabeno Heights Apartments - Elderly Housing

Telephone: (715) 478-5030

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

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

Contact: A & M Services, Jason Gruett

HOUSING/FINANCIAL ASSISTANCE

Forward Service Corporation - W2 Agency

Telephone: (715) 478-5488

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

Website: www.fsc-corp.org

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

Foundation for Rural Housing, Inc.

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

Address: 4506 Regent St., Madison, WI 53705

E-mail: ruralhousing@tds.net

Website: www.wisconsinruralhousing.org

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

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

Housing Discrimination

Telephone: (800) 669-9777

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

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

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

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

Hours: Monday-Thursday 7:30 am-5:00pm;

Fridays 8:00am-12:00pm

NEWCAP, Inc.

Section 8 Voucher Housing Assistance Program

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

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



Boyd Financial Services, LLC

1901 River Street • Rhinelander, WI 54501

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HOUSING/FINANCIAL

ASSISTANCE CONT.

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

Hours: Monday-Thursday 7:30 am-5:00 pm;
Friday 8:00 am- 12:00 pm

Property Tax Deferral Loan Program (PTDL) WHEDA

Telephone: (800) 334-6873 or (800) 755-7835
Address: P.O. Box 1728, Madison, WI 53701-1728
E-mail: info@whedacom

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

Rural Development, USDA

Telephone: (715) 524-8522
TTY: (715) 345-7614

Housing: (855) 715-8496
Fax: (715) 526-6121

Address: 603B Lakeland Rd., Shawano, WI 54166
Services: Financial assistance for repairs/improvements to very-low income owner-occupied homes.

US Department of Housing and Urban Development - Milwaukee

Telephone: (414) 297-3214

Services: Rent assistance programs have variable income limits.

WHEDA: Wisconsin Housing & Economic Development Authority

Telephone: (800) 334-6873

INCOME TAX ASSISTANCE

Internal Revenue Service

Telephone: (414) 231-2100

Address: 211 W. Wisconsin Ave., Milwaukee, WI 53203
Services: Federal tax information and problem resolution office.

Wisconsin Department of Revenue

Telephone: (715) 842-8665

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

Information and assistance on Wisconsin income taxes and homestead tax.

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

INFORMATION AND ASSISTANCE

Aging & Disability Resource Center of the Northwoods

Telephone: (800) 699-6704

Aspirus Health Saint Mary's Hospital

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

Fax: (715) 361-2119

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

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

There is no charge for services.

Hours: Monday-Friday; 8:00 am-4:30 pm

Eldercare Locator

Telephone: (800) 677-1116

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

Forest County Office on Aging

Telephone: (715) 478-3256

NEWCAP, Inc.

Telephone: (715) 478-3871

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

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

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

LEGAL ASSISTANCE

BENEFIT SPECIALISTS

Forest County Elder/Disability Specialists

Crandon ADRC & FC Potawatomi Offices:

(800) 699-6704

(See Aging Services Section)

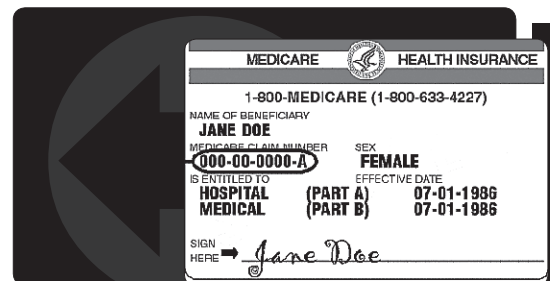
MEDICARE 101

Important Information about turning 65

There was a time, not too long ago, when 65 was “the” age.

It was at age 65, after a lifetime of labor, that most people could look forward to receiving full Social Security retirement benefits and becoming eligible for Medicare.

- 65 remains the age for Medicare eligibility.
- Full retirement age has been on the rise for all workers born after 1937.
- Social Security does not send out reminders about Medicare eligibility unless you are already collecting Social Security benefits.
- To take advantage of all that Medicare has to offer, you must **ENROLL**. The initial enrollment period is three months before the month you turn 65, the month of your birthday and three months after your birth month.
- There are several parts to Medicare:
 - ◆ Part A—Hospital
 - ◆ Part B—Medical
 - ◆ Part C—Hospital & Medical coverage through a private insurance company
 - ◆ Part D—Drug Coverage
- Participation in Medicare is voluntary, but if you fail to enroll during the initial enrollment period for Parts B and D, you can be subject to a late enrollment penalty for the rest of your life.



For more information on Medicare eligibility please contact the Elder Benefit Specialist at 1 800- 699-6704.
Medicare Helpline 800-633-4227.

LEGAL ASSISTANCE CONT.

Lawyer Referral and Information

Telephone: (800) 362-9082

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

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

Wisconsin Guardianship Support Center

Telephone: (855) 409-9410

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

E-mail: guardian@gwaar.org

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

Wisconsin Judicare

Telephone: (800) 472-1638

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

Wisconsin State Bar

Telephone: (608) 257-3838

Website: www.wisbar.org/forpublic

Answers to simple legal questions and referrals to appropriate attorneys.

LIBRARIES

Antigo Public Library

Telephone: (715) 623-3724

Address: 617 Clermont St., Antigo, WI 54409

Website: www.antigopl.org

Hours of Operation: Monday-Thursday 9:00 am-6:00 pm; Friday 10:00 am-5:30 pm

Crandon Public Library

Telephone: (715) 478-3784

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

Contact: Laurie Renel-Faledas, Director

E-mail: info@crandonpl.org

Website: www.crandonpl.org

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

Hours: Mon., Tues., & Fri., 9:00 a.m.-5:00 p.m.; Wed. & Thurs., 9:00 a.m.-7:00 p.m.; Sat., 9:00 a.m.-noon.

Edith Evans Community Library

Telephone: (715) 674-4751

Address: 5216 Forest Ave., Laona, WI 54541

Contact: Felicia Albrecht, Director

E-mail: director@laonapubliclibrary.com

Website: www.laonapubliclibrary.com

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

Hours: Mon., 12:00-5:00 pm., Tues., Wed., Thurs., 8:30-4:00; Fri 8:00 a.m.-12:30 p.m.

Rhineland District Library

Telephone: (715) 365-1070

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

Website: www.rhinelandlibrary.org

Hours of Operation: Monday-Friday 9:00 am-6:00 pm; Saturdays 9:00 am-1:00 pm

Richard J. Brown Library/Learning Center Nicolet Area College

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

Wabeno Public Library

Telephone: (715) 850-3044

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

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

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

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

Wisconsin Talking Book & Braille

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

Address: 813 W. Wells St., Milwaukee, WI 53233

Website: www.talkingbooks.dpi.wi.gov

MEDICAID

Contact the Northern Income Maintenance Consortium

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

Forest County Family Resource Center

Telepne: (715) 478-4837.

Sokaogon Chippewa Family Services

Support Office: (715) 478-7600 for more information on any of the following subprograms.

Website: www.access.wi.gov

Medicaid Subprograms

Family Care/IRIS

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

Medicaid Deductible

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

Medicare Premium Assistance

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

Medicaid Purchase Plan

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

SeniorCare

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

Tuberculosis

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

Well Woman Medicaid

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

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

MEDICAL EQUIPMENT

American Home Patient

Telephone: (800) 457-6138

Website: www.ahom.com

Services: Durable medical equipment, including oxygen, oxygen nebulizers, CPAP, sleep therapy, wheelchairs, hospital beds, bathroom equipment. Serving Northern Wisconsin.

Apria Health Care

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

Fax: (715) 387-6665

Mid-State Independent Living Choices, Inc

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

Home Medical Products & Services

Telephone: (715) 369-2525 or (866) 278-8312

Fax: (715) 369-0942

Address: 535A Lincoln St., Rhinelander, WI 54501

E-mail: Rhinelander@homeoxygen.com

Website: www.homeoxygen.com

MEDICARE

Disability Drug Benefit Helpline

(800) 926-4862

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

Forest County Elder Benefit Specialist

Telephone: (800) 699-6704

(See Aging Agencies Section)

Forest County Potawatomi Elderly Benefit Specialist

Telephone: (715) 478-4715,

(See Aging Agencies Section)

Medicare Hotline

Telephone: (800) 633-4227

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

Telephone: (800) 488-2596

The place to report suspicious ads or calls offering free benefits or help with enrollment.

MEDICARE CONT.

Medicare Fraud Hotline

Telephone: (800) 581-1790

Medicare Part D Prescription Drug Coverage

Telephone: (800) 699-6704

Contact: Elder Benefit Specialist

Medigap Helpline

Telephone: (800) 242-1060

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

Social Security Administration

Telephone: (888) 869-1781

TTY/TTD (715) 369-6881

Fax: (715) 369-5675

Address: 2023 Navajo St., Rhinelander, WI 54501

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

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

Website: www.socialsecurity.gov

Services: Social Security services and assistance to Florence, Forest, Oneida, Price and Vilas counties. Hours: Monday-Friday 9:00 a.m.-3:30 p.m.

MEMORY DIAGNOSTIC SERVICES

Northern Wisconsin Memory Diagnostic Center

Telephone: (715) 361-4880

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

Marshfield Clinic - Minocqua Center Memory Clinic

Telephone: (715) 358-1793

Address: 29601 Townline Rd. Minocqua, WI 54548

MENTAL HEALTH

Aspirus St. Mary's Hospital

Aspirus Behavioral Health-Northern Region

Telephone: (715) 361-2020 or (800) 472-7821

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

Outpatient: Aspirus at Crandon

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

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

Aspirus Koller Clinic

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

Fax: (715) 361-2920

Address: 1020 Kabel Ave., Rhinelander, WI 54501

Forest County Potawatomi Health and Wellness Center

Telephone: (715) 478-4300

(See Hospitals Section)

Lutheran Social Services of Wisconsin & Upper Michigan

Telephone: (715) 849-3344

Fax: (715) 845-8453

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

Contact: Sadie

Website: www.lsswis.org

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

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

USEFUL RESOURCES FOR OLDER ADULTS

AGENCY - WEB SITE (if applicable)	PHONE	AGENCY - WEB SITE (if applicable)	PHONE
AARP United Healthcare Insurance www.aarphealthcare.com	(888) 687-2277	Medicaid	(800) 362-3002
American Cancer Society www.cancer.org	(800) 227-2345	National Family Caregivers Association www.nfcacres.org	(202) 454-3970
Eldercare Locator www.eldercare.acl.gov	(800) 677-1116	National Safety Council www.nsc.org	(800) 621-7615
Eye Care- Free for low income Elderly	(800) 222-3937	No Call List – Wisconsin	(888) 382-1222
Hearing Aid Hotline	(800) 521-5247	Poison Center	(800) 222-1222
Housing Discrimination	(877) 647-3247	SeniorCare Customer Service	(800) 657-2038
Insurance Complaint Hotline	(800) 236-8517	Suicide Hotline	(800) 784-2433
Lawyer Referral and Information	(800) 362-9082	Veteran's Information www.va.gov	(800) 827-1000
Legislative Hotline	(800) 362-9472	Visual and Hearing Impaired	(800) 326-1290
Medicare Hotline: Monday- Friday 9a.m.-3 p.m.	(800) 633-4227		

Human Service Center Outpatient Clinic

Telephone: (715) 369-2215

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

Website: www.thehumanservicecenter.org

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

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

Transitions Center, LLC

Telephone: (715) 365-6696

Fax: (715) 365-6768

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

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

Contact: Rita Wege, Director

E-mail: transitionscenter@frontiernet.net

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

Hours: Monday-Thursday 8:00 am-2:00 pm Fridays
8:00am-1:00 pm. 2 appointments available per counselor.

NURSING HOMES

Bay @ Suring Health & Rehabilitation Center

Telephone: (920) 842-2191

Fax: (920) 842-2176

Address: 430 Manor Dr., Suring, WI 54174

Website: www.Bay-Suring.com

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

Florence Health Service

Telephone: (715) 528-4833

Address: 5778 Chapin St., Florence, WI 54121

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

Friendly Village Nursing & Rehabilitation

Telephone: (715) 365-6832

Fax: (715) 365-6665

Address: 900 Boyce Dr., Rhineland, WI 54501

Website: www.friendlyvillagerehab.com

Services: 24-hour skilled nursing long term care, Alzheimer's and related dementia care, inpatient and outpatient rehabilitation, rehab suites, respite and hospice care.

Rennes Health & Rehab Center

Telephone: (715) 420-0728

Address: 1970 Navajo St., Rhineland, WI 54501

Website: www.rennesgroup.com

The Bay at Eastview Medical & Rehab Center

Telephone: (715) 623-2356

Fax: (715) 623-6345

Address: 729 Park St., Antigo, WI 54409

Contact: Kim McCann, Admissions Director

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

The Bay at Nu Roc Health and Rehabilitation Center

Telephone: (715) 674-4477

Fax: (715) 674-4016

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

Website: www.nu-roc.com

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

PHARMACIES

Crandon Pharmacy

Telephone: (715) 478-3313

Fax: (715) 478-2065

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

Hours: Monday-Friday, 8:30 a.m.-5:30 p.m.;
Saturday, 8:30 a.m.-1:00 p.m.; Closed Sunday.

Laona Pharmacy

Telephone: (715) 674-2635

Fax: (715) 674-4603

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

Hours: M, T, W, F 9:00 a.m.-5:00 p.m., closed
12:00-1:00 for lunch. Thurs. 9:00 a.m. - 1:00 p.m.

Wolf River Pharmacy

Telephone: (715) 478-3369

Fax: (715) 478-3945

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

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

Assisted Living Apartments & Suites

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Rhineland—715-493-0818

Tomahawk—715-218-7799

Woodruff—715-892-1339

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PRESCRIPTION MEDICATION ASSISTANCE

Medicare Part D

Telephone: (800) 699-6704

Contact: Kathy Omelia, Elder Benefit Specialist

Patient Help Network

Telephone: (866) 218-0694

Website: www.patienthelpnetwork.org

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

SeniorCare

Forest County Elder Benefit Specialist

Telephone: (800) 699-6704

PUBLIC HEALTH

Forest County Health Department

Telephone: (715) 478-3371

Website: www.forestcountypublichealth.org

Office Hours: 7:30 a.m. to 5:00 p.m.

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

RESPIRE CARE

Christian Servants HomeCare

Telephone: (920) 642-3329

Website: christianservantshomecare.com

Location: Covers Forest County

Contact: Peggy Leonard

Services: Provides non-medical care from respite, camaraderie, or transportation, to 24/7 care including meals, bathing, medication reminders, cleaning, and more.

Cumberland Heights

Telephone: (715) 365-6789

Fax: (715) 420-0482

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

Contact: Kari DeCorah

E-mail: kdecorah@optioncs.net

Services: Community based residential facility, care of elderly, activities, laundry, and meals. Serving Northern Wisconsin.

55724

Forest County Office On Aging/Family Caregiver Support Program

Telephone: (715) 478-3256

Helping Hands Senior Homecare Services, LLC

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

Address: 5241 Lassig Rd., Rhinelander, WI 54501

E-mail: kdeede@yahoo.com

Contact: Kimberly Deede, Owner

Website: www.helpinghandsseniorhomecaresvcs.com

Area Served: 50 mile radius from Rhinelander

Services: Light housekeeping, hygiene, bathing, home-cooked meals, errands, shopping, laundry, companionship, medication reminders.

Provides 24/7 respite care.

Nicolet Staffing – Rhinelander

Telephone: (715) 365-1302

The Bay at Nu Roc Community Health and Rehabilitation Center

Telephone: (715) 674-4477

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

Bay @ Suring Health & Rehabilitation Center

Telephone: (920) 842-2191

Fax: (920) 842-2176

Address: 430 Manor Dr., Suring, WI 54174

Website: www.Bay-Suring.com

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

SOCIAL GROUPS

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

Crandon Lions Club

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

Telephone: (715) 889-1742

President: Chris Roberts

Meetings: Dinner meetings, 3rd Tuesday of the month, 5:30 pm. Many through September at City Beach Pavillon; October through April at Duck's Bar, Lake Ave. Crandon.

Goodman-Armstrong Creek Lions Club

Telephone: (715) 336-2256

President: Wayne Brehmer

Meeting location: Varies

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

Laona Lions Club

Telephone: (715) 889-0246

President: Dan Bobbe

Meeting Location: Laona Community Center

Meets fourth Wednesday at 6:30 p.m.

Wabeno Lions Club

Telephone: (715) 902-9031

President: Al Harrison

Secretary: Gregg Tallier

Meeting Location: Varies

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

Senior Snoop Shop

Located on the Forest County Courthouse Square.

Telephone: (262) 385-7498

Contact: DeAnn Haga

Open from Memorial Day- Labor Day.

Hours of Operation: Monday-Friday 10:00 am-4:00 pm

Saturday 10:00 am-2:00 pm Holidays 10:00 am-2:00 pm.

SOCIAL SECURITY

Disability Benefit Specialist

Telephone: (800) 699-6704 ADRC Office

Social Security Administration

Telephone: (888) 869-1781 or

TTY/TTD: (715) 369-6881

National number for general information:

(800) 772-1213

Fax: (715) 369-5675

Address: 2023 Navajo St., Rhinelander, WI 54501

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

Website: www.socialsecurity.gov.

Social Security retirement, survivor, and disability benefits.

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

SOCIAL SERVICES

Forest County Department of Social Services

Telephone: (715) 478-3351

Address: 200 East Madison, Crandon, WI 54520

Services: Assistance in accessing a variety of social services programs including Economic Support (food share MA), Adult Protective Services, Supportive Home Care, Kinship, Child Care Certifications, Guardianship Services as well as a variety of children's services.

Forest County Family Resource Center

Telephone: (715) 478-4837 - general information

– includes financial assistance, adult, and Indian Child Welfare Services

SOCIAL SERVICES CONT.

Sokaogon Chippewa Family Services

Telephone: (715) 478-7600.

(See Financial Assistance)

SUPPORT GROUPS

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

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

ALS Support Group

Howard Young Medical Group

Telephone: (715) 614-5125

Contact: Cindy Esqueda

Meets the third Friday of the month

Time: 10:00 am-12:00pm

Alzheimer's Caregiver Support Group ADRC of Oneida County

Address: 2100 W. Keenan Street, Rhinelander

Contact: (715) 352-4091 for more info

Meeting: Meets 3rd Thursday of each month at 1:00pm

Free Call-In Caregiver Support Group

(800) 472-8008

Free Call In Caregiver Support Group

Telephone: (800) 472-8008

Northwoods Parkinson's Support Group

Ascension Lutheran Church, Minocqua WI

Telephone: (715) 545-3414 for more info

Contact: Norma

Meeting: 2nd Tuesday of the month from 10:00 am-12:00 pm

Grief Support Groups

Arbor Vitae, Compassus

Address: 1571 Hwy. 51 N Ste. C, Arbor Vitae

Meeting: Meet 1st Wednesday of every month

Time: 6:00-7:00 pm

2nd Thursday of every month

Time: 1:00-2:00 pm

3rd Thursday of every month 1:00-2:00 pm

Telephone: (715) 301-7200

Side by Side Grief Support Group

St. Peter of the Fisherman Parish Church,

Address: 5001 County Road G, Eagle River, WI 54521

Meeting: Meets 3rd Thursday of the month

Time: 1:00 pm-2:30 pm

Compassus, Rhinelander

Address: 111 E. Davenport St. Ste. 101; Rhinelander, WI

Meeting: 1st Wednesday of every month

Time: 6:00-7:00 pm

GOVERNMENT

Forest County Government Offices

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

Child Support Agency	478-2157	Emergency Management	478-3430
Clerk of Circuit Court	478-3323	Land Conservation	478-7796
Office on Aging	478-3256	Real Property Lister	478-3216
County Clerk	478-2422	Recycling Office	478-3893
Forest Administrator	478-3475	Register in Probate	478-2418
Forest County Sheriff's Dept.	478-3331	Register of Deeds	478-3823
Health Department	478-3371	Social Services	478-3351
County Judge	478-2329	UW-Madison Extension Office	478-7797
County Treasurer	478-2412	Veterans Services	478-3722
Court Commissioner	478-3085	Victim/Witness Coordinator	478-3105
District Attorney	478-3511	Zoning (Land and Water Resources)	478-3893

State Legislature

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

Senate District 12: Senator Tom Tiffany, Telephone: (608) 266-2509

Meeting: 2nd Thursday of every month
Time: 1:00-2:00 pm
Meeting: 3rd Thursday of every month
Time: 1:00-2:00 pm

Men's Support Group, Rhinelander Compassus

Telephone: (715) 301-7200
Address: 111 E. Davenport St. Ste. 101, Rhinelander
Meeting: Meets 4th Thursday of the month
Time: 1:00 pm-3:00 pm

St. Matthias Episcopal Church

Address: 403 E. Chicago Ave., Minocqua
Meeting: First Wednesday of the Month
Time: 6:00 pm-7:00 pm

THERAPY OCCUPATIONAL, PHYSICAL AND/OR SPEECH

Forest County Potawatomi: Health and Wellness Center

Telephone: (715) 478-4344
Rehab Department
Rehabilitation Services: Physical Therapy, Speech Therapy,
Massage Therapy, Occupational Therapy, Chiropractic and
Orthopedic.

Health in Motion

Crandon location:

Telephone: (715) 478-6168
Address: 501 W. Lincoln St., Crandon, WI 54520

Rhinelander location:

Telephone: (715) 365-5252
Address: 586 Shepard St., Rhinelander, WI 54501

Rehabilitation Service: Northern Region

Telephone: (715) 361-2300 & (888) 843-1367
Address: 2003 Winnebago Dr., (YMCA Building)
Rhinelander, WI 54501

The Bay at NuRoc Health and Rehabilitation

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

TRANSPORTATION

AARP Safe Driving Class

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

Forest County Office on Aging

Telephone: (715) 478-3256

Transportation Options

DAV Transportation



Route

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

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

(715) 369-6227 from 8:00 a.m. - 4:30 p.m.

Address and time of pickup is as follows:

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

Courthouse, front parking lot

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

Volunteer Fire Station, back parking lot

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

No physical address

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

Corner Store

VTS Veterans

Transportation Service

The Department of Veterans Affairs has launched transportation service to VA Medical Centers and Community Outpatient Clinics (CBOC's). Will pick-up at home within a 50 mile radius of Iron Mountain.



For program information contact:

Name: Isaac Armstrong

Phone: (906) 774-3300 Ext. 33849

Room#: 1286; Iron Mnt. VA -Travel

Email: isaac.armstrong@va.gov



What is Elder Abuse?

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

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

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

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

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

If you suspect elder abuse occurring in Forest County, please call the

**Forest County
Department of Social Services**

715-478-3351

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

TRANSPORTATION CONT.

Forest County Potawatomi Elderly Program

Telephone: (715) 478-4715

Contact: Lillie Erdmann

New Freedom Transportation

Telephone: (715) 233-1070 or (800) 228-3287

Fax: (715) 233-1083

Address: 2920 Schneider Ave., SE, Menomonie, WI 54751

Services: Transportation for medical rides in 29 counties for the elderly and disabled. Please ask to speak to Ruth to set up an appointment.

Northwoods Mobility Services (NMS)

Telephone: (715) 453-2929

Services: Non-emergency transportation - ambulatory and wheelchair.

Sokaogon Chippewa Community Senior Center

Telephone: (715) 478-1229

Veyo

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

Website: wi.ridewithveyo.com

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

VETERANS

Forest County Veterans Service

Telephone: (715) 478-3722

Fax: (715) 478-2035

Address: 200 East Madison, Crandon, WI 54520

Contact: Robb Koplien

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

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

VA Community Based Outreach Clinic - Rhinelander

Telephone: (715) 362-4080

Fax: (906) 779-7454

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

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

Wisconsin Women Veterans
Wisconsin Department of Veterans Affairs
 Telephone: (800) 947-8387 or (608) 267-1797
 Address: 201 W. Washington Ave.
 P.O. Box 7843, Madison, WI 53707-7843
 E-mail: jodi.barnett@dva.wisconsin.gov
 Website: www.dva.state.wi.us/womensvets.asp
 Services: To address the needs of women veterans in Wisconsin, the Department of Veterans Affairs has created an initiative that will provide advocacy for women veterans.

Wisconsin Veterans Home at King
 Telephone: Admissions (888) 458-5586 or (715) 258-5586
 Website: www.dva.state.wi.us/homes.asp
 This state licensed facility is open to veterans and their spouses for long term care. The home is located on Rainbow Lake in Waupaca County and provides skilled nursing, memory care, and some domiciliary care. For more information contact the Forest County Veterans Office 715-478-3722.

FRIENDLY Village

Nursing and Rehabilitation



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- ◆ Physical Therapy, Occupational Therapy and Speech Therapy
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- ◆ Specialized Memory Care Unit: Secured Unit for Alzheimer's / Dementia Care
- ◆ Respite & Hospice Care

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Nursing and Rehabilitation

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 www.friendlyvillagerehab.com



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

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VISION RESOURCES

American Council of the Blind

Telephone: (800) 424-8666

Eye Clinic of WI – Antigo

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

Fax: (715) 623-2400

Address: 109 State Hwy 64, Antigo, WI 54409

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

Website: www.eyeclinicwi.com

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

Eye Clinic of WI - Rhinelander

Telephone: (715) 362-2600

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

Eye Clinic of Wisconsin-Wausau

Telephone: (715) 261-8500

Fax: (715) 261-8671

Surgery Center: (715) 298-5500

Address: 801 1st Street, Wausau, WI 54401

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

Website: www.eyeclinicwi.com

Hours: Monday, Wednesday & Friday 7:15 am-5:00 pm;

Tuesday and Thursday 7:15 am-6:00pm; Sat., 8:00 am-noon.

Forest County Potawatomi Health & Wellness Center Optical Dept.

Telephone: (715) 478- 4339

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

Website: www.fcpotawatomi.com

Garrett Eye Center

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

Address: 1301 Carpenter Ave. Iron Mountain, MI 49801

Marshfield Clinic – Wausau Optical Center

Telephone: (715) 847-3000 or (800) 847-0016

Fax: (715) 841-4972

Address: 2727 Plaza Dr., Wausau, WI 54401

Pearl Vision

Telephone: (715) 623-2180

Fax: (715) 623-7244

Address: 714 Third Ave., Antigo, WI 54409

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

E-mail: pvantigo@midlinevision.com

Contact: Dr. Jeremy Goetsch

Services: Eye care services.

Serving Northern Wisconsin.

Hours: Monday 8:00 am-7:00 pm; Tuesday-Friday

8:00 am-5:00 pm

State of Wisconsin Bureau for the Blind and Visually Impaired

Telephone: (715) 365-2804

Fax: (715) 365-2705

Address: 2187 N. Stevens St., Suite C
Rhinelander, WI 54501-8043

Wisconsin Council of the Blind and Visually Impaired

Telephone: (800) 783-5213

Sharper Vision Store: (608) 237-8100

Address: 754 Williamson St., Madison, WI 53703

Website: www.wcblind.org

Wisconsin Talking Books & Brail

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

(See *Libraries Section*)

VOLUNTEER OPPORTUNITIES

(See *Nursing Homes Section*)

Forest County Aging & Disability Resource Center

Telephone: (800) 699-6704

Forest County Office on Aging

Telephone: (715) 478-3256

Foster Grandparent Program

Telephone: (715) 588-3324

Great Lakes Inter-Tribal Council

Contact: Pat Takamine, Director

WEATHERIZATION

Forest County Family Resource Center

Telephone: (715) 478-4837

NEWCAP, Inc.

Telephone: (715) 478-3871

Fax: (715) 478-2725

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

Sokaogon Chippewa Family Services

(See *Financial Assistance*)

Telephone: (715) 478-7600

2022 Resource Guide • INDEX

	PAGE		PAGE
• AARP	10	• Elder Abuse	7, 24
• AARP Safe Driving Class	45	• Elderly Benefit Specialist	11, 36
• Administration for Community Living	10	• Eldercare Locator	11, 36
• ADRC of the Northwoods – Crandon	10, 36	• Family Caregiver Support Program	7, 11
• Adult Protective System	5	• Florence Medical Center & Pharmacy	31, 41
• Advance Directives	5, 13	• Food Pantries	26-27
• American Home Patient	39	• Food Share	8
• Alcohol & Other Drug Abuse Program	14	• Forest Co. Dept. of Social Services	24-25, 43-44
• Alcoholics Anonymous	14	• Forest Co. Emergency Management	25
• Alzheimer’s Association	15	• Forest Co. Health Dept.	24, 43
• Alzheimer’s Family & Caregiver Support Program	7, 15	• Forest Co. Office on Aging	12, 43, 45, 46
• American Red Cross	25	• Forest Co. Potawatomi Elder Program	12, 39, 46
• Apria Health Care	39	• Forest Co. Potawatomi Family Service	25, 44, 48
• Aspirus Koller Behavioral Health	14, 40	• Forest Co. Potawatomi Health & Wellness Center	14, 20, 24, 31, 40, 45
• Aspirus at Home	28	• Forest Co. UW-Extension	19, 26
• Aspirus Medical Group-Audiology	27	• Forest Co. Veterans Service	46
• Aspirus Medical Group-Crandon, Eagle River, Laona, Merrill, Rhinelander, Rib Mountain, Weston, Woodruff	29-31	• Forward Service Corp. Housing Programs	35
• Aspirus Saint Mary’s Hospital	27, 30, 36	• Foundation for Rural Housing	35
• Assistive Technology Resources	15	• Gambling	27
• Bay @ Suring Health & Rehab	41, 43	• Greater Lakes Inter Tribal Council	12
• Better Business Bureau of Wisconsin	17	• Greater Wis. Agency on Aging Rscce (GWAAR)	12
• Brain Injury Resource of Wis.	21	• Guardians	7
• Bureau on Aging & Disability Resources	11	• Headwaters	21
• Churches	16-17	• Hearing Advantage	27
• Community Access Crisis Intervention Services	19	• Hearing Industries Association	27
• Community Based Residential Facilities	8-9, 33-35	• Home Delivered Meals	26
• Community Mental Health Services	40-41	• Home Medical Products & Services	39
• Community Options	8-9	• Homeless Shelters	28-29
• Consumer Hotline of the Agriculture Trade & Consumer Protection	19	• Housing	8-9, 32-35
• Crisis Line	19	• Human Service Center	5, 23, 41
• Dentists	20	• Inclusive	22
• Dialysis Units	21	• Institute for Learning in Retirement	19
• Disability Benefit Specialist	21, 25, 43	• Internal Revenue Service	36
• Disability Benefit Specialist Program	10	• Iron Mountain VA Medical Center-Rhinelander Clinic	32
• Disability Rights Wisconsin	10	• Kinship Care	8
• Division of Vocational Rehab	21	• Koinonia Treatment Facility	14
• DMVs	24		

2022 Resource Guide • INDEX

PAGE	PAGE		
• Lakeland Care, Inc	22	• Social Groups	43
• Lawyer Referral & Information	38	• Social Security Administration	40, 43
• Learning in Retirement	19	• Sokaogon Chippewa Elder Program	14
• Libraries	38	• Sokaogon Chippewa Health Clinic	20, 32
• LifeLine Program	24	• Sokaogon Chippewa Family Services	26, 39
• Lutheran Social Services	26, 40	• Staffworks Group – Nicolet Staffing	25, 43
• Marshfield Clinics-Marshfield, Minocqua	31-32	• State of Wis. Bureau for the Blind and Visually Impaired	48
• Meal Sites	21-22	• State of Wis. Dept. Financial Inst.	19
• Meals on Wheels	12	• Support Groups	44-45
• Medic Alert Foundation	25	• The Bay @ NuRoc	15, 41, 43, 45
• Medicaid Community Waivers	8, 39	• Thrift Stores	17
• Medicaid Deductible	39	• TMG IRIS Consultant Agency	23
• Medicaid Purchase Plan	39	• Transitions Center	14, 41
• Medical Facilities	29-32	• Transportation Options	45
• Medicare Part D	42	• Tri-County Council on Domestic Violence & Sexual Assault	20, 24
• Medicare Premium Assistance	8, 39	• Tribal ADR Specialist	10
• Medigap Helpline	40	• Tuberculosis	39
• Midstate Independent Living Choices, Inc	22, 39	• US Dept. of Housing & Urban Development	36
• Movin’ Out Inc.	25-26	• VA Community Outreach Clinic	46
• National Council on Alcoholism & Drug Dependence	14	• Veyo	46
• National Do-Not-Call Registry	19	• Vision Resources	48
• National Fraud Information Center	19	• Volunteer Opportunities	12, 48
• Newcap	19, 25, 26, 27, 35, 36, 48	• Well Woman Medicaid	39
• New Freedom Transportation	46	• WHEDA	26, 36
• Nicolet Area Technical College	19	• Wis. Alliance For Family Caregiving	15
• Northern Advantage Job Center	25	• Wis. Alzheimer’s Institute	15
• Northern Wis. Memory Diagnostic Center	15	• Wis. Commission on Problem Gambling	27
• Northlakes Community Clinic	32	• Wis. Dept. of Revenue	36
• Northwoods Mobility	46	• Wis. “Do Not Call” List	19
• Nutrition Site Locations & Contact Information	22	• Wis. Family Caregiver Support	15
• Office for the Deaf & Hard of Hearing	28	• Wis. Guardianship Support Center	38
• Office of Crime Victim Services	24	• Wis. Home Energy Assistance Program (WHEAP)	20, 25
• Ombudsman	10	• Wis. Judicare	38
• Palliative Care Program – Rhinelander	32	• Wis. Legislative Hotline	10
• Pharmacies	41	• Wis. Recovery Connection	15
• Property Tax Deferral Loan Program	36	• Wis. State Bar	38
• Rennes Health & Rehab Center	15,41	• Wis. Veterans Home at King	47
• Residential Care Apartment Complexes	8-9, 33-35	• Wis. Women Veterans	47
• Rural Development	26, 36	• YMCA of the Northwoods	26
• SeniorCare	26, 39, 42		



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



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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!

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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.

Bringing People and Resources Together.



ADRC Of The Northwoods provides **free assistance** to older adults and individuals with disabilities (age 17 1/2 - 59) in Forest and Taylor Counties and Forest County Potawatomi. We're here to help our clients—and their families and caregivers—find services and resources that promote wellness and independent living.

The ADRC can help you find:

- Adaptive Equipment
- Assisted Living / Nursing Home
- Employment Options
- Financial Aid
- Health and Wellness Programs
- In-Home Personal Care
- Nutritional Services
- Prescription Drug Coverage
- Respite Care
- Transportation
- And much more!

We provide confidential consultation at any of our seven convenient office locations, over the phone, or can visit you at your own home. Call us today and one of our friendly, skilled staff will be happy to assist you.



Aging & Disability Resource Center
Of The Northwoods

Contact your ADRC to find the one nearest to you!

1.800.699.6704

adrcofthenorthwoods.org

