



Washburn County



“Connections for Better Living”

Resource Directory January 2010

850 W Beaverbrook Ave. Suite 4
Spooner, WI 54801
www.adrcconnections.org

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The Aging and Disability Resource Center is a public office where people can find help in their communities for older people and adults with disabilities, as well as their families and friends. Our staff is available to answer your questions and help you explore all of your options. Free, private, confidential meetings with our staff are available at the resource center, over the telephone, or in a visit to your home. Call **715-635-4460** or **1-888-538-3031**.

You can get connected to:

- **Services** You can receive information about services and get connected to them. Questions and concerns about what is available to help people continue live in their own homes or elsewhere can be discussed. Any specific problem areas can be addressed and you will be referred to the specialists who can help. Whether it is work, housing, health, insurance, eating well, or a concern about another adult we will listen and discuss your options. Staff is also available to help you apply for public programs if you are interested.
- **Choices** When aging and disabilities limit your ability to be on your own, we can discuss and advise you about in-home services, apartments, assisted living, nursing homes, and so forth. You and/or your family can meet with us to help determine what you need now and in the future, discuss the cost of options, evaluate how to pay for those services, and refer you to specialists if need be.
- **Benefits** You can receive accurate and current information on private and government benefits and programs from specialists who are experts in benefits for both elderly and disabled adults. You can receive help if you run into problems with Medicare, Social Security, or other benefits.
- **Independence** You can get connected to senior dining, meals on wheels, education about eating well, support for family caregivers, adult day services, classes on preventing falls, and managing chronic diseases such as diabetes, chronic pain, depression and so forth. Prevention may delay the need for more costly care.

This resource directory contains information on many topics, products, and programs. It should be used as an overview and general guide. No endorsements or recommendations are made by the Aging and Disability Resource Center of Barron, Rusk, and Washburn Counties.

Resource Center Staff

Information & Assistance Specialist
 Disability Benefits Specialist
 Elderly Benefits Specialist
 ADRC Supervisor
 Transportation Coordinator
 Administrative Assistant

Anna Brown

 Terri Reiter
 Jeanette Reitzel
 Lisa Wehmhoefer
 Julie Wilcox

ABUSE & NEGLECT

Report suspected abuse, neglect, or self-neglect of an older person or adult with a disability. Callers may choose to be anonymous. Adult Protective Services provides intervention for victims of physical abuse, financial abuse, neglect and self-neglect.

Aging & Disability Resource Center, Washburn County (ADRC)

850 W Beaverbrook Ave. Suite 4 (715) 635-4460
 Spooner, WI 54801 (888) 538-3031

CASDA- Shelter, Safe House, & Advocacy

2231 Catlin Ave. Superior, WI 54880 (800) 649-2921
 (715) 392-3136

Long Term Care Ombudsman

(800) 815-0015

For complaints, questions and/or concerns regarding the care and the rights of residents in nursing homes and group homes.

New Day Shelter

(715) 682-9566

P.O. Box 88 Ashland, WI 54806 (800) 924-4132

Time-Out Family Abuse Shelter, Inc.

(715) 532-6976

Crisis/support line and shelter for victims of domestic violence, sexual assault, and their families. (800) 924-0556

P.O. Box 406

Ladysmith, WI 54848

Time-Out Family Abuse Shelter, Outreach Office

(715) 635-5245

Advocacy for survivors and victims of domestic abuse or sexual assault.

103 Oak St. Spooner, WI 54801

Washburn County Health & Human Services Department

110 Fourth Ave. W Shell Lake, WI 54871 (715) 468-4747

Wisconsin Division of Quality Assurance

(800) 642-6552

For reporting allegations of abuse or neglect by facility staff.

ADVOCACY/COMMUNITY ORGANIZATIONS

AARP Wisconsin – (American Assoc. of Retired Persons) (866) 448-3611

222 W Washington Ave. Suite 600

Madison, WI 53703

- AgrAbility of Wisconsin** (608) 262-9336
Services for individuals and families engaged in farming and TTY (800) 947-3529
coping with a disability. Provided at your home or farm.
- AIDS Resource Center of Wisconsin** (877) 242-0282
1507 Tower Ave. Suite 230 Superior, WI 54880
- American Cancer Society** (877) 423-9122
2427 N Hillcrest Pkwy. Suite 7 Altoona, WI 54720
- Arthritis Foundation** (800) 242-9945
1650 S 108th St. West Allis, WI 53214
- Autism Society of Wisconsin** (888) 428-8476
- Brain Injury Association of Wisconsin** (800) 882-9282
21100 W Capitol Dr. Suite 5 Pewaukee, WI 53072
- Coalition of Wisconsin Aging Groups** (800) 488-2596
2850 Dairy Dr. Suite 100 Madison, WI 53718 TTY (888) 758-6047
- Disability Rights Wisconsin** (715) 736-1232
217 W Knapp St. Rice Lake, WI 54868 (877) 338-3724
TTY (888) 758-6049
- Down Syndrome Association of Wisconsin** (866) 327-3729
9401 W Beloit Rd. Suite 311 Milwaukee, WI 53227
- Epilepsy Foundation of Western Wisconsin** (800) 924-2105
1812 Brackett Ave. Suite 5 Eau Claire, WI 54701
- Family Care & IRIS Ombudsman** (877) 338-3724
For complaints, questions and/or concerns regarding the care and the rights of people
(ages 18-60) receiving Family Care or IRIS.
- Long Term Care Ombudsman/ Family Care & IRIS** (800) 815-0015
For complaints, questions and/or concerns regarding the care and the rights of residents in
nursing homes, group homes and people over age 60 receiving Family Care or IRIS.
- NAMI of Barron County (National Alliance on Mental Illness)**
P.O. Box 477 Rice Lake, WI 54868 (715) 736-0089
- The Arc Eau Claire (developmental disabilities)** (877) 272-8400
800 Wisconsin St. #86 Eau Claire, WI 54703

United Cerebral Palsy West Central Wisconsin, Inc. (888) 845-5775
206 Water St. Eau Claire, WI 54703

Wisconsin Board for People with Developmental Disabilities
201 W Washington Ave. Suite 110 Madison, WI 53703 (888) 332-1677

Wisconsin Family Ties (800) 422-7145
For children and adolescents who have emotional, behavioral, or
mental disabilities.
16 N Carroll St. Madison, WI 53703

ALZHEIMER'S DISEASE, DEMENTIA & MEMORY LOSS

Alzheimer's Association of Greater Wisconsin (715) 635-6601
522 Service Rd. Suite 5 Spooner, WI 54801 24 hr helpline (800) 272-3900

Alzheimer's Caregiver Support Groups (See Support Groups)

Alzheimer's Day Respite Program

A group activity and respite care program for early to mid-stage Alzheimer's Disease or related memory disorders. Available in two locations.

Spooner (715) 416-2942
Birchwood (715) 354-3001

Alzheimer's Information and Support (715) 635-4460
Aging & Disability Resource Center, Washburn County
850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

Dementia Care Living Facilities (See HOUSING – Assisted Living)

MedicAlert & Safe Return (888) 572-8566
Emergency response service for wandering and medical emergencies.

Memory Clinics:

For the evaluation of memory problems

Clinics affiliated with WI Alzheimers Institute (715) 635-6601

Family Medicine Clinic (715) 839-5175
617 W Clairemont Ave. Eau Claire, WI 54701

Gunderson Memory Disorders Clinic (608) 782-7300
1900 S Ave. LaCrosse, WI 54601 (800) 362-9567

Marshfield Clinic (866) 333-1996
Memory Clinics in Rice Lake, Chippewa Falls, and Eau Claire.

Mayo Alzheimer's Disease Center (507) 284-2511
200 First St. SW Rochester, MN 55905

Spooner Health System Memory Clinic (715) 635-1443
819 Ash St. Spooner, WI 54801

BENEFITS SPECIALISTS

Assists older adults, and people with disabilities in resolving problems with Social Security, Medicare, Medicaid and other benefit programs.

Aging & Disability Resource Center, Washburn County (715) 635-4460
850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801 (888) 538-3031

CAREGIVERS/RESPIRE

(Also see HOME CARE for agencies who provide respite)

Alzheimer's Day Respite Program

A group activity and respite care program for early to mid-stage Alzheimer's Disease or related memory disorders. Available in two locations.

Spooner (715) 416-2942
Birchwood (715) 354-3001

Faith In Action (715) 635-2252

Provides short-term respite volunteers.
312 Elm St. Spooner, WI 54801

Family Caregiver Support Services (715) 635-4460

Provides support services to families who provide care to persons age 60 or older and to grandparents or older relatives with minor children living in their home.

Aging & Disability Resource Center, Washburn County
850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

Nursing homes and group homes may provide weekend or short-term care.

CONSUMER PROTECTION/FRAUD

Better Business Bureau of WI, Inc. (800) 273-1002
10101 W Greenfield Ave. Milwaukee, WI 53201

Department of Agriculture, Trade & Consumer Protection (800) 422-7128
P.O. Box 8911 Madison, WI 53708 TTY (608) 224-5058

Office of the Commissioner of Insurance (800) 236-8517
P.O. Box 7873 Madison, WI 53707-7873

Wisconsin Do Not Call List (866) 966-2255

DEAF AND HARD OF HEARING

North Country Independent Living V/TTY (800) 924-1220
2231 Catlin Ave. Suite 16 Superior, WI 54880

Office for the Deaf and Hard of Hearing (715) 836-2107
610 Gibson St. Suite 1 Eau Claire, WI 54701 V/TTY (888)701-1254

Telecommunication Equipment Purchase Program (TEPP)
Services persons who are deaf, hard of hearing, speech impaired, mobility impaired, deaf with low vision, or deaf/blind.
Contact for an application: (715) 635-4460
Wisconsin Public Service Commission (608) 231-3305
P.O. Box 7854 V/TTY (800) 251-8345
Madison, WI 53707

Wisconsin Telecommunications Relay Systems

Allows a text telephone to be used by someone who may be deaf, hard of hearing or speech impaired to call or be called by virtually anyone using a voice telephone. Calls may be placed 24 hours a day, 7 days a week. All calls are confidential.

Voice	711 or (800) 947-6644
TTY	711 or (800) 947-3529
ASCII	711 or (800) 272-1773
Speech to Speech	711 or (800) 833-7637
Spanish only	711 or (800) 833-7813

EMERGENCY NEEDS – Housing, Gas, Food

(Also see **FOOD & NUTRITION PROGRAMS, HOUSING**)

911 – Police, Sheriff, Fire and Rescue emergencies, call 911.

American Red Cross Western Wisconsin Chapter (715) 234-4888
101 N Wilson Ave. Rice Lake, WI 54868 After hrs. emergency (800) 261-4182

Harvest of Hope Fund (608) 836-4633
Emergency needs for food, home heating fuel, medical expenses,
re-training, and other immediate situations for farm families.
7118 Old Sauk Rd. Madison, WI 53717

Indianhead Community Action Agency (715) 635-3975
608 Service Rd. Spooner, WI

Rural Housing, Inc. (888) 400-5974
Critical housing assistance.
4506 Regent St. Madison, WI 53705

Salvation Army (715) 635-3742
Information also available at Health & Human Services or ADRC.

EMERGENCY RESPONSE SYSTEMS

Personal emergency response systems allows individuals to call for assistance at the touch of a button. Call button can be worn as a pendant or wristband. Additional features may be available.

Advance Security Solutions (888) 860-8098
2113 Eagle Dr. Middleton, WI 53562

Cumberland Memorial Hospital-Lifeline (715) 822-2741
1110 Seventh Ave. Cumberland, WI 54829

Hayward Hospital- Lifeline (715) 934-4323
11040 N State Rd. 77 Hayward, WI 54843

Indianhead Medical Center-Lifeline (715) 468-7833
113 Fourth Ave. Shell Lake, WI 54871

Lakeview Medical Center-Lifeline (715) 236-6209
1100 N Main St. Rice Lake, WI 54868

MedicAlert & Safe Return (888) 572-8566
Emergency response service for wandering and medical emergencies.

EMPLOYMENT

Job training, counseling and employment opportunities for older adults and people with disabilities.

Disability Navigator (715) 682-5676
Helps people with disabilities “navigate” through the challenges of seeking employment.
Call for appointment.

Division of Vocational Rehabilitation (DVR)
Spooner and north (800) 228-2513
South of Spooner (877) 387-3879

Client Assistance Program (800) 362-1290
Advocacy and information for persons seeking or using Division of Vocational Rehabilitation services.

Experience Works, Inc. (715) 635-2298
Employment for adults over 60 with limited income.
Spooner Job Center
522 Service Rd. Hwy 70 E Spooner, WI 54801

Northwest Wisconsin Concentrated Employment Program, Inc.
Spooner Job Center (715) 635-2175
522 Service Rd. Hwy 70 E Spooner, WI 54801

Spooner Job Center (715) 635-2175
Provides assistance for employers and individuals seeking employment.
522 Service Rd. Spooner, WI 54801

Stout Vocational Rehabilitation Institute (715) 232-2513
Private pay vocational evaluation & training.
101 Vocational Rehabilitation Menomonie, WI 54751

Venture's Unlimited

Vocational services for people with disabilities in three locations:

Hayward	(715) 934-3035
Rice Lake	(715) 736-6959
Shell Lake	(715) 468-2939

ENERGY/UTILITY ASSISTANCE

Energy Assistance Programs (715) 468-4747

Provides financial assistance with heating bills for income-eligible households.

Washburn County Health and Human Services Department

110 Fourth Ave. W Shell Lake, WI 54871

Indianhead Community Action Agency (715) 635-3975

Provides non-emergency, furnace replacement, furnace tuning, cleaning and weather stripping for low-income persons.

608 Service Rd. Spooner, WI 54801

Lifeline & Link-Up Program

Lifeline and Link-up are programs designed to help low-income people or people on a fixed income, reduce their phone bill and assist with telephone service connection and installation. Eligible customers must be in a household that receives benefits from: W2, Medicaid, Supplemental Security Income (SSI), etc. This program does not assist with past-due bills. To apply, contact your local telephone company and say you want to apply for the Lifeline & Link-up programs for Wisconsin.

Information also available at your local ADRC.

SafeLink Wireless (800) 977-3768

Free cellular service and phone through Lifeline, for low-income persons.

USDA Rural Development (715) 635-8228

Provides low-interest loans for home weatherization.

800 N Front St. Room 102 Spooner, WI 54801

EXERCISE/FITNESS

Curves For Women (check local phone book)

Cumberland Memorial Wellness Center (715) 822-6167

Rehab Department

1110 Seventh Ave. Cumberland, WI 54829

Northwest Sports Complex (715) 635-6144
301 Walnut St. Spooner, WI 54801

Northwoods Fitness Center (715) 466-2369
600 Shell Creek Rd. #2 Minong, WI 54859

St. Croix Tribal Health Department (715) 349-8554
4404 State Road 70 Webster, WI 54893

The Body Shoppe Fitness Center & Spa (715) 468-7776
457 Hwy 63 Shell Lake, WI 54871

Local Senior Centers may offer a variety of fitness and exercise programs.

FAMILY CARE

Services are provided to give people an alternative to nursing home care. Eligibility is based on functional ability as well as income and assets.

Aging & Disability Resource Center, Washburn County (715) 635-4460
850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801 (888) 538-3031

FINANCIAL SERVICES

Catholic Charities (715) 832-6644
Financial counseling, debt repayment, and budget counseling.
204 E Grand Ave. Eau Claire, WI 54701

Family Means (800) 780-2890
Consumer credit counseling, financial counseling, debt repayment, and education.
2143 East Ridge Center Eau Claire, WI 54701

Free Financial Counseling (715) 635-4444
UW-Extension Office
850 W Beaverbrook Ave. Suite 1
Spooner, WI 54801

House Calls, Inc. (715) 232-6475
Representative payee services.
P.O. Box 361 Menomonie, WI 54751

LSS Financial Counseling Service (888) 577-2227
2231 Catlin Ave. Superior, WI 54880

Payee Services, Inc. (715) 233-0203
Representative payee services.
P.O. Box 26 Menomonie, WI 54751

RP Services of Wisconsin, Inc. (715) 285-5020
Representative payee services.

FOOD & NUTRITION PROGRAMS

Food Share (715) 468-4747
A Federal program that provides monthly benefits to help low-income households buy food. (To see if eligible or to apply go online: www.access.wi.gov)
Washburn County Health and Human Services Department
110 Fourth Ave. W. Shell Lake, WI 54871

Food Pantries & Meals:

Birchwood Food Shelf (715) 354-3609
Birchwood Senior Center, 110 Euclid Ave. Birchwood, WI 54817
1st and 3rd Mondays of the month, 1:30 p.m.-4:30 p.m.

Gordon Area Food Shelf (715) 376-4503
Gordon Town Hall, Gordon, WI 54838
Wednesday, 9:00 a.m.-Noon

Indianhead Community Action Agency, Inc. (715) 635-3975
608 Service Rd. Spooner, WI 54801
Tuesday, Wednesday, Thursday, 8:00 a.m.-Noon & 1:00 p.m.-3:00 p.m.

Full Gospel Church Food Distribution \$14 (715) 635-9309
293 S Hwy 63 Shell Lake, WI 54871
1st Saturday of the month @ 7:30 a.m.

St. Albans Table (715) 635-8475
220 Elm St. Spooner, WI 54801
Meal served 4th Wednesday of the month, 4:00 p.m.-6:00 p.m.

The Comforts Food Shelf (715) 520-0989
IGA Country Foods of Minong, 403 Bus Hwy 53 Minong, WI 54859
Wednesday, Noon-2:00 p.m. & 1st & 3rd Saturdays, Noon-2:00 p.m.

United Methodist Church Food Distribution \$14 (715) 635-7642
 312 Elm St. Spooner, WI 54801
 3rd Saturday of the month @ 7:30 a.m.

Washburn County Food Pantry (715) 635-9309
 1649 Cottonwood Ave. Spooner, WI 54801
 Tuesday, 9:00 a.m.-11:00 a.m. Thursday, 1:00 p.m.-3:00 p.m.

Grocery Shopping Assistance (check with local grocer for delivery service or see TRANSPORTATION SERVICES)

Harvest of Hope Fund (608) 836-4633
 Emergency needs for food, home heating fuel, medical expenses, re-training, and other immediate situations for farm families.
 7118 Old Sauk Rd. Madison, WI 53717

Home Delivered Meals (Meals on Wheels)
 Please contact the Senior Center closest to you:

Birchwood Senior Center (715) 354-3001

Minong Senior Center (715) 466-4448

Shell Lake Senior Center (715) 468-4750

Spooner Senior Center (715) 635-8283

Liquid Nutritional Supplements
 Please contact the Senior Center closest to you:

Birchwood Senior Center (715) 354-3001

Minong Senior Center (715) 466-4448

Shell Lake Senior Center (715) 468-4750

Spooner Senior Center (715) 635-8283

Nutrition Counseling:

Cumberland Memorial Hospital (715) 822-2741

Indianhead Medical Center (715) 468-7833

Spooner Health System (715) 635-2111

St. Croix Tribal Health Department (877) 455-1901

UW Extension Office - Washburn County (715) 635-4444

Nutrition Support Groups (See SUPPORT GROUPS)

Senior Dining:

Birchwood Senior Center (715) 354-3001
110 Euclid Ave. Birchwood, WI 54817

Minong Senior Center (715) 466-4448
700 Houston St. Minong, WI 54859

Shell Lake Senior Center (715) 468-4750
118 4th Ave. Shell Lake, WI 54871

Spooner Senior Center (715) 635-8283
402 Oak St. Spooner, WI 54801

SHARE Program (715) 354-7750

A co-op food purchasing program. Monthly food packages of 15-18 items for \$15-\$25 a month and 2 hours of community service. Pick up at Birchwood Senior Center.

HEALTH INSURANCE PROGRAMS

ABC for Health Inc. (715) 485-8525
Free health benefits counseling for low-income families and rural families.
100 Polk County Plaza Ste. 180 Balsam Lake, WI 54810

Health Insurance Risk Sharing Plan (HIRSP) (800) 828-4777
Offers health insurance to Wisconsin residents who, due to their medical conditions, are unable to find adequate health insurance coverage in the private market.
6406 Bridge Rd. Suite 18 Madison, WI 53784

Insurance Benefit Problems

Benefits Specialists Programs

Aging & Disability Resource Center, Washburn County (715) 635-4460
850 W Beaverbrook Ave. Suite 4 (888) 538-3031
Spooner, WI 54801

Medical Assistance (Medicaid) (715) 468-4747
Washburn County Health and Human Services Department
 110 Fourth Ave. W. Shell Lake, WI 54871 (To see if eligible or to apply online:
access.wi.gov)

Medicaid Recipient Service Hotline (800) 362-3002
 Answers questions for those receiving Medicaid including coverage, billing and prior authorization. Also provides referrals to dentist/dental services who accept Medicaid.

Medicare & Medicare Part D:

Aging & Disability Resource Center, Washburn County (715) 635-4460

Disability Drug Benefit Helpline (800) 926-4862

Medicare Part D Information Line (866) 456-8211

Medicare Fraud:

Aging & Disability Resource Center, Washburn County (715) 635-4460

Coalition of Wisconsin Aging Groups (800) 488-2596

Medicare Information Line (800) 633-4227

Medigap Insurance Policies (800) 242-1060
 Information on supplemental insurance policies and health insurance questions.

Office of the Commissioner of Insurance for Wisconsin (800) 236-8517
 Regulates and enforces insurance laws, agent licensing and investigates complaints.
 P.O. Box 7873 Madison, WI 53707-7873

Partnership for Prescription Assistance (888) 477-2669
 Low cost or free prescriptions.

SeniorCare (800) 657-2038
 A prescription program for Wisconsin residents age 65 or older.
 There are three levels of program participation, which is dependent on income.

Aging & Disability Resource Center, Washburn County (715) 635-4460

Social Security Administration (800) 772-1213
 1703 W Knapp St. Rice Lake, WI 54868 (715) 234-7586
 4221 Tower Ave. Superior, WI 54880 (715) 392-6449

HEALTH SERVICES

Clinics:

Cumberland Medical Clinic (715) 822-2231
1475 Webb St. Cumberland, WI 54829

Diagnostic Radiology Associates of Wisconsin (715) 234-7776
1024 N Main St. Rice Lake, WI 54868 (715) 234-8151

Duluth Clinic- Spooner (715) 635-2151
707 Ash St. Spooner, WI 54801

Duluth Clinic- Hayward (877) 201-4964
11134 N State Rd. 77 Hayward, WI 54843

Lake Superior Community Health Center (715) 392-1955
3600 Tower Ave. Suite 1 Superior, WI 54880
Sliding fee scale

Luther Midelfort Northland Rice Lake Clinic (715) 537-6747
331 S Main St. Suite H Rice Lake, WI 54868

Marshfield Clinic Rice Lake Center (715) 236-8100
1700 W Stout St. Rice Lake, WI 54868 (800) 442-4268

Northwoods Community Health Center (715) 466-2201
Sliding fee scale
600 Shell Creek Rd. Minong, WI 54859

Northwoods Community Health Center (715) 634-2541
Sliding fee scale
11128 N State Hwy 77 Hayward, WI 54843

Northwest Regional Center Behavioral Health Clinic Outpatient (715) 822-6169
Cumberland Memorial Hospital Inpatient (715) 822-6135
1150th 6th Ave. Cumberland, WI 54829

Shell Lake Clinic (715) 468-2711
105 4th Ave. Shell Lake, WI 54871

Foot Care Clinics:

Indianhead Medical Center Home Health (715) 468-7833 ext. 345
IMC Hospital, 3rd Floor, Shell Lake, WI 54871
1st & 3rd Wednesday of the month, 12:30 p.m.

Spooner Health System Home Care (715) 635-2111 ext. 238
 819 Ash St. Spooner, WI 54801
 1st & 3rd Wednesday of the month by appt. only

Hospitals:

Cumberland Memorial Hospital (715) 822-2741
 1110 Seventh Ave. Cumberland, WI 54829

Hayward Area Memorial Hospital (715) 934-4321
 11040 N State Rd. 77 Hayward, WI 54843

Indianhead Medical Center, Inc. (715) 468-7833
 113 4th Ave. Shell Lake, WI 54871

Lakeview Medical Center (715) 234-1515
 1100 N Main St. Rice Lake, WI 54868

Spooner Health System Hospital (715) 635-2111
 819 Ash St. Spooner, WI 54801

Lifestyle Coaching Classes (715) 822-6137
 Healthier Cumberland Coalition

Living Well with Chronic Conditions Workshop (715) 635-4460
Aging & Disability Resource Center of Washburn County (888) 538-3031

MA/Low-Cost Dental Providers:

Affordable Dentures (715) 855-1020
 4850 Keystone Crossing, Eau Claire, WI 54701

Chippewa Falls Dental Center (715) 738-2000
 850 Lakeland Dr. Chippewa Falls, WI 54729

Chippewa Valley Technical College Dental Clinic (715) 833-6370
 615 W Clairemont Eau Claire, WI 54701

Donated Dental Program (866) 812-9840
 Contact for application.

Ladysmith Dental Center (800) 782-8581 x32500
 315 Miner Ave. Ladysmith, WI 54848

Lake Superior Community Health Center (715) 394-5411
 3600 Tower Ave. Superior, WI

Rural Health Dental Clinic 212 Maple St. Turtle Lake, WI 54889	(715) 986-2599
Northwoods Community Health Center- Dental Clinic 15910 W Company Lake Rd. Hayward, WI 54843	(715) 934-2224
<hr/>	
Nature's Edge Therapy Center Hippotherapy and animal assisted therapy. 2523 14 ¾ Ave. Rice Lake, WI 54868	(715) 859-6670
RXMedMinders Telephone Reassurance Calls 1 to 3 call reminders to take medications per day.	(608) 963-1334
St. Croix Tribal Health Department 4404 State Road 70 Webster, WI 54893	(715) 349-8554
Stepping On Fall Prevention Workshops Aging & Disability Resource Center of Washburn County	(715) 635-4460 (888) 538-3031
The Wisconsin Tobacco Quit Line Free information on quitting smoking, one-on-one telephone counseling, and referrals to local programs.	(877) 270-7867
Wisconsin Well Woman Program Pays for Mammograms and other screenings for women age 45-64. Washburn County Public Health Department 222 Oak St. Spooner, WI 54801	(715) 635-4400

HOME CARE

Licensed Home Health Agencies

Licensed home health agencies offer in-home skilled nursing, therapy services and personal care.

Hearts of Gold 38 5 th Ave. Shell Lake, WI 54871	(715) 468-2931
Indianhead Home Health/Home Services 507 Roundhouse Rd. Spooner, WI 54801	(715) 635-4650
Indianhead Medical Center Home Health 113 4 th Ave. Shell Lake, WI 54871	(715) 468-7833

Spooner Health System Home Care
819 Ash St. Spooner, WI 54801

(715) 635-2111 ext.238

Supportive in-home services:

Non-medical services such as bathing, homemaking, chores, meal preparation, respite care, transportation, companionship, errands. There is no licensure or regulation for supportive in-home services.

GEMINI Cares, Inc.
330 E LaSalle Ave. Room 2123 Barron, WI 54812

(715) 537-6116
(877) 643-2241

Heart of Compassion Hands to Serve
P.O. Box 13127 Hayward, WI 54843

(715) 945-2083

Indianhead Home Health/Home Services
507 Roundhouse Rd. Spooner, WI 54801

(715) 635-4650

Hospice

Home health care and support services for the terminally ill and their families.

Regional Hospice Services, Inc.
Spooner Health System
819 Ash St. Spooner, WI 54801

(715) 635-9077

HOUSING – Assistance/Ownership

Help with escrow, taxes, purchase, and information.

Washburn County Habitat for Humanity
P.O. Box 492 Spooner, WI 54801

(715) 635-4771

Movin Out, Inc.
Member of household must have a permanent disability.
600 Williamson St. Madison, WI 53703

(877) 861-6746

Property Tax Deferral Loan Program
Must be 65+. Applications may be obtained by contacting:
WHEDA
P.O. Box 1728 Madison, WI 53701-1728

(800) 755-7835
TTY: (800) 943-9430

Rural Housing, Inc.
Critical housing assistance.
4506 Regent St. Madison, WI 53705

(888) 400-5974

USDA Rural Development (715) 635-8228
800 N Front St. Room 102 Spooner, WI 54801

Indianhead Community Action Agency (715) 635-3975
608 Service Rd. Spooner, WI 54801

Contact local school district to see if they offer seniors property tax credit in exchange for volunteering with students.

HOUSING – Assisted Living

Adult Family Homes (715) 468-4747
Supervision, room and board provided. Private & semi private rooms. Homes have 2 to 4 residents. Licensed or certified. Call the ADRC for a list of homes in Washburn County.

Assisted Living:

Individual apartments that provide additional services such as housekeeping, medication monitoring, dining options, and call buttons.

Glenview Apartments (715) 468-4255
201 Glenview Ln. Shell Lake, WI 54871

Community Based Residential Facilities (CBRFs):

24-hour supervision, meals, medication monitoring, personal care, semi-private, private rooms or apartments. Facilities generally have 5-25 residents. State licensed.

Aurora Residential Alternatives, Inc. (715) 635-3780
Serves people with disabilities, locations throughout Barron & Washburn Counties.

Care Partners Assisted Living (715) 635-9211
W7184 Green Valley Rd. Spooner, WI 54801

Country Terrace Catered Living (715) 635-3908
N4810 Hill Dr. Spooner, WI 54801

Glenview CBRF (715) 468-4255
201 Glenview Ln. Shell Lake, WI 54871

Special Dementia Care Living Facilities:

Adult Family Homes, Community Based Residential Facilities, and Nursing Homes that specialize in caring for people with Alzheimer's or other dementia.

Golden Age Manor 220 Scholl Ct. Amery, WI 54001	(715) 268-7107
Heritage Manor 19 W Newton St. Rice Lake, WI 54868	(715) 234-2161
Our House Memory Care 413 E South St. Rice Lake, WI 54868	(715) 736-0347
Thomas Landing Memory Care 950 Bear Paw Ave. Rice Lake, WI 54868	(715) 736-6060

Nursing Homes (see NURSING HOMES)

HOUSING – Independent Living/Renting

Subsidized Apartments:

Federally subsidized apartments for seniors, age 62+ and/or adults with disabilities who are capable of living independently.

Catholic Charities Bureau Housing Management Acorn Apartments- 405 2 nd St. Minong Evergreen Apartments- 801 N Lake Dr. Shell Lake	(715) 236-2366
Hilltop Manor 812 Elm St. Spooner, WI 54801	(715) 833-0233
Hometown Village 309 Davis St. Minong, WI 53959	(715) 466-2255
Shell Lake Housing Authority Lakeland Manor- 301 2 nd Ave.	(715) 468-2730
Shell Lake Shores 843 N Lake Dr. Shell Lake	(715) 468-4493
Spooner Housing Authority Goslin Court- 713 Summit St.	(715) 635-2808

The Pines Apartments (715) 635-4644
1500 Pine Dr. Spooner, WI 54801

Washburn County Housing Authority (715) 635-2321
Birch Haven Apartments- Birchwood
Schricker Manor- Spooner
West Side Manor- Shell Lake

Subsidized Rent Vouchers:

Washburn County Housing Authority (715) 635-2321

HOUSING – Repairs/ Modifications/Weatherization

Indianhead Community Action Agency (715) 635-3975
608 Service Rd. Spooner, WI 54801

Faith In Action (715) 635-2252
Volunteers to help build ramps.
312 Elm St. Spooner, WI 54801

Movin Out, Inc. (877) 861-6746
Member of household must have a permanent disability.
600 Williamson St. Madison, WI 53703

North Country Independent Living V/TTY (800) 924-1220
2231 Catlin Ave. Suite 16 Superior, WI 54880

Northwest Regional Planning Commission (715) 635-2197
Information on local “Block Grants”
1400 S River St. Spooner, WI 54801

Rural Housing, Inc. (888) 400-5974
Critical housing assistance.
4506 Regent St. Madison, WI 53705

Tomorrow’s Home Foundation (608) 255-3131
Manufactured/mobile homes.
301 N Broom St. Suite 101 Madison, WI 53703

USDA Rural Development (715) 635-8228
800 N Front St. Room 102 Spooner, WI 54801

WisLoan

V/TTY (800) 924-1220

Low-interest loans for assistive technology/equipment.

North Country Independent Living

2231 Catlin Ave. Suite 16 Superior, WI 54880

Local telephone and utility companies

INDEPENDENT LIVING CENTERS

Provides information and referral, peer support, independent living skills training and advocacy services for people with disabilities. ADA consultation, adaptive equipment and home modifications, financial and medical benefits consultation, housing and transportation information.

North Country Independent Living

V/TTY (800) 924-1220

2231 Catlin Ave. Suite 16 Superior, WI 54880

WisLoan

V/TTY (800) 924-1220

Adaptive equipment.

North Country Independent Living

2231 Catlin Ave. Suite 16 Superior, WI 54880

INTERNET RESOURCES

Internet access is available at no cost at the local libraries. Classes on navigating the Internet are available at some libraries, senior centers, and Wisconsin Indianhead Technical College. If you do not have access to the Internet or require additional assistance accessing information off the Internet, please contact the Aging & Disability Resource Center and one of our Information & Assistance Specialists will assist you.

Alzheimer's Resources

Alzheimer's Association

www.alz.org

Alzheimer's Disease Education and Referral

www.alzheimers.org

WI Adult Day Services Association

www.wadsa.org**Benefits**

Medicare

www.medicare.gov

Social Security Administration

www.ssa.gov

Wisconsin ACCESS (public assistance programs)

www.access.wi.gov

Blind/ Low Vision

Office for the Blind and Visually Impaired
Lighthouse International
Wisconsin Council of the Blind

www.dhs.wisconsin.gov/blind
www.lighthouse.org
www.wcblind.org

Caregiver Resources

National Alliance for Caregiving
National Center on Caregiving
National Family Caregivers Association
Caregiver Stress
Wisconsin Family Caregiver Support Program

www.caregiving.org
www.caregiver.org
www.nfcacares.org
www.caregiverstress.com
www.wisconsin.org

Deaf & Hard of Hearing

Office for Deaf and Hard of Hearing
Wisconsin Association of the Deaf

www.dhs.wisconsin.gov/sensory
www.wi-deaf.org

Employment

Department of Workforce Development

www.dwd.state.wi.us

Government

Wisconsin Official State Government Site
Legislative Hotline

www.wisconsin.gov
www.legis.state.wi.us

Health Information

Donate Life (Organ Donation)
Lou Gehrig's Disease
Medline Plus
NIH Senior Health
Parkinson Disease
Rare Diseases
Webmd

www.donatelifewisconsin.com
www.alsa.org
www.medlineplus.gov
www.nihseniorhealth.gov
www.parkinson.org
www.rarediseases.org
www.webmd.com

Organizations

AARP
Administration on Aging
Better Business Bureau
Coalition of Wisconsin Aging Groups
State of Wisconsin Office of the Commissioner of Insurance
Greater Wisconsin Area Agency on Aging Resources
WI Dept. of Health Services-Aging Services
WI Dept. of Health Services-Disability Services

www.aarp.org
www.aoa.dhhs.gov
www.bbb.org
www.cwag.org
www.oci.wi.gov
www.gwaar.org
www.dhs.wisconsin.gov/aging
www.dhs.wisconsin.gov/disabilities

LEGAL ASSISTANCE

- Benefits Specialists** (715) 635-4460
 Assistance with Social Security, Medicare, Medicaid, and other benefit programs. For people over 60 and adults with disabilities.
Aging & Disability Resource Center, Washburn County
- Helping Hands Family Services, Inc.** (715) 462-9630
 Corporate guardianship services.
 P.O. Box 21 Hayward, WI 54843
- Safekeeping Guardianship Inc.** (715) 532-7136
 Corporate guardianship services.
 103 E Miner Ave. Ladysmith, WI 54848
- Wisconsin Guardianship Support Center** (800) 488-2596
 Coalition of Wisconsin Aging Groups
- Wisconsin Judicare, Inc.** (715) 842-1681
 Legal services program for low-income persons. (800) 472-1638
 P.O. Box 6100 Wausau, WI 54402
 Information and applications also available at ADRC, Domestic Abuse Advocate and Health & Human Services.
- Wisconsin State Bar Association Lawyer Referral & Information Services** (608) 257-4666
 Does not provide referrals for pro-bono or reduced rates. (800) 362-9082

MEDICAL EQUIPMENT

Wheelchairs, hospital beds, grab bars, medical supplies, etc. Local pharmacies may have additional medical supplies/equipment.

- Apria Healthcare Inc.** (715) 234-6961
 2021 Kern Ave. Rice Lake, WI 54868
- Home Medical Products & Services**
 1590 McCauley Ave. Rice Lake (800) 528-9969
 15970 Hwy 63 Hayward (800) 692-0182
- North Country Independent Living** V/TTY (800) 924-1220
 2231 Catlin Ave. Suite 16 Superior, WI 54880

Red Cross Pharmacy (715) 635-2117
146 Walnut St. Spooner, WI 54801

Wheelchair Recycling Program (608) 243-1785
Low-cost & refurbished mobility and medical equipment.
2554 Advance Rd. Madison, WI 53718

MENTAL HEALTH/AODA

Alcoholics Anonymous (715) 931-8262
Support groups around Washburn County

Amery Regional's Behavioral Health Center (715) 268-0069
Specializing in mental health for seniors, inpatient/outpatient.
230 Deronda St. Amery, WI 54001

Aurora Community Counseling (715) 635-4858
N4851 Hwy 63 S. Spooner, WI 54801

NAMI (National Alliance for the Mentally Ill) (715) 736-0089
119 W Humbird St. Rice Lake, WI 54868

Narcotics Anonymous (866) 668-3580
Support groups around Washburn County

New Directions (715) 234-3637
Drop-in center.
425 Tainter Ave. Rice Lake, WI 54868

Northland Counseling Services (715) 634-0222
10045 N State Rd. 27 Hayward 54843

Northwest Regional Center Behavioral Health Clinic
Cumberland Memorial Hospital Outpatient (715) 822-6169
1150th 6th Ave. Cumberland, WI 54829 Inpatient (715) 822-6135

Northwoods Community Health Center (715) 466-2201
600 Shell Creek Rd. Minong, WI 54859
Sliding fee scale

Soar Counseling (715) 468-2841
246 Industrial Blvd. Shell Lake, WI 54871

St. Croix Tribal Health Department (877) 455-1901
4404 State Road 70 Webster, WI 54893

Suicide Hotlines (800) SUICIDE
(800) 273-TALK
TTY: (800) 799-4TTY

Washburn County Health & Human Services Department
Behavioral Health Services (715) 468-4747
110 Fourth Ave. W Shell Lake, WI 54871 After-hours: (888) 552-6642

Wisconsin Family Ties (800) 422-7145
For families with children and adolescents with mental health disorders.
16 N Carroll St. Madison, WI 53703

Wisconsin Council on Problem Gambling (800) 426-2535
1423 Kellogg St. Green Bay, WI 54303

Wisconsin Sowing the Seeds of Hope Program (800) 942-2474
Counseling assistance to farmers.
P.O. Box 8911 Madison, WI 53708

NURSING HOMES (Skilled Nursing Facilities)

For assistance in paying for nursing home care, information on area nursing homes, or home care options to nursing home placement contact:

Aging & Disability Resource Center, Washburn County (715) 635-4460
850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801 (888) 538-3031

Cumberland Memorial Hospital Extended Care (715) 822-6113
1110 7th Ave. Cumberland, WI 54829

Hayward Nursing Home (715) 934-4300
11040 N State Rd. 77 Hayward, WI 54843

Heritage Manor Skilled Nursing & Rehabilitation* (715) 234-2161
19 W Newton St. Rice Lake, WI 54868

Rice Lake Convalescent Center (715) 234-9101
1016 Lakeshore Dr. Rice Lake, WI 54868

Spooner Health System Nursing Home (715) 635-1356
819 Ash St. Spooner, WI 54801

Terraceview Living Center
802E County Hwy B Shell Lake, WI 54728

(715) 468-7292

* **Have dementia units**

SENIOR CENTERS

Provide recreation activities for older adults, cards, crafts, dancing, trips, movies, exercise, delicious meals, etc.

Birchwood Senior Center
110 Euclid Ave. Birchwood, WI 54817

(715) 354-3001

Minong Senior Center
700 Houston St. Minong, WI 54859

(715) 466-4448

Shell Lake Senior Center
118 4th Ave. Shell Lake, WI 54871

(715) 468-4750

Spooner Senior Center
402 Oak St. Spooner, WI 54801

(715) 635-8283

SENIOR NEWSPAPER

The Senior Focus – A free monthly publication for Washburn County seniors and caregivers providing information on local service organizations and activities.

Contact:

Aging & Disability Resource Center
850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

(715) 635-4460

SOCIAL SECURITY & SSI

For information about Social Security, Medicare or Supplemental Security Income (SSI), contact:

Social Security Administration
1703 W Knapp St. Rice Lake, WI 54868
4221 Tower Ave. Superior, WI 54880

(800) 772-1213

(715) 234-7586

(715) 392-6449

SUPPORT GROUPS

Alcoholics Anonymous Support groups around Washburn County.	(715) 931-8262
Alzheimer's Support Group Spooner Health System, Spooner	(715) 635-2111
Aphasia Communications Group Lakeview Medical Center, Rice Lake	(715) 236-6408
Breast Cancer Support Group Pink Ribbon Advocacy, Rice Lake	(715) 537-1400
Cancer Support Group Marshfield Clinic, Rice Lake	(715) 236-8235
Diabetes Support Group Spooner Health System, Spooner	(715) 635-1217
Gastric Bypass Support Group Lakeview Medical Center, Rice Lake	(715) 236-8220
Grandparents Raising Grandchildren Support Group Lakeland Family Resource Center, Spooner	(715) 635-4669
Multiple Sclerosis Self Help Group Rice Lake	(715) 491-0925
NAMI (National Alliance for the Mentally Ill) 119 W Humbird St. Rice Lake, WI 54868	(715) 736-0089
Narcotics Anonymous Support groups around Washburn County.	(866) 668-3580
Ostomy Support Group Spooner Health System, Spooner	(715) 236-7575
Parkinson's Support Group Shell Lake	(715) 468-4334
Stroke Support Group Lakeview Medical Center, Rice Lake	(715) 236-6314

Taking Off Pounds Sensibly (T.O.P.S.) (800) 932-8677
Support groups around Washburn County

Traumatic Brain Injury Support Group (715) 234-0079
Lakeview Medical Center, Rice Lake

Weight Watchers (800) 391-3130
Support groups around Washburn County

TRANSPORTATION SERVICES

A&J Mobility (715) 833-9830
Automobile and van adaptations.
3405 Truax Ct. Eau Claire, WI 54703

Disabled Parking Permit (608) 266-3041
Applications also available at the ADRC.
Wisconsin Motor Vehicle Dept.
P.O. Box 7306 Madison, WI 53707

Driver Safety Assessment Program (715) 236-6408
Lakeview Medical Center
1100 N Main St. Rice Lake, WI 54868

Faith In Action (715) 635-2252
312 Elm St. Spooner, WI 54868

Namekagon Transit (866) 295-9599
Regional public transportation. Subsidized cost for seniors and people with disabilities.

NWT Express (to Twin Cities for any reason) (877) 698-3977
15954 River's Edge Dr. Hayward, WI 54843

MEDICAL – NON-EMERGENCY LIFT EQUIPPED VANS:

Handi-Lift (800) 989-7433
1035 10th Ave. Cumberland, WI 54829 (715) 822-5077

Northwoods Transport (800) 570-3456
205 Nottingham St. Rice Lake, WI 54868 (715) 234-8499

MEDICAL – NON-EMERGENCY TRANSPORTATION:

St. Croix Tribal Health Department (877) 455-1901
4404 State Road 70 Webster, WI 54893

Veterans Service Office (to VA Hospital/Clinic) (715) 635-4470
1600 County Hwy H Spooner, WI 54801

Aging & Disability Resource Center, Washburn County (715) 635-4460
850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

See also HOME CARE for agencies who provide transportation.

VETERANS SERVICES

Hayward VA Clinic (715) 934-5454
15954 Rivers Edge Dr. Hayward, WI 54843

Klein Hall (Veterans Assistance Program) (715) 726-2541
2820 E Park Ave. Chippewa Falls, WI 54729

Minneapolis VA Medical Center (612) 725-2000
Transportation available, call VSO (715) 635-4470
Suicide hotline: (800) 723-TALK

Rice Lake VA Medical Clinic (715) 236-3355
2700A College Dr. Rice Lake, WI 54868

St. Croix Tribe Veterans Office (715) 349-2195 ext. 252
3796 State Rd. 70 Hertel, WI 54845

Twin Ports VA Clinic (715) 392-9711
3520 Tower Ave. Superior, WI 54880

Veterans Service Office (715) 635-4470
1600 County Hwy H Spooner, WI 54801

Wisconsin Veteran's Home – Union Grove, Community-Based Residential Facility (262) 878-5670
21425 D Spring St. Union Grove, WI 53182

Wisconsin Veteran's Home – King, Nursing Home (715) 258-5586
N2665 County Rd. QQ King, WI 54946

VISION – SERVICES FOR THE BLIND/ LOW VISION

Diabetes EyeCare Program P.O. Box 429098 San Francisco, CA 94142	(800) 272-3937
Glaucoma EyeCare Program P.O. Box 429098 San Francisco, CA 94142	(800) 391-3937
Hadley School for the Blind Distance learning courses. 700 Elm St. Winnetka, IL 60093	(800) 323-4238
North Country Independent Living 2231 Catlin Ave. Suite 16 Superior, WI 54880	V/TTY (800) 924-1220
Office for the Blind and Visually Impaired Free Directory Assistance Exemption Service P.O. Box 7851 Madison, WI 53707	(888) 879-0017
Seniors EyeCare Program P.O. Box 429098 San Francisco, CA 94142	(800) 222-3937
Wisconsin Council of the Blind & Visually Impaired Free canes. 754 Williamson St. Madison, WI 53703	(800) 783-5213 Sharper Vision Store (608) 237-8100
Wisconsin Talking Book & Brail Library 813 W Wells St. Milwaukee, WI 53233	(800) 242-8822

VOLUNTEER OPPORTUNITIES

Contact the Aging & Disability Resource Center for a complete list of volunteer opportunities.	(715) 635-4460
Faith In Action	(715) 635-2252