



Washburn County



“Connections for Better Living”

Resource Directory 2012

For latest updates please go online to view:
www.adrconnections.org/index_files/washburnguide.pdf

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

Phone: (715) 635-4460
Toll-free: (888) 538-3031
Fax: (715) 635-4464
Email: aging@co.washburn.wi.us

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What is an ADRC?

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

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Call 715-635-4460 or visit our website www.adrcconnections.org

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.

Washburn County Health & Human Services Department

110 4th Ave. W Shell Lake, WI 54871 (715) 468-4747

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

P.O. Box 88 Ashland, WI 54806 (715) 682-9566

(800) 924-4132

Time-Out Family Abuse Shelter, Inc.

Crisis/support line and shelter for victims of domestic violence, sexual assault, and their families. (715) 532-6976
(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

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 coping with a disability. Provided at your home or farm. TTY (800) 947-3529

AIDS Resource Center of Wisconsin

(877) 242-0282

1507 Tower Ave. Suite 230 Superior, WI 54880

Call 715-635-4460 or visit our website www.adrconnections.org

- 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
1477 Kenwood Dr. Menasha, WI 54952
- Brain Injury Association of Wisconsin** (800) 882-9282
21100 W Capitol Dr. Suite 5 Pewaukee, WI 53072
- Brain Injury Resource Center of Wisconsin** (262) 770-4882
P.O. Box 808 Muskego, WI 53150
- Coalition of Wisconsin Aging Groups (CWAG)** (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
3211 S Lake Dr. Suite 311 St. Francis, WI 53235
- 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 18-59) receiving Family Care or IRIS.
- Long Term Care Ombudsman/ Family Care** (800) 815-0015
For complaints, questions and/or concerns regarding the care and the rights of residents in
nursing homes, group homes and people age 60 and older receiving Family Care.
- 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)** (715) 514-1825
800 Wisconsin St. Mailbox 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

Alzheimer's Disease, Dementia, & Memory Loss

Local:

- **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 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, call for details.
Spooner (715) 416-2942
Birchwood (715) 354-3001
- **Alzheimer's Support Groups**
1st & 3rd Wednesday of each month at Spooner Health System (715) 566-2664
1st Monday of each month at Trinity Lutheran Church in Spooner (715) 416-2942
- **Memory Care Connections** (888) 538-3031
Provide knowledge and support to people caring for their spouse with dementia.
- **Project Lifesaver – Washburn County** (715) 468-4700
Through Sheriff's Department to safeguard and locate individuals who may wander.

Dementia Care Living Facilities (See 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 Alzheimer's Institute** (715) 635-6601
- **Family Medicine Clinic** (715) 839-5175
617 W Clairemont Ave. Eau Claire, WI 54701
- **Gunderson Memory Disorders Clinic** (800) 362-9567
1900 S Ave. LaCrosse, WI 54601

Call 715-635-4460 or visit our website www.adrconnections.org

- **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

Assisted Living

Adult Family Homes (715) 635-4460
Supervision, room and board provided. Private & semi private rooms. Homes have 2 to 4 residents. Licensed or certified. Call the ADRC for more information.

Residential Care Apartment Complexes (RCACs):

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

- **Brentwood Senior Communities** (715) 736-7400
633 Cameron Rd. Rice Lake, WI 54868
- **Glenview Apartments** (715) 468-4255
201 Glenview Ln. Shell Lake, WI 54871
- **Thomas Landing** (715) 736-6060
950 Bear Paw Ave. Rice Lake, WI 54868

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.

- **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
- **Our House** (715) 236-7211
415 E South St. Rice Lake, WI 54868

Memory Care Facilities:

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

- **Colfax Health & Rehab Center** (715) 962-3186
1011 University Ave. Colfax, WI 54730
- **Dallas Care & Rehab Center** (715) 837-1222
104 E Dallas St. Dallas, WI 54733
- **Golden Age Manor** (715) 268-7107
220 Scholl Ct. Amery, WI 54001
- **Heritage Manor** (715) 234-2161
19 W Newton St. Rice Lake, WI 54868
- **Knapp Haven Nursing Home** (715) 924-4891
725 Knapp St. Chetek, WI 54728
- **Monroe Manor** (715) 537-5700
508 E Monroe Ave. Barron, WI 54812
- **Our House Memory Care** (715) 736-0347
413 E South St. Rice Lake, WI 54868
- **Thomas Landing Memory Care** (715) 736-6060
950 Bear Paw Ave. Rice Lake, WI 54868

Nursing Homes (see Nursing Homes)

Benefit Specialists

Help for older adults and people with disabilities to solve problems with Social Security, Medicare, Medicaid and other benefit programs.

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

Call 715-635-4460 or visit our website www.adrconnections.org

Caregivers/Respite

(Also see Home Care, Assisted Living, and Nursing Homes for agencies that may provide weekend or short-term care.)

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, call for details.

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

Faith In Action

(715) 635-2252

Provides short-term respite volunteers.
 P.O. Box 387 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.

ADRC 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

Memory Care Connections

(888) 538-3031

Provide knowledge and support to people caring for their spouse with dementia.

Consumer Protection/Fraud

Washburn County Sheriff's Office

(715) 468-4700

For complaints about identity theft and fraud.
 421 STH 63 Shell Lake, WI 54871

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

Wisconsin Do Not Call List

(866) 966-2255

Deaf & Hard of Hearing

North Country Independent Living V/TTY (800) 924-1220
69 N 28th St. 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)

Helps persons who are deaf, hard of hearing, speech impaired, deaf with low vision, or deaf/blind purchase telecommunication equipment. Applications also available at the ADRC. (715) 635-4460

Wisconsin Public Service Commission (608) 231-3305
P.O. Box 7854 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

Dental Resources

Dental providers listed serve all patients, regardless of ability to pay or insurance status.

Ladysmith Dental Center (715) 532-2500
315 Miner Ave. W Ladysmith, WI 54848

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

Northwoods Community Health Center- Dental Clinic (715) 934-2224
15910 W Company Lake Rd. Hayward, WI 54843

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

Donated Dental Services (866) 812-9840
Volunteer dentist in your area.

Call 715-635-4460 or visit our website www.adrconnections.org

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
Emergency funds available (715) 635-3742
ADRC (715) 635-4460
Minong area (715) 635-3975

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

Alpine Medical Alert (no landline needed) (877) 546-2349
331 S Main St. Ste. E Rice Lake, WI 54868

Companion Solutions, LLC (715) 651-5388
2972 28 7/16 St. Birchwood, WI 54817

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

Call 715-635-4460 or visit our website www.adrconnections.org

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

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

Lakeview Medical Center-Lifeline (715) 236-6209
1700 W Stout St. Rice Lake, WI 54868

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

Project Lifesaver – Washburn County (715) 468-4700
Through Sheriff's Department to safeguard and locate individuals who may wander.

Employment

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

Division of Vocational Rehabilitation (DVR) (715) 228-2513
Provides employment services and counseling to people with disabilities.

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

Programs located at the Washburn County Job Center:

▪ **Experience Works, Inc.** (715) 635-2298
Employment for adults over 55 with limited income.

▪ **Northwest Wisconsin Concentrated Employment Program, Inc.**
Office hours at Washburn County Job Center (715) 635-2175

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
Cameron (715) 458-5005
Shell Lake (715) 468-2939

Call 715-635-4460 or visit our website www.adrconnections.org

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 4th Ave. W Shell Lake, WI 54871

Lifeline & Link-Up Program

To apply, contact your local telephone company and say you want to apply for the Lifeline & Link-up programs for Wisconsin. These programs 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 low-income household or receive a benefit from one of the following: Wisconsin Works, Medicaid, Supplemental Security Income (SSI), FoodShare, Energy Assistance, or Homestead Credit. This program does not assist with past-due bills. 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

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 (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

Call 715-635-4460 or visit our website www.adrconnections.org

- Free Financial Counseling** (715) 635-4444
UW-Extension Office
850 W Beaverbrook Ave. Suite 1 Spooner, WI 54801
- House Calls, Inc.** (888) 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
- Seboe Services, Inc.** (715) 434-1042
Representative payee services.
P.O. Box 651 Rice Lake, WI 54868

Food & Nutrition Programs

- Meals On Wheels & Liquid Nutritional Supplements** (715) 635-4460
ADRC 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801
- FoodShare** (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 4th Ave. W. Shell Lake, WI 54871

Food Pantries:

- **Birchwood Food Shelf** (715) 354-3609
Birchwood Senior Center, 110 Euclid Ave. Birchwood, WI 54817
1st and 3rd Mondays of every 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-Friday, 9:00 a.m.-4:00 p.m.

Call 715-635-4460 or visit our website www.adrconnections.org

- **Ruby's Pantry** (715) 635-9309
 Spooner Middle School, Tech Ed Bldg. Elm St.
 Food distribution 2nd Saturday of every month, 9:30 a.m. (\$15 donation)

- **The Comforts Food Shelf** (715) 520-0989
 Henson's 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.

- **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.

Community Meals:

- **Church of the Nazarene** (715) 635-3496
 N4584 Hwy 253 Spooner, WI 54801
 1st Wednesday of every month, 5:30 p.m.

- **First United Pentecostal** (715) 635-8386
 337 Greenwood Ave. Spooner, WI 54801
 4th Saturday of every month, 7:00 a.m.-10:00 a.m.

- **St. Albans Table** (715) 635-8475
 220 Elm St. Spooner, WI 54801
 Last Wednesday of every month, 4:00 p.m.-6:00 p.m.

- **St. Frances de Sales** (715) 635-7927
 409 N Summit St. Spooner, WI 54801
 1st Thursday of every month, 4:00 p.m.-6:00 p.m.

- **United Methodist Church** (715) 354-3147
 103 Balsam Ave. Birchwood, WI 54817
 4th Thursday of every month, 5:30 p.m.

- **United Methodist Church** (715) 468-2405
 135 Reinhart Dr. Shell Lake, WI 54871
 2nd Wednesday of every month, 4:00 p.m.-6:00 p.m.

Grocery Getters Program (715) 468-2319
 Groceries delivered within a 10-mile radius of Lakeside Market in Shell Lake.
 Orders taken on Tuesday & delivered on Wednesday, call to set up an account.

(Check with local grocer for delivery assistance)

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

SHARE Program (800) 548-2124
 A co-op food purchasing program. Monthly food packages of 15-18 items for \$15-\$25 a month and 2 hours of community service.

Health Insurance Programs

Medical Assistance (Medicaid) (715) 468-4747
Washburn County Health and Human Services Department
 110 4th Ave. W. Shell Lake, WI 54871
 (To see if eligible or to apply online: access.wi.gov)

Medicaid & SSI 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 Information:

- **Medicare National Information Line** (800) 633-4227
- **Aging & Disability Resource Center** (715) 635-4460
- **Disability Drug Benefit Helpline** (800) 926-4862
- **Medicare Part D Information Line** (866) 456-8211

Insurance Benefit Problems (715) 635-4460
 Benefit Specialist Programs
ADRC 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

Prescription Assistance Resources (715) 635-4460
ADRC 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

SeniorCare (800) 657-2038
 A prescription program for Wisconsin residents age 65 or older. (715) 635-4460
 There are three levels of program participation, which is dependent on income.

ABC for Health Inc. (715) 485-8525
 Free health benefits counseling for low-income families and rural families.
 100 Polk County Plaza Suite 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

Medicare Fraud:

- **Agging & Disability Resource Center** (715) 635-4460
- **Coalition of Wisconsin Aging Groups (CWAG)** (800) 366-2990
- **Medicare Information Line** (800) 633-4227

Medigap Insurance Policies Helpline (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

Social Security Administration
 4221 Tower Ave. Superior, WI 54880 (877) 628-6578
 1703 W Knapp St. Rice Lake, WI 54868 (888) 823-3923

Health & Wellness

Clinics:

- **Rice Lake Area Free Clinic** (715) 736-3733
 Medical Arts Bldg. 1035 N Main St. Rice Lake, WI 54868
 2nd & 4th Tuesday of the every month, 5:00-9:00 pm
- **Cumberland Medical Clinic** (715) 822-2231
 1475 Webb St. Cumberland, WI 54829
- **Duluth Clinic- Spooner** (715) 635-2151
 707 Ash St. Spooner, WI 54801

Call 715-635-4460 or visit our website www.adrconnections.org

- **Duluth Clinic- Hayward** (877) 201-4964
11134 N State Rd. 77 Hayward, WI 54843
- **Mayo Clinic Rice Lake** (715) 537-6747
331 S Main St. Suite H Rice Lake, WI 54868
- **Northwest Regional Center Behavioral Health Clinic** (715) 822-6169
Cumberland Memorial Hospital
1150th 6th Ave. Cumberland, WI 54829
- **Marshfield Clinic Rice Lake Center** (715) 236-8100
1700 W Stout St. Rice Lake, WI 54868 (800) 442-4268
- **Shell Lake Clinic** (715) 468-2711
105 4th Ave. Shell Lake, WI 54871

Sliding Fee Clinics:

- **Lake Superior Community Health Center** (715) 392-1955
3600 Tower Ave. Suite 1 Superior, WI 54880
- **Northwoods Community Health Center**
600 Shell Creek Rd. Minong, WI 54859 (715) 466-2201
11128 N State Hwy 77 Hayward, WI 54843 (715) 634-2541

Foot Care/ Blood Pressure/ Medication Set-Up Clinic

Indianhead Medical Center Home Health (715) 468-7833 ext. 345
113 4th Ave., 3rd Floor, Shell Lake, WI 54871
1st & 3rd Wednesdays, 12:30 p.m.

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
1700 W Stout St. Rice Lake, WI 54868

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

- Living Well with Chronic Conditions Workshop** (715) 635-4460
ADRC 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801 (888) 538-3031

Silver Sneakers

Provides a free fitness center membership to older adults whose health insurance plan participates. Check with your local health plan and fitness facility.

- Stepping On Fall Prevention Workshops** (715) 635-4460
ADRC 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801 (888) 538-3031

- The Wisconsin Tobacco Quit Line** (800) 784-8669
Free information on quitting smoking, one-on-one telephone counseling, and referrals to local programs.

- Wisconsin Well Woman Program** (715) 635-4400
Pays for mammograms and other screenings for women age 45-64.
Washburn County Public Health Department
222 Oak St. Spooner, WI 54801

Home Care

Licensed Home Health Agencies:

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

- **Hearts of Gold** (715) 468-2931
38 5th Ave. Shell Lake, WI 54871
- **Indianhead Home Health/Home Services** (715) 635-4650
522 Service Rd. Spooner, WI 54801
- **Indianhead Medical Center Home Health** (715) 468-7833
113 4th Ave. Shell Lake, WI 54871
- **Spoooner Health System Home Care** (715) 635-2111 ext.238
819 Ash St. Spooner, WI 54801
- **Lakeview Medical Center Home Care** (715) 236-6256
1700 W Stout St. Rice Lake, WI 54868

Call 715-635-4460 or visit our website www.adrconnections.org

In-home help:

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

- **GEMINI Cares, Inc.** (877) 854-1411
P.O. Box 302 Cable, WI 54821
- **Heart of Compassion Hands to Serve** (715) 945-2083
P.O. Box 13127 Hayward, WI 54843
- **Help At Home, LLC** (715) 645-2598
110 S Lake Dr. Shell Lake, WI 54871
- **Indianhead Home Health/Home Services** (715) 635-4650
522 Service Rd. Spooner, WI 54801
- **North Country Independent Living** (800) 924-1220
69 N 28th St. Suite 16 Superior, WI 54880

Hospice:

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

- **Lakeview Medical Center Hospice Care** (715) 236-6256
1700 W Stout St. Rice Lake, WI 54868
- **Regional Hospice Services, Inc.** (715) 635-9077
Spooner Health System
819 Ash St. Spooner, WI 54801

Housing – Assistance/Ownership

Help with escrow, taxes, purchase, and information.

- **Washburn County Habitat for Humanity** (715) 635-4771
P.O. Box 492 Spooner, WI 54801

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

- **Property Tax Deferral Loan Program** (800) 755-7835
Must be 65+. Applications may be obtained by contacting: TTY: (800) 943-9430

Call 715-635-4460 or visit our website www.adrconnections.org

WHEDA

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

Rural Housing, Inc.

(888) 400-5974

Critical housing assistance.

4506 Regent St. Madison, WI 53705

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 – Renting

Senior Apartments:

- **Brentwood Senior Communities** (715) 736-7400
633 Cameron Rd. Rice Lake, WI 54868
- **Care Properties** (715) 234-7719
1635 Kern Ave. Rice Lake, WI 54868
- **Lakewood Regency Apartments** (715) 822-2741
1110 7th Ave. Cumberland, WI 54829
- **Thomas Landing** (715) 736-6060
950 Bear Paw Ave. Rice Lake, WI 54868

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** (715) 236-2366
Acorn Apartments- 405 2nd St. Minong
Evergreen Apartments- 801 N Lake Dr. Shell Lake
- **Hilltop Manor** (608) 784-2935
812 Elm St. Spooner, WI 54801

Call 715-635-4460 or visit our website www.adrconnections.org

- **Hometown Village** (715) 466-2255
309 Davis St. Minong, WI 53959
- **Impact Seven** (800) 685-9353
Lorraine Glassing Villa- 1204 Paulson Dr. Spooner, WI 54801
- **Shell Lake Housing Authority** (715) 468-2730
Lakeland Manor- 201 2nd Ave.
- **Shell Lake Shores** (715) 468-4493
843 N Lake Dr. Shell Lake
- **Spooner Housing Authority** (715) 635-2808
Goslin Court- 713 Summit St.
- **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.
P.O. Box 387 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
Options for home accessibility.
69 N 28th St. Suite 16 Superior, WI 54880

Call 715-635-4460 or visit our website www.adrconnections.org

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
 69 N 28th St. Suite 16 Superior, WI 54880

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
 69 N 28th St. Suite 16 Superior, WI 54880

WisLoan V/TTY (800) 924-1220
 Low-interest loans for assistive technology/equipment.
North Country Independent Living
 69 N 28th St. Suite 16 Superior, WI 54880

Legal/Benefit Assistance

Benefit Specialists (715) 635-4460
 Assistance with Social Security, Medicare, Medicaid, and other benefit programs. For people over 60 and adults with disabilities.
ADRC 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

Call 715-635-4460 or visit our website www.adrcconnections.org

Disability Rights Wisconsin (877) 338-3724
217 W Knapp St. Rice Lake, WI 54868 TTY (888) 758-6049

Helping Hands Family Services, Inc. (715) 462-9630
Corporate guardianship services.
P.O. Box 21 Hayward, WI 54843

Safekeeping Guardianship Inc. (715) 403-0451
Corporate guardianship services.
103 E Miner Ave. Ladysmith, WI 54848

Wisconsin Guardianship Support Center (800) 488-2596
Coalition of Wisconsin Aging Groups (CWAG)

Wisconsin Judicare, Inc. (800) 472-1638
Legal services program for low-income persons. Applications also available at ADRC.
P.O. Box 6100 Wausau, WI 54402

Wisconsin State Bar Association Lawyer Referral & Information Services (800) 362-9082
Does not provide referrals for pro-bono or reduced rates.

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

Birchwood Area Parish Nurse Loan Closet (715) 354-7870
Used medical equipment such as wheelchairs, walkers, etc. Call to arrange.

Faith In Action (715) 635-2252
Volunteers to help install grab bars.
P.O. Box 387 Spooner, WI 54801

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
69 N 28th St. Suite 16 Superior, WI 54880

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

Spooner Health System Loan Closet (715) 635-1238
Used medical equipment such as commodes, walkers, etc. No wheelchairs.
Donations are welcome.
819 Ash St. Spooner, WI 54801

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

Medication Management

Alpine Medical Alert, Inc. (877) 546-2349
Medication dispenser & reminder service.
331 S. Main St. Suite E #217 Rice Lake, WI 54868

Disposal Options:

- **Medication Return Site**

Washburn County Sheriff's Office, 421 STH 63 Shell Lake, WI 54871

- **Sharps Disposal**

Spooner Health System Hospital

(715) 635-2111

Indianhead Medical Center

(715) 468-7833

Medication Set-Up Clinic:

- **Indianhead Medical Center Home Health** (715) 468-7833 ext. 345

113 4th Ave., 3rd Floor, Shell Lake, WI 54871

1st & 3rd Wednesdays, 12:30 p.m.

Pill Cutters & Pill Boxes (free) (715) 635-4460
ADRC 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

Prescription Drug Plan Selection Assistance (715) 635-4460
ADRC 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801

RXMedMinders Telephone Reassurance Calls (608) 963-1334
1 to 3 call reminders to take medications per day.

Mental Health & Substance Abuse

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

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.
11 E Eau Claire St. Rice Lake, WI 54868

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

Washburn County Health & Human Services Department
Behavioral Health Services (715) 468-4747
110 4th Ave. Shell Lake, WI 54871 After-hours: (888) 552-6642

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

Check your local phone book for counseling agencies.

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

Call 715-635-4460 or visit our website www.adrconnections.org

Cumberland Memorial Hospital Extended Care 1110 7 th Ave. Cumberland, WI 54829	(715) 822-6113
Hayward Nursing Home 11040 N State Rd. 77 Hayward, WI 54843	(715) 934-4300
Heritage Manor Skilled Nursing & Rehabilitation* 19 W Newton St. Rice Lake, WI 54868	(715) 234-2161
Rice Lake Convalescent Center 1016 Lakeshore Dr. Rice Lake, WI 54868	(715) 234-9101
Spooner Health System Nursing Home 819 Ash St. Spooner, WI 54801	(715) 635-1356
Terraceview Living Center 802E County Hwy B Shell Lake, WI 54871	(715) 468-7292

* Have dementia units

Senior Centers/ Senior Dining

Provide recreation activities for older adults, cards, crafts, dancing, trips, movies, exercise, delicious and nutritious meals provided Monday-Friday.

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 4 th 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.

If outside Evergreen delivery area, please call to be added to mailing list:

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

Social Security & SSI

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

Social Security Administration
4221 Tower Ave. Superior, WI 54880 (877) 628-6578
1703 W Knapp St. Rice Lake, WI 54868 (888) 823-3923

Support Groups

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

Alzheimer's Support Groups
Spooner Health System, Spooner (715) 566-2664
Trinity Lutheran Church, Spooner (715) 416-2942

Aphasia Communications Group (715) 236-6408
Lakeview Medical Center, Rice Lake

Breast Cancer Support Group (715) 537-1400
Pink Ribbon Advocacy, Rice Lake

Cancer Support Group (715) 236-8235
Marshfield Clinic, Rice Lake

Diabetes Support Group (715) 635-1217
Spooner Health System, Spooner

Grandparents Raising Grandchildren Support Group (715) 635-4669
Lakeland Family Resource Center, Spooner

Grief Support Group Regional Hospice Services, Spooner	(715) 635-9077
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 & Rice Lake	(715) 637-5020
Parkinson's Support Group Shell Lake	(715) 468-4334
Stroke Support Group Lakeview Medical Center, Rice Lake	(715) 236-6314
Traumatic Brain Injury Support Group Lakeview Medical Center, Rice Lake	(715) 234-0079
Women Healing Women (Domestic Abuse) Spooner	(715) 635-5245

Transportation Services

Medical – Non-Emergency: (*Lift-equipped available)

- **LogistiCare Solutions, LLC*** (866) 907-1493
For persons on Medical Assistance.
- **Aging & Disability Resource Center** (715) 635-4460
For persons not on Medical Assistance.
850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801
- **Faith In Action** (715) 635-2252
P.O. Box 387 Spooner, WI 54801
- **Veterans Service Office (to VA Hospital/Clinic)** (715) 635-4470
1600 County Hwy H Spooner, WI 54801
- **American Cancer Society's Road-To-Recovery** (877) 423-9128
Transportation to cancer treatment.

Call 715-635-4460 or visit our website www.adrconnections.org

- **Handi-Lift*** (715) 822-5077
1035 10th Ave. Cumberland, WI 54829
- **Northwoods Transport*** (715) 234-8499
205 Nottingham St. Rice Lake, WI 54868

Local Transportation: (*Lift-equipped available)

- **Namekagon Transit*** (866) 295-9599
County-wide public transportation. Door-to-door service, reservations required.
Reduced cost for seniors and people with disabilities.
- **Wisconsin Mobility Management** (866) 295-9599
Free, personal assistance in finding transportation resources that meet your needs.

Other Transportation Related Resources:

- **North Country Independent Living** (800) 924-1220
Transportation voucher program (volunteer drivers).
69 N 28th St. Suite 16 Superior, WI 54880
- **A&J Mobility** (715) 833-9830
Automobile and van adaptations.
3405 Truax Ct. Eau Claire, WI 54703
- **Disabled Parking Permit** (608) 266-3041
Temporary & permanent; 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
- **Jefferson Bus Lines** (800) 451-5333
Eau Claire to Duluth, with stops in between, including Spooner.
- **NWT Express (to Twin Cities for any reason)** (877) 698-3977
15954 River's Edge Dr. Hayward, WI 54843
- **Chippewa Valley Shuttle Service (airport only)** (877) 811-4211
Pick up at Market Place Foods, Rice Lake, WI 54868

See also Home Care for agencies who provide transportation.

Call 715-635-4460 or visit our website www.adrconnections.org

Veterans Services

Hayward VA Clinic 15954 Rivers Edge Dr. Hayward, WI 54843	(715) 934-5454
Minneapolis VA Medical Center Transportation available, call VSO	(612) 725-2000 (715) 635-4470
Rice Lake VA Medical Clinic 2700A College Dr. Rice Lake, WI 54868	(715) 236-3355
Veterans Service Office 1600 County Hwy H Spooner, WI 54801	(715) 635-4470
Wisconsin Veteran's Home – Union Grove, Community-Based Residential Facility 21425 D Spring St. Union Grove, WI 53182	(262) 878-5670
Wisconsin Veteran's Home – King, Nursing Home N2665 County Rd. QQ King, WI 54946	(715) 258-5586

Vision – Blind/Low Vision

EyeCare America Free eye exams to those who qualify.	(877) 887-6327
Office for the Blind and Visually Impaired Free directory assistance exemption service & free home assessments from rehabilitation specialist. P.O. Box 7851 Madison, WI 53707	(888) 879-0017
Large Print Calendars ADRC 850 W Beaverbrook Ave. Suite 4 Spooner, WI 54801	(715) 635-4460
Hadley School for the Blind Distance learning courses. 700 Elm St. Winnetka, IL 60093	(800) 323-4238
North Country Independent Living 69 N 28 th St. Suite 16 Superior, WI 54880	V/TTY (800) 924-1220

Wisconsin Council of the Blind & Visually Impaired (800) 783-5213
 Free canes. Sharper Vision Store (608) 237-8100
 754 Williamson St. Madison, WI 53703

Wisconsin Talking Book & Brail Library (800) 242-8822
 813 W Wells St. Milwaukee, WI 53233

Volunteer Opportunities

Contact the ADRC for a list of volunteer opportunities. (715) 635-4460

Faith In Action (715) 635-2252
 P.O. Box 387 Spooner, WI 54801

Websites

Internet access is available at no cost at the local libraries. Classes on navigating the Internet are available at some libraries and senior centers. If you do not have access to the Internet or require additional assistance accessing information off the Internet, please contact the ADRC and our staff will assist you.

Alzheimer's Resources

Alzheimer's Association www.alz.org
 Alzheimer's Disease Education and Referral www.nia.nih.gov/alzheimers
 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
 Benefits Check Up www.benefitscheckup.org
 Disability Benefits www.disability.gov

Blind/Low Vision

Office for the Blind and Visually Impaired www.dhs.wisconsin.gov/blind
 Lighthouse International www.lighthouse.org
 Wisconsin Council of the Blind www.wcblind.org

Caregiver Resources

National Alliance for Caregiving	www.caregiving.org
National Center on Caregiving	www.caregiver.org
National Family Caregivers Association	www.nfcacares.org
Caregiver Stress	www.caregiverstress.com
Wisconsin Family Caregiver Support Program	www.wisconsincaregiver.org

Deaf & Hard of Hearing

Office for Deaf and Hard of Hearing	www.dhs.wisconsin.gov/sensory
Wisconsin Association of the Deaf	www.wi-deaf.org

Employment

Department of Workforce Development	www.dwd.state.wi.us
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Government

Wisconsin Official State Government Site	www.wisconsin.gov
Legislative Hotline	www.legis.state.wi.us

Health Information

Donate Life (Organ Donation)	www.donatelifewisconsin.com
Medline Plus	www.medlineplus.gov
Senior Health	www.nihseniorhealth.gov
Rare Diseases	www.rarediseases.org
Webmd	www.webmd.com

Organizations

AARP	www.aarp.org
Administration on Aging	www.aoa.dhhs.gov
Coalition of Wisconsin Aging Groups	www.cwag.org
State of Wisconsin Office of the Commissioner of Insurance	www.oci.wi.gov
Greater Wisconsin Area Agency on Aging Resources	www.gwaar.org
WI Dept. of Health Services-Aging Services	www.dhs.wisconsin.gov/aging
WI Dept. of Health Services-Disability Services	www.dhs.wisconsin.gov/disabilities