



# **First Congregational United Church of Christ**

**[eagleriverucc.org](http://eagleriverucc.org)** **September 2023**

## **A WORD FROM THE PASTOR**

As fall rapidly approaches the rearview mirror in the Northwoods our thoughts begin to turn to all the exciting activities associated with fall and winter. As usual, and this will come as no surprise, things will get busier at First Congregational United Church of Christ, Eagle River, Wisconsin. Even so, there is still some summer left and so enjoy it while you can. September is kind of like the calm before the storm, with October being full of church opportunities. The fall season is a great time to invite folks to come with you to church! Please put on your calendar the Annual Congregational Meeting, which is scheduled for Sunday, October 1<sup>st</sup> following Coffee Hour. There will be several issues up for a vote that Sunday and so we hope to see you as we conduct the business of the church. You will be receiving an agenda, including every initiative that demands a vote. There will be votes taken to engage the Open and Affirming process, a new safe sanctuary policy, an updated edition of the Constitution, and the Strategic Plan.

I will be away the last two Sundays in September for my annual fall clergy retreat along with a week of vacation. Jill Christopherson will be filling the pulpit on Sunday, September 17<sup>th</sup> and Elizabeth Hazel will be preaching on Sunday, September 24<sup>th</sup>, both clergy persons having ministerial standing in the Wisconsin Conference.

As you are aware our church recently had a spike of COVID-19, the EG-5 variant, being the culprit reminding us that we are still living in the shadow of the pandemic. We will keep you aware as much as possible of any further developments, but we are certainly hoping and praying that this is a blip on the radar and that the virus will subside. Until then, we encourage you to take whatever precautions you deem necessary for your health, safety, and wellbeing. We have ordered masks and they will be available soon for those who desire them.

Many thanks to everyone who participated in the Brat and Bake Sale, with another one on the way, probably as you read this article. The first was very successful and I have no doubt that the second one will be as well. I am so impressed by the commitment of our congregation in so many ways, especially the passion with which our members approach mission and ministry. There is certainly an encouraging energy in the air, an exciting spirit about the direction we are headed as a church. Keep on being you!

I look to see you on Sundays!

Timothy W. Shirley

## **FROM THE COUNCIL PRESIDENT**

As predicted in May, you blink and find yourself looking at Labor Day! While we enjoy the bounty of summer's harvest and the church is in Ordinary Time, I will be glad to move to the slower pace fall brings.

There will be another Brat & Bake sale at Trig's held on Friday, September 1<sup>st</sup>. The sale in August raised \$1,886 which is fantastic for our little church! We do have awesome bakers.

We are also in full swing for our Annual Meeting which will be on October 1<sup>st</sup> following Coffee Hour after the 9:00 am service. Votes will be held on budget, Church Council candidate slate, strategic plan, and to begin the exploration of how and what it means if we later elect to become an Open and Affirming credentialed Church.

As a result of the Annual Meeting in October, the Church Mouse will be delayed so that we can put information about the meeting into the newsletter.

It has been great to see the 'full house' on Sundays, but we do need to be mindful that we are still cognizant that COVID is among us and our congregation had several positive cases in August. Please be safe and stay home if you do not feel well, even if you think it is just a cold.

Wishing you all a safe and healthy Labor Day. As it is also the Jewish New Year and Yom Kippur in September – Shalom.

Donna Adams

## **CHURCH COUNCIL**

Church Council met on August 14, 2023 and good news was received that the Woman's Fellowship Bake and Brat sale raised \$1,886.07 for the church budget. Deb Stolze and Mary Lou Congdon were recognized for their organization of this fundraiser. Additional thanks was made for the many bakers and volunteers who made the day a great success.

There was discussion on distribution of the Maggie Ball Mission Fund as funds remain in the checking account. Barb Helmick will inform the congregation toward identifying charitable needs so that funds can be distributed. Council agreed to a request of \$500 toward the August collection of school Supplies.

The Church Council also agreed to pledge \$9,000 toward the 5-year Capital Campaign Conference Initiative to raise \$2 Million for the Damascus Project and other mission initiatives set forth by the Conference. The church will contribute \$,1800 per year from Maggie Ball Ministry Funds. The Damascus Project is a collaboration with other churches in Wisconsin and Minnesota and is designed to improve clergy and congregational practices. The Capital Campaign will fund new initiatives ("catalyze churches"), increase cooperation with other churches, increase leadership via online social networks and education (like lay academy plus clergy training), fund camps, assist current ministers, increase pension funds, and meet urgent needs.

The 2023 Budget was discussed and the shortfall for the 2024 year may result in the need for a capital fundraising campaign. Of current concern, recent issues with the heating and cooling system may require a new system be installed. Bids are being sought.

Kami Kolb will be initiating a recycling program at the church. For every 500 pounds of "soft", stretchable, plastics collected, the church earns a Trex bench.

It was approved to increase the current rate for Pastor Pulpit supply to \$150 per day plus mileage.

There is a committee working on updating the Church Constitution and another that is working on updating our Safe Church policy.

**The Church Council meets on the 2<sup>nd</sup> Monday of the month at 6:00 pm in the Conference Room. The meeting this month will be on September 11<sup>th</sup>. All are welcome to attend.**



If you have ideas for articles or other information you would like to see in the Church Mouse or the Sunday Concerns of the Church, please let Debbie in the church office know.

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## **FLOCK**

Meeting date has yet to be determined.

Your Shepherdess,

Linda 



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## **MELODY OF COMPASSION**

Ushers are now once again passing the offering plates in worship.

The place in the order of service for the Offertory, the receiving of our gifts, is listed in the Worship Folder.

The ***Melody of Compassion*** has been our way of helping the Eagle River area needy for many years.

Please bring your coins to keep the Melody singing for others.

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## **Do you know anyone in need?**

Many times, during the year, we reach out to members of our church (and a few others) with visits and small gifts to remind them that they are appreciated and loved. Sometimes it might be someone who is going through an extremely hard time and needs a lift in their spirits. Examples of times we make these visits would be our caroling in December, Valentine's Day flowers, Easter baskets, Fourth of July and so on. We try to make the deliveries sometime before those special holidays so that they can enjoy them longer.

The church staff does not always hear about someone who would benefit from this type of visit. We need YOUR help in this. If you know of anyone who you think would appreciate a visit, please contact Debbie Brown in the church office or Tobi Johannsen, so that we can add their name to the list. If you might be interested in helping with this rewarding ministry or have any questions, please let me know and we will be happy to involve you in whatever way you would like. Thanks for your help!

If you can help with preparing these items or donate a little towards this project, we would greatly appreciate it.

God Bless and have a fantastic day!

Tobi Johannsen - Email: [tjharleygal56@gmail.com](mailto:tjharleygal56@gmail.com) or call 920.450.1402.

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# **Brat and Bake Sale**

Friday, September 1<sup>st</sup>, Trigs Brat and Bake Sale.

Everyone's help is needed with baking. Please bake and package in small, wrapped portions (4 to 6 items per plate with a label of what it is and whether it has nuts in it). You can bake ahead of time and freeze your baked goods. Bring them to Trigs by 8:30 am the morning of the sale. Tables will be set up to accept your baked goods.

Thank you to those who signed up to work at the sale. **However, we still need everyone's help with baking.**

We need volunteers to work both booths! Sign-up sheets are available at the church, or you may call Deb Stolze at 920-585-0241. We will need 5 people in the brat hut and 3 people to tend the bakery. There are 2 shifts available, 8:30 am to noon and noon to 4:00 pm.

All are welcome to bake. Please wrap in small portions. Do not price items as donations will be accepted for the items. Please bring bakery items to Trigs by 8:30 am each day.

Thanks to all who are helping with this!  
Deb Stolze

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## **Can you help the residents of Frederick Place? Please help us make this a church-wide mission.**

Frederick Place is a 16-bed temporary emergency housing shelter for families run by the Northwoods Alliance for Temporary Housing (NATH). Admission is on a first come, first-serve basis. Applicants must meet the federal and state definitions of homelessness including income limits. Residents receive services to help them draft and execute a plan for obtaining permanent housing. There is a zero-tolerance policy for violence, drug use, or alcohol use in the home. Residents must be able to care for themselves without assistance. While the initial admission is for 30 days, stays may be extended for up to 90 days. There are guidelines for reapplying after 90 days to prevent additional bouts of homelessness.

Some of the ways that First Congregational United Church of Christ can assist the residence are:

- \* Help prepare or shop for ingredients for the monthly meals we are currently providing.
- \* Donate sides, such as bread, butter, dessert, and milk or juice.
- \* Drive the meals to Rhinelander on the meal day.
- \* Donate cash to help offset the cost of the meals.
- \* Donate needed items for the Wish List published monthly on the Frederick Place website; items can be purchased on Amazon and shipped directly to Frederick Place. (These items are given to the residents when they obtain housing to help them set up housekeeping.)

**We are so grateful for your financial support and your "labor of love" in preparing the monthly meals.**

**Thank you!**

Because of your generous donations we are going to take a break and purchase our meal for September 25<sup>th</sup>. We will be taking family portions of lasagna, bags of salad and dressing, garlic bread, milk and cookies.

**Contact Mary Lou Congdon or Susan Krivichi for more information or sign up on the volunteer sheet attached to the poster in the church lobby on the church level.**



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**HELP WANTED:** We are looking for volunteers to repair the church sign a bit and to paint the door lights just outside the doors.

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## Church News

**Worship service is now at 9:00 am every Sunday.**

**We will have a 7:30 am Devotional and Communion service on the first Sunday of the month through September.**

**Please mark your calendar for the annual meeting which will be held on Sunday, October 1<sup>st</sup> following worship.**

*Scripture readers (Lectors) and ushers* are always needed as well as readers for the Concerns of the Church. You may sign up by visiting our website or you may also contact Joy Turpin at joyfaithchapinturpin@gmail.com or 715-479-6560.

In accordance with CDC guidelines, wearing masks is now optional. If we have cases of COVID within our congregation brought to our attention, we will notify everyone as soon as possible.

Online Giving is now available on the church website. With online giving, you can set up recurring or one-time gifts to be made automatically from your checking account or by debit or credit card. Online giving allows you to make gifts more conveniently, especially when not physically attending worship.

Designated offering envelopes are not necessary to make a gift and to receive a yearly contribution statement. With our new accounting software, we are recording contributions based on name and not by envelope number. Any cash offering that is placed in any envelope with a name on it, or a personal check will be recorded. If you would like to donate to a specific ministry, please indicate that designation on the envelope or on the check memo line.

## **SEPTEMBER COLLECTION: Something a bit different**

Thank you to all who contributed to First Congregational UCC's August collection. Because of your generosity, students in need in the Northland Pines School District – and the educators who teach them – will get a boost as they start the new school year. Once again you opened your hearts and donated a variety of school supplies – notebooks, pencils, crayons, markers, folders, glue sticks and much more – along with clothing and other items.

**THANK YOU! THANK YOU! THANK YOU!**

In September, we are throwing our support behind Kamie Kolb and her efforts to collect plastic bags and other soft, stretchable plastic items that can be recycled to create a bench. Please see her article in this month's Church Mouse. This is an awesome idea that will keep plastic out of landfills and lead to a welcoming and usable bench for our church. Please support the bench project, not just this month, but in the months to come. But let's try for a great kickoff in September!

As always, if you have an idea for a monthly collection at church, please reach out to Mary Lou Congdon or Barbara Helmick.

## **MAGGIE BALL MISSION FUND: Ideas Welcome**

First Congregational United Church of Christ is blessed with an investment fund created specifically for “missions.” It was established in 2010 when the church received a generous bequest from the estate of Maggie Ball. Mrs. Ball was an Illinois resident who spent her summers in Eagle River and attended this church.

The investment fund generates approximately \$7,000 annually. That money is available “for special mission involvements (over and above those in the General Budget) of the congregation, both local and global.”

The Church Council approves disbursements from the fund, but ideas for how the monies should be spent may be suggested by any member of our congregation. With the approval of the Council, I am working to get the word out and encourage members to suggest mission efforts that could benefit from the support of the Maggie Ball Mission Fund.

So, if you have thoughts or suggestions, please feel free to reach out to me (Barbara Helmick) or go directly to Council. I will compile a list of any ideas I receive and either forward it or present it to Council.

**Please note:** Money is limited, and I have already received suggestions from several people. **If you would like to help with vetting the requests and perhaps prioritizing them**, please let me know. I will be passing all suggestions/requests on to Council members. But since the fund provides a finite amount of money each year, it may be helpful to recommend dollar amounts for each and/or suggest priorities. That’s a task that one person should NOT do alone.

Here are the ideas that have been suggested so far (in no particular order):

- Northwoods Alliance for Temporary Housing
- Caritas
- Supporting Daniel Brunstad’s efforts to add ADA-accessible playground equipment behind City Hall
- Maui relief
- Supporting a First UCC youth mission effort/trip
- Ensuring local school students continue to receive lunch at school, by paying their cafeteria debts when their families are unable to do so.
- Supporting the Micah Project in Tegucigalpa, Honduras

**Please note:** Church Council has committed \$1,700 annually from the Maggie Ball Mission Fund annual disbursement for each of the next five years to support the Wisconsin Conference United Church of Christ’s Leadership Forward program. More details will be forthcoming about this mission initiative.

### **IDEAS FOR FUTURE COLLECTIONS**

Do you have an idea for a future monthly collection? If so, we’d love to hear about it. Please reach out to Mary Lou Congdon or Barbara Helmick. Thank you!

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*We will not be packing bags for the Backpack program for September. The church has enough help for September. We will be packing bags for October and for the rest of the school year.*

*We pack bags on the third Thursday of each month.*

*Thanks, Tobi*

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## **Flower Calendar**

If you would like to give flowers for Sunday worship, please pick a Sunday and add your name to the Flower Calendar that is in the narthex across from the elevator. Flowers are ordered from Vintage Garden at a cost of \$35. Please write a separate check made out to the church. ***Please let Debbie Brown in the church office know the information you would like to have on the card.*** If you choose to get your own flowers, please let Debbie in the church office know that you are doing so. You are welcome to take the flowers home after the service. It is also helpful if you bring the vase back to return to Vintage Gardens as we then get more flowers for the money. ***What better way to honor anyone or anything than to share flowers with your church family on Sunday!***

**September flower sponsors are:** Susan Krivichi and Marilyn Preisler

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**F.Y.I.** The ushers have access to an emergency button should a crisis develop.  
Please let them know if there is an emergency and they will activate it.

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***Please check the lost and found closet in the office.  
We have accumulated several items.***

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**Happy September Birthday:** **HAPPY BIRTHDAY**

Steve Burrill, Nancy Diepenbrock, Marilyn Preisler, Malia Remme, Norma Yaeger

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**The Conover and Three Lakes Lions Club both have a loan closet  
for medical equipment.**

**Conover phone number is 715-477-0575 and  
Three Lakes phone number is 715-360-3751.**

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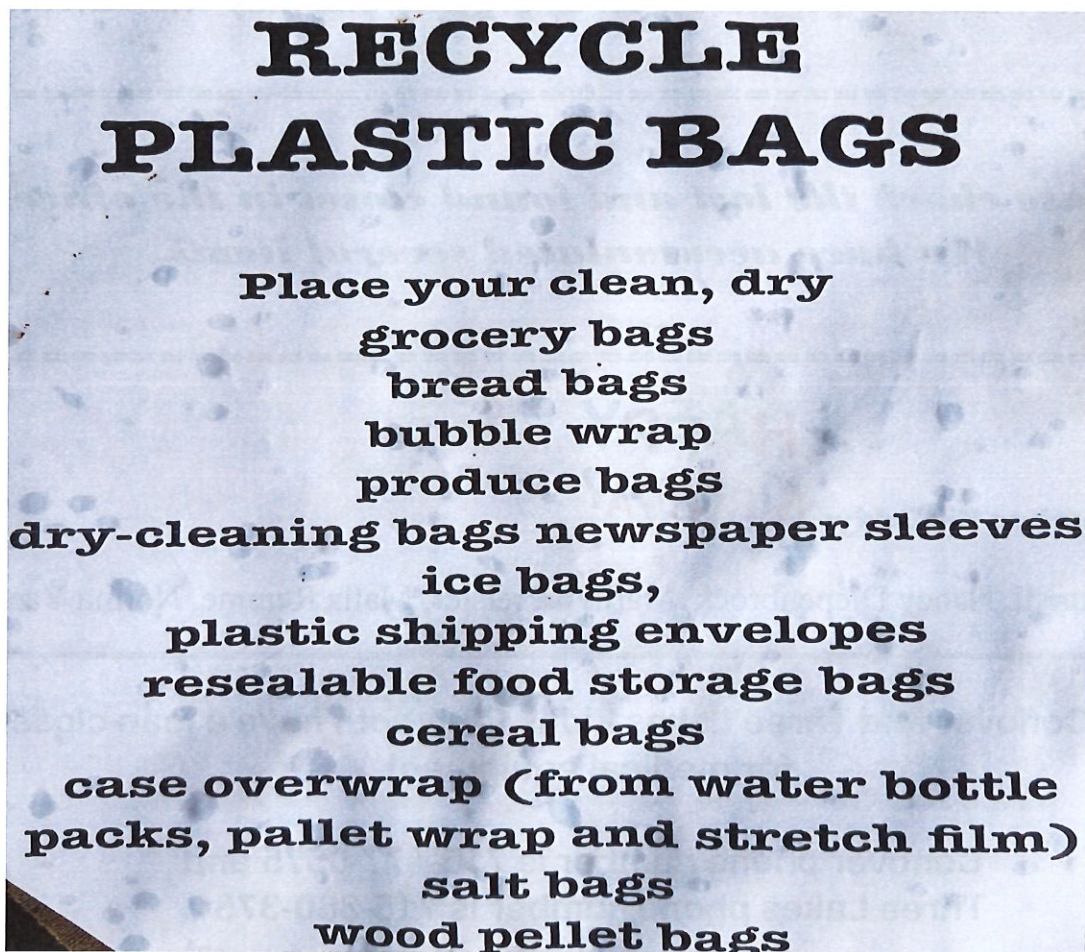
## **RECYCLING MISSION BEGINNING AT CHURCH**

You may have noticed a square box at the entrance of church. UCC will be starting a recycling mission. We are starting a program here at church to recycle soft, clean plastics through the NexTrex corporation to work toward earning composite benches. All who join us for service on Sundays can help. Simply collect clean, soft plastics at home and bring them to church to place into the box and that is it. Plastics to collect are: plastic grocery bags, zip lock bags, bubble wrap, pellet bags, wrap found around bottled water, ice bags, bread bags.... (see attached list) if uncertain the plastic is acceptable just apply pressure to the side of the bag using a finger and if it stretches it is good, if it does not stretch and breaks it is not good. Also if you see a #4 recycling symbol it is good. Once we reach 500 pounds we earn a bench. You may have seen some of these around the city of Eagle River- a couple places being in front of the library and behind City Hall in Gremban park. Kamie Kolb is spearheading this mission and has setup an account with Trex, she will take care of monitoring the box and collecting when full then taking it to be weighted. She will update each time we get to 100lbs. Keep in mind that not only do we receive an eco-friendly beautiful bench but also what we are doing to keep these plastics out of the landfill helping Mother Earth and her sustainability for future generations!

Any questions please let Kamie know or email her at the address below putting "Church Recycling" in the subject line.

Mother Earth and I thank you,

Kamie Kolb  
[kamiekolb1@gmail.com](mailto:kamiekolb1@gmail.com)







## Coffee Hour 'Refreshment Schedule' through October

September 3	Pat Fox	Patti Roberts
September 10	Mary Lou Congdon	Pat Adamovich
September 17	Tom Helmick	Nancy Diepenbrock
September 24	Barb Flaherty	Patti Roberts
October 1	Joy Turpin	Phoebe Spier
October 8	Susan Krivichi	Sharon Breit
October 15	Cathy Palmer	Pat Fox
October 22	Mary Lou Congdon	Pat Adamovich
October 29	Tom Helmick	Nancy Diepenbrock

Hello Friends!

Here is the schedule for providing treats for Coffee Hour following worship through October. We are happy that so many of you have volunteered to provide this nice addition to the social time following worship that enhances our fellowship together.

### **A few notes regarding duties for volunteers, etc.:**

1. You are only responsible for providing a treat on the assigned Sunday. If you want to set up the coffee maker prior to the service either Joy or Susan can show you how that is done. We have assigned two people each Sunday to make it less of a burden. There have been as many as 63 people at the new combined service.
2. You may bring pastries, cookies, dessert bars, fruit, cheese and crackers, or any other items you think would be nice for the social time. Please make sure that your item is ready to serve (i.e., bars cut up, placed on a plate, and provide a serving utensil if needed, etc.) There are plates and napkins and coffee cups in the parlor to be used for Coffee Hour.
3. If you cannot provide treats on your assigned Sunday, please first contact another person on the list to see if you can switch your Sunday assignments. The contact information for all of those who have volunteered has been sent to each of you in a previous email. If that is a problem, please contact Susan or Joy to let them know that you will not be available on a given Sunday.
4. You are not required to clean up afterwards, so please do not worry if you can only drop off your treats and leave. We will make sure everything is cleaned up afterwards. If you can help clean up, that is great, and

there is a very nice vacuum on the wall in the church office that can be used. Coffee grounds can be placed in the garbage can in the parlor and the pot should be emptied and rinsed.

5. Please do not hesitate to contact either Susan or Joy with comments, concerns, or suggestions. We look forward to working with you on this service to our church.

*If you are not on the list and would like to help out with providing Coffee Hour refreshments, send an email our way. We would LOVE to include you!*

Thank you,  
Susan Krivichi~ [skrivichi@gmail.com](mailto:skrivichi@gmail.com)  
Joy Turpin~ [joyfaithchapinturpin@gmail.com](mailto:joyfaithchapinturpin@gmail.com)



UNITED CHURCH  
OF CHRIST





# First Congregational United Church of Christ

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Eagle River, Wisconsin 54521

[office@eagleriverucc.org](mailto:office@eagleriverucc.org)

715-802-8501

[www.eagleriverucc.org](http://www.eagleriverucc.org)

## **Church Office Hours**

Monday – Thursday - 8:00 am to 1:00 pm – CLOSED ON FRIDAYS

## **CHURCH COUNCIL**

President, Donna Adams

Vice President, Mark Johannsen

Trisha Moore

Cathy Palmer

Deb Stolze

Steve Burrill

Clerk, Norma Yaeger

Pastor Parish Relations, Tobi Johannsen

Women's Fellowship, Sharon Breit

Sanctuary Arts Group, Patti Roberts

Facilities, Donna Adams

Finance, Paula Hendrickson

Gifts and Endowments, Bill Marshall

Safety and Security, Carlton Schroeder

Scholarship, Ursula Charaf

## **CHURCH STAFF**

Timothy W. Shirley, Pastor

Debbie Brown, Church Administrator

Sharon Breit, Director of Christian Education

Lori Lee Hunter, Director of Music

Norma Yaeger, Pianist

Christine Clough, Cleaning Services

## **Worship Service**

**SUNDAY AT 9:00 AM**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 8:30am - Brat & Bake Sale at 7pm - AA Meeting @ First	2
3 9am - Worship	4 Labor Day 7pm - AA Meeting @ First	5 7pm - AA Meeting @ First	6 11am - Many Ways of Peace	7 11:30am - Bridge Group 6pm - Bible Study	8 7pm - AA Meeting @ First	9
10 9am - Worship	11 6pm - Church Council 7pm - AA Meeting @ First	12 7pm - AA Meeting @ First	13 11am - Many Ways of Peace	14 11:30am - Bridge Group 6pm - Bible Study	15 First Day of Hispanic 7pm - AA Meeting @ First	16
17 9am - Worship	18 7pm - AA Meeting @ First	19 7pm - AA Meeting @ First	20 11am - Many Ways of Peace	21 11:30am - Bridge Group 6pm - Bible Study	22 7pm - AA Meeting @ First	23
24 9am - Worship	25 7pm - AA Meeting @ First	26 7pm - AA Meeting @ First	27 11am - Many Ways of Peace	28 11:30am - Bridge Group 6pm - Bible Study	29 7pm - AA Meeting @ First	30



Dear First Congregational UCC Educational Scholarship Committee,  
This is McKenzie Mayo, the 2021 recipient of the Kranz Scholarship. This previous semester I had the wonderful opportunity to study abroad in Marburg, Germany. My German language skills improved faster than ever before because I was completely immersed in the language. Most people within the city only spoke German and all of my classes were taught in German. The change in language and societal customs was overwhelming at first, however, by the end of the semester my confidence in interacting with Germans on a daily basis and using the language had grown considerably.

Thank you for your generosity and continued support throughout my educational journey. It has not only allowed me to focus on my studies full-time, but also the once in a lifetime opportunity to study abroad and experience a complete immersion in a language I am learning. Words cannot properly express how grateful I am for your support.

I have enclosed a copy of my transcript for the Spring 2023 semester and the courses that are planned for the Fall 2023 semester. If you need anything else, please let me know.  
Sincerely,  
McKenzie Mayo



Debbie Brown <office@eagleriverucc.org>

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## Syndeo Foster Care Advocacy Program is looking for volunteers

1 message

Cathie C <syndeovilas@gmail.com>

Tue, Aug 8, 2023 at 11:57 AM

To: "office@eagleriverucc.org" <office@eagleriverucc.org>

Would it be possible to put this information in the church bulletin in September and or have it announced during regular church services?

Syndeo Foster Care Advocacy Program is looking for Volunteers

An Informational meeting about Syndeo, a foster care advocacy program is being offered Monday September 18 from 5:30-6:30 at the Walter E Memorial Library in Eagle River anyone who wants to learn a little more about the program is welcome to attend.

Most people in our area do not realize that there are currently around 100 children in Foster Care from Vilas County.

Syndeo began in Vilas County January of 2019 and over 40 people have been trained to help foster families. These teams consist of 4 to 8 committed volunteers who surround, support and serve one Foster Family.

We are always looking for more people to provide regular ongoing practical help but our biggest need is for helpers to provide one homemade meal each month.

If volunteers would like to help in other ways there are things such as tutoring, childcare, transportation, laundry, yard work, supervision of children at monthly support meetings, help with our annual movie with Santa event in December or organizing donations at the foster closet.

We have several foster families needing our help but we do not have enough volunteers. One of the challenges has been the size of Vilas county and that the families are spread out all over the county. We could really use help throughout all of Vilas County but especially in the communities of Eagle River, Phelps and Land o Lakes.

For more information please call Cathy Calvetti at [715-479-3164](tel:715-479-3164) , check out the Facebook page Vilas County Syndeo, or email any questions to [syndeovilas@gmail.com](mailto:syndeovilas@gmail.com)



# **Are You Prepared?**

## **Planning Before a Crisis Seminar Series**

We are good at planning most aspects of our lives. We plan where to live, weddings, careers, trips, retirement, and a multitude of other life decisions. We take out insurance to ensure that if anything happens, we will be cared for, or property protected. So, why do we fail to plan for one of the most important aspects of our life, our aging, and the possibility of our health taking a sudden decline, a disability, or the certainty of death? Why do we fail to consider how not planning adversely impacts our children, spouses, and families? Come learn a few simple things you can do to give you and your loved one's peace of mind.

**Join us from 1:00-2:30pm for any or all the following weeks to learn more!**

### **EAGLE RIVER**

*Hosted at the Eagle River Public Library  
203 N. Main Street*

**September 12<sup>th</sup>**- Planning Before a  
Crisis- What you need to know.

**September 26<sup>th</sup>**- Advanced Directives  
and Resources

**October 10<sup>th</sup>**- Financial Planning,  
Funeral Arrangements, and Bucket Lists.

### **RHINELANDER**

*Hosted at Immanuel Ev Lutheran  
Church  
21 W Timber Drive*

**September 19<sup>th</sup>** - Planning Before a  
Crisis: What you need to know.

**October 3<sup>rd</sup>** – Advanced Directives and  
Resources

**October 17<sup>th</sup>**- Financial Planning,  
Funeral Arrangements, and Bucket Lists

**For more information or to RSVP, please contact the ADRC of Vilas County at  
715-479-3625**



# **Are You Prepared?**

## **Planning Before a Crisis Seminar Series Itinerary**

### **Part 1 – Planning Before a Crisis – What you need to know.**

- How to have difficult conversations
- Importance of Advanced Directives & financial preparation
- Resources & options for more help - facilities & in home resources
- Final wishes - funeral planning, bucket list...

### **Part 2 - Advanced Directives and Resources**

- Advanced Directives - Understanding the differences between Living Will, Power of Attorney of Health Care and Finance, and trusts
- What happens if you don't have them?
- Options when more help is needed - Home Health, Hospice, private caregivers, Assisted Living, Nursing Homes

### **Part 3 - Financial Planning, Funeral arrangements and Bucket Lists**

- How to protect your assets
- Financial preparations – banking, trust, beneficiaries
- Key paperwork - what should you have prepared or reviewed?
- Pre-planning for funeral
- Fulfilling your bucket list

**For more information or to RSVP, please contact the Vilas County ADRC at  
715-479-3625**

#### **CAN Members:**

- ADRC of Oneida Co
- ADRC of Vilas Co
- Alzheimer's Association
- Compassus Home Health and Hospice
- Marshfield Clinic
- Milestone Senior Living
- Pastimes Club Adult Day

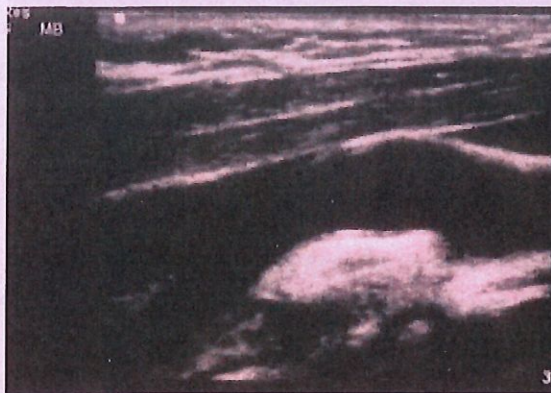


# Take a step toward staying **Healthy & Active**

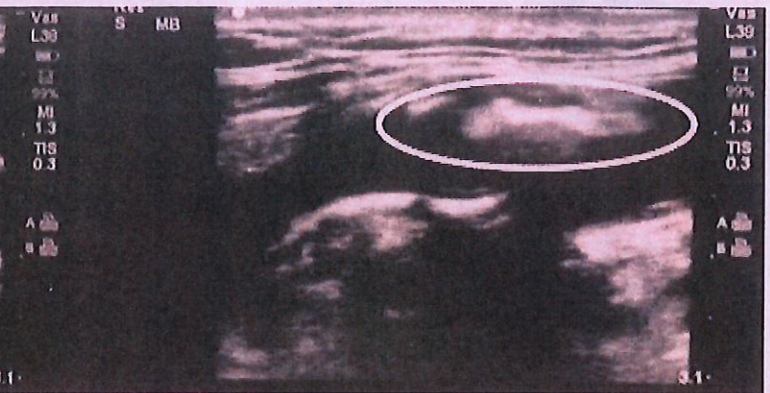
Life Line Screening goes beyond regular checkups to provide a more thorough look at your health.

## Be Smart: Do More For Your Cardiovascular Health

### No Plaque Buildup



### Plaque Buildup



Advanced ultrasound technology looks inside your arteries for signs of plaque buildup.

That's why **9 out of 10 cardiovascular doctors** support preventive screenings for those with key risk factors.<sup>1</sup>

Adults age 50+ and those 40 and older with one or more risk factors for cardiovascular disease should be screened.

<sup>1</sup>Key Risk Factors include: \*High blood pressure, high cholesterol, diabetes, obesity, smoking, family history.

**We are coming to your neighborhood.**

**Where: Eagle River - Prince of Peace Lutheran Church**

**When: Thursday, September 21, 2023**

To register for your appointment and to receive the special discount,  
please call **1-800-640-6307** or visit **LLSA.SOCIAL/HC**



## Trusted by Hospitals Nationwide.

Life Line Screening has partnered with over **100 hospitals** across the country and has conducted over **10 million screenings** since 1993.



### ***Carotid Artery Disease***

an ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.



### ***Atrial Fibrillation (AFib)***

a 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.<sup>2</sup>



### ***Abdominal Aortic Aneurysm (AAA)***

an ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a life-threatening medical emergency.



### ***Peripheral Arterial Disease (PAD)***

an Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.<sup>3</sup>

**4 Screenings for Only \$149**  
**Special Package Pricing**

<sup>2</sup> <https://www.heart.org/en/health-topics/atrial-fibrillation>

<sup>3</sup> <https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease-pad>

No single screening can detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

Screening results are provided to you in about 14 days. We direct all participants with abnormal results to take the report to their physician. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Price does not include any applicable review fees. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. If you are unable to attend the screening for any reason whatsoever, we will issue a gift card for the full amount to be used by you, or anyone you choose, for future screening services.



October is Domestic Violence Awareness Month

# Sponsor a Survivor

For A Domestic Violence Awareness Event

Join us to sponsor a survivor by donating the  
registration fee for our 2023 Color Run/Walk

SEPTEMBER 30, 2023

OUR GOAL IS TO SPONSOR  
100 SURVIVORS

Your sponsorship will help us this exciting  
community event where participation  
should not rely on the personal ability to pay

Registration for ONE Survivor: \$30.00

\*No Limit on Sponsorships

FUN FOR ALL AGES

For More Information Please Contact  
Tri-County Council on DV/SA at 715.362.6841



Awareness Starts With EVERYONE,  
Can We Count You In?





