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www.northernbridges.com

At our board meetings...

Our Board of Directors meet monthly. Check our website for dates and times.

CONTACT US:

For general questions, please call toll free 1-866-306-6499.

For newsletter questions or comments call 715-635-3122 Ext. 1817 or email: jjoyce@northernbridges.com

**NorthernBridges'
Mission**

***Providing our members
the best life possible***

SDS Helps Family Direct Care

The Wade family knows how a single moment can change every moment that follows. Their daughter, Heather, was injured 17 years ago when she chose to drive after drinking and without a seat belt. Today she has short-term memory loss and physical disabilities that require 24-hour-a-day care.

"The decisions you make do not just affect you," said Heather's mother Mary Wade. "That is the message I tried to give young people over the years when I would take Heather and go to talk at schools and to other groups."

So many things changed. Heather's 3-year-old son grew up not knowing the mother the accident stole away. Heather's mother and father raised that son into a young man who recently won a Purple Heart for his heroism in Afghanistan. A proud moment difficult for Heather to fully retain or share.

Heather now receives Self-Directed Supports (SDS) through Family Care and NorthernBridges. It is an option that offers a variety of ways for members or their guardians to be more in charge of their own services including hiring their own direct care workers.

SDS was a lifesaver for the Wades when the business that arranged for Heather's services decided not to continue them.

"SDS allowed us to hire the same workers Heather already had," said Mary. "We also are able to manage our own budget. But though I like having some control, I also like having the care management oversight from our NorthernBridges care manager."

One thing Heather did not lose in the accident was her sense of humor and energy. She easily greets guests to her apartment, but may have to ask many times during their stay who they are. But as they leave, there is one thing she makes sure to remind them. "Remember to wear your seat belt."



**Heather &
Mary Wade**

What Is the Self-Directed Supports Option?

Self-Directed Supports, or SDS, is an option within Family Care available to you through NorthernBridges if you want to be more involved in directing your own services. If you choose SDS you may:

- decide who you want to provide your services and supports,
- control your own budget for services,
- have control over your providers including hiring, training, supervising, and firing your direct care workers.

How Much You Self Direct Is Up to You

You can choose to direct some or all of your supports with as much or as little help as you need. You will not have to do everything on your own. Your NorthernBridges care team will always be there for support.

NorthernBridges has also contracted with fiscal agents and co-employment agencies to help you manage your budget and providers.

If you choose SDS, your team will help you to:

Create a plan that is centered around you and your personal goals.

Decide how much you want to do and what training or resources you will need to participate in SDS in the way you would like to.

Develop a budget based on what NorthernBridges would have spent on your services.

Choose and arrange support services letting you decide how, when, and who provides these services.

Hire and pay providers through either a fiscal agent or co-employer.

What if SDS Does Not Work for Me?

You can stop SDS at any time and your care team will manage your care plan or your care team can also work with you to find ways to make SDS work better for you.

SDS Puts Member In Charge of Her Own Care Worker



Roxy and her care worker, granddaughter Dani

Only in her early 60s, Roxy Clark never dreamed she would be stricken with a stroke. She could not live alone and had to stay in a residential facility after her release from the hospital. “It was always my goal to go back to living on my own,” said Roxy.

Her NorthernBridges team set out to help her reach that goal. They found her an apartment and looked for someone to do her personal cares and housekeeping.

Every NorthernBridges member has the right to choose how much or how little they wish to self-direct their own support services. This is called Self-Directed Supports (SDS). If members are able and willing, they can hire and direct their own workers, which is what Roxy chose to do.

It turned out that Roxy’s granddaughter, Dani, was interested in being her worker. Roxy directs what Dani will do and oversees her timecard for the amount of time allotted for services. Other family members live close by and are able to provide unpaid services called informal supports.

“It works out good,” said Roxy. She and Dani have a great relationship. Best of all, Self-Directed Supports helps Roxy regain some of the independence that her stroke once took away.

Dental Care Is Health Care for Your Whole Body

by Registered Nurse Amy Wahl,
Centuria Hub



Most of us know that for good dental health you must brush and floss your teeth. But not everyone knows how important it is for the rest of our body systems.

By not taking care of your teeth, eating a high-sugar diet, and smoking, you dramatically increase your risk for periodontal (gum) disease.

Gum disease causes inflammation along the gum line that can lead to tooth loss. Even worse, the bacteria from gum disease has been linked to other diseases such as heart disease.

Researchers found that people with gum disease are almost twice as likely to suffer from coronary

artery disease, which is a thickening of the walls of the coronary arteries due to the buildup of fatty proteins. Blood clots can block normal blood flow and the amount of oxygen needed for the heart to work properly.

Research also shows that the frequency of diabetes, stroke, and premature birth are all potentially related to poor dental health.

By educating members on the importance of dental care, Northern Bridges Care Managers not only provide valuable information, but also positively influence our members' overall health.



Garden Club Adds Splash of Color To Rice Lake Hub

Again this year, the Garden Club from Barron County Developmental Disability Services (BCDDS) planted flowers in the Rice Lake hub's flower boxes and pots. The results-- beautiful!

Pictured are club members Farren Rapley, Jim Schultz and Wally Thiefs. BCDDS staff who helped are Pam Broten and Donna Belcher.

Moms of Members Say, "Thank You"

This is a letter of gratitude to the support team that helped my handicapped son.

I am so ever grateful for NorthernBridges. They were like Angels when I had nowhere to turn.

I am a 75-year-old mom and it is hard for me to do the things he will need. They took a lot of worry off my mind. You don't know what it's like worrying how he's going to be able to take care of himself if I can not. I just want you to know how thankful and grateful we are for NorthernBridges. We have no one else.

I thank God each night and day and pray you will always be there even after I'm dead and gone. May God Bless and reward you greatly for your work.

And from another mom...

A thousand thanks for the support of our son. It is heart-warming for us to experience your attention and care for his well-being.

We don't know what's in store for him, but we know he's in the very best situation for his happiness, mental and emotional well-being, with people who have truly become his family, and whose expectations and encouragements to him bring out the best in him, and creates days he wakes up to look forward to."

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 Suite 300
 Hayward, WI 54843

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NorthernBridges' Hub Locations

Rice Lake / Barron Co.
 2900 College Drive
 Rice Lake, WI 54868
 715-234-1050
 Toll Free 866-994-7484



Superior / Douglas Co.
 3631 Tower Avenue
 Superior, WI 54880
 715-392-2288
 Toll Free 877-307-2288



Hayward / Sawyer Co.
 15735 US Hwy. 63
 Hayward, WI 54843
 715-934-2282
 Toll Free 877-934-2282



Ladysmith / Rusk Co.
 1500 Port Arthur Road
 Ladysmith, WI 54848
 715-532-3040
 Toll Free 866-532-6534



**Spoooner / Washburn
 & Burnett Counties**
 514 Service Road
 Spooner, WI 54801
 715-635-3122
 Toll Free 877-635-3122



**Ashland /Ashland &
 Bayfield Counties**
 400 3rd Avenue W.
 Ashland, WI 54806
 715-682-1024
 Toll Free 877-434-1025



**Park Falls / Price
 & Iron Counties**
 896 4th Avenue South
 Park Falls, WI 54552
 715-744-2888
 Toll Free 877-857-0696



**Centuria / Polk &
 Burnett Counties**
 1001 State Hwy. 35
 Centuria, WI 54824
 715-646-1477
 Toll Free 866-751-3147

