

# A World of Wonder

## DIRECTOR NEWS



**SUBMITTED BY**  
**LINDA HAND**  
ADRC Director/  
Aging Director

To look through the lens of a child, seeing and experiencing things for the first time and not knowing what it is to be cynical. Everyone

and everything is good. Step back, breath, and just enjoy the ride. As we age, we often forget to do this.

<https://www.facebook.com/LaurieSueDelk>

I love this analogy:

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere. Why did you spill the coffee? "Because someone bumped into me!" Wrong answer. You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. \*Whatever is inside the cup is what will spill out.\* Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It is easy to fake it, until you are rattled. \*So we have to ask ourselves... "What's in my cup?\*" When life gets tough, what spills over? Joy, gratefulness, peace and humility? Anger, bitterness, harsh words and reac-



SUBMITTED PHOTO

tions? Life provides the cup; YOU choose how to fill it. Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others. (Shared from a friend whose cup is full of goodness and inspiration) #follow for more #inspiration

This Facebook post sparked my attention after

spending a weekend babysitting for our two grandchildren, in a hotel room in Hudson, while the adult kids all attend a wedding celebration. We spent time with all, but for several hours were alone with the little ones enjoying the moments. Well of course, we were not going to turn that opportunity down. We swam in the pool, went on walks, danced, and sang. To experience the excitement of one and four year old cousins that live miles and miles apart reunited. Well some jealousy from the 4-year-old lives much closer and is used to all of the attention of his grands. A learning curve for all of us. There were a lot of hugs and some tears, but in the end, those moments will be cherished forever and ever.

I am not sure what it is about being grandparents, but it is the absolute best. We can enjoy our time and send them home. Ask to have them for a week to give the kids both adult and children a break from each other, we have been there. Spoil them silly, yet be the bad guys since we were raised to not put up you know what. Hugs, kisses, popsicles, teaching them to fish, play instruments, snuggle under the blankets and watch a movie while munching on popcorn. Breathe in and cherish each moment. When you are young and are the parents, everything is crazy busy, working more than one job to make it, running them to sports, doctor's appointments, schools, activities, there is not enough time and then you are just exhausted. Live, Love, and Embrace it while we have it.

## Summer Senior Social Dinner & Concert Update

Our staff has been just rockin' this summer with outreach throughout the county. We so enjoy being out there with you and are planning more events for the future. With several new staff, our family has grown, enabling us to offer more services to more people and we LOVE IT! If you would like to have staff visit your group for a presentation, please let us know by calling us at 715-635-4460.

The July social event included several additional agencies joining us, the more the merrier, as we say at the ADRC.

The piece de resistance was the Dean's List Big Band under the Pavilion. The icing on the cake!

Join us in August for our last event of the summer. We will rock the night away with the locally well known 2nd Time Around Band.

Wednesday, August 9, 2023

Menu: Pulled Chicken on a Bun, BBQ Sauce, Creamy Coleslaw, Chips, Fresh Fruit, & Dessert.

Each evening starts with a dinner served out of the Shell Lake Community Center from 4:30-5:30 p.m. Seating will be available inside the Community Center, under the large tent by the Pavilion, or bring your lawn chair/blanket to enjoy an outdoor picnic.



SUBMITTED PHOTO

The meal will be like Dining @ Five served at the senior meal sites, homemade and delicious! Each meal provides at least 1/3 of the daily amounts of nutrients needed to promote good health. Participants are provided with an opportunity to contribute toward the cost of the meal. Still, no one (age 60 or older) will be denied a meal regardless of their ability to contribute. The meal is open to adults age 60+ and their caregivers, with a suggested contribution of \$6 for those 60+ and a charge of \$12 for those under 60. Pre-registration is required for the meal, by calling

715-635-4460. The yearly congregate meal registration form will need to be completed for each person dining. There is a limit of 125 served, so please make your reservations early. If you cannot attend please cancel your reservations, since we always have a waiting list.

Following the meal, a FREE live music concert, OPEN TO THE PUBLIC, will be provided at the

SENIOR NEWS

# GWAAR Attorney Testifies Before U.S. Senate on Medicare Advantage Plan Denials

By the GWAAR Legal Services Team

**SUBMITTED BY KELLY WEISENBECK**  
Washburn County Elder Benefit Specialist

On May 17, 2023, Benefit Specialist Supervising Attorney Christine Huberty testified before the U.S. Senate Homeland Security & Government Affairs Permanent Subcommittee on Investigations in Washington, D.C. The subcommittee is led by senators Richard Blumenthal (D-CT) and Ron Johnson (R-WI).

The purpose of the hearing was to examine how Medicare Advantage Plans delay and deny care to seniors. Christine testified alongside representatives from the Office of Inspector General (OIG) and KFF, a Marquette visiting research professor, and a

widow of a Medicare Advantage plan enrollee who was denied medically necessary care by his Medicare Advantage plan prior to his death. Christine's testimony focused on her experiences representing clients whose Medicare Advantage Plans routinely denied skilled nursing facility (SNF) care and how these denials harm the residents of Wisconsin.

In her testimony, Christine stated, "[patients caught in this maze [of denials] are forced to make a devastating decision: Stay in the rehab facility and pay thousands of dollars out of pocket or go home against medical advice. ... They're not getting the coverage that they paid for, and they're met with hurdles at every turn. ... Our most vulnerable citizens are up against an impossible system."

Medicare Advantage Plan companies United Healthcare, Humana, and CVS Aetna cover more than 50% of Medicare Advantage beneficiaries. The

investigative committee has asked these plans to produce internal documents showing how decisions are made to grant or deny access to care, including how these plans use artificial intelligence (AI). In addition, the third-party contractor naviHealth, now owned by United Healthcare, has been called out by name regarding its role in these denials.

Senator Blumenthal added, "I want to put these companies on notice. If you deny life-saving coverage to seniors, we are watching. We will expose you. We will demand better. We will pass legislation if necessary. But action will be forthcoming."

Video of the hearing and witness testimonies are available here: <https://www.hsgac.senate.gov/subcommittees/investigations/hearings/examining-health-care-denials-and-delays-in-medicare-advantage/>

## WASHBURN COUNTY ADRC/AGING MEETING CALENDARS 2023

**2023 AGING & DISABILITY COMMITTEE (ADS Committee)** - Meets the 1st Tuesday of each month at 9:00 a.m., unless noted (\*). Alternative locations allow representatives to visit rural meal sites and meet the participants during the Spring/Summer months. We encourage committee members to join us for lunch, while at the meal sites. Please make reservations at least 24 hours in advance. If you are in need of transportation or accommodations, please contact the ADRC office at 715-635-4460. These are all open meetings and the public is highly encouraged to attend. A time is provided for public comment.

Time	Date	Location	Other Info
10:00 a.m.	Tuesday, August 29, 2023	<b>Shell Lake Senior Center</b> 210 4th Ave., Shell Lake, WI • 715-635-8283	Lunch served at 12:00 noon.
9:00 a.m.	Tuesday, September 26, 2023 <b>(Change Due to Budget)</b>	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting.
9:00 a.m.	Tuesday, November 7, 2023	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	
9:00 a.m.	Tuesday, December 5, 2023	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	

### Estate Planning

Solving Problems Before They Happen

An estate plan isn't just for the wealthy. That's because your estate is anything you own that will be passed down, paid off, or otherwise disposed of upon your death. An estate plan is made up of the official documents that legally ensure your wishes are carried out.

**CALL OR VISIT TODAY!**

715-635-3136  
[www.davidpford.net](http://www.davidpford.net)

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Not insured by FDIC or any government agency | Not bank guaranteed  
Not bank deposits or obligations | May lose value



Located in the Shell Lake State Bank:  
Spooner - Minong - Hayward - Stone Lake



**David P. Ford**  
CERTIFIED FINANCIAL PLANNER™



**Lynn Ford**  
Certified Retirement Planning Counselor™



**Tom Sutton**  
LPL Financial Advisor



## YOUR *neighbor* IN HEALTH

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-  Surgeries, Wounds & Veins
-  Specialty Services
-  Continual Care (from hospital to home)

To learn more about healthcare services from Spooner Health, visit [spoonerhealth.com](http://spoonerhealth.com).

## TAI CHI CLASS FOR SENIORS



PHOTO SUBMITTED



PHOTO SUBMITTED



PHOTO SUBMITTED

Hi,

My name is Donald Ross, and I am the instructor for the Tai Chi Class Moving for Better Balance. I have been working with seniors for about 15 years.



PHOTO SUBMITTED

DONALD ROSS

I have taught a variety of classes thru the ADRC, Stepping on, Living Well with Chronic Conditions and Diabetes Self-Management Program. For the last eight years I've been teaching Tai Chi to seniors. Tai Chi is a way of improving lower body strength,

increasing balance, relieving stress, and has been shown to lower blood pressure.

A little about myself, I'm 84 years old, I've lived in Voyager Village for 30 years. Prior to moving to Wisconsin, I lived in Minneapolis and worked as a teacher of special need students for 25 years for district 287 in the Metro area. After retiring I became a Religious and Hebrew school teacher in Duluth and later became the principal for 14 years.

My interest in Tai Chi began while working with special needs students. I have been practicing Tai Chi for myself about 14 years and have been teaching seniors for about eight years. I taught the Sun style and the Yang style Tai Chi during this time. The Style I'm currently teaching is the Eight Yang form called Moving for Better Balance. I look

forward to working with all of you as you enter into your personal journey into Tai Chi. If you were not able to sign up for the Shell Lake sessions, please contact the ADRC office at 715-635-4460 to get on a wait list for future class opportunities.

Students have seen a phenomenal improvement in balance since starting Don's Tai Chi classes. Several had to start by use of sitting in a chair, going to using chair for support, and now doing it standing on their own. Don is currently holding his third 12-week session at the Shell Lake Senior Center. There is a \$25 suggested contribution to attend a 12-week session, but if you are a caregiver, you can apply for funding for yourself and those you caregive for to attend.



### ADRC of Washburn County Staff Contacts as of August 2023

This is a list of our staff by position, with direct contact information. If they are unavailable to answer your call, please make sure to include a detailed message, which includes your full name, phone, and description of the information and services that you are seeking. If a staff member's message states that they are out of the office, you can still call our main number to see if another staff member can assist you at 715-635-4460.

**Anna Brown**  
Information & Assistance Specialist (I&A)  
715-635-4462

**Nichole Caudill**  
Information & Assistance Specialist (I&A)  
715-635-4476

Our I&A staff provide support to all adults regarding the needs of persons with disabilities, older adults and their caregivers, and they explore what programs or services meet those needs. They take the time to get to know your situation, and collaborate with you and your support network on next steps.

**Kelly Weisenbeck**  
Elder Benefit Specialist (EBS)  
715-635-4478

The EBS helps people ages 60+ navigate both private and public benefits, including Medicaid, Social Security, Medicare, prescription plans,

Food Share and many other options to help seniors.

**Theodore Hampe**  
Disability Benefit Specialist (DBS)  
715-635-4466

A DBS assists people age 17 ½ - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

**Patryce Garcia**  
Dementia Care Specialist (DCS)/Caregiver Support Coordinator  
715-635-4477

DCS provide information and support to adults with dementia and their caregivers. The role of Caregiver Support Coordinator assists residents throughout the county who act as caregivers for elderly, disabled, and grandparents raising children in many capacities.

**Valerie VanderBent**  
Nutrition Director  
715-635-4467

The Nutrition Director oversees the Washburn County Elder Nutrition Program, which provides congregate Meals and Home Delivered Meals through our sites.

**Washburn County Nutrition Site Mangers**

**715-635-4460 and 833-728-3400**  
304 2nd Street, PO Box 316,  
Shell Lake, WI 54871  
HOURS: 8:00 a.m. - 4:30 p.m. M-F

**www.co.washburn.wi.us**  
**https://adrcwashburncounty.org/**  
**ADRC/Aging Director:**  
Linda Hand • 715-634-4460

- Kristi Shoop (Birchwood) • Vacant (Minong)
- Char Jaeger (Shell Lake)
- Mary Lawson (Spooner)

**Amber Anderson**  
Mobility Manager  
715-635-4465

Washburn County Transit provides medical, nutritional, and social rides for residents age 60+ and adults with disabilities.

**Washburn County Transit Drivers**  
• Jeremy Driesch • Kerry Moore  
• Dean Martin • Kathy Rowland

**Sheila Pierquet - Fiscal Assistant**  
715-635-4463

**Cassi Feiertag - Administrative Assistant**  
715-635-4460

**Vacant**  
LTE Vaccine Outreach Coordinator

**Aging & Disability Services Committee**  
• Bob Olsgard • Linda Featherly • Kasey King  
• George Cusick • Joe Hoy

**ADRC Governing Board**  
• Bob Olsgard - Chair  
• Cathy Peterson • Danielle Larson  
• Colleen Cook • Char Snarski • Kathy Fabert  
• Mark Van Etten • Mike Linton  
• Mike Schroeder

## SENIOR CENTER NEWS

# Benefit Specialist Programs



PHOTO SUBMITTED

**ADRC of Washburn County  
Elder Benefit Specialist, Kelly Weisenbeck  
Disability Benefit Specialist, Ted Hampe**

When an older adult cannot afford their medications or an adult with a chronic illness can no longer maintain employment, they may not know that help is available. They may not understand how to apply for benefits or what their rights are if their application is denied. For situations like these, the disability and elder benefit specialist programs are here to help. The benefit specialist programs support older adults and adults with disabilities who encounter “direct challenges to their independence, choice, and financial security.” Regardless of income, education, or any other factors, benefit specialists provide quality services that increase health literacy and advance quality of life for Wisconsin residents.

Benefit specialists provide free,

expert, confidential, and unbiased benefits counseling services. Access to benefit specialist services is ensured through Wis. Stat. § 46.81 and Wis. Admin. Code § DHS 10.23.

Disability benefit specialists (DBSs) serve people with disabilities who are 17 years and 6 months to 59 years old. Elder benefit specialists (EBSs) serve older adults starting at age 60. These professionals help their clients access Social Security, Medicaid, Medicare, and other public and private benefits. Benefit specialists empower their clients to obtain health insurance, food, shelter, medical care, and other critical life needs.

Benefit specialists assist their clients in many ways, including:

- Explaining the eligibility criteria for public and private benefit programs.
- Developing advocacy strategies that ensure agency decision-makers have the information they need to make an informed decision regarding a client's eligibility for benefits.
- Assisting individuals who encounter difficulties accessing or retaining their benefits eligibility during the post-award period.
- Referring clients who need legal representation to the private bar or other available legal resources when the client's issue is beyond the scope of the program.

Every client's case is unique. Work-

ing with a benefit specialist does not guarantee a favorable result for any client regarding a given benefit matter. Clients who work with a benefit specialist gain more than just knowledge of benefit programs; they gain access to a network of knowledgeable, experienced advocates who have a proven track record of providing effective service across Wisconsin.

Tackling a Wide Range of Complex Benefit Issues Benefit specialist's record contact with their clients in call records. The contact may be in person, over the phone, or through a virtual platform. In 2022, benefit specialists

logged 120,069 call records with at least one associated topic. A call record is created when the benefit specialist has a meaningful interaction with a client. The call topic describes the nature of the benefit program or issue for which the client is requesting help. In 2022, 40,977 calls involved Social Security disability issues; 36,802 involved Medicare enrollment; 14,083 involved Medicaid for the Elderly, Blind, or Disabled; 9,482 involved Medicare Savings Programs; and 7,531 involved FoodShare.

Although most call topics fall within health care programs (Medicare and Medicaid) or income programs (Social Security disability or retirement benefits), benefit specialists must maintain a high level of in-depth programmatic knowledge of a wide array of benefits

and services. Sometimes a benefit specialist will have a brief conversation with a client during which they provide general information or a referral to another service provider. These contacts are considered “general information or referral” contacts. In 2022, benefit specialists recorded 5,780 hours spent providing general information or referral services. The majority of a benefit specialist's workload is helping clients with in-depth benefits counseling based on clients' specific circumstances. These contacts are considered cases. Frequently, benefit specialists help clients resolve multiple, interrelated topics. When this happens, each benefit issue is considered a case. For example, a benefit

specialist could help a single client resolve issues related to eligibility for Social Security, Medicare, and Medicaid. Their work addressing each of these three topics constitutes three cases. In 2022, benefit specialists assisted 46,252 clients with 95,996 cases. This represented a 6.5% increase from the previous year, when 90,158 were opened. The average amount of time spent per client increased slightly (2%) from 120 minutes

in 2021 to 122 minutes in 2022.

For a confidential appointment with an ADRC of Washburn County Benefit Specialist, call 715-635-4460.

## ADVOCACY and the ADA

As we celebrate the anniversary of the ADA (Americans with Disabilities Act) July 26, we should look into

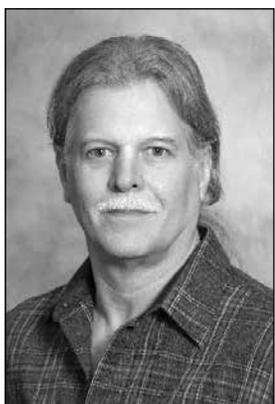


PHOTO SUBMITTED

**Don  
Posh**

over many years that led to the ADA becoming law.

the history of what it took to get it passed. From Ed Roberts, Judy Hue-mann and Justin Dart to the gang of 19, it took a village as they say. There were numerous actions and advocacy events

Today there are still battles to be fought. Some want to cut Social Security Medicare and Medicaid. There is also the caregiver crisis. How can you become an advocate? It is really simple to start. Become familiar with your state and federal representatives, their phone numbers, their emails and address. Next contact them on the issue that concerns you, even if they do not agree with your position or are from the political party which is opposite of your own. Be respectful; you can be stern in your advocacy, but using profanity or name calling gets you nowhere!

Every time a constituent contacts their representative it is counted to determine the demand for action. It's a numbers game! You should also receive a response. It may not be the

answer you want, but it does give you information of the position your representative is taking. It can be to your advantage to write or email. You can share your position and the response on social media in writing. The response may inspire your social media friends to advocate as well.

For more information on independent living contact: indiGO serving Douglas, Bayfield, Iron, Price, Sawyer, Washburn, and Burnett Counties including Tribal communities of Red Cliff, Bad River, La Courte Oreilles and St Croix.

Main office: 800-924-1220 V/TTY

Our non-profit agency, indiGO, aims to empower individuals living with disabilities and we are available to assist ALL ages and disabilities. We are not a vendor and

do not sell any products, but we are here as a resource.

**Be Well...Well We're All in This Together!**

Don Posh  
Independent Living Specialist  
Direct: 715-919-4932  
Email: don@indigowi.org  
Address:  
2911 Tower Ave, Suite 9, 54880  
Toll-free: 800-924-1220 V/7-1-1 Relay  
Fax: 715-392-4636  
Website: indigowi.org

**indiGO**  
Your Allies for Independence

SENIOR NEWS

WASHBURN COUNTY RESOURCES



LOCAL CRISIS 888.860.0373

Washburn County Human Services	715.468.4747
Lakeland FRC	715.635.4669
ADRC	715.635.4460
Veterans (CVSO)	715.635.4470
Non-Emergency Law Enforcement	715.468.4700

SUICIDE AND CRISIS LIFELINE  
**988**  
Call or Text

Contact us: [www.healthywashco.org](http://www.healthywashco.org)

WASHBURN COUNTY TRANSIT



SUBMITTED PHOTO  
Linda Hand, Michelle Johnson, and driver Jeremy Dresch

Excitement is on the rise for the new Washburn County Transit Van. We are just as excited to see it on the road as you are! We have been getting it ready



PHOTO SUBMITTED  
**Amber Anderson**

by adding steps to make it easier to load and unload and had it wrapped with our new logo, phone number, and some nice pictures of all of you. The van looks beautiful and is such a nice addition to our program. There is many things happening behind the scenes and very soon, we will have routes set up, to offer an easy and affordable way to get to the store, senior centers, NEW Spooner Wellness Center 50+, pharmacies, and group trips. Please give me a call and let me know if this is something that interests you and I will get you on the lists to notify you when we have a route available in your area. If we do not hear from you, we do not know that there is a need in your Washburn County community for services. I can make sure you are on the van and heading to where you need to go! Keep your eyes and ears open for updates that will be coming soon.

Thanks again for all your support!  
Amber Anderson,  
Washburn County Mobility Manager

THANK YOU ENBRIDGE!

We had a surprise visit from Michelle Johnson, Community Relations Specialist at Enbridge during our July Senior Social Event. She stopped by to check out our new transit van, driver Jeremy Dresch, and congratulate staff on the expansion of our transportation programming in Washburn County. Michelle was the Enbridge representative who



PHOTO SUBMITTED  
**Michelle Johnson**

notified us of the \$10,000 grant award, which helped us purchase our new transit van.

REQUESTING LETTERS OF SUPPORT FOR CONTINUED WASHBURN COUNTY TRANSIT EXPANSION GRANTS:

TO: Agencies, Businesses, Organizations, & Individuals of Washburn County  
RE: Seeking Letters of Support 2024 Application 5310 Grant Expansion of Transportation Serving Older Adults & Individuals with Disabilities in Washburn County

The ADRC of Washburn County plans to reapply for the WI DOT 5310 Mobility Management, Operating Project, and Vehicle Grants serving older adults and individuals with disabilities in Washburn County. The community met in 2018 to create the 2019-2023 Public Transit-Human Services Transportation Coordination Plan. The plan identified needs and set goals for transportation in Washburn County. The ADRC application will address goals that were set forth within said coordination plan. These include limited availability of transportation within and out of county, a one-point access for information, coordination, and to provide additional transportation options.

COVID transformed the way many of us will move forward with services. Most concerning is the social isolation that our elderly/disabled have had to endure, which has affected their mental and physical wellness. The Washburn County Unit on Aging 2022-2024 Plan set goals to expand the current 85.21 elderly medical transportation services to include trips for social opportunities and group trips. In 2023, the ADRC and Unit on Aging combined to be one agency renamed the ADRC of Washburn County. In 2023, we were awarded both the 85.21 and 5310 transportation grants. The 85.10 grant allowed us to continue providing transportation by using cars for medical, shopping, and socialization purposes, along with purchase of a transit van and hiring of a driver. The 5310 grant, allowed us to hire a Mobility Manager/Transportation Coordinator that is dedicated to serving Washburn residents 60+, caregivers, and adults with disabilities.

GOALS ACCOMPLISHED IN 2023:

- Collaboration with Veteran's Service Office to provide medical rides in our ADA van.
- Created a countywide rebranding/marketing plan for transportation services.
- Mobility Manager facilitates community outreach, transit training, and education of transportation options throughout the county.
- Purchase and start-up of Washburn County Transit Van services.
- Marketing, recruitment, and expansion of the volunteer driver program.

Thank you for your consideration. Your continued support of our transportation program for the older adults and people with disabilities in Washburn County is appreciated. Letters of Support can be mailed or dropped to Attn: Amber Anderson at ADRC of Washburn County, P.O. Box 316, 304 2nd St, Shell Lake, WI 54871 or emailed to [aging@co.washburn.wi.us](mailto:aging@co.washburn.wi.us).

Sincerely, Linda A. Hand, ADRC/Aging Director

WATERMELON GREEN TEA



PHOTO SUBMITTED

<https://www.watermelon.org/recipes/watermelon-green-tea/>

A caffeinated take on infused water, this tea is perfect for brunch or an afternoon pick me up.

• YIELDS Makes 2 servings.

INGREDIENTS

• 1 cup watermelon cubes, frozen

- 2 cups green tea, homemade or store bought
- Honey (to taste)
- Mint leaves, optional
- Ice

MAKE RECIPE Powered by Chicory

INSTRUCTIONS

1. Add all ingredients into a pitcher and stir. Multiply recipe as needed for a larger pitcher.

NUTRITIONAL FACTS

Serving size 1 • Calories per serving 60  
Carbohydrates per serving 14g  
Sugar per serving 13g • Protein per serving 1g

## AUGUST MEAL CALENDAR

AUGUST					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
<b>August 9th</b> <b>Senior Summer Concert &amp; Dinner Event</b>	Zesty Turkey Taco Bake Spanish Rice Refried Beans Fresh Orange	Hearty Beef Stew Steamed Peas Buttermilk Biscuit Peaches Black Bean Brownie	Baked Pork Chop Mashed Potatoes & Gravy Steamed Broccoli WG Bread Pineapple	Old Fashioned Goulash Roasted Brussel Sprouts WG Garlic Breadstick Watermelon Cook's Choice Cookie					
Oven Baked Chicken Breast over Garlic Parmesan Cauliflower Rice Broccoli WG Bread Applesauce	Salisbury Steak Mashed Potatoes Steamed Carrots Rye Bread Mixed Berry Crisp	<b>CLOSED FOR DINE-IN</b> Sloppy Joes on WG Bun Baked Beans Tomato & Cucumber Salad Crisp Grapes	BBQ Chicken Parsely Baby Reds California Blend Vegetables Cornbread Cantaloupe	Strawberry Spinach Salad with Chicken WG Garlic Breadstick Honeydew					
Egg Salad w/Lettuce on a Croissant Apple Cranberry Coleslaw Fruit Juice <b>SHELL LAKE DINING @ 5</b>	Baked Lemon Chicken over Herbed Lemon Brown Rice Green Beans Roasted Red Potatoes Apricots	Sliced Baked Ham Whipped Sweet Potatoes Roasted Broccoli WG Dinner Roll Pineapple	Roast Beef & Cheddar, WG Bread w/LTO Lentil & Black Bean Salad Peaches	Home-style Meatloaf Mashed Potatoes Gravy Peas & Carrots Rye Bread Pistacho Fluff Salad					
Chicken Tortellini Pasta Steamed Broccoli Garden Salad, Dressing WG Garlic Breadstick Cinnamon Pears <b>SPOONER DINING @ 5</b>	Cheeseburger on WG Bun, Baked Bean Medley, Tangy Mustard Coleslaw Banana Pudding <b>BIRCHWOOD DINING @ 5</b>	Swedish Meatballs in a Mushroom Sauce over WG Egg Noodles Buttered Carrots Mandarin Oranges Peanut Butter Cookies	Roasted Sausage & Sprouts Potato Wedges WG Dinner Roll Fresh Orange	Tuna Noodle Casserole Green Beans Buttered Corn WG Bread Apple Crisp					
Fish w/Lemon Dill Sauce Sweet Potato Fries Creamy Coleslaw WG Dinner Roll Fresh Fruit Salad	Unstuffed Pepper Casserole Garden Salad, Dressing WG Bread Cantaloupe	Beef Pot Roast w/ Potatoes, Onions, Carrots & Celery WG Dinner Roll Peach Cobbler	Waldorf Chicken Sandwich on WG Bread w/Leaf Lettuce Creamy Tomato & Cucumber Salad Crisp Grapes						

• ALL MEALS SERVED WITH 1% MILK  
 • MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO FOOD AVAILABILITY  
**FOR RESERVATIONS CALL:**  
**Spooner/Shell Lake Senior Center: 715-635-8283 • Birchwood Senior Center: 715-354-3001**  
**Minong Senior Center: 715-466-4448**

**EVERYONE IS WELCOME:** Those eligible to participate on a contribution basis include anyone age sixty and older. Suggested contribution is \$4.00 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$12 to participate.

## DINING AT 5



Suggested donation is \$6.00 AGE 60+  
 Cost: \$12.00 for anyone under 60 years old.

**PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE**  
 Shell Lake: 715-635-8283  
 Spooner: 715-635-8283  
 Birchwood: 715-354-3001

**MINONG MENU**  
 Cancelled Until Further Notice

**SHELL LAKE MENU**  
**MONDAY, AUGUST 14**  
 BBQ Ribs • Cowboy Beans • Coleslaw  
 Corn Bread Muffin • Apple Delight

**SPOONER MENU**  
**MONDAY, AUGUST 21**  
 Hamburger on a Bun • Macaroni Salad  
 Corn on the Cob • Salad Bar  
 Mary's Choice Dessert

**BIRCHWOOD MENU**  
**TUESDAY, AUGUST 22**  
 Meatloaf with Mashed Potatoes & Gravy  
 Green Beans • Spinach Salad  
 Dinner Roll • Kristi's Choice Dessert

## TABLET & SMARTPHONE TRAINING



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Tablets can be borrowed to learn upon. Ask TODAY for more information or call us at Neighbor to Neighbor.



**IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING A MENTAL HEALTH CRISIS WITHIN WASHBURN COUNTY, PLEASE CALL**

**888-860-0373**

## SENIOR CENTER NEWS AND EVENTS

### JOANN MALEK AND CATHY PEDERSON CHICOG NEWS



SUBMITTED PHOTO

Bibliodragon Van

The Bibliodragon is friendly. It is filled with brand new books. Adult books, including one entire section of large print editions. Junior and children's books with even some board books for the littlest.

The Bibliodragon is a specially outfitted van. It is accessible. It travels to twelve townships throughout the county. The library visits the Chicog Town Hall once a month. Check out books for a four-week period. Pick up library resources you have on-hold. Return any library items.

Sign up and receive your own library card, good for books, magazines, videos from thirty libraries in the system and digital materials throughout the Wisconsin Public Library Consortium. Use free Wi-Fi. Anybody can have a library card. Everybody can and should.

News Flash! The schedule has changed. As of August 2023, Bibliodragon will visit Chicog on the fourth Thursday of each month. It will be at the town hall from 11 a.m. to 1 p.m. Thanks, Katy, for adjusting your schedule to fit with our Thursday Chicog Walkabouts.

Katy Larson is Bibliodragon librarian and Spooner Library outreach coordinator. Her mission is to gain attention and build usage of this new resource. She is particularly attuned to children and has a degree in elementary and music education. Her visits may include stories and surprises for youngsters. Reach her at 715-635-2792 or email Katy at outreach@spoonerlibrary.org. Bibliodragon will come to your retirement community, group home, daycare center or other organization. Fill out an application at spoonerlibrary.org/bookmobile.

Another important role for the traveling Bibliodragon is to bring free food including fresh produce, dairy/meat and dry goods for anyone in need, drive-thru style with no ID needed. As of August 1, Books and Bread will visit Christ Lutheran Church in Trego on the first Tuesday of each month from 12:45-1:45pm.

**Important August dates:**

- Tuesday, 8/8, 12:45-1:45, Books and Bread, Trego
- Wednesday, 8/9, 6pm, monthly Chicog Town Meeting
- Wednesday, 8/9, 4:30-7:30, Summer Senior Social Dinner & Concert, Shell Lake
- Thursday, 8/10&24, 11-3, Chicog Walkabouts
- Thursday, 8/24, 11-1, Bibliodragon, Chicog
- Thursday, 8/31, Chicog Day in Superior-Duluth

SEE **CHICOG** PAGE 12



SUBMITTED PHOTO: Shell Lake Painting Class

### LINDA ROGERS FRIENDSHIP COMMONS

Shell Lake Senior Center

We want to give a huge thank you to all the dedicated members who watered our flowers during the drought.

Our center believes in supporting the Washburn County Fair and thankfully, we had many pretty flowers, along with some beautiful paintings done by our members to enter in the fair. Our quilt "Falling Leaves" will be on display in the Little Red Schoolhouse, however we will not be raffling it, as it has been privately purchased.

Our trip we scheduled to Pioneer Village unfortunately was rained out, but we are hoping to attend the Blue Grass Festival in September. Hope you are all enjoying the Music in the Park. The entertainment has been wonderful!

The painting class at the Shell Lake Senior

Center is one of the many activities seniors can participate in. Participants enjoy painting a variety of subjects, while learning different techniques with acrylic paints. The artists recently displayed their work at the July 12th Senior Social Dinner & Concert in the Shell Lake Community Center. Any senior is welcome to join the group, usually meeting the first Monday of each month. Please check the Shell Lake activity calendar to verify. The cost of supplies is approximately \$15. If you are a Washburn County resident age 60+ or caregiver who would like to participate, but cannot afford the fee please contact the ADRC to see if there may be assistance available.

Call (715-468-7491) for information about activities at our Center. Call the Spooner Senior Center (715-635-8283) to order meals to eat at the Shell Lake Center. To order Meals on Wheels delivery in Washburn County, call Valerie VanderBent at (715-635-4460)

## SHELL LAKE SENIOR CENTER FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.635.8283

NUTRITION SITE MANAGER: CHAR JAEGER

CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	3 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	4
7 Tai Chi 10:00 - 11:00 Painting 1:00	8	9 <b>No Meals Served</b>  Wii Bowling & Games 9:00 Quilting 9:00 Smear & Games 1 pm	10 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	11
14 Tai Chi 10:00 - 11:00 am <b>DINING AT 5:00</b>	15	16 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	17 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	18
21 Tai Chi 10:00 - 11:00	22	23 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	24 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	25

## SENIOR CENTER NEWS AND EVENTS

### CAROL ADDINGTON

Birchwood Senior Center

Hope you are all having an awesome summer. Other than the lack of rain, it has been great for us.



When you see the news, we are the only area not in three digit degree heat numbers or washing away in floods. The rain did finally come and the crops look wonderful. That corn was sure 'knee high on the 4th of July', or more. I am so sad I cannot eat it anymore, my favorite food!

I do not know about you but the things I used to care to do, I no longer care to do, but I really do care that I don't care to do them anymore.

It has been a quiet summer at the center. Book Club is really enjoying gathering at the air-conditioned center and it is such a fun group. Do check us out if you haven't yet. Call the center for the time and date or better yet, stop in and check out the calendar.

Ya know old IS good in some things, like old songs, old movies, and best of all old friends!

We have some sad news as our long time 'senior'

### BIRCHWOOD SENIOR CENTER

#### LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

Nel Brawner has been in the hospital and is now in a care facility south of Rice Lake, waiting to get into Dove. If you would like to send a card, call the center for the address. Happy healing Nel!

Ya know, I have been thinking, I may not be that funny or good looking, or involved or, I forgot where I was going with this...

More info sessions on Medicare fraud and it is rampant so do be careful you 'newcomers'! ADRC has planned sessions on Mission Delivery: Outreach, Education and One on One Counseling. What are the trends we are hearing about related to fraud in Wisconsin? What you can do and available resources. Upcoming sessions are August 8, 2023

at 10:30 a.m. at the Birchwood Senior Center. Why not stay for lunch, but do reserve. On August 9, 2023, a presentation will be starting at 11:00 a.m. at the Spooner Senior Center and then staff will have information at the Summer Senior Social & Dinner at the Community Center in Shell Lake from 4:30-7:30 p.m. Finally, on August 10th, a presentation will be giving at the Washburn County Community Services Center at 10:00 a.m. in the County Board Room in Shell Lake. For more information, call the ADRC at 715-635-4460. Happy Knowledge.

It is not what you *gather*, but what you *scatter* that tells what kind of life you have lived! Therefore, have a great August and enjoy every day as summer is almost over.

### CHICOG FROM PAGE 11

The final ADRC Summer Senior Social Dinner & Concert event will be held on Wednesday, August 9. Supper at the Shell Lake Community Center, 4:30-5:30pm, includes pulled chicken on bun, barbecue sauce, coleslaw, chips, fruit and dessert. Suggested contribution for seniors is \$6. Pre-registration required, please call soon at 715-635-4460, and remember to call back if you need to cancel. Outdoor concert in the bandstand, 5:30-7:30pm, will feature the popular "2nd Time Around Band". Free transportation from Chicog Town Hall to Shell Lake and back is available by calling Amber at 715-635-4465 to make a reservation.

The ESG is planning a Superior-Duluth outing on Thursday, August 31. Enjoy a special day of shopping, eating, sightseeing and socializing. Meet at the Chicog Town Hall at 9:30 a.m., cars will depart at 10 a.m. We will go to the Perkins restaurant in Superior for lunch. Folks riding together can decide during lunch where they want to go next. Return time is not set. If we have to cancel due to heat or weather, back-up date will be September 28. Please register before 8/29 with Rachel Nau by calling or texting 715-939-0636, or by emailing rachelnau926@yahoo.com.

Thanks for reading the Chicog News.

#### FEED MY PEOPLE FOOD BANK AT SHELL LAKE LIBRARY

The Shell Lake Public Library is excited to announce that we will be a food location for Feed My People Food Bank. Ready to Go food bags are available in the city hall lobby. There are two types of bags; ready to eat and things that require heating. There is a clipboard on the cart where participants are asked to record household size and age range. This information helps Feed My People continue to serve our community. There are no identification, residency or income requirements.



## Certified Direct Care Professional



#### FREE TRAINING TO START YOUR HEALTH CARE CAREER

Are you looking to make a difference in people's lives? Would you like to learn skills to help others? Is it important for you to support your community? It has never been easier to learn the skills needed for a fulfilling career in health care. As a Certified Direct Care Professional (CDCP), you can help improve the quality of life for people who are elderly or have a disability.

#### HERE'S HOW IT WORKS

- Complete the free, 20-to-40-hour training and testing program online at your own pace.
- Receive your CDCP designation and a \$250 completion bonus if you work for or are hired by a qualified provider.
- Automatically join the Certified Direct Care Professional Registry to connect with employers throughout Wisconsin.
- Work six months at a qualified employer and earn a second \$250 bonus.
- Grow into future positions, like certified nurse aide (CNA), medication aide, licensed practical nurse, and more.

#### WHAT WILL I DO?

- The on-the-job role of a CDCP may include:
- Helping your client with daily activities, such as get-

ting dressed, moving around, meals, and body care

- Taking care of household duties your client can't do on their own, like laundry, light cleaning, running errands, or getting to appointments.

#### WHERE WILL I WORK?

- Workplace opportunities for CDCPs include:
- A client's home
  - Adult family homes
  - Assisted living facilities



Scan to sign up today!  
[wiscaregivercdcp.com](http://wiscaregivercdcp.com)

## SENIOR NEWS

# Health Benefits of Basil

<https://www.webmd.com/diet/health-benefits-basil>

## Health Benefits of Basil

Written by WebMD Editorial Contributors

Reviewed by Zilpah Sheikh, MD on July 03, 2023

### WHAT IS BASIL?

Originally native to India, Asia, and Africa, basil was held to be a sacred and noble herb. In fact, the word “basil” comes from the ancient Greek “basilikon” which means “royal.” Today, *Ocimum basilicum* (the scientific name for basil) grows in many places around the world. Many people even grow basil in their kitchens or gardens. This fragrant herb is used as a seasoning in a variety of dishes, and plays a key role in Italian and Thai cuisine. There are more than 60 varieties of basil, with sweet basil being one of the most widely used. The herb has rounded leaves that are often pointed. It’s a bright green plant, although some varieties have hints of purple or red in their leaves. Sweet basil has a very strong smell and a recognizable flavor. Different varieties of basil offer slightly different flavors. For instance, lemon basil has a tangy lemon taste, while mint basil has a refreshing minty taste. Basil makes a colorful and flavorful addition to many dishes. It can also provide some serious health benefits.

### BASIL CAN BE USED TO SEASON A VARIETY OF DISHES.

#### BASIL VS. HOLY BASIL

Holy basil, also known as tulsi, is an herb originally grown in the tropical climates of India and nearby countries. The scientific name is *Ocimum sanctum* or *Ocimum tenuiflorum* L. In addition to being an herbal supplement, the holy basil tulsi plant is an important part of Hindu culture. Those in the largest Hindu sect, Vaishnavism, use tulsi for worship, prayer, and other spiritual rituals. In India, tulsi is an important antioxidant in holistic medicine. This form of traditional medicine is called ayurveda, which considers health problems to be imbalances within a person’s mind, body, and spirit.

#### BASIL HEALTH BENEFITS

Basil contains many vitamins and minerals, as well as antioxidants such as lutein, zeaxanthin, beta-carotene, and beta-cryptoxanthin. Many of its health benefits come from these antioxidants, as well as its essential oils. These compounds mostly disappear during the drying process, so opt for fresh basil when possible to gain the most benefits.

Health benefits of basil include:

**Reduction of oxidative stress.** Basil is full of antioxidants. Sweet basil contains a compound called eugenol, and lime and lemon basil have limonene. These antioxidants, along with others such as anthocyanins and beta-carotene, help to fight free radicals in the body that can otherwise lead to cell damage and increase your risk for a variety of health conditions, including cancer, heart disease, arthritis, and diabetes.

**Blood sugar regulation.** Some studies suggest that adding basil to your diet may help reduce high blood sugar levels and help lessen long-term effects of high

blood sugar.

**Heart disease prevention.** The eugenol in basil can block calcium channels, which may help to lower blood pressure. Its essential oils can help lower your cholesterol and triglycerides. Basil also contains magnesium, which can help improve your blood flow by allowing your muscles and blood vessels to relax.

**Reduced inflammation.** Essential oils in basil, including eugenol, linalool, and citronellol, help fight inflammation in your body. These anti-inflammatory properties help lower your risk of inflammatory conditions such as arthritis, heart disease, and bowel issues.

**Protection against infections.** Basil has antibacterial properties. Its oils may help fight bacteria if you have respiratory, urinary, abdominal, or skin infections.

#### HOLY BASIL HEALTH BENEFITS

In addition to the health benefits of other basil varieties, holy basil also provides some specific benefits. These include:

**Improves asthma symptoms.** Early studies show that holy basil may reduce your airway swelling if you have asthma. But one of these studies relied on animals. And two clinical trials, which found swollen airway improvement in those taking holy basil, didn’t include a comparison group not taking holy basil.

While helping with breathing and reducing irritation of airways is a common use of holy basil, more research is needed to confirm its benefits.

**Improves immune system function.** A traditional ayurveda belief is that holy basil improves overall immunity when taken on an empty stomach. Researchers verified this idea in a small study. The results showed improved immune system benchmarks, including an increase in the levels of T cells, which are blood cells that fight infections.

**May reduce damage from some types of stress.** Holy basil is an adaptogen, a substance that guards against physical and mental stress. Studies suggest it can protect you from the effects of:

- Certain industrial chemicals
- Heavy metals
- Physical strain
- Extremely cold temperatures
- Poor diet
- Low physical activity
- Depression

More research is needed to verify these results.

**Cancer prevention.** Holy basil’s phytochemicals can help protect against different types of cancer, including lung cancer, liver cancer, oral cancer, and skin cancer.

**Improved mental health.** Research shows that holy basil can improve your mental health. It has compounds that help ease anxiety and depression, increase your ability to think clearly, and lower the risk for age-related memory loss.

#### BASIL NUTRITION

In 2 tablespoons (5 grams) of fresh chopped basil, you will find:

- Calories: 1
- Protein: 0.2 grams

- Fat: 0 grams • Carbohydrates: 0.1 grams
- Fiber: 0.1 grams • Sugar: 0 grams

Basil also has many vital nutrients. These include:

- Calcium • Vitamin A • Vitamin K • Manganese
- Magnesium • Iron • Zinc • Potassium

#### RECIPE:

<https://www.skinnytaste.com>

#### Basil Oil

Making basil oil is so simple and the result is so amazing, trust me you will want to drizzle it all over your chicken, fish, tomatoes, vegetables or just eat it with some crusty bread!

Prep: 15 minutes mins

Cook: 0 minutes mins

Total: 15 minutes mins

Yield: 6 servings

Serving Size: 1 Tbsp.

#### INGREDIENTS

- 1/2 cup packed fresh basil leaves, stemmed and washed
- 1/4 cup extra virgin olive oil
- 1 tablespoon water
- 2 cloves garlic
- 1/2 teaspoon kosher salt
- 1/8 teaspoon crushed red pepper flakes

#### INSTRUCTIONS

- Place the basil, water, garlic, salt and red pepper flakes in a mini-food processor and pulse a few times. Add the olive oil and blend until you have smooth sauce.
- Use immediately or refrigerate. Flavors are even more intense the next day. Refrigerate for up to 2 to 3 days.

#### TEST KITCHEN TIP

### Candy Your Basil

Arrange basil in single layers on plate, then lightly spray with oil spray and sprinkle evenly with 1/2 teaspoon sugar. Microwave until bright green and crisp, about 90 seconds; transfer to paper towel-lined plate to cool completely, about 5 minutes.

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## SENIOR NEWS

# Recognizing Depression in Elders

[https://caregiver.com/articles/recognizing-depression/?ct=t%28Care-giver+Newsletter+6-22-23%29&mc\\_cid=ac04dea334&mc\\_eid=5a5890a604](https://caregiver.com/articles/recognizing-depression/?ct=t%28Care-giver+Newsletter+6-22-23%29&mc_cid=ac04dea334&mc_eid=5a5890a604)  
by Jennifer Buckley

“Depression in elderly people is a widespread and serious public health concern,” according to the National Institute of Mental Health. It has been estimated that 15% of older Americans experience depression at some point in their golden years. In nursing homes, around 20% of the residents are depressed, especially those living with a serious medical condition, like cancer or heart disease.

Unfortunately, depression goes under-diagnosed and under-treated in older Americans and this can seriously affect the worth of their life and their overall functioning. If ignored long enough, or, if the severity increases, depression could lead to suicide. In fact, America’s older population is responsible for 25% of completed suicides. There are complicating factors, which may mask signs of depression in the elderly. Factors that prohibit caregivers from recognizing the disorder or realizing their loved-one may need help. They may be:

Side effects from certain prescription medications can resemble symptoms of depression. In this case, caregivers may not realize their loved-one is depressed, but only displaying signs of drug side effects. Cardiovascular disease medication and hormones are among some of the drugs, which may cause a person



iSTOCK PHOTO

to have side effects that are similar to symptoms of depression.

Depressive symptoms sometimes include mental cloudiness or confusion. These symptoms can parallel the normal aging process as many people have come to expect the elderly to have some cognitive deterioration. The quandary is that normal aging may be blamed for the mental confusion and not depression. The loss of friends and loved ones is a common occurrence of aging, which may cause much despair.

Depressive symptoms include feelings of hopelessness and sadness. These symptoms could be blamed on a recent loss to your loved one, and

not on depression. Chronic medical conditions such as Alzheimer’s or Parkinson’s disease may cause your loved one to experience a loss of appetite, sleep impairment, self-pity and lethargy. These symptoms are also encased in symptoms of depression.

The dilemma in this case is whether to target your loved-one’s illness for the depressive symptoms or depression itself. Real problems could develop if caregivers assume that depressive symptoms are causal of another underlying problem. To be safe, have your loved one’s doctor evaluate his or her condition. Also, there are online screening tests your loved one can take,

print-out and bring to their doctor to help diagnose depression.

The biggest benefit of online depression screening tests is their ability to aid caregivers and their loved ones on how to talk to their doctor about depression, a sometimes difficult condition to discuss.

Some tests can be found at:  
Mental Health America Depression Test  
Psych Central Depression Screening Test  
Anxiety and Depression Association of America Screening for Depression

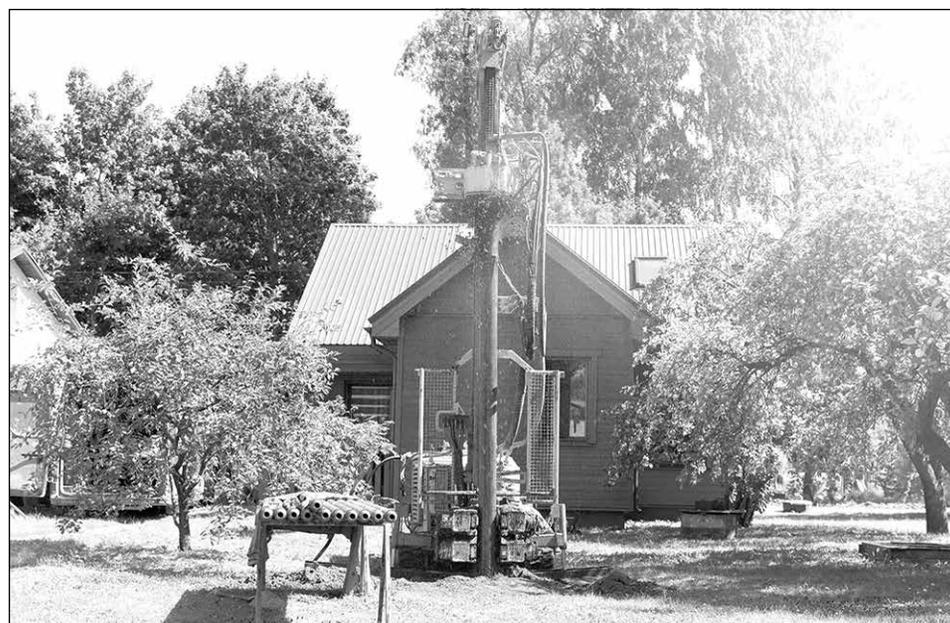
## American Rescue Plan Act Well Compensation and Well Abandonment Grants

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To replace, reconstruct, treat or abandon your well or water system

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- You own a private well or non-community water system
- Your annual family or business income is \$100,000 or less
- Your well or water system is contaminated with nitrate, arsenic, fecal bacteria or PFAS
- You have not begun work on your well or water system yet.



FILE PHOTO

**APPLY BY DECEMBER 2024.**  
**TO LEARN MORE ABOUT ELIGIBILITY AND HOW TO APPLY:**

**VISIT:** [dnr.wisconsin.gov/aid/WellCompensation.html](https://dnr.wisconsin.gov/aid/WellCompensation.html)  
**OR:** [dnr.wisconsin.gov/aid/WellAbandonment.html](https://dnr.wisconsin.gov/aid/WellAbandonment.html)  
**CALL: 608-577-3583 OR EMAIL:**  
**DNRARPAWellGrants**  
**@wisconsin.gov**

The Wisconsin Department of Natural Resources provides equal opportunity in its employment, programs, services, and functions under an Affirmative Action Plan. If you have any questions, please write to Equal Opportunity Office, Department of Interior, Washington D.C. 20240.

**EAT WELL, AGE WELL**

**EAT WELL, AGE WELL.  
August - Diabetes**

**Did you Know...**

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.  
In WI ~ 1 out of 4 adults aged 65+ have been diagnosed with diabetes. Diabetes is the 7th leading cause of death in the United States (and may be underreported).

According to the National Institute on Aging, Millions of older Americans have “prediabetes.” This means their glucose levels are higher than normal but not high enough to be called diabetes. A fasting blood sugar level of 99 mg/dL or lower is normal, 100 to 125 mg/dL indicates you have prediabetes, and 126 mg/dL or higher indicates you have diabetes. Note these levels can be affected by stress and illness so this is a guide range that should be discussed with your doctor. People with prediabetes have a greater chance of developing type 2 diabetes and having a heart attack or stroke.

If you have prediabetes, there are things you can do to prevent or delay getting type 2 diabetes. Losing weight may help. Healthy eating and being physically active can make a big difference. The recipe & links on the next page can help assist you! Get help with quitting smoking (if you smoke), because smokers are more likely than nonsmokers to develop type 2 diabetes. Make sure to ask how often you should have your glucose levels checked. Your doctor may also talk with you about taking medication to delay or prevent type 2 diabetes.

If you have diabetes, your doctor may screen you for depression or cognitive impairment. Older adults with diabetes are at higher risk for these conditions, compared with others their age who do not have diabetes. You can also ask to be screened if you have concerns.

GWAAR NUTRITION TEAM BY PAM VANKAMPEN RDN, CD AUGUST 2023

**SMOKED-PAPRIKA SALMON**

This recipe can be enjoyed hot or cold on a salad.



Photo Courtesy of Pixabay.com

**INGREDIENTS:**

- Dijon Mustard 1 tbsp
- Maple Syrup 2 tsp
- Smoked Paprika 1 tsp
- Salmon (divided into 2 portions) 8 oz
- Olive Oil 1/2 tsp
- Salt or Salt-free blend 1/4 tsp.
- Black pepper 1/4 tsp.

**DIRECTIONS:**

1. Preheat the oven to broil. Set the rack 6 inches from the heat source. Line a broiler pan with foil.
  2. In a small bowl, combine the mustard, maple syrup, and paprika; set aside.
  3. Brush each salmon portion with olive oil. Sprinkle with salt and black pepper. Put the salmon fillets, skin side down, on the broiler pan and broil the salmon for 8 to 9 minutes. Brush on the mustard mixture and broil for 2 minutes more. Watch carefully so the salmon does not burn.
- Recipe adapted from [https://www.diabetesfoodhub.org/recipes/smoked-paprika-salmon.html?home-category\\_id=20](https://www.diabetesfoodhub.org/recipes/smoked-paprika-salmon.html?home-category_id=20)

Learn more about diabetes at <https://www.nia.nih.gov/health/diabetes-older-people>

**Recipe Resources**

- 40-Page Recipe Booklet for People with Diabetes [https://www.cdc.gov/diabetes/pdfs/managing/tasty\\_recipes\\_for\\_people\\_with\\_diabetes-508.pdf](https://www.cdc.gov/diabetes/pdfs/managing/tasty_recipes_for_people_with_diabetes-508.pdf)
- Diabetes Food Hub Recipes <https://www.diabetesfoodhub.org/all-recipes.html>

**Foods You Can Eat Without Gaining Weight**

<https://www.aarp.org/health>  
By Stephanie Watson, AARP  
January 20, 2023

**THESE HEALTHY OPTIONS ARE LIGHT ON CALORIES AND FAT, PLUS THEY FILL YOU UP.**

Cutting is critical when you're trying to lose weight. You cut calories. You cut fat. Basically, anything that's crammed with carbs, sweetened with sugar or dipped in a deep fryer is suddenly off-limits.

But dieting doesn't have to require deprivation. Many delicious (and healthy) foods can still be part of your dining repertoire. Some members of the produce family are so light in calories and fat that you can eat them with (relative) abandon.

**VEGETABLE LOVE**

The one category of foods that you can eat loads of without suffering the consequences of weight gain are nonstarchy vegetables, says Alexis Supan, an outpatient dietitian with the Cleveland Clinic Center for Integrative & Lifestyle Medicine. "Mostly any vegetable besides potato, corn and peas, you can eat endlessly," she says.

**INDULGE IN THESE TO YOUR HEART'S CONTENT, ALONG WITH A BALANCED DIET.**

- Celery
- Lettuce
- Watermelon
- Broccoli and cauliflower
- Grapefruit
- Mushrooms
- Berries (strawberries, blueberries, blackberries)
- Kiwi
- Carrots
- Spinach and kale

A cup of chopped broccoli or a grilled portobello mushroom contains just 30 calories and less than 1 gram of fat. You can chow down on two entire cups of lettuce and consume less than 16 calories. Because of its high water content, a whole

SEE **FOODS** PAGE 17

**You can Afford to Have a Healthy Smile!**

**Senior Dental Savings Plan**

**No insurance? No problem!**

Our **Senior Plan** is an affordable program for those Seniors (60 years & older). As a member in our Senior Plan, you will experience significant savings, which will allow you to maintain a clean and healthy mouth without insurance.

For more information, please visit **GreenValleyDentalCare.com** or give us at call **715-635-7888**

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- MetLife
- Health Partners
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- Humana
- United Concordia
- United Health Care



**GREEN VALLEY DENTAL CARE**  
Paul A. Kloek, D.D.S.  
W7154 Green Valley Rd., Spooner, WI

**FARMERS' MARKET**

# Washburn County Senior Farmers' Market Nutrition Program



SUBMITTED PHOTO

In May, Washburn County announced its participation in the 2023 Senior Farmer's Market Nutrition Program. This program allows low-income seniors to apply for \$35.00 in vouchers, which may be used to purchase fresh fruits, vegetables, and herbs from participating Farmers Markets and Roadside Stands throughout the State of Wisconsin.

Eligible applicants must be age 60 or older (age 55 or older if Native American), be a resident of Washburn County, and have an income at/below 185% of the Federal Poverty Level (FPL). Applicants are not required to provide proof of income.

Eligibility forms can be completed at the ADRC of Washburn County 304 2nd Street, Shell Lake WI. We are also going to be planning additional distribution dates at our Washburn County Senior Centers. Please watch the Focus for Life and our Facebook page for these distribution dates.

We are truly excited to be a part of such an amazing program that is not only beneficial to our senior community, but also to our local farmers.

Please contact the ADRC of Washburn County at 715-635-4460 for more information.

**SPOONER FARMERS MARKET**  
**SATURDAYS 8AM - 12PM**  
**JUNE 10 - OCT. 7**  
**WASHBURN COUNTY FAIRGROUNDS**

Are you a Washburn resident age 60+? Do you like fresh produce? Do you or could you find access to visit a local Wisconsin Farmer's Market? You may be eligible for (7) \$5 Farmer's Market Vouchers at no cost to you. Not only will you benefit, but the local farmer's that you support by purchasing from them will also benefit! Contact the ADRC of Washburn County at 715-635-4460 or stop in between 8-4:30 M-F at 304 2nd Street, Shell Lake, and ask for Cassi. She will explain the program and assist you with the application.

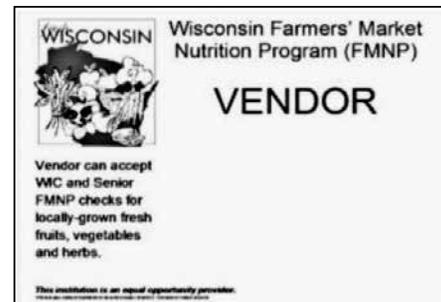
# Wisconsin Farmers' Market Nutrition Program (FMNP) coming to Washburn County!

The ADRC of Washburn County is very excited to announce that we will be starting the Senior Farmer's Market Voucher program this year. We are still in the process of training, but will be sending out more information soon.



**What is the Farmers' Market Nutrition Program?**

The Farmers' Market Nutrition Program offers you an opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from certified farmers. Farmers' Market Checks are to be used June 1 - October 31. You can take your checks to any participating farmers' market or roadside stand. Nearly every county in the state has at least one participating market. You can even take your checks with you when you are traveling throughout the state! Go to an authorized market (you will be given a list by your agency) and look for this yellow sign:



If you are a Washburn County farmer that sells fresh produce at market or have a roadside stand, we encourage you register now to become a certified vendor. The process is simple and you will reap the rewards of providing produce to local seniors and reimbursement by the State of WI.

**Washburn County farmers should contact the Polk County WIC program coordinator**

Kelly Catlin at email: [kelly.catlin@polkcountywi.gov](mailto:kelly.catlin@polkcountywi.gov)  
 Polk County Health Department (Acting Agency) 100 Polk County Plaza Suite 180, Balsam Lake, WI 54810, Telephone: 715-485-8520

**WIC: Information for Farmers**

The WIC Farmers Market Nutrition Program (FMNP) and Senior FMNP aim to help farmers. Each year, the FMNP gives checks to members of WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) and Seniors to spend at farmers markets. This helps bring new buyers to the market. It also boosts sales for local Wisconsin farmers.

**Apply to be an FMNP farmer: Who can join FMNP as a farmer?**

To join FMNP as a farmer, you must grow one or more of the items you sell. These are called "homegrown products." With homegrown products, you must: Make sure they are on the Wisconsin WIC and Senior FMNP Approved Foods List. Sell them at an FMNP farmers market or farm stand. Grow them in Wisconsin or a farm within 50 miles of Wisconsin.

**What are FMNP approved foods?**

The Approved Foods List has the foods members can buy with FMNP checks. FMNP foods must be:

Fresh fruits, vegetables, or herbs to eat. Grown in Wisconsin or at a farm within 50 miles of Wisconsin. You can sell foods grown in these states to the listed Wisconsin counties:

- Illinois—Grant, Green, Kenosha, Lafayette, Rock, and Walworth County
- Iowa—Crawford, Grant, and Vernon County
- Minnesota—Buffalo, Burnett, Douglas, La Crosse, Pepin, Pierce, Polk,

# Prepare Your Pets for Disasters

Your pets are important member of your family! This is why they should be included in your family's emergency plan. To prepare for the unexpected, keep your pets in mind as you follow these tips:

1. Make a plan.
2. Build an emergency kit.
3. Stay informed.

## MAKE A PLAN

If you have a plan in place for you and your pets, you will likely encounter less difficulty, stress and worry when you need to make a decision during an emergency.

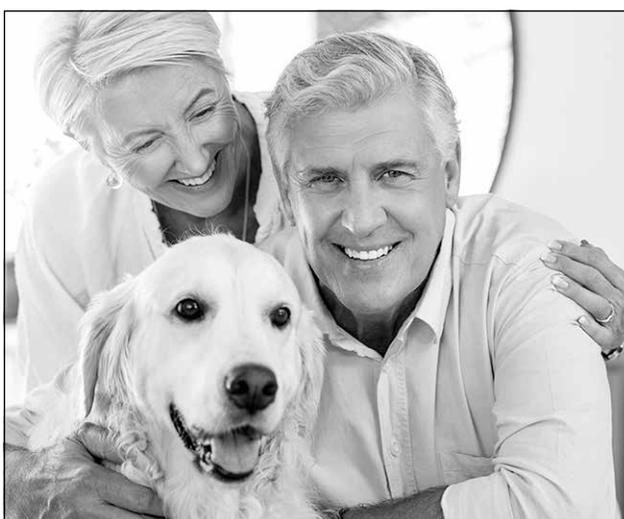
## THINGS TO INCLUDE IN YOUR PLAN:

- Know what to do with your pet during an evacuation. Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.

- Develop a buddy system. Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.

- Have copies of your pet's vaccination record, and make sure your pet is microchipped. Keep your address and phone number up-to-date and include an emergency contact outside of your immediate area.

- Keep contact information for your local emergency management office or animal control office and shelters on hand in case you become separated from



ISTOCK PHOTO

your pet.

## BUILD A KIT FOR YOUR PET

Just as you do with your family's emergency supply kit, think first about the basics for survival. Review your kit regularly to ensure that their contents are fresh.

## HERE ARE SOME ITEMS TO INCLUDE IN AN EMERGENCY KIT FOR YOUR PET:

- Food and Water. Keep several days' supply of both.
- Keep food in an airtight, waterproof container,

and have a water bowl to use.

- Medicine. Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.

- First aid kit. Include items appropriate for your pet's emergency medical needs.

- Backup collar with ID tag and a harness or leash. Have copies of your pet's registration information in a waterproof container and available electronically.

- Traveling bag, crate or sturdy carrier for each pet.

- Grooming items. Pet shampoo and other items, in case your pet needs some cleaning up.

- A picture of you and your pet together. If you become separated from your pet, a picture will help you document ownership and allow others to assist you in identifying your pet.

- Sanitation needs. Include pet litter and litter box, trash bags and other items to provide for your pet's sanitation needs.

- Familiar items. Put favorite toys, treats or bedding in your kit to reduce stress for your pets.

## STAY INFORMED

Stay informed of current conditions and know how you will receive emergency alerts and warnings. Download the FEMA app to get weather alerts for up to five different locations anywhere in the United States. Always bring your pets indoors at the first sign or warning of a storm. For more information about how to prepare your pets, visit [Ready.gov/pets](https://www.ready.gov/pets).

## FOOD FROM PAGE 15

tomato has a mere 22 calories. Cauliflower, kale, carrots and sprouts are similarly nutrient-dense and light in calories.

These produce mainstays bring a few other things to the table. "What makes them so incredible and so beneficial for weight maintenance and weight loss is they are high in macronutrients [such as carbohydrates] and micronutrients [vitamins and minerals]. And they're rich in fiber," says Beata Rydyger, a registered nutritionist based in Los Angeles. Fiber keeps your blood sugar levels stable, which helps you avoid sudden attacks of the munchies that might otherwise make you crave junk foods.

If vegetables aren't your favorite foods, you might be thinking how unappealing this way of eating sounds. But there are ways to spice up your veggies to make them more palatable.

Roast them in olive oil spray, then add a blend of garlic and other herbs and spices, Supan suggests. If you love dip, which tends to be high in fat, use salsa instead to add even more vegetables into the mix. Or blend a ranch flavor packet into plain Greek yogurt. "Now you have a really high-protein, very healthy dip

that you can use along with your vegetables," she says.

## WHAT ABOUT FRUIT?

Fruits are a different story. With most of them, you don't want to go overboard. "Grapes are a perfect example. A lot of people love to snack on grapes and could eat the whole bag in an afternoon without really thinking about it. But grapes are a high-sugar food," Supan cautions. "Keeping most fruits to a cup-and-a-half for the day is a good goal to have."

The exceptions are berries (strawberries, blueberries, blackberries), kiwi and grapefruit. These fruits are high in fiber and low on the glycemic index — which means they won't boost your blood sugar too much. Just be careful before eating grapefruit to make sure it doesn't interact with any medications (such as statins) you take. And don't load it up with sugar to make it taste sweeter.

## FILLING UP THE HEALTHY WAY

If you're looking for all-you-can-eat foods, it may be worth revisiting your entire diet to make sure it's satisfying. "When people eat the right meals through-

out the day, that tends to fill them up much more, and they don't have that constant hunger," Supan says.

Many other foods pack a powerful nutritional punch for their calorie count. Examples are healthy proteins such as fish, chicken, tofu or beans, which should be part of each meal. You also want to add healthy fats from nuts and olive oil, vegetables and whole grains such as quinoa or brown rice to your meals. "These foods will create satiety, and you can go longer without feeling that urge to snack, so you won't overindulge," Rydyger says.

Snacking on other high-protein, high-fiber foods will help to hold you over until dinnertime. A can of tuna, an apple with a tablespoon of peanut or almond butter, a handful of nuts, a cup of plain air-popped popcorn, a half-cup of cottage cheese or a hard-boiled egg all make excellent options. Though they do contain calories, they're high in protein, so you won't be tempted to overeat at your next meal.

Drinking a glass of water or having a cup of bone broth (which contains protein in the form of collagen) might also help fill you up before a meal.

## FARMERS FROM PAGE 16

St. Croix, Trempealeau, and Vernon County Michigan—Florence, Forest, Iron, Marinette, and Vilas County

### How do I become an FMNP farmer?

To join FMNP as a farmer, you must Contact your WIC office. Attend a training in person or by video conference if: You are new to the program. You have broken FMNP rules before.

Read and sign an agreement. This confirms you know the program's rules. You cannot take FMNP checks until you finish these steps. Once complete, the state WIC office will send you:

A letter. It says that you are FMNP certified. A copy of the signed agreement. An FMNP sign to put up at the market. An FMNP stamp to add to all checks you get from FMNP buyers.

A letter for the bank. It explains FMNP checks. A list of FMNP farmers markets. You can only take FMNP checks at approved FMNP markets. Renewing each year Farmers need to renew their farmer agreements every three years. You will get an email or regular mailing if you need to renew your agreement. You do not have to take the training again (unless you broke FMNP rules).

**SOCIAL** FROM FRONT PAGE

Shell Lake Pavilion from 5:30-7:30 p.m., with a dance floor installed at the front of the Pavilion. Bring your dancing shoes and be ready to boogie.

FREE rides will be available for Washburn County residents age 60+ and their caregivers. Call Washburn County Transit at 715-635-4465 for a reservation. Our Mobility Manager Amber Anderson will assist you.



SUBMITTED PHOTO

Community Alliance for Prevention educated the public on safe medication storage and disposal. They gave out drug lock boxes/bags and deactivation kits.



SUBMITTED PHOTO

State of Wisconsin Medigap Helpline representative Steve Shapiro was on hand to provide advocacy and unbiased information on Medicare insurance options.



SUBMITTED PHOTO

Performance Foods was on hand with Bridgeman's Ice Cream providing sweet treats, along with local North Crossing Foods from Spooner where you can find this delicious ice cream!



SUBMITTED PHOTO

ADRC Staff from front left to right to back Patryce, Cassie, Val, Nichole, and Amber teaching Don Posh of Indigo how to take a selfie.



SUBMITTED PHOTO

Washburn County Public Health provided Insect Wipes & Solar Camping Lanterns with education on insects and disease prevention in the Northwoods.



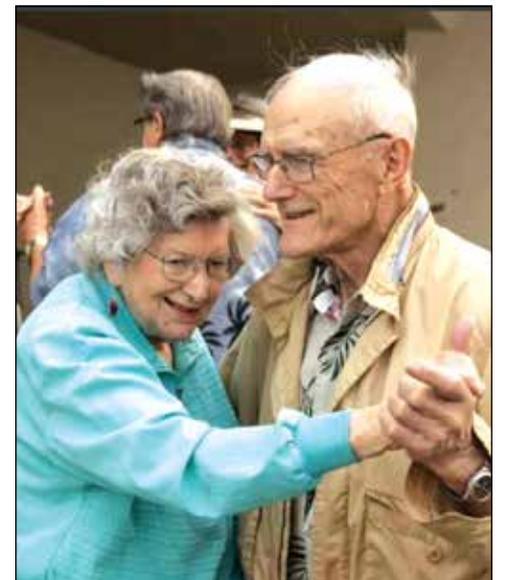
SUBMITTED PHOTO

Thanks to our wonderful ADRC cooks, a great meal was once again prepared and served to over 150 local residents.



SUBMITTED PHOTO

ADRC distributed Senior Farmer's Market Vouchers and everyone got a chance to spin the prize wheel. Indigo demonstrated adaptive aids and the Veteran's Service Officer met with local veterans regarding benefits.



RECIPE CORNER

**WATERMELON MARGARITA**



PHOTO SUBMITTED

This watermelon margarita is made with just four ingredients (salt rim not included) and can be served on the rocks or frozen. This drink is light, refreshing, fruity, and the perfect summer go-to for watermelon lovers!

Combine watermelon juice, lime juice, tequila, and sweetener in a bowl or shake the mixture in a cocktail shaker if you have one. Taste it and add more sweetener if needed.

Cut a lime into wedges and rub against the outer rim of the glass. Dip each glass upside down onto a small plate, that has some salt on it, to cover the rim with the salt. This step is optional but it looks nice.

Add ice cubes and pour in the watermelon mix. Enjoy immediately!

**NOTES**

- Freeze the watermelon for a couple of hours to make frozen watermelon margarita.

- I used 1 tablespoon of Erythritol to sweeten the margaritas but you can use a liquid sweetener like maple syrup if you prefer.
- For additional flavor, you could add in some strawberries, pineapple cubes, or even passion fruit.
- Add a pinch of cayenne pepper to a spicy kick or infuse the margaritas with some jalapeño slices.
- Read the blog post for more helpful tips and variations and step-by-step photos.

<https://elavegan.com/watermelon-margarita-recipe/?fbclid=IwAR2l91cld6aDm-zTUqkWxbubzUbdJfC2IECZPRiLZ9AKjKHvevwt1AJxvc>

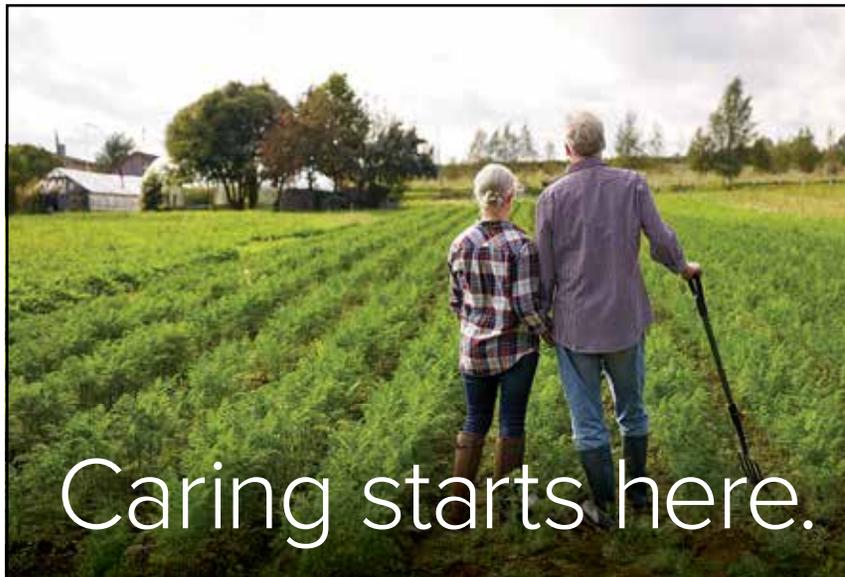
**SERVINGS 2 – AUTHOR MICHAELA VAIS**

**Ingredients**

- 14 oz (400 g) watermelon diced (yields 330 ml watermelon juice)
- 1/3 cup (80 ml) silver tequila
- 1/4 cup (60 ml) lime juice from 3 limes
- 1 tbsp sweetener of choice
- Sea salt for lining rim (optional)
- Ice cubes (optional)
- Pinch of cayenne pepper (optional)

**INSTRUCTIONS**

Add diced watermelon to a blender or food processor and blend until it's juice. Strain the watermelon juice through a fine-mesh sieve to remove the seeds and pulp.



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[www.mychoicewi.org/SA](http://www.mychoicewi.org/SA)  
800-963-0035 TTY 711

For Long-Term Care options contact your local [Aging and Disability Resource Center](#).  
[www.dhs.wisconsin.gov/adrc/](http://www.dhs.wisconsin.gov/adrc/)

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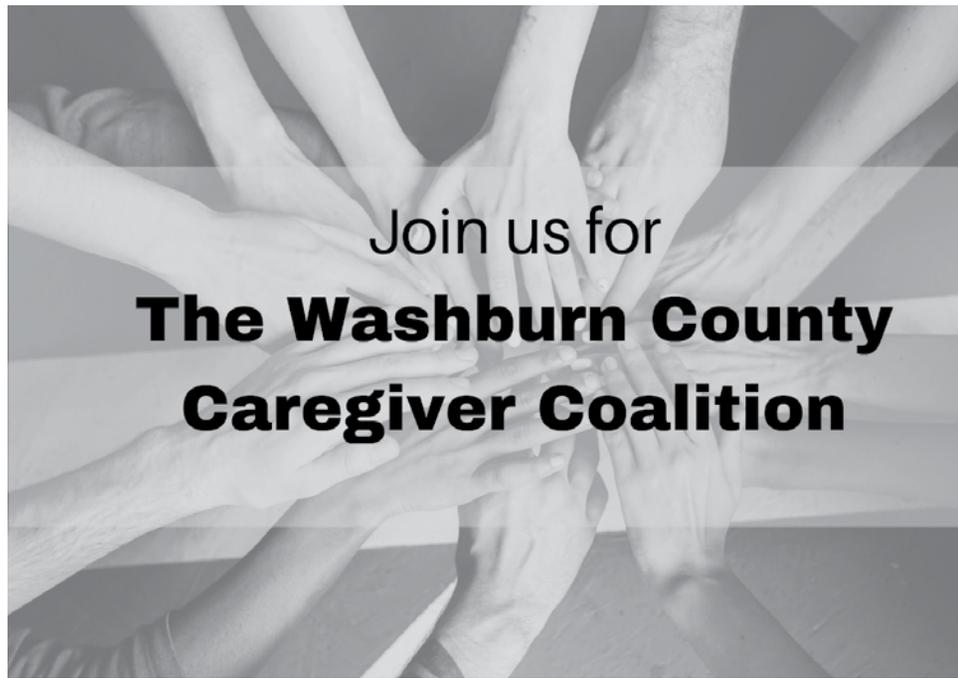
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Join us for  
**The Washburn County  
 Caregiver Coalition**

**WHEN:** The Third Tuesday of the Month  
 from 2:30 to 3:30 PM

**WHERE:** Washburn County Health  
 and Human Services Building  
 304 2nd St., Shell Lake, WI  
 ADRC South Conference Room

**WHY:** "Statistics have shown that nearly 1 out of every 4 households in the US is involved in caring for a person age 50 or older. Of older adults living in the community and needing long-term care, nearly two-thirds (64%) depended on family and friends (informal caregivers) as their only source of help. These numbers will continue to increase as 10,000 baby boomers turn 65 each and every day."

[GWAAR.org](http://GWAAR.org)

Please contact  
 Patryce Garcia  
 Dementia Care  
 Specialist Coordinator  
 at  
 715.635.4477  
 with questions



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