

# FOCUS for Life



VOLUME 31 ISSUE 2

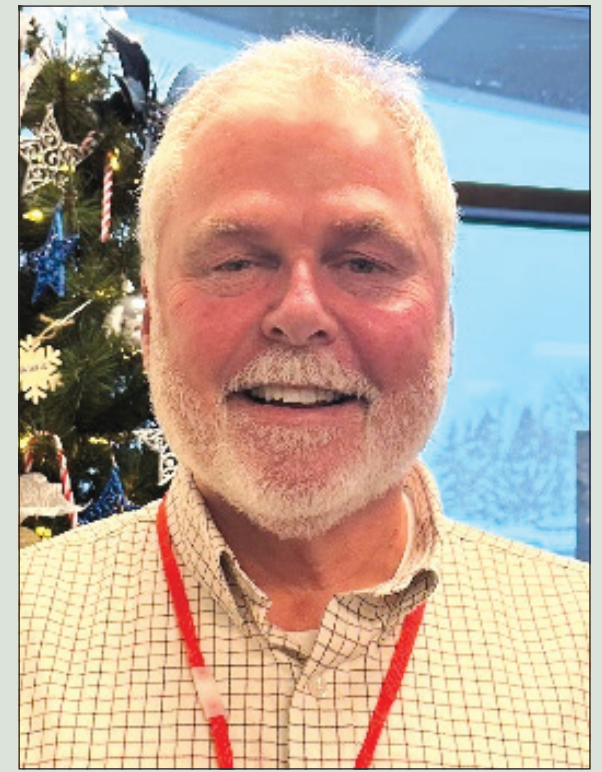
FEBRUARY 2023

## A NEW YEAR, A NEW CYCLE OF LIFE



Linda, Derek, Charlotte, Nathan

PHOTO: ALEX JONES PHOTOGRAPHY



ADRC PHOTO

**Please welcome Kerry Moore, who is our latest addition to ADRC -**

**Washburn Transit Driver**

Kerry is a graduate of Delta State University in Mississippi and lived in Texas, Indiana, Arkansas, Minnesota and Wisconsin before retiring from Walmart's Corporate office after 33 years. During his work with Walmart, Kerry served as a Divisional Asset Protection Manager, a Divisional Human Resource Manager and during his final years, worked in Global Investigations conducting investigations of Ethics violations. Kerry and his wife Debbie, of 39 years, have 3 adult sons, a spoiled rotten Corgi, and reside in Spooner, WI. During their free time Kerry and Debbie enjoy ATV trail riding, fishing and kayaking the Namekagon river.

## Thank You!



ADRC PHOTO

We would like to thank the Springbrook VFW Post 10568 for their generous donation to our transportation program. Amber Anderson accepted the donation as our Transportation Coordinator.



The Virtual Hope Box (VHB) is a Smartphone app designed to decrease depressive symptoms and increase the protective factor of resilience and coping.

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- Distraction
- Relaxation
- Coping Techniques
- Inspirational Quotes

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

There are numerous writings as to the 7 Cycles of Life. One of them was written by Nilgin Yusuf, and published on 07/14/2022 in [www.harpersbazaar.com/uk](http://www.harpersbazaar.com/uk).

After researching several articles and theories, this one seemed to speak to me, with similar parallels to my own life.

*"For some, a year closer to death is no reason to celebrate, but I feel optimistic. 56 marks the final year of one seven-year cycle and heralds the start of another. Unlike some who see life in a linear formation (you're born, you work, you die) I believe our lives are made up of a series of cycles that bring opportunities for replenishment, rejuvenation, and reinvention."*

*"So, what is it about the number seven? It's a number that recurs in nature and culture, religion, and art. Shakespeare wrote about the seven stages of man. There are seven continents and seven seas, seven days of the week, seven notes on the musical scale, and seven directions (forward, backward, up, down, left, right, and center). Biologists inform us that human cells replace themselves every seven to 10 years."*

Nilgin went on to explain, "There are many belief systems that promote this view: philosophical, astrological, mystical, biological and pedagogical (more of which later). But I arrived at the conclusion by tracking my own life across this curious sequence and was intrigued to discover every seventh year did represent a change or new stage. Professional or personal shifts have occurred every seven years; I've either been finishing or starting a course or qualification, taking on a new job or promotion, marking the beginning or end of a significant relationship,

moving home, into pregnancy, or motherhood."

So with those words of Nilgin in my head, I mapped out the course of my life from birth to current every 7 years. With my 4th cycle, I found it was the start of my first professional job working for the local government. The 5th marked the start of a career working directly with and helping people. This led me to the 6th, which gave me experience specifically working with the elderly and disabled populations. In the 7th phase I became actively involved in the Wisconsin Aging Network, non-profits, and grant writing, which led me back to college to pursue a degree in Gerontology. Here I was 50 entering college at the same time as my son. During this phase, I became more active in advocacy efforts for older adults on the local and national level. The 8th cycle marked my continued involvement in local government and community advocacy, with a specific interest in the importance of ADA accessibility and transportation in rural communities. The best part of the 8th is that I became a grandmother two times and I absolutely love it!

Now that I will be entering the beginning of the 9th cycle in March, I feel that I am in a time of transition once more. I have decided to let some things go, to give room for new things to enter my life. Letting go of stress and picking my battles, which will be making time to spend with family, watch the sunrise, plant a garden, enjoy campfires, snuggle with my dog, etc. Major changes will be taking place by letting the hair go to Au Naturel gray and working on a plan to go back to school again, for commercial and residential interior design with a major focus on ADA accessibility for the elderly and disabled to allow them to Age in Place.

By the way, I just put my first official AARP membership card in my wallet today. They have been sending me applications since I turned 35! I am now entering a cycle where I feel comfortable and confident that I am okay with accepting my age and experiences, both good and bad. I hope to continue to give back to others during the remaining cycles that I am blessed with, as I too, Age in Place.

## GRANT AWARDED

# Washburn County Unit on Aging a.k.a ADRC of Washburn County Awarded DOT 53.10 Mobility Management Grant

Mobility management is an innovative approach for managing and delivering coordinated transportation services to customers, including older adults, people with disabilities, and individuals with lower incomes. Mobility management focuses on meeting individual customer needs through a wide range of transportation options and service providers. It also focuses on coordinating these services and providers in an effort to achieve a more efficient transportation service delivery system.

Mobility management involves these key steps:

- Developing an inventory of available services
- Identifying customer needs
- Developing strategies to meet customer needs
- Coordinating financial and other resources
- Improving coordination through transportation brokerage systems
- Training staff and volunteers
- Promoting the use of innovative technologies, services, and other methods to improve customer service and coordination
- Developing customer information and trip planning systems

## Mobility managers

Mobility managers serve as policy coordinators, operations service brokers, and customer travel navigators. They help communities develop transportation coordination plans, programs, and policies, and build local partnerships. Mobility managers may also work to promote land use policies that favor transit-oriented development, public transportation, and pedestrian access. They coordinate transportation services among all customer groups, service providers, and funding agencies and work with human service agencies and workforce centers that coordinate the travel and trip planning needs of individuals who receive human service program assistance.

Two programs administered by WisDOT (5310 and WETAP) have awarded projects that include mobility managers throughout the state.

## Mobility management in Wisconsin

In Wisconsin, mobility management began when former Governor Jim Doyle charged heads of state agencies to work toward eliminating administrative barriers that prohibit transportation coordination by forming the Interagency Council on Transportation Coordination (ICTC) in October 2005. Part of its mission was to develop a state model of coordination.

Through the 2006 Coordinated Public Transit – Human Services Transportation planning process, mobility management was identified as one of eleven priorities in most areas of the state.

Mobility management projects were identified and defined through the locally developed human services transportation coordination planning process in 2006 and the subsequent planning process in 2008. The direction mobility management projects take is a local decision and is not limited or mandated by WisDOT other than to ensure project eligibility according to the applicable funding source.

Wisconsin's mobility managers are employed by a variety of agencies including aging and disability resource centers, local governing bodies, employment and community action programs, transit systems, human service and social service agencies, independent living centers, and economic opportunity councils.

**FOR IMMEDIATE RELEASE:** December 27, 2022

Contact: GovPress@wisconsin.gov

## Gov. Evers Announces \$5 Million Investment into Rural Transit Investment to serve seniors and individuals with disabilities

MADISON — Gov. Tony Evers, together with the Wisconsin Department of Transportation (WisDOT), today announced that 44 agencies that provide transportation services for seniors and individuals with disabilities in rural areas of Wisconsin will benefit from more than \$5 million in state and federal funds in 2023.

“Whether it’s getting to and from work, seeing family and loved ones, or

visiting the doctor, every Wisconsinite—regardless of their age, ability, or ZIP code—should have access to reliable, affordable transportation,” said Gov. Evers. “For folks in our rural communities, we know that providing and having access to these essential services can often be a challenge. These grants will strengthen Wisconsin’s network of support, and we are grateful for the additional boost provided by the federal Bipartisan Infrastructure Law.”

“Thank you to all the agencies across the state who are working with us to improve our transportation services for seniors and those with disabilities,” said WisDOT Secretary Craig Thompson. “Good transportation infrastructure means everyone has opportunities for mobility.”

Enacted on Nov. 15, 2021, the Bipartisan Infrastructure Law (BIL) provided WisDOT with an increase of funds for the 5310 Enhanced Mobility of Seniors and Individuals with Disabilities Program for five years beginning in 2023.

A complete list of the grants, which total \$5,097,376, can be found on the WisDOT Specialized Transportation website here.

The 5310 Enhanced Mobility of Seniors and Individuals with Disabilities Program awards grants to local public bodies and private, non-profit agencies. Since it began in the 1970s, the program has helped fund the purchase of more than 2,200 vehicles in Wisconsin. The funding also supports agencies’ mobility management and operating assistance.

The 5310 Enhanced Mobility of Seniors and Individuals with Disabilities Program awards grants to local public bodies and private, non-profit agencies. Since it began in the 1970s, the program has helped fund the purchase of more than 2,200 vehicles in Wisconsin. The funding also supports agencies’ mobility management and operating assistance.

## Washburn County Unit on Aging Mobility Management \$ 82,840

On Tuesday, January 17, 2023, the Washburn County Board of Supervisors passed a Resolution for the ADRC to accept the 2023 WisDOT 53.10 grant and increase the 2023 budget by \$82,840. The ADRC intends to use the grant funds to split the current Receptionist/Transportation Coordinator Position into two positions, Mobility Manager and Administrative Assistant/Marketing Coordinator, as well as additional Transportation Operating Assistance costs.

**The ADRC is now looking to add a new team member to our agency!** The front office Administrative Assistant is responsible for providing administrative and program support to the ADRC and Aging programs, while providing exemplary customer service to members of the public. This position will assist with the development and updates of the ongoing marketing, outreach, and public informational materials, which target populations we serve. Duties will include updates to the ADRC Resource Guide, website, social media, office lobby television, coordinate health promotions programming, and will act as back-up for the Mobility Manager ride scheduling. The front office staff must be skillful in use of a multi-line telephone system by answering, screening, and forwarding all incoming phone calls. The right candidate must have proficient knowledge and ability to use computers, software, and related technology. They must be highly skilled in data entry, while paying close attention to accuracy and detail. This position will work closely with staff specialists to write, design, edit, and manage communication materials including brochures, program ads, displays, issue briefs, presentations, flyers, newsletter and other materials as needed for print, web, and other mediums. Completion of a standard high school course with vocational or technical school courses in secretarial, administrative, marketing or related field desirable. An equivalent combination of training and experience providing the essential knowledge, skills and abilities may also be considered. Starting wage \$18.21 DOQ and Excellent Benefits. For an application contact the Washburn County Personnel Department at P.O. Box 337, Shell Lake, WI 54871, Ph. 715-468-4624, fax 715-468-4628. Email [adminper@co.washburn.wi.us](mailto:adminper@co.washburn.wi.us) or download an application from our County website at [www.co.washburn.wi.us](http://www.co.washburn.wi.us). Resumes will be accepted but will not take the place of a completed application. Applications will be accepted until the position is filled. EOE

## How's Your Financial Fitness Program?

Keeping your family healthy from a financial standpoint requires knowledge of priorities and goals.

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**Lynn Ford**  
Chartered Retirement Planning Counselor™ CRPC®



**Tom Sutton**  
LPL Financial Advisor

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**Spooner HEALTH**

## HAPPY DAY CLUB

# Happy Day Club Receives \$3,000 Donation



PHOTO: BOB WANER

Shown are Spooner-Trego Lions Club President Brandi Haupt presenting the check to Activity Director Sue Miller and long-time volunteer Donna Trudell.

SPOONER – Christmas is a time for giving and healing, so the Spooner-Trego Lions Club supports the worthwhile Happy Day Club group.

The Alzheimer's Day Respite Program has been ongoing for 20-plus years, giving support to people needing help with Alzheimer's disease and memory loss problems by helping them to gain enjoyment of life and happiness, among many goals. The Lions Club voted to donate \$3,000 to the Happy Day Club.

Sue Miller, a certified activity consultant, along with trained and caring volunteers, runs the respite program at the Trinity Lutheran Church in Spooner. The church donates the space for people to come every Monday and Thursday from 9 a.m. to 2 p.m., which is much appreciated by the respite program.

A nominal fee for participants is charged for a day of activities and a nutritious meal, not to mention snacks and bottomless cup of coffee. Financial help is available if needed.

Support for the caregiver is also provided at a monthly meeting held the first Monday of every month at 9 a.m. At the church. The caregivers share their problems, solutions, ideas and challenges of caring for someone at home around the clock with dementia. The Happy Day Club gives them time to relax a little and take care of other responsibilities without having to worry about their spouse or parent.

The Spooner-Trego Lions Club is pleased to give this aid.

## HAPPY DAY CLUB NEWS

The Dementia/Alzheimer's Day Respite Program – **HAPPY DAY CLUB** - located in Spooner (Trinity Lutheran Church) has openings for Alzheimer's and other dementia afflicted people! Please call 715-416-2942 with any questions you may have regarding our Program. Happy Day Club is a very fun, respectful and stimulating program for those with dementia who attend the program, PLUS makes a great respite break and get-away time for overwhelmed caregivers. Please call us or feel free to visit us at any time for more information regarding our program. The program is open every Monday and Thursday from 9 to 2 p.m.

Also, the Dementia/Alzheimer's Day Respite Program's **CAREGIVER SUPPORT GROUP** meets on the first Monday of each month at 9 a.m. at Trinity Lutheran Church in Spooner. Please check out this very informative, helpful and fun support group. We would love to have you join us! EVERYONE IS WEL-

COME TO ATTEND. Snacks and coffee available. Call 715-416-2942 with any questions you may have.

**Of note**, our wonderful Alzheimer's Day Respite Program/Happy Day Club subsists on donations and grants, plus the nominal fee our clients pay. We are in need of donations of any amount at this time due to Covid losses. We would appreciate any amount you could send us at Alzheimer's Day Respite Program, PO Box 453, Spooner WI 54801. Thank you very much in advance if you can make a donation. If you have any questions regarding this, please call 715-416-2942.

**Also** we are in need of volunteers to help with our amazing Happy Day Club Program. We are open on Mondays and Thursdays from 9 until 2 p.m.. Any hours you are willing or able to help with this very fun program are available. We would love to meet you. For more information on this great volunteer opportunity, please call Susan at 715-416-2946.

## TAI CHI CLASS



ADRC PHOTO

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. 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 to get on a wait list for future class opportunities.



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.

Monday - Friday

[www.co.washburn.wi.us](http://www.co.washburn.wi.us)  
and <https://adrcwashburncounty.org/>

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

We are available for in-person appointments. Staff will still offer the option for phone and virtual appointments. We encourage you to contact us directly by calling the main office line at 715-635-4460 for updates or one of our specialists listed below. If you have any comments or concerns, please contact the ADRC Director/Aging Director, Linda Hand at 715-635-4460. This is a list of our staff specialists 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.

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

Our I&A provides 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.

**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 in Spooner, Shell Lake, Birchwood, and Minong.

**Amber Anderson**  
**Washburn County Transit - 715-635-4460**

The Washburn County Aging RSVP Transportation Program provides medical, nutritional, and social rides for residents 60+.

**Sheila Pierquet**  
**Fiscal Assistant - 715-635-4463**  
 Aging and ADRC Fiscal Department.
 
**AGING & DISABILITY SERVICES COMMITTEE:**  
 Bob Olsgard • Linda Featherly • Kasey King  
 George Cusick • Joe Hoy
 
**AGING & DISABILITY CITIZEN ADVISORY COMMITTEE:**

Kathy Fabert - Chair  
 Cathy Peterson - Vice Chair  
 Danielle Larson • Colleen Cook • Char Snarski  
 Bob Olsgard • Mark Van Etten • Mike Linton  
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## SENIOR CENTER NEWS AND EVENTS

### LINDA ROGERS FRIENDSHIP COMMONS Shell Lake Senior Center

Old man winter definitely gave us a cold blast over the holidays but we busy planning events and projects for the new year. Along with games and activities, we are working on designing our next quilt “Gnomes For All Seasons”. It is still in the early stages and but it should be quite colorful and unigue. Once we design our quilt blocks then we appliqué the fabric and notions onto the our quilt squares. That is just the beginning before it is assembled and put on the quilting frame. Many enjoyable hours go into sewing our quilts.

Painting classes are still held once a month. It is just \$5.00 for members and \$15.00 for non-members. All supplies are provided.

Also, do not forget the we play Smear on Wednesday afternoons and Cribbage on Thursday afternoons. Anyone is welcome.

Please call (715)468-7491 for information on activities at our center.

Call the Spooner Senior Center at (715)635-8283 to order meals for the Shell Lake Senior Center. For Meals on Wheels delivery in Washburn County call Valerie VanderBent at (715)6354460.



### MARY & FRANK HULL OUR NECK OF THE WOODS Spooner Senior Center

With this harsh winter, please check on neighbors, friends and family since loneliness is one of the biggest factors affecting seniors. We are blessed to be in south Texas in a community with lots of activities and seniors watch out for each other.

Feb 1st is Lunch and Learn at 11am with the theme “Community Building” on Spooner’s strengths and needs featuring Emily and Dawn Dodge. Wisconsin Humanities community powered project and the Spooner Library have partnered to learn more about what community members think about Spooner. Join them for an informal discussion.

On February 22, Lunch and Learn at 11 am will be

## SHELL LAKE SENIOR CENTER

### FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.635.8283

NUTRITION SITE MANAGER: JOSIE HAUPT

CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	2 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	3
6 Tai Chi 10 - 11 am Painting 1 pm	7	8 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	9 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	10
13 Tai Chi 10 - 11 am <b>DINING AT 5</b>	14	15 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	16 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	17
20 Tai Chi 10 - 11 am <b>PRESIDENT'S DAY OBSERVED</b>	21	22 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	23 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	24
27 Tai Chi 10 - 11 am <b>MEMBERSHIP MEETING 2:00 PM</b>	28			

## SPOONER SENIOR CENTER

### OUR NECK OF THE WOODS

402 Oak Street, Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON

CO-CHAIRMEN: CARYL LIGLER | 715-635-8215 and LYNN BEARD | 715.520.3569

on Memory and Aging. “Have you seen my keys?” The featured speaker is Betsy Salquist, CCC-SLP from Spooner Health.

Do not forget weekly activities...

Tuesdays: Mahjong 1 pm

Wednesdays: Chair dance 9:30 am & Bridge/500 at 1

pm

Thursdays: Hand and Foot 1 pm

Stay safe!

LIKE US on Facebook: Spooner Senior Center

Phone: 715-635-8283

## CHICOG NEWS

### JOANN MALEK & CATHY PETERSON Chicog News

Thank you, ADRC. Yours was the best gift of my 2022 holiday. We elders don't need more things. Most important to us are memories, togetherness, special experiences. The bus trip toDuluth on December 8th provided each of these. Seniors from throughout Washburn County agreed. We filled two large luxury buses. These were not the school buses I was expecting. Friendly drivers stowed walkers and wheelchairs. Skies were blue. Laughter and chatter abounded as we traveled north to the historic Fitger's Complex. Several Chicog neighbors had reservations at the hotel restaurant. Many wandered the indoor mall, perusing interesting shops, choosing brews and food at small cafes. I had a different plan.

Lake Superior drew me. With trepidation I descended a long outdoor stairway, clasping the railing and breathing a sigh of relief when I reached the Lakewalk. The big lake was unusually calm. The

surface was smooth and still, not quite ice. I soaked in the beauty as I walked. Jim dreamed of having a home on Lake Superior. Being near brings memories of him. Shortly before his death we spent a weekend at a Canal Park hotel. I pushed his wheelchair along this very walkway.

Today I veered off-trail and found the Northern Waters Smokehaus recommended by my bus seat-mate. To my surprise orders were placed and picked up at an outdoor window. I cleared snow from a patio table, placed a paper bag on the chilly chair, and wore gloves while I ate my salad in the sunshine. Walkers smiled as they passed by. I smiled, too, remembering crowded June days and Grandma's Marathons of years past, watching for Jim and our grown children as they completed this challenge.

Back on the walkway I continued along the lake, the canal, then under the Aerial Lift Bridge. As I hiked beside the harbor I pictured tall sailing ships and the celebration grandchildren and I attended years ago. I reached Bentleyville before the buses, before the lights were turned on. Families were arriv-

ing, excited for this nighttime adventure.

I was fascinated to learn that the Duluth Tour of Lights is operated entirely by volunteers. Each year they reconstruct displays, staff the event nightly for six weeks, then take it all down again. Food and toy donations were our only fee. Smiles greeted me at a booth where all were offered cookies and hot chocolate. I wandered lighted paths and enjoyed holiday music and bright displays. At the midpoint cauldrons of wood fires glowed for warming hands and toasting marshmallows. I chomped buttered popcorn instead.

Bentleyville shone with thousands of colored lights. Across the water the canal streetlights were golden. As if that weren't enough radiance a huge round moon was rising above the lift bridge. That beautiful moon followed our trip home.

ADRC hopes to sponsor more bus getaways for seniors. I'd love a day at the Northland Great Lakes Visitor Center near Ashland. What destination would you suggest? They'd like our input.

Thank you for reading the Chicog news.

## Italian Chicken Meatballs

These chicken meatballs are so juicy and tender baked with classic Italian flavors and homemade Marinara sauce.

Prep Time 10 minutes | Cook Time 30 minutes | Total Time 40 minutes

Servings 4 (Makes about 14 meatballs) | Calories 323 kcal

### Instructions

1. Preheat the oven to 400° and grease a 9x13 baking dish (you can also use a deep 9x9 baking).
2. Combine all the ingredients for the meatballs in a large mixing bowl and mix until thoroughly incorporated.
3. Use a cookie scoop to get the same amount of chicken mixture so that all the meatballs are equal in size. Shape meatballs and place them into the baking dish, leaving a little space between them.
4. Bake for 20 minutes.
5. Add sauce evenly over the meatballs. Bake for another 5-7 minutes.
6. Sprinkle some fresh basil and Parmesan cheese over the cooked meatballs before serving.

### Notes

\*\*Substitute Italian bread crumbs for gluten free Italian bread crumbs. Note that Italian style gluten free bread crumbs are not widely available so you may need to get plain gluten free crumbs and add dry parsley, dry oregano, dry basil, garlic powder, onion powder, salt, and pepper to get the flavors into it.

Disclaimer: Nutrition information shown is not guaranteed to be 100% accurate as most ingredients and brands have a slight variation.

**Nutrition** Calories: 323kcal | Carbohydrates: 20g | Protein: 30g | Fat: 15g | Saturated Fat: 5g | Cholesterol: 147mg | Sodium: 1132mg | Potassium: 1079mg | Fiber: 3g | Sugar: 7g | Vitamin A: 940IU | Vitamin C: 12mg | Calcium: 214mg | Iron: 3mg

### Ingredients:

Meatballs:

- 1 lb ground chicken
- 1 egg
- 1/2 cup Italian bread crumbs
- \*\*Can use Gluten Free bread crumbs
- 1/2 cup fresh grated Parmesan cheese
- 1/2 yellow onion finely diced
- 2 garlic cloves
- 1 tbsp fresh minced parsley
- 1 tbsp fresh minced basil
- 1 tsp dried oregano
- 1/2 tsp crushed red pepper flakes
- salt

### Toppings:

- 2 cups Marinara sauce
- 1-2 tbsp fresh minced basil
- fresh grated Parmesan cheese

**SENIOR CENTER NEWS AND EVENTS**

**CAROL ADDINGTON**

Birchwood Senior Center

Ho, Ho, Ho! If you are reading this, you are a survivor of 2022. Pat yourself on the back. It is a major accomplishment. I sure went through a lot of my wood. It is a treat for the eyes but my body wants equal time. Again, this morning, power went out as I started this missile. Enough already!



An invisible man married an invisible woman; the kids were nothing to look at either...

Well one thing is for sure, you are probably ready to get back into 'shape' so to speak. If you are like me, you probably consumed a mega batch of sugar and butter (I made a batch of spritz and ate them all?) Oh well, that is part of the season, isn't it? Anyhoo those exercise classes are back on track and hoping to see you join. Stop in to the center and check on what is happening when. Remember those coffee klatches on Tuesday mornings. Come and meet a new friend. (Hope that is one of your 'resolutions'!)

I did not think the chiropractor would improve my posture, but I stand corrected.

**BIRCHWOOD SENIOR CENTER**

**LAKESIDE CENTER**

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

PRESIDENT: KEN BOHN - 715.651.2362

A special 'thanks' to Janet Hatcher and her crew for making our sale at the Bluegill Christmas Fest such a huge success! Practically all of our products were sold and a nice pot of \$\$ is ready for activities and trips. Will not be long (hopefully) that we can get back to attending plays and other events as we used to. Be thinking about something YOU would like to do, as I would really like to see "Footloose" at Chanhassen. How about you?

I've heard money talks, all mine ever says is 'good-bye'

Hope more of you are giving thought to book buddies at school. It is really rewarding and the students so love reading with us. You will actually get an education too as I have learned so much new

info over the years about animals, plants and places, and who doesn't love to learn new things. Hope you had a chance to attend the Christmas music concert. What fun. They were having such fun and thanks to all teachers and leaders who had them moving and singing all our favorite songs, we sang too!

As you get older, you have to stay positive. For example, the other day I fell down the stairs. Instead of getting upset, I just thought, "Wow, that's the fastest I've moved in years!"

Hope Santa was good to you all and you can remember the season with a smile. There was a lot of illness and if you were one of those, blessings and good health to you and yours this new year!

Hope to see you soon...

**SENIOR NEWS**

**LESSONS LEARNED - Emergency Weather Preparedness**

We recently experienced some severe weather situations, which caused extended power, telephone, and internet outages throughout Washburn County and the surrounding areas.

Were you prepared for it? Here are some situations that our staff ran across:

When schools close, our senior centers close and we do not deliver Meals on Wheels. Our staff needed to contact delivery drivers to inform them not to report and then make well check calls to our Meals on Wheels recipients to make sure they were okay and if they needed anything. Due to the severity and length of the storm, we did have staff go in and prepare meals and deliver meals to areas they were able to reach. Thank you staff and volunteers for going above and beyond!

1. We were unable to reach some due to phone outages, cell phones not charged, or they had changed their phone numbers and not informed us of a change.

2. Some informed us that they had not received the CODE RED notifications, which is most likely because, they had not updated their phone numbers in the system. Please update your number! If you do not have access to the internet or need assistance with this process, please contact our office by calling 715-635-4460 or email [coderedhelp@co.washburn.wi.us](mailto:coderedhelp@co.washburn.wi.us)

When Seconds Count, You Can

**CODE RED**

CodeRED is a FREE emergency notification service provided to all residents within Washburn County that will notify you of emergency information through **phone calls, text messages, emails and social media**. The system will be used to keep you informed of local events that may immediately impact your safety. As a local resident, **Washburn County Sheriffs Office & Emergency Management** encourages you to take action and register your cell phone for this service and verify your home location during the enrollment process so we may target notifications that directly impact your home or business.



- Missing Children • Emergency Evacuation Notices
- Wildfires
- Public Health Crisis
- Criminal Activity
- Severe Weather

**ENROLL TODAY!**  
Visit  
[www.co.washburn.wi.us](http://www.co.washburn.wi.us)  
& click on the CodeRED icon

**Emergency Power Planning for People Who Use Electricity and Battery Dependent Assistive Technology and Medical Devices**



**National Network**

Information, Guidance and Training on the Americans with Disabilities Act



CALL US TOLL-FREE 1-800-949-4232 V/TTY  
Find your regional center at [www.adata.org](http://www.adata.org)  
Provided by: Pacific ADA Center  
1-800-949-4232 (Voice/TTY) | (510) 285-5600 (Voice/TTY)  
[adatech@adapacific.org](mailto:adatech@adapacific.org) | [www.adapacific.org](http://www.adapacific.org)

This emergency power planning checklist is for people who use electricity and battery dependent assistive technology and medical devices. Electricity and battery-dependent devices include:

- **Life-supporting**
  - respirators, ventilators and other devices to breathe
  - home dialysis and suctioning equipment
  - alternating air mattresses
  - emergency alert systems (which include wired as well as wireless components, and which also depend on the ongoing operability of a household's communications system)
  - CPAP machines (sleep apnea)
  - temperature-controlled environments for people unable to tolerate high or low temperatures
- **Communication**
  - augmentative and alternative speech devices
- **Medication**
  - insulin pumps (diabetes),
  - storage of medicine that requires temperature control,
  - Mobility
  - power wheelchairs and scooters
  - lifts
  - height adjustable beds

Some of this equipment is vital to your level of independence while other equipment is critical to keeping you alive! Use the checklist to make power-backup plans. Review and update this checklist every six months (one

way to remember to do this is when you set your clocks forward in the spring and back in the fall).

**PLANNING BASICS**

- Sign up to receive alerts in your area and if you are traveling.
- Create a plan for different sources of power such as extra batteries, generators, battery generators, solar with battery storage.
- Read equipment instructions and talk to your equipment suppliers and health insurance provider about your backup power options. Ask for answers to:
  - Determine if you would be hurt if your device stops for a short time? If yes what is that time?
  - Can a power surge cause your device to stop working? If yes, what type of surge protector do you need?
  - Does your device have a backup system? If yes, how long will it operate? Where is it located?
  - Can your device operate on another power source? If yes, what type?
  - Can you manually operate your equipment?
  - Can your equipment be powered from a vehicle battery? If yes, what is needed and how do you do this safely?
  - Will your device still work if it does not have power for an extended time? If yes, how long can it work without power?
  - What should you do if you lose power in the middle of treatment (breathing, suctioning, infusion, etc.)? Should you restart equipment if it is stopped in the middle or resume where it stopped?
  - What is the working time of batteries and backup batteries that support your system?
  - When should batteries be replaced?
- Get advice from your equipment providers regarding options for the type of backup power you plan to use.
- Regularly test backup or alternative power equipment to ensure it will function during an emergency.
- Teach many people to use your backup systems and operate your equipment.
- Keep a list of alternate power providers.
  - Ask your nearby police and fire departments and hospital if you could use them as a backup for your equipment power or if your backup systems fail.
- Label all equipment with your name, address, and phone number. Attach simple and clear instruction cards to equipment and laminate them for added strength.
- Keep copies of serial and model numbers of devices, as well as important use instructions in a waterproof container in your emergency supply kits.

# FEBRUARY

## LUNCH & HOME DELIVERED MEALS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Spaghetti & Meatballs over WG Pasta Caesar Salad WG Garlic Breadstick Pears	Sweet & Sour Pork w/Stir Fry Veggies over Brown Rice Egg Roll Fruit Cocktail	Egg Salad w/Leaf Lettuce on a WG Croissant Apple-Cranberry Coleslaw Roasted Chickpeas Crisp Grape Salad
Cabbage Roll Casserole Roasted Potato Wedges Buttered Carrots Marble Rye Bread Peaches <b>MINONG DINING @ 5</b>	Bell Pepper Cod Spanish Beans Zesty Green Beans WG Dinner Roll Apricots	<b>Brunch for Lunch</b> Broccoli Parmesan Egg Bake Sausage Links V8 Vegetable Juice Buttermilk Biscuit Banana	Meatloaf Mashed Potatoes & Gravy Glazed Carrots WG Bread Blueberry Crisp	Chicken Enchilada's w/Refried Beans Spanish Rice Spinach Salad Fruit Salad
Creamy Chicken & Mixed Veggies over Biscuits Stewed Tomatoes Pineapple <b>SHELL LAKE DINING @ 5</b>	<b>Valentine's Day!</b> Lover's Lasagna Garden Salad, Dressing Buttered Peas Garlic Breadstick Chocolate Cherry Brownies	California Chicken Sandwich w/LTO on a Whole Grain Bun Calico Beans Mixed Fruit	Hunters Stew over WG Egg Noodles Mashed Potatoes Cinnamon Pears	Chicken Poppy Seed Salad Cucumber & Tomato Dill Salad WG Garlic Breadstick Mandarin Oranges
<b>President's Day</b> <b>NO MEALS SERVED HOLIDAY OBSERVANCE</b>	Baked BBQ Chicken Roasted Broccoli Baked Beans WG Dinner Roll Peaches	Polish Sausage Butternut Mac 'n Cheese Roasted Red Cabbage Marble Rye Bread Apple Crisp	<b>National Chili Day</b> Chili-Stuffed Baked Potato w/Cheddar, SC Broc-Cheddar Cornbread Pears	Hot Beef Sandwich w/WG Bread Mashed Potatoes & Gravy Buttered Carrots Apricots
Baked Fish w/Citrus Cream Sauce Roasted Baby Reds Steamed Broccoli WG Dinner Roll Peaches <b>SPOONER DINING @ 5</b>	Tender Roast Beef Mashed Potatoes & Gravy Glazed Carrots WG Bread Mixed Berry Crisp <b>BIRCHWOOD DINING @ 5</b>			

ALL MEALS SERVED WITH 1% MILK, BREAD & BUTTER • MENU SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY • CHECK WITH YOUR MEAL SITE TO CONFIRM  
 Spooner/Shell Lake Senior Center: 715-635-8273 • Birchwood Senior Center: 715-354-3001  
 Minong Senior Center: 715-645-0418

## SENIOR CENTERS DINING & ACTIVITIES

**Dining:** Congregate dining is provided at four nutrition sites in Washburn County, Wisconsin: Birchwood, Minong, Shell Lake, and Spooner. Diners can partake of low-cost, nutritionally balanced meals in a warm atmosphere where they can enjoy being with other people and gain access to social activities.

**Serving Times:** Serving times vary depending on the site. Call to Make Meal Reservations: Reservations are required 24 hours in advance at the following sites:

**Birchwood Senior Center**  
110 Euclid Ave.  
Birchwood, WI 54817  
(715) 354-3001  
Serving M-F, 11:45 am

**Minong Senior Center**  
700 Houston Ave.  
Minong, WI 54859  
(715) 645-0418  
Serving M-F, 11:30 am

**Shell Lake Senior Center**  
210 4th Avenue  
Shell Lake, WI 54871  
(715) 635-8283  
Serving T&W, 12:00 noon

**Spooner Senior Center**  
402 Oak St.

Spooner, WI 54801  
(715) 635-8283  
Serving M-F, 12:00 noon

**Meal Cost:** We accept Food Share (Quest Card), Age 60 and Older Suggested Donations \$4.00, and Under Age 60: Full cost of Meals \$11.00. \*Caregivers Under Age 60 – Please contact the Nutrition Program Director at 715-635-4460. No eligible participant will be denied a meal based on ability to contribute to the cost of the meal.

**Senior Center Activities:** All four Senior Centers allow participants to greet long-time friends and meet new ones. Please see enclosed activity calendar for each site.

**Home Delivered Meals:** Our Home Delivered Meals Program assures that homebound seniors receive an adequate nutritious meal, social contact, and safety check. With increasing numbers of frail elderly and shortened hospital stays, home delivered meals have become a critical component of the growing community service system. The same meals enjoyed at the senior dining sites are delivered to the homes of the elderly and caregivers who are homebound and not able to cook.

**Eligibility:** Guidelines must be met to qualify for Home Delivered meals. For more information or to sign up, please contact the Nutrition Program Director at 715-635-4460.

## DINING AT 5

### FEBRUARY



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

PLEASE MAKE RESERVATIONS  
24 HOURS IN ADVANCE  
Minong: 715-645-0418  
Shell Lake: 715-635-8283  
Spooners: 715-635-8283  
Birchwood: 715-354-3001

### MINONG MENU

#### MONDAY, FEBRUARY 6th

Lovers Lasagna  
Green Beans  
Caesar Salad  
Garlic Bread

### SHELL LAKE MENU

#### MONDAY, FEBRUARY 13th

Pork Chop  
Mashed Potatoes & Gravy  
Green Beans  
Strawberry Shortcake

### SPOONER MENU

#### MONDAY, FEBRUARY 27th

Chicken & Ribs  
Au Gratin Potatoes  
Green Beans  
Salad Bar  
Chocolate Cake

### BIRCHWOOD MENU

#### TUESDAY, February 28th

Pork Chop  
Mashed Potatoes & Gravy  
Green Beans  
Spinach Salad  
Dinner Roll

## VOLUNTEERS NEEDED

LIFTING PEOPLE TO BETTER HEALTH



## STRONGBODIES

### VOLUNTEERS NEEDED:

We will provide the training, tools, and locations so that you can lead evidence-based healthy aging programming in Washburn County.

Contact our office at 715-635-4461 if you would be interested.

Save the Dates: University of Wisconsin-Madison Extension 2023 StrongBodies Leader Trainings  
The StrongBodies Leaders Trainings for 2023 are now open for registration.

### Training Dates:

- January 24, Janesville, WI
- April 12, Madison, WI
- August 9, Northern WI
- November 1, Appleton WI

Registration can be found here: <https://healthyliving.extension.wisc.edu/programs/strongbodies/become-a-leader/strongbodies-leader-training/>

## WASHBURN COUNTY CARRYOUT MEAL NOTICE

### Senior Dining



Fellowship, Food & Fun

### Washburn County Carryout Meal Notice

Starting December 1, 2022, carryout meals will no longer be available as a regular practice in the Senior Dining Nutrition Program. The purpose of the Nutrition Program is to reduce hunger and food insecurity in older adults and to promote health and independence with balanced nutrition and social interaction. We highly value the Senior Dining Program and believe that socialization is vital to the well-being of older adults.

If you have additional questions, please contact the Washburn County Nutrition Director at 715-635-4467.

SENIOR NEWS

# Those Darn Dishes

Home cooked meals have always been my favorite. Then there is the baking of all those delicious deserts to complete our celebrations



Don Posh

of holidays, birthdays, graduations and so on. Cleanup can be a daunting task.

My journey includes decades of physical labor including warehouse, painting, construction and cabinet-making. As many here in the north woods, I cut and split firewood until I just couldn't do it anymore. My work experience led to neuropathy in my hands and trigger fingers with the beginnings of arthritis.

What does that have to do with dishes? Well, it was mostly by accident and also by observation. The neuropathy causes my hands to be cold and I found for the time I did dishes, my hands enjoyed the warmth of the water. Another thing happened, my trigger finger that had been acting up relaxed. It was kind of like aqua therapy for my tired aching hands. Doing dishes forces you to pick up and hold each plate, pot, pan, and utensils one at a time and scrub and rinse in hot water. It is like getting 2 for one, the counter ends clean of dirty dishes and your hands get some needed therapy. After finishing dishes, I found it is the best time to use that squeeze ball and complete the exercise routine when my hands are warm and flexible.

The use of our hands is an essential part of our independence. Hopefully you can find some relief while doing those darn dishes.



# Data Breach at Medicare Contractor

SUBMITTED BY KELLY WEISENBECK  
Elder Benefit Specialist

By the GWAAR Legal Services Team

The Centers for Medicare & Medicaid Services (CMS) is responding to a data breach at a federal contractor that may involve Medicare beneficiaries' personally identifiable information (PII) and/or protected health information (PHI), including Medicare numbers.

Make note that CMS is mailing a letter to beneficiaries who may have been impacted. The letter will indicate that the beneficiary will be issued a new Medicare number, and a new Medicare card will be sent in the mail. The letter also gives information on enrolling in a credit monitoring service through Equifax.

It is important that beneficiaries be aware of this letter and note that it is legitimate, as Medicare advocates frequently warn beneficiaries of scams that may look like this letter. For more information and to see the exact language that CMS will use in its letter, visit: <https://www.cms.gov/newsroom/press-releases/cms-responding-data-breach-subcontractor>

# Medicare Coverage of Ambulance Services

SUBMITTED BY KELLY WEISENBECK  
Elder Benefit Specialist

By the GWAAR Legal Services Team

If you ever find yourself experiencing a medical emergency, you may need to call an ambulance. You may also need medical transport via ambulance between two different medical providers. But how do you know that Original Medicare or your Medicare Advantage plan will cover the charges?

### CRITERIA FOR AN EMERGENCY CALL

You can get emergency ambulance transportation when you've had a sudden medical emergency and your health is in serious danger because you can't be safely transported by other means, like by car or taxi. The ambulance must also transport you to the nearest appropriate facility, usually a hospital. If you call an ambulance but are not transported, Medicare will not cover the cost of the ambulance call. If you are not transported to the nearest appropriate facility, Medicare will not cover the extra mileage to that facility.

The nearest appropriate facility means that the institution is generally equipped to provide the needed hospital or skilled nursing care for the illness or injury involved. For example, someone with end-stage renal disease may need to be transported to a hospital that has dialysis capabilities.

### CRITERIA FOR FACILITY-TO-FACILITY TRANSPORT

You may be able to get emergency or non-emergency ambulance transportation from one medical facility to another if you need it to treat or diagnose your health condition and the use of any other transportation method could endanger your health. In some cases, Medicare may cover limited, medically necessary, non-emergency ambulance transportation if your doctor writes an order stating that ambulance transportation is necessary due to your medical condition. Even if a situation isn't an emergency, ambulance transportation may be medically necessary to get you to a hospital or other covered health facility. For example, someone needing a specialized kind of surgery may need to be transported to the nearest facility that has the required specialist on staff. Again, if you are transported to a facility farther away, Medicare will not pay for that extra mileage.

\*Note: if you have a Medicare Advantage plan, it must cover at least what Original Medicare covers, but it may provide additional coverage. For information about that coverage, see your plan's evidence of coverage or contact your plan directly.

If you end up with ambulance services that have been denied, you have the option to appeal. For Original Medicare, you follow the appeal procedures outlined in your Medicare Summary Notice (MSN). For Medicare Advantage appeals, you will follow the appeal procedures outlined in your explanation of benefits (EOB). For assistance with these appeals, you may reach out to your local Elder Benefit Specialist (EBS), Kelly Weisenbeck at 715-635-4460.

# Everything to Know About the National Park Pass for Seniors

Including the benefits, cost, and how to obtain one.

By Patricia Doherty  
Published on October 23, 2022

The National Park Service (NPS) has created a variety of passes, both annual and lifetime, to encourage Americans to visit national parks, monuments, and federal recreational lands. The passes are honored at sites managed by the U.S. Army Corps of Engineers, Forest Service, U.S. Fish and Wildlife Service, Bureau of Land Management, Bureau of Reclamation, and the National Park Service.

A series of passes, including the Senior Pass, all come under the heading of America the Beautiful — the National Parks and Federal Recreational Lands Pass. Also referred to as Interagency Passes, they can be obtained at a wide range of federal recreation areas or through the USGS online store.

The Senior Pass can be purchased as a lifetime pass with no expiration date or as an annual pass, which costs less. The annual fee increased in 1987, raising the cost of a lifetime pass from \$10 to \$80. The legislation also provided for the annual pass at a lower cost. Here are some key details on the Senior Pass.

**QUALIFICATIONS:** Applicants must be U.S.

citizens or permanent residents, as well as 62 years or older. Documentation of age and residency or citizenship are required.

**COST:** \$80 for a lifetime Senior Pass; \$20 for an annual Senior Pass.

**TERMS:** The lifetime Senior Pass does not expire, while the annual Senior Pass is valid for 12 months from the month of purchase. "Golden Age Passports" have been replaced by the Senior Pass, and they continue to be honored.

**HOW TO OBTAIN A SENIOR PASS:** Both annual and lifetime Senior Passes may be purchased directly through the USGS. The site includes the information and documentation needed to apply, including the application. The passes can also be obtained by mail using an application form or in person at one of the federal locations with proof of age and citizenship or residence. (There's an additional cost of \$10 for passes purchased online or by mail.)

**BENEFITS:** The Senior Pass provides entrance for the pass owner and accompanying passengers in a single, private, non-commercial vehicle. In addition, at many sites, the Senior Pass provides the pass owner with a discount on expanded amenity fees such as camping, swimming, boat launching, and guided tours.

# Maker Monday at Shell Lake Public Library

1st Monday of every month at 4:00 pm  
For adults and kids 10+



FEBRUARY 6TH: Love blocks

MARCH 6TH: Burlap Sign

Pre-registration required.

Call 715-468-2074 or sign up online at [shelllakelibrary.org](http://shelllakelibrary.org)

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](http://GreenValleyDentalCare.com) or give us at call 715-635-7888

We accept all dental insurances, and are contracted in-network with many insurance companies including:

- Delta Dental
- Cigna
- BlueCross BlueShield
- Principal
- MetLife
- Health Partners
- Liberty Dental Plan
- Humana
- United Concordia
- United Health Care

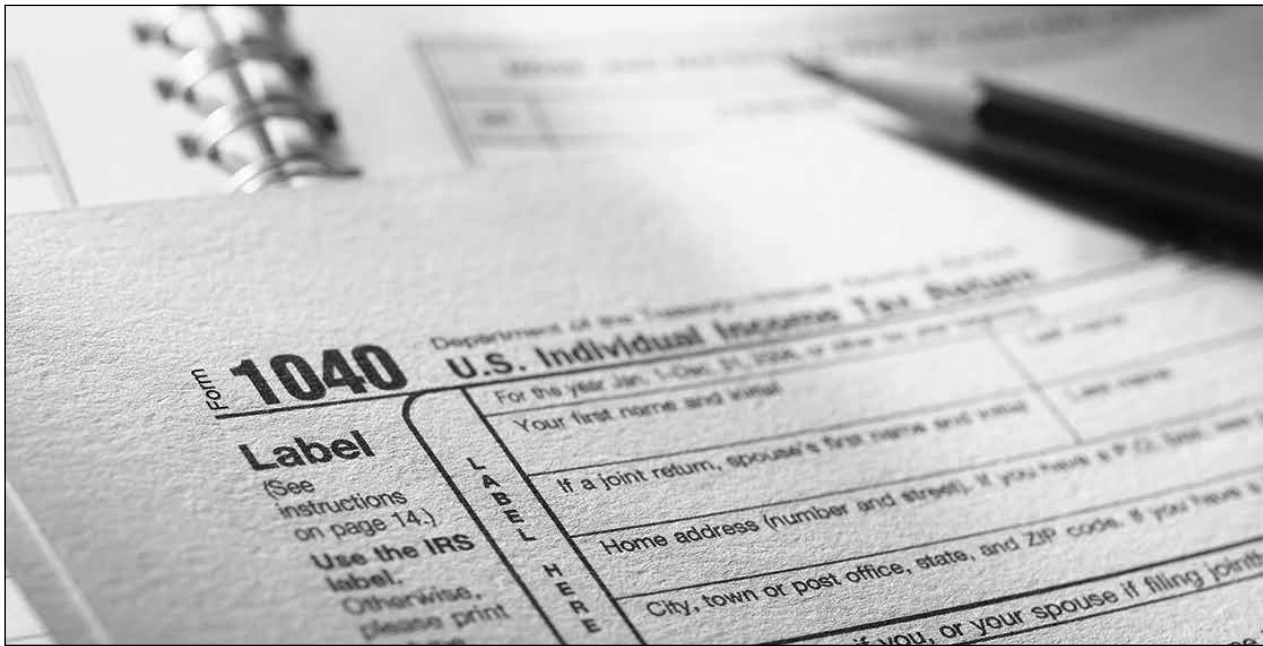


GREEN VALLEY DENTAL CARE

Paul A. Kloek, D.D.S.  
W7154 Green Valley Rd., Spooner, WI

## SENIOR NEWS

# Free Tax Preparation Assistance Offered



FILE PHOTO

**Indianhead Credit Union**  
104 E. Maple St.  
Spooner, WI 54801

For more information or to schedule an appointment call: (715) 635-8273  
Choose Option "7" for Tax Appointment

Appointments will be scheduled:  
Thursdays: 9:30 a.m. – 11:45 a.m. and  
2 p.m. – 5:30 p.m.  
Saturdays: 8 a.m. – 11:30 a.m.

NOTE: No COVID restrictions will be in place this year. Masks will be available for those who wish to wear them. The last day of appointments will be Saturday, April 15th

What to bring with you to the appointment:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Health Insurance Exemption Certificate, if received
- A copy of last year's federal and state returns, if

available

- Proof of bank account routing and account numbers for direct deposit such as a blank check
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B and C, Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable

**If you are claiming homestead credit, you must also bring:**

- Copy of 2022 property tax bill or rent certificate signed by your landlord
- Record of any 2022 Wisconsin Works(W-2) payments
- Record of 2022 SSI payments from the Social Security Administration and the Wisconsin Department of Health Services
- Proof of earned income if both you and your spouse are under age 62 and not disabled
- Proof of disability(if under age 62):
  - Statement from Veteran's Administration certifying that claimant is receiving disability benefit due to 100% disability, or
  - Document from Social Security Administration stating date disability began, or
  - Statement from physician stating beginning date of disability and whether disability is permanent or temporary

# Urinary Tract Infections May Change Behaviors

**SUBMITTED BY KELLY WEISENBECK**  
Elder Benefit Specialist

By the GWAAR Legal Services Team

It is easy to dismiss forgetfulness, confusion, irritability, or withdrawal as just typical signs of aging or dementia. However, most people would be surprised to learn that urinary tract infections or (UTIs) can create these behaviors, as well. If an older person has a sudden and unexplained change in behavior such as increased confusion, agitation, or withdrawal, it may actually be due to a UTI.

A UTI is an infection in any part of the urinary system such as the kidneys, ureters, bladder, and urethra. Women are more commonly affected by UTIs than men. Most UTIs can be treated with antibiotics and do not create any further problems. Complications are uncommon, but they can be serious and include kidney damage and blood poisoning, which can be fatal.

Urinary tract infections don't always cause signs and symptoms, but when they do, they may include a strong, persistent urge to urinate; burning sensation when urinating; passing frequent, small amounts of urine; urine that appears cloudy; urine that appears red, bright pink or brown (a sign of blood in the urine); strong smelling urine; and pelvic pain in women.

Older adults, however, may experience different symptoms compared to young or middle-aged adults, and those symptoms can be much more severe. Further complicating matters is that older adults with cognitive impairments or dementia may not realize there is an issue or be able to communicate their UTI symptoms to caregivers. Even more, common symptoms like burning and urgency to urinate may not occur in older individuals at all. Sometimes, the only sign that an older adult has a UTI is the sudden and unusual behavior changes, confusion, or delirium.

For these reasons, it's important for older adults and caregivers to know the signs and symptoms of UTIs so they can be recognized and treated quickly. Diagnosing a UTI in an otherwise healthy older adult can be difficult to begin with, but this task is even more challenging when someone has dementia or other cognitive impairments. Hopefully, a family caregiver or other individual who regularly interacts with the older adult can monitor their cognitive function and behavior to determine what is "normal" and detect anomalies to the best of their ability. Otherwise, an older adult may be presumed to have permanent symptoms of dementia when, in fact, they are experiencing temporary cognitive issues due to a UTI. A key distinction in determining whether delirium, agitation or confusion is caused by a UTI is whether treatment with antibiotics results in any improvement in mental status.

Remember, older adults are often managing multiple health conditions and taking several different medications. The best UTI treatment and prevention strategy for each individual may vary, and should be discussed at length with one's medical providers.

Resources:

Alzheimer's Association Article  
Alzheimer's Society UK Article  
AgingCare Article

# Free or Low-Cost Legal Resources in Wisconsin

**BY POLLY SHOEMAKER**

Guardianship Support Center  
Managing Attorney

## GUARDIANSHIP SUPPORT CENTER

The Guardianship Support Center (GSC) is a neutral statewide informational helpline for anyone throughout the state. We can provide information on topics such as Powers of Attorney, Guardianship, and Protective Placement. The GSC is unable to provide information on minor guardianships, wills, trusts, property division, or family law. The GSC is also unable to give legal advice or specific direction on completing court forms such as the inventory and annual accounting. The GSC does not have direct involvement in cases nor are we able to provide legal representation. If you have any questions or would like more information, contact the GSC on the Toll-Free Helpline (855) 409-9410, or email at guardian@gwaar.org. The Guardianship Support Center also provides free publications on a number of topics relating to powers of attorney and guardianship. These are available online at <http://gwaar.org/gsc>.

American Bar Association's Free Legal Answers For general legal resources, contact the American Bar Association's Free Legal Answers website: Free Legal Answers ([americanbar.org](http://americanbar.org)). Members of the public can ask volunteer attorneys legal questions. State Bar of Wisconsin: Modest Means Program The State Bar of Wisconsin also offers a Modest Means Program that is designed to assist people whose

income is too high to qualify for free legal services, but too low to pay a lawyer's standard rate.

The Modest Means Program is run by the Lawyer Referral and Information Service at the state bar. The legal services are not free but are offered at a reduced rate. Income qualifications must be met to qualify. For more information, visit the state bar's website: I Need a Lawyer ([wisbar.org](http://wisbar.org)) or call (800) 362-9082.

Elder Rights Project The Elder Rights Project, operated by Legal Action of Wisconsin and Judicare Legal Aid, provides statewide civil legal aid to older adults who have been victims of crime or abuse. Victim advocates at The Elder Rights Project can help create safety plans, find safe housing, provide emotional support, and connect people with resources and referrals as well as legal services. They are available at: 1-844-614-5468 or [elderabuse@legalaction.org](mailto:elderabuse@legalaction.org).

Wisconsin Elder Abuse Hotline Program The Wisconsin Elder Abuse Hotline Program is a toll-free hotline available for community members and victims to contact for assistance in obtaining needed resources and making referrals to local authorities. The program also includes outreach to victims and an online reporting tool on the [www.ReportElderAbuseWI.org](http://www.ReportElderAbuseWI.org) website. Individuals who suspect they are a victim of elder abuse or know someone who may be experiencing abuse are encouraged to learn more about the signs at [www.ReportElderAbuseWI.org](http://www.ReportElderAbuseWI.org) and make a report through Wisconsin Elder Abuse Hotline at 1-833-586-0107.

## TIPS FOR COPING WITH ANXIETY/DEPRESSION

- **Embrace self-compassion (be kind to yourself)**
- **Reach out to others (text, phone, FaceTime, Zoom)**
- **Engage your mind (read, puzzles, create)**
- **Take media breaks (too much screen time can increase anxiety/depression)**
- **Exercise safely (at least 30 mins per day)**
- **Connect with nature daily (get outside!)**
- **Practice gratitude (list 5 things for which you are grateful)**



## SENIOR NEWS

# 3 Warning Signs of Macular Degeneration

BY KIMBERLY GOAD

AARP, October 27, 2022

## WHETHER WET OR DRY, THESE SYMPTOMS WARRANT A VISIT TO AN EYE DOCTOR.

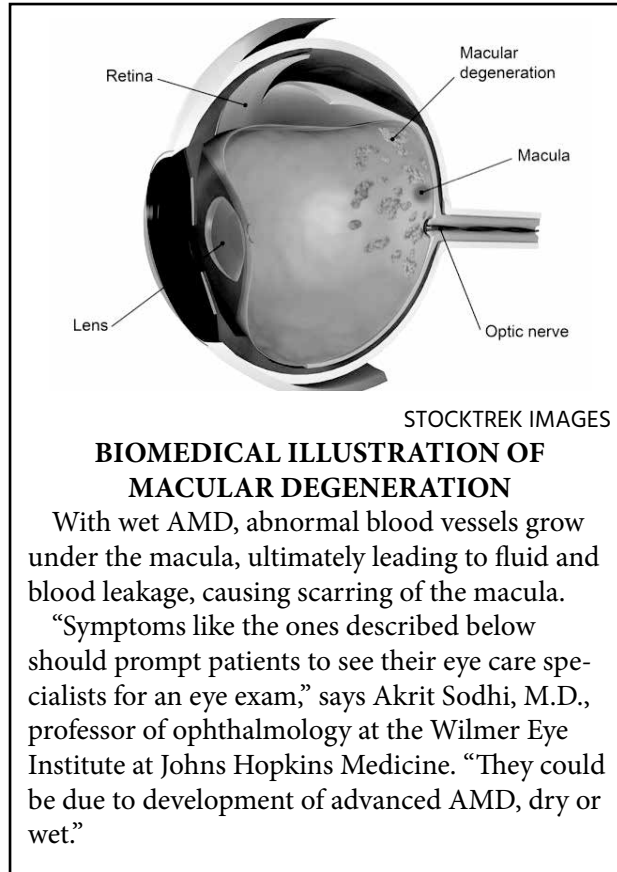
You can ward off plenty of health conditions by looking out for early warning signs. But that's not possible with age-related macular degeneration (AMD), the leading cause of vision loss in people over 50. That's because there are no warning signs in the early stages.

"Age-related macular degeneration is a disease that can be insidious, often with symptoms coming on slowly over years," says Michelle Andreoli, M.D., an ophthalmologist at Northwestern Medicine and spokesperson for the American Academy of Ophthalmology. "The slow onset of symptoms can lead to advanced disease before patients are aware of the change."

AMD, which affects 11 million people in the United States, is a progressive eye disease that affects the central vision and, as a result, the ability to see fine details. If you have advanced AMD, it's all but impossible to drive, read, watch TV or recognize faces.

There are two types of AMD: dry and wet. The overwhelming majority of people with the disease have dry AMD. With the dry form, parts of the macula — located at the center of the retina, the light-sensitive tissue at the back of your eyes — become thin over time and tiny clumps of protein called drusen grow, gradually blurring your central vision. Any stage of dry AMD can turn into the wet form, but the reverse isn't true; wet AMD is always late stage.

Here are three warning signs of AMD.



STOCKTREK IMAGES

### BIOMEDICAL ILLUSTRATION OF MACULAR DEGENERATION

With wet AMD, abnormal blood vessels grow under the macula, ultimately leading to fluid and blood leakage, causing scarring of the macula.

"Symptoms like the ones described below should prompt patients to see their eye care specialists for an eye exam," says Akrit Sodhi, M.D., professor of ophthalmology at the Wilmer Eye Institute at Johns Hopkins Medicine. "They could be due to development of advanced AMD, dry or wet."

#### 1. Blurriness

The haziness comes on so gradually you may think the solution to the fuzzy print on the page or your computer screen is a new eyeglass prescription, if not a brighter bulb in the overhead lighting. And it may be. But blurriness is also a hallmark symptom of AMD.

#### 2. Straight lines appear wavy

Imagine looking at lines of text on a page that look

bent or curved. Or maybe it's the window blinds, bathroom tiles or bookshelves that appear that way. When lines that should be straight aren't, you may have AMD.

#### 3. Blank areas in your central vision

Often, the earliest changes associated with AMD are tiny blind spots in your central vision — as opposed to your peripheral vision — that can slowly enlarge and multiply over time, says Andreoli. "Eventually, these tiny blind spots start to blend together, leading to central vision loss." And although you may retain some peripheral vision, it's difficult to read and recognize other people's faces.

#### How to Treat AMD

With AMD, there's no cure, but there are ways to prevent the disease from progressing. That's why the American Optometric Association recommends annual eye exams for people over 60. During the exam your doctor will look at the macula for what's known as drusen, yellow deposits of fats and proteins. Some small drusen are to be expected with age and don't cause vision loss. But medium-sized or larger ones are a classic sign of AMD. "Regular visits with an ophthalmologist can detect AMD years before patients notice anything is wrong," says Andreoli. "Early detection of changes can lead to treatments that can slow progression or reverse vision loss in some cases of AMD."

#### Vitamins to treat age-related macular degeneration

Research shows that taking certain high-dose vitamins and minerals — specifically, vitamins C and E, zinc, lutein, zeaxanthin, and copper — slows progression of the disease in people with intermediate AMD and those with late-stage AMD in one eye.

SEE **WARNING** PAGE 10B

## EMERGENCY FROM PAGE 5B

### LIFE-SUPPORT DEVICE USERS

- Contact the customer service department of your power and water companies to learn if they offer a service to put you on early warning list for times when they know power or water will or may be shut off.
- All ventilator users should keep a resuscitation bag handy. The bag delivers air through a mask when squeezed. Teach your support team how to use this bag.
- If you receive dialysis or other medical treatments, ask your provider for the emergency plan including where you should go for treatment if your site is not available.

### COMMUNICATION DEVICE USERS

- If you rely on a communication device, software or app, be sure you back up your vocabulary so you can easily retrieve it.

### OXYGEN USERS

- Check with your provider to determine if you can use a reduced flow rate in an emergency to extend the life of the system. Write on your equipment the reduced flow numbers so that you can easily refer to them.

Be aware of oxygen safety practices:

- Avoid areas where there are gas leaks or open flames.
- Post "Oxygen in Use" signs.
- Always use flashlights rather than gas lights or candles when oxygen is in use (to reduce fire risk).
- Keep the shut-off switch for oxygen equipment near you so you can get to it quickly in case of emergency.

### GENERATOR USERS

- Make sure use of a generator is safe and realistic for where you live. (See Resources: Generators).
- A 2,000 to 2,500-watt gas-powered portable generator, for example, can power a refrigerator and several lamps. (A refrigerator needs to run only 15 minutes an hour to stay cool if you keep the door closed. So, you could unplug it to operate other devices).
- Operate fuel dependent generators in outdoor areas to ensure good air circulation.
- Safely store fuel (See Resources: How to Safely Stockpile Emergency Gasoline).
- If you live in an apartment, the challenge is knowing if and where you can safely store enough fuel to operate a generator.
- Store a siphon kit (transfers fuel from a fuel storage container to a generator).
- Test generators monthly (or according to the instructions) to make sure they will work when needed.
- Some generators can connect to the existing home wiring systems; always contact your utility company regarding critical safety issues.

### RECHARGEABLE BATTERIES

- Create a plan for keeping batteries charged for use during power outages.
- Stored extra batteries require charging even when they are unused. If your survival strategy depends on storing batteries, carefully follow a recharging schedule.
- Check with your vendor/supplier to find alternative ways to charge batteries. Examples include:
  - Connecting jumper cables to a vehicle battery.
  - Using an inverter that plugs into a vehicle's cigarette lighter.
  - Be aware that when substituting a vehicle battery for a wheelchair battery, the charge will not last as long as a charge from a wheelchair's deep-cycle battery.
  - If you depend on a motorized wheelchair or scooter, if possible, store a lightweight manual wheelchair for emergency use.
- Know the working time of any batteries that support your systems.
- When you have a choice, choose equipment that uses batteries that are easy to purchase from nearby stores.

### WHEN POWER IS RESTORED

- Check to make sure the settings on your devices have not changed (medical devices sometimes reset to a default mode when power goes out).

### OTHER BACKUP PLANS

- **Make a list of any other items you need.**

\*Even if you are on the "priority reconnection service" list, your power could still be out for many days following a disaster. It is vital that you have power backup options for your equipment.

### RESOURCES FOR MORE INFORMATION

Power-Dependent Equipment - <http://www.redcross.org/prepare/disaster/power-outage>

Home Use Devices: How to Prepare for and Handle Power Outages for Medical Devices that Require Electricity - <https://www.fda.gov/media/80782/download>

Emergencies / Disaster Resources for People with Disabilities and Emergency Managers <http://www.jik.com/mrp.html>

How to Safely Stockpile Emergency Gasoline - <https://www.electricgeneratorsdirect.com/stories/6-How-to-Safely-Stockpile-Emergency-Gasoline.html>

### Generators

Consumer Reports Information on Generators

- [Generator Buying Guide: https://www.consumerreports.org/cro/generators.htm?searchToken=generators](https://www.consumerreports.org/cro/generators.htm?searchToken=generators)

- 5 Things to Know About Portable Power Stations: <https://www.consumerreports.org/portable-power-stations/portable-power-stations-things-to-know-battery-inverter-generators/>

- How to Safely Get a Generator Up and Running in a Hurry: <https://www.consumerreports.org/generators/how-to-safely-get-a-generator-up-and-running-in-a-hurry/>

### Videos

- Generator Tips: <https://www.consumerreports.org/video/view/appliances/home/6026787279001/generator-tips/>
- Generator Safety: <https://www.consumerreports.org/video/view/consumer-101-extras/6026775948001/generator-safety-teaser/>
- 5 Tips to Keep Your Portable Generator Ready: <https://www.consumerreports.org/video/view/home-garden/outdoor/3909184331001/5-tips-to-keep-your-portable-generator-ready/>
- Generac's quieter, fuel-saving generator: <https://www.consumerreports.org/video/view/home-garden/energy-efficiency/3167260796001/generacs-quieter-fuel-saving-generator/>
- Home generator advice: <https://www.consumerreports.org/video/view/home-garden/energy-efficiency/2437113716001/home-generator-advice/>
- Latest power generators: <https://www.consumerreports.org/video/view/home-garden/news/2119694589001/latest-power-generators/>
- Generator Buying Guide: <https://www.consumerreports.org/video/view/buying-guides/1795676678001/generator-buying-guide/>
- Homes for different generations: <https://www.consumerreports.org/video/view/home-garden/news/1452668334001/homes-for-different-generations/>
- Quieter generators: <https://www.consumerreports.org/video/view/home-garden/energy-efficiency/1441351231001/quieter-generators/>

For more information, call and speak to an ADA specialist at 1-800-949-4232. All calls are confidential.

SHARE THE LOVE

# It is a Wrap: Share the Love 2022!



PHOTOS SUBMITTED

Our new BIG EVENT was a charter bus trip to Duluth, MN for local seniors/people with disabilities to combat social isolation. We filled two bus loads of community members.



Overall, we received a grand total of \$12,394.50 personal and business donations during our Share the Love Events this year! Our grant application has now be submitted and we will update you on any awards we receive from Subaru America and Meals on Wheels America. Thank you for your support; we could not do what we do without all of you!

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To register, please contact Linda Hand at [lhand@co.washburn.wi.us](mailto:lhand@co.washburn.wi.us) or 715-635-4460

All participants must be 60+ years of age.

### WARNING FROM PAGE 9B

But that's not to say you should load up on these vitamins and minerals willy-nilly. Supplements known as AREDS2 are sold over the counter in specific quantities. Talk with your eye doctor about whether such high-dose supplements make sense for you.

"Wet AMD is treated with the same AREDS2 vitamins as dry AMD, but also with injections of medications into the eye to treat the leaking blood vessels," says Andreoli. These medications help reduce the number of abnormal blood vessels in your retina. They also slow leakage. "Currently, these treatments are focused on stopping progression of disease, but good treatments that reverse damage are still in the works."

#### Prevention strategies

Lifestyle also plays a part in treating AMD, adds Sodhi. "Reducing exposure to sunlight by wearing sunglasses, avoiding cigarette smoke, eating a healthy diet and getting annual eye exams can help lower the risk that a patient develops vision loss from AMD as they get older," he says.

#### Who's Most at Risk

You're at risk for AMD if you are:

- **Over age 60**

As we age, "the cumulative exposure to oxidative stress can affect the health of the retina and, in particular, the macula," says Sodhi. "The blood flow to the outer retina is reduced, the delivery of oxygen to the retina can be compromised, and the ability of the retina to tolerate the additional burden of oxidative stress declines."

- **Regularly exposed to cigarette smoke**

Research shows that not only smokers, but also people who are regularly exposed to cigarette smoke, are at greater risk for AMD. That's because smoking speeds up the deterioration of the macula by increasing the number of damaging chemical compounds and reducing blood and oxygen to the eye. The good news? A study published in the British Journal of Ophthalmology found that stopping smoking can reduce your odds of AMD; the risk in former smokers who hadn't smoked for over 20 years was comparable to nonsmokers.

- **Have a family history of AMD**

If your parents, siblings or children have AMD, you have a higher risk for getting it too.

- **Caucasian or Asian**

Research shows that white people have 10 times the prevalence of AMD as African Americans. And a review of population studies in Japan, China, Malaysia, India and South Korea found that prevalence of AMD in Asians 40 to 79 years old was almost equal to that of Caucasians, 6.8 percent versus 8.8 percent, respectively.

*Kimberly Goad is a New York-based journalist who has covered health for some of the nation's top consumer publications. Her work has appeared in Women's Health, Men's Health and Reader's Digest.*



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

DHS Approved 8/16/2021

SHARE THE LOVE

# It is a Wrap: Share the Love 2022!



PHOTOS SUBMITTED

Round Man Brewing for the 3rd year sponsored a Share the Love Thanksgiving Event, with 103 meals delivered to our Meals on Wheels recipients.  
See video: <https://www.facebook.com/AgeWellLiveWellWashburnCounty/videos/1657055321363436>



PHOTO SUBMITTED

Meals on Wheels Driver Don Miller



PHOTO SUBMITTED

Meals on Wheels Drivers Debbie & Kirk Hendrickson



PHOTO SUBMITTED

Meals on Wheels Drivers Rick & Diane Olsby



PHOTO SUBMITTED

Meals on Wheels Drivers Roger & Diane Noe



PHOTOS SUBMITTED

An email request for activities was sent out locally. Birchwood volunteers organized a Share the Love Bake Sale raising \$494.50. Shell Lake volunteers decorated cookies for MOW and rang the bell for Salvation Army giving back to the community, which gives so much to our seniors. Spooner School 5th graders made 100's of cards/placemats for our meal participants.



## Baked Chicken Wings

Amazing Baked Chicken Wings made with the best Dry Rub for Chicken.

Prep Time 5 minutes | Cook Time 45 minutes | Total Time 50 minutes  
Servings 2 (Makes 8 wings) | Calories 489kcal



**Ingredients**

- 8-10 whole chicken wings
- 2 tbsp canola oil

**Dry Rub:**

- 2 tbsp brown sugar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp cracked black pepper
- 1/4 tsp cayenne pepper

**INSTRUCTIONS**

1. Note: You can double or triple the recipe as needed!
  2. Preheat oven to 400. Place a wire rack in a baking sheet and grease it.
  3. Combine ingredients for the dry rub in a small bowl and mix well.
  4. Place chicken wings in a bowl and drizzle a little oil over them. Mix to make sure that each wing is evenly but lightly covered with oil.
  5. Rub each chicken wing with some dry rub all over.
  6. Bake wings for 45-50 minutes.
  7. Wait until it cools enough and dig in.
- Nutrition:** Calories: 489kcal | Carbohydrates: 15g | Protein: 36g | Fat: 31g | Saturated Fat: 8g | Cholesterol: 148mg | Sodium: 729mg | Potassium: 359mg | Sugar: 11g | Vitamin A: 870IU | Vitamin C: 1.3mg | Calcium: 42mg | Iron: 2.7mg

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