

happy new year

Focus for Life



A SPECIAL SECTION OF THE WEEKENDER NORTH

VOLUME 32 ISSUE 1

JANUARY 2024

New Year's Resolution: "VAX YOURSELF, VAX YOUR PET"



SUBMITTED BY
LINDA HAND
ADRC Director/
Aging Director

This past year we were given several opportunities to assist the residents of Washburn County by facilitating projects

to better the health of themselves and some of their most prized possessions – their pets.

If you had not heard, the ADRC of Washburn County received \$262,080.00 in grant funding from the USAging-led Aging and Disability Vaccination Collaborative to conduct activities that will connect older adults and people with disabilities to vaccinations that include:

- Influenza (flu)
- Pneumonia
- Shingles
- RSV
- Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough)
- COVID-19

Washburn County residents age 60+ and adults with disabilities age 18-59 are eligible to receive a local "Chamber Cash" one-time incentive of \$50 in Chamber Bucks \$\$\$ from the ADRC of Washburn County, for any of the above listed vaccinations received between April 25, 2023 and April 15, 2024. These dollars can be used at any local Washburn County business who are members of their local Chamber and accept these dollars.

You may had not known, but we also received grants in both 2022 and 2023 as members of Meals on Wheels America, who is in partnership with PetSmart Charities. Overall, we received \$14,500 over the two-year period to provide veterinarian services for the pets of our Meals on Wheels recipients. Here is some information on the program from their website:

HOW IT WORKS - One in four seniors lives alone and, for many of them, their pet is their closest companion and only source of comfort. Many struggle to access the food or services needed to maintain their pets' health and sometimes will even sacrifice their own nutri-



PHOTOS SUBMITTED

Thank you to Beau Petersen Photography and Video Productions of Hayward, for documenting both of these journeys.

tion by sharing their delivered meals to ensure their pets are fed.

To help address this issue, PetSmart Charities, the leading funder of animal welfare in North America, has committed \$3 million to

Meals on Wheels America to fund a three-year national partnership to ensure that more se-

DIRECTOR NEWS

FROM FRONT PAGE

niors and their pets live healthy, nourished lives, together.

CREATING IMPACT - PetSmart Charities supports grants to local Meals on Wheels programs that help develop new, and expand existing, pet programs to deliver food, cat litter and other supplies. Funds also improve access to pet care that includes preventive veterinary care, temporary pet boarding and grooming such as nail trimming to keep both pets and their seniors safe.

At the same time, both organizations partner on research initiatives to better understand the needs of homebound seniors and their pets, ensuring strategic investment of the scaling of successful programs across the Meals on Wheels network.

THE RESULT - "PetSmart Charities' unprecedented generosity

will support our ongoing efforts to deliver so much more than just a meal to our nation's most vulnerable older adults," said Ellie Hollander, President and CEO, Meals on Wheels America. "We know that seniors with pets are less likely to exhibit depression, report feelings of loneliness and experience illness, and our partnership will enable more of these invaluable, mutually-supportive relationships to be sustained in communities across America for years to come."

Well the ADRC of Washburn County is not in the business of providing pet care, although we do have drivers that have been known to open a can or two of dog or cat food for one of the Meals on Wheels recipients. We had passed up this opportunity to apply and then I had seen a post about Beautiful Hearts Rescue on Facebook. This non-profit is based out of Shell Lake and they provide pet services and partner with local

veterinarians. I reached out to founder Alexia Gannon, who was all in. We would collaborate with them, to provide the services to our homebound Meals on Wheels recipient's vaccinations and flea, tick, and heartworm treatments for pets in their home. It went so well the first year that we were awarded additional funds the second, to provide additional services needed with local vets. Alexia has moved this forward once again, by applying for and being awarded another grant in the amount for \$4000 from a famous Wisconsin funder - the Green Bay Packers! We are now opening up these services to Washburn County resident's age 60+ that are in need of vaccination or other pet health care that they would otherwise not be able to afford.

We love you and your pets, so between the Vaccine Collaborative from USAging for people and the grants from Meals on Wheels America, PetSmart Charities, and

the Green Bay Packers - take care of your health and that of your fur babies.

Not only will you be protecting yourself by being vaccinated, you will also be helping local businesses by putting money back into the local economy. For more information on how you can register for a qualified vaccination clinic or apply for an incentive for a vaccine that you receive during the grant period, contact the Vaccine Outreach Coordinator at 715-645-2754. You will need to be able to provide your full name, physical address, email, and telephone number.

For **FREE** transportation to get a vaccine, call Amber, our Washburn County Mobility Manager at 715-635-4465.

Happy New Year from the staff of the ADRC of Washburn County & Beautiful Hearts Rescue!

*SEE PAGE 17 FOR A CUT-OUT APPLICATION

WASHBURN COUNTY MEMORY CAFE



PHOTO SUBMITTED

Patryce Garcia

The Aging and Disability Resource Center of Washburn County hosted the Washburn County Memory Café at the Spooner Wellness Center on December 13th, 2023. This event is hosted monthly on the second Wednesday of the month at 10:00 am.

Memory cafés are social gatherings where people living with memory changes and their caregivers can come together in a safe and supportive environment, share

conversation over a cup of coffee, or participate in fun, simple activities with the group.

This month our group decorated cookies, listened to holiday music and discussed our favorite traditions. It was a laughter filled hour as we tried our very best to be culinary artists!

Thank you so much to all who were able to come and we look forward to growing our group and seeing you there!

WASHBURN COUNTY MEMORY CAFE

WHEN: The Second Wednesday of every month
TIME: 10 AM - 11 AM
WHERE: Spooner 50+ Wellness Center
 850 W Beaverbrook Ave.
 Spooner, WI 54801
CONTACT: Patryce Garcia
 Dementia Care Specialist Caregiver Coordinator
 715.635.4477 | pgarcia@co.washburn.us

MEMORY CAFÉS are social gatherings where people living with memory changes and their caregivers can come together in a safe and supportive environment, share conversation over a cup of coffee, or participate in fun, simple activities with the group.



OUR neighborhood
 OUR HEALTH



1-on-1 Patient Care with Expert Therapists

Our dedicated team is here to provide physical, occupational and speech therapies. Our unique multi-therapy approach guides you to receiving the best treatment for your specific goals.

Learn more or book an appointment today!
 Call 715-939-1745 or visit SpoonerHealth.com.

THERAPY SERVICES HELP WITH:

- Athletic Injuries
- Pelvic Health
- Pediatric Therapy
- Post-Surgical Care
- Hand Therapy
- Stroke Recovery
- Lymphedema
- And more!

When was the last time you had a Beneficiary Checkup?

Life events such as the birth of a child or grandchild, a recent marriage or divorce, death of a spouse or dependent, and your overall wealth makes this review necessary to make sure your investments will go to those you care about.

CALL OR VISIT TODAY!

715-635-3136
www.davidpford.net

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 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 CounselorSM



Tom Sutton

LPL Financial Advisor

NUTRITION NEWS

January is Thyroid Awareness Month

SUBMITTED BY
VALERIE VANDERBENT
 Nutrition Director

NUTRITION FOR MAINTAINING A HEALTHY THYROID



PHOTO SUBMITTED
Valerie VanderBent

Following a nutritious diet is important for everyone, but studies show that a balanced diet is an important component of maintaining a healthy thyroid gland function. Diets rich in micronutrients such as iodine, selenium, vitamin D, and vitamin B12 have been found to build up an anti-inflammatory profile and support thyroid health.

IODINE is a vital nutrient in the body and essential to thyroid function. Your thyroid gland needs iodine to produce thyroid hormones, which have many important responsibilities in your body. The recommended daily intake (RDI) of iodine is 150 mcg per day for most adults. Foods that contain iodine include cod, shrimp, seaweed, dairy products, egg yolks, and iodized salt.

SELENIUM is an important mineral that our bodies rely on for many of its basic functions, including the production of a critical thyroid hormone called T3, which regulates metabolism. According to the National Institutes of Health, the recommended daily amounts for adults are 55 mcg. Brazil nuts, seafood, and organ meats are the richest food sources of selenium.

ZINC, like selenium, is crucial for proper thyroid hormone production and thyroid function. Not getting enough zinc can negatively affect your thyroid function and many other aspects

of health, so it's essential to get enough of this nutrient in your diet. The recommended daily amount of zinc is 8 milligrams for adult women and 11 mg for adult men. The richest food sources of zinc include meat, fish, and seafood. Eggs, dairy products, beans, nuts, and whole grains also contain moderate amounts of zinc.

VITAMIN D supports the normal functioning of many organs, including the thyroid gland. Having low vitamin D levels can negatively affect thyroid function and worsen hypothyroid symptoms. Foods that contain vitamin D include fatty fish (salmon, mackerel, and tuna), fortified dairy products, egg yolks, and mushrooms. Sunlight is also a potential source, but this can be difficult to obtain during Wisconsin winter months.

Following a healthy, nutrient-rich diet may help people improve their thyroid function and prevent nutrient deficiencies. Working in collaboration with a physician is ideal to determine nutritional status for optimal thyroid health.



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/>

Linda Hand, ADRC/Aging Director
 715-634-4460

ADRC of Washburn County Staff Contacts as of January 2024

This is a list of our staff by position, with 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 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)
 715-635-4460

Nichole Caudill
Information & Assistance Specialist (I&A)
 715-635-4460

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
 Kristi Shoop (Birchwood) • Laura Gomez (Minong) • Char Jaeger (Shell Lake) • Mary Lawson (Spooner) • Jennifer Ganske (Spooner Cook)

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 Dresch • Kerry Moore • Dean Martin
 Kathy Rowland

Sheila Pierquet
Fiscal Assistant
 715-635-4463

Cassi Feiertag
Administrative Assistant
 715-635-4460

Washburn County Vaccine Outreach Coordinators
 Katy Allred 715-645-2754
 Marilee Morris 715-645-2710

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

VACCINATION INFORMATION

Why I recommend the Shingles Vaccine

SUBMITTED BY
MARILEE MORRIS

ADRC of Washburn County
Vaccine Outreach Coordinator

I never expected Shingles to sneak up on me and ruin my summer/fall/winter. Bad things always happen to other people, not to us. I had Covid in December of 2022. Surgery April 14, 2023 and BOOM! Shingles hit in June. It started out as severe pain in my shoulder blade area and radiated down my arm. The pain reminded me of Radiculopathy that I experienced when I had herniated disk in my neck. When I went to the doctor, I explained that I had experienced a Herniated disc in the past. She ordered an MRI.

The illness progressed to aches, fever, headache, the pain became unbearable, and I could not sleep or eat. I had been treating the pain with Lidocaine patches. I developed a rash but could not see it and believed I had burned myself by using Lidocaine and a heating pad. I finally went to the Emergency room. My blood pressure was 220/120 I was in extreme pain. I told them I had a rash on my upper back. They did a CT scan but did not make the connection between the pain and the rash. Misdiagnosed and treated with pain cream and Celebrex.

I finally got to see my primary doc ten days in and was diagnosed with a severe case of Shingles. I was not able to eat, sleep, or show-

er myself. I could not lift my right arm to brush my teeth or dress myself. I was ready to jump off a cliff the pain was so severe. Finally, I started on antiviral meds and Lyrica, the pain subsided enough for me to eat and dress myself.

Shingles affects one in three older adults it is caused by the Herpes Zoster virus. This same virus causes Chickenpox. If you have ever had Chickenpox, the virus lives in your spinal nerves, lurking and waiting for the right circumstances to attack.

As we age, our immune system weakens even if we feel fine. Taking immune suppressing medications, having chronic health conditions, and long-term stress can all lower your ability to fight an attack of Shingles. Many Shingles sufferers have long-term chronic pain called Post-Herpetic Neuralgia, that can last months or years. Shingles on the face can cause eye infections, and temporary or permanent loss of vision. Anti-viral medications if taken early on can ease the symptoms and lessen nerve damage.

The Shingles Vaccine is about 97% effective for adults 50-60 year olds, and 91% effective in adults over 70 in preventing Shingles attacks. Shingrix is administered in two doses between 2-6 months apart. The vaccine is covered by Medicare Part D and can be administered at many larger Pharmacies. I wish I had considered myself at risk for Shingles. I wish I had been vaccinated before Shingles at-

tacked me. I might have prevented chronic long-term pain.

The pain and agony of severe Shingles is preventable for many older people. Consider protecting yourself from this serious and life changing illness by being vaccinated against Shingles.

AGING & DISABILITY
Vaccination
Collaborative
powered by USAging

ADRC
Aging & Disability Resource Center
of Washburn County

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Washburn County residents age 60+ and adults with disabilities

age 18-59 are eligible to receive a local "Chamber Cash" one-time incentive of \$50 in Chamber Bucks \$\$\$ from the ADRC of Washburn County, for any of the above listed vaccinations received between April 25, 2023 and April 15, 2024. These dollars can be used at any local Washburn County business who are members of their local Chamber and accept these dollars.

In addition, if you receive more than one type of vaccination, Indianhead Community Action Agency (ICAA) received a grant for COVID-19 and Influenza vaccinations. You may be eligible to receive this second incentive of \$25 from them.

Not only will you be protecting yourself by being vaccinated, you will also be helping local businesses by putting money back into the local economy. For more information on how you can register for a qualified vaccination clinic or apply for an incentive for a vaccine that you receive during the grant period, contact the Vaccine Outreach Coordinator at 715-645-2754. You will need to be able to provide your full name, physical address, email, and telephone number.

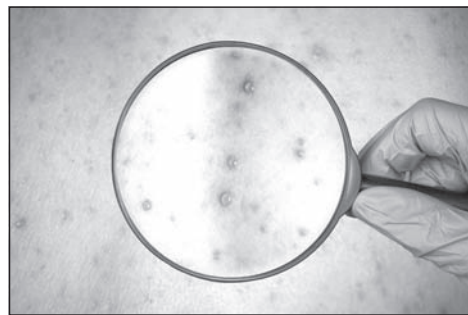
For **FREE** transportation to get a vaccine, call Amber, our Washburn County Mobility Manager at 715-635-4465.

Please also LIKE and follow our agency Facebook Page at [https://www.facebook.com/](https://www.facebook.com/AgeWellLiveWellWashburnCounty)

[AgeWellLiveWellWashburnCounty](https://www.facebook.com/AgeWellLiveWellWashburnCounty)

SHINGLES FACTS

SHINGLES (Herpes Zoster)



FILE PHOTO

Shingles is caused by the chickenpox virus becoming active in a person's body later in life. Shingles causes blisters that look like a band of raised dots, usually on the side of either the trunk or face. The blisters dry out after a few days. Symptoms can range from mild

itching to severe pain.

HOW IS IT SPREAD?

- Shingles is caused by the chickenpox virus becoming active in the body later in life. A person must have had chickenpox disease to develop shingles!
- A person with the shingles virus can give chickenpox to someone who has not had it.

• If someone has the shingles rash, they can spread the disease until the blisters caused by the rash become dry and crusted.

WHAT ARE THE SIGNS AND SYMPTOMS?

- The first sign is often a tingling, itchiness, or a stabbing pain on the skin.

- A few days later, a painful rash starts on one side of the body or face. The rash has small, fluid-filled blisters that dry out and crust over after several days.
- The rash usually disappears within three to five weeks.
- In some patients, pain will continue for many months after the rash has healed.

WHAT ARE THE TREATMENT OPTIONS?

- Medications are available and it is best to start taking them right away.
- Call your doctor right away if you think you have shingles to discuss treatment.

HOW CAN IT BE PREVENTED?

The best way to prevent shingles is to get vaccinated!

- To learn more about shingles vaccine options visit: <https://www.cdc.gov/shingles/vaccination.html> and talk with your doctor.
- Most healthy people who have shingles only have it once in their lifetime.
- By vaccinating children against chickenpox, they have less chance of getting shingles later in life.

BUREAU OF COMMUNICABLE
DISEASES

<https://www.dhs.wisconsin.gov/dph/bcd.htm>

DHSDPHBCD@dhs.wi.gov

Wisconsin Department of Health
Services | Division of Public Health

WASHBURN COUNTY TRANSIT NEWS

SUBMITTED BY
AMBER ANDERSON
Mobility Manager

WASHBURN COUNTY TRANSIT HAS SOME VERY EXCITING NEWS FOR ALL WASHBURN COUNTY RESIDENTS 60+ OR UNDER 60 WITH A DISABILITY!

Our van is up and running and ready to take you on your next shopping trip, to the NEW Well-



PHOTO SUBMITTED

Amber Anderson

ness Center 50+ in Spooner, to the wonderful local senior centers for lunch or an activity or to the library to get that book you have reserved! We are all very excited here at the ADRC of Washburn County to get these wheels on the road and to make this wonderful program

even better with this new added service. We will still be offering non-emergency medical trips for medical appointments as well, but the van is geared toward social and shopping trips. To start, we will be offering daily trips Tuesdays-Fridays. The van will be up and running at 9am daily and run until 4pm. Tuesdays will be reserved for Spooner and Shell Lake trips, Wednesdays and Thursdays for Minong and Birchwood trips, and Friday will be designated for trips to Rice Lake. The cost to ride the van is \$3 for all county rides and \$5 for out of county rides. We will keep the same billing as the medical run. Amber will send you a statement at the beginning of each month and you can pop a check in the mail payable the ADRC of Washburn County. Call Amber @ (715) 635-4465 for more information or to reserve your seat on the van. Thanks for all your support with our Transit program. We couldn't do this without our passengers and a great community! We are so blessed to live where we do!



HAPPY DAY CLUB NEWS

ARE YOU A CAREGIVER FOR SOMEONE WITH MEMORY LOSS?

Let 'Happy Day Club' (an adult daycare program) help you! We meet every Monday and Thursday at Trinity Lutheran Church in Spooner WI from 9 a.m. to 2 pm.

Caregivers, you can leave your loved one with memory loss/dementia in a safe and fun environment so you can get some well-deserved free time. Those with memory loss/dementia can enjoy socializing, music and games, just to name some of the fun things that happen at Happy Day Club. The atmosphere is very relaxed and easy-going so folks can feel comfortable around one another. They can just be themselves.

Morning snacks and lunch are provided. We are staffed by one paid Director and a group of very well-trained and experienced volunteers. Happy Day Club is a

nonprofit program that has been in existence for over twenty years, the only one in the Washburn County area! There is a \$30 daily fee. Financial help is available if assistance is needed.

Happy Day Club hopes you stop in for coffee and check our program out. Let us serve you on your journey with dementia. We are here to help.

Call us at 715-416-2942 or email happydayclub65@gmail.com.

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 WELCOME TO ATTEND. Snacks and coffee available. Call 715-416-2942 or email happydayclub65@gmail.com with any questions you may have.

INDIGO NEWS

Winter's On The Way Part 2

When the snow comes we have extra work to do. It's been a long time since we last had snow

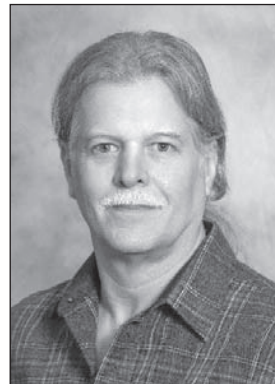


PHOTO SUBMITTED

Don Posh

removal on the to do list. When we put on those boots we change our stride. The boot restricts movement in the ankle and calf which often leads to pain. Heat or ice can help to reduce muscle pain. You can add little stretching to relieve that pain without medication.

There are not many ways to clean up snow from walkways and driveways. If you shovel, there are some ergonomic shovels available that reduce the strain on spinal muscles. Snow throwers have come a long way. They're not as heavy and there are many choices for smaller jobs. Rechargeable battery powered may be an option. There are some available for under \$100.

Another thing that comes with snow is slipping and falling. According to the CDC (Centers for Disease Control) about 1 million people are injured from slips and falls on ice and snow each year.

About 17,000 of those falls are fatal. We don't want to be on that list! Let's take a look at ways to prevent becoming a winter statistic. Slow down and allow more time to make your appointments. Hurrying on slippery walkways can make us really late! A walking stick, cane or ski poles can provide extra support. For about \$10 there is a device called the Ice Grip which can be attached to a walking stick or cane to assist with gripping when slippery. Ice Cleats can be added to shoes or boots. Prices for cleats start at about \$10. \$10, That's a very inexpensive insurance policy!

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

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.



CONTACT WEST CAP FOR ENERGY ASSISTANCE!

Program open now through May 15th



Visit our website at www.westcap.org to;

- Book a phone appointment
- Complete an online application
- Download a fillable form



Contact us;

- 715-598-4750
- info@wcap.org
- PO Box 308
Glenwood City, WI 54013

Or apply online at <https://energybenefit.wi.gov>
The Aging and Disability Resource Center does not operate any Energy Assistance Program.

JANUARY		LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p>NO MEALS SERVED Holiday Observance</p> <p>1</p>	<p>Lemon Pepper Fish Roasted Garlic Baby Reds Whole Kernel Corn Apricots WG Bread Baked Oatmeal Cake</p> <p>2</p>	<p>Cowboy Bean Hot Dish over Brown Rice Boc-Cheddar Cornbread Baked Squash Mandarin Oranges</p> <p>3</p>	<p>SOUP AND SANDWICH DAY Tomato Basil Soup Turkey & Swiss w/Lettuce, Tomato & Cranberry Mayo on Whole Grain Bread Crisp Grapes</p> <p>4</p>	<p>Sliced Baked Ham Scalloped Potatoes Steamed Carrots Whole Grain Bread Pudding w/Bananas</p> <p>5</p>		
<p>California Chicken Sandwich w/Leaf Lettuce, Tomato & Mayo on a WG Bun Baked Beans Cook's Choice Fruit</p> <p>MINONG & SHELL LAKE DINING AT 5</p> <p>8</p>	<p>Shepherd's Pie Topped w/Whipped Potatoes Roasted Brussel Sprouts WG Dinner Roll Strawberry Shortcake</p> <p>9</p>	<p>Seasoned Chicken Breast over a Wild/Brown Rice Blend & Mushroom Gravy California Medley Veggies Creamed Spinach Apple Crisp</p> <p>10</p>	<p>Beef Pot Roast with Potatoes, Onions, Carrots & Celery Whole Grain Bread Pears</p> <p>11</p>	<p>Tater Tot Hot Dish w/Beef, Peas, Carrots, Green Beans & Corn Fresh Fruit WG Dinner Roll Oatmeal Bar</p> <p>12</p>		
<p>Ham & Cheese Baked Potato w/Cheddar, SC, Steamed Broccoli WG Bread, Peaches</p> <p>KITCHEN TAKEOVER AT THE WELLNESS CENTER</p> <p>15</p>	<p>Sweet & Sour Pork w/Stir Fry Veggies over Brown Rice Egg Roll Mandarin Oranges</p> <p>16</p>	<p>SOUP AND SALAD DAY Chicken Wild Rice Soup Fresh Garden Salad WG Garlic Breadstick Frosted Carrot Cake</p> <p>17</p>	<p>Southwest Turkey & Rice Cucumber Chickpea Salad with Citrus Whole Grain Bread Apricots</p> <p>18</p>	<p>Creamy Chicken & Mixed Veggies over Biscuits Stewed Tomatos Apple Cinnamon Dessert</p> <p>19</p>		
<p>Waldorf Chicken Salad on Whole Grain Bread Broccoli-Cauliflower Salad Carrot Sticks Crisp Grapes</p> <p>22</p>	<p>Porcupine Meatballs Baked Potato Herb Baked Spinach WG Bread Fruit Salad</p> <p>BIRCHWOOD DINING AT 5</p> <p>23</p>	<p>Loaded Chef Salad w/Ham, Egg, Cheese, Veggies, Dressing WG Garlic Breadstick Fresh Apple Oatmeal Raisin Cookie</p> <p>24</p>	<p>Oven Roasted Chicken Mashed Potatoes & Gravy Dill Carrots Pears Whole Grain Bread Chocolate Cake</p> <p>25</p>	<p>Brat on a WG Bun Baked Beans Marinated Vegetable Salad Applesauce</p> <p>26</p>		
<p>Pulled BBQ Chicken Sandwich on a WG Bun Roasted Baby Reds Three Bean Salad Pineapple</p> <p>29</p>	<p>Pork Chop in Gravy Baked Sweet Potato Peas & Onions Buttermilk Biscuit Apricots</p> <p>30</p>	<p>CLOSED FOR STAFF TRAINING No Meals Served or Delivered</p> <p>31</p>				

• ALL MEALS SERVED WITH 1% MILK
• MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO FOOD AVAILABILITY
FOR RESERVATIONS CALL:

**Spooner Wellness Center: 715-635-8283 • Shell Lake Senior Center: 715-468-4750
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 \$6 - \$8 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15 to participate.



JANUARY
DINING @ 5

Suggested donation is \$8.00 - \$10.00
Cost: \$15.00 for anyone under 60 years old.
**PLEASE MAKE RESERVATIONS
24 HOURS IN ADVANCE**
Shell Lake: 715-468-4750 • Spooner: 715-635-8283
Minong: 715-466-4448 • Birchwood: 715-354-3001

MINONG MENU
MONDAY, JANUARY 8
Roaring 50's Diner
Build Your Own Burger Bar, Sweet Potato Fries
w/Cinnamon Marshmallow Dip,
Salad Bar, Build Your Own Sundae

SHELL LAKE MENU
MONDAY, JANUARY 8
Baked Spaghetti, Garlic Green Beans
Fresh Garden Salad, Garlic Bread
Angel Food Cake with Strawberries

SPOONER MENU
MONDAY, JANUARY 15
Kitchen Takeover
Featuring Cobblehaus Café
Poor Man's Lobster with Drawn Butter
& Lemon Wedge, Wild Rice Blend,
Honey Glazed Carrots, Salad Bar featuring
Thyroid Friendly Foods, Dinner Roll,
Brownie Sundae & Mocktail Bar
**Due to high demand, reservations for this
event in Spooner WILL NOT be taken
until January 2, 2024.*

BIRCHWOOD MENU
TUESDAY, JANUARY 23
Prime Rib, Baked Potato
Garlic Green Beans, Salad Bar,
Fresh Baked Bread,
Kristi's Choice Dessert


Make a Difference
VOLUNTEER!

VOLUNTEERS NEEDED!

- Would you like to do something meaningful to give back to the community?
- Do you like helping people in need?
- Would you like to make people smile?

Make a difference! Become a Home Delivered Meals Volunteer Today!

YOU GIVE US:

- One day per week (approximately 3 hrs.)
- Compassion for people in need
- You own transportation

WE GIVE YOU:

- A hot, nutritious lunch
- Equipment needed to keep food safe

- Mileage reimbursement
- A bunch of new friends and the best feeling of fulfillment

If interested in volunteering for meal delivery, please contact Valerie at the Aging and Disability Resource Center at 715-635-4467

LINDA ROGERS
FRIENDSHIP COMMONS
 Shell Lake Senior Center

It was a busy December at the Shell Lake Senior Center. We started the month by purchasing a new artificial Christmas tree to spruce up the inside and decorated a tree outside. So if you are in the area, swing by to see the lights.

We had a special painting class for December. Joni came up with an idea to paint wine bottles and put strings of lights in them. What a fun time everyone had and the bottles looked great.

For our Christmas party this year we had a decided to play bingo. Everyone enjoyed the treats and the prizes. Therefore, we will probably be having more bingo parties next year.

Just a reminder that we are serving lunches five days a week and you just need to call the center at (715) 468-4750 to sign up at least 24 hours, preferably 48 hours in advance.

Call (715)468-7491 for information about activities at our center.

For Meals on Wheels delivery in Washburn County, call Valerie VanderBent, Nutrition Director at (715) 635-4460.



KIRK WALTERS
 Minong Area Senior Center

Minong readers. I am back after a year away from the board and writing a Focus article for the Minong Area Senior Center.

Last week we hosted Santa and the younger Northwood School children. Here is a write up from MASC President (taking the reins in January) Polly Leinwander.

On Thursday, December 7th the Minong Area Senior Center hosted its annual Children's Christmas Party. The preschool and kindergarten children from the Northwood School were invited and approximately 55 children attended. The center provided a juice pouch, cookies, treats, a gift and individual pictures with Santa. This event and others thru out the year are made possible thru the fund raising and donations made to the center. Thank You to the school principal, her staff, members of the Minong Area Senior Center and especially Santa and his helper for making this an enjoyable event for all.

We have many new activities planned from our members as well as our ADRC Site Manager Laura Gomez. I am hoping to include her flyer from December, and a few pictures from Santa.

If you are interested in playing 500 or beanbag (Cornhole), please contact the Center. (After 11:30 a.m. please). We are hoping to get these activities rolling. We currently have Cribbage on Thursdays, and Farkle or cards on Tuesdays. Room for more to play!

Happy 2024 folks. Let's make it a good year!

SHELL LAKE SENIOR CENTER
FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.468.4750

NUTRITION SITE MANAGER: CHAR JAEGER
 CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center Closed Happy New Year!	2 Congregate Dining 11:30	3 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	4 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	5 Congregate Dining 11:30
8 Tai Chi 10-11 am Congregate Dining 11:30 Dining @ 5	9 Congregate Dining 11:30	10 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	11 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	12 Congregate Dining 11:30
15 Tai Chi 10-11 am Congregate Dining 11:30 Painting 1:00	16 Congregate Dining 11:30	17 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	18 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	19 Congregate Dining 11:30
22 Tai Chi 10-11 am Congregate Dining 11:30	23 Congregate Dining 11:30	24 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	25 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	26 Congregate Dining 11:30
29 Tai Chi 10-11 am Congregate Dining 11:30	30 Congregate Dining 11:30	31 STAFF TRAINING- NO Congregate or Home Delivered Meals Wii Bowling & Games 9:00, Quilting 9:00 Smear & Games 1:00		

MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: CHRIS CLOSE - 715.466.4448
 PRESIDENT: JERRY SMITH - 715.338.2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center Closed Happy New Year!	2 Congregate Dining 11:30 Farkle 12:00 Wii Bowling 12:00	3 Pocket of Prayer 7 am Congregate Dining 11:30	4 Congregate Dining 11:30 Cribbage 12:30	5 Congregate Dining 11:30
8 Congregate Dining 11:30	9 Congregate Dining 11:30 Cards 12:00 Wii Bowling 12:00	10 Pocket of Prayer 7 am Congregate Dining 11:30	11 Congregate Dining 11:30 Cribbage 12:30	12 Congregate Dining 11:30 13 Potluck & Bingo 12 pm
15 Congregate Dining 11:30	16 Congregate Dining 11:30 Farkle 12:00 Wii Bowling 12:00	17 Pocket of Prayer 7 am Congregate Dining 11:30	18 Congregate Dining 11:30 Cribbage 12:30	19 Congregate Dining 11:30
22 Congregate Dining 11:30	23 Congregate Dining 11:30 Cards 12:00 Wii Bowling 12:00	24 Pocket of Prayer 7 am Congregate Dining 11:30	25 Congregate Dining 11:30 Cribbage 12:30	26 Congregate Dining 11:30
29 Congregate Dining 11:30	30 Congregate Dining 11:30 Farkle 12:00 Wii Bowling 12:00	31 Pocket of Prayer 7 am STAFF TRAINING - NO CONGREGATE OR HOME DELIVERED MEALS		

CAROL ADDINGTON

Birchwood Senior Center

Season's Greetings Y'all and hope your heart is full of the Holiday Spirit and the sounds of the season. As I write this on the first day of



PHOTO SUBMITTED

Carol Addington

December, it is starting very nicely. We did have that one-day reminder of 0 degrees a week ago, but sunny and warmer since and I do hope that is a sign of things to come. This weekend will be full of Christmas activity with our annual Birchwood Christmas Festival. Sunday will be full of wonderful choral music as the Red Cedar Chorus presents its annual concert at St. Ben's in Rice Lake.

This 1st weekend in December has always been the start of the season and 'feeling' for me as

I have been a part of both most of my 30 years living here. Hope you are feeling it too, it is good feeling!

I grew up with Steve Jobs, Johnny Cash, and Bob Hope. Now there is no jobs, no cash and no hope. Please do not let anything happen to Kevin Bacon!

I do hope you will be making a New Year resolution to check on activities at the center! Several of them did take a break over the holidays but will be back on schedule in January. Do think about the book club especially! I can tell you from experience it is an awesome group of gals as I get there when I can. It is a wonderful way to end your day with your favorite beverage and a snack. Even if you have not read the book you will learn if you want to and the chatter is always fun. I can only read kindle now so it limits my participation but I love just being there as the chatter is so delightful! Hope to see you there.

Just sold my homing pigeon on eBay for the 22nd time.

I do want to warn you about all of the scams going around. They are prevalent this time of

year. I receive one about once a week in my email. Even if it looks safe...just do not. In addition, be careful with your online purchases too. One thing nice about living up here, I have not heard of delivered packages disappearing. At my house, they are so afraid of my Ginger, I do find them in 'surprising' places...

Do not worry about your smartphone or TV spying on you...your vacuum has been collecting dirt on you for years...

The ADRC of Washburn County has a Transit Van for use by its seniors. You do have to live in Washburn County, as those were the funds used for its residents. Contact Amber Anderson, Mobility Manager at the ADRC for arrangements of rides by calling 715-635-4465.

I just learned recently the suggested contribution for meals age 60+ has risen a bit to \$6-\$8 for lunch and \$8-\$10 for Dining @ 5. For those under 60, there is a charge of \$15. I am not surprised as one trip to the grocery store explained that. You still cannot eat at home for that price, someone else cooks and you have companionship for eating. Hope to see you there and soon!

**JOANN MALEK AND CATHY PEDERSON
CHICOG NEWS**

Happy New Year! 2024 brings a fresh slate, ready to be discovered and experienced. New is bright and shiny and clean. Just as when snow first coats a brown autumn landscape, the whole world feels new.

New potatoes. New baby. New moon. New love.

The holidays typically include gifts. New stuff. "New" sells. Yet new technology can be frustrating. The cell phone I purchased a few weeks back still doesn't ring when someone calls. Ugh!

In this era, new is built to wear out. Recently, friends were needing to replace a refrigerator they purchased fifteen years ago, a typical lifespan at that time. They've been told a new one will last only seven to ten years. My frig

was moved here from another kitchen twenty years ago and is still going strong. Just saying...

Old can be tattered and dark and damaged. Old sometimes means over and done with. Yet there is a lovely patina to old, a softness. Old has survived. I am old. Perhaps wiser. At the least, more experienced. Old might be wrinkled and grey-haired, with bulges here and there, but old is packed full of memories.

Old growth forests. Old songs. Old movies. Old friends.

Wishing you health, hope and fullness of heart in this new year, along with a packet of dandy old memories to pull out and enjoy again during quiet times.

ONE MORE DECEMBER DATE

Saturday, 12/30, noon. Holiday Meet and Greet at town hall. Bring a dish to pass. Invite your neighbors. Share holiday cheer with Chicog friends old and new.

IMPORTANT JANUARY DATES

Wednesday 1/10, 6pm, monthly Chicog meeting

Wednesdays 1/10&24 Namekagon Transit service

Wednesday, 1/24, 10:30-12, Books and Bread, Beaverbrook

(Note that Books and Bread no longer comes to Trego)

Thursdays, 11-3, Chicog Walkabouts, town hall

Thursday 1/25, 11-1, Bibliodragon, town hall

Ongoing, until April, 2024: Washburn County has received funding to promote vaccination clinics for seniors. Medicare will pay for vaccinations including flu, pneumonia, RSV, DPT, and Covid-19. In addition, you will receive fifty Chamber Dollars to be used at local Chamber businesses. Contact Washburn County Vaccination Outreach Coordinators at 715-645-2754 or 715-645-2710.

Thank you for reading the Chicog News!

PAINTING CLASS

**PAINTING FROM THE
"INSIDE OUT,
SELF EXPRESSION"**

is starting in January 2024
at the

Washburn County Wellness Center 50+
850 W. Beaverbrook Avenue
Spooner, WI

This is a special offering, limited to a small group of 3, with the instructor makes 4.

This relaxing opportunity will take place Thursdays from 10:00 a.m. to 12 noon for 4 weeks: January 4, 11, 18, and 25. Please see the daily menu to then join us for lunch following, reservations required.

Please call the ADRC of Washburn County at 715-635-4460 to reserve your spot for the painting group. Supplies will be provided, but you are welcome to bring your own.

TAI CHI MOVING FOR BETTER BALANCE AGE 60+

**TAI CHI MOVING FOR BETTER
BALANCE AGE 60+**

Washburn County Wellness Center 50+
850 W. Beaverbrook Avenue, Spooner, WI
Mondays, January 8 - April 1 • 1 - 2 PM
(No class February 19 - Presidents Day)

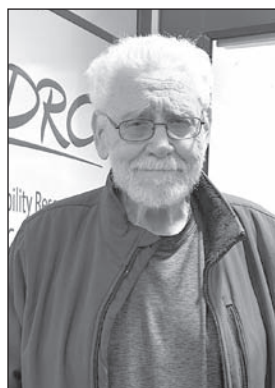


PHOTO SUBMITTED

Don Ross

Call Cassi at 715-635-4460 to register, space is limited

Don Ross, a local Tai Chi instructor who received professional training from Sumkan Barkas, will lead the class.

There will be a suggested contribution of \$25.00 per person. If this represents a hardship for you, please contact the ADRC of Washburn

County at 715-635-4460. Additional funds are available for Washburn County Caregivers.

Tai Chi Moving for Better Balance is an evidence-based fall prevention program for older adults. The protocol which involves a set of simple, continuous rhythmic and functional Tai Chi-based movements, represents a significant enhancement of traditional Tai Chi, transforming the purposeful movements into therapeutic training of balance. The practice focuses on the training of sensory systems via voluntary movement such as weight shifting from foot to foot, unilateral weight bearing, trunk rotation, ankle sways, and eye-led head movements. The goals of the training are to improve postural stability, control of body positioning, gait (movement) initiation, movement symmetry, coordination, and to build lower extremity strength.

If you have health concerns, please contact your healthcare provider before starting any exercise.

VERDELL PETTEY
WASHBURN COUNTY WELLNESS CENTER
50+ NEWS
 Verdellpettey@gmail.com

Welcome to a new year and our new facility. Both are bright and dazzling as the several bus trips by all our county senior centers to Duluth and Bentleyville in November and December! All the trips were full and a perfect way to start the holidays. Our decorated center gave it another touch of horniness just in time for the Ladies Night Out November 20th. The salad luncheon was highlighted with strawberry shortcake. The trivial games taught us more about Washburn County. Shuttle rides in our new county van made shopping downtown easy. The ADRC staff are always so helpful and very friendly and fun to be around.

Tough decisions had to be made at the Thanksgiving lunch on Nov. 16 at the center. After a delicious meal of turkey and all the trimmings, one had to choose between carrot cake or pumpkin bars for dessert!

Join us to watch the Packer games on our big screen. You can bring a snack and beverage. If someone is interested in hosting games for other teams, let Lynn know. She can be reached at 715-520-3569. About a dozen people have been attending to sit back and watch, visit, play cards, knit or color. No charge to come.

Our Nov. 9th Dining @ 5 was attended by 78 people. Laughing Goat Food Truck served their famous gyro menu. It was another evening with Washburn Country Top Chef Kitchen Takeover. We also honored our attending veterans.

Several treat bags were assembled in December to send with Meals on Wheels. There is a twofold benefit to this project; the fun volunteers had making the treat bags and the Christmas cheer it gives the recipient.

Be sure to watch on Facebook or call Lynn, @715-520-3569 for the start of the new Mahjong teaching class this month. It will be very helpful to learn the game and play. Cribbage is also starting this month on the 8th. It will be Mondays at 1pm. Sign-up sheet is at

SPOONER SENIOR CENTER
WASHBURN COUNTY WELLNESS CENTER 50+
 850 W. Beaverbrook Ave., Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON
 CO-CHAIRMEN: CARYL LIGLER | 715-635-8215 and LYNN BEARD | 715.520.3569

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center Closed Happy New Year!	2 Congregate Dining 12:00 Mah Jongg 1:00	3 Chair Dance 9:30 Congregate Dining 12:00 Cards, 500, Bridge 1:00	4 Boost Your Brain and Memory 9:00 Congregate Dining 12:00 Hand & Foot 1:00 Painting 1:00 - 2:00	5 Congregate Dining 12:00
8 Congregate Dining 12:00 Cribbage 1:00 Tai Chi 1:00 - 2:00	9 Congregate Dining 12:00 Mah Jongg 1:00	10 Chair Dance 9:30 Memory Cafe 10:00 Congregate Dining 12:00 Cards, 500, Bridge 1:00	11 BYBM 9:00 Congregate Dining 12:00 Hand & Foot 1:00 Painting 1:00 - 2:00	12 Congregate Dining 12:00
15 Congregate Dining 12:00 Cribbage 1:00 Tai Chi 1:00 - 2:00	16 Dementia Friendly Community & Dementia Live 10:00 Congregate Dining 12:00 Mah Jongg 1:00	17 Brain Break 9:00 Chair Dance 9:30 Congregate Dining 12:00 Cards, 500, Bridge 1:00	18 BYBM 9:00 Congregate Dining 12:00 Hand & Foot 1:00 Painting 1:00 - 2:00	19 Savvy Seniors 11:00 Congregate Dining 12:00
22 Congregate Dining 12:00 Cribbage 1:00 Tai Chi 1:00 - 2:00	23 Congregate Dining 12:00 Mah Jongg 1:00	24 Caregiver Connection 9:00 Chair Dance 9:30 Congregate Dining 12:00 Cards, 500, Bridge 1:00	25 BYBM 9:00 Congregate Dining 12:00 Hand & Foot 1:00 Painting 1:00 - 2:00	26 Congregate Dining 12:00
29 Congregate Dining 12:00 Cribbage 1:00 Tai Chi 1:00 - 2:00	30 Congregate Dining 12:00 Mah Jongg 1:00	31 STAFF TRAINING - NO CONGREGATE OR HOME DELIVERED MEAL Chair Dance 9:00 500, Bridge Cards 1:00		

the center.

Our next committee meeting will be January 22 at 1PM. All are welcome to attend. We are open to any new ideas or suggestions for our activities. I'm in "training" to be the new treasurer for the center. I've heard I may even have to work with petty cash! Hey, I've worked with Pettey cash at home for years! Thank you to Karen Ostrowski for all your diligent treasurer work over the years. It was greatly

appreciated and you made it look easy. I put you on my speed dial as I learn your job. Let's toast with a Mocktail for this transition.

Please check the calendar on this page for our monthly activities. Join us for daily lunch by calling or signing up a day ahead. The suggest contribution for daily meals range is \$6-8. Persons under 60 are \$15. Our Dining @ 5 suggested contribution is \$8-10, under 60 is \$15. Call 715-635-8283.

WASHBURN COUNTY TOP CHEF KITCHEN TAKEOVER - JANUARY 2024

The ADRC of Washburn County is pleased to introduce Melissa Laehn with Cobblehaus Café. Melissa was born and raised in central Wisconsin where she received her associate's degree in commercial art. Melissa's passion has always been in the kitchen. She is a self-taught baker, confectioner, and chef. In 2018, Melissa moved to Sarona, Wisconsin and bought a vintage camper. With her art and marketing skills, the camper was renovated into a unique hobbit style food wagon – known as Cobblehaus Café. Melissa is the owner and operator of the wagon with a passion for serving the community quality food using local sources.

JANUARY TOP CHEF KITCHEN TAKEOVER RESERVATIONS

Due to high demand, reservations for the January Top Chef Kitchen Takeover event will not be taken until **January 2, 2024** following the holidays.

Your cooperation is greatly appreciated!



Melissa Laehn, Cobblehaus Cafe

SUBMITTED PHOTO

CAREGIVER NEWS

Washburn County First Ever Caregiver Connection Event

SUBMITTED BY PATRYCE GARCIA

ADRC Dementia Care Specialist/Caregiver Support Coordinator
and

NICHOLE CAUDILL

ADRC Information & Assistance Specialist

ARE YOU LOOKING FOR A CAREGIVER? OR ARE YOU SOMEONE WHO CAN PROVIDE CARE SERVICES?

WE WANT TO CONNECT!

As many of us are well aware, it is becoming more and more difficult to find supportive services for ourselves and our loved ones. It is being called a caregiver crisis. It is also known that many in our communities are looking for flexible and meaningful work. Providing care services may be one of the best opportunities for this type of work.



PHOTO SUBMITTED

Patryce Garcia



PHOTO SUBMITTED

Nichole Caudill

The inspiration for this event was the idea that people who are caring for a loved one may not always feel comfortable simply hiring a stranger to come into their home and help out. We wanted to create a space for providers of care

services and care recipients to meet and get to know each other outside of their own homes. We also hoped to connect family caregivers to each other. Perhaps to create a mutually beneficial connection between family

caregivers to provide support to each other and their loved ones.

Our first Caregiver Connection Night was hosted by Nichole Caudill-Information and Assistance Specialist, and myself, Patryce Garcia- Dementia Care Specialist/Caregiver Support Coordinator, at the 50+ Spooner Wellness Center on December 6th, 2023. We are incredibly pleased with how many people were able to attend. One family caregiver looking for services stated she liked the informal feel of the event. All who attended said the event was helpful and they left with information they could use.

Information on background checks and funding resources were provided. As always, The Aging and Disability Resource Center of Washburn County does not endorse any provider or care recipient.

We will be hosting another Caregiver Connection Event on January 24th at 9:00 AM at the Spooner 50+ Wellness Center and hope to see you all there!

The ADRC of Washburn County receives funding to reimburse caregivers for services provided to the person they care for by a service provider that charges for these services. If you are a service provider that charges for a service to an elderly person that may not be able to afford the service, please share this information with them.

ELIGIBLE SERVICES INCLUDE

PERSONAL CARE: Feeding, food preparation, bathing, shower assistance, changing clothes, brushing teeth, toileting, getting in/out of a bed or chair, ambulation assistance, and foot care.

HOMEMAKER: Preparing meals, shopping for personal items, managing money, light housework, laundry, ironing, and pet care, taking out the garbage, time spent shopping and/or delivering groceries or other necessities.

CHORE: Heavy yard work, grass cutting, leaf raking, shoveling snow, clearing walkways of ice, snow, and leaves; chopping wood, hauling water, trimming overhanging trees branches, moving large furniture, installing screens and storm windows, cleaning appliances, cleaning and securing carpets and rugs, washing walls and windows, scrubbing floors, cleaning attics and basements to remove fire and health hazards, pest control.

TEMPORARY RESPITE CARE: Provide a brief period of relief or rest for caregivers and/or time away to do other activities.

HOME REPAIR AND MODIFICATIONS: Structural or restorative repair or modifications to an older individual's home environment in order to prevent or minimize the occurrence of injuries and are essential for the health and safety of the older individual. Includes minor repairs or renovations in order to meet safety, health, and code standards. Does not include chore or homemaker activities that must be repeated, aesthetic improvements to a home, or temporary repairs. Includes installation or maintenance of ramps for improved and/or barrier-free access, locks, improved lighting, hand held showers, grab bars, and tub rails. Also includes repair of floors, roof repair, doors and windows, interior walls, plumbing and drains that ensure a safe and adequate water supply, stairs and porches, heating systems, and electrical wiring.

HOME SECURITY AND SAFETY: Provision and/or installation of technology in the home environment designed to provide in-home or off-site monitoring with the intention of managing the health and safety of at-risk older adults.

If you think, you may be able to offer supportive services and have questions about if you should attend the event, please call Patryce Garcia at 715-635-4477.

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**

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

Preparing for Winter Power Outages

WASHBURN COUNTY EMERGENCY MANAGEMENT

Taking the time to prepare for a winter power outage can mean the difference between comfortably riding it out or surviving it in misery. It can get scary when the electricity we all take for granted is no longer available, but in winter, it's even worse. You may be without heat for long periods of time, your pipes may freeze, or you may be snowed in and stranded in your home for days.

START GETTING PREPARED BY KEEPING THE FOLLOWING SUPPLIES ON HAND:

- Water, one gallon per person per day, for a minimum of 3-7 days
- Non-Perishable Food
 - *(Don't forget to add water and food in to your equation for pets.)*
- Flashlights/Batteries, Battery-Operated Lanterns
- First Aid Kit/Prescriptions
- Manual Can Opener
- Extra Blankets & Cloths
- Emergency Weather Radio - Consider Hand-Crank or Solar Units
- Cellphone Car Charger

PORTABLE GENERATORS & SAFE USE

Portable generators can help with preparation for such power outages while providing peace of mind. As with all things involving electricity,



PHOTO SUBMITTED

the incorrect use of generators can create potentially hazardous situations. Here are some safety tips:

- Read all the information on installation, safety and maintenance, and follow instructions regarding maintenance and testing.
- Always isolate the generator from the utility supply system by plugging appliances, directly into generator itself. Don't try to wire your home's electrical system into the generator. The generator could feed power back into utility lines as power crews work to restore your electric service, putting those workers' lives at risk!
- Take care when fueling your generator! Never try to refuel the

unit while it's operating. Avoid spilling gasoline or other fuels on hot components.

- Provide adequate ventilation and air cooling for the generator to prevent overheating and the accumulation of toxic exhaust fumes.
- Keep these devices outdoors, away from doors, windows and vents that could allow carbon monoxide to come indoors.
- Opening doors and windows or using fans will not prevent CO buildup in the home. Although CO can't be seen or smelled, it can rapidly lead to full incapacitation and death. Even if you cannot smell exhaust fumes, you may still be exposed to CO. If you start to

feel sick, dizzy, or weak while using a generator, get to fresh air **RIGHT AWAY - DO NOT DELAY.**

- Install CO alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area.
- Be sure to turn the generator off and let it cool down before refueling. Gasoline spilled on hot engine parts could ignite.

• Exercise caution around portable generators, which have exposed engine parts that could burn or injure an individual. Keep children and pets away from a running generator.

If needed, you will be happy that you had the foresight to "Get Ready". Stocking a few essential power outage supplies helps keep you safe and healthy. Also, don't forget to check on family, friends and neighbors, especially if they are elderly, to make sure they are ok.

Check out [ready.gov](https://www.ready.gov) to make sure you are fully prepared for winter weather.

Stay safe and Warm this Winter!

WINTER WEATHER REMINDER

It's winter weather season again! Snow will soon be upon us and I want to remind everyone of the policy for Senior Dining and Home-Delivered Meals in the event of inclement weather. We value all our seniors and want them to be safe on days that bring ice and snow.

Senior nutrition programs may be cancelled and there will be no home delivered meals if the roads are slippery or dangerous due to a snow-storm or freezing rain. Please tune in to the local radio stations for announcements for your area:

- WCSW (94.0 AM) and**
- WGMO (95.3 FM) Shell Lake;**
- WJMC-FM (96.1 FM) Rice Lake;**
- and WHSM (101.1 FM) Hayward.**

There may be instances where some areas of the county are experiencing inclement weather

and others are not, so the rule of thumb is **"IF THE SCHOOL IN YOUR AREA IS CLOSED, SO IS THE NUTRITION SITE."**

You are encouraged to keep a 2-3 day supply of nonperishable food on hand in the event of an emergency that may force us to cancel our meal programs. Everyone on the Home Delivered Meal program will receive an Emergency Nutrition Kit to be used during these times.

DELIVERY WILL BE LIMITED TO PLOWED ROADS ONLY!

Our volunteer drivers will only deliver meals on roads and driveways that are plowed. Sidewalks to your residence should be shoveled and ice-free. The safety of our drivers is very important to us. If your driveway or road is not sufficiently plowed, call the Washburn County Aging & Disability Resource Center at 715-635-4460 and

tell us of your problem. There may be funds available to reimburse your expenses of having your driveway plowed and sidewalks cleared. This will save the volunteer driver a trip out on bad roads.

HAVE A SAFE AND WARM WINTER!

*Get on a waiting list **NOW** for your housing needs **LATER***

Washburn County Housing Authority
is accepting applications for their rental properties.
1 & 2 bedroom units

Schricker Manor & Goslin Court (Spooner)
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SENIOR & VETERANS BENEFITS

What is Wisconsin Medicaid?

<https://www.dhs.wisconsin.gov/dms/index.htm>

DIVISION OF MEDICAID SERVICES (DMS)

DMS supports Wisconsin's Medicaid programs and FoodShare program and provides access to health care, long-term care and nutritional assistance to more than one million Wisconsin residents who are elderly, have a disability, or have low income. DMS administers the Medicaid programs to medically needy and low-income individuals and families, as well as long-term support and services for older adults and services for people of all ages with disabilities. DMS administers other programs like FoodShare, state-funded Supplemental Security Income (SSI) program benefits, as well as Medicaid-funded subprograms, including primary and acute care services, Medicaid reimbursement to nursing homes, BadgerCare Plus, SeniorCare, Family Care, Family Care Partnership, IRIS (Include, Respect, I Self-Direct), and children's long-term care services. DMS also includes the Disability Determination Bureau, which administers the federal Social Security Administration (SSA) and Medicaid disability determination; and Milwaukee Enrollment Services (MilES), which administers income maintenance services for Milwaukee County.

Programs and Services within the Division of Medicaid Services:

BADGERCARE PLUS

A health care coverage program for low-income Wisconsin residents including children, pregnant women, and adults.

BIRTH TO 3 PROGRAM

This program is for children ages birth to 3 years old. Eligibility is based on a diagnosed disability or significant developmental delay in how your child plays, learns, speaks, and acts.

CARETAKER SUPPLEMENT

Parents who receive SSI and are living with and caring for their minor children may be able to get an additional monthly cash benefit.

CHILDREN'S COMMUNITY OPTIONS PROGRAM

This program provides a coordinated approach to supporting families who have a child with a disability.

CHILDREN'S LONG-TERM SUPPORT WAIVERS

This program is for children and young adults under the age of 22 with significant developmental, physical, or emotional disabilities. Funding is available to help support children to remain living in their home or community.

DISABILITY DETERMINATION BUREAU (DDB)

The DDB makes the decision regarding Wisconsin residents who are applying to be determined disabled by the Social Security Administration.

ESTATE RECOVERY

Wisconsin is required by state and federal laws to recover some of the money used to pay for certain services for Medicaid members.

FAMILY CARE PARTNERSHIP PROGRAM

The Family Care Partnership Program is an integrated health and long-term care program for frail elderly and people with disabilities.

FAMILY CARE PROGRAM

Family Care is a Medicaid managed long-term care program for frail elders and adults with disabilities. The program provides a wide range of health and long-term care services.

FAMILY PLANNING ONLY SERVICES

The Family Planning Only Services Program provides men and women certain family planning-related services to prevent unplanned pregnancies.

FOODSHARE

FoodShare is Wisconsin's Supplemental Nutrition Assistance Program and it helps low-income Wisconsin residents buy food.

IRIS (INCLUDE, RESPECT, I SELF-DIRECT)

The IRIS program is a Medicaid Home and Community-Based Services waiver for self-directed long-term supports. The program is an option for adults with long-term care needs.

KATIE BECKETT PROGRAM

This program is for children under 19 with long-term disabilities or complex medical needs. Children who are not eligible for other Medicaid programs because the income or assets of their parents are too high, may be eligible for Medicaid through the Katie Beckett Program.

MEDICAID FOR THE ELDERLY, BLIND OR DISABLED (EBD MEDICAID)

EBD Medicaid provides health care coverage to people who are age 65 and older, blind or who have a disability.

MEDICAID PURCHASE PLAN (MAPP)

MAPP offers people with disabilities who are working or interested in working with the chance to buy health care coverage from the Medicaid Program.

MEDICAID STATE PLAN

The Medicaid State Plan is the officially recognized statement describing the nature and scope of Wisconsin's Medicaid program.

MILWAUKEE ENROLLMENT SERVICES (MILES)

MilES manages all aspects of public assistance programs in Milwaukee County, including determining eligibility and providing ongoing case management.

NON-EMERGENCY MEDICAL TRANSPORTATION (NEMT)

If you do not have a way to get to your medical appointment or you have a car and are able to drive yourself but cannot afford to pay for gas, you can get a ride, bus tickets, or money for gas if you are enrolled in certain BadgerCare Plus or Medicaid programs.

SENIORCARE

SeniorCare is Wisconsin's prescription drug assistance program for Wisconsin residents who are 65 years of age and older and meet program rules.

SUPPLEMENTAL SECURITY INCOME (SSI)

SSI is a monthly cash benefit paid to people with limited income who are age 65 or older or people of any age who are blind or disabled.

WISCONSIN CHRONIC DISEASE PROGRAM (WCDP)

The WCDP offers health care assistance to Wisconsin residents with chronic renal disease, hemophilia, and adult cystic fibrosis

Division of Medicaid Services

PO Box 309

Madison, WI 53707-0309

608-266-8922

If you are a Washburn County resident age 60+ or adult with disabilities age 18-59, you can contact the ADRC of Washburn County for information and assistance with applications of Medicaid programs. Call us at 715-635-4460.

24/7, Confidential Crisis Support for Veterans and their Loved Ones

If you're a Veteran in crisis or concerned about one, reach caring trained responders 24 hours a day, 7 days a week.

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.

• Support doesn't end with your conversation. Our responders can connect you with the resources you need.

You don't have to be enrolled in VA benefits or health care to connect.

You're not alone - the **Veterans Crisis Line** is here for you

- Dial 988 then Press 1

- Chat online at VeteransCrisisLine.net/Chat

- Text 838255

- Scan the QR code to download Veterans Crisis Line resources



U.S. Department
of Veterans Affairs



PET HEALTH SERVICES FOR SENIORS IN WASHBURN COUNTY

<p>Are you a Washburn County resident age 60+ Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Do you have dogs, cats, or other pets that are in need of vaccinations, flea/tic/heardworm treatment, or other veterinarian services? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Beautiful Hearts Rescue, in partnership with the ADRC of Washburn County, has funds available to assist you in keeping your pets healthy. Please return application to: Beautiful Hearts Rescue P.O. Box 532, Shell Lake, WI 54871</p> <p>Please complete information ONLY for registered pets that you own. If you have more than two pets, please use the back of the form or attach additional sheets.</p> <p>Name: _____ Phone: _____</p> <p>Physical Address: _____</p> <p>Mailing Address: _____</p> <p>1. Type of pet - Circle 1: Dog / Cat/ Other: Breed: _____</p> <p>Name of Pet _____</p> <p>Male <input type="checkbox"/> Female <input type="checkbox"/> Age ____ Weight _____</p> <p>Does this pet receive monthly flea treatment? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Is this pet spayed or neutered? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Is this pet up-to-date on vaccinations? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>Do you have the ability to feed your pet every day? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>What type of food does your pet eat? Circle all that apply: Dry Pet / Wet Pet / People Food</p> <p>Is your pet on a special diet? Yes <input type="checkbox"/> No <input type="checkbox"/> What type _____</p> <p>Does your pet have any health care needs that you are unable to provide? Yes <input type="checkbox"/> No <input type="checkbox"/> If so, what are these needs?</p> <p>2. Type of pet - Circle 1: Dog / Cat/ Other: Breed: _____</p> <p>Name of Pet _____</p> <p>Male <input type="checkbox"/> Female <input type="checkbox"/> Age ____ Weight _____</p> <p>Does this pet receive monthly flea treatment? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Is this pet spayed or neutered? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Is this pet up-to-date on vaccinations? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Do you have the ability to feed your pet every day? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>What type of food does your pet eat? Circle all that apply: Dry Pet / Wet Pet / People Food</p> <p>Is your pet on a special diet? Yes <input type="checkbox"/> No <input type="checkbox"/> What type _____</p> <p>Does your pet have any health care needs that you are unable to provide? Yes <input type="checkbox"/> No <input type="checkbox"/> If so, what are these needs?</p>
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SPOONER HEALTH

CONTACT:
Spooner HEALTH
Michelle Martin
 Public Relations & Marketing Director
 Phone: 715-939-1736
 Email: michelle.martin@spoonerhealth.com

PRESS RELEASE

SPOONER HEALTH'S POWERUP VOICE & MOVEMENT GROUP BEGINS JANUARY 10

SPOONER, WI (December 8, 2023)— Beginning on Wednesday, January 10, 2024, the PowerUP Voice & Movement group led by Spooner Health Rehabilitation Services will begin meeting each month. PowerUP is an exercise group for people with Parkinson's disease and other neurological disorders such as stroke, ataxia, or multiple sclerosis. The purpose of the group is to help individuals maintain the physical movement needed for speech and mobility so that they can function more safely and independently, improving quality of life.

The group will meet on the second Wednesday of every month from 11 a.m. to 12:30 p.m. in the Lower-level Classrooms at Spooner Health. For more information on the program, contact the Rehabilitation Services team at 715-939-1745.
Spooner Health

Spooner Health is a 25-bed critical access hospital with a wide range of services from emergency and inpatient care to outpatient therapy, surgery and diagnostic imaging. Spooner Health is dedicated to providing high quality healthcare with excellent service.

GROUPS & CLASSES
Spooner HEALTH

POWERUP VOICE & MOVEMENT
 Classes start January 10, 2024

PowerUP is an exercise group for people with Parkinson's disease and other neurological disorders such as stroke, ataxia, or MS. The purpose of the group is to help individuals maintain the physical movement needed for speech and mobility so that they can function more safely and independently, improving quality of life.

When: Second Wednesday of the Month 11 a.m. to 12:30 p.m.
Where: Lower Level Classrooms A&B Spooner Health
Contact: Spooner Health Rehabilitation Services 715-939-1745

APHASIA SUPPORT GROUP

Open to anyone with aphasia or friends and family of someone with aphasia. This group is a safe place to meet others, practice communication, learn new strategies, and support one another. Topics and themes change each month.

When: First Thursday of the Month 1:00 to 2:30 p.m.
Where: Main Conference Room, Spooner Health
Contact: Spooner Health Rehabilitation Services 715-939-1745

Learn more: www.SpoonerHealth.com/events

MEMORY SCREENS

MEMORY SCREEN MONDAYS

WHO SHOULD GET SCREENED?

Anyone who has concerns about their memory, has a family history of dementia, or those who simply want a baseline for their memory.

WHEN / WHERE

The First Monday of the Month 1:00 p.m. - 4:00 p.m.

Washburn County Services Center
Aging and Disability Resource Center office First Floor
 304 2nd St., Shell Lake, WI

WHY SHOULD I GET SCREENED?

Early detection of cognitive changes is important. If additional assessment by a medical professional determines there are cognitive changes or a diagnosis of dementia, it offers time to plan for the future in a meaningful way.

Contact Patryce Garcia with any questions Or to schedule an appointment 715.635.4477

NEIGHBOR TO NEIGHBOR

DO YOU KNOW A SENIOR IN NEED?

NEIGHBOR TO NEIGHBOR has information if you know a senior who could use help with grocery delivery, friendly phone calls, or making connections.

Please contact the Neighbor to Neighbor office.

715-635-2252 | fiawashburn@gmail.com
Fiawashburn.org

407 N. Front St., Suite 2, Spooner, WI 54801

HELP WITH VISION LOSS

YOU'RE NOT ALONE:

Help is Available for Older Adults with Vision Loss

Until recently, we didn't have much concrete data on the impact vision loss is having on aging adults across Wisconsin. We could estimate how many people in the state are blind and visually impaired, and we had plenty of anecdotal information about how vision loss is affecting their well-being. But the numbers to back up those stories were missing.

That changed with the publication last year of "Wisconsin's Older Population and Vision Loss: A Briefing," a detailed report prepared by researchers from The Ohio State University College of Optometry and published by VisionServe Alliance, a national network of leaders and organizations working to transform the lives of people living with blindness and low vision.

We now have a much clearer understanding of the impact of vision loss among Wisconsin's older adults. The report tells us not only how common it is, but also what groups are more likely to be affected. We can also better grasp the connection between vision loss and physical, mental and social health.

Here are a few of the facts from the report:

WHO HAS VISION LOSS?

- More than 4 out of every 100 older people in Wisconsin report severe vision impairment or blindness.
- Women over 65 in Wisconsin are significantly more likely than men to experience vision impairment.
- African Americans over 65 in Wisconsin are more than three times as likely to experience vision impairment as their White peers.
- Vision impairment rates vary widely across Wisconsin counties, with high rates found

among both urban and rural counties.

- The vast majority of older people with vision impairment do not receive vision rehabilitation services to help them adapt to their changing vision.
- Older adults with vision loss are much more likely to be living in poverty than their peers who are not visually impaired.

WHAT'S THE CONNECTION BETWEEN VISION LOSS AND HEALTH?

- Older people with vision impairment are more likely to have chronic conditions like stroke, arthritis, diabetes and kidney disease, and are twice as likely to suffer from depression.
- More than half of older people with vision impairment in Wisconsin report fair or poor health, compared to only 20% of older people without vision impairment.

So, what does all this mean for you? Above all, it means that if you are experiencing vision loss, you are not alone! It's very common to feel more isolated and lonely as your vision declines, so it's important to understand that (1) others in your community are going through the same thing; and (2) services are available that can help you feel more independent and empower you to continue with many of the activities you enjoy.

Practicing good eye health and seeing your eye doctor regularly will help preserve your vision as long as possible. It will ensure that your eye condition is diagnosed properly and you know your treatment options. If vision loss has begun to affect your day-to-day life, please

consider reaching out to the nearest organization that provides vision rehabilitation services, which can teach you strategies for daily living. They can help you determine if vision rehab or other related services are right for you:

Wisconsin Council of the Blind & Visually Impaired (based in Madison)
800-783-5213
Info@WCBlind.org
WCBlind.org

Vision Forward Association (based in Milwaukee)
414-615-0100
Info@Vision-Forward.org
Vision-Forward.org/

Wisconsin Department of Health Services Office for the Blind and Visually Impaired (statewide)
888-879-0017
DHSOBVI@DHS.Wisconsin.gov
DHS.Wisconsin.Gov/OBVI

Lighthouse Center for Vital Living (based in Duluth, MN)
218-624-4828
Info@Lcfvi.org
Lcfvi.org

The report "Wisconsin's Older Population and Vision Loss: A Briefing" is available online at Bit.ly/WisconsinBigDataReport

Changing vision can be frightening, but with the right information and support, you can continue to live a vibrant and fulfilling life!



My Choice Wisconsin provides government-funded programs to frail seniors, adults with disabilities, individuals, and families.

We care for the whole person and well-being of all by offering services that promote independence, value diversity, and inspire self-advocacy.

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/

DHS Approved 8/16/2021



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CAREGIVER CONNECTION

CAREGIVER CONNECTION EVENT

Are you looking for a caregiver?
OR are you **someone who can provide care services** such as housekeeping, respite, personal care, etc.?

We want to connect!

**January 24, 2024
9:00 a.m.**

**Spoooner 50+ Wellness Center
850 W Beaverbrook Ave., Spooner, WI
Light snacks will be provided.**

All are encouraged to bring a recent background check. If you do not have one complete, information on how to attain one will be available.

The Aging and Disability Resource Center of Washburn County does not sponsor or endorse ANY provider or caregiver.



MOVIE SCREENING

BRAIN BREAK MOVIE SCREENING

BRAIN BREAKS ARE FUN ACTIVITIES THAT ARE ALSO GREAT FOR YOUR BRAIN HEALTH!

**This Month will be screening
"Robin's Wish"
Robin William's story
with discussion to follow
and an activity to bring home.**

**Wednesday, January 17th, 2024
9:30 a.m.**

**Spoooner 50+ Wellness Center
850 W Beaverbrook Ave., Spooner, WI**

Contact Patryce Garcia with any questions:

**Patryce Garcia
715-635-4477
pgarcia@co.washburn.wi.us**



END SOCIAL ISOLATION

WISCONSIN COALITION TO END SOCIAL ISOLATION & LONELINESS (WCESIL)

THRIVING WITH PURPOSE AND BELONGING

Only **15%** of older adults and people with disabilities feel they receive the social and emotional support they need.

A **60%** risk of premature death is due to poor social connections.

40% of adults with a disability and **43%** of older adults report feeling lonely. Lacking social connection is as dangerous as smoking 15 cigarettes daily.

"Our epidemic of loneliness and isolation has been an underappreciated public health crisis that has harmed individual and societal health. Our relationships are a source of healing and well-being hiding in plain sight - one that can help us live healthier, more fulfilled, and more productive lives."

- U.S. Surgeon General Dr. Vivek Murthy

For more information visit:
<https://wihealthyaging.org/initiatives/isolation-and-loneliness/>

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Wednesday Spaghetti & Meatballs
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MINI TURTLE CHEESECAKES

www.fightbac.org/safe-recipes-desserts/
mini-turtle-cheesecakes/
SERVINGS: 24 cheesecakes

INGREDIENTS:

For the crust:

- 1 cup graham cracker crumbs (about 8 whole crackers, crushed)
- 1/4 cup sugar
- 1/4 cup melted butter

For the Cheesecake:

- 2 8-oz. pkgs cream cheese, softened
- 1/2 cup sugar
- 2 large eggs
- 2 tsp vanilla extract
- 1/4 cup heavy whipping cream

For the Turtle Topping:

- 3 oz. pecans, toasted
- 1 cup semisweet or milk chocolate chips
- 2 tbsp. whole milk
- 1 cup dulce de leche caramel

INSTRUCTIONS:

Wash hands with soap and water
Do not eat raw dough or batter

1. Preheat oven to 325° F.
2. In a small bowl, combine graham cracker crumbs, 1/4 cup sugar and melted butter.
3. Spoon into cheesecake pan and set aside.
4. Add cream cheese, sugar and eggs to a mixer bowl. Beat 3 minutes at medium-high speed, stopping to scrape sides and bottom about half-way through.
5. Add vanilla and heavy whipping cream. Continue to beat 2 minutes at medium-high speed.

6. Scoop filling over crust. Bake for 25 minutes and make sure cheesecakes are set on top.
7. Remove from oven to a wire rack to cool to room temperature.
8. Run a sharp knife around edges of cheesecakes and carefully remove from pan and place on a serving dish. Refrigerate for 2 hours or until chilled.
9. Place pecans on a baking sheet and bake for 7 to 10 minutes or until lightly toasted. Set aside.
10. Reserve 24 pecans for garnish. Chop remaining pecans and set aside.
11. Add chocolate chips and milk to a microwave safe bowl and heat in 30-second intervals, stirring in between until chocolate is melted and smooth.
12. Top each cheesecake with caramel, pecans and chocolate sauce. Place half a pecan on each cheesecake for garnish.

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www.regionalhospice.org

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