

The DREAM in Action!



SUBMITTED BY
LINDA HAND
ADRC Director/
Aging Director

Today is Friday, May 19, 2023. Yesterday afternoon, I attended the Spooner Senior Center Spring Fling at Round Man Brewing Co. This



SPRING FLING at Round Man



PHOTOS SUBMITTED

was a fundraiser organized and facilitated by the Spooner Senior Center participants to raise money to purchase items for the new Washburn County Wellness Center 50+.

A while back, a message posted on Facebook, invited community members to the initial organizational meeting for a possible Senior Prom. It was fantastic to see several new faces, with some seasoned professionals in the field of event planning show up. As the planning discussion went on, the Senior Prom transformed to a Spring Gala, and then into a fundraiser for the new location. They wanted it to be fun and everyone was craving spring on that wintery day. The idea of a Spring Fling emerged. Some of our ADRC staff had attended, for any support if needed. As the conversation developed we stepped away to allow them the space to do their thing. I have learned through the years that micromanagement is not a good leadership quality. Empowering and supporting others to become their own leaders is much more important. If they got it, do not be leaning over their shoulder or holding their hand. It is important to remember, that many of these retirees were leaders themselves in their former occupations. Just because they can sleep in, does not mean they lost it. There is a lot to learn from our retired neighbors and watch out, because as a group they can ROAR.

Since working in the Aging Network, I cannot recall how many times explaining where I work and once "senior center" is mentioned, the question most often asked is, "How many beds are there?" In my head, I am saying WHAT?! I have also had several adults tell me they will never ever step foot in a senior center, well guess what, you are the ones missing out.

Well let us just say that at yesterday's event, there was no beds at Roundman. These are people, very active, intelligent people. There may be a few grey hairs, but going gray is now very glamorous. AARP featured stars at the 2023 Oscars with 64-year-old Jamie Lee Curtis busting the charts at #1, along with Andi MacDowell 64, Nicole Kidman 55, and Michelle Yeoh 60. There may have also been some bald spots at the Fling. According to Peak Magazine, bald is the new sexy and no one is going to say otherwise to John Travolta 69, Bruce Willis 68, or Patrick Stewart 82.

Think about this...

For those turning 50 in 2023 – born 1973, graduated high school 1991 when Metallica and Guns n Roses was popular. "Fresh" was the slang for cool.

Turning 60 in 2023? Born 1963, graduated in 1981 with AC/DC at the top of the charts and the launch of MTV. It was Rad.

Is 70 your mark in 2023? Born in 1953, graduating in 1971. Stairway to Heaven by Led Zeppelin was the number #1 song and it was "Hip".

80 in 2023? Born in 1943 graduating in 1961. Elvis Presley "Surrender" hits #1 in US and UK. His 4th #1 of the 60's and 12th #1 of his career. According to Babel Magazine, "Ah, the 1960s. An iconic decade, emblazoned in society's collective consciousness. An era of mind-boggling scientific advancements, massive civil rights victories and free-spirited, hippie counterculture." Tie-dye will never die, "far out", and "groovy" are here to stay. The iconic music festival Woodstock took place August 15-18, 1969. If anyone out there attend, I would love to interview you for an article!

Are you 90 in 2023? Born 1933, graduating 1951 with Nat King Cole at the top of the charts. Calling someone "ginchiest" might not sound like a compliment, but it actually means you think they are cool.

Just wanted to clarify, all those attending the Spring Fling, grew up in one of those decades. So when you go hang with them, there might be some stuff going on. Just because we age or retire, does not mean we are done for.

Back to the Spring Fling

Approximately 70 attendees came dressed to the hilt in their Spring/Summer attire, which included flip-flops, the signature shoe brand of the event. Tickets included entry into a private room at Round Man with live music from Blue Kanu. Many area businesses, organizations, and individuals contributed generously to provide items for silent auction baskets. The Round Man staff outdid themselves by serving fantastic food and of course their specialty beverages. It was a very enjoyable event and if you missed it, oh well there is always next time! Guess what, there will be many next times at the new Washburn County Wellness Center 50+. Those wheels are turning and the group is planning. Don't

want to miss the fun at future events? Then get involved. The Spooner Senior Center board meets once a month and they welcome the public to attend. The group had proposed that the new facility welcome ages 50+ and drop the "senior center", hence Washburn County Wellness Center 50+. Don't bring your pillow though, they sit upright in chairs, laugh a lot, and are planning activities like Cornhole tournaments, dances, speed dating, tailgate parties, charter bus trips, and more. Just rattling off a few, I heard yesterday.

Special thanks goes out to those organizers of the Spring Fling: Claudia Broz, Colleen Cook, Sue Bauman, Marie Zellmer, Lynn Beard, JoAnn Wanek, and Kathy Olson. Not to forget Tom Harder as emcee and master of ceremonies. Also, the staff of Round Man, others that volunteered along the way, donated items, and the wonderful entertainment of Blu Kanu.

Updates to the 2023 Summer Senior Social Dinner Concert Series

VOLUNTEERS NEEDED. Please contact our office at 715-635-4460 to register to help at one or all of the events. Volunteers are need for set-up/tear down, food prep, serving food plates inside and outside, and registration. We in invite organizations to provide informational booths/tents representing local non-profit agencies and businesses that support the local elder and disabled residents of Washburn County.

ACCEPTING DONATIONS: Due to the rising cost of products and services, donations will go towards deferring the costs associated with food, paper products, bands, tent and building rental fees. We can accept in-kind farm fresh, grocery, and FoodSafe restaurant prepared food, disposable serving plates, cups, napkins, and plastic silverware that meet the standards required as per the state. Please call Valerie VanderBent, Nutrition Director with any questions. 715-635-4460.

Please join us on the beautiful shores of Shell Lake, WI, where we will hold three senior social



When: The Third Tuesday of the month from 2:30 to 3:30 PM

Where: Washburn County Services Center
304 2nd St., Shell Lake, WI
ADRC South Conference room

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

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

PHOTO: CANVA

WASHBURN COUNTY ADRC/AGING MEETING CALENDARS 2023

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

<u>Time</u>	<u>Date</u>	<u>Location</u>	<u>Other Info</u>
*10:00 a.m.	Tuesday, June 6, 2023	Minong Senior Center 700 Houston Ave., Minong, WI • 715-645-0418	Lunch Served at 11:30 a.m.
9:00 a.m.	Wednesday, July 5, 2023	Spoooner Senior Center (TBA) 402 Oak St., Spooner, WI • 715-635-8283	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting.
10:00 a.m.	Tuesday, August 1, 2023	Shell Lake Senior Center 210 4th Ave., Shell Lake, WI • 715-635-8283	Lunch served at 12:00 noon
9:00 a.m.	Tuesday, September 5, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI • 715-635-4460	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting.
9:00 a.m.	Tuesday, September 26, 2023 (Change Due to Budget)	Washburn County Board Room 304 2nd Street, Shell Lake, WI • 715-635-4460	
9:00 a.m.	Tuesday, November 7, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI • 715-635-4460	
9:00 a.m.	Tuesday, December 5, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI • 715-635-4460	

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- Rehabilitation Services
- Cardiac Rehabilitation
- Sleep Studies



Spoonier
HEALTH



SCAM ALERT!

MEDICAID RENEWAL AND FOODSHARE

By the GWAAR Legal Services Team

SUBMITTED BY KELLY WEISENBECK
Washburn County Elder Benefit Specialist

The Wisconsin Department of Health Services (DHS) has been made aware of a scam targeting Medicaid members via two text messages. The first text message states that their case is at risk of cancellation. The second text message states that benefits have been cancelled and requests that the member call 1-877-687-4221. If the member contacts this number, they are informed they have lost their health insurance coverage and need to pay to be reinstated. DHS does not send text messages with this type of language and does not charge a recertification fee.

The United States Department of Agriculture (USDA) has learned that criminals are using phony text messages that say a recipients SNAP EBT Card (FoodShare Quest card) has been locked. The text message provides a phone number to call for help. This is known as a phishing scam and is a type of fraud. If you do not know if a request for information is real, contact your local Income Maintenance agency.

WELCOME TO THE ADRC TEAM!



PHOTO SUBMITTED

Hello! My name is Cassi Feiertag – I am very excited to be a part of the amazing team at the ADRC of Washburn County. I graduated from Northwood Technical College, formerly WITC, in 2007 with an Associate Degree in Administrative Assistance. I am the “proud” parent of a 12 year old spoiled rescue dog and an equally spoiled 23 year old hermanns tortoise. In my free time I enjoy gardening, reading, photography, fishing with my dad, spending time with my family, and just being outdoors. I look forward to meeting you all and serving this great community that we share.



PHOTO SUBMITTED

My name is Charlotte Jaeger, I was raised on a farm in Ashland. I have been in the Hayward area since 1988. I raised 3 children there, and now have the joy of watching them raise their children. I am so happy to be a part of the Washburn County Senior Nutrition Program. I have been involved with nutrition since 2008. I have worked at a nursing home in Hayward for 10 plus years. I also worked at the senior resource center in Hayward as a Nutrition Director. I love to cook and try new recipes. I enjoy working with people and getting to know them. Hope you stop in at either Spooner or Shell Lake Senior Centers and say hello.



ADRC of Washburn County Staff Contacts as of June 2023

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

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

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

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

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

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

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

www.co.washburn.wi.us
https://adrcwashburncounty.org/
ADRC/Aging Director:
Linda Hand

tion 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)
Chris Close (Minong)
Char Jaeger (Shell Lake)
Mary Lawson (Spooner)

Amber Anderson
Mobility Manager
715-635-4465

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

Washburn County Transit Drivers
Kerry Moore • Dean Martin • Kathy Rowland

Sheila Pierquet
Fiscal Assistant
715-635-4463

Cassi Feiertag
Administrative Assistant
715-635-4460

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

Patient Dumping Case Yields Victory for Mother and Son - and All Nursing Facility Residents

A ruling that patient dumping broke state and federal laws could mean wider protection from eviction for nursing facility residents.

by AARP Foundation, April 19, 2023

Gloria Single won a landmark legal victory against the illegal practice of patient dumping, but she didn't live to see that victory. Instead, her son Aubrey Jones carried the case on after his mother's death because, as he puts it, "That's what Mom would have done."

A ruling last January in the case, in which Gloria and her son were represented by AARP Foundation and BraunHagey & Borden LLP, found that Gloria's nursing facility had violated both California state and federal laws by refusing to let her come back to the place she called home after an evaluation at a local hospital. The ruling reinforces the legal protection nursing facility residents across the country have against such evictions.

Gloria's story is one of family, of strong relationships, of love for whatever place we come to call our home. You only have to talk to Aubrey for a few minutes to know how much he treasured her and the care he and her brothers got from her well into their adulthood — and how difficult it was to see



PHOTO SUBMITTED

her lose so much in her final days.

A DEPTH OF COMMITMENT

Gloria worked hard to raise her three boys in the foothills of northern California. "She was a very loving, caring person," says Jones. "My brothers and I always came first."

Widowed in her late 40s, Gloria found love a

second time with Bill, a family friend. Aubrey remembers Bill being a positive influence in their lives, helping cut trees and taking them fishing. And when Aubrey's youngest brother, Kelly, struggled with a drug problem, Gloria was the literal moving force that took them to a new home in Idaho as

SEE **DUMPING** PAGE 9

American Rescue Plan Act Well Compensation and Well Abandonment Grants

**YOU COULD RECEIVE UP TO \$16,000
TO REPLACE, RECONSTRUCT, TREAT OR
ABANDON YOUR WELL OR WATER SYSTEM.**

You might be eligible to apply if:

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

Apply by December 2024.

To learn more about eligibility and how to apply:

**VISIT dnr.wisconsin.gov/aid/WellCompensation.html
OR dnr.wisconsin.gov/aid/WellAbandonment.html**

CALL: 608-577-3583

**EMAIL:
DNRARPAWellGrants@wisconsin.gov**

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

This publication is available in alternative format (large print, Braille, audiotope, etc.) upon request. Please call 608-266-1054 for more information.

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Madison, WI 53707-7921
1-888-7463 (TTY Access via relay-711) from
7 am to 10 pm



FILE PHOTO

Wisconsin Farmers' Market Nutrition Program

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

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

What is the Farmers' Market Nutrition Program?

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

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

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

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

WIC: Information for Farmers

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

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

To join FMNP as a farmer, you must grow one or more of the items you sell. These are called "homegrown products." With homegrown products, you must:

Make sure they are on the Wisconsin WIC and Senior FMNP Approved Foods List. Sell them at an FMNP farmers market or farm stand. Grow them in Wisconsin or a farm within 50 miles of Wisconsin.

What are FMNP approved foods?

The Approved Foods List has the foods members can buy with FMNP checks. FMNP foods must be:
Fresh fruits, vegetables, or herbs to eat. Grown in Wisconsin or at a farm within 50 miles of Wisconsin. You can sell foods grown in these states to the listed Wisconsin counties:

Illinois—Grant, Green, Kenosha, Lafayette, Rock, and Walworth County
Iowa—Crawford, Grant, and Vernon County
Minnesota—Buffalo, Burnett, Douglas, La Crosse, Pepin, Pierce, Polk, St. Croix, Trempealeau, and Vernon County
Michigan—Florence, Forest, Iron, Marinette, and Vilas County

How do I become an FMNP farmer?

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

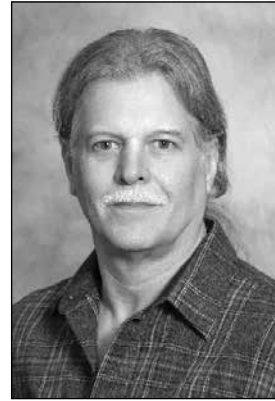
Read and sign an agreement. This confirms you know the program's rules. You cannot take FMNP checks until you finish these steps. Once complete, the state WIC office will send you:

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

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

Isolation

May was National Mental Health Awareness Month. We had a chance to feel the experience of isolation during COVID. How did it affect you? Do you recognize behaviors that were not present prior to COVID? For many, isolation was there before COVID and remain after. Since we had this experience, can we



Don Posh

have empathy for others experiencing isolation?

Who are they? They are our family members, friends and neighbors. An example would be a loss of a life partner. Transportation is especially an issue in rural communities. How do you get around if you can't drive or afford to keep a vehicle maintained, insured and fueled? We can also be financially isolated. Living on Social Security or Disability may be only enough to exist. Low pay and poverty play a huge part in isolation.

Independence is often a barrier to asking for help. I would like to thank all of those that volunteer and extend a hand or provide a kind gesture to help someone that is isolated.

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

Main office: 800-924-1220 V/TTY

Our non-profit agency, indiGO, aims to empower individuals living with disabilities and we are available to assist ALL ages and disabilities. We are not a vendor and do not sell any products, but we are here as a resource.

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

Don Posh, Independent Living Specialist

Direct: 715-919-4932

Email: don@indigowi.org

Address:

2911 Tower Ave, Suite 9, 54880

Toll-free: 800-924-1220 V/7-1-1 Relay

Fax: 715-392-4636

Website: indigowi.org



HAPPY DAY CLUB

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 WELCOME 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.*

***In addition,** 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.*

WASHBURN COUNTY IS PROUD TO ANNOUNCE OUR PARTICIPATION IN THE SENIOR FARMERS' MARKET NUTRITION PROGRAM!

The Farmers' Market Nutrition Program offers qualifying seniors the opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from participating farmers.

Checks can be used June 1 to October 31 at participating farmers markets and roadside stands through-

out the State of Wisconsin.

- Eligible participants must be:
- 60 years and above or Native Americans 55 and above
 - At 185% of poverty level or below
 - Residents of Washburn County

Assessments must be completed in person, if you are unable to attend one of the distribution dates, please contact the ADRC of Washburn County at 715-635-4460.

DISTRIBUTION DATES AND LOCATIONS:

WEDNESDAY, MAY 31 • 2 P.M. TO 4 P.M.
Shell Lake Library
501 1st Street, Shell Lake

FRIDAY, JUNE 2 • 1 P.M. TO 3 P.M.
Spoooner Memorial Library
421 High Street, Spooner

FRIDAY, JUNE 9 • 10 A.M. TO 12 P.M.
Minong Community Library
212 W 5th Avenue, Minong

WEDNESDAY, JUNE 14 • 4:30 P.M. TO 7:00 P.M.
Shell Lake Pavilion
200 W Lake Drive, Shell Lake, WI

JUNE					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 14th - SENIOR SUMMER CONCERT & DINNER EVENT AT 4:30 PM									
			Strawberry Spinach Salad with Chicken WG Breadstick Honeydew	California Chicken Sandwich w/LTO on WG Bun, Baked Beans Potato Salad Applesauce				1	2
Basil Crusted Chicken Stewed Tomatoes Buttered Green Beans WG Dinner Roll Fresh Fruit MINONG DINING @ 5	Cheeseburger on WG Bun w/Leaf Lettuce, Tomato, and Onion Creamy Coleslaw Pineapple	Chili Stuffed Baked Potato w/Cheddar Cheese, SC Broccoli-Cheddar Cornbread Peaches	Shepherd's Pie Whipped Potatoes Roasted Brussel Sprouts WG Bread Mandarin Oranges	Waldorf Chicken Sandwich on WG Bread w/Leaf Lettuce, Creamy Tomato & Cucumber Salad Crisp Grapes	5	6	7	8	9
Reuben Noodle Casserole Glazed Carrots Rye Bread Strawberry Shortcake	Egg Salad Sandwich w/Leaf Lettuce on a Croissant Lentil & Black Bean Salad Watermelon	CLOSED FOR DINE-IN Tater Tot Hot Dish w/ Beef, Peas, Carrots, Green Beans, Corn WG Garlic Breadstick Applesauce	Beef Stroganoff w/ Mushrooms over Egg Noodles Garden Salad Cinnamon Pears	Honey Dijon Chicken Thighs Baked Potato Green Beans WG Bread Fresh Fruit Salad	12	13	14	15	16
Roast Beef w/ Horseradish Mayo on WG Bread, LTO Broccoli-Cauliflower Salad, Honeydew SHELL LAKE DINING @ 5	Pulled BBQ Chicken on a WG Bun Baked Beans Creamy Coleslaw Pineapple	Sweet & Sour Pork w/Stir Fry Veggies over Brown Rice Egg Roll Peaches Cook's Choice Cookie	Swiss Steak Garlic Baby Reds Peas & Carrots WG Dinner Roll Fruit Cocktail	Baked Cod Roasted Sweet Potatoes Sweet Corn WG Bread Mixed Berry Crisp	19	20	21	22	23
Roasted Pork Tenderloin with White Wine Mustard, Roasted Potatoes, Roasted Broccoli, WG Dinner Roll, Apricots SPOONER DINING @ 5	Baked Salmon over Mediterranean Cauliflower Rice Asparagus WG Bread Mandarin Oranges BIRCHWOOD DINING @ 5	Spaghetti with Meat Sauce over WG Noodles Buttered Green Beans WG Garlic Breadstick Cantaloupe	Porcupine Meatballs Mashed Potatoes Roasted Brussel Sprouts WG Dinner Roll Apple Crisp	Cowboy Bean Hot Dish Brown Rice Walnut Candied Squash WG Bread Pears	26	27	28	29	30

DINING AT 5

JUNE



DINING @ 5

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

PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE

Minong: 715-466-4448
Shell Lake: 715-635-8283
Spoooner: 715-635-8283
Birchwood: 715-354-3001

MINONG MENU
MONDAY, JUNE 5

Hot Beef Sandwich • Mashed Potatoes & Gravy • Buttered Green Beans • Salad Bar
Cook's Choice Dessert

SHELL LAKE MENU
MONDAY, JUNE 19

Ravioli w/Meat Sauce • Green Beans
Caesar Salad • Garlic Breadstick
Dutch Apple Pie

SPOONER MENU
MONDAY, JUNE 26

Stuffed Pork Chop • Parmesan Roasted Potatoes • Asparagus • Salad Bar
Banana Cream Pie

BIRCHWOOD MENU
TUESDAY, JUNE 27

Baked Ham • Scalloped Potatoes
Parmesan Garlic Asparagus • Side Salad
Dinner Roll • Cook's Choice Dessert

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

FOR RESERVATIONS CALL:

**Spooner/Shell Lake Senior Center: 715-635-8283 • Birchwood Senior Center: 715-354-3001
Minong Senior Center: 715-466-4448**

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

SENIOR CENTER NEWS AND EVENTS

LINDA ROGERS
FRIENDSHIP COMMONS
Shell Lake Senior Center

Now that our growing season is here, we have been very busy shopping for flowers for our gardens at the center. We enjoy them all summer long and then in the fall we enter them at the Washburn County Fair along with our other crafts that keep us busy throughout the year. Last year we did put in a vegetable garden as well, but unfortunately we couldn't keep the deer away. We plant marigolds in our raised flowerbed and that seems to help keep the critters away.

We have designed and ordered T-shirts for our members. We choose teal for the color. Can't wait to see how everyone looks in them.

Plan are starting to come together for some trips this summer. We are all looking forward to the concerts in the park. They are always so enjoyable. What a beautiful spot at the band shell on the beach after a good meal at the community center.

CHICOG NEWS

JOANN MALEK & KATHY PETERSON

The summer Walkabout schedule began in May. We meet every other Thursday between 10am and 3pm. bring your own lunch and let us spend some time together. June Walkabouts will be on June 8 and June 22.

Note: Town of Chicog Clean-up Day has been changed from Saturday, June 3 to Saturday, June 17. Bring unwanted items to the town hall. There is a fee for some things, including electronics and televisions. They will not accept construction materials or hazardous waste. Call 715-466-4525 for hours and any questions you might have.

Mark your calendars for the ADRC summer concert series. Larry's Drifters on Wednesday, June 14. The Dean's List on Wednesday, July 12. 2nd Time Around on Wednesday, August 9. As in the past, rides to concerts will be provided by ADRC.

Did you know that Washburn County has a bookmobile? It's called the Bibliodragon. Its home is the Spooner Memorial Library and it comes to Chicog once a month. Funded by grants, the library purchased a cargo van that has been converted into a traveling library. You can get a library card and books, make hold requests, or hook up to free Wi-Fi. Look for Bibliodragon the second Tuesday of every month at the town hall parking lot from 11:05am to 12:05pm. For more information go to the Spooner Library website at spoonerlibrary.org/ bookmobile or call the library at 715-635-2792.



PHOTO SUBMITTED

Rachel Nau

May was William's Syndrome Awareness Month. This is a rare genetic condition, diagnosed with special blood tests. Rachel Nau was born with William's Syndrome but did not have a diagnosis until in her late teens. She would like you to know her and to understand some of her

SEE **CHICOG** PAGE 12

SHELL LAKE SENIOR CENTER

FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.635.8283

NUTRITION SITE MANAGER: CHAR JAEGER

CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	2
5 Tai Chi 10-11 am Painting 1 pm	6	7 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear & Games 1 pm	8 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	9
12 Tai Chi 10 - 11 am DINING AT 5	13	14 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear & Games 1 pm	15 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	16
19 Tai Chi 10-11 am	20	21 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear & Games 1 pm	22 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	23

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

CLAUDIA
OUR NECK OF THE WOODS
Spooner Senior Center

Claudia here! Happy June. Who said, "April showers bring May flowers?" There is no mention of snow ice and brutal winds that I could find. Thank God, it is over. I am going to be writing the newsletter going forward. Or until you have had enough of me.

I would like to make a few changes to our newsletter, making it more OUR news, regarding us; our families and upcoming or past events. Let me know who is having a birthday special anniversary or family gathering coming up. Brag about your kids' accomplishments...that is one of the privileges of being a parent or grandparent. If you are leaving for the winter...share with us where you are going and when you are returning.

How about sharing highlights of a recent vacation? I will still include what is happening at the center when I get that info. Most of the time events are already covered in Focus or on the centers Facebook page. Send updates to me before the 1st of the month and fill us in about what is happening with you. Hope to hear from you soon.

Let us hope for spring lasting more than a couple of days.

Quick report.....the Fling into Spring fundraiser was sold out and was a huge success. More information next month.

Mary Hull is back from Texas and will resume her card class on Monday June 12 at 10 am. Sign up at center or call 612-695-1600.

Do not forget weekly activities...

Mondays: Cribbage 10am (call Frank 612-703-1925) if coming to make sure enough people will be there

Tuesdays: Mahjong 1pm

Wednesdays: Chair dance 9:30am Bridge and 500 at 1PM

Thursdays: Hand and Foot 1PM

Spooner Senior Center on Facebook

Phone: 715-635-8283

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)
West Side Manor (Shell Lake) • Birch Haven Manor (Birchwood)

Call for details: 715-635-2321

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

SENIOR CENTER NEWS AND EVENTS

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	2
5 DINING AT 5	6 12:30 pm Farkle	7 7 am - Pocket of Prayer 9-11 am Foot Care Call for Appt.	8	9 SATURDAY JUNE 10 POTLUCK 12 PM BINGO 1 PM
12	13 Cards 12 pm	14 7 am - Pocket of Prayer 1 pm - Board Meeting	15	16
19	20 12:30 pm Farkle	21 7 am - Pocket of Prayer 9-11 am Foot Care Call for Appt.	22	23
26	27 12 pm - Cards	28 7 - Pocket of Prayer	29	30 SATURDAY JULY 1ST Bake/Craft Sale at Hensons

WASHBURN COUNTY SENIOR CENTERS

Valerie VanderBent - Nutrition Director
Email: vvanderb@co.washburn.wi.us
ADRC of Washburn County
(715) 635-4460 - Main • (715) 635-4464 Fax

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) 466-4448 • Serving M-F, 11:30 am

Shell Lake Senior Center

210 4th Avenue, Shell Lake, WI 54871
(715) 635-8283 • Serving W&TH, 12:00 noon

Spooner Senior Center

402 Oak St., Spooner, WI 54801
(715) 635-8283 • Serving M-F, 12:00 noon

Washburn County Wellness Center 50+

(COMING SOON!)

850 W. Beaverbrook Avenue, Spooner, WI 54801

Meal Cost: We accept Food Share (Quest Card), Age 60 and Older suggested contribution of \$4.00. Under Age 60: Full cost of meals \$12.00. *Caregivers Under Age 60 – Please contact the Nutrition Program Director at 715-635-4460. No eligible participant age 60+ will be denied a meal based on ability to contribute to the cost of the meal.

Senior Center Activities: All four centers allow participants numerous opportunities to gather with long-time friends and meet new ones. Please see enclosed activity calendars/news 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, please contact the Nutrition Program Director at 715-635-4460.

CAROL ADDINGTON

Birchwood Senior Center

Well FINALLY! Can I really believe that spring has smiled on us? It took May to push it out. So nice to have the windows open and see buds appear. We were so fortunate to not suffer the flooding so many areas had to. So being patient did pay off.



Everyone smiles in the same language!

Coming up soon is the Birchwood Bluegill Fest and a wonderful celebration of our community and everyone in it. Be sure to check out our bake sale and book sale. Our library is so full of books and many of the latest releases. In addition, speaking of books, our Book Club is having a wonderful time sharing book info and discussing books. Our wonderful Rice Lake Library has a Book Club program where they put together books for a group and discussions, so you are able to all get the book. Plans are to meet just once a month during the summer, probably on Wednesdays, but call the center just to be sure. It is a fun group. Check us out.

Sometimes memories sneak out of my eyes and run down my cheeks.

Our May Pot Luck was a treat as we all arrived without heavy coats and boots and could leave the front door open. Of course the table was loaded with nummy food and the desserts were amazing. Kelly was full of smiles and info for us as usual. One of the info sheets was about Medicare Savings Programs-Eligibility and Coverage for this year. Stop in and pick one up or call her office for info. I am sure you are feeling the \$ pinch at the pump and grocery store. Even if your income went up a bit, probably not equally as your outgo.

Ya know they did not have any directions pamphlets that came with living longer, but I do know what they meant by the “golden” years, you need a lot of gold to get thru them!

One of the happiest moments in life is when you find the courage to let go of what you cannot change!

A Fishing Outing is being planned especially for those Washburn County residents living with dementia on June 20th at 10am at the Veterans Memorial Park in Spooner. What fun to even be able to think about that? The Park is on Hatchery Street and is presented by the ADRC, Friends Into Spooner Hatchery, and Neighbors to Neighbors. Attendance is free. Bring a picture of your favorite “catch” if you have one. Bragging rights are definitely on the program! Come and share, make new friends, and just have a wonderful time! You must register as space is limited. Please email Patryce Garcia at <pgarcia@co.washburn.wi.us> or call her at 715-635-4477 and have a wonderful time!

A giggle a day keeps the grumpies away.

We are planning some movie nights here at the Center and showing some of those films you have been wanting to see. Check the bulletin board and get your name down. Our first one happened in May and it was a smash hit! See you there!

The car’s weakest part is the nut holding the steering wheel.

Learn how to protect yourself from Medicare Fraud. Medicare loses billions of \$\$s each year to fraud, errors and abuse. The ADRC is planning

DUMPING FROM PAGE 4

Kelly had wanted, to get him away from the temptations. It worked.

Given that depth of commitment, it was only natural that a number of years on, when financial strain became a problem for Gloria and Bill, Aubrey and his wife, Molly, moved them into their home in Sacramento. "At that point, though, Mom's health was really struggling," Aubrey says. "She'd been a smoker; she couldn't really get around, she needed to be on oxygen." More importantly, he says, Gloria and Bill wanted their own place.

Aubrey found Pioneer House in the community, and Bill and Gloria moved to independent living there. After a while, Bill's health took a turn, and he was moved to skilled nursing within the same Pioneer House building. Eventually, Gloria moved to skilled nursing as well.

"MAYBE THIS IS NOT OUR FAULT"

But Gloria, who was 82 and had dementia, would often become agitated, and Aubrey would have to go calm her down. After one incident when Gloria allegedly threw plastic cutlery, Pioneer House called emergency personnel to take her to hospital for a psychiatric evaluation.

After an examination, Gloria was cleared by the hospital to return to her facility. It was then that Aubrey learned that Pioneer House would not be taking Gloria back. Bill was, of course, still there, and Gloria's angst was apparent to Aubrey. "She wants to be by Bill," he says, remembering the moment. "She wants to be there."

At first, Aubrey didn't fight the decision. "I just thought, this is a private place. They can do what they want." Aubrey and a patient advocate tried to find another home for Gloria with little success. Then Aubrey began researching what else could be done to help his mother, and contacted California Advocates for Nursing Home Reform, a nonprofit that fights for the rights of long-term care residents. The advocates told Aubrey that he could go to the state and appeal to get Gloria back to Pioneer House. "It was then that I finally started thinking maybe this is not our fault," he says.

Aubrey represented his mother himself in the administrative hearing and won — but the facility refused to readmit Gloria. With the help of AARP Foundation and BraunHagey & Borden, Aubrey sued Pioneer House and its parent company in California state court in Sacramento.

"SHE WOULD HAVE FOUGHT FOR THIS"

Meanwhile, with nowhere else to go, Gloria remained in the hospital from May to August of 2017. During that time, her health declined, her memory began to deteriorate, and she lost the ability to walk. Ultimately, Aubrey was able to place his mother at Stollwood nursing facility, while Bill remained at Pioneer House.

They never saw each other again. Bill died in June 2018, and Gloria in April 2019.

"She deserved so much better," says Aubrey. "It's sad that my mom and my stepfather had to finish their lives not being with each other. It's sad that they weren't together at the end when they could have made life much better for each other."

At the same time, he says, he hopes the legal action will help others in the future. "I know that she would have fought for this. That's the perseverance she instilled in us."

SOME DISABILITIES LOOK LIKE THIS



SOME LOOK LIKE THIS



TABLET & SMARTPHONE TRAINING



Our tablet and smartphone training program is FREE for Seniors. It teaches the basics of using your device along with using email, YouTube, the Internet, online safety, taking pictures with the device's camera and more!

Come learn valuable information for FREE!

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

RESPITE CARE PROVIDER TRAINING (RCPT)

The Respite Care Provider Training (RCPT) is a series of free courses for anyone interested in providing respite care as a career, a part-time job, or even a volunteer activity to individuals with varying disabilities and ages. Learners can work at their own pace to complete the ten required online courses, stopping and starting as needed.

When you have finished the RCPT, you'll receive a certificate of completion for seven hours. You will be offered the opportunity to be added

to the Wisconsin Respite Care Registry, available to primary caregivers to search for respite care providers in their community.

Contact Information
RESPITE CARE ASSOCIATION OF WISCONSIN
 1835 E. Edgewood Dr.
 Suite 105 – 436
 Appleton, WI 54913
info@respitecarewi.org
 608.222.2033

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

NUTRITION NEWS

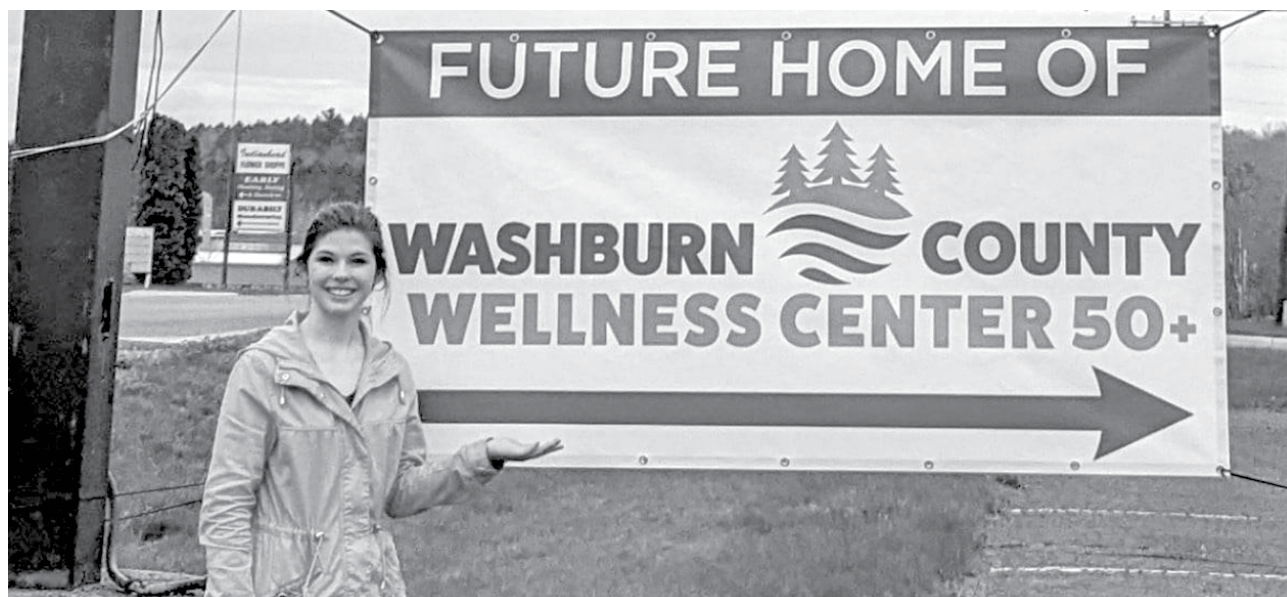


PHOTO SUBMITTED

Valerie VanderBent started as our Elder Nutrition Program Director on August 01, 2022. She graduated from UW LaCrosse with a Bachelor's of Science Degree in Health & Wellness. Just before applying to Washburn County, Valerie completed an internship with the St. Croix Public Health Department from 1/22-5/22. Her history of work experience included

seven years in the restaurant food service industry and volunteering at a health and wellness retreat center. Most importantly, Valerie conveyed professionalism, shining personality, and work ethic that is needed for this type of management position.

Over the past year, the nutrition program has thrown many obstacles at Valerie as we have seen

tremendous increases in both congregate and Meals on Wheels deliveries. Staffing has been a challenge, in both retaining and finding qualified applicants to fill positions. The food prices have skyrocketed and products are often not available. We had several severe weather days, which meant closures, delivery of emergency meals, and organizing staff to make well-check calls. Valerie has developed innovative alternatives, which included recruitment of new volunteers.

Valerie recently graduated from Leadership Washburn County under the direction of the UW-Extension Office. The Leadership Washburn County program was developed for current and future leaders in our community to offer a high quality-training program emphasizing leadership skills and focusing on current issues facing our region. Networking with other local emerging leaders was a great experience for Valerie in her new position.

With all of this going on, Valerie has also been helping with the planning of the relocation of the Spooner Senior Center to what will be its new home on Beaverbrook Avenue across from Economart in the brown building next to the Fairgrounds. Construction has been moving swiftly after two years of planning. Be watching the Focus and our Facebook page for the all new – Washburn County Wellness Center 50+!

MEALS ON WHEELS

ALL THE GOOD WE CAN DO: The Story of a Father-Daughter Volunteer Team

BY MEALS ON WHEELS AMERICA

As a footnote in recent human history, the height of the pandemic is a time many of us have rushed to forget.

Thankfully, unexpected (and beautiful) opportunities were also discovered during this strange cultural period — new patterns and rituals that continue to shape our daily lives. For one father-daughter duo, Greg Miller and Sara Miller, the moment inspired them to seek new ways to help others find light in the darkness, a power inherent in acts of kindness.

In 2020, Greg was deeply immersed in pivoting the elements of his leadership development business — the face-to-face interactions, training facilitation and coaching — into a virtual environment. The transition freed up time to explore how he could make an impact in his Northeastern Illinois community of Grayslake.

“It was a good time to look for new ways to contribute because a lot of people were struggling for all kinds of reasons,” Greg recalls.

As Greg remembers it, volunteering with Meals on Wheels Northeastern Illinois was the most seamless option — providing the chance to do good, to do something that fit into his schedule as he started ramping his work back up and that, most importantly, he could do in partnership with his 13-year-old daughter, Sara, as an invaluable opening to strengthen an already strong bond in a strange time.

“It was about creating time together,” Greg says. “We knew every weekend, we would have a Saturday, usually two and a half hours, and it was going to be our time. We’d be in a car, driving around, having all kinds of great conversations, building our routines,



PHOTO SUBMITTED

laughing and having fun.”

It was a labor of love to support their clients, made more special by the added benefit of sacred one-on-one time, despite the occasional guest appearance by Mom.

“It became something that we both love to do, especially helping other people,” Sara shares, elaborating that this is the first time they’ve participated in such an intensive volunteer experience, though they’ve stepped up in the past to volunteer at bookstores and food packing events.

“We have never been involved in something that we plugged into and kept doing over time,” Greg adds. “That’s been a lot of fun.”

Three years later, it remains an integral part of their lives and a cherished tradition that’s been paused for the past few months as Sara completes a semester-long art school in Napa, California. Dutifully, of

course, Sara hit the road again with her dad during a recent Spring Break.

“It was great to see our clients for those Saturdays; they missed her and she missed them,” Greg says of the chance to reconnect with their beloved Meals on Wheels clients.

INNOVATION’S HELPING HAND

Today, Greg and Sara are pros, but getting up to speed was not without its challenges.

In those early days, Greg and Sara did much of the work manually, building their own ad-hoc systems, including ways of organizing meals — sides, drinks and all — and mapping out their path — a testament to their commitment and, by their own admission,

SHELL LAKE SENIOR CENTER ACTIVITIES



SUBMITTED PHOTO



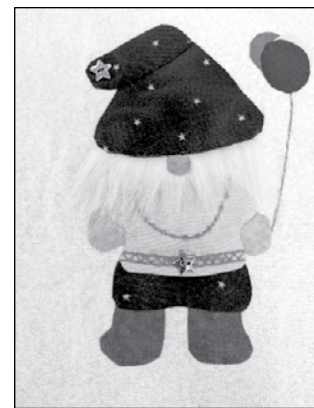
SUBMITTED PHOTO

The Shell Lake Senior Center has been a very active place this spring. The Dining @ 5 has become so popular, that we had to purchase additional silverware and now need to get more chairs and table to accommodate for the number of people attending for meals and activities. This is a great problem to have, considering numerous centers throughout the country never reopened post-COVID.

Here are some pictures of the Wednesday activities with the “Stitch & Chat” in the mornings from 9 a.m. to noon and some participants’ playing dominos. Most will then stay on for a great homemade lunch served by Char, followed by Smear in the afternoon.

Stop by, they would love you to join them!

The “Stitch & Chat” group has already started on their next quilting project. This year’s theme is Gnomes of All Seasons. The group is hand stitching and embroidering three gnome designs for each month. They are creatively incorporating different colors and textures into the design. Once completed, the group raffles off quilts to benefit organizations and the senior center activities. Be watching for the completed quilt and buy your tickets! Also pictured is Myrna with her quilting project. Beautiful work ladies!



SUBMITTED PHOTOS

2023 Summer Senior Social Dinner Concert Series



SUBMITTED PHOTO

WEDNESDAY, JUNE 14, 2023
Welcome to Summer 2023

Menu: Nathan’s Hot Dogs w/Topping Bar for Chili & Cheese or Chicago Style, Bacon Cheeseburger MacSalad, Chips, Fresh Fruit & Cotton Candy
BAND: LARRY’S DRIFTERS



SUBMITTED PHOTO

WEDNESDAY, JULY 12 14, 2023
Music on the Lake

Menu: Build Your Own Burger w/Topping Bar, Baked Beans, Potato Salad, Fresh Fruit & Dessert - Ice Cream
BAND: THE DEAN’S LIST BIG BAND



SUBMITTED PHOTO

WEDNESDAY, AUGUST 9, 2023
Rockin’ the Summer Night

Menu: Pulled Chicken on a Bun, BBQ Sauce, Creamy Coleslaw, Chips, Fresh Fruit & Dessert
BAND: 2nd TIME AROUND BAND

DIRECTOR NEWS FROM PAGE 1

events in Washburn County. We would like to invite local non-profit agencies and business sponsors to set up informational booths. For business that would like to participate, but are unable to provide a cash donation, maybe you would be willing to assist with the event and/or provide an in-kind donation. Please contact Linda or Valerie at 715-635-4460 for more information.

Each evening will start with a dinner served out of the Shell Lake Community Center from 4:30 p.m.-5:30 p.m. Seating will be available inside the Community Center, under the large tent by the

Pavilion, or bring your lawn chair/blanket to enjoy an outdoor picnic. The meal will be similar to Dining @ Five served at the senior meal sites, homemade and delicious! Each meal provides at least 1/3 of the daily amounts of nutrients needed to promote good health.

Participants are provided with an opportunity to contribute toward the cost of the meal, but no one (aged 60 or older) will be denied a meal regardless of their ability to donate. The meal is open to adults age 60+ and their caregivers, with a suggested contribution of \$6 for those 60+ and a charge of \$12 for those under 60. Pre-registration is required for the meal, by calling 715-635-4460, and the yearly congregate meal registration form will need to be completed for

each person dining. There is a limit of 125 served, so please make your reservations early. If you cannot attend please cancel your reservations, since we always have a waiting list. Following the meal, a FREE live music concert, open to the public, will be provided at the Shell Lake Pavilion from 5:30-7:30 p.m., with a dance floor installed at the front of the Pavilion. Bring your dancing shoes and be ready to boogie.

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

MEALS FROM PAGE 10

the result of a shared knack for problem solving.

“I’ve learned a lot about taking initiative and figuring out how to solve problems,” Sara admits. “Meals on Wheels has done a lot [around] teaching me how to go with the flow and not get stressed out when things don’t go exactly according to plan.”

Over the last three years, those challenges lessened thanks in large part to experience and the local Meals on Wheels program’s ingenuity and integration of new technologies, leading to more efficiency — aiding their ability to serve more than 50 clients.

“Now there’s an app,” Greg says. “It’s organizing the route for us, and we’re placing orders for people, for the next week. It’s all done through there.”

A year of free maintenance, awarded in the fall of 2022, from Meals on Wheels America’s national partner Jiffy Lube has also helped ensure the “local heroes” stay road ready for the long Saturday drives.

IT’S MORE THAN A MEAL

It’s the human connections, though, not the efficiency that keeps them coming back. As the darkest days of the pandemic dissipated, Greg and Sara were gifted the chance to really get to know their clients — building relationships that endure to this day.

As Greg recalls following the dialing back of restrictions on in-person interaction, “We were stepping inside people’s homes, helping them get the food where it needs to go, having conversations with them and getting to know them.”

Sara agrees.

“The beautiful thing about Meals on Wheels is, it’s not just a clientele relationship,” Sara asserts. “There’s also a friendship that blooms between us and the people we deliver food to. It’s not just a handoff of the meals; we’ll go in and talk to clients for a few minutes, talk about our days and share about each other. That’s one of the most rewarding parts, getting to know people.”

And while some of their clients have come and gone, they note the chance to meet new people and new clients is equally welcome. It’s about deep connections, the ones that were hastily severed by the isolation of the pandemic, persistent isolation that many seniors continue to face, even as the world has recaptured a sense of pre-pandemic “normalcy.”

THE POWER OF EMPATHY

Throughout their journey as Meals on Wheels volunteers, Greg and Sara have learned a great deal about themselves, the importance of goodwill and the ways compassion can feed the soul and offer moments of self-reflection, all added benefits to ensuring clients get the meals they need to stay healthy and the maintaining of relationships essential to helping them overcome isolation.

Truthfully, Greg and Sara need their clients as much as their clients need them.

“Giving back to people is an essential part of life if you’re lucky enough to have the time and energy,” Sara encourages. “Helping people is not only good for other people, but it also gives a little bit back to yourself. It helps you become more aware and develop gratefulness for what you have.”

Greg agrees, noting that many of their senior clients have fallen on hard times and how important it is to be present to that.

“[We must have] empathy for what they’re facing and recognize that even in small ways, we can be doing some things that are helping people and having an impact.”

Greg remarks that Meals on Wheels is an irreplaceable part of their lives.

“I couldn’t imagine not doing it. It just feels like, ‘Of course, you do this.’ You get up and brush your teeth in the morning while you find a way to devote some of your time, efforts and energy to helping other people.”

The two only hope their example has a ripple effect, even if it’s the tiniest one — because that’s all that matters, being a small part of something bigger than themselves.

For Rachel, many puzzle pieces came together when William’s was officially diagnosed. “It felt like closure.” There are medical concerns, including the likelihood of cardiovascular disease. At three years of age she was declared legally blind. Difficulties with balance and spatial perception are obstacles for many activities. She walks regularly and pedals the family paddleboat, hoping to avoid joint problems that confine some to wheelchairs. Hypersensitive hearing means that noise can cause anxiety. Rachel relates the story of her young self, waking up frightened by thunder. She ran to her parents who calmed her but sent her back to bed because it was not storming. Half an

Learn how to protect yourself from Medicare Fraud

Medicare loses billions of dollars each year due to fraud, errors, and abuse. Want to learn more? Join us for one of the following sessions to find out how you can protect, detect, and report Medicare fraud, errors, and abuse with the assistance of Wisconsin’s Senior Medicare Patrol.

Tuesday, August 8 • 10:30 - 11:30 am
Lakeside Center for Seniors - Birchwood WI, 54817

Wednesday, August 9 • 11:00 am - 12:00 pm
Spoooner Senior Center - Spooner, WI 54801

Wednesday, August 9
Senior Social in the park • Shell Lake Pavillion

Thursday, August 10th • 10:00- 11:00 am
Washburn County Service Center
County Board Room - Shell Lake, WI 54871

Included in this session:

What is the Senior Medicare Patrol?

Mission Delivery:

Outreach • Education • One-on-One Counseling

What are the trends we are hearing about related to Medicare Fraud in Wisconsin?

What can you do?

Available resources Q&A

For more information, please call the ADRC of Washburn County at 715-635-4460

**BIRCHWOOD** FROM PAGE 8

several sessions to inform all just how to protect yourself, be aware and how to report any suspicions you might have. Starting August 8th at 10:30 a.m., at the Birchwood Senior Center. Mark your calendar now and plan to attend and stay for lunch. There will be one in

Spooner and in Shell Lake on the 9th and one at the Washburn County Service Center in Shell Lake on the 10th at 10am. Knowledge IS bliss!

No matter how stressed you are remember how blessed you are!

(All of the ‘wise-notes’ above are courtesy of Snoopy and his friends.) Have a wonderful Mayflower and Mother’s Day month!

CHICOG FROM PAGE 7

challenges and gifts.

Rachel’s endearing smile welcomes friendship. She is articulate, perceptive, caring. She loves music and played in her high school marching band. She received tutoring throughout her school years, and more help at home from her dad. Teachers and doctors didn’t understand and sometimes gave poor advice. Classmates teased and even harassed her. Her brothers and their friends watched out for her. Her older sister, studying for a degree in nursing, was at last able to suggest a possible label for Rachel’s difficulties.

hour later it was! They learned to trust her hearing.

Just a few years ago Rachel encountered another young woman born with William’s Syndrome. “I knew as soon as I saw her. We look like twins!” They each display the typical facial features. “We cried and hugged when we met.”

The Naus raised their family in Illinois. They moved to Wisconsin when the children were grown, and have been residents of Chicog Township for nineteen years. Rachel works at Ventures Unlimited Thrift and Gift Shoppe, a non-profit store that accepts donations of gently used clothing and household items for resale. Just for the Birds, in one corner of the store, offers

locally grown seed, handmade suet products, and a variety of feeders and birdhouses.

“The people at Ventures are like family to me.” Rachel loves working with customers, operates the cash register, and knows to ask for help when tasks become overwhelming, advocates for herself and for the store. She is the star of a weekly on-line promotional piece, performing off-the-cuff dance moves and ditties to invite folks to visit Ventures. Strangers say “I know you. You’re the person in the video.”

Thank you for reading the Chicog news.

2023 Summer Transition Program Fact Sheet - Washburn County



ABOUT US

Ventures Unlimited, Inc. supports individuals with disabilities in the pursuit of their outcomes by offering an array of support options in all areas of personal growth.

Starting June 2023, we will be offering a Summer Transition Program in Washburn County for local students with disabilities, ages 14-21 years old. Program will be taught by a special education teacher with current Wisconsin DPI teaching license. Staff are highly qualified and experienced working with students with disabilities to become as independent as possible in community-based environments and vocational settings.

1.5 Hours

Classroom instruction start & end of day

2 Hours

Unpaid, hands-on job skills training at local businesses

4 Hours TOTAL

Community-based programming

PROGRAM DETAILS

Two-Separate 5-week Summer Sessions

Monday - Thursday Mornings
8:00 AM - 12:00 PM

Session 1: June 5 - July 13

(No program on June 13 or July 3-7)

Session 2: July 17 - August 17

Scan the QR code to apply or apply online <https://forms.gle/bYs5jDpwQXZyYQN8> & sign up for one session

Classroom Instruction - Lesson Topics

Self-advocacy, career exploration, job readiness, work-based learning, post-secondary options, and community-based trips one time per week.

Work-Based Learnign Skills

Volunteer Experiences

Clerical, packaging/assembly, animal caretaking, custodial, landscaping, groundskeeping, customer service, and more

Waster & snacks provided daily, may be eligible for limited transportation routes, gift card given for perfect attendance after 5-week session, end-of-session social picnic for attendees & families.

Interested? Contact

Nikki Deli

M.A. Special Education Teacher

Google Voice # 715.575.1601



Shell Lake Office # 715.468.2939

nikki@venturesunlimited.org

Summer Classroom Location:
Cornerstone Youth Building
106 Balsam St.
Spooner, WI 54801

<https://venturesunlimited.org/>

Check us out on Facebook
<https://www.facebook.com/venturesunlimited.org>

JOIN US FOR TECH TUESDAYS

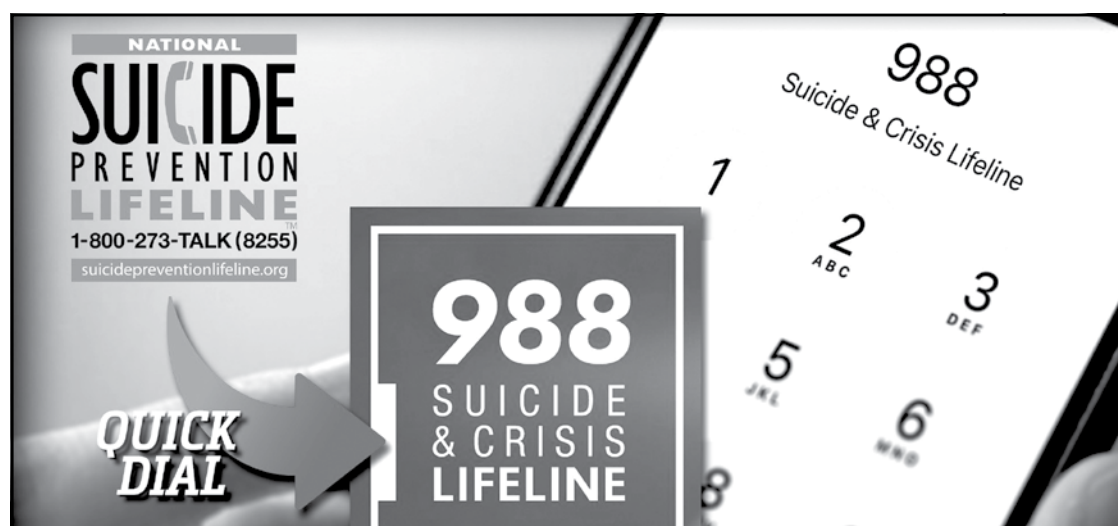
TUESDAYS

4 - 5 PM

SHELL LAKE PUBLIC LIBRARY

Bring your Chromebook, laptop and phones.

Questions about your email or other applications? We can help you get the most out of your devices.



FEED MY PEOPLE FOOD BANK AT SHELL LAKE LIBRARY

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

UPCOMING EVENTS, CLASSES AND INFORMATION

ADRC of WASHBURN COUNTY is OFFERING A NEW WELLNESS INITIATIVE

GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



New series begins every Month



- Check it out - a 15-week weight management program that works because it is not a diet - it's a lifestyle!
- All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.
- Participants can conveniently attend classes from home or office using a computer or mobile device.
- A new series begins each month. Contact the ADRC of Washburn County for more details.

- **ADRC of Washburn County** is covering the full cost of the program, \$220, for Washburn County Residents.
- A suggested donation of \$25 made payable to ADRC of Washburn County is appreciated.

To register, please contact Sheila Pierquet at 715-635-4460

- All participants must be 60+ years of age.



www.esmmweighless.com

Memory Camp at Moon Beach August 21-24, 2023

Hosted and directed by:
Rachel Watkins-Petersen,
 Respite Care Association of Wisconsin
Carrie Esselman, Fox Valley Memory Project
Gary Glazner, Alzheimer's Poetry Project



Experience the best parts of camp and be a part of a community where we "leave the dementia diagnosis at the top of this hill." Memory Camp is a stigma-free & supported summer camp experience for those with mild to moderate dementia, their care partners and their families.

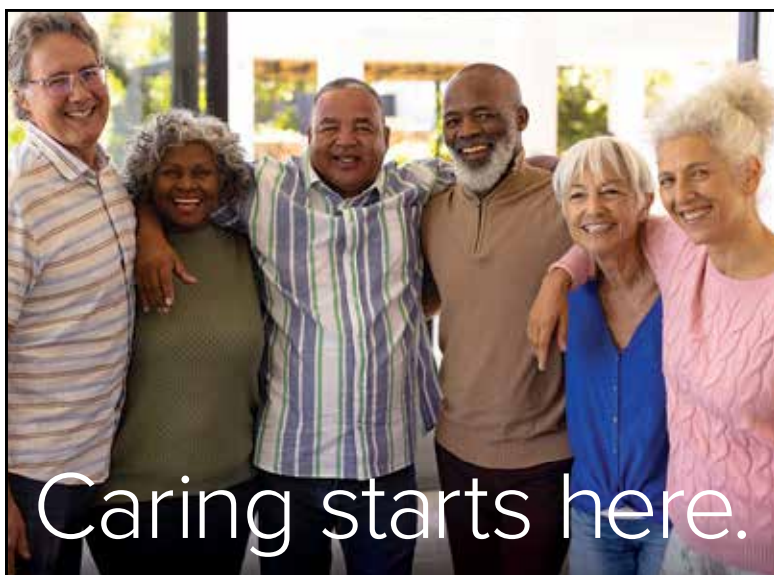
We'll sing, create poetry, sit by the campfire, savor s'mores, play cards, enjoy pontoon rides, do yoga (seated if needed), swim, go on guided and accessible hikes, visit the music garden in the woods, kayak/canoe, and relax on the shore of gorgeous Moon Lake!

Each family will be assigned a trained volunteer for their time at camp! Enjoy respite (yes, a break!) for as little or as long as you'd like throughout the day. Lodging is in modern, well-equipped cabins with private bathrooms. Meals are delicious and nutritious. You will feel joy and hospitality in this warm and welcoming community.

All persons, regardless of religious beliefs, are welcome & encouraged to attend.

Moon Beach
1487 Moon Beach Road
St. Germain, WI 54558
moonbeach@uccl.org
Register at uccl.org or
call Moon Beach
715-479-8255

Memory Camp is supported with grant funds by Respite Care Association of Wisconsin (RCAW), and scholarships are available for families to attend. For more information, please get in touch with Rachel: rwatkins-peterson@respitecarewi.org



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

Caring starts here.

Medicare 101

Education for all Community Members

- New to Medicare?
- Nearing 65 and Thinking of Retiring?
- On Social Security Disability?
- Confused about Medicare Insurance Plans?



This Free Workshop Includes:

- Medicare parts A, B, C, & D
- Medigap-Supplemental Policies
- Senior Care and Employer Plans

Registration is required as space is limited and light refreshments will be provided. To register or for more information call the Aging and Disability Resource Center at (715) 635-4460

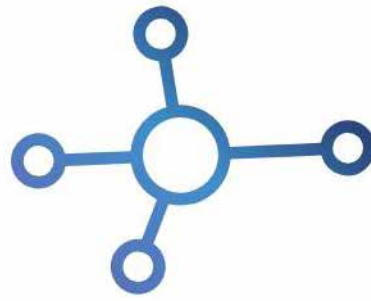


Date: June 7, 2023
Time 2:00-3:30 pm

Washburn County Services Center
ADRC of Washburn County
304 2nd St
Shell Lake, WI 54871

Free Event

Additional Medicare 101 presentations will be held
August 2, 2023 10-11:30 am
Presented by: Kelly Weisenbeck
Elder Benefit Specialist
kweisenb@co.washburn.wi.us



RESPITE CONNECTIONS



www.respitecarewi.org

- 1. FAMILY CAREGIVERS CREATE A POST**
Are you a family caregiver looking for a respite provider? Submitting a post on Respite Connections could help!
- 2. POST APPROVED BY RCAW STAFF**
After submitting, an RCAW team member will approve and list your post to Respite Connections within 2-3 business days!
- 3. PROVIDERS SEARCH POSTINGS**
Are you a family caregiver looking for a respite provider? Submitting a post on Respite Connections could help!
- 4. MAKE THE CONNECTION**
Respite providers can search Respite Connections for jobs near them and contact families for an interview.
- 5. CREATE MEANINGFUL RESPITE**
Finding a connection is just the beginning. Check out our website at www.respitecarewi.org for ideas on creating meaningful respite.

BUSINESS & SERVICES DIRECTORY

The Prime BAR FAMILY DINING

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Breakfast, Lunch & Dinner

Monday	BBQ Ribs
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Wednesday	Spaghetti & Meatballs
Thursday	BBQ Ribs
Friday	Fish Fry
Saturday	Steak & Tail & BBQ Ribs
Sunday	16 oz. Prime Rib

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REELIN' IN NEW MEMORIES



A Fishing Outing

June 20, 2023
 10:00 am - Noon
 Veterans Memorial Waterfront Park Hatchery St.
 Spooner, WI 54801

Presented by the Aging & Disability Resource Center. Friends Into Spooner Hatchery, and Neighbor to Neighbor.



Attendance is free, but space is limited and registration is required. Please contact Patryce Garcia at 715-635-4477 or pgarcia@co.washburn.wi.us to register or for more information.

Washburn County residents living with dementia are invited to a special fishing event planned just for them.

- Equipment provided
- Each participant will be paired with a local volunteer
- Anglers will provide support and guidance as needed
- No license needed for the event
- Lunch of fish and potatoes

Bring a photo of your most famous "catch" if you have one. Make new friends as you reminisce about old times. Volunteer fishing anglers will be available throughout the fishing season.

BUSINESS & SERVICES DIRECTORY

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Angela, Pharmacist

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www.th-glenview.org



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