

## Top Chef Mystery Dinner & Comedy Show



SUBMITTED PHOTO



SUBMITTED PHOTO

Tim Harmston



850 W. Beaverbrook Ave., Spooner, WI

**SUBMITTED BY**

**LINDA HAND**

ADRC Director/  
Aging Director

**WHEN:**

March 18, 2024

**WHERE:**

Washburn County  
Wellness Center 50+,

Early in his career, a famous comedian told Tim, "You're kind of like an idiot, but with smart material." That winning combination has led to appearances on CBS's Late Show with David Letterman, Comedy Central's Live at Gotham, NBC's Last Comic Standing, The Bob and Tom Radio Show, and Wisconsin Public Radio.

Tim has charmed audiences at festivals around the country including the Great American Comedy Festival in Norfolk, NE and the Rooftop Aspen Comedy Festival, where he won a Silver Nail Award for his hard work as an up and coming comic. Originally, from Western Wisconsin, Harmston now lives in Minneapolis where he enjoys trying to teach his wife how to fish, golf, and follow football like a man. Tim also writes and directs hilarious short video spoofs about hockey moms, Christmas tree attorneys, professional poker players and fantasy football.

With topics ranging from football to married life to dogs wearing sweaters, Tim Harmston's stand-up comedy show veers from the dark and demented to the delightfully absurd in a unique blend of somewhat "out there" one-liners and creative, well-written jokes, which may pass you by if you are not listening!

Tim's show is goofy, yet smart, with side effects of contagious laughter. He can easily skip from a joke, which forces you to think out of the box – over to a light-hearted gibe on your favorite sport team's last game. His slightly edgy, yet respectful (his mom was a church secretary) material is a breath of fresh air in corporate entertainment.

**WHAT:**

ADRC of Washburn County presents a Top Chef Kitchen Takeover Dinner featuring a Mystery Top Chef & Comedy Show with acclaimed Stand-Up Comedian Tim Harmston

**DINNER:** 4:30-5:30 p.m.

**COMEDY SHOW:** 5:30-6:30 p.m.

**RESERVATIONS** for Dinner Show DO NOT open until Friday, March 1, 2024, by calling 715-635-4460.

**TIM HARMSTON**

Nationally touring stand-up comedian, Tim Harmston, started his comedy career in 2002 at the Mall of America, of all places. A year later he won Acme Comedy Company's 2003 Funniest Person in the Twin Cities contest, going on to open for such stars as Louis C.K., Jim Gaffigan, and Louie Anderson, and is now a respected headliner in his own right.



**FRIDAY  
APRIL 12, 2024**

**Locations Include:**

**WASHBURN COUNTY  
SERVICES CENTER**

304 2nd Street  
Shell Lake WI 54871

&

**SHELL LAKE SENIOR CENTER**

210 4th Avenue  
Shell Lake WI 54871

**FEATURING:**

- ADRC of Washburn County
- UW Extension
- Health and Human Services
- Veterans Service Office
- Beautiful Hearts Rescue
- Shell Lake Senior Center

For more information, contact the ADRC of Washburn County at 715-635-4460.

**JOIN US**

from  
11:00 am - 2:00 pm

at the

**SHELL LAKE  
SENIOR CENTER**

AND

at the

**WASHBURN COUNTY  
SERVICES CENTER**



SUBMITTED PHOTO

Lunch available from  
**Papa Saletri's Italian Beef**

**MEDICARE NEWS**

# Navigating the Upcoming Medicare General Enrollment Period and the Medicare Advantage Open Enrollment Period

By the  
**GWAAR Legal Services Team**

**SUBMITTED BY**  
**KELLY WEISENBECK**  
Elder Benefit Specialist (EBS)

In January 2024, two important annual Medicare enrollment periods will kick off: the Medicare



PHOTO SUBMITTED

**Kelly Weisenbeck**

OEP so that they can make good choices for their health care.

Let's discuss each in turn:

**MEDICARE GENERAL ENROLLMENT PERIOD:**

Each year, from January 1 through March 31, the Medicare

General Enrollment Period (GEP) and the Medicare Advantage Open Enrollment Period (OEP). It is important that consumers understand the GEP and Medicare Advantage

GEP provides individuals with the opportunity to sign up for Medicare Part B if they did not already enroll during their Initial Enrollment Period (IEP) or during a Part B Special Enrollment Period. Beneficiaries who have to pay a premium for Medicare Part A are allowed to sign up for Part A during the GEP if they did not enroll during their IEP. Most people do not have to pay a premium for Part A and can enroll in it at any time after they become eligible for Medicare. Individuals who sign up for Part A or Part B during the GEP may have to pay a penalty for late enrollment.

When a person signs up for Part A or Part B during the GEP, their coverage begins the first day of the following month. So, if someone signs up for Medicare Part B in February, their coverage would start on March 1.

New in 2024, if a person has to pay a premium for Part A and they sign up for Part B during the GEP, they can also join a Medicare Part D drug plan after they sign up for Part B. They will have 2 months to join a drug plan after signing up for Part B. Their drug coverage will start the month after the plan receives their enrollment request.

If an individual already has Part A coverage and signs up for Part B for the first time during the GEP, they can also join a Medicare Advantage Plan. Their coverage will start the first day of the month after signing up for the Medicare Advantage Plan.

**Special Note:** If the GEP ends on a Saturday, Sunday, or legal holiday (and in 2024, it will end on a Sunday), Social Security will allow beneficiaries to enroll at its offices the following Monday (or first regular workday). In addition to in-person enrollment, Social Security will honor a written enrollment request, as long as it is stamped by the last day of the GEP (March 31).

**MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD:**

January 1 through March 31 is also the annual Medicare Advantage OEP. This is a time when someone who already has a Medicare Advantage Plan can switch to a different Medicare Advantage Plan, with or without drug coverage. An individual can also drop their Medicare Advantage Plan and go back to Original Medicare. If they return to Original Medicare, they can also join a Medicare Part D drug plan.

An individual can only make one change during the OEP, and any changes they make will be effective the first of the month after the plan receives their request. If a person is returning to Original Medicare and joining a separate Medicare Part D drug plan, they do not have to contact their Medicare Advantage Plan to disenroll. The disenrollment will happen automatically when they join the drug plan.

Note that certain actions cannot be taken during OEP. These include:

- An individual who does not already have a Medicare Advantage Plan on January 1 cannot enroll in one for the first time during OEP. So, for example, a person with Original Medicare cannot switch to a Medicare Advantage Plan during the OEP.
- Individuals with special types of Medicare plans, such as Medicare Savings Accounts, cost plans or Programs of All-Inclusive Care for the Elderly (PACE), cannot make changes, including dropping their plan or switching to a different plan, during OEP.
- Individuals with Original Medicare cannot join a separate Medicare drug plan during OEP.

**REGAIN YOUR Confidence**  
**VEIN TREATMENT AT SPOONER HEALTH**

**Spooner HEALTH**

Embark on a journey of renewed confidence with state-of-the-art vein treatments at Spooner Health.

“It has been absolutely life-changing. I've been dealing with my spider veins for over 30 years, and I can finally wear shorts again. It has made me feel so much better about myself.”

- Spooner Health Sclerotherapy Patient  
(Photos pictured)

**Schedule your free consultation today.**  
Call 715-939-1751 or visit [SpoonerHealth.com/Vein-Treatment](http://SpoonerHealth.com/Vein-Treatment)

**Ford Financial Group**  
Helping Chart Your Financial Course

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

**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](http://www.davidpford.net)

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

**Lynn Ford**  
Certified Retirement Planning Counselor<sup>SM</sup>

**Tom Sutton**  
LPL Financial Advisor

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Not bank deposits or obligations | May lose value



**REGIONAL HOSPITAL AND CLINIC CLOSURES**

# Prepare for the Unexpected

SUBMITTED BY  
**NICHOLE CAUDILL**

Information & Assistance  
Specialist (I & A)

As many of you are aware, Hospital Sisters Health System (HSHS) recently announced the imminent



PHOTO SUBMITTED  
**Nichole Caudill**

closure of HSHS Sacred Heart Hospital in Eau Claire and HSHS St. Joseph's Hospital in Chippewa Falls. These closures are expected to be completed by April 21st, 2024. Pre-

vea Health, offering primary and specialty care, will also be closing all of their locations across western Wisconsin on or before June 30th, 2024. Many of us are left thinking, "Now what?" It is no secret we are living in uncertain times. While navigating the post pandemic era with high inflation, health care and labor shortages, and even less access to goods and services than before, you may ask yourself, "What can I do about it?" Through this article, we will go through some practical steps you can take today to help insulate yourself and loved ones against the effects. Let me introduce you to a decision making model called the OODA loop which stands for Observe, Orient, Decide, Act. I will take you through each step and relate it to our regional hospital closures. My hope is you will be able to put this into practice for yourself.

**OBSERVE:** Stay up to date on current events. Make a list of what and who is import for your everyday life and be sure you have a way to receive communication from those entities. Some ideas would be to sign up for newsletters from your current health care providers, local libraries, schools, townships, etc.

**ORIENT:** Identify what impacts an event could have on you and your loved ones. Ask yourself questions: Is your Primary Care Provider or specialist at a closing hospital or clinic? Have you contacted them? Do you have enough medication refills until you can establish care with another provider? If you see a specialist at one of these clinics or hospitals, can your primary doctor manage treatment until you find another specialist?

Maybe the impact is less direct. You do not see a doctor at one of the closing hospitals or clinics but

many patients from those clinics will be looking for new clinics. Will your ability to see your doctor's be impacted? Will you have to wait longer for appointments? When was your last wellness visit? Do you need refills?

**DECIDE:** Make a plan. Decide on a course of action. Make a list of tasks. In the case of health care closures, it may be making an appointment with your current physician, finding a new provider, verifying insurance coverage for your new provider, or just being aware of when your next refills are do. Identify if you need help executing your plan and who can help.

**ACT:** Once you are decided on a plan, it is time to take action. Break tasks up into manageable steps. Ask for help.

This article was written as part of the ADRC Caregiver Preparedness Campaign.



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

**Linda Hand, ADRC/Aging Director**  
715-635-4460

**ADRC of Washburn County Staff Contacts as of March 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

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

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

**Washburn County Vaccine Outreach Coordinator**  
Katy Allred 715-645-2754

**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

### PET HEALTH SERVICES SURVEY

#### PET HEALTH SERVICES FOR SENIORS IN WASHBURN COUNTY

Are you a Washburn County resident age 60+? Yes  No

Do you have dogs, cats, or other pets that are in need of vaccinations, flea/tic/heartworm treatment, or other veterinarian services?  
Yes  No

**Beautiful Hearts Rescue, in partnership with the ADRC of Washburn County, has funds available to assist you in keeping your pets healthy.**

**PLEASE RETURN APPLICATIONS TO:**  
Beautiful Hearts Rescue  
P.O. Box 532, Shell Lake, WI 54871

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.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Physical Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

1. Type of pet - Circle 1: Dog / Cat/ Other: \_\_\_\_\_ Breed: \_\_\_\_\_

Name of pet \_\_\_\_\_ Male  Female  Age \_\_\_\_\_ Weight \_\_\_\_\_

Does this pet receive monthly flea treatment? Yes  No

Is this pet spayed or neutered? Yes  No

Is this pet up-to-date on vaccinations? Yes  No

Do you have the ability to feed your pet every day? Yes  No

What type of food does your pet eat? Circle all that apply:

Dry Pet / Wet Pet / People Food

Is your pet on a special diet? Yes  No  What type \_\_\_\_\_

Does your pet have any health care needs that you are unable to provide?  
Yes  No

If so, what are these needs? \_\_\_\_\_

2. Type of pet - Circle 1: Dog / Cat/ Other: \_\_\_\_\_ Breed: \_\_\_\_\_

Name of pet \_\_\_\_\_ Male  Female  Age \_\_\_\_\_ Weight \_\_\_\_\_

Does this pet receive monthly flea treatment? Yes  No

Is this pet spayed or neutered? Yes  No

Is this pet up-to-date on vaccinations? Yes  No

Do you have the ability to feed your pet every day? Yes  No

What type of food does your pet eat? Circle all that apply:

Dry Pet / Wet Pet / People Food

Is your pet on a special diet? Yes  No  What type \_\_\_\_\_

Does your pet have any health care needs that you are unable to provide?  
Yes  No

If so, what are these needs? \_\_\_\_\_

### HEALTHY LIVING

# What You Need to Know About COVID Variants and the Updated COVID Vaccine

**SUBMITTED BY  
KATY ALLRED**

Vaccine Outreach Coordinator

Viruses constantly change through a process called mutation. As the virus mutates, new variants emerge. This process is normal and expected.

Sometimes new variants emerge and die off. Other times new variants are strong enough to continue growing and spread widely.

Some variants can resist things, like vaccines and treatment. When that happens, those variants must be watched more carefully.

Scientists study and compare variants so that they can track their spread and know when a more dangerous variant emerges.

The last Covid vaccine (recommended since September 2022, until 2024) was a bivalent vaccine, designed to protect against the

then current (and the original Covid virus) circulating variant of Covid 19. These are no longer circulating widely.

Persons should not rely on the older Covid vaccines for protection from the variant that is currently responsible for increases in severe illness and

hospitalizations. This is especially true for the elderly population, and those with underlying medical conditions that put them at higher risk for complications. Since mid- July 2023, Covid 19 associated hospitalization rates began increasing. Further increases are expected in the fall and winter respiratory virus



FILE PHOTO

season. Typically, the winter virus season lasts at least through April each year.

As of September 11, 2023, the

bivalent Pfizer-BioNTech and Moderna COVID-19 vaccines (2022-2023) are no longer available for use in the United States.

The 2022-2023 bivalent vaccines were designed to protect against both the original virus that causes COVID-19 and the Omicron variants BA.4 and BA.5.

In September of 2023, the FDA and the Advisory Committee on Immunization Practices (ACIP) approved and authorized the updated

2023-2024 Formula monovalent XBB.1.5 for persons 6 months and older. The updated vaccine may not totally protect you from getting the virus if exposed, but it can prevent you from severe illness and hospitalization.

If you have not received the updated Covid vaccine, it is available at pharmacies, and at your primary care clinics.

This vaccine incentive ends April 15, 2024. For questions and information about the vaccine initiative for Washburn County, including \$50 one time incentive for receiving a vaccine (including Covid, Flu, RSV, Shingles, Pneumonia, Tdap, contact:

Katy Allred, Vaccine Outreach Coordinator - 715-645-2754  
[callred@co.washburn.wi.us](mailto:callred@co.washburn.wi.us)

For the most up to date and complete information, go to [cdc.gov/mmwr](https://www.cdc.gov/mmwr)

**INDIGO NEWS**

# State of Mind

SUBMITTED BY  
**DON POSH**

IndiGO Your Allies for Independence

Have you heard of Seasonal Affective Disorder? In basic terms it is a common depression that

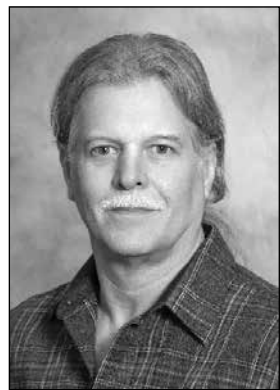


PHOTO SUBMITTED

**Don Posh**

shows up when our days get short and associated with the lack of sunlight. You may remember the term cabin fever. Symptoms include fatigue, depression, hopelessness and social withdrawal. This winter has been worse than others. It has been dark and grey for months. The lack of snow has made it easier for our backs without needing to shovel, but the snow covers the dreary ground and makes it bright and even beautiful. All the people that engage in winter sports are feeling cheated. No ice fishing, snowmobiling, cross country skiing or winter festivals. That can make people a little less friendly or a bit more edgy. If you feel you may be experiencing Seasonal Affective Disorder increasing the light in your home can help. Using daylight bulbs even during the day can be beneficial. A light box may help. They are available online with prices starting at \$40. There is also a light box alarm which mimics the sunrise in conjunction with the alarm clock. Prices start at \$30. When shopping online do a little research before you purchase.

We all experience depression in our lives. Often it is temporary, sometimes it isn't. Examples of a temporary depression may be a loss of a loved one, a pet or a job. Examples of persistent depression could be poverty, chronic pain and health issues, lack of transportation and isolation. A person experiencing depression may have a lack of motivation to do anything, even things they usually enjoy.

So what do we do when we feel

unmotivated? That can be difficult as it takes motivation to get started. If you notice you are feeling that way, you are recognizing something isn't right. Next step is to determine how to fix it. Can it be fixed by making some adjustments or do you need to see your doctor? Given most people are independent we would like to fix what we can ourselves. Let's look at some suggestions. I lean heavily on is music. Less TV more music. Music has the ability to take us to another time and another place. Playing some of your favorite tunes while cooking, cleaning or out in the workshop seems to change the mood and make the work or tasks go smoother. It is like having a friend when you're alone. Are you a news junkie? We see so much bad news how can we not be depressed? It makes us feel helpless to make things better. If you were to really pay attention the story doesn't change much day to day like a soap opera. I adjusted my news intake and do not indulge on the weekend or on my vacation. Maybe an adjustment can work for you. Spring is not far away. Planning can give hope of what's coming. Planning for vacations, and visits with friends and family can put a positive spin on things. Devote some thought to the garden, the flowers and the recreation that we anticipate with living in this beautiful place.

***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.



**WASHBURN COUNTY TRANSIT NEWS**

SUBMITTED BY  
**AMBER ANDERSON**  
Mobility Manager

Have you heard about Washburn County Transits newest vehicle? Maybe you have seen it driving



PHOTO SUBMITTED

**Amber Anderson**

down the road or know a friend who has used this service. Our Transit Van is up and running and ready to take you on your next shopping trip, to the NEW Wellness 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 see the great response from our community! The Transit Van is a great addition to our program and will get people where they need to be at a great price. We still offer non-emergency medical trips for medical appointments, but the van is geared toward social and shopping trips. We offer daily trips Tuesdays-Fridays from 9am to 4pm. Tuesdays we are in Spooner and Shell Lake, Wednes-

days we are in Minong and Thursdays we are in Birchwood. Fridays we have the van running to Rice Lake. The cost to ride the van is \$3 for all county rides and \$5 for out of county rides. We have the same billing as the medical runs. 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 could not do this without our passengers and a great community! We are so blessed to live where we do! Here is the latest testimonial from a first time rider-

**TRANSIT VAN TESTIMONIAL-**  
*"I used Washburn County Transits van service this past week for the first time. The driver was very thoughtful and kind and made the whole process so easy for me! He picked me up, took me to the grocery store, and helped me carry my groceries in to my house. He sure made my ride enjoyable. Thank you so much for offering this service to people like me who have a hard time getting to the store! I will be using this service all the time now!"*



# Anti-Inflammatory Cooking Tips

BY **SAVANNA SHOEMAKER**  
MS, RDN, LD, HEALTHLINE

**• AD SPICES AND SEASONINGS.**

Herbs and spices are loaded with antioxidants and flavor, so feel free to liberally season your food with them. Great options include turmeric, ginger, rosemary, cinnamon, oregano, cumin, cayenne pepper, and many others.

**• COOK WITH GARLIC AND ONION.**

These veggies are rich in antioxidant and anti-inflammatory compounds and are easy to incorporate into many lunch or dinner

recipes. Add to marinades, salad dressings, Bolognese, stews, stir-fries, and much more.

**• MAKE YOUR OWN DRESSINGS AND MARINADES.**

Using combinations of oil, vinegar, herbs, and spices, you can make your own flavorful dressings and marinades that are full of anti-inflammatory compounds.

**• KEEP IT SIMPLE.**

If cooking complicated recipes with new ingredients each night sounds daunting, keep it simple. Choose a protein source like salmon or chickpeas and combine it with a vegetable and a grain.



MARCH					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
	<i>Welcome Spring</i>			<b>PEANUT BUTTER LOVERS DAY</b> Lemon Thyme Cod over Rice Pilaf Sweet Potato Wedges Cucumber Chickpea Salad with Citrus Brownie with P.B. frosting					1
Pulled BBQ Pork on a Whole Grain Bun Potato Salad Baked Beans Cornbread Fresh Apple <b>MINONG DINING AT 5</b>	Shepherd's Pie topped with Whipped Potatoes Green Beans Whole Grain Bread Apricots	Chicken Caesar Salad Marinated Vegetable Salad WG Garlic Breadstick Honeydew Lemon Bar	Roasted Pork Loin with a Mustard Sauce Roasted Cauliflower Glazed Carrots WG Bread Oranges	Tuna Casserole Baked Sweet Potato Fresh Cucumber Salad Buttermilk Biscuit Cook's Choice Fruit					4
Meatloaf Mashed Potatoes & Gravy Roasted Zucchini Whole Grain Bread Apricots <b>SHELL LAKE DINING AT 5</b>	Hearty Sausage & Squash Stew Stewed Tomatoes Cranberry Wild Rice Bread Fruited Jell-O	Waldorf Chicken Salad on WG Bread w/Leaf Lettuce Creamy Coleslaw Carrot Sticks Crisp Grapes	<b>ST PATRICK'S DAY LUNCH</b> Cabbage Roll Casserole Baby Red Potatoes Marble Rye Bread Pineapple Grasshopper Brownies	Salmon with a Lemon Dill Sauce Steamed Broccoli Black Bean & Lentil Salad Cantaloupe Whole Grain Bread					11
Honey Dijon Chicken Thighs, Baked Potato Buttered Carrots Pears Whole Grain Bread <b>KITCHEN TAKEOVER DINNER &amp; COMEDY SHOW</b>	Baked Pork Chop w/Apple Chutney Sauce Roasted Broccoli Italian White Bean Salad WG Bread Cinnamon Apples	<b>SPOONER SALAD BAR</b> Loaded Chef Salad with Ham, Eggs, Cheese, Vegetables, & Dressing Whole Grain Bread Cook's Choice Fruit	Garlic Rosemary Beef Roast with Beef Gravy Mashed Potatoes Green Beans WG Bread Blueberry Crisp	Vegetable Lasagna Romaine Salad with Italian Dressing WG Garlic Breadstick Peaches & Cottage Cheese					18
Sweet & Sour Pork served with Stir Fry Vegetables over Brown Rice Egg Roll Fresh Orange Whole Grain Bread	Salisbury Steak Mashed Potatoes Creamed Spinach Whole Grain Bread Baked Apples & Pears <b>BIRCHWOOD DINING AT 5</b>	Cowboy Bean Hot Dish Brown Rice Baked Squash Kernel Corn Broc-Cheddar Cornbread Apricots	<b>EASTER DINNER</b> Glazed Baked Ham Scalloped Potatoes Brown Sugar Glazed Carrots WG Bread Pineapple Easter Cake	<b>HOLIDAY OBSERVANCE</b>  <b>NO MEALS SERVED OR DELIVERED</b>					25



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 (ADRC Office): 715-635-4460  
 Minong: 715-466-4448 • Birchwood: 715-354-3001

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**MINONG MENU**  
**MONDAY, MARCH 4**  
*Taste of Germany Dinner Experience*  
 Beef Schnitzel with Gravy  
 Roasted Red Cabbage  
 German Cucumber & Tomato Salad  
 German Potato Salad

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**SHELL LAKE MENU**  
**MONDAY, MARCH 11**  
 Fruit Skewer  
 Corned Beef and Cabbage  
 Potato, Onion & Carrots  
 Rye Bread  
 Irish Green Andes Mint Cupcakes

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**SPOONER MENU**  
**MONDAY, MARCH 18**  
**Top Chef Kitchen Takeover Dinner & Comedy Show**  
*Watch the ADRC Facebook Page & Wellness Center 50+ for more information and full menu.*  
 \*Due to high demand, reservations for this event in Spooner WILL NOT be taken until March 1, 2024.  
 Please call 715-635-4460

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**BIRCHWOOD MENU**  
**TUESDAY, MARCH 26**  
 Corned Beef and Cabbage  
 Scalloped Potatoes  
 Peas & Onions  
 Salad Bar  
 Fresh Baked Bread  
 Kristi's Choice Dessert

• 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: 715-645-0418

**EVERYONE IS WELCOME:** Those eligible to participate on a contribution basis include anyone age sixty and older. Suggested contribution is \$6.00 - \$8.00 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15.00 to participate.

<p><b>VOLUNTEERS NEEDED!</b></p> <ul style="list-style-type: none"> <li>• Would you like to do something meaningful to give back to the community?</li> <li>• Do you like helping people in need?</li> <li>• Would you like to make people smile?</li> </ul> <p><b>Make a difference! Become a Home Delivered Meals Volunteer Today!</b></p>	<p><b>YOU GIVE US:</b></p> <ul style="list-style-type: none"> <li>• One day per week (approximately 3 hrs.)</li> <li>• Compassion for people in need</li> <li>• You own transportation</li> </ul> <p><b>WE GIVE YOU:</b></p> <ul style="list-style-type: none"> <li>• A hot, nutritious lunch</li> <li>• Equipment needed to keep food safe</li> </ul>	<ul style="list-style-type: none"> <li>• Mileage reimbursement</li> <li>• A bunch of new friends and the best feeling of fulfillment</li> </ul> <p><b>If interested in volunteering for meal delivery, please contact Valerie at the Aging and Disability Resource Center at 715-635-4467</b></p>
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*Make a Difference*  
**VOLUNTEER!**

**SENIOR CENTER NEWS**

**JUNE WILLIS**  
**FRIENDSHIP COMMONS**  
 Shell Lake Senior Center

Well, will March come in like a lamb and go out like a lion or vice versa? I hope that we will get a little snow; we really need some moisture and its part of winter in Wisconsin.

Our talented artists painted a beautiful winter landscape with a snowman and his dog and some beautiful trees. We are so appreciative of Joni Cambell who patiently teaches and helps us with our paintings!

We had our second Bingo Day on Valentine's Day. The members have a lot of fun and really get excited to win a great prize.

We had to say goodbye to one of our wonderful core members and Co-President, Linda Rogers. She has been with us since 2015 and has contributed so much. She is a beautiful quilter and is always helping our older members. She is moving to Alexandria Minnesota. She has been such an asset to our Senior Center and we will miss her so very much!

Our new quilt "Gnome for the Seasons" is on the frame and we are working hard to have it ready for the fair.

We are looking forward to decorating our Center for spring. Even though we will not have flowers outside, we will have many beautiful ones inside.

Call (715-468-7491) for information about activities and to order eat-in meals at the Shell Lake Senior Center.

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

**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
				<sup>1</sup> Congreate Dining 11:30
<sup>4</sup> Tai Chi 10-11 am Congreate Dining 11:30 Painting 1:00	<sup>5</sup> Congreate Dining 11:30	<sup>6</sup> Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	<sup>7</sup> Games 9:00 Congreate Dining 11:30 Cribbage 12:30-2:30	<sup>8</sup> Congreate Dining 11:30
<sup>11</sup> Tai Chi 10-11 am Congreate Dining 11:30  <b>Dining @ 5</b>	<sup>12</sup> Congreate Dining 11:30	<sup>13</sup> Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	<sup>14</sup> Games 9:00 Congreate Dining 11:30 Cribbage 12:30-2:30	<sup>15</sup> Congreate Dining 11:30
<sup>18</sup> Tai Chi 10-11 am Congreate Dining 11:30 Painting 1:00	<sup>19</sup> Congreate Dining 11:30	<sup>20</sup> Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	<sup>21</sup> Games 9:00 Congreate Dining 11:30 Cribbage 12:30-2:30	<sup>22</sup> Congreate Dining 11:30
<sup>25</sup> Tai Chi 10-11 am Congreate Dining 11:30 Membership Meeting	<sup>26</sup> Congreate Dining 11:30	<sup>27</sup> Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	<sup>28</sup> Games 9:00 Congreate Dining 11:30 Cribbage 12:30-2:30	<sup>29</sup> Holiday Observance Center Closed No Meals Served or Delivered

**CAROL ADDINGTON**  
 Birchwood Senior Center

So how is 2024 going for you so far? No complaints about the weather for sure. Can you believe it? The snow plowers are sure



PHOTO SUBMITTED  
**Carol Addington**

hurting and the farmers are wondering how they are going to get there Spring planting into such dry soil. However, you and I are really benefiting, that is for sure, and my dog is happy. She is now 12 years old and those icy front steps really were a challenge for her. She fell down them once and that was it. She is really a happy doggie now as all the animals that went to sleep land are back on

the tundra.

Well, I hope you are *hunky dory* after you hear this and chuckle. A very special friend who knows me very well gave me some special books for Christmas. One was a book Dr. Seuss wrote for us 'obsolete children' and that sure describes me, obsolete that is. It is a wonderful giggly read and I have donated it to the Senior

**BIRCHWOOD SENIOR CENTER**

**LAKESIDE CENTER**

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

Center and placed it on the lamp table in the reading room. Do yourself a favor and stop in soon, pour yourself a cup of coffee and set a spell for the sheer enjoyment of that book. You are welcome.

**Jalopy.** I drove one when I first learned to drive, as my gramps had one for work. I learned to drive on a '47 Plymouth with a classy exterior visor. Did you drive one of those?

Another book she included is called, "I remember that" and celebrates the history of our history. It starts with the 50's which I am going to expand on today. I remember the 40's too but they really are not a good memory and those of you out there who also remember them probably agree with me. It changed my life and probably yours too. It was good we did not have TV then, as the memories are not ones you want to see. You got those pics when you went to the movies and usually closed your eyes not to see them. Now those 'uglies' come right into your living room and it brings

back memories many of us have tried to forget!

\* We admired those kids with moxie back in the 50's. You had to **straighten up and fly right!**

\* The 50's. A big period of newies especially technology. We got our first TV, black and white of course. You put it at the end of the room as far away as you could 'cuz it might damage your eyes and a light was to be placed on top of it to protect your eyes. I was living with my grandparents, as my parents had left when I was six to serve the country in the Signal Corp. and Red Cross - Depression time. Good thing we had a big house and a good job at that time was TV repairperson!

\* **O my aching back** (if we only knew then what we know not about those aching backs!)

\* It was a let loose/celebrate time. Barbie and Ken - drive in movies - rock and roll. All the boys wanted to be Elvis (and the girls



## SENIOR CENTER NEWS

**POLLY LEINWANDER**  
MASC PRESIDENT

Hello from the MASC,  
Are you experiencing the Mid-Winter Blues, or feeling somewhat bored? Maybe it's time to step out of your comfort zone! Come join us at the MASC, meet new friends and join in the activities. Help yourself to a cup of coffee and get to know all of the wonderful, friendly people at the center. We welcome all seniors, and invite you to share your stories, laugh and feel at home in our warm and inviting center. We are looking forward to meeting YOU!

We have been making some changes at the center. The purchase of a refurbished buffet serves as our coffee/water station. Easily accessible-help yourselves. The addition of a coffee table and replacing the recliner have made the lounge area more comfortable. The lounge area is great for small group socializing, reading a book or watching the movie matinees that Laura provides on the 1st and 3rd Wednesday each month at noon.

Do you remember "SMILE, You're on Candid Camera"? Memories are important to all of us so we started a new project at the center this year. We have a Memories at the MASC scrapbook and it is located on the coffee table in the lounge area. Please check it out and remember to "SMILE" you never know when you will see yourself in the MASC scrapbook.

We are fortunate to have the ADRC Nutrition Program that provides Meals on Wheels to those that cannot prepare their own meals. For those that can prepare their meals, but have difficulty with getting groceries home due to a TEMPORARY illness, accident or no transportation there is a new program to help you called, "Henson's to Home"

1. Call Henson's 24 hours in advance at 715-466-2262
2. Place your order and pay.
3. Groceries will delivered free within a 10-mile radius of Minong.
4. Delivery dates: Thursday, 2-5pm (south and east of Minong) and Friday, 2-5pm (north and west of Minong).

"Angels on Our Shoulders" offers numerous services providing Help & Hope to Seniors in the Chicog Area and Neighboring Communities, just call 715-635-2252.

The MASC monthly Bingo/Potluck is Saturday, March 9th. Potluck at noon and Bingo at 1:00. Please check our calendar for other

### MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: LAURA GOMEZ - 715.466.4448

PRESIDENT: POLLY LEINWANDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Congregate Meal 11:30
4 Congregate Meal 11:30  <b>Dining @ 5</b>	5 Congregate Meal 11:30 Wii Bowling 12:00 Farkle 12:30	6 Congregate Meal 11:30 Movie Matinee 12	7 Congregate Meal 11:30 Cribbage 12:30	8 Congregate Meal 11:30
11 Congregate Meal 11:30	12 Congregate Meal 11:30 Wii Bowling 12:00 Cards 12:00	13 Congregate Meal 11:30 Board Meeting 1:30	14 Congregate Meal 11:30 Cribbage 12:30	15 Congregate Meal 11:30
18 Congregate Meal 11:30	19 Congregate Meal 11:30 Wii Bowling 12:00 Farkle 12:30	20 Footcare 8:30-11:30 Congregate Meal 11:30 Movie Matinee 12	21 Congregate Meal 11:30 Cribbage 12:30	22 Congregate Meal 11:30
25 Congregate Meal 11:30	26 Congregate Meal 11:30 Wii Bowling 12:00 Cards 12:00	27 Congregate Meal 11:30	28 Congregate Meal 11:30 Cribbage 12:30	29 Holiday Observance Center Closed No Meals Served or Delivered

activities and events.

As always, if you have any concerns or suggestions please contact a board member or call Polly at 612-232-7693. (Board member names & phone numbers posted at the center and a suggestion box is available)

Be safe everyone and remember "SMILE" spring is coming!

**MASC ACTIVITIES:**

**Weekly:** Congregate meals Monday-Friday, 11:30. (Necessary to register 1 day in advance) Call 715-466-4448 to register.

**Mondays:** Dining-At-Five. March 4h (Register by the Friday before)

**Tuesdays:** Farkle: 12:00 (1st, 3rd & 5th Tuesday's of the month)  
Cards: 12:00 (2nd & 4th Tuesday's of the month)  
WII Bowling: 12:00 every Tuesday

**Wednesdays:** Movie Matinee: 12:00 (1st & 3rd Wednesday of the month)  
MASC Board Meeting: 1:30 (2nd Wednesday of the month)  
Foot Care: (3rd Wednesday of the month)  
Call 715-466-4299 to schedule time.

**Thursdays:** Cribbage: 12:30 (weekly)

**Saturdays:** March 9th Potluck at noon, Bingo at 1:00

### BIRCHWOOD

FROM PAGE 11

wanted them to be too) - jukeboxes (bring those back please!) - Convertibles, you had to have a car to be 'in'! - tv shows we all remember: The Honeymooners - Ed Sullivan Show (the Beatles) - Father Knows Best - and many sit-coms - Coke at the drug store in flavors - and best of all, finally, a polio vaccine. So many ended up at Sister Kenny. In was one of the first to get it.

You went to your local high school where you drank it out of a little paper cup. - And last but not least...appliances. Yes, a machine that did dishes, washing machines you could walk away from, and dryers - no hanging on the line. Well, enough on memories hope you enjoyed the trip. We will do the 60's next month.

Hope you did *Wake up and smell the roses* by this time?

Dining at 5 was packed in January with the beef meal everyone loves. So good to see so many friends. Kristy did a wonderful job and

every mouthful we num! Get your reservation in early in the month cuz she had to turn several away this time.

Hey - *it is your nickel*..isn't it always.

So do check the menu probably on this page and make a plan to come for lunch. I cut it out, circle meals that appeal to me and call for a reservation when I can. I have never been disappointed in the meal or the company and there is always informative stuff to pick up on the table.

So *See ya later alligator!* - *After a while crocodile.*



## SENIOR CENTER NEWS

### VERDELL PETTEY

#### WASHBURN COUNTY WELLNESS CENTER

#### 50+ NEWS

Verdellpettey@gmail.com

My neighbor Dave plans his day after looking at my flag pole and hearing the jingle. The flagpole rope, hook and pulley make a jingle sound. Here is more observations he may make: 1) if the flag is straight out, the wind is from the N, E, S, or W! 2) If the flag is flapping, there is a strong wind. 3) If the flag is softly flowing, there is a light breeze. 4) If the flag is still, there is no wind. And finally if the flag is wet and droopy, it's raining! All this important information is free. HA! Listen for lots of jingle ahead in the March winds.

What's the March jingle (news) at the Spooner Sr. Center? Looking back to January 15, Cobblehaus Cafe served a fine dining meal of poor man's lobster including a salad bar and dessert. Thank you to Melissa Laehn for sharing her passion for serving quality food using local sources.

There was a nice attendance of people in front of our big TV screens to watch the Super Bowl party. They brought snacks, appetizers and beverages. The TLC Mocktail bar showed off their new sign. It is easy to read and choose which Mocktail you would like.

Our first Friday Flicks was held Feb. 2. A matinee movie, "Oppenheimer" was shown. More movie dates are planned. Come for lunch and stay for a free movie at 1PM. Don't forget to call the day before to register for lunch.

Hunt Hill Audubon Sanctuary will be at the Spooner Sr. Center on April 3rd for their Beast and Beer presentation. A happy hour setting engaging in Forest Fungal Secrets; exploring the relationship between mushrooms, trees and uncovering the web of connections that sustain forests. A registration is necessary with Hunt Hill and a fee of \$15.

My dog, Joey, loves to lay on my porch. I'm thankful for a warmer winter so she can enjoy her happy place. Did you know there is healthcare available for your pet through Beautiful Hearts Rescue? If you are 60 plus or

### 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
				<sup>1</sup> Congregate Dining 12:00 First Friday Flicks 1:00
<sup>4</sup> Congregate Dining 12:00 Cribbage, Mexican Train and Tai Chi 1:00	<sup>5</sup> Congregate Dining 12:00 Mah Jongg 1:00	<sup>6</sup> Chair Dance 9:30 Congregate Dining 12:00 Cards, 500 & Bridge 1:00 Caregiver Connection 5:00	<sup>7</sup> Games with Pat Parson 10:00 Congregate Dining 12:00 Hand & Foot & Cards 1:00	<sup>8</sup> Congregate Dining 12:00
<sup>11</sup> Congregate Dining 12:00 Cribbage, Mexican Train and Tai Chi 1:00	<sup>12</sup> Congregate Dining 12:00 Mah Jongg 1:00	<sup>13</sup> Chair Dance 9:30 Memory Café 10-11 Congregate Dining 12:00 Cards, 500 & Bridge 1:00 AMVETS meeting 6:00	<sup>14</sup> Games with Pat Parson 10:00 Congregate Dining 12:00 Hand & Foot & Cards 1:00	<sup>15</sup> Savvy Seniors Book Club 10:30 Congregate Dining 12:00
<sup>18</sup> Congregate Dining 12:00 Cribbage, Mexican Train and Tai Chi 1:00 <b>DINING @ 5 &amp; COMEDY SHOW</b>	<sup>19</sup> Congregate Dining 12:00 Mah Jongg 1:00	<sup>20</sup> Chair Dance 9:30 Congregate Dining 12:00 Cards, 500 & Bridge 1:00	<sup>21</sup> Games with Pat Parson 10:00 Congregate Dining 12:00 Hand & Foot & Cards 1:00	<sup>22</sup> Congregate Dining 12:00
<sup>25</sup> Congregate Dining 12:00 Cribbage, Mexican Train and Tai Chi 1:00	<sup>26</sup> Congregate Dining 12:00 Mah Jongg 1:00	<sup>27</sup> Chair Dance 9:00 Congregate Dining 12:00 Cards, 500 & Bridge 1:00	<sup>28</sup> Games with Pat Parson 10:00 Congregate Dining 12:00 Hand & Foot & Cards 1:00	<sup>29</sup> Holiday Observance Center Closed No Meals Served or Delivered

18-59 years of age with disabilities, check into this preventative healthcare and other veterinary services for your pet. An application form was posted in the January Focus insert of the Weekender paper.

While visiting our center, please note there is a new blue donation box in our coffee bar. Donations are used to enhance our activities for everyone. Call me, Verdell Pettey @ 507-

696-8263 if you have news to share in the Focus. News is submitted the first Friday of each month. Do you have a little spring fever when temps are above 40 degrees? My 1976 Chevy truck does so I had to cruise in it to the 500 card game on Wednesday. It made my day but also winning a high score at cards was really fantastic! Lucky me.

## SOCIAL SECURITY SCAMS

### WATCH OUT FOR SOCIAL SECURITY SCAM TEXTS

By the GWAAR Legal Services Team

#### SUBMITTED BY KELLY WEISENBECK

Elder Benefit Specialist (EBS)

Some scammers have been using a new strategy to reach potential victims. The Social Security Administration (SSA) has received reports from people who received text messages on their cell phones that look like they were sent from SSA. The texts typically warn recipients about an issue with their Social Security Num-

ber (SSN) or their benefits and ask them to call a number to resolve the problem. Unfortunately, the goal of the texts is to convince recipients to call the number and disclose personal information, including SSNs, which may then be used to commit identity theft.

SSA will only send text messages to individuals who have opted in to receiving texts from the agency. In addition, SSA will only send texts:

- When individuals have subscribed to receive updates and notifications by text, or
- As part of the agency's enhanced security when individuals access their personal my Social Security accounts.

SSA will not send texts asking for return calls to an unknown number

If you owe money to SSA because of an overpayment, you will receive a letter that explains your appeal rights and payment options. The agency will not:

- Threaten you with arrest or other legal action unless you immediately pay a fine;
- Promise an increase in your benefits in exchange for payment;
- Require payment by gift card, wire transfer, bitcoin, or by mailing cash; or
- Send official letters or reports with your personal information via email.

If you receive a call, text, or email from SSA that appears to be suspicious, do not respond. Instead, you should report it online at <https://oig.ssa.gov/scam-awareness/report-the-scam/>.



# CHICOG NEWS

## JOANN MALEK AND CATHY PEDERSON CHICOG NEWS

Years ago a corner bar was likely a small, family-owned business. There were a lot of them scattered across Wisconsin. Where every-



body knows your name. And they're always glad you came. Taverns and churches were the places where

locals would come together.

On a corner along Highway 77 the living room of Cliff Featherly's home was opened to the public. In 1947, second owner Lester "Pappy" Pope, a WWI navy veteran, gave the room a name. Pappy's Bar.

In 1968 Ken and Lois Johnson took over the tavern. The James Giertz's came in 1979. Recently I met Heather Giertz Richter and learned a bit of her story. She was raised in South Carolina, married in California, loved Wisconsin on arrival. It was snowmobiling that brought the couple to Chicog and Pappy's.

"For the first years, we did it all. We were a gas station, too. I never dreamed how hard it would be. We'd open at 8am and I'd put on coffee for a couple of fellows who came in every day. We worked until one or two in the morning. We were open seven days a week. You can't make money if your doors are



SUBMITTED PHOTOS

closed.

I had to learn to talk with strangers. I learned to tend bar. I learned to step in and stop fights, since we figured a gentleman would not hit a lady. Jim was easy-going and social. He preferred to be out front entertaining customers, hated working behind the bar. We had a pool table and a juke box. We added a cement slab out back for dancing. We made ice year round, to chill the drinks and to sell to campers. The TV was on throughout the day. We were the second establishment in the area to install a big satellite dish. Packer games brought in huge crowds. In 1989, our bartender Jack Gauger started the canoe business."

It was Heather who quipped: Let's paint a pick-up red and have our own fire department!! back in

1979 when Chicog Township was considering a change in services. "We put on pie socials, cake walks,



pig roasts, dances with live bands. Well-known singer Dave Dudley performed without a fee. I remember an auction where my Jim raised the bid for a rhubarb pie to \$32, and he didn't get it! Everyone worked hard to provide funds for the new Chicog Volunteer Fire Department. The first fire trucks were parked in our yard.

We were a family bar. Hunting season was a wonderful time, when a variety of generations from deer camps would come in. Santa visited at Christmas. Couples met on Wednesdays to play Euchre, bringing homemade desserts. We had fireworks on the fourth of July. We had Easter egg hunts. I was a city girl. One year when neighbors donated a carton of lovely green farm eggs, I hid them with the ones

we had colored, never dreaming they were not hardboiled!"

After Jim's death, Heather managed Pappy's on her own. In 1993 she and Denny Richter celebrated their marriage on the deck of Pappy's, in a pouring rainstorm, with guests itching to go back inside and watch a Packer's game. No wonder Denny put a roof on that patio, enclosed it, and built that nice room in the back. The two managed the bar together until their retirement in 2000. Heather says when they left she vowed she wouldn't need to talk to anyone for a month. Then she cried and cried.

Several proprietors, each with their own vision, and in 2024 Pappy's has brand new owners, Peter Bigler and Renee Troyer. When you pass the corner, stop in. Mention your name. Get to know the locals.

### IMPORTANT MARCH DATES

- Wednesday 3/13, 6pm, monthly Chicog meeting
- Wednesdays 3/13&27 Namekagon Transit service
- Wednesday, 3/27, 10:30-12, Books and Bread, Beaverbrook
- Thursdays, 11-3, Chicog Walkabouts, town hall
- Thursday 3/28, 11-1, Bibliodragon, town hall
- Ongoing, until April, 2024: Contact Washburn County Vaccination Outreach Coordinator at 715-645-2754, to learn if you are eligible to receive free vaccinations and Chamber Dollars.

A salt/sand pile in the town hall parking area is free for Chicog residents, so help yourself. Or call 715-466-4525 to schedule the Chicog highway crew to sand your driveway. Minimum charge is \$35-45. Contact ADRC at 715-635-4460 if you are in need of monetary assistance for this work.

Find Focus for Life on-line at the Washburn County website, <https://www.co.washburn.wi.us> Then click on ADRC & Unit on Aging on the left side and Current News on the right.

Thank you for reading the Chicog News!

You can Afford to Have a Healthy Smile!



## Senior Dental Savings Plan

No insurance? No problem!

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

For more information, please visit [GreenValleyDentalCare.com](http://GreenValleyDentalCare.com) or give us at call **715-635-7888**

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

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



**GREEN VALLEY DENTAL CARE**

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



**DAYLIGHT SAVING TIME BEGINS SUNDAY, MARCH 10**  
**SPRING FORWARD!**  
Clocks will go ahead one hour.



## SENIOR HEALTH

# Signs of a Brain Tumor

<https://www.aarp.org>

By  
Michelle Crouch, Published February 16, 2022/ Updated January 08, 2024

American singer and songwriter Michael Bolton revealed on social media that he was diagnosed with a brain tumor, just before the end of 2023. The 70-year-old musician underwent immediate surgery and said he will devote his “time and energy” to recovery over the next couple of months, “which means I’ll have to take a temporary break from touring.”

Roughly 1 million Americans are living with a brain tumor, and nearly 80,000 adults were diagnosed with a primary brain tumor in 2023, according to the National Brain Tumor Society. Each year, 70,000 to 170,000 people are diagnosed with secondary (metastatic) brain tumors, caused by a cancer that started in the lung, colon or elsewhere in the body. Older adults are at higher risk for these types of tumors because they’re more likely to have experienced cancer.

Nearly half of all glioblastomas — one of the most aggressive and deadly types of brain tumor — are diagnosed in patients older than 65.

Not all brain tumors are cancerous; in fact, most aren’t. But even benign tumors can be life-threatening and can cause debilitating symptoms, such as blurry vision, hearing loss and confusion.

An individual’s prognosis depends on what type of tumor they have and how quickly it is detected, says Katy Peters, M.D., a neurologist in the Preston Robert Tisch Brain Tumor Center at the Duke University School of Medicine. “For most every kind of brain tumor, if you can get it out early while it’s smaller, you have a better prognosis,” she says. “We want to catch things before they cause any permanent damage.”

Symptoms vary, depending on the tumor’s location. Because brain tumors are so rare — affecting about 30 out of 100,000 American adults, according to Johns Hopkins Medicine — common warning signs can often point to other health conditions, Peters notes. She recommends talking with a doctor right away if you experience any of the following symptoms:

## 1. A SEIZURE OR MUSCLE SPASMS

A seizure happens when something disturbs normal brain activity, and it’s often the most obvious symptom of a brain tumor, says Keith Black, M.D., chair of the department of neurosurgery at Cedars-Sinai Medical Center in Los Angeles.

Some seizures (called tonic-clonic or grand mal seizures) cause a person to cry out, fall to the floor and experience all-over muscle jerks or spasms. Other types of seizures affect only one part of the body or cause the afflicted to seem temporarily confused or unaware of what’s happening.

What a seizure looks like can vary based on where the tumor is located, Black says. If you have a tumor developing in the area of your brain that controls the left side of your body, for example, you may notice twitching only in your left arm or leg.

Seizures usually last just a few minutes, then subside, Black says. “The key thing with a seizure is that it comes and goes.”

## 2. NEW OR UNUSUAL HEADACHE

A new type of headache or one that feels localized to a specific part of your head is another early indication of a brain tumor, Peters says. She points out, however, that many other conditions can cause a headache. Headaches caused by a tumor are often worse in the morning. “When you lay flat, there’s more pressure in your head,” Peters explains. “And then as the day goes on and you’re walking around, the pressure goes down.” The pain caused by a tumor tends to get worse when you cough, use the bathroom or exercise, she says, because those activities increase intracranial pressure.

## 3. NUMBNESS, WEAKNESS OR TINGLING ON ONE SIDE

Many people know that numbness, weakness or tingling on one side of the body can be a sign of a stroke, Black says. But they may not realize it can also indicate a brain tumor.

One difference is that tingling caused by a tumor may come and go for months, but stroke symptoms tend to persist. Many brain tumor patients describe “a creeping effect,” Peters says, with numbness or tingling starting in their hands and progressing to their

arm, then their shoulder. Because the tingling is temporary and subtle, some patients don’t report it to their medical provider. “I have [brain tumor] patients all the time who give their history and say they started to have tingling three months ago or six months ago,” Black says.

## 4. CONFUSION OR LOSS OF AWARENESS

Sometimes brain tumors trigger a type of seizure that causes the person to zone out or become unaware of their surroundings for a short time, Peters says. Called complex partial seizures or focal impaired awareness seizures, they may not be recognized as seizures because people tend to think of the classic type that causes muscle convulsions.

Peters describes complex partial seizures this way: “You’re talking to a loved one, and all of a sudden, they are staring into space and blanked out and miss what just happened in the conversation.” Afterward, the person may seem confused and have no memory of the past few minutes.

## 5. UNEXPLAINED SPEECH, VISION OR HEARING PROBLEMS

If a tumor is growing in the area that affects language and speech, you may have moments when you suddenly have trouble expressing words or understanding what is being said. If it’s growing near the visual pathways in your brain, you may experience vision problems, lose your peripheral vision on one side or see flashing lights.

Similarly, if you lose your hearing on one side or start to develop vertigo or tinnitus, it can be a sign of a tumor pressing on your hearing or balance nerves, Black says.

## 6. PERSONALITY CHANGES

Occasionally, a brain tumor causes changes to someone’s personality or behavior. If a friend or family member is acting strangely — perhaps they are more aggressive than usual or seem to be making bad decisions — that can be an early symptom of a tumor growing in the frontal lobe of the brain, which controls personality.

*Editor’s note: This story, first published Feb. 16, 2022, has been updated to include new information.*

## WASHBURN COUNTY MEMORY CAFE

### WHEN:

The Second Wednesday of every month

**TIME:** 10 AM - 11 AM

**WHERE:** Washburn County Wellness Center 50+  
850 W Beaverbrook Ave.  
Spooner WI 54801

**MEMORY CAFES** 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.

**CONTACT:** Patryce Garcia  
Dementia Care Specialist  
Caregiver Support Coordinator  
pgarcia@co.washburn.wi.us  
**715.635.4477**

## 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 PM - 4:00 PM

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 a n appointment.**

**715.635.4477**



## HOME SAFETY

# Preventing Falls at Home: Room by Room

**SUBMITTED BY**
**ANNA MARIE BROWN**

Information &amp; Assistance Specialist (I&amp;A)

Many falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are



PHOTO SUBMITTED

**Anna Marie Brown**

many changes you can make to your home that will help prevent falls and better ensure your safety.

**FLOORS, STAIRWAYS AND HALLWAYS**

- Ensure there are handrails on both sides of any stairs, and make sure they are secure. Hold the handrails when you go up or down stairs, even when you are carrying something. Don't let

anything you're carrying block your view of the steps.

- Ensure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Consider using motion-activated lights that plug into electrical outlets and automatically turn on when you walk by them to help illuminate stairwells and pathways.

- Keep areas where you walk tidy. Don't leave books, papers, clothes, or shoes on the floor or stairs.

- Check that all carpets are fixed firmly to the floor, so they won't slip. Put no-slip strips, which you can buy at any hardware store, on tile and wooden floors.

- Don't use throw rugs or small area rugs.
- Don't walk on slippery, newly washed floors.

**BATHROOMS**

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.

- Place nonskid mats, strips, or carpet on all surfaces that may get wet.

- Remember to leave a light on in the bathroom at night or use a night light that turns on automatically in the dark.

**BEDROOMS**

- Put night lights and light switches close to

your bed.

- Keep a flashlight by your bed in case the power goes out and you need to get up.

- Place a landline or well-charged phone near your bed.

**KITCHEN**

- Keep frequently used pots, pans, and kitchen utensils in a place where they are easy to reach.

- Clean up spills immediately.

- Prepare food while seated to prevent fatigue or loss of balance.

**OUTDOOR SPACES**

- If you have steps leading to your front door, make sure they are not broken or uneven.

- Add non-slip material to outdoor stairways.

- Keep the lawn, deck, or porch areas clear of debris, such as fallen branches.

- Consider installing a grab bar near the front door to provide balance while you are locking or unlocking the door.

- Turn on your porch light at night and if you leave during the day but plan on returning home after dark.

- In the winter, treat outdoor walkways with an ice melt product or sand to make them less slippery.

**OTHER LIVING AREAS**

- Keep electrical cords near walls and away from walking paths.

- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.

- Make sure your sofas and chairs are the right height for you to get in and out of easily.

- Keep items you use often at waist level or within easy reach.

- Don't stand on a chair or table to reach something that's too high — use a "reach stick" instead or ask for help. Reach sticks are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it's steady and has a handrail on top. Have someone stand next to you.

- Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.

- Keep a list of emergency numbers in large print near each landline phone and save them under "favorites" on your mobile phone.

If you have fallen, your doctor might suggest that an occupational therapist, physical therapist, or nurse visit your home. These health care providers can assess your home's safety and advise you about making changes to lower your risk of falls.

**6 TIPS TO HELP PREVENT FALLS**

Read and share this infographic and help spread the word about how to help prevent falls.

If you're concerned about falling, set up systems to ensure you can get help if you fall. One option is installing an emergency response system. If you fall or need emergency help, you

push a button on a special necklace or bracelet to alert 911. There is a fee for this service, and it's usually not covered by insurance.

Another option is to carry a well-charged cordless or mobile phone with you as you move throughout the house. Have close friends and family on speed dial. Consider setting up a smart home device (a small speaker that listens and responds to commands when you call its name) that can quickly connect you to contacts or emergency response teams. Some smartwatches can be set up to make emergency calls at the push of a button and others can even detect sudden fall-like movements and automatically call for help. Ask family and friends for help setting up these tools.

**HOME IMPROVEMENT RESOURCES**

Many state and local governments have education and/or home modification programs to help older people prevent falls. Check with your local health department, search the Elder-care Locator, or call 800-677-1116 to find your local Area Agency on Aging to see if there is a program near you.

Read about this topic in Spanish. Lea sobre este tema en español.

You may also be interested in

- Reading more about falls and falls prevention

- Checking out this video on balance exercises

- Exploring balance problems older adults may face

**FOR MORE INFORMATION**

- **National Resource Center on Supportive Housing and Home Modifications**  
213-740-1364

homemods@usc.edu | www.homemods.org

- **Rebuilding Together**

800-473-4229

info@rebuildingtogether.org

www.rebuildingtogether.org

- **Centers for Disease Control and Prevention (CDC)**

800-232-4636 | 888-232-6348 (TTY)

cdcinfo@cdc.gov | www.cdc.gov

- **National Center for Injury Prevention and Control**

- **Centers for Disease Control and Prevention**

800-232-4636 | 888-232-6348 (TTY)

cdcinfo@cdc.gov | www.cdc.gov/injury

- **National Falls Prevention Resource Center**  
571-527-3900

www.ncoa.org/center-for-healthy-aging/falls-resource-center/

This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date.

Content reviewed: September 12, 2022

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

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**DISABILITY BENEFITS**

# Disability/SSI/SSDI?

There are two federal programs that individuals can apply for when they become disabled and are unable to work. Figuring out the difference between these two programs can often be confusing. Here are some basic similarities. Both of these programs — Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) — are funded by the federal government to provide financial support for individuals who are disabled for 12 or more months. In both programs you are required to prove that you are not able to work as a result of a physical or mental condition. For both programs, you must also show that your condition is expected to last for at least 12 months or result in death.

So what is the difference between SSDI and SSI? The major difference between SSDI and SSI is the non-medical proof you must show to qualify.

SSDI is a federal insurance program of the government that is funded by your payroll taxes. That means if you are working and paying taxes, you are paying into this federal insurance program. Your eligibility for SSDI is based on whether you have worked for enough time and paid enough into the system. Generally, if you have worked for 5 of the past 10 years as of the date of onset of disability, you will qualify for SSDI. Younger claimants need to work for less time to become insured by SSDI. Your benefit amount is

based on your earnings. By and large, the more you earned, the more benefits you will receive if you qualify for SSDI.

SSI is a needs-based program of the government administered by the Social Security Administration (SSA). To qualify, SSA will evaluate your financial situation, and not your previous work. SSA will assess your financial situation by examining your assets and determining how much SSI benefit you are eligible for based on any income you receive.

In certain circumstances you can receive benefits under both SSDI and SSI. This generally occurs when you apply for and qualify for both programs and your SSDI benefits are under the SSI benefit amount you would be eligible for. As a result, it is generally a good idea for claimants to apply for both SSDI and SSI at the initial stage of the application process to ensure receipt of the maximum benefits.

For help with a Social Security claim at any stage reach out to the Aging & Disability Resource Center. The ADRC has benefit specialist who can discuss options, answer questions and call Social Security with you. The Disability and Elder Benefit Specialist can assist with your disability claim whether it is the first time you are applying or appealing a decision that has already been made. Please call the ADRC at 715-635-4460.

**CAREGIVER CONNECTION EVENT**

Are you **looking for a caregiver?**

OR are you **someone looking to provide care** services such as housekeeping, respite, personal care, etc.?

**Connecting caregivers and people looking for care**

**March 6th at 5:00 PM**

**Washburn County Wellness Center 50+**

**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.

**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. One paid Director and a group of very well trained and experienced volunteers staff us.

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](mailto:happydayclub65@gmail.com).

In addition, the Dementia 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](mailto:happydayclub65@gmail.com) with any questions you may have.

**MEDICARE 101**

**EDUCATION FOR ALL COMMUNITY MEMBERS**

- New to Medicare?
- Nearing 65 and thinking of retiring?
- On Social Security Disability?
- Confused about Medicare 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:**  
**April 10th, 2024**  
**TIME:**  
**10:00 - 11:30 am**

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

**FREE EVENT**

**Presented by:**  
**Kelly Weisenbeck  
Elder Benefit Specialist  
kweisenb  
@co.washburn.wi.us**

**Another Medicare 101 workshop is scheduled for June 5th, 2024 from 2:00 - 3:30 pm**





## FARMERS MARKET NUTRITION PROGRAM

### WISCONSIN FARMERS' MARKET NUTRITION PROGRAM (FMNP) COMING TO WASHBURN COUNTY!

The ADRC of Washburn County is excited to sponsor the Senior Farmer's Market Voucher program again this year. We will announce, once the applications are available for 2024. With 2023 being our first year, we did find that some vouchers were distributed, but not used. We have sent out a survey to all participants for feedback as to what may be barriers for using the vouchers. If any other Washburn residents would like to provide feedback as to your experience or maybe why you did not apply, please contact Cassi Feiertag at 715-635-4460.

#### 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, 2024. You can take your checks to any participating farmers' market or roadside stand. Nearly every county in the state has at least one participating market. You can even take your checks

with you when you are traveling throughout the state! Go to an authorized market (you will be given a list by your agency) and look for this yellow sign:



If you are a Washburn County farmer that sells fresh produce at market or have a roadside stand, we encourage you register now to become a certified vendor. The process is simple and you will reap the rewards of providing produce to local seniors and reimbursement by the State of WI. For application, please contact the Wild Rivers WIC at 100 Polk County Plaza, Suite 180, Balsam Lake, WI 54810 Telephone: 715-204-4159 Email:

[polkcountywic@polkcountywi.gov](mailto:polkcountywic@polkcountywi.gov)

#### 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) to spend at farmers markets. This helps bring new buyers to the market. It also boosts sales for local

Wisconsin farmers.

#### 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, see attached.
- Sell them at an FMNP farmer's market or farm stand.
- Grow them in Wisconsin or a farm within 50 miles of Wisconsin.

#### HOW DO I BECOME AN FMNP FARMER?

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 stating you are an FMNP authorized farmer.
- A copy of the signed agreement, if not completed via Docu-Sign.
- An FMNP sign to put up at the market or farm stand.
- An FMNP stamp to add to all checks you get from FMNP buyers.
- Check deposit instructions.

#### 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).

To renew or for other questions, contact the state WIC office:

Email: the Farmers Market Nutrition Program  
Call: 608-609-8240

#### WISCONSIN WIC AND SENIOR FARMERS' MARKET NUTRITION PROGRAM (FMNP) APPROVED FOOD LIST:

##### VEGETABLES

Asparagus • Beans (all) • Beets  
Bok choy • Broccoli  
Brussel sprouts • Cabbage (all)  
Carrots • Cauliflower • Celeriac  
Celery • Corn (not ornamental or popcorn) • Cucumbers • Eggplant  
Fennel • Greens (all) • Kohlrabi  
Leeks • Lettuce (all) • Mushrooms  
Okra • Onions • Parsnip • Peas (all)  
Peppers (all) • Potatoes (all)  
Pumpkins • Radishes • Rutabagas  
Scallions • Shallots • Spinach  
Sprouts • Sunchoke • Swiss chard  
Squash (winter) • Squash (summer)  
Tomatoes • Tomatilla • Turnips  
Watercress

##### FRUITS

Apples • Berries (all) • Cherries  
Grapes • Ground cherries • Melons

SEE FARMERS PAGE 19



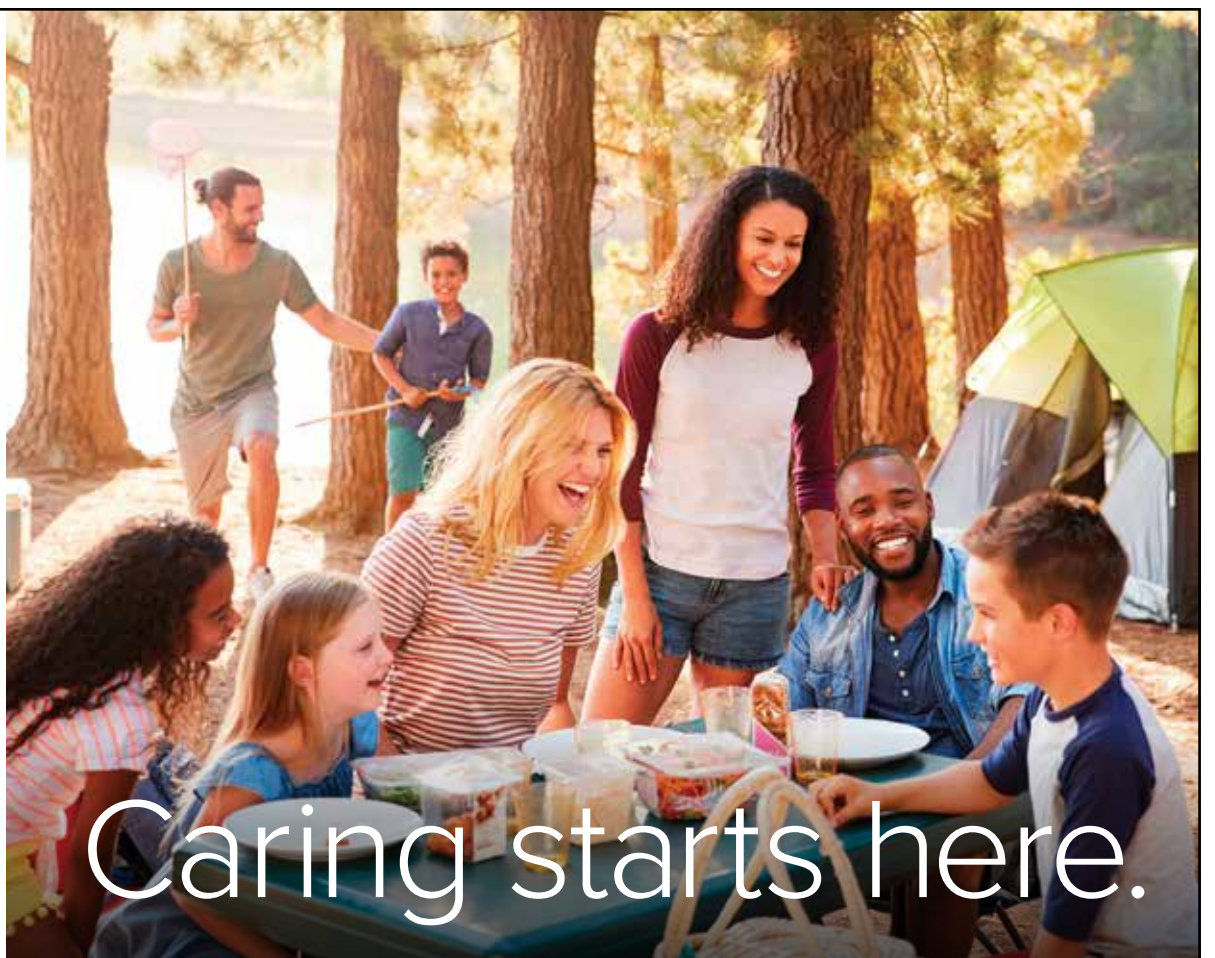
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[www.mychoicewi.org/SA](http://www.mychoicewi.org/SA)  
800-963-0035 TTY 711

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

DHS Approved 8/16/2021





## EAT WELL, AGE WELL.

### CHEESY POTATO SOUP

#### INGREDIENTS

- 1 medium Onion, chopped
- 1/4 cup celery, chopped
- 1 tsp vegetable oil
- 2 cups potatoes, bite-size diced
- 2 cups low-sodium broth (any type)
- 1/4 tsp pepper
- 3 Tbsp cornstarch
- 1 1/2 cups 1% or notfat milk, divided
- 3/4 cups (3 oz.) cheddar cheese, shredded
- 1 Tbsp bacon, cooked and crumbled (optional)
- Chives, chopped, for garnishing

#### INSTRUCTIONS

1. In a large saucepan over medium-high heat, sauté onions and celery in vegetable oil until onions are clear or translucent.
2. Add diced potatoes, broth, and pepper. Bring to a boil and stir, then reduce heat to low. Cover and simmer until potatoes are tender, 15-25 minutes.
3. In a small bowl, stir together cornstarch and 1/4 cup milk until smooth. Add remaining milk to bowl.
4. Stir the cornstarch mixture into the potato mixture.
5. Cook and stir until thickened and heated through, about 5 minutes. Do not let boil.
6. Remove from heat. Stir in cheese until melted.
7. Garnish with bacon and chives, as desired.
8. Refrigerate leftovers within 2 hours.



PHOTO SUBMITTED

#### NOTES

- Can reduce the amount of cheese used for a healthier touch.
- Pair with a whole grain bread or sandwich paced with vegetables for a balanced meal.

- The recipe can be found at <https://foodhero.org/recipes/cheesy-potato-soup>
- Check out more Recipes at: <https://foodhero.org/potatoes>

### FARMERS

FROM PAGE 18

Peaches • Pears • Plums • Rhubarb

#### HERBS

Basil • Chives • Cilantro • Cutting celery • Dill  
Epazote • Garlic • Garlic chives • Horseradish

Lemon balm • Lemon grass • Lovage  
Marjoram • Mint • Oregano • Parsley  
Rosemary • Sage • Summer savory • Sorrel  
Tarragon • Thyme

#### NON-ELIGIBLE ITEMS

Foods that are **not** approved to be sold with FMNP checks include, but are not limited

to:

- Processed fruit or vegetable products such as jams/jellies, popcorn, juices/cider, baked goods of any kind including pies and breads.
- Dried beans/peas, cheese, eggs, meats, honey, syrup, nuts, seeds, ornamental corn, gourds, flowers/plants, and other non-food items

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The Prime

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Breakfast, Lunch & Dinner

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## LOVE YOUR PET

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*A local guide to services, health & housing for our community's seniors*

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