

## By Popular Demand:



**SUBMITTED BY**  
**LINDA HAND**

ADRC Director/  
Aging Director

**The 2023 Summer Senior Social Concert Series w/Dinner in Shell Lake is back!**

**VOLUNTEERS NEEDED.** Please contact our office at 715-635-4460 to register to help at one or all of the events. Volunteers are needed for set-up/tear down, food prep, serving food plates inside and outside, registration, and to provide informational booths/tents for 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.

The ADRC of Washburn County Nutrition Program is a proud community member. Our staff looks forward to hosting these events to bring people together, providing great food and socialization. Please join us on the beautiful shores of Shell Lake, WI, where we will hold three senior social events in Washburn County. Now that the national emergency lifted, we hope more vendors will participate, showing off the services that they provide locally. 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.

**We have some surprise sponsors and food providers in the works. Watch for announcements soon!**

Participants are provided with an opportunity

to donate 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 donation 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.



PHOTO SUBMITTED

**Wednesday, June 14, 2023**

**Welcome to Summer 2023**

**Menu: TBA**

**Band: Larry's Drifters** a well-known local country band, who have racked up a following of people from all around Wisconsin and the surrounding area. You will not want to miss this kick-off to the summer. Dust off your cowboy hats and boots for a rip-roaring time.



PHOTO SUBMITTED

**Wednesday, July 12, 2023**

**Music on the Lake**

**Menu: TBA**

**Band: The Dean's List Big Band** performs big band swing-style music throughout Wisconsin & Minnesota. There are no formalities here with

## Washburn County Celebrates Older Americans Month



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

To get involved locally, contact the ADRC of Washburn County at 715-635-4460. We celebrate "Age Well, Live Well", synonymous to "Live Well, Age Well", every day! Join us at our centers, participate in activities, make new acquaintances, find out about volunteer opportunities, and learn how to advocate for older adults, so they can continue to live healthy and happy, while remaining in their homes independently.

For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.



PHOTO SUBMITTED

Congratulations to Shell Lake Venture's Employability Class newest graduates, thanks to their special education teacher, Nikki Deli!

This class was provided in partnership with the ADRC of Washburn County, by allowing lessons to take place at the Shell Lake Senior Center.



PHOTO SUBMITTED BY JEN BARTON

Thank you to Saint Francis de Sales 3rd and 4th grade students, who made Easter cards for Washburn County Meals on Wheels participants. Pictures submitted by Jen Barton - Religious Education & Teacher Aide, Saint Francis De Sales Catholic School, Spooner, WI

## WASHBURN COUNTY ADRC/AGING MEETING CALENDARS 2023

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

Time	Date	Location	Other Info
*10:00 a.m.	Tuesday, May 2, 2023	<b>Birchwood Senior Center</b> 110 Euclid Ave., Birchwood, WI • 715-354-3001	Lunch Served at 11:45 a.m.
*10:00 a.m.	Tuesday, June 6, 2023	<b>Minong Senior Center</b> 700 Houston Ave., Minong, WI • 715-645-0418	Lunch Served at 11:30 a.m.
9:00 a.m.	Wednesday, July 5, 2023	<b>Spooner Senior Center (TBA)</b> 402 Oak St., Spooner, WI • 715-635-8283	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting. Lunch served at 12:00 noon
10:00 a.m.	Tuesday, August 1, 2023	<b>Shell Lake Senior Center</b> 210 4th Ave., Shell Lake, WI • 715-635-8283	
9:00 a.m.	Tuesday, September 5, 2023	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	
9:00 a.m.	Tuesday, September 26, 2023 (Change Due to Budget)	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting.
9:00 a.m.	Tuesday, November 7, 2023	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	
9:00 a.m.	Tuesday, December 5, 2023	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	

## To us, Care is *compassion*

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- Home Care
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- Inpatient Care
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- Swing Bed
- Respiratory Therapy
- Visiting Specialists
- Rehabilitation Services
- Cardiac Rehabilitation
- Sleep Studies



## 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)



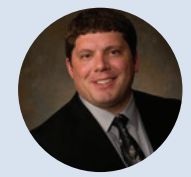
Located in the Shell Lake State Bank: Spooner - Minong - Hayward - Stone Lake



**David P. Ford**  
Certified Financial Planner



**Lynn Ford**  
Certified Retirement Planning Counselor



**Tom Sutton**  
LPL Financial Advisor

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**WELCOME NICHOLE**

**Give a warm welcome to our new Information & Assistance Specialist Nichole Caudill!**



PHOTO SUBMITTED

Hello Neighbors!  
My name is Nichole Caudill. I am excited to be serving the people of Washburn County as your new Information and Assistance Specialist at the Aging and Disability Resource Center. Since graduating Elm-

hurst University with a Bachelor's Degree in Psychology, I worked in various capacities providing advocacy and care to people with disabilities and elders. Prior to my position at the ADRC, I supported participants in the Family Care, Long Term Care Program. When I am not at work, I spend my time with my husband, nine-year-old daughter, and five-year-old son. I enjoy being outdoors, hiking, gardening, and soaking up the sun Shell Lake Beach.

I look forward to meeting you!

**Aging UNBOUND**

OLDER AMERICANS MONTH  
AGING UNBOUND: MAY 2023  
acl.gov/oam  
ACL  
American Council on Aging

*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



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

[www.co.washburn.wi.us](http://www.co.washburn.wi.us) | <https://adrcwashburncounty.org/>  
ADRC/Aging Director: Linda Hand

**ADRC of Washburn County Staff Contacts as of April 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 provides support to all adults regarding the needs of persons with disabilities, older adults and their caregivers, and they explore what programs or services meet those needs. They take the time to get to know your situation, and collaborate with you and your support network on next steps.

**Kelly Weisenbeck**  
Elder Benefit Specialist (EBS)  
715-635-4478  
The EBS helps people ages 60+ navigate both private and public benefits, including Medicaid, Social Security, Medicare, prescription plans, Food Share and many other options to help seniors.

**Theodore Hampe**  
Disability Benefit Specialist (DBS)  
715-635-4466  
A DBS assists people age 17 ½ - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

**Patryce Garcia**  
Dementia Care Specialist (DCS)/Caregiver Support Coordinator  
715-635-4477  
Dementia care specialists provide: Free information and support to adults with dementia and their caregivers. Help connect you with things to do in your community so you can

stay involved. Memory screenings to help identify changes to memory and cognition and if the screening shows memory loss, a specialist may refer you to a doctor. Help you find social activities, such as those involving music and art. Help you with where you are now—and help you plan for the future. Connect you with caregiver support groups where you live.

**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) - 715-354-3001  
Chris Close (Minong) - 715-466-4448  
Char Jaeger (Shell Lake) - 715-635-8283  
Mary Lawson (Spooner) - 715-635-8283

**Amber Anderson - Mobility Manager**  
715-635-4465  
Washburn County Transit provides medical, nutritional, and social rides for residents 60+.

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

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

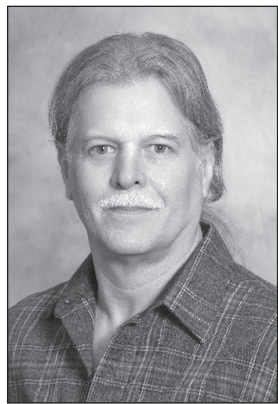
**Cassi Feiertag**  
Administrative Assistant  
715-635-4460

**Aging & Disability Services Committee**  
Bob Olsgard - Chair  
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

# Tics, Lyme Disease, Alzheimer's

Musician and actor Kris Kristofferson at a memorial service for the late boxer Muhammad Ali in Louisville, June 10, 2016. The 80-year-old star was misdiagnosed with Alzheimer's, say friends, but he actually has Lyme disease.



**Don Posh**

Actor and songwriter Kris Kristofferson and some of those closest to him are speaking out about his health problems and their surprising cause. Kristofferson struggled with memory problems in recent years and was told he had Alzheimer's disease, but it appears he was misdiag-

nosed and all along has actually been suffering from the tick-borne illness Lyme disease.

Articles in Rolling Stone and the entertainment magazine Closer Weekly reveal that the 80-year-old — whose songs have been covered by the likes of Johnny Cash, Janis Joplin and Elvis Presley — has struggled through a years-long medical odyssey. Kristofferson and his wife Lisa told Rolling Stone that for years, doctors had been telling him that his increasingly debilitating memory loss was due to either Alzheimer's or to dementia brought on by blows to the head from boxing and playing football and rugby in his teens and early twenties. "Some days, Kristofferson couldn't even remember what he was doing from one moment to the next," the site said of the actor who starred alongside Barbra Streisand in the 1976 film "A Star is Born," and who's known for his roles in the Blade movies and other films.

Earlier this year, though, a doctor decided to test Kristofferson for Lyme disease, which can cause neurological problems, including memory issues and what some describe as "brain fog," as well as a broad range of other symptoms. The test came back positive. His wife told Rolling Stone she believes he picked the infection up from a tick as he crawled around the forest in Vermont during six weeks of filming the movie "Disappearances." "He was taking all these medications for things he doesn't have, and they all have side effects," she told the magazine. After the Lyme diagnosis, he dropped those medications and went through three weeks of treatment for Lyme. "It's like Lazarus coming out of the grave and being born again," Kristofferson's friend, Nashville singer-songwriter Chris Gantry, told Closer Weekly. Gantry, who's known Kristofferson since 1964, said he was heartbroken when he thought his longtime buddy seemingly had Alzheimer's. "For the past six or seven years, there was this slow realization that he was becoming forgetful. It was apparent," Gantry said. Bucky Kahler, Kris' best friend since middle school, weighed in in the Closer article, too. "[Kris is] in great spirits," he said, "He's getting better and better."

While Lyme disease can sometimes mimic Alzheimer's with dementia-like symptoms, there are effective treatments available for Lyme, including antibiotics — unlike Alzheimer's, for which there is currently no cure.

The Centers for Disease Control and Prevention estimates there are about 329,000 cases of Lyme disease in the U.S. each year. Only about 30,000 are officially confirmed and reported to the CDC.

Doctors often look for a hallmark bulls-eye rash around a tick bite, but not everyone infected has an obvious mark. Symptoms may include a fever, rash, facial paralysis, and arthritis. Other severe problems

sometimes linked to Lyme include heart and brain issues and can appear months or even years after being bitten by an infected tick.

"Kris is as sharp as he's been in the past 20 years because of his treatments," another longtime friend told Closer. "His wife, Lisa, and his eight children see a different Kris now. It really is a modern-day medical miracle."

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By TONYA DEFRIEST

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

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**Apply by December 2024.**

**To learn more about eligibility and how to apply:**

**VISIT [dnr.wisconsin.gov/aid/WellCompensation.html](http://dnr.wisconsin.gov/aid/WellCompensation.html)  
OR [dnr.wisconsin.gov/aid/WellAbandonment.html](http://dnr.wisconsin.gov/aid/WellAbandonment.html)**

**CALL: 608-577-3583**

**EMAIL:**

**[DNRARPAWellGrants@wisconsin.gov](mailto:DNRARPAWellGrants@wisconsin.gov)**

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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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7 am to 10 pm



# What is CodeRED?

## Rapid Emergency Notification System - Register Now CodeRed Emergency Alert System

Washburn County has instituted a new rapid emergency notification service called CodeRED®. The new system will distribute emergency messages via telephone to targeted areas or the entire county at a rate of 1,500 calls per minute. CodeRED® employs a one-of-a-kind Internet mapping capability for geographic targeting of calls, coupled with a high-speed telephone calling system capable of delivering customized pre-recorded emergency messages directly to homes and businesses, live individuals and answering machines.

**By registering, you will be added to the emergency call list.**

This service can be used in case of fires, chemical spills, evacuations, lock downs, downed power lines, lost individuals, natural disasters, abductions, water system problems, bomb threats, or other emergencies. Calls can be geographically targeted for localized messaging. If widespread, the entire community could be called within 20 to 30 minutes. The system also reports who did not get a call so that they may be contacted by other means.

Washburn County residents are welcome and encouraged to enter their contact information for home, business, and mobile phones so they may be contacted by the system in the event of an emergency. It is important for city residents and businesses customers to register, especially if they use unlisted numbers, cell phones, or VOIP. Those who do not

register their address and phone number may not be notified with CodeRED in the case of an emergency. Registration is confidential, free, and easy.



**REGISTER HERE**  
<https://public.coderedweb.com/CNE/BF70D44BC678>



**MOBILE APPLICATION:**  
<http://ecnetwork.com/mobile/getitnow.html>

**Here are the most common questions about CodeRED:**

**I received a CodeRED call; does that mean I am in the CodeRED database?**

Yes. If they would like to submit additional information, such as cell phone numbers, text and email information, they must visit your website and click on the Logo. CodeRED always de-duplicates by phone number, so if they are unsure if they are registered, they should just submit their information again. This will ensure they are in the database!

**Why did CodeRED call me several times?**

If there is no answer and they do not have an answering device, the number will be attempted up to 3 times.

**It called me but no message played.**

If they answer and do not say hello, CodeRED

will not begin playing automatically. It is trying to determine if it has reached a live person or answering device. If they do not say anything, it will hang up and retry the number in the next pass of the non-connected numbers.

**Why did it leave only part of the message on my answering machine?**

CodeRED will leave a message on an answering device. There are many different brands and types of capturing devices for leaving a message. Occasionally something about the answering device or the beep of the device causes the system to think it has reached a live person and begins playing the message. When the message is left, it only leaves part of the message. They can call back the 866-419-5000 and receive the entire message. This does not happen often. There is a chance that they may get a few of these.

**Why does my phone ring once and hang up? It has called me twice and will not let me answer it.**

If they have a ring back tone, which plays a song instead of ringing, the system will interpret this as an Operator Intercept and hang up, only to retry the number. They have two options. They can remove the ring back tone or they can contact their cell phone provider and request that the phone number for the general database 855-969-4636 and for the emergency database 866-419-5000 and for CodeRED Weather Warning 800-366-9780 bypassed by this feature and have it ring normal.

If you require further assistance, please email [coderedhelp@co.washburn.wi.us](mailto:coderedhelp@co.washburn.wi.us)

Additional Code Red Information can be viewed at <http://www.co.washburn.wi.us/departments/emergency-management/>

# Wisconsin Farmers' Market Nutrition Program



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

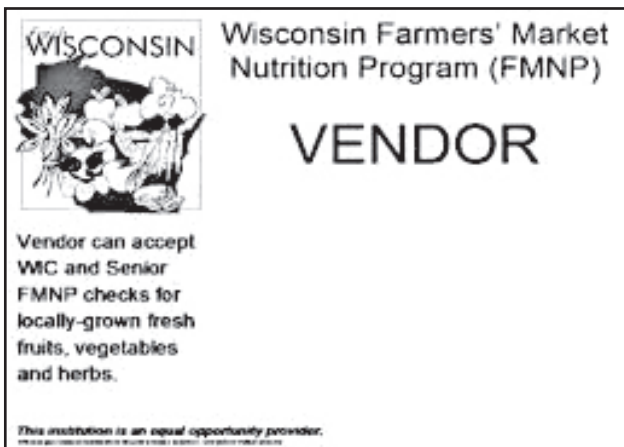
The ADRC of Washburn County is very excited to announce that we will be starting the Senior Farmer's

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 participat-

ing 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 sign (yellow):



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

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

## WIC: Information for Farmers

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

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

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

MAY					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
Chicken Afredo w/ Mushrooms Roasted Broccoli WG Breadstick Pears, Sour Cream Cranberry Bars <b>MINONG DINING @ 5</b> 1	Sloppy Joe's WG Bun Baked Beans Creamy Coleslaw Carrot Sticks Crisp Grapes 2	Roasted Pork Loin with an Apple Glaze Sweet Potato Wedges Roasted Cauliflower WG Bread Peaches 3	Beef Tips & Gravy Mashed Potatoes Roasted California Vegetable Medley WG Bread Apple Crisp 4	Baked Cod w/ Lemon Dill Sauce Baked Potato, S.C. Green Beans WG Dinner Roll Cantaloupe 5					
Baked Chicken Roasted Sweet Potatoes Brussel Sprouts Apricots Cornbread Muffin <b>SHELL LAKE DINING @ 5</b> 8	Loaded Chef Salad w/Ham, Egg, Cheese, Veggies, Dressing Dinner Roll Cottage Cheese Fruited Jell-O 9	Roasted Turkey Mashed Potatoes & Gravy Buttered Peas Cranberry Wild Rice Bread Peaches 10	Spaghetti Bolognese over Whole Grain Noodles Roasted Broccoli WG Breadstick Pears Walnut Fudge Brownies 11	Chicken Enchilada w/Black Bean, Tomato & Corn Salsa Refried Beans WG Dinner Roll Fruit Salad 12					
Cheeseburger/ WG Bun Baked Beans Creamy Coleslaw Peaches <b>SPOONER DINING @ 5</b> 15	Hearty Italian Lasagna Walnut Caesar Salad WG Garlic Breadstick Honeydew 16	<b>CHERRY COBBLER DAY</b> Mediterranean Salmon Mushroom Wild Rice Steamed Carrots WG Bread Cherry Cobbler 17	Baked Pork Chop Mashed Potatoes & Gravy Buttered Beets Buttermilk Biscuit Apricots 18	Baked Ham Scalloped Potatoes Steamed Broccoli WG Dinner Roll Strawberry Shortcake 19					
Chicken & Veggie Stir Fry over Brown Rice Egg Roll Mandarin Orange Fluff 22	Beef Roast w/Gravy Sweet Potatoes Roasted Asparagus WG Dinner Roll Fruit Salad <b>BIRCHWOOD DINING @ 5</b> 23	<b>BRUNCH FOR LUNCH</b> Spinach & Cheddar Egg Bake, Diced Potatoes Sausage Links WG Bread V8 Vegetable Juice Banana Bread 24	Salisbury Steak Mashed Potatoes Green Beans WG Dinner Roll Peaches Cook's Choice Cookie 25	Country Style BBQ Ribs Roasted Carrots Baked Beans Cornbread Fruit Salad 26					
<b>MEMORIAL DAY</b> Holiday Observance No Meals Served or Delivered 29	Brat on a WG Bun w/Sauerkraut Marinated Spring Vegetable Salad Chocolate Pudding w/Strawberries 30	Roasted Sausage & Sprouts Potato Wedges WG Dinner Roll Fresh Orange 31							

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

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

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

## DINING AT 5

**MAY**

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  
 Spooner: 715-635-8283  
 Birchwood: 715-354-3001

**MINONG MENU**  
**MONDAY, MAY 1**  
 Chicken Alfredo Tortellini  
 Caesar Salad, Asparagus, Garlic Bread  
 Chris' Choice Dessert  
 -----

**SHELL LAKE MENU**  
**MONDAY, MAY 8**  
 Beef Tips over Mashed Potatoes  
 Asparagus, Apple Feta Tossed Salad  
 Char's Choice Dessert  
 -----

**SPOONER MENU**  
**MONDAY, MAY 15**  
 Beef Stir Fry over Brown Rice  
 Egg Roll, Salad Bar, Mary's Choice Dessert  
 -----

**BIRCHWOOD MENU**  
**TUESDAY, MAY 23**  
 Swiss Steak, Mashed Potatoes  
 Brussel Sprouts w/Bacon, Side Salad  
 Dinner Roll, Krist's Choice Dessert

### Twyla's Buffalo Chicken Dip

2 – Cream Cheese for a 9x13 inch pan  
 3 – Chicken Breasts (simmer in ½ bottle buffalo wing sauce) then let cool & chop into bite-size pieces. If chicken breasts are too expensive just get other chicken and once cooked pull off bones and break them into pieces. If that is too expensive your dad said to just shoot a couple of crows.\*  
 Litehouse Chunky Blue Cheese Dressing (usually next to the salads in a bag by the veg-gies)  
 Spread cream cheese in a pan. Spread out the meat. Drizzle with w/the rest of the sauce. Cover with w/blue cheese dressing and grated mozzarella. Heat oven to 300 degrees and bake until bubbling. Serve with w/plain nacho chips.

*\*Disclaimer: Sorry, that is what the recipe said! Nevertheless, I can say I have personally tried it and the dish will be left clean at a party.*



# Watch Out for Health Fraud Scams

**SUBMITTED BY KELLY WEISENBECK**

Elder Benefit Specialist

**By the GWAAR Legal Services Team**

Health fraud has been around for centuries. These scams involve selling drugs, devices, foods, or skincare products with claims that they will help with common health issues, like weight loss, memory loss, or joint pain. Unfortunately, these products usually don't work as advertised, and at worst, they're dangerous. Read on to learn about some common types of health fraud scams.

• **Miracle Cures**

These ads will often use testimonials from patients or medical providers who say that you'll get "miraculous results." Spoiler alert: you won't. Remember that success stories like these are easy to make up, and reviews you read on social media may be fake.

• **Quick Fixes**

Watch out for ads that promise results in "30 days or your money back" or other unrealistic time-lines. Remember that few conditions can be treated quickly, even with proven treatments.

• **"Ancient Remedies" and "All Natural" Cures**

These words are used to try to make you believe that products are safer or have a longer track record than more mainstream treatments. Don't be fooled by these descriptions. Remember that some ancient civilizations believed that drinking mercury would increase a person's lifespan. (We now know that exposure to mercury can have serious effects, ranging from headaches and tremors to death.) In addition, the Food and Drug Administration (FDA) has found many products advertised as "all natural" treatments that actually contain high doses of prescription drug ingredients.

• **Scientific Breakthroughs**

These ads use words that sound scientific or refer to prestigious awards. Some examples include "Nobel Prize-winning technology," or "Extreme Thermogenic Formula." Sometimes ads will mischaracterize research studies and draw conclusions that the researchers themselves didn't make.

Before purchasing a product you've seen advertised, talk to your doctor or other health care professional. Ask whether the product works and whether there is any scientific research that supports the advertisers' claims. If you are taking any supplements or prescription drugs, ask whether using the product will lead to any harmful interactions. If the product is safe to use, ask how much you should take and whether there are any side effects you should know about.

You can also do some research on your own. Search for the name of the product online with the words "reviews," "complaints," or "scam." If the ad mentions any scientific studies, look up the researchers and whether the studies were published in a scientific journal.

If you think you've found a scam, consider reporting it to the Federal Trade Commission (FTC) at [ReportFraud.ftc.gov](https://www.ftc.gov). The FTC and law enforcement agencies use these reports to stop scammers. If you experience side effects or illness related to a health care product, seek medical help immediately. You can report it later on the FDA's [MedWatch](https://www.fda.gov/medwatch) website.

## SENIOR CENTER NEWS AND EVENTS

### 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

**LINDA ROGERS**  
**FRIENDSHIP COMMONS**

Shell Lake Senior Center

"Happy Spring" from all of us at the Shell Lake Senior Center. Unfortunately, our last two articles were missing from the Focus, so here is a quick recap of our activities over the last few months.

- Over the holidays, we participated in community service by ringing the bell for the Salvation Army. They had a good year thanks to the volunteers and everyone's generosity.
- Our center was looking very festive over the holidays with all the decorations inside and a tree that we lit up outside. We also had good time baking and decorating cookies at the Senior Center.
- Several of our members took a trip to the Cumberland Arts Center Theatre to see the comedy "Dashing through the Snow". Everyone really enjoyed getting out. On the way back home, they stopped at the Lakeview Bar & Grill for a nice meal together.
- Some of our members have been participating in the weekly Tai Chi classes at the center. These classes focus on balance and strength.

- On Wednesdays, we have our usual quilting projects going on. Currently we are working on a "Gnomes for All Seasons" quilt. We are just in the early stages of designing our quilt, squares, and appliquéing the patterns onto the fabric. It should be a very colorful quilt.
- We have also designed a logo for the Shell Lake Senior Center to put on T-shirts for our members and are in the process of ordering them.
- Now is the time that we would like to plan some summer activities and we have been checking out some of the local plays and museums in the area to visit. We are always recruiting new members and welcome everyone to come and check out our center.
- Do not forget our painting class is the first Monday of every month at 1 PM. We have a wonderful teacher and everyone enjoys creating these beautiful works of art.

Please call Susan Worre at 715-468-7491, for information on activities at our center.

Call the Spooner Senior Center at 715-635-8283 to order meals for eating at the Shell Lake Senior Center. For Meals on Wheels in Washburn County, call Valerie VanderBent at 715-635-4460.

### 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

**MARY & FRANK HULL**  
**OUR NECK OF THE WOODS**

Spooner Senior Center

May is finally here! I know some of you probably wondered if spring/summer was ever going to arrive. We will be back by the time you read this. We wanted to make sure the snow was gone.

This month is our first "Spring Fling" fundraiser to be held at Roundman Brewery in downtown Spooner on Thursday, May 18th at 3:00 p.m. The \$35 ticket price includes appetizers, music by Blue Kanu, silent auction, and door prizes. Part of the ticket price will go to the Center. The silent auction will include many GREAT GIFTS DONATED BY OUR LOCAL BUSINESSES. Come have fun with us and help us and celebrate our soon to be new home! Thanks to Claudia Broz who made this great idea of hers come to life! Tickets can be purchased at the Senior Center and at the ADRC

office in Shell Lake.

Wednesday, May 24th Spooner Health Rehab presentation will be Betsy Salquist "Memory Tips and Tricks" at the 11:00 a.m. Lunch & Learn. We all need all the help we can get in that regard.

Starting next month, Claudia Broz will be writing this newsletter. It is difficult to write from Texas six months out of the year. She is in the area and that makes it easier to keep her finger on the pulse of the Center. I know she will do great.

Do not forget our weekly activities...

- Tuesdays: Mah Jong 1pm
- Wednesdays: Chair dance 9:30 a.m., Bridge and 500 at 1:00 p.m.
- Thursdays: Hand and Foot 1:00 p.m.

LIKE Spooner Senior Center on Facebook at

<https://www.facebook.com/groups/540625829388626>

Phone: 715-635-8283

## SENIOR CENTER NEWS AND EVENTS

### CAROL ADDINGTON

Birchwood Senior Center

Well I hope you made it through March and April. Quite a challenge. As I write this, there is still way too much snow on the ground and the wind is nasty today. It really caused many problems as it passed through here. It just will not quit. However, we had many happy warm smiles today at potluck and a nice crowd even though it was Holy Week.



We never really grow up...we just learn how to 'act' in public

Many of our snowbirds have come back home to 'nest'. Our sunshine Kelly was with us with a ton of info and pamphlets and she brought many informants with her. It was nice to see Ashley Beffa, who is Birchwood Town Clerk. She shared info about what is available for residents in Birchwood with financial help to make it thru this never-ending winter and assistance for residential needs. She handed out "Village of Birchwood Housing Rehabilitation and Homebuyer Program" info. There is also help if you have water issues. The ADRC can help if you have home issues of any kind. Call or email Ashley at City Hall or Kelly at the ADRC of Washburn County, if you have any questions. If you reside in another county, contact your local ADRC. These are both wonderful resources! Some of the pamphlets we received were: Washburn County Transit and fee schedule, government assistance programs, Skywarn Spotter Training Class in Spooner, Code Red warning systems, and others. Do stop into the center.

Knowledge is knowing a tomato is a fruit...wisdom is not putting it in a fruit salad.

### BIRCHWOOD SENIOR CENTER

#### LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

PRESIDENT: KEN BOHN - 715.651.2362

Snacks and Facts...does not that sound like fun. I hope you get this in time to attend it at Trinity Church in Birchwood on April 27th at 1pm. Topic is 'Advance Care' and you will learn about power of attorney for healthcare. Do you have one? Is it still valid? Maybe you need to make a new one. Leslie Bourne from Marshfield Clinic will address it and help anyone who needs. Dessert and coffee will be served. Come learn, share, and meet your neighbors.

Evening news is where they begin with "Good Evening" and proceed to tell you why it is not...

Another hand out we received was 'Local History'. This is happening on April 29th at Spooner Memorial Library...3pm. Topics are "Wisconsin 101: Doing Local History with Objects". Presentation by Dr. Tom Broman, Professor Emeritus, history of Science at UW Madison. Talk is at 3pm followed by a Workshop on Preserving Local History. They are asking that you bring an object and they will provide resources to help you record and share the history of your object. Now that sounds absolutely awesome and I have it on my calendar already. What fun!

You can fix almost anything with either duct tape or WD-40. If it moves and it should not ...duct tape it. If it does not move and it should...WD-40!

ADRC is offering a new Wellness Initiative online: Get Healthy with Eat Smart, Move More, Weigh Less. New session start dates start each month. If you are a Washburn County resident age 60+, the ADRC will cover your registration costs. To register or find out more information, call the ADRC of Washburn County at 715-635-4460. What a great idea. Especially after this loooooong winter!

Politicians and diapers have one thing in common...they should both be changed regularly for the same reason. (I will probably get in trouble for that one but I have seen it in print so often I could not resist)

Also available is an ongoing Grief Support Group at Trinity Lutheran in Spooner. Call them if this is something you are looking for 715-635-9077. Other classes are being held also. Stop in at the center and check out the bulletin board or info handouts, call ADRC, and/or LIKE their Facebook Page at <https://www.facebook.com/AgeWellLiveWellWashburnCounty>

So there you have news, views, and lots of it this time. I hate to mention spring again but if it does not arrive by the time you read this, I may have left town. May flowers, may flowers, may flowers, may flowers, may flowers, and may flowers!

# Home-Based Exercise Interventions



## Physical Activity: Home-based Exercise Interventions for Adults Aged 65 Years and Older

### SUMMARY OF COMMUNITY PREVENTATIVE SERVICES TASKFORCE RECOMMENDATION\*

The Community Preventive Services Task Force (CPSTF) recommends home-based exercise interventions to improve physical fitness, including balance and muscle strength, power, and endurance, among adults aged 65 years and older.

#### Major Findings \*

The CPSTF recommendation is based on evidence from 17 studies included in a systematic review published in 2021.<sup>1</sup>

- Interventions improved older adults' balance, muscle strength, muscle power, and muscular endurance.
- Participants reported fewer fall-related outcomes and spent more time engaged in physical activity.

#### What are Home-based Exercise Interventions? \*

These interventions aim to instruct and motivate independent living adults aged 65 years and older to engage in physical activity at home to improve their physical fitness. The interventions include specific exercises, initial instruction on routines, and limited or periodic supervision. Sessions are held at least twice each week, and exercises focus on balance or muscle strength, muscle power, or muscle endurance. The exercises use low-cost equipment such as hand weights and towels or resources already in the home such as chairs.

Interventions may be delivered by physiotherapists, physical therapists, peer mentors, nurses, or trained intervention providers in person, or through educational materials or digital formats. Interventions may also monitor older adults' progress and offer feedback, include exercises to improve flexibility, or encourage participants to also engage in aerobic activities, such as walking.

#### WHY IS THIS IMPORTANT?

- Adults aged 65 years and older gain substantial health benefits from regular physical activity. Physical activity can preserve physical function and mobility, which may delay the onset of major disability and help older adults maintain independence

longer.<sup>2</sup>

• Heightened risk for community-acquired infectious disease may reduce opportunities for older adults to be physically active and increase the amount of time they spend at home engaged in sedentary behaviors.<sup>1</sup>

• The Physical Activity Guidelines for Americans, 2nd edition recommends older adults achieve a multicomponent physical activity regimen that combines aerobic, muscle-strengthening, and balance activities.

#### LEARN MORE

\*Read a complete summary of the systematic review and CPSTF finding.

[www.thecommunityguide.org/findings/physical-activity-home-based-exercise-interventions-adults-65-years-older.html](http://www.thecommunityguide.org/findings/physical-activity-home-based-exercise-interventions-adults-65-years-older.html)

CDC, Division of Nutrition, Physical Activity, and Obesity

[www.cdc.gov/nccdphp/dnpao](http://www.cdc.gov/nccdphp/dnpao)

Active People, Healthy Nation

[www.cdc.gov/physicalactivity/activepeople/healthynation/index.html](http://www.cdc.gov/physicalactivity/activepeople/healthynation/index.html)



## TABLET & SMART PHONE 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**  
**715-635-2252, N407 Front Street,**  
**Spooner, WI 54801**

## RESPIRE 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  
**RESPIRE CARE ASSOCIATION OF WISCONSIN**  
**1835 E. Edgewood Dr.**  
**Suite 105 - 436**  
**Appleton, WI 54913**  
**info@respitecarewi.org**  
**608.222.2033**

## TECH TUESDAYS

**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.

## MARKET FROM PAGE 5

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).

## DIRECTOR NEWS FROM PAGE 1

attire. Break out those comfortable dancing shoes and comfortable dress. You will be gliding around the dance floor in no time. Dancing not for you, sit back and enjoy the music.



PHOTO SUBMITTED

**Wednesday,**  
**August 9, 2023**  
**Rockin' the Summer Night**  
**Menu: TBA**

**Band: 2nd Time Around Band** featuring music from the golden era of rock & roll. Timeless... absolutely timeless! This band has been entertaining locally for many years, with their Rockin' music and wit. You will not want to miss this finale concert!

## 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.

**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

# CORNHOLE!

What a great turnout for Dining @ 5 in Spooner in March. A fantastic corned beef dinner served by our chefs and Cornhole demonstrations provided by Scott Verbeck from Hayward Lakes Cornhole. The group would like to acquire the equipment needed to start a senior league in Washburn County. The ADRC is in the process of investigating possible partnerships with local woodworkers, to build some boards for the new Washburn County Wellness Center 50+ and meal sites in Shell Lake, Birchwood, and Minong. If you would be willing to make a donation towards the project or would like to get involved in a league, keep your eyes peeled for more information coming soon or call 715-635-4460 to get your name and contact information on a list to join.

## What is Cornhole?

According to [americancornhole.com](http://americancornhole.com) it's been called many things: Corn Toss, Bean Bag, Bean Toss, Soft Horseshoes, Indiana Horseshoes, but to many of us born and raised in Kentucky and the southern part of Ohio, the game is passionately referred to as Cornhole.

It has been said that the game originated in Germany in the 14th century, and then was rediscovered in the hills of Kentucky over 100 years ago. The truth is, who really knows, but the game is great fun for all ages and can be played anywhere!

Cornhole or Corn Toss is similar to horseshoes except you use wooden boxes called Cornhole platforms and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the Cornhole platform until a contestant reaches the score of 21 points. A corn bag in the hole scores 3 points, while one on the platform scores 1 point. Scoring can be swift and the lead may change hands several times in a match before the winner is decided. The game is generally played tournament style with an individual or team being named the champion at the end of the tournament.

## Why Play Cornhole?

► The biggest reasons to play Cornhole or Corn Toss instead of horseshoes or other similar games is that Cornhole can be played anywhere and everyone can play Cornhole.

► If you can aim and toss a corn bag 30 feet, you can master the game of Cornhole – It's great for family outings.

► Cornhole can be played anywhere – driveways, parks, backyard, campgrounds, beaches and even in-doors.

► Safe for everyone – no metal or



ADRC SUBMITTED PHOTO

Spooner Senior Center Cornhole demonstration by Scott Verbeck from Hayward Lakes Cornhole

pointed objects. Corn bags are made of extra soft 12 oz. duck canvas material and filled with pliable high quality feed corn.

► No muss; no fuss. Two Cornhole platforms and eight corn bags and you're ready to play the game.

► Very portable. Can be taken anywhere. Fits in most car trunks and there are fold-down models that are even more portable.

► Horseshoes require a sand pit and are hard for the kids to pitch, lawn darts require a lawn and hasn't been seen since the 70's, ring toss was made for children and bean bags are for wimps; Cornhole is the game for everyone!

► It's great fun for the whole family.

## 17 Real Benefits & Advantages – Health & Socially of Cornhole, [www.gamesver.com](http://www.gamesver.com)

I bet you have played Cornhole at some point. If you haven't, you have no idea what you're missing out on. That's because the game entails simple rules anyone can comprehend, but it can drain your energy to win just a few rounds. Today, we'll discuss some of the benefits and advantages that make Cornhole one of the most popular social sports for people from all walks of life. Read on to learn more.

### 1. Playing Cornhole Counts as an

### Exercise

Cornhole is a low-impact sport that uses several body parts. Players take turns throwing bean bags at the opposite board 27-feet (8.23 m), trying to make them go through the target hole. You'll work your muscles by tossing and walking to the other side of the board, improving your physical fitness one step at a time.

When playing Cornhole, you'll mainly work out the following muscles: Arms, Shoulders, Back, and Legs.

### 2. Cornhole Can Promote Cardiovascular Health

According to CDC research, participating in any physical activity can reduce the risk of cardiovascular diseases such as heart attack and stroke. Aiming for at least 2 hours per week of playing Cornhole can maintain your cholesterol levels and lower your blood pressure, promoting cardiovascular health. This makes Cornhole a great physical activity for the elderly.

### 3. You Can Burn Some Calories Playing Cornhole

Tossing the bean bags across the board in Cornhole demands some physical energy. You can burn a significant amount of calories in just one hour, which can help you maintain weight. Even though this game is not

that demanding, it can help you stay healthy while having fun and enjoying it.

### 4. Playing Cornhole Boosts Cognitive Skills

By playing Cornhole regularly, you can improve your cognitive abilities as you age. This includes thinking, memory retention, learning, and sound judgment. The game is ideal for developing children as well as for the elderly—it requires little physical effort but involves a lot of thinking, boosting overall mental health.

### 5. Cornhole Supports Overall Balance and Hip Mobility

When playing Cornhole, you must learn the proper technique for positioning yourself and throwing the bean bags. This can be the best practice for supporting overall balance and hip mobility. Every Cornhole player must take a stride from one leg to another when tossing, bringing body balance and hip mobility into play.

### 6. Cornhole Improves Hand-Eye Coordination

Players need to accurately judge the distance of the Cornhole board with their eyes to land the bean bags or pass them through the hole. Hand-eye coordination becomes increasingly important as you power your throws to ensure you hit your target. Additionally, you'll need quick reflexes to catch the bean bags when they are thrown back at you from the other end. All of these activities help with hand-eye coordination.

### 7. Cornhole Can Improve Your Confidence Levels

Cornhole is a social game that involves at least two or four players standing on each side as they toss bean bags across to the other side of the board. Landing a bean bag on the board or through the hole can give you a sense of accomplishment, boosting your confidence levels in other aspects of life. The game also involves high fives, pats on the back, and handshakes with opponents, which can boost confidence regardless of whether you win or lose.

### 8. Cornhole Boosts Your Social Interaction Skills

Nowadays, most people are glued to their digital devices, making it difficult to connect with others. However, playing social sports like Cornhole allows you to interact with many other players from all walks of life. In no time, you'll

# Tornado and Severe Weather Awareness

Wisconsin averages 23 tornadoes annually. The National Weather Service (NWS) has confirmed 28 tornadoes touched down in the state of Wisconsin during 2022.

For more information on tornadoes and severe weather, please contact your county or tribal emergency management director or your local NWS office, which you can find at <https://www.weather.gov>. The attached information may also be useful in your planning.

## Every School, Daycare, Business & Special Facility Should Have a Severe Weather Safety Plan

- Over the years, schools in Wisconsin have been hit by tornadoes. In 2014, UW-Platteville and Country View Elementary School in Verona were damaged by tornadoes.
- Develop an action plan with frequent drills. Review the plan annually and anytime changes are made to the



iSTOCK PHOTO

building, shelters, or classroom sizes. A good time to practice is during the annual statewide tornado drill held on April 20, 2023.

- Each school should be inspected and shelter areas designated by a regis-

tered engineer or architect. Basements offer the best protection. Schools without basements should use interior rooms on the lowest floor and away from windows. Hallways that have doors to the outside can act as wind

tunnels, so avoid these areas. Put as many walls as possible between the students and the storm. Large rooms and open areas such as gymnasiums, cafeterias, and auditoriums offer no protection from tornado-strength winds and should not be used for shelter.

- Weather safety plans should take into account the amount of time it takes for students to get to shelter areas.
- Make special provisions for disabled students and those in portable classrooms.
- Ensure students know the protection position. It doesn't matter if the students face a wall or put their back to a wall, as long as they cover their head.
- Each school should have a NOAA Weather Radio with battery back-up and other methods to receive emergency weather information. Make sure the

SEE **WEATHER** PAGE 12

## CORNHOLE FROM PAGE 10

meet new people and form friendships, boosting your social interaction skills.

### 9. It Helps Build Strong Bonds With Family or Friends

With its straightforward rules, Cornhole is the perfect game to play while on vacation with friends and family. You can simply purchase a portable Cornhole game set, which features classic designs and comes with everything you need. Alternatively, you can build one in your backyard, which can be a fun activity to do with your family.

### 10. Playing Cornhole Reduces Stress Levels

If you're looking for a healthy distraction from stress or any other life issues, playing Cornhole may be of great help. As you throw the bean bags on the Cornhole board or through the hole, you'll distract your mind from whatever is troubling you and focus entirely on the game. You'll also unwind mentally and lower your stress by socializing with others.

### 11. Playing Cornhole Can Help Improve Your Vision

When tossing the bean bags, accuracy and a sharp eye are required if you want to hit the target hole. Over time, playing Cornhole can improve your vision, as you'll be able to grasp movements by visualizing them first in your mind. Cornhole connects the brain, the body, and the eyes, giving you the necessary exercise to improve your vision and overall health.

### 12. Playing Cornhole Teaches You

### To Value Teamwork

You must work with your partner and heed their advice to win a single round of Cornhole. Communication and teamwork are part of the game, and youngsters can carry these skills into adulthood and their future occupations. Players will learn to value teamwork as each one contributes to winning points.

### 13. You Can Learn Something New With Cornhole

Perhaps you've been participating in other physically demanding sports, like basketball or football, for years. It could be time to take up a new, less-demanding activity like Cornhole, where you can compete with others while having more fun than ever. You'll win a new skill set by understanding the basic rules and teaming up with others, whether you're playing Cornhole for the first time or not.

### 14. You Can Acquire Problem-Solving Skills With Cornhole

Playing Cornhole allows you to be around competitive people and other role models, and you can pick up problem-solving skills from them. Additionally, if you're experienced, you can teach others how to play Cornhole and share your knowledge. Over time, this will help you become a better leader and problem-solver.

### 15. Cornhole Is the Perfect Game To Beat Boredom

Cornhole is a fun game: you take long strides, aim, and throw the bean bags across to the board at the other side. The more you play, the more the game becomes exciting, releasing

endorphins in your body and improving your mood. So the next time you're bored, I recommend asking your friends or family members to play a quick Cornhole game.

### 16. Everybody Can Play Cornhole

The good thing about Cornhole is that it's a game for all ages. Everyone, from children to older people, can participate. Also, it includes simple rules that even a young child can understand quickly. You or your team must score at least 21 points or have the highest points above 21 to win the game.

### 17. You Can Earn Money Playing Cornhole Competitively

Not everyone might be aiming at playing Cornhole seriously, but playing competitive Cornhole may pay off handsomely besides being enjoyable. Professional Cornhole players can make a living by competing in tournaments and events.

Here is a short YouTube video from the American Cornhole Association on how to master the Cornhole board.

<https://www.youtube.com/watch?v=NcGamSRs2js&t=8s>

### Cornhole now a part of the National Senior Games, [americancornhole.com](http://americancornhole.com)

The American Cornhole Organization will partner with the National Senior Games to bring Cornhole to this sporting event with over 13,000 athletes, aged 50 – 100+. Begun in 1987 and held every other year, The National Senior Games became the largest qualified multisport event in the world when a record number of 13,712 athletes age 50 to 100+ com-

peted at the 2019 Games in Albuquerque, New Mexico. Athletes are already buzzing about a big reunion at the 2023 National Senior Games July 7-18, 2023 in Pittsburgh. While most of the 22 sports require athletes to qualify through one of the National Senior Games Association's 52 Member Games, qualifying is not required when newer sports are added. Cornhole is an OPEN SPORT with no qualifying necessary. Cornhole competition is scheduled from July 7-9 at the David L. Lawrence Convention Center, the hub of fun, fitness and fellowship at the National Senior Games. Competition will be in Singles, Doubles, Mixed Doubles and Non-Ambulatory.

### Sport Competition Information

More than 1,100 medal Events will be contested during the event. The 22 Medal Sports include Cornhole, Archery, Badminton, Basketball, Beach Volleyball, Bowling, Cornhole, Cycling, Golf, Pickleball, Power Walk, Race Walk, Racquetball, Road Race, Shuffleboard, 7x7 Soccer, Softball, Swimming, Table Tennis, Tennis, Track & Field, Triathlon and Volleyball.

Gold, Silver and Bronze medals, plus Ribbons for 4th-8th places, are awarded for each Age Division in each Event.

► Age Divisions for Individual sports: Male and Female divisions compete in five-year increments, ages 50 through 100+

► Age Divisions for Team Sports: Male and female divisions compete in five-year increments, ages 50 through 80+

► Older athletes sometimes "play down" to a lower age group, usually in team sports and doubles play.

**WEATHER** FROM PAGE 11

weather radio and other sources of weather news are always available, even during after-school activities. If you need a weather radio, contact your local NWS office.

- If the school's alarm system relies on electricity, have an alternate method to notify teachers and students in case of power failure, such as an air horn or megaphone. Make sure everyone knows what the notification signal sounds like.

- Delay lunches or assemblies in large rooms if severe weather is anticipated.

- During threatening weather, keep children at school beyond regular hours until the storms pass. Children are safer at school than in a bus or car.

**You can prepare for the dangers from severe weather by learning the safest places to seek shelter in your building. Learn basic weather terms and danger signs. The chances of staying safe during severe weather are greater if you have a plan for your building and practice the plan frequently.**

**HAVE A PLAN AT HOME, AT WORK, AND WHEN YOU'RE AWAY**

- In a home or building, move to a pre-designated shelter, such as a basement, and get under a sturdy table or the stairs. A specially-constructed "safe room" within a building offers the best protection.

- If a basement is not available, move to a small interior room on the lowest floor and cover yourself with anything close at hand: towels, blankets, pillows. If possible, get under a sturdy table, desk or counter. Put as many walls as possible between you and the storm. Stay away from windows.

- If caught outdoors, seek shelter in a sturdy building. If you cannot quickly walk to shelter, get into a vehicle, buckle your seatbelt and drive to the closest sturdy shelter. If flying debris occurs while you are driving, pull over and park. Now you have two options as a last resort:

- Stay in the vehicle with the seatbelt on and place your head below the windows.

- If you can safely get noticeably lower than the roadway, exit the vehicle and lie in that area, covering your head with your hands. Do not seek shelter under an overpass.

- Mobile homes, even if tied down, offer little protection from tornadoes. You should leave a mobile home and go to the designated storm shelter or the lowest floor of a sturdy nearby building.

- Make sure you have multiple ways to receive weather information. A NOAA Weather Radio, access to local TV, and smart phone apps can keep you informed when severe weather threatens.

**LIGHTNING KILLS...PLAY IT SAFE!**

- All thunderstorms produce lightning and are dangerous. Since 2006, lightning has killed an average of 28 people in the U.S. each year. During that time period, it also has killed ten people and injured at least 41 in Wisconsin.

- Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.

- If you hear thunder, you are in danger! Anytime thunder is heard, the storm is close enough to pose an immediate threat to your location.

- Have a lightning safety plan. Designate a safe location before the event starts. Have specific guidelines for suspending the activity so that everyone has time to reach safety.

- Prior to a practice or outdoor event, check the latest forecast. If thunderstorms are expected, consider postponing activities early to avoid being caught in a dangerous situation.

- If you hear thunder, suspend your activity immediately and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Avoid sheds, open shelters, dugouts, bleachers, and grandstands. If a sturdy building is not nearby, a hard-topped metal vehicle with windows closed will offer good protection. Do not crouch or lie down—continue moving to a place of shelter.

- If boating or swimming, get to land and find shelter.

- Do not resume activities until 30 minutes have passed since the last thunder was heard.

**TURN AROUND...DON'T DROWN!**

- There were 106 deaths nationwide in 2022 due to flooding. There were three in Wisconsin last year.

- Many floods occur along streams and rivers. You can determine your risk by knowing your proximity to the water.

- Urban areas have a risk for flash floods due to increased runoff from buildings, roads and parking lots. Low spots, such as underpasses and basements, can become death traps.

- Dam failures have played a deadly role in the history of flash flooding. Be aware of dams upstream from your location. Earthen dams and associated embankments are more easily compromised by heavy rainfall.

- When camping or hiking near a stream or river, listen to the latest weather forecasts and keep away from the water if thunderstorms are expected. If a warning is issued or flooding is observed, move to higher ground.

- Do not attempt to walk or drive through a flooded roadway or intersection. Only six inches of fast-flowing water can knock an adult off their feet. And it takes just two feet of moving water to float a vehicle. Turn around, don't drown!

- Beware of flooding potential along the Lake Michigan shoreline in the wake of a line of strong thunderstorms with high winds that move across the lake. The winds push water to the east shoreline, which then rebounds to the west shore as a flood wave called a "seiche."

- During times of heavy rain, those near areas with steep terrain should watch for rock or mudslides.

**THE "SMOKE ALARM" FOR SEVERE WEATHER**

- NOAA Weather Radio (NWR) is a public warning system that broadcasts forecasts, warnings, and emergency information 24 hours a day.

- Radio receivers can quietly monitor these broadcasts and will alert when important and life threatening messages are issued for your area.

- "All Hazards" messages include:

- Natural disasters (e.g., tornado, floods, blizzards)

- Accidents like a chemical release, train derailments, nuclear power emergencies)

- Terrorist Attacks

- Please ensure they are used. During an emergency, seconds count! These radios are a valuable alerting device, easy to use, and can also be used to check on every-day weather, including wind chill information during the winter. If your school doesn't have a weather radio, make sure to purchase one before severe weather season begins!

- Place your radio in areas that are constantly monitored (e.g., school office, principal's office). Remember those occasions when the school is used for activities outside normal hours and make sure the radio can be monitored during those times.

- The radios are tested weekly. Make sure yours works!

- If you have any questions about weather radios, contact your local National Weather Service office.

**WIRELESS EMERGENCY ALERTS**

**(WEA)** are weather and non-weather messages sent directly to cell phones in areas affected by an emergency. These short messages may look like text messages, but unlike texts which are sent directly to your phone number, they are broadcast to all phones within range of cell towers in the alerted area. The alerts will tell you the type of warning, the affected area and the duration of the event. Weather alerts sent as WEAs in Wisconsin include Tornado Warnings and Flash Flood Warnings.

For more information on WEAs and a list of participating carriers, visit FEMA's Wireless Emergency Alert web site: <https://www.fema.gov/emergency-managers/practitioners/integrated-public-alert-warning-system/public/wireless-emergency-alerts>

**SEVERE WEATHER WATCHES AND WARNINGS**

**TORNADO WATCH:** Severe thunderstorms with tornadoes are possible in your area. Remain alert for approaching storms. Be prepared to move to safety if a **Warning** is issued. Know what counties are in the watch area by listening to NOAA Weather Radio or local radio or television stations.

**SEVERE THUNDERSTORM WATCH:**

Thunderstorms with large hail and damaging winds are possible. Be prepared to move to safety if a **Warning** is issued.

**TORNADO WARNING:** A tornado has been sighted or indicated by weather radar. Move to a place of safety now!

**SEVERE THUNDERSTORM WARNING:**

A storm with large hail and damaging winds has been reported or indicated by weather radar.

**Warnings indicate imminent danger to life and property to those in the path of the storm!**

**FOR MORE INFORMATION:**

Check out these web sites for more safety tips, the latest weather forecast, and other weather awareness information.

NOAA National Weather Service

<https://weather.gov>

Click on your part of the state for local weather information

Find the NWS on Facebook

<http://facebook.com>

Search for your NWS Office name

Follow the NWS on Twitter

<http://twitter.com>

Search for your NWS Office name

For Kids: Be a Force of Nature!

<http://weather.gov/grb/prep>

Tornado Preparedness Plan for Schools

<http://www.weather.gov/arx/school-prep>

Wisconsin Emergency Management

<https://wem.wi.gov/>

ReadyWisconsin

Web - <https://readywisconsin.wi.gov>

Facebook - <http://www.facebook.com/ReadyWisconsin>

Twitter - <https://twitter.com/ReadyWisconsin>

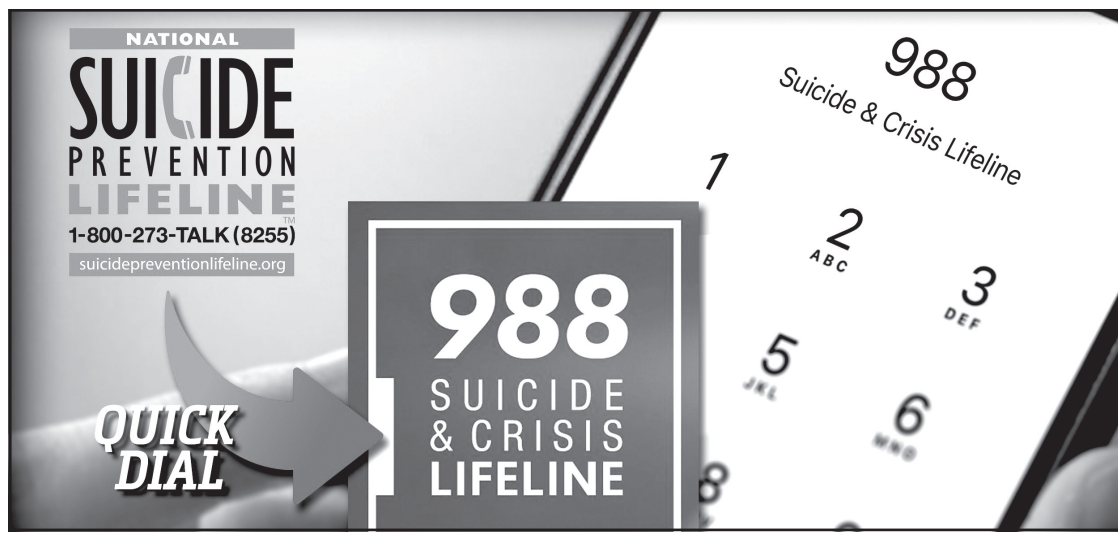
Instagram - <http://www.instagram.com/ReadyWisconsin>

FEMA for Kids

<https://www.ready.gov/kids>

STEP (Student Tools for Emergency Planning)

<https://readywisconsin.wi.gov/STEP>



### 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.

## WEATHER FROM PAGE 12

### FLOODING MYTHS AND TRUTHS

**MYTH:** A 100-year flood occurs only once every 100 years.

**TRUTH:** The 100-year flood is an average. There is a 1% chance that a 100-year flood will occur in any given year.

**MYTH:** Flash floods occur only along flowing streams and rivers

**TRUTH:** Flash floods can occur in urban areas where no streams are present.

**MYTH:** Homeowners insurance policies cover flooding.

**TRUTH:** Unfortunately, many homeowners do not find out until it is too late that their policies do not cover flooding. Contact your insurance company or agent to buy flood insurance.

**MYTH:** Large vehicles, such as SUVs and pickups, are safe to drive through flood waters.

**TRUTH:** Two feet of rushing water can carry away most vehicles, including SUVs and pickup trucks. If you come to a water-covered road or intersection, **turn around, don't drown!**

### LIGHTNING MYTHS AND TRUTHS

**MYTH:** If it is not raining, there is no danger from lightning.

**TRUTH:** Lightning can strike outside of rain. If you hear thunder, the storm is close enough to pose a threat.

**MYTH:** Rubber soles of shoes or rubber tires on vehicles will protect you from lightning.

**TRUTH:** Rubber-soled shoes and rubber tires provide NO protection from lightning. The steel frame of a hard-topped vehicle provides increased protection if you are not touching metal. Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.

**MYTH:** People struck by lightning carry an electric charge and should

**not be touched.**

**TRUTH:** Lightning-strike victims carry no charge and should be attended to immediately. Contact your local American Red Cross chapter for information on CPR and first aid classes.

**MYTH:** "Heat lightning" occurs after very hot summer days and poses no threat.

**TRUTH:** Heat lightning is a term used to describe lightning from a thunderstorm too far away for thunder to be heard.

### TORNADO MYTHS AND TRUTHS

**MYTH:** Area near lakes, rivers and hills are safe from tornadoes.

**TRUTH:** No place is safe from tornadoes. The tornado that struck Door County in August 1998 formed on the waters of Green Bay and moved onshore, causing over \$5 million in damage.

**MYTH:** The low pressure with a tornado causes buildings to explode as the tornado passes.

**TRUTH:** Violent winds and debris slamming into buildings cause most structural damage.

**MYTH:** Windows should be opened before a tornado approaches to equalize pressure and minimize damage.

**TRUTH:** Leave windows alone. The most important action is to immediately go to a safe shelter.

**MYTH:** People caught in the open should seek shelter under highway overpasses.

**TRUTH:** Take Shelter in a sturdy, reinforced building if at all possible. The winds of a tornado may actually increase in the tight space of an overpass, increasing the chance for injury.

**Don't be caught surprised!  
Always have a way to receive the very latest forecasts and warnings from the National Weather Service.**



## Strawberry Avocado Spinach Salad with Creamy Poppyseed Dressing

Alyssa Rivers - <https://therecipecritic.com/>

Fresh strawberries, sliced avocados, slivered almonds, and feta cheese are all tossed together with a homemade poppyseed dressing. This strawberry avocado spinach salad is so fresh and delicious and is a recipe that everyone will be raving about!

PREP TIME 10 mins | SERVINGS 2 | CALORIES 218 kcal

### INGREDIENTS

- 1.5 ounces of baby spinach
- 0.25 cups fresh strawberries, sliced
- 0.5 large avocados, chopped
- 0.06 cup sliced almonds
- 0.06 cup feta cheese

### Creamy Poppyseed Dressing:

- 0.08 cup mayonnaise
- 0.06 cup 2% milk
- 0.75 tablespoons sugar
- 1 teaspoon cider vinegar
- 0.5 teaspoons poppyseeds

### INSTRUCTIONS

1. In a large salad bowl, combine spinach, strawberries, avocados, almonds, and feta cheese.
2. In a small bowl, whisk together the mayonnaise, milk, sugar, cider vinegar, and poppyseeds. Pour about half over the salad and toss to coat. Add more of the dressing if needed.
3. Serve salad immediately and garnish with more feta cheese and almonds if desired.

### NUTRITION

Calories: 218kcal Carbohydrates: 13g Protein: 4g Fat: 18g Saturated Fat: 3g Cholesterol: 9mg Sodium: 136mg Potassium: 437mg Fiber: 5g Sugar: 7g Vitamin A: 2094IU Vitamin C: 22mg Calcium: 85mg Iron: 1mg



STOCK PHOTO



UPCOMING EVENTS, CLASSES AND INFORMATION

*Fling into Spring!*



**Spoooner Senior Center  
Spring Fundraiser for the  
NEW Washburn County  
Wellness Center 50+ Building**

Come meet old friends and make some new ones while learning about all of the exciting plans for the NEW Spoooner Senior Center!

**Join Us at Round Man Brewing Co.  
Thursday, May 18, 2023 • 3PM to 6PM**

**\$35  
Ticket**



*Tickets are limited for this event!*

Includes: appetizers, door prizes and music by Blu Kanu.

Check out the many items in our Silent Auction as well!

TICKETS AVAILABLE FOR PURCHASE  
Monday thru Friday 9 AM - 4 PM  
Spoooner Senior Center (402 Oak St., Spoooner)  
and ADRC of Washburn County (304 2nd St., Shell Lake)  
CASH OR CHECK

**Cash donations are always welcome**

For more information, please contact  
Claudia Broz at **715-466-1018**

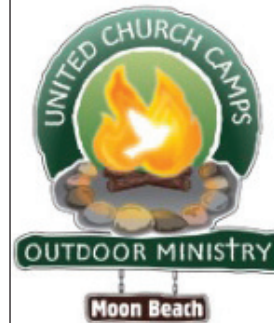


**ROUND MAN BREWING CO.**

**234 Walnut St. Spoooner, WI**

**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](mailto: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](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/)



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

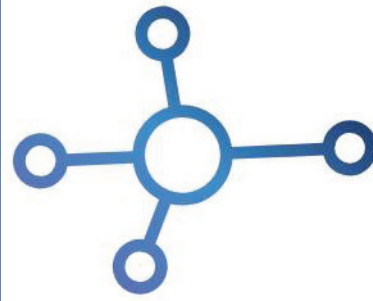


Date: June 7, 2023  
Time 2:00-3:30 pm

Washburn County Services Center  
ADRC of Washburn County  
304 2<sup>nd</sup> 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](http://www.respitecarewi.org) for ideas on creating meaningful respite.

## BUSINESS & SERVICES DIRECTORY

**Monday** ..... BBQ Ribs  
**Tuesday** ..... Seafood Specials  
**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](mailto: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.

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Angela, Pharmacist

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- Utilities Included
- Community Room
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[saintcroixhealth.org](http://saintcroixhealth.org)

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