

## SOCIAL ISOLATION:

# As they say, "The proof is in the pudding"



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

This expression means the value, quality, or truth of something must be judged based on direct experience with it – or on its results. We

ALL experienced social isolation during the COVID pandemic, some more than others. For older adults, people with disabilities, and children of all ages, it became debilitating with loneliness, depression, and anxiety. The affects are and will be forever lingering, at least in our lifetime. I know many elderly that with lack of social and physical activity, regular visits to their doctor for preventative services and educational in-person opportunities there are many who are now homebound still. This is why our agency very actively advocated for the reopening and expansion of our senior centers and transportation program. Our staff continued to provide services by whatever means were available and allowable. We listened to what your senior advisory committee members said, surveyed the community, compiled the data, and took this information to the county board. Your county board representatives reviewed the information and supported our requests to be one of the first communities in the nation to reopen our senior centers. Once transportation was allowed to reopen, we started back these services as soon as we were able. Our wonderful volunteers were biting at the bit to come back to deliver Meals on Wheels. During the beginning of the pandemic, we asked our volunteers, who many are retired themselves, to stay home for their own safety. None of us knew what was going on and we did not want to put them at risk. After safety precautions were put in place, some of our volunteers came back. We are very blessed to have such a great crew of volunteers and our fellow county employees from all departments that assisted us during this time to continue services as able.

The Safer at Home Order in Wisconsin went into effect on March 25, 2020. On May 5, 2023, more than three years since COVID-19 was designated as a pandemic, the World Health Organization (WHO) declared an end to the global Public Health Emergency (PHE) for COVID-19. Following an initial announcement earlier this year, the U.S. Department of Health and Human Services (HHS) declared the same for the United States, effective May 11, 2023. Things we must keep in mind are that COVID-19 is still here and will probably be here for a long time, things are improving, and there is still access to COVID-19 vaccines and treatment. We will contin-

ue to update the community and take precautions as needed and/or required.

All of this takes us to where we are today. I really feel that if it had not been for the pandemic, we would not have taken a total "relook" at the way senior centers and transportation was being provided for the elderly and disabled, throughout the country and world. The reopening of the Washburn County senior centers sparked much debate on the process that would take place. Public meetings took place and the local seniors became actively involved in the political advocacy arena. The Spooner seniors wanted to move from their current location to a



After more than two years, we are holding the **GRAND OPENING of the Washburn County Wellness Center 50+ on Friday, October 13th**. This will be an ALL DAY celebration with everyone in Washburn County invited and encouraged to attend. If you are not available on that day, feel free to stop by and check it out at another time. The Wellness Center 50+ is located at 850 W. Beaverbrook Avenue, Spooner, WI. It is the brown brick building across the street from Economart and Tractor Supply, next to the Washburn County Fair Grounds. The agenda is set as follows:

- ✓ 9:00 a.m. – Ribbon Cutting with the Spooner Chamber & Washburn County Tourism. A light breakfast and beverages will be served.
- ✓ 8:00 a.m.-4:30 p.m. - The building will be open for viewing. Meet our staff and volunteers who will have resources and activities going on throughout the day.
- ✓ 12:00-1:00 p.m. – Lunch will be served buffet style – Build a Burger with Salad Bar. No reservations needed, but registration will be required.
- ✓ 5:00 p.m. – Grand Opening Dining @ Five will be part of our Healthy Kitchen Takeover by expert Chef Papa Saletris Italian Beefs. An official dedication of the building will take place at the beginning of the dinner in memory of Washburn County Board Chair, Thomas J. Mackie.

Entertainment by the **SongSmiths with Jack White**.



**RESERVATIONS ARE REQUIRED.**

PLEASE CALL  
**715-635-4460**  
TO MAKE A RESERVATION

LIMITED SEATING TO 100 PEOPLE.

larger venue where they could have more seating for dining and have room to hold multiple activities at the same time. They also insisted on a more ADA accessible building with adequate parking. They researched senior centers throughout the U.S. and ones in other countries. Grants were applied for and they advocated for the support of the county government to support them financially for the current and future residents. They found from their research that many communities are going towards a 50+ age demographic to be allowed to attend,

# October Healthy Kitchen Takeover!

**PAPA SALETRI'S FOOD TRUCK SPECIALIZES IN ITALIAN BEEFS WITH AN EMPHASIS ON SMALL, FAMILY ORIENTED BUSINESS.**

Italian beefs originated in the south side of Chicago, but more importantly, they made its way into the heart of the Saletri family during the 1960's. At Papa Saletri's food truck, we take pride in crafting the perfect Italian beef sandwich, paying homage to the secret recipe passed down through generations. Picture tender, slow-cooked roast beef piled high on a freshly baked Italian roll, generously dipped in savory au jus, and topped with our secret blend of aromatic spices. Each bite is a symphony of flavors that will leave you craving more.

However, PaPa Saletri's is more than



PHOTOS SUBMITTED

just a food truck. It is a place where we honor Richard "Dick" Saletri's memory and the impact he had on us. It is a dream finally written out by his son, Rick Saletri. It is a gathering spot for friends, family, and kindred spirits to come together, share stories, and create new memories through a love of food. We strive to foster a warm and

welcoming atmosphere, just as Dick did throughout his life. So when you hear the phrase, "The wetta da betta..." just know a heavy Chicago accent is screaming it from above as we put our heart and soul into this food truck.

Whether you are seeking a quick and delicious lunch or a satisfying dinner on the go, Papa Saletri's food truck is

here to serve you with a smile. Find us at local events, bustling street corners, and food festivals, bringing a taste of a classic Chicago sandwich to your neighborhood. Join our Facebook page to keep up with our whereabouts and let our Italian beefs take you on an unforgettable culinary adventure!

## DIRECTOR NEWS

FROM FRONT PAGE

rather than the 60+ group. Many caregivers also want to feel welcome and by allowing 50+, more volunteers will also feel more comfortable to get involved and support the centers.

**Risk factors for loneliness: A literature review, Barjaková, M., Garnero, A., d'Hombres, B. 2023. Social Science and Medicine, 334, art. no. 116163.**

Increasingly, loneliness is being recognized as a serious problem

with detrimental effects on health, as well as on social cohesion and community trust. To effectively tackle this complex issue, a clear understanding of the phenomenon and its main drivers is needed. Over years of scientific research on loneliness, many potential risk factors have emerged and been tested empirically. This narrative review of 109 studies provides a concise summary of empirical evidence on the main potential risk factors for loneliness and presents an additional section dedicated to the COVID-19 pandemic. Given the very large number of existing studies, empha-

sis is placed on recent meta-analyses and systematic literature reviews as well as longitudinal studies. Similarly, given the large number of possible risk factors for loneliness, which may differ based on the geographical and cultural context, this review focuses on studies from Europe and North America. The results show that demographic factors often correlate with loneliness, but in many cases, the link becomes negligible when controlling for other factors. Often, physical and mental health problems are found to be associated with loneliness, and so are some psychological factors,

such as neuroticism or extroversion. Loneliness also depends on the environment in which one lives, and possibly the broader socio-economic and socio-cultural contexts. Nevertheless, the review shows that ultimately everything comes down to the quantity and quality of social relationships. In particular, marital status, living arrangements and the characteristics of one's personal social network are quite consistently found to be among the strongest predictors of loneliness. These main findings about the risk factors for loneliness remained valid also during the COVID-19 pandemic.

### Don't Let Your Life Insurance Get Forgotten.

Call us today to rediscover your existing life insurance policy. Whether it's an update to your beneficiaries or revisiting your policy coverage, let's take another look at your insurance needs together.

**CALL OR VISIT TODAY!**

715-635-3136

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

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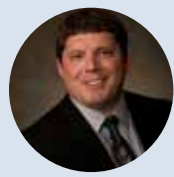
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**David P. Ford**  
Certified Financial Planner



**Lynn Ford**  
Certified Retirement Planning Counselor



**Tom Sutton**  
LPL Financial Advisor



## SPOONER HEALTH COMMUNITY FLU SHOT CLINICS

**Washburn County Fairgrounds, Spooner**

September 28: 11:00 a.m. – 3:00 p.m.

October 9: 10:00 a.m. – 2:00 p.m.

**Jack Link's Aquatic & Activity Center, Minong**

October 12: 10:00 a.m. – 12:00 p.m.



Book your appointment: [www.SpoonerHealth.com/flushot](http://www.SpoonerHealth.com/flushot) | 715-939-1685

SENIOR NEWS

# Unconditional Love of a Tortoise

SUBMITTED BY **CASSI FEIERTAG**  
Administrative Assistant

I know there are people out there who believe that a pet is “just” an animal. I cannot help but wonder if these people have never known the love of a loyal dog or a mischievous cat. The bond between an animal and its human is truly remarkable. Pets are such amazing companions and their love really is unconditional. They make us laugh, sometimes cry, offer us emotional support, keep us active, are great listeners, teach us responsibility, are great for our mental health, and add structure and routine to our daily lives.

I never knew what unconditional love truly was until I was blessed with Timli, my twenty three year old Hermann’s tortoise, and Emmi, my twelve year old rescue dog. I know what you must be wondering.... How does a tortoise show unconditional love? Timli does not display his emotions the same way my dog does, with uncontrollable licks, adorable bounces, unending snuggles, and sad dog eye. He has his own way of expressing himself. He throws little tantrums when he doesn’t get his own way, is possessive of his belongings, loves shell massages,



PHOTO SUBMITTED

hates taking baths, loves going on outdoor adventures (supervised of course), anxiously awaits his morning love (head scratches) , enjoys scavenger hunts (for

food), and responds to the sound of my voice. Tortoises, like all animals, love to socialize. When I first got Timli, back in 2004, he developed a very strange friendship with my mother’s cat. Shadow and Timli could often be found basking under his heat lamp snuggled up together. Timli and I have been together for 19 fun-filled years. He was slightly intimidating at first, but we eventually figured each other out. I was only 19 years old when he became part of my family; it is strange to think that I have been his “mom” for half of my 38 years. He has been the subject of photo shoots, a show-and-tell for many presentations, but most importantly, he has been a reason to smile at the beginning and end of each day and my loving “little man.”

I cannot imagine what my life would be like without my “fur kids.” They make me crazy sometimes, but my world is complete because they are in it. I read an article once that said, “To us an animal is only a small part of our world, but to them we are their whole world.” There is so much truth in that statement. No matter their size, they bring us so much joy and offer us all of the love they possess. Pets are truly amazing, and each one leaves a little paw-print on our hearts.



**ADRC of Washburn County Staff Contacts as of September 2023**

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

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

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

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

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

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

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

**www.co.washburn.wi.us**  
**https://adrcwashburncounty.org/**  
**ADRC/Aging Director:**  
Linda Hand • 715-634-4460

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) • Vacant (Minong)
- Char Jaeger (Shell Lake)
- Mary Lawson (Spooner)

**Amber Anderson - Mobility Manager**  
715-635-4465

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

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

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

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

**Washburn County Vaccine Outreach Coordinators**

**Katy Allred** 715-645-2754  
**Marilee Morris** 715-645-2710

**Aging & Disability Services Committee**  
• Bob Olsgard • Linda Featherly • Kasey King  
• George Cusick • Joe Hoy

**ADRC Governing Board**  
• Bob Olsgard - Chair • Cathy Peterson  
• Danielle Larson • Colleen Cook • Char Snarski  
• Kathy Fabert • Mark Van Etten • Mike Linton  
• Mike Schroeder

## SENIOR NEWS

## Welcome Jeremy as our new Washburn County Transit Van Driver!



PHOTO SUBMITTED

Please welcome Jeremy Dresch as our new Washburn County Transit driver. Jeremy started with the ADRC of Washburn County in July. Jeremy grew up on a lake in Minnesota and after the sale of his business in Minneapolis; he decided to get back to the "Lake Life" and relocated to the Birchwood community. When Jeremy is not at work, he enjoys catching all of his favorite Minnesota Twins, Vikings, and Timberwolves games. In addition, of course, anytime he can get out on the Lake, skiing, kayaking, paddle boarding, and swimming. Jeremy is a great addition to our ADRC staff and to our Birchwood community.

# Washburn County Transit Testimonial

SUBMITTED BY CASEY ROBERTS

Hi, my name is Casey Roberts and I want to tell everybody about a fantastic program that the ADRC of Washburn County has called Washburn County Transit. Washburn County Transit will provide transportation for senior citizens 60+ as well as people under 60 with disabilities from Washburn County. They offer non-emergency medical transportation and they will take you to run every day errands. The cost for medical rides is \$6 for the first 10 miles and 50 cents a mile after the first 10.

They have a van that they are starting on September 12, 2023. The van will have daily routes available in the County. To ride the van, it is \$5 per person to go to out of County or \$3 per person for local in county trips. Get a group together and call for a shopping trip.

I also want you to know about the amazing people that Washburn County Transit has driving for them. They are very friendly and extremely helpful. If you have a walker or a cart to take with you, they will help with loading and unloading it for you. The drivers are Jeremy, Kathy, Dean, Kerry, Vince, and Mike. You definitely need to meet these drivers.

Just note-medical rides do take precedence over every day errands but Amber will make it work if she can.

For every day errands, I have been to St. Vincent De Paul in Rice Lake, Walmart, Dollar Tree, Hobby



PHOTO SUBMITTED

Lobby, and Menards. They have even taken me to Burger King. They have taken me all over Spooner, including Ventures and Subway.

You need to call Amber Anderson, at (715) 635-4465 to schedule. So save your gas and relax while these awesome people drive around you.

Thank you.

## Are You a Caregiver?

Wisconsin is experiencing a professional caregiver shortage. Persons that provide in home care as well as nursing home care are in short supply. There appears to be a major problem of compensation for extremely



PHOTO SUBMITTED

**Don  
Posh**

difficult work, physically, emotionally and psychologically. Family caregivers experience the same without the compensation. Also, family caregivers that need to have a break cannot find professional caregivers due to the shortage. What happens when a family caregiver becomes sick or injured? Does a family caregiver need to sacrifice a job promotion because it would interfere with their caregiving obligations? How can a family pay for caregiving when their income level is just above an amount to receive help, but still not enough to make it worth working and paying a caregiver? Will people with disabilities be forced into institutions due to the lack

of available home care? Many questions were asked of the WI Legislative Budget Committee this spring. They listened, but did they hear? Only their actions will tell!

*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.

**indiGO**  
Your Allies for Independence

## SENIOR NEWS

# Washburn County Transit has very exciting news for all Washburn County residents!



PHOTO SUBMITTED

Amber Anderson

Are you a Washburn County resident age 60+ or 18-59 with a disability that would like a ride to the library, go to a store, or check out the NEW Wellness Center 50+ in Spooner, visit one of our sites in Minong, Birchwood, or Shell Lake for a meal or an activity? Would you like to meet a friend for breakfast, volunteer at your grandchild's school, visit a homebound friend, or attend a meeting at your church or courthouse?

Well, we have good news for you! Our NEW TRANSIT VAN is hitting the road and it is ready to get you where you need to be! The van is available for social/shopping trips for residents in our county Tuesday-Friday. We will still be offering non-emergency medical trips for medical appointments in our transit cars and our ADA wheelchair accessible van, but the transit van is geared toward social and shopping trips. On Tuesdays, we will be in Spooner/Shell Lake.



PHOTO SUBMITTED

Wednesdays Minong, Thursdays Birchwood, and Fridays we are designating trips to Rice Lake to stop at various stores there. The cost for riding the van is \$3 in Washburn County and out-of-county rides are \$5 per person. Give Amber a call to get on the pickup list (715) 635-4465. We are super excited to offer this service to our community! You will see our vehicles driving all over the area, with their new identifiable colorful wraps bearing pictures of locals living and aging well in Washburn County. Make sure to give a wave to our wonderful drivers who dedicate their day to getting people to where they need to go safely,

rather than being homebound and not able to enjoy life socially or take care of themselves by attending to their healthcare needs. Rides for vaccination clinics are FREE.

Thanks for all your support with our Transit program. We could not do this without our passengers and a great community. If you do take a ride with us, we would love you to send us your written testimonials. When we apply for future grants, it helps us to show that these services are appreciated. We are very blessed to live where we do!

## The Ecological Threat of Poison Hemlock in Wisconsin

<https://dnr.wisconsin.gov/topic/Invasives/fact/>

### Poison Hemlock POISON HEMLOCK (CONIUM MACULATUM)

A biennial herb. The three to 10-foot tall stems are hollow, hairless, ridged with reddish-purple mottling on the lower limb and branched extensively.

#### Other names for this plant include:

- Common names: deadly hemlock, fool's parsley, spotted hemlock, spotted parsley

Prohibited and restricted counties Classification in Wisconsin: Prohibited/Restricted (Restricted in Buffalo, Crawford, Dane, Grant, Green, Iowa, Jefferson, Kenosha, La Crosse, Lafayette, Milwaukee, Monroe, Ozaukee, Racine, Richland, Rock, Sauk, Sheboygan, Trempealeau, Vernon, Walworth and Waukesha counties; Prohibited elsewhere)

#### ECOLOGICAL THREAT

- It invades habitats from roadsides, fields,

stream banks, disturbed areas, riparian woodlands and floodplains.

- An individual plant can produce over 30,000 seeds.
- All parts of the plant are toxic to animals and humans.

#### IDENTIFICATION

**Leaves:** Pinnately compound, toothed, eight to 16 inches long and broadly triangular. Leaf veins end at the tips of the tooth margins. Leaves are shiny, green and emit an unpleasant odor when crushed.

**Flowers:** Numerous small, five-petaled white flowers in umbels four to six inches across are at the end of an individual stem that extends from a common stalk. Blooms May-August.

**Fruits & seeds:** Seeds are ridged and flat. A single plant produces over 30,000 seeds.

**Roots:** Thick, white taproot.

**Similar species:** Water hemlock (*Cicuta maculata*; native) has leaf veins that end in the notches between the tooth margins of the leaflets. Giant hogweed (*Heracleum mantegazzianum*; invasive) has a

hairy stem and more prominent, less divided leaves.

#### CONTROL

**Mechanical:** Hand pulling or mowing close to the ground multiple times for several seasons. Wear gloves when handling this plant.

**Chemical:** Foliar spray of 2, 4-D plus dicamba before producing buds.

For more information on control techniques, visit the Poison hemlock factsheet [exit DNR] by the University of Wisconsin-Extension.

#### RESOURCES

##### Sources for content:

- USDA Forest Service, Northeastern Area Forest Health Staff. Weed of the Week: Poison hemlock [exit DNR]
- Center for Invasive Species and Ecosystem Health, Invasive.org. Poison hemlock
- Links for more information
- UW-Extension [exit DNR]
- Wisconsin State Herbarium [exit DNR]
- Invasive.org [exit DNR]
- USDA PLANTS Profile [exit DNR]

# MONTHLY MEAL CALENDAR

| OCTOBER   |  |   |  |  | LUNCH & HOME DELIVERED MEALS MENU |    |    |    |    |
|---|--|---|--|--|-----------------------------------|----|----|----|----|
| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |                                   |    |    |    |    |
| Tater Tot Hot Dish w/<br>Beef, Peas, Carrots,<br>Green Beans & Corn<br>WG Bread<br>Apricots<br><b>MINONG<br/>DINING @ 5</b> | Roasted Turkey Breast<br>Whipped Sweet<br>Potatoes<br>Roasted Broccoli<br>WG Dinner Roll<br>Mandarin Oranges                             | <b>CLOSED FOR<br/>STAFF<br/>TRAINING</b><br><br><b>NO MEALS<br/>SERVED or<br/>DELIVERED</b>         | Basil Crusted Chicken<br>"Three Sisters" Wild<br>Rice Salad<br>Buttered Green Beans<br>Apple Crisp         | Cobb Salad w/Chicken,<br>Bacon, Avocado, Egg,<br>Veggies, Dressing<br>WG Breadstick<br>Honeydew  | 2                                 | 3  | 4  | 5  | 6  |
| Roast Beef & Swiss w/<br>LTO on WG Bread<br>Potato Salad<br>Applesauce<br><br><b>SHELL LAKE<br/>DINING @ 5</b>              | Cabbage Roll Casserole<br>Baby Red Potatoes<br>Marble Rye Bread<br>Pumpkin Bar   | Mediterranean Salmon<br>over Wild Rice<br>Roasted Broccoli<br>WG Bread<br>Cinnamon Roasted<br>Pears | BBQ Baked Chicken<br>Baked Bean Medley<br>Steamed Carrots<br>WG Dinner Roll<br>Sour Cream<br>Cranberry Bar | <b>SPOONER OPEN<br/>HOUSE &amp;<br/>KITCHEN<br/>TAKEOVER EVENT*</b><br>SEE BELOW FOR DETAILS<br><br>California Burger w/<br>LTO on WG Bun<br>Coleslaw, Fruit Salad | 9                                 | 10 | 11 | 12 | 13 |
| Lemon Pepper Cod<br>Roasted Potatoes<br>Southwest Bean<br>Salad<br>WG Bread<br>Peaches                                      | Deluxe Pork Stew<br>over Buttermilk<br>Biscuits<br>Stewed Local<br>Tomatoes<br>Oatmeal Raisin<br>Cookie                                  | Country Style<br>BBQ Ribs<br>Baked Potato w/SC<br>Roasted Broccoli<br>Cornbread<br>Apricots         | Polish Sausage<br>Butternut<br>Mac'n Cheese<br>WG Dinner Roll<br>Roasted Red Cabbage<br>Triple Berry Crisp | Spaghetti &<br>Meatballs<br>WG Pasta<br>Roasted Brussel<br>Sprouts<br>Fresh Orange   | 16                                | 17 | 18 | 19 | 20 |
| Hunters Stew over<br>WG Egg Noodles<br>Whipped Sweet<br>Potatoes<br>Cinnamon Roasted<br>Pears                               | Broccoli & Chicken<br>Fettuccini Alfredo<br>Caesar Salad<br>WG Garlic Breadstick<br>Fresh Fruit Salad<br><b>BIRCHWOOD<br/>DINING @ 5</b> | Tender Roast Beef<br>Mashed Potatoes<br>& Gravy<br>Green Beans<br>WG Bread<br>Apple Walnut Crisp    | Southwest Turkey<br>& Rice<br>Cucumber Chickpea<br>Salad with Citrus<br>WG Dinner Roll<br>Fresh Fruit      | Honey Mustard Chicken<br>over Brown Rice<br>Stir Fry Veggies<br>Egg Roll<br>Fruited Jell-O   | 23                                | 24 | 25 | 26 | 27 |
| Glazed Ham<br>Cheesy Potatoes<br>Roasted Broccoli<br>WG Dinner Roll<br>Pineapple  | Classic Chili<br>Garden Salad, Dressing<br>Cornbread<br>Apricots<br>Halloween Cake<br><b>HAPPY<br/>HALLOWEEN!</b>                        |   |  |  | 30                                | 31 |    |    |    |

# DINING AT 5



**OCTOBER  
DINING @ 5**

Suggested donation is \$8.00 - \$10  
Cost: \$15.00 for anyone under 60 years old.  
**PLEASE MAKE RESERVATIONS  
24 HOURS IN ADVANCE**  
Shell Lake: 715-635-8283 • Spooner: 715-635-8283  
Minong: 715-466-4448 • Birchwood: 715-354-3001

**MINONG MENU  
MONDAY, OCTOBER 2**  
White Chicken Lasagna with Spinach  
Fresh Salad Bar • Garlic Bread  
Cinnamon Apple Cranberry Cake  
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**SHELL LAKE MENU  
MONDAY, OCTOBER 9**  
Homemade Meatloaf • Baked Squash  
Garden Salad • Dinner Roll • Pumpkin Bar  
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**SPOONER MENU  
FRIDAY, OCTOBER 13**  
**Washburn County Wellness Center 50+  
GRAND OPENING & HEALTHY KITCHEN  
TAKEOVER EVENT**  
**Featuring:** PaPa Saletris Italian Beefs  
Family Owned-Real Chicago Italian Beefs,  
recipe has been around since the 1950's!!  
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**BIRCHWOOD MENU  
TUESDAY, OCTOBER 24**  
Beef Stroganoff • Peas & Carrots  
Garden Salad • Fresh Baked Bread  
Kristi's Choice Dessert

# TABLET & SMARTPHONE TRAINING





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

**Come learn valuable information for FREE!**

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

**OCTOBER 13TH - THE WASHBURN COUNTY WELLNESS CENTER 50+** will be hosting an **OPEN HOUSE** and the first **Healthy Kitchen Takeover Event**. The following sites will be closed for Congregate Dining: Minong, Shell Lake, and Birchwood. Meals will be delivered to those on the Home Delivered Meal Program at all locations. Check out our Facebook page for more details!

- 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 \$6 - \$8 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15 to participate.

## SENIOR CENTER NEWS AND EVENTS

**LINDA ROGERS**  
**FRIENDSHIP COMMONS**  
 Shell Lake Senior Center

With the county fair behind us and autumn coming up fast, we are ready to concentrate on our latest group quilt once again. The “Gnomes For All Seasons” quilt is coming along nicely. We are still working on our individual blocks. Then these blocks are pieced together with sashings and a border to form a quilt top. These layers are pinned together and attached to the quilting frame to be hand quilted. This is pretty time consuming since we only meet once a week to quilt. Eventually we have a finished quilt. It is quite the process but we feel it is worth the effort when it is done and it keeps the art of quilting alive.

We were able to take a trip to the “Bluegrass Festival” at Pioneer Village with some of our members. Everyone had a lot fun and enjoyed the entertainment.

**A NOTE FROM:**  
**ADRC DIRECTOR – Linda Hand, NUTRITION DIRECTOR – Valerie VanderBent, & SHELL LAKE SITE MANAGER – Char Jaeger**

The ADRC is in the process of training the new Spooner Cook. As promised, we will be starting the transition of the Shell Lake Site Manager Char Jaeger to be at the Shell Lake site five days a week. This will mean Char will be here to have the site open to the public and cook the food here for both congregate and Meals on Wheels, rather than in Spooner and bringing the meals to Shell Lake. Please have patience with this process. Valerie and Char are working hard to evaluate needs of making Shell Lake a full-time working kitchen, dining, and activity center. Things will need to be moved around to make room for equipment, supplies, and additional food. This has been a request from the Shell Lake community for several years. We are excited that we will finally be able to accommodate your requests. Once we get it all up and running, we will finally have the “Grand Opening” that we were not able to have due to COVID hitting as soon as the new building opened. Thank you for your continued support of the ADRC and the services we provide to older adults and people with disabilities so they may remain living in their own homes.

Call (715)468-7491 for information about activities at our center. Call the Spooner Senior Center at (715) 635-8283 to order meals at the Shell Lake Senior Center. For 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 | 715.635.8283

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

| MONDAY   | TUESDAY                       | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|-------------------------------|---|--|---|
| 2<br>Painting Class<br>1:00                                  | 3                             | 4<br>Wii Bowling &<br>Games 9:00<br>Quilting 9:00<br>Congregate Dining 11:30<br>Smear & Games 1:00  | 5<br>Games 9:00<br>Congregate Dining 11:30<br>Cribbage 12:30-2:30  | 6   |
| 9<br><b>Dining @ 5</b>                                       | 10                            | 11<br>Wii Bowling &<br>Games 9:00<br>Quilting 9:00<br>Congregate Dining 11:30<br>Smear & Games 1:00 | 12<br>Games 9:00<br>Congregate Dining 11:30<br>Cribbage 12:30-2:30 | 13<br><i>Join us in<br/>Spooner at the<br/>Washburn County<br/>Wellness Center 50+<br/>GRAND OPENING!</i> |
| 16   | 17                            | 18<br>Wii Bowling &<br>Games 9:00<br>Quilting 9:00<br>Congregate Dining 11:30<br>Smear & Games 1:00 | 19<br>Games 9:00<br>Congregate Dining 11:30<br>Cribbage 12:30-2:30 | 20  |
| 23   | 24                            | 25<br>Wii Bowling &<br>Games 9:00<br>Quilting 9:00<br>Congregate Dining 11:30<br>Smear & Games 1:00 | 26<br>Games 9:00<br>Congregate Dining 11:30<br>Cribbage 12:30-2:30 | 22  |
| 30<br>Pot Luck Dining<br>12:00<br>Membership Meeting<br>1:00 | 31<br><b>HAPPY HALLOWEEN!</b> |   |  |   |

### MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

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

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| 2<br>Congregate Dining<br>11:30<br><b>Dining @ 5</b> | 3<br>Congregate Dining<br>11:30<br>Wii Bowling 12:00<br>Farkle 12:30  | 4<br>Pocket of Prayer 7<br>Congregate Dining<br>11:30  | 5<br>Congregate Dining<br>11:30<br>Cribbage 12:30  | 6<br>Congregate Dining<br>11:30   |
| 9<br>Congregate Dining<br>11:30                      | 10<br>Bridge 9<br>Congregate Dining<br>11:30<br>Wii Bowling 12:00     | 11<br>Pocket of Prayer 7<br>Congregate Dining<br>11:30 | 12<br>Congregate Dining<br>11:30<br>Cribbage 12:30 | 13<br><i>Join us in Spooner at the<br/>Washburn County Wellness<br/>Center 50+ GRAND OPENING!</i><br><br>14<br>Potluck 12 Noon<br>Bingo after |
| 16<br>Congregate Dining<br>11:30                     | 17<br>Congregate Dining<br>11:30<br>Wii Bowling 12:00<br>Farkle 12:30 | 18<br>Pocket of Prayer 7<br>Congregate Dining<br>11:30 | 19<br>Congregate Dining<br>11:30<br>Cribbage 12:30 | 20<br>Congregate Dining<br>11:30  |
| 23<br>Congregate Dining<br>11:30                     | 24<br>Congregate Dining<br>11:30<br>Wii Bowling 12:00<br>Farkle 12:30 | 25<br>Pocket of Prayer 7<br>Congregate Dining<br>11:30 | 26<br>Congregate Dining<br>11:30<br>Cribbage 12:30 | 22<br>Congregate Dining<br>11:30  |
| 30<br>Congregate Dining<br>11:30                     | 31<br>Congregate Dining<br>11:30<br>Wii Bowling 12:00<br>Farkle 12:30 |  |  |   |

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

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

Schricker Manor & Goslin Court (Spooner)  
 West Side Manor (Shell Lake) • Birch Haven Manor (Birchwood)

**Call for details: 715-635-2321**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

## SENIOR CENTER NEWS AND EVENTS

### CAROL ADDINGTON

Birchwood Senior Center

Welcome to Fall! I hope your 'eye candy' has been super amazing this month! As I write this, it seems it came over night. I took a trip to Eau Claire yesterday and when we left in the morning, we noticed a bit of gold showing in treetops. When we came back most of the tree was showing gold. Awesome! First day of cool temperature and a little rain. Are we lucky or what?



Common sense is like deodorant...the people who need it the most do not use it.

Another wonderful event happened last month, a super reunion of many of our former members and current ones as we celebrated the 90th birthday of our Nel in a nearby nursing home. Many of those who have moved to Rice Lake and other communities not too far away came to have a nummy lunch, cake etc. What fun and the smiles were 100% glorious. Thanks to Eleanor Kuula, our Kristi from the Center and many who planned this fun event for the over 30 people who enjoyed it. The memories are great gifts for us all!

It is not my age that bothers me; it is those darn side effects!

### BIRCHWOOD SENIOR CENTER

#### LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

I hope you all caught one of the ADRC presentations on scams and, the program "60 Minutes" did on the subject, which was excellent. However, I especially hope that none of you has been a subject of these frauds. I know personally two people who have and several years ago; when my hubby was still with us, we got one of those calls. They really do the research as we have no grandkids but do have a nephew and supposedly, he was the one in trouble. We did not bite and hope you will not ever either!

I have not gotten anything done today. I spent most the morning in the produce department trying to open the stupid plastic bag...

It IS good to get back into the fall routine, book buddies at school and all the sports and activity. Everyone is so glad to see friends and fellow students and workers who have been traveling and other summer activities. Hope yours was a joy and blessing and you feel ready for that white stuff that changes our lifestyle so much. As hot and dry as the

summer was, we can guess what kind of winter is coming.

I want to be 18 again! I have new ideas on how to 'ruin my life'..

I do hope you will stop in and check out all the activities on the calendar this fall. The exercise classes are filling up and book club is having such fun sharing the books. They always meet late in the afternoon, but the day does change, as many of the attendees are busy and active in other things. Usually it is Tues or Wed. They meet at the club in the comfortable cozy living room area and enjoy snacks etc. as they share. They do meet in each other's homes from to time, especially in the fall. IT IS A FUN BUNCH!

My mind is like an internet browser, at least 10 open tabs, three of them are frozen and I have no clue where the music is coming from...

Therefore, that is it for now folks. I love having you in my life...and I love having life! Chow..

## CHICOG NEWS

### JOANN MALEK AND CATHY PEDERSON

Are you thinking about getting a flu shot or other vaccinations this season? Washburn County has been given funds to promote vaccination clinics, working to connect older people to vaccinations such as flu, pneumonia, shingles, RSV (tetanus diphtheria pertussis/whooping cough) and covid-19. Medicare will pay for your vaccinations and you will receive Chamber Bucks worth \$50, to be used at Washburn County businesses that are members of the Chamber of Commerce.

For more information and/or to register for a qualified vaccination clinic, contact the Washburn County Vaccination Outreach Coordinators at 715-645-2754 or 715-645-2710. You will be put on the Constant Contact List for current updates regarding the Vaccination Clinics.

***"Dear folks, this is the life. The weather is perfect and the fishing is good."*** Taken from postcard dated July 4, 1955, picturing cabin four. ***\$180 per person for full week in cottage overlooking lake with dock, boat, and three home-cooked meals a day. Motor extra.***

Jill Wiltzius Lipski was eight years old in the mid-seventies when her parents purchased Whispering Pines resort and moved the family to Chicog. These are some of her memories.

"Ours was truly a family resort, with children and parents working together at the never-ending chores." Mom, Charlotte took over the kitchen, baking fifteen loaves of bread at a time in the huge pizza oven. Learning to make traditional dumplings for the Bohemian roast pork dinners every Tuesday. Singing, dancing and laughing with her helpers. She kept the books, and Friday nights tallied fees including snack



PHOTO SUBMITTED by MICHAEL LIPSKI

#### Whispering Pines on Mathew Lake

& soda charges for each guest family. Charlotte was friendly, outgoing, fun loving, creative. She had a remarkable memory for people and their requests. "Everyone loved her."

Along with a full-time job in Duluth, Dad, Max cared for the property, the buildings and all of the equipment. He was happiest when he had work to do and problems to solve. He was resourceful, determined, proud, a good listener, always willing to help. Both Max and Charlotte were hard workers, passionate about serving their guests, ever wanting folks to have a good time.

"It was a great place to grow up." Jill set and waited tables in the dining hall, helped with daily house-keeping for the eleven cottages, pitched in for the Saturday turnover when cabins were cleaned, beds remade, and full turkey dinner prepared for the new set of guests. She taught children to fish, organized games of hide-and-seek tag, led hikes through the 'enchanted forest', put on skits, planned dances with music from the jukebox, piloted boats for water skiers. "The guest children were my playmates and friends." Many families returned year after year.

The resort came with stories. "We didn't make them up but we did pass them along." A small shed

where long-ago caretaker Cecil died—or was he poisoned? Scratch marks across the floor were shown as evidence of the macabre.

The large dining lodge was heated and had several guest rooms on the second floor. For a few years the resort stayed open through fall to accommodate hunters, and into winter for snowmobilers and skiers. Other years the family was isolated during the quiet, cold months.

Winter vacations they drove to Chicago. The entire family distributed brochures and talked with strangers at their Resort Show booth. Summer guests who lived in the area would stop by and inadvertently promote Whispering Pines with positive comments. Many bookings were made at this event.

"I learned so much!" How to talk to people of all ages. How to plan and lead activities. How to make friends easily. How to be a successful salesperson. How to work, and how to play. How to tend guests. And, ultimately, the love of a lake.

#### IMPORTANT OCTOBER DATES

Tuesday, 10/3, 12:45-1:45, Books and Bread, Trego  
Wednesday, 10/4, 6pm, monthly Chicog meeting, town hall

Wednesdays, 10/11, 10/25, Namekagon Transit services

Thursdays, 10-3, Chicog Walkabouts, town hall

Friday, 10/13, New Wellness (senior) Center open house, Spooner

Tuesday, 10/17, 2:30-3:30, Washburn County Care-giver Coalition, Shell Lake

Thursday, 10/26, 11-1, Bibliodragon bookmobile, town hall

Namekagon Transit services to Spooner or Minong are an amazing resource for Chicog. Try it! Call (715) 634-6633 for information and to schedule your rides.

Thanks for reading the Chicog news.



## VACCINE NEWS

# Katy and Marilee coordinating vaccine outreach events with local partners

## CONTACT: WASHBURN COUNTY VACCINE OUTREACH COORDINATORS

**Katy Allred 715-645-2754**

**Marilee Morris 715-645-2710**

Katy and Marilee have hit the ground running in Washburn County by coordinating Vaccine Outreach events with local partners. They both value the importance of health living, Katy as a retired WI Pediatric Registered Nurse and Marilee a retired ADRC Information & Assistance worker for Dane County. We are so lucky to have them to assist in this grant project. Besides meeting with local medical providers, they have also been coordinating with local Chambers to arrange for Chamber Cha-Ching \$\$\$, so we can keep the \$50 vaccine incentive to be spent locally in our communities.

If you had not heard, the ADRC of Washburn County received \$262,080.00 in grant

funding from the USAging-led Aging and Disability Vaccination Collaborative to conduct activities that will connect older adults and people with disabilities to vaccinations that include Influenza (flu), Pneumonia, Shingles, RSV, Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough), and COVID-19. Washburn County residents age 60+ and adults with disabilities age 18-59 will be eligible to receive a local "Chamber Cash" incentive of \$50 in Chamber Bucks \$\$\$.

These dollars can be used at any local Washburn County business who are members of their local Chamber and accept these dollars. Not only will you be protecting yourself by being vaccinated, you will also be helping local businesses by putting money back into the local economy. For more information on how you can register for a qualified vaccination clinic, contact the Outreach Coordinators at their above numbers to be put on the Constant Contact list for updates. You will need to be able to provide your full name, physical address, email, and telephone number. Please also LIKE and follow our agency Facebook Page at <https://www.facebook.com/AgeWellLiveWell-WashburnCounty>

**STAYING SAFE AND HEALTHY THIS HOLIDAY SEASON**



PHOTO SUBMITTED

Cold and Flu season arrives in northern Wisconsin along with the beautiful fall colors. Protect and prevent to insure a healthy holiday season. The best way to stay safe and protect your loved ones from colds, flu, and Covid-19 is to get your vaccinations before these illnesses are upon us. Washburn County Aging and Disability Resource Center received a Grant from USAging

and the ACL to provide information, outreach, and transportation to vaccine clinics this season. We will continue to bring the latest updates of scheduled Flu and Covid 19 vaccine clinics. A list of current scheduled clinics will be posted on the ADRC of Washburn County Facebook Page or available by calling the Washburn County Vaccine Coordinators at 715-645-2710 or 715-

645-2754.

## UPCOMING FLU SHOT CLINICS CURRENTLY SCHEDULED ARE AS FOLLOWS:

**Spoooner Health** provides a series of community flu shot clinics to make receiving your annual flu shot quick and convenient. Sign up today for either your high-dose flu shot or your regular-dose flu shot - FREE with most insurance coverages. Please be sure to bring your insurance card to your appointment. The cost is \$40 with no insurance coverage.

- Either formulation protects against four strains of influenza
- Ages 3 and up
- Single dose only
- Open to the public
- In order to receive the high-dose flu shot, you must be 65 years of age or older and this cannot be your first high-dose flu shot.

### Spoooner Health at Washburn County Fairgrounds - Spoooner

Thursday, September 12th from 11 a.m. to 3 p.m.

Monday, October 9th from 10 a.m. to 1:50 p.m.

### Spoooner Health at Jack Links Aquatic Center - Minong

Thursday, October 12th from 10 a.m. to 11:50 a.m.

**For more information or to book your appointment call Spoooner Health at 715-939-1685 or book online at [https://spoonerhealth.com/flushot/?fbclid=IwAR3a2ui4\\_nwHk-WP4m8qFYHgutdyRe4D1pw0-CuG-J6BGZIV5KSYFordjUAsc](https://spoonerhealth.com/flushot/?fbclid=IwAR3a2ui4_nwHk-WP4m8qFYHgutdyRe4D1pw0-CuG-J6BGZIV5KSYFordjUAsc)**

### Indianhead Medical Center IMC, 113 4th Ave., Shell Lake, WI

Monday, October 16th from 11 a.m. to 5 p.m. - Walk-In Only

Friday, October 20th from 7 a.m. to 1 p.m. - Walk-In Only

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

A Vaccine Coordinator will be present at each Vaccine Clinic to distribute Chamber Dollars \$\$\$ to eligible Washburn County program participants.

# HAVE YOU ALWAYS WANTED TO TAKE A TRIP UP THE NORTH SHORE TO SEE THE FALL COLORS?



FILE PHOTO

## Sign up for this day trip to the North Shore of Lake Superior sponsored by the ADRC Washburn County Transit & WI DOT 85.21 Grant.

Kick back and relax on **MONDAY, OCTOBER 9, 2023**

while two coach buses pick up residents age 60+, adults with disabilities, and caregivers in Shell Lake, Spooner, and Minong.

**Give Amber a call at (715) 635-4465 to reserve your seat!**

This beautiful scenic trip will be free for eligible Washburn County residents, contributions are accepted. For eligible non-Washburn residents, there will be a fee of \$25 per person. Walkers & wheelchairs can be stored below the bus. Restroom facilities are available on bus. A stop will be made for a box lunch and at a sweet shop, if you would like to purchase your own. You are welcome to bring your own snacks, lunch, dinner, and/or beverages in a small cooler, backpack, or bag that can be consumed either on bus or at stops along the way.

**Do not forget to bring your camera and please share your pictures for our next Focus Newsletter!**



PHOTO SUBMITTED

Amber Anderson



PHOTO SUBMITTED

Cassie Feiertag

**Meet your hosts, ADRC Staff Amber Anderson & Cassie Feiertag**

# First Annual Caregiver Conference huge success with over 70 in attendance!

The Washburn County Caregiver Coalition should be commended for organizing and putting together a stellar lineup of speakers and vendors for their first official event. The survey reviews were overwhelmingly thankful for the work that went into what will be hard to top next year. Starting out with Don Ross from Indigo with adaptive aids, along with the designer of the Warren Toilet Lift, Mike Hoffman. Janet Zander, GWAAR Advocacy & Public Policy Coordinator, giving us updates on the Older American's Act, fiscal budgets, and caregiver advocacy, followed this. National speaker David Flood then graced the floor with his dynamic presentation followed by Ms. Wheelchair Wisconsin Annie Heathcote. The audience was in awe of the entire presentation. The new Washburn County Wellness Center 50+ earned a reputation of being an excellent venue to hold such events. Our nutrition staff outdid themselves by providing a wonderful breakfast and lunch. Washburn Transit provided rides and Happy Day provided respite services so Caregivers could attend. To all involved THANK YOU from everyone.



PHOTOS SUBMITTED





# HEALTHY KITCHEN TAKEOVER

## FEATURING

# PAPA SALETRI'S FOOD TRUCK

## OCTOBER HEALTH THEME - CANCER PREVENTION

Join us for a dining experience like no other during the ADRC of Washburn County's first Healthy Kitchen Takeover Event and the official Grand Opening of the Washburn County Wellness Center 50+! Enjoy a fabulous meal prepared by a local chef and take home information and recipes that will help you eat well and age well in your daily lives.



### INTRODUCING PAPA SALETRI'S FOOD TRUCK

Papa Saletri's Food Truck specializes in Italian beefs with an emphasis on small, family-oriented business. Papa Saletri's take pride in crafting the perfect Italian beef sandwich, paying homage to the secret recipe passed down through generations.

## OCTOBER 13 | DINNER AT 5:00 PM

Location

### WASHBURN COUNTY WELLNESS CENTER 50+

850 W. BEAVERBROOK AVENUE, SPOONER, WI 54801

## RESERVATIONS ARE REQUIRED.

PLEASE CALL 715-635-4460 TO MAKE A RESERVATION.

LIMITED SEATING TO 100 PEOPLE.

# Food Price Outlook for 2023 and 2024

<https://www.ers.usda.gov/data-products/food-price-outlook/summary-findings/>  
**Summary Findings**  
**Food Price Outlook, 2023 and 2024**

This page summarizes the August 2023 forecasts, which incorporate the July 2023 Consumer Price Index and Producer Price Index numbers.

See the **Overview** page for Consumer Price Index and Producer Price Index datasets.

## CONSUMER PRICE INDEX FOR FOOD (not seasonally adjusted)

The all-items Consumer Price Index (CPI), a measure of economy-wide inflation, rose by 0.2 percent from June 2023 to July 2023 and was up 3.2 percent from July 2022. The CPI for all food increased 0.3 percent from June 2023 to July 2023, and food prices were 4.9 percent higher than in July 2022.

The level of food price inflation varies depending on whether the food was purchased for consumption at home or away from home:

- The food-at-home (grocery store or supermarket food purchases) CPI increased 0.4 percent from June 2023 to July 2023 and was 3.6 percent higher than July 2022; and
- The food-away-from-home (restaurant purchases) CPI increased 0.2 percent in July 2023 and was 7.1 percent higher than July 2022.

Food prices are expected to grow more slowly in 2023 than in 2022 but still at above historical-average rates. **In 2023, all food prices are predicted to increase 5.9 percent**, with a prediction interval of 5.3 to 6.5 percent. **Food-at-home prices are predicted to increase 5.2 percent**, with a prediction interval of 4.4 to 6.1 percent. **Food-away-from-home prices are predicted to increase 7.1 percent**, with a prediction interval of 6.8 to 7.5 percent. Food prices are expected to continue to decelerate but not decline in 2024. **In 2024, all food prices are predicted to increase 2.8 percent**, with a prediction interval of -2.0 to 7.9 percent. **Food-at-home prices are predicted to increase 2.1 percent**, with a prediction interval of -5.1 to 9.9 percent, and **food-away-from-home prices are predicted to increase 5.1 percent**, with a prediction interval of 2.7 to 7.5 percent.

## RECENT HISTORICAL OVERVIEW

Between the 1970s and early 2000s, food-at-home prices and food-away-from-home prices increased at similar rates. However, between 2009–19, their growth rates diverged; while food-at-home prices deflated in 2016 and 2017, monthly food-away-from-home prices rose consistently. Differences between the costs of serving prepared food at restaurants and retailing food in supermarkets and grocery stores partly explains this difference.

In 2020, food-at-home prices increased 3.5 percent and food-away-from-home prices 3.4 percent. This convergence was largely driven by a rapid increase in food-at-home prices while food-away-from-home price inflation remained within 0.3 percentage points of the 2019 inflation rate. The largest price increases were for meat categories: beef and veal prices increased by 9.6 percent, pork prices by 6.3 percent, and poultry prices by 5.6 percent. The only category to decrease in price in 2020 was fresh fruits, by 0.8 percent.

In 2021, food-at-home prices increased 3.5 percent and food-away-from-home prices increased 4.5 percent. The CPI for all food increased an average of 3.9 percent in 2021. Of all the CPI food-at-home categories tracked by the U.S. Department of Agriculture (USDA), Economic Research Service (ERS), the beef and veal category had the largest relative price increase (9.3 percent) and the fresh vegetables category the smallest (1.1 percent). No food categories decreased in price in 2021 compared with their prices in 2020.

In 2022, food prices increased by 9.9 percent. Food-at-home prices increased by 11.4 percent, while food-away-from-home prices increased by 7.7 percent. All food price categories tracked by USDA, ERS increased by more than 5 percent, and all food categories grew faster than their historical average rate. Following an outbreak of Highly Pathogenic Avian Influenza (HPAI), egg prices had the largest price increase (32.2 percent) between 2021 and 2022 of any category tracked by USDA, ERS. Beef and veal prices increased the least (5.3 percent) between 2021 and 2022 and generally declined from peak prices in November 2021.

## CPI FORECAST CHANGES THIS MONTH

The USDA Food Price Outlook forecasting methods are based entirely on statistical models that are fitted to recent trends in the data. These methods provide prediction intervals that narrow over the forecast period as more data become available and the degree of uncertainty declines. Discussions of price changes

focus on the midpoint of these forecast intervals (titled “Mid” in the workbooks) and use the lower and upper bounds of a 95-percent prediction interval—based on past data, the annual level of inflation is expected to fall in this interval 19 out of 20 times—to reflect the level of uncertainty (titled “Lower” and “Upper” in the workbooks, respectively).

Year-over-year price increases continued to slow for all food and for food at home. Food-at-home prices were 3.6 percent higher in July 2023 compared to July 2022, the lowest year-over-year increase since August 2021. Year-over-year price growth slowed across 10 food-at-home categories, and prices declined for four food-at-home categories between June and July 2023. Month-over-month food-away-from-home prices increased by 0.2 percent from June to July 2023, the lowest monthly increase since March 2021, and food-away-from-home price increases were lower than those of food at home for the first time since January 2023.

In July 2023, prices for unprocessed agricultural commodities continued to decline from their peak in May 2022, and the Board of Governors of the Federal Reserve System voted unanimously to increase the Federal funds (interest) rate established in May 2023 by ¼ percentage point to 5.5 percent. In another event impacting world food prices, Russia withdrew from the Black Sea Grain Initiative in July, an agreement that had allowed Ukraine to export grain and other agricultural exports from designated ports. These events will be closely monitored to assess their impacts on food prices.

Retail egg prices decreased 2.2 percent from June 2023 to July 2023, falling 13.7 percent below July 2022 prices. The recent outbreak of HPAI reduced the U.S. egg-layer flock, as well as the poultry flock to a lesser extent. The outbreak contributed to elevated egg and poultry prices as over 58 million birds, 325 commercial flocks, and 47 States were affected. Retail egg prices have declined over 35 percent from their peak in January 2023 in the absence of a confirmed case of HPAI in commercial egg layers since December 2022. **Egg prices are predicted to increase 1.0 percent in 2023**, with a prediction interval of -3.6 to 6.4 percent. This wide prediction interval reflects the volatility in retail egg prices.

Prices are expected to continue rising for 10 additional food-at-home categories in 2023. **In 2023, prices are predicted to increase for beef and veal (4.2 percent), other meats (4.8 percent), poultry (3.0 percent), dairy products (4.1 percent), fats and oils (9.6 percent), processed fruits and vegetables (9.2 percent), sugar and sweets (9.3 percent), cereals and bakery products (9.0 percent),**

SEE **FOOD** PAGE 18

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.,  
Spoonerville, WI

# The Wisconsin Well Woman Program

The Wisconsin Well Woman Program helps women who have little or no health insurance get screening for breast and cervical cancers.

It pays for:

- Clinical breast exams
- Diagnostic testing if your screening test results are abnormal
- Human papillomavirus (HPV) tests
- Mammograms (breast cancer screening).
- Multiple sclerosis testing for those who are high risk.
- Pap tests (cervical cancer screening).
- Pelvic exams

You don't have to pay a:

- Co-payment.
- Deductible.
- Premium.

You must use a medical provider in the program.

## A FUTURE FREE FROM CERVICAL CANCER

If there was a vaccine against cancer, wouldn't you get it for your kids? Find out if the pre-teens in your life have had the HPV vaccine.

**The vaccine is safe, effective, and prevents the virus that can lead to cervical cancer and many other types of cancer in the future.**

## LEARN MORE ABOUT THE HPV VACCINE.

Around 5,460 women in Wisconsin will get breast cancer in 2023.

The Well Woman Program can help you get a:



iSTOCK FILE PHOTO

- Cervical cancer screening.
- Mammogram.

## WHO IS ELIGIBLE

You can enroll in the program if you

- Are a woman between ages 40 and 64.
- Don't have health insurance, or
- Have insurance that doesn't include routine check-ups and screenings.
- Aren't able to pay the deductible or co-payment.
- Live in Wisconsin

- Meet income requirements (at or below 250% of the federal poverty level)

There are exceptions to the 40-64 age group if you are:

- 65 or older and not eligible for Medicare or if you can't afford Medicare Part B
- 35-39, and receiving Medicaid Family Planning Only services, and you are referred to the WWWP after an abnormal breast exam or abnormal mammogram
- 35-39, and not eligible for Medicaid Family Planning Only services and self-reports breast symptoms to the coordinating agency
- 35-39, without breast symptoms and not eligible for Medicaid Family Planning Only services, you are eligible for cervical cancer screening and diagnostic services

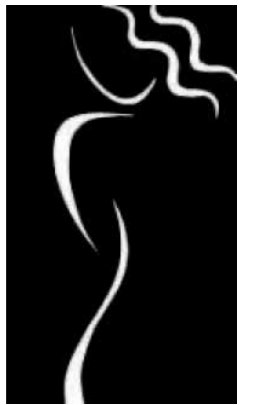
The program is available in all 72 Wisconsin counties and 11 tribes. Yet not every medical provider offers every service.

## HOW TO APPLY

Contact a county or tribal coordinating agency to enroll:

- County Well Woman coordinating agencies
- Tribal Well Woman coordinating agencies

Call 800-642-7837 to learn more about the program



## FOOD FROM PAGE 17

**nonalcoholic beverages (7.6 percent), and other foods (7.4 percent).** The prediction intervals of each of these categories are strictly above zero.

Prices for fish and seafood decreased 0.5 percent in July 2023 and were 0.8 percent lower than July 2022. **Prices for fish and seafood are predicted to increase 0.7 percent in 2023**, with a prediction interval of -0.4 to 1.9 percent.

Prices decreased 0.2 percent for fresh fruits and increased 0.5 percent for fresh vegetables from June 2023 to July 2023. Only the decrease in fresh fruit prices was attributable to seasonal factors. Prices for fresh fruits and vegetables are predicted to continue their relatively slower growth from 2022. **Prices for fresh fruits are predicted to increase 0.4 percent in 2023**, with a prediction interval of -1.4 to 2.3 percent. **Fresh vegetables prices are predicted to increase 1.1 percent in 2023**, with a prediction interval of -0.9 to 3.3 percent.

Pork prices rose by 1.0 percent in July 2023 but remained 3.7 percent below July 2022 prices. **Pork prices are predicted to decrease 2.0 percent in 2023**, with a prediction interval of -4.0 to 0.2 percent.

## PRODUCER PRICE INDEX FOR FOOD

(not seasonally adjusted)

A Producer Price Index (PPI) resembles a CPI in that it reflects price changes over time. However, instead of retail prices, a PPI provides a measure of the average prices paid to domestic producers for their output. PPIs are reported for nearly every industry

in the goods-producing sector of the economy. Three major PPI commodity groups are of interest to food markets: *unprocessed foodstuffs and feedstuffs, processed foods and feeds, and finished consumer foods.* These farm- and wholesale-level prices give a general sense of price movements across various stages of production in the U.S. food supply chain.

The PPIs are typically far more volatile than the downstream CPIs. Price volatility decreases as products move from the farm to the wholesale sector to the retail sector. Because of multiple processing stages in the U.S. food system, the CPI typically lags movements in the PPI. The PPI is thus a useful tool for understanding what may soon happen to the CPI.

USDA, ERS does not forecast industry-level PPIs for unprocessed, processed, and finished foods and feeds. However, these prices have historically shown a strong correlation with the all-food and food-at-home CPIs.

## PPI FORECAST CHANGES THIS MONTH

Prices declined between June and July 2023 for six PPI categories and rose for seven categories. Greater volatility in farm- and wholesale-level prices lead to much wider initial prediction intervals for each of these products. The midpoints of the 2023 prediction intervals (representing the expected price change in 2023) of 11 PPI categories are negative and 2 are positive.

Farm-level cattle prices fell 0.1 percent and wholesale beef prices decreased 2.4 percent in July 2023, but they still reached 29.4 percent and 19.2 percent higher than July 2022, respectively. Price increases are due to tightening cattle supplies. **Farm-level cattle prices are predicted to increase 23.1 per-**

**cent in 2023**, with a prediction interval of 17.4 to 29.7 percent. **Wholesale beef prices are predicted to increase 13.4 percent in 2023**, with a prediction interval of 5.9 to 22.4 percent.

Wholesale pork prices increased by 4.1 percent in July 2023 but remained 3.6 percent below July 2022. **Wholesale pork prices are predicted to decrease 5.5 percent in 2023**, with a prediction interval of -9.6 to -0.8 percent.

Prices for farm-level eggs increased by 5.0 percent in July 2023, following a large decrease between January and May 2023. Prices in July 2023 were only slightly higher than prices in January 2022 prior to the HPAI outbreak in wholesale egg markets. **Farm-level egg prices are predicted to decrease 33.2 percent in 2023**, with a prediction interval of -41.5 to -17.5 percent. Egg prices are the most volatile category tracked by USDA, ERS, leading to a wide prediction interval.

Farm-level soybean prices increased 8.4 percent in July 2023 but remained 2.1 percent lower than July 2022. Wholesale fats and oils prices increased 1.2 percent in July 2023, and were 24.7 percent below July 2022. **Farm-level soybean prices are predicted to decrease 3.8 percent in 2023**, with a prediction interval of -10.5 to 4.3 percent. **Wholesale fat and oil prices are predicted to decrease 19.3 percent in 2023**, with a prediction interval of -21.7 to -16.8 percent.

Prices for farm-level fruits declined 10.2 percent in July 2023 and were 7.8 percent lower than July 2022. **Farm-level fruit prices are predicted to decrease 1.3 percent in 2023**, with a prediction interval of -6.0 to 3.9 percent.

## Include more foods that might help fight cancer into your diet

<https://www.aicr.org/cancer-prevention/food-facts/>  
**AICR's Foods that Fight Cancer™**

No single food can protect you against cancer by itself.

Research shows that a diet filled with a variety of vegetables, fruits, whole grains, beans and other plant foods helps lower risk for many cancers. In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. By including more foods that fight cancer into your diet, you will help reduce your risk of developing cancer.

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- CARROTS
- CAULIFLOWER
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- COFFEE
- CRANBERRIES
- FLAXSEED
- GARLIC
- GRAPEFRUIT
- GRAPES
- KALE
- ORANGES
- PULSES: DRY BEANS, PEAS, AND LENTILS (LEGUMES)
- RASPBERRIES
- SOY
- SPINACH
- SQUASH (WINTER)
- STRAWBERRIES
- TEA
- TOMATOES
- WALNUTS
- WHOLE GRAINS

# Washburn County Wellness Center 50+ Dedication honors Thomas J. Mackie

Washburn County Board Chair Thomas J Mackie, age 77, of Spooner, WI, passed away on Wednesday, March 1, 2023. He received his Bachelors of Science from the University of Minnesota – Duluth. On July 1, 1967, Tom and Sandra were united in marriage and moved to Spooner. Tom started his career as a shop teacher at Spooner High School and stayed there until his retirement in 2002. Tom was an active member in the community and held a position on the Spooner City Council, Washburn County Board of Supervisors, Yellow River Ducks Unlimited, Northwest Regional Planning Commission, Washburn County Economic Development Corporation, Washburn County Industrial Development Agency, Wisconsin Foundation for Rural Housing, Wisconsin Counties Association, Group Health Trust, and was a member of the Pleasant Hills Hunting Lodge.

Tom had taken a great interest in the expansion of services for the elderly and disabled residents of Washburn County of nutrition, transportation, and to prevent social isolation.

On this day, Friday, October 13, 2023, the seniors of Washburn County would like to dedicate the Washburn County Wellness Center 50+ in honor of Thomas J. Mackie and his support of their advocacy for establishment of this building.



Tom Mackie

PHOTO SUBMITTED

## BUSINESS & SERVICES DIRECTORY

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Breakfast, Lunch & Dinner

|                 |                         |
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# Nutrition Program Suggested Contribution Increase

**SUBMITTED BY**  
**VALERIE VANDERBENT**  
 Nutrition Director

Beginning October 1st, 2023, the suggested contribution for senior dining meals and home delivered meals will increase to a sliding scale, starting at \$6.00 up to \$8.00 per meal. The suggested contribution for the monthly Dining at 5 meal will increase to \$8.00 to \$10.00 per meal.

After careful consideration and consultation with the Aging and Disability Services Committee, it was decided to increase the suggested contribution. Our goal is always to find ways to reduce or maintain our costs without lowering the quality or nutritional

value of our meals. Keeping the costs down allows us to be able to serve the increasing senior population within Washburn County. Our average cost to prepare, serve, package, and deliver is \$12.43 per meal.

Our meals are partially funded through federal legislation called the Older Americans Act. This is very important legislation that specifically says we cannot charge adults over the age of 60 for their meals and must offer older adults an opportunity to contribute toward the cost of their meals.

Twenty-six percent of the nutrition program revenues come from participant and community contributions, so they are very important to the sustainability of this program. All contributions are voluntary and are kept confidential regardless of amount. Nobody will be denied meals if they are unable or

choose not to contribute. You may contribute more or less than the suggested amount. You may continue to contribute the same amount you have been. No matter what you contribute, you are always welcome to dine!

The purpose of the Senior Nutrition Program is to reduce hunger and food insecurity, to promote socialization of older adults, and to promote the health and well-being of older individuals. Everyone 60 years or better is welcome to participate in this great and valuable program in Washburn County.

For more information about senior dining, home delivered meals, or the increase in suggested contribution, please contact Valerie VanderBent at 715-635-4460. Thank you for your support and understanding.

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