

Vaccination Promotion Funding Awarded



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

WASHBURN COUNTY AWARDED FUNDING TO CONDUCT VACCINATION PROMOTION ACTIVITIES TO OLDER ADULTS AND PEOPLE WITH DISABILITIES

The ADRC of Washburn County is pleased to announce that it has 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.

\$50 VACCINE INCENTIVE FOR WASHBURN RESIDENTS!

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

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

This vaccine grant is led by USAging and funded by the U.S. Administration for Community Living; the Aging and Disability Vaccination Collaborative grants are helping communities stay healthy by targeting older adults and people with disabilities, particularly those from historically marginalized and underserved communities in which vaccination rates are low. As part of its grant Washburn County will provide outreach to make citizens aware of vaccine availability, provide education, accessibility, and support to ensure a safe and healthy population.

Washburn County Caregiver Conference

Join us at
850 West Beaverbrook Ave. • Spooner, WI 54801
Wednesday, September 13 • 9:30 am - 3:30 pm



David Flood
Award-Winning Motivational Speaker



Annie Heathcote
Miss Wheelchair Wisconsin



Patryce Garcia
DCS/Caregiver Support Coordinator



Don Posh
Indigo

KEYNOTE AWARD-WINNING MOTIVATIONAL SPEAKER
David Flood
 Caregivers of Children With Disabilities

• • •

SPECIAL GUEST SPEAKER
Annie Heathcote
Miss Wheelchair Wisconsin
 Hiring & Working with Caregivers/
 The Importance of Caregivers

• • •

ADRC AGENCY AND STAFF INTRODUCTION BY:
Patryce Garcia
 ADRC of Washburn County's Dementia Care Specialist/Caregiver Support Coordinator

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PRESENTATION BY:
Don Posh of Indigo and Mike Hoffman
 ADA Accessibility, Home Inspections, Adaptive Aids, and Advocacy for Accessibility

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***LIGHT BREAKFAST & LUNCH PROVIDED**

Respite Care options are available. Please contact Patryce Garcia at 715-635-4477

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Free Transportation for respite care and the conference is available for Washburn County residents age 60+ and their caregivers. Please call 715-635-4465 for reservation.

ADVANCE REGISTRATION IS REQUIRED. Please call 715-635-4460 LIMITED TO 75 PEOPLE

There is no fee to attend, but donations will be accepted to defer costs of the conference.




"This funding will enable Washburn County to provide seniors and people with disabilities access to information about local vaccine resources and create positive impact for health," said Linda Hand, ADRC/ Aging Director. "The grant will benefit Washburn County residents by providing direct access to vaccine services in the neighborhoods they live."

"Our 100 Aging and Disability Vaccination Collaborative grantees have hit the ground running,"

said Sandy Markwood, CEO of USAging, which leads the Collaborative. "The funding we have received from the U.S. Administration for Community Living will enable us to make significant strides to increase the number of older adults and people with disabilities who are vaccinated. With these resourc-



PHOTO SUBMITTED

Marilee Morris and Katy Allred doing Vaccine Outreach at the ADRC Summer Senior Social Dinner & Concert event on August 9, 2023.

VACCINATION

FROM FRONT PAGE

es, USAging anticipates funding more than 200 communities and vaccinating more than two million older adults and people with disabilities. These vaccination uptake efforts are lifesaving for the older adults and people with disabilities who research has shown are the most vulnerable to death and severe illness from COVID-19 and the flu.”

Washburn County and other Aging and Disability Vaccination Collaborative grantees expect to deliver vaccines to more than 110,000 older adults and people with disabilities while providing more than 130,000 supportive services over the duration of their grants. The grant period will span the summer months and the fall and winter, as well as the Medicare Open Enrollment period, a time when older adults are encouraged to ensure they are up to

date on vaccinations such as shingles, pneumonia, flu, RSV, and others.

ABOUT THE AGING AND DISABILITY VACCINATION COLLABORATIVE

Led by USAging and funded by the U.S. Administration for Community Living, the Aging and Disability Vaccination Collaborative will distribute funding to enable organizations across the aging and disability networks to perform an array of vaccination promotion activities. Organizations selected for funding will host community vaccine clinics, provide in-home vaccinations, provide transportation to vaccination sites, and will conduct outreach and education to older adults and people with disabilities among other activities.

Learn more at
www.usaging.org/advc

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, August 29, 2023	Shell Lake Senior Center 210 4th Ave., Shell Lake, WI • 715-635-8283	Lunch served at 12:00 noon.
9:00 a.m.	Tuesday, September 26, 2023 (Change Due to Budget week 1st week of October)	NEW Washburn County Wellness Center 50+ 850 W. Beaverbrook Avenue Spooner, WI 54801 • 715-635-4460	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting. starting at 10:30 - 11:00 a.m.
9:00 a.m.	Tuesday, November 7, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI	
9:00 a.m.	Tuesday, December 5, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI	

OUR OUTPATIENT CARE SERVICES INCLUDE:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Infusion Services
- Diagnostic Imaging
- Respiratory Therapy
- and more!

OUTPATIENT CARE
RIGHT IN YOUR
neighborhood

Did you know that Spooner Health offers a wide range of outpatient services close to home? Save the travel time and consider staying local for your care. Like a trusted neighbor, we're here to help when you need us.

Spooner
HEALTH

To learn more about healthcare services from Spooner Health, visit spoonerhealth.com.

Ford Financial Ad

MEALS ON WHEELS

Meals on Wheels America 2023 Advocacy Agenda

Meals on Wheels provides nutritious meals and human connection to millions of older adults across the country, serving as a vital solution to the growing issues of senior hunger, isolation and malnutrition. Meals on Wheels America advocates for federal funding and policies that support and strengthen the nationwide network of community-based senior nutrition programs and the diverse older adult population it serves.

This year, we are calling on Congress and the Administration to:

1. Increase funding and support for seniors nutrition programs.

- Provide adequate funding for the Older Americans Act (OAA) in FY 2024, including a minimum of \$1,284,385,000 for Title III-C to address increasing demand for nutrition services and higher operating costs. Funding for home-delivered and congregate meals and the Nutrition Services Incentive Program (NSIP) is essential for Meals on Wheels programs, especially with an estimated 86% of low-income, food insecure older adults not receiving the meals for which they may be eligible.

- Protect other federal funding sources supporting local Meals on Wheels programs in FY 2024, including Social Services, Community Services and Community Development Block Grants, and Medicare and Medicaid home-and-community-based services (HCBS).
- Enhance the Supplemental Nutrition Assistance Program (SNAP), the Commodity Supplemental Food Program (CSFP), The Emergency Food Assistance Program (TEFAP) and the Seniors Farmers' Market Nutrition Program (SFMNP).
- Improve charitable giving and volunteer tax incentives to generate more resources and expand program capacity.

2. Strengthen and secure nutrition access for older adults.

- Maintain 100% funding transfer authority between OAA Title III-C home-delivered and congregate nutrition services, as allowed during the COVID-19 Public Health Emergency.
- Modernize OAA regulations and guidance to support local senior nutrition programs, including those regarding meal delivery

methods, such as grab-and-go, and other service innovations.

- Reauthorize the Farm Bill to address senior hunger and malnutrition, including protecting SNAP, improving benefits coordination, broadening access for homebound individuals and enhancing interagency collaboration.

3. Advance food as medicine interventions.

- Establish home-delivered meals as a fully reimbursable benefit through fee-for-service Medicare, Medicare Advantage and Medicaid.
- Implement medically tailored meals pilots and initiatives that utilize community-based senior nutrition programs.

1550 Crystal Drive, Suite 1004, Crystal City, VA
888-998-6325

www.mealsonwheelsamerica.org



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,

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 Managers

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

- 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 CENTER NEWS

WASHBURN COUNTY RESOURCES



LOCAL CRISIS 888.860.0373

Washburn County Human Services	715.468.4747
Lakeland FRC	715.635.4669
ADRC	715.635.4460
Veterans (CVSO)	715.635.4470
Non-Emergency Law Enforcement	715.468.4700

SUICIDE AND CRISIS LIFELINE

988

Call or Text

Contact us: www.healthywashco.org

Prevention

Recent hot weather brought on the need for water and talk of dehydration.

We might think it is not important when the weather cools down, but it is a daily need. Dehydration could lead to serious medical conditions. Here is a list of common effects from the Cleveland Clinic.

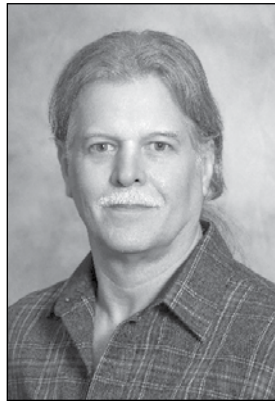


PHOTO SUBMITTED

Don Posh

- Dehydration symptoms in adults may include:
- Headache, delirium and confusion.
- Tiredness (fatigue).
- Dizziness, weakness and lightheadedness.
- Dry mouth and/or a dry cough.
- High heart rate but low blood pressure.
- Loss of appetite but maybe craving sugar.
- Flushed (red) skin.
- Swollen feet.
- Muscle cramps.
- Heat intolerance or chills.
- Constipation.
- Dark-colored pee (urine). Your pee should be a pale, clear color
- The more serious effects can land you in the hospital and can even result in death.

The hospital! We do not want that. Actually, if

we are experiencing these effects we may be able to relieve the symptoms by adding more water to our daily routine. I do know there may be a problem with drinking more water for some with frequent urination and inability to hold it on the way to the bathroom. There is an old saying "When there's a Will, There's a Way". Yes, there is a way. Many products have been developed to assist with dehydration. Some are added to water and others are chewable and taste like candy. If candy could prevent the effects of dehydration, would you be willing to try it?

"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE"

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... We're All in This Together!



Dementia Live Coming to the ADRC of Washburn County!

WHAT IS THE DEMENTIA LIVE?

We know how challenging it can be to watch a loved one change as dementia progresses. Our goal is to help families and community members understand the stages of dementia and provide tools they can use to maintain a loving and supportive relationship with their loved one.

To that end, we will be offering Dementia Live® a high-impact, dementia-simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change.

If you would like to have a demonstration, please contact Patryce Garcia, ADRC of Washburn County, Dementia Care Specialist/Caregiver Coordinator at 715-635-4477.



To

MARSHFIELD CLINIC HEALTH SYSTEM

For your Generous Donation to the Dementia Care Program at The ADRC of Washburn County

This donation is going toward the purchase of **The Dementia Live program.**

Dementia Live is an interactive dementia simulation that results in deeper understanding of what life is like with cognitive and sensory changes.

Please call **Patryce Garcia DCS, CSC** for more information **715.635.4477**



SENIOR NEWS

What is Information & Assistance?

SUBMITTED BY ANNA MARIE BROWN

Information & Assistance Specialist

One of the many services provided by Aging & Disability Resource Centers (ADRC) is the provision of information and assistance. So, what does that mean for you? As the Information & Assistance Specialists for the ADRC of Washburn County, it is our job to be aware of various resources and options to meet the needs of adults (or youth 17 years, 6 months transitioning into adulthood), who are elderly, physically and/or intellectually disabled. We are contacted by the person themselves, their family, caregivers and friends, as well as other community agencies.

Many times when life throws us a curveball, we're not sure what to do, what to ask and where to start. How do you know who to contact for what? Who provides services of the type you are looking for? What does it cost? How do I get this service started? Information & Assistance Specialists are ready and able to assist you. We listen! Please provide information about your situation, including your questions and concerns. We will then provide information about the various resources available to help meet your needs. It does not matter if you are able to privately pay for the service(s), or if you need financial assistance to pay for the needed services. Information & Assistance Specialists are here to help, regardless of your financial situation.

Do you need to come to the office to talk with Information & Assistance Specialist? Yes, but we can also meet you in the comfort of your home. We're often asked who can participate in the appointment. You decide who participates in appointments. You decide who information is shared with.

Is information provided as a "one-size-fits-all" or "cookie-cutter" approach? Information & Assistance Specialists provide information personalized to your situation. We recognize your individual preferences and needs are paramount to your success. Just because something works well for someone else, doesn't mean it will necessarily work for you. Individualized resource and options counseling are most successful when we talk about your preferences and needs. Information & Assistance Specialists can provide information about many resources and options. With your permission, Information & Assistance Specialists will make referrals to the various services based upon *your choice*.

Who else has access to your information? Your privacy and confidentiality are important to us. **We do not disclose to anyone what was discussed.** If a family member, friend or neighbor calls us to inquire about if we met and what may have been said to you, we are not allowed to share any information *without your permission*.

When meeting with an Information & Assistance Specialist, we are required to document in a State database we talked/met with you. We document what we talked about and what information we provided, referrals made, etc. How is this beneficial to you? If an Information & Assistance Specialist is out of the office for an extended time and you need help immediately, your call will be transferred to the other Information & Assistance Specialist. We are able to access the database so you don't have to start from the beginning and tell your story over and over. (This is why we ask for your name, date of birth and address when you contact us.)

Please understand Information & Assistance Specialists may not be able to answer all of your questions. However, we are able to direct/refer you to those who can. For example, if you call and have questions about Medicare, you will be referred to a Benefit Specialist appropriate for your age group (either the Elder Benefit Specialist or the Disability Benefit Specialist).

HERE IS JUST A SAMPLE OF WHAT WE DO OR ASSIST WITH:

- Information about local services and resources
- Assistance in finding services to match your needs
 - o In-home care
 - o Housekeeping and chore services
 - o Home modifications, safety and maintenance
 - o Health (healthy lifestyles, management of chronic conditions, dementia, etc)
 - o Respite
 - o Transportation
 - o Nutrition, home delivered meals
 - o Housing, including senior and low income housing



PHOTO SUBMITTED

Pictured are our very knowledgeable Information & Assistance Specialists (I&A), Anna Marie Brown and Nichole Caudill, at our Dinner & Concert outreach event in Shell Lake in August.

- o Assisted Living, nursing homes and other long term care facilities
- o Financial assistance (e.g., Social Security, SSI, Medicare, Medicaid and other benefit programs)
- o Legal issues (guardianship, power of attorney, client rights advocacy)
- o Abuse, neglect and financial exploitation
- o Mental health, alcohol and drug abuse, crisis intervention
- o Employment, vocational services, volunteer work
- o Adaptive equipment
- o Other

LONG TERM CARE OPTIONS COUNSELING:

- Information about the choices you have when making decisions about where to live, what kind of help you need, where to receive that care and help, and how to pay for it.
- One-on-one consultation to help you think through the pros and cons of the various options in light of your situation, values, resources and preferences.
- Information about Wisconsin's long term care programs and help connect you to resources in your area.

WE ARE YOUR ONE-STOP SHOP FOR INFORMATION ABOUT RESOURCES AND OPTIONS AVAILABLE.

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

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

AUGUST MEAL CALENDAR

SEPTEMBER					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
				Waldorf Chicken Sandwich on WG Bread w/Leaf Lettuce, Creamy Tomato & Cucumber Salad Crisp Grapes					1
NO MEALS SERVED HOLIDAY OBSERVANCE	Cowboy Beans Hot Dish over Brown Rice Walnut-Candied Squash Broc-Cheddar Cornbread Apricots	Ham & Swiss on Whole Grain Bread Potato Corn Chowder Marinated Vegetable Salad Pears	Roasted Pork Loin Mashed Potatoes & Gravy Peas & Pearl Onions Baked Cinnamon Apples	Loaded Chef Salad w/Ham, Egg, Cheese, Veggies, Dressing WG Garlic Breadstick Fresh Fruit Salad	4	5	6	7	8
Porcupine Meatballs Baked Sweet Potatoes Roasted Brussel Sprouts Banana Pudding Parfait SHELL LAKE DINING @ 5	Chicken & Veggie Stir Fry over Brown Rice Egg Roll Mandarin Oranges	CLOSED FOR CAREGIVER CONFERENCE Wash.Co Wellness Center 50+ NO MEALS SERVED or DELIVERED	Tender Roast Beef Mashed Potatoes & Gravy Steamed Sweet Corn WG Dinner Roll Chocolate Zucchini Cake	Bolognese Spaghetti Tossed Caesar Salad WG Garlic Breadstick Fresh Cantaloupe	11	12	13	14	15
Sliced Baked Ham Scalloped Potatoes Roasted Broccoli Pineapple SPOONER DINING @ 5	Enchilada's with Fried Beans Spanish Rice Garden Salad Dressing Peaches	Roasted Turkey Breast Whipped Sweet Potatoes Green Bean Casserole Apple Crisp	Home-style Meatloaf Mashed Potatoes & Gravy Glazed Carrots Cinnamon Applesauce	Garlic Ginger Pork Loin with Broccoli over Asian Noodles Garden Salad Fresh Fruit	18	19	20	21	22
Creamy Chicken and Mixed Vegetable Hot Dish Buttermilk Biscuit Stewed Tomatoes Apricots	Beef Stroganoff WG Egg Noodles Peas & Fresh Carrots Mixed Berry Crisp BIRCHWOOD DINING @ 5	Fall Harvest Salad Made with Sweet Potato, Chicken Breast, Cranberries, & Walnuts, Cranberry Wild Rice Bread Pumpkin Bar	Garlic Thyme Steak w/Horseradish Cream Sauce Mashed Baby Reds Steamed Carrots Strawberry Shortcake	Chili Baked Potato w/Cheddar, SC, Roasted Broccoli WG Dinner Roll Pears	25	26	27	28	29

• 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



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

**PLEASE MAKE RESERVATIONS
24 HOURS IN ADVANCE**
Shell Lake: 715-635-8283
Spooner: 715-635-8283
Birchwood: 715-354-3001

MINONG MENU

Cancelled Until Further Notice

SHELL LAKE MENU

MONDAY, SEPTEMBER 11

BBQ Ribs • Cowboy Beans • Coleslaw
Corn Bread Muffin • Apple Delight

SPOONER MENU

MONDAY, SEPTEMBER 18

Seasoned Chicken Breast
Mushroom Wild Rice
California Medley Vegetables
Salad Bar • Dinner Roll
Mary's Choice Dessert

BIRCHWOOD MENU

TUESDAY, SEPTEMBER 26

Baked Salmon • Mushroom Wild Rice
Parmesan Cauliflower
Garden Salad • Dinner Roll
Kristi's Choice Dessert

TABLET & SMARTPHONE TRAINING



Our tablet and smart-phone 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**.



IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING A MENTAL HEALTH CRISIS WITHIN WASHBURN COUNTY, PLEASE CALL

888-860-0373

SENIOR CENTER NEWS AND EVENTS

LINDA ROGERS
FRIENDSHIP COMMONS
Shell Lake Senior Center

It was a warm four days for the Washburn County Fair this year but we still enjoyed submitting our projects. Our group quilt "Fallen Leaves" received a 1st place and a beautiful ribbon for Best in Show. We were also awarded twelve 1st place, fourteen 2nd place, five 3rd place, and two 4th place awards. Most of these were from our flower gardens, but we entered some of our paintings, a baby quilt, and a short story. All of these did very well.

This month we enjoyed a day on Spooner Lake on a pontoon. This is the third time that Rick Anderson has provided his pontoon and cooked us a delicious shore lunch on board.

We are looking forward to a trip to Pioneer Village in September for the "Bluegrass Festival". I hope that the weather will cooperate and we will have a sunny day.

Our last "concert in the park" was on August 9th with music provided by the "2nd Time Around Band". The meal was delicious and all had fun.

We did not have a painting class in August but classes will resume in September. Check it out.

Call (715)468-7491 for information about activities at our center. Call the Spooner Senior Center at (715)635-8283 to order meals for 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
		*NOTE: Sept. 13 Caregiver Conference is at the Washburn County Wellness Center 50+. No Congregate Dining at Shell Lake		1 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30
4 Senior Center Closed HAPPY LABOR DAY!	5	6 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	7 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	8
11 Tai Chi 10:00 - 11:00 am Painting Class 1:00 DINING @ 5:00	12	13 Wii Bowling & Games 9:00 Quilting 9:00 Smear & Games 1:00 CAREGIVER CONFERENCE*	14 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	15
18 Tai Chi 10:00 - 11:00	19	20 Wii Bowling & Games 9:00 Quilting 9:00 Smear & Games 1:00	21 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	22

CAROL ADDINGTON
Birchwood Senior Center

Can you believe we are coming to the end of summer? It has been a doozy and hope you all survived.



We were lucky as the humidity was minimal and it did cool down so nicely at night, bringing in that nice fresh air. So much of the country and the world was cooking. People and the infrastructure has needed mega upgrade before now even. Poor insurance companies, what a year!

A conscience is what hurts when all your other 'parts' feel so good...

Hope you had a wonderful time at the Bluegill Fest. Sorry about the mid-day rain on Saturday, it was brief. Thanks to all the Lions who work so hard to make that such a big success. It is what makes Birchwood such a great place to be! Hope to see you at the Christmas Fest the 1st weekend in December.

When everything is coming your way, you are probably in the wrong lane. I do not know about you but I am anticipating a beautiful, colorful fall. Even as dry as it has been, our trees and bushes have come out in glory this year and I swear all of them have grown more than ever. Just driving thru our counties has been a green joy and most the corn got the rain when it need it. NUM! Thinking positive.

If Barbie is so popular, why do we have to buy her friends? (Just had to throw that one in this month. Have you seen the movie?)

Kind of quiet at the center this summer, but all will be back in full swing in September. As I have to

BIRCHWOOD SENIOR CENTER

LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

write this so early I don't have all the schedule, plans, and info so be sure to stop in and check the bulletin board. It is right inside the door. I know the exercise classes will be going and some other fun times. Come for lunch. The menu is in here for you to see what is on each day. The center is cool and friendly. Do not forget to check out the bookcase, as books come in on a regular basis. Make this the year you get into the action with us.

Remember Medicare Enrollment Period is October 15, which is coming up soon. When you receive your 'changes' with your present Med Part C/D be sure to check it over thoroughly to make sure you are ok keeping it. If you want to check out other plans, call Kelly Weisenbeck, the Washburn County ADRC Elder Benefit Specialist at 715-635-4460 for an appointment. If you are not a Washburn County resident, call your local county ADRC for assistance.

Potluck is always the 1st Thursday of the month, which is September 7th, this year. Our Sunshine Kelly is always there with the latest programs and opportunities just for you. See you there!

Remember, as the song says..."You got to accent the positive, and eliminate the negative"...and you know...it works!

Watch out for all those kiddies on their way back to school. Think about becoming a 'book buddy' this year. You will be VERY glad you did. This will be my 30th year...

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.

*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

SMP Preventing Medicare Fraud



PHOTO SUBMITTED



Preventing Medicare Fraud

The Wisconsin Senior Medicare Patrol was one of our special guest resource tables at the August Summer Senior Social Dinner & Concert event. They also gave presentations throughout the county during their visit. If you missed it, watch for future visits or contact them for more information. They are always looking for volunteers to join their force.

WHAT IS THE SENIOR MEDICARE PATROL?

The SMP mission is to empower and assist Medicare beneficiaries, their families, and caregivers on how to prevent, detect, and report health care fraud, abuse, and errors through outreach, counseling, and education. The Wisconsin SMP program covers 72 counties and 11 federally recognized tribes with our educational message and outreach. Our program engages and supports an active team, statewide, to help in mission delivery.

The Wisconsin SMP program is housed at the Greater Wisconsin Agency on Aging Resources (GWAAR). The Wisconsin SMP team includes staff, partners, and volunteers. Our team is committed to expanding the SMP mission, reaching as many people as possible in every corner of the state.

OUR HISTORY - HOW IT ALL STARTED

Medicare was signed into law by President Lyndon B. Johnson on July 30, 1965, and at the start, the program accounted for only 2.3% of Federal spending. Now the Medicare and Medicaid program accounts for 23.5% of Federal spending. This program witnessed exponential growth in the number and types of providers Medicare includes, the type of benefits available, the number of claims processed and paid, and, perhaps most importantly, the number of dollars involved. Along with this growth through the years, so has the rate of fraud, abuse and errors

increased.

In 1995, the U.S. Administration on Aging became a partner in a government-led effort to fight fraud, abuse, and errors in the Medicare and Medicaid programs through a groundbreaking demonstration project called Operation Restore Trust (ORT). ORT's purpose was to coordinate and target federal, state, local, and private resources in those areas most plagued by abuse. ORT created a partnership in the US Department of Health & Human Services (HHS) with Centers for Medicare and Medicaid Services (CMS), the Office of Inspector General (OIG) and the Administration on Aging, which continue to work as a team in a coordinated anti-health care fraud effort on the local, state, and national levels.

In 1997, the Administration on Aging established 12 local demonstration projects designed to recruit and train retired professionals to identify and report fraud, abuse, and errors. Senate Report 104-368 noted that "senior citizens are our best front-line defense against these losses." The SMP program as we know it today was made possible by the 1997 Omnibus Consolidation Appropriation Act – legislation that formally supported enlisting seniors in the fight against Medicare fraud.

THE SMP PROGRAM TODAY

Since its inception in 1997, the SMP program has evolved from 12 regional demonstration projects to a nationwide program that serves every state, Guam, Puerto Rico, the U.S. Virgin Islands, and Washington, D.C.

SMPs are discretionary grant projects funded by the U.S. Administration for Community Living (ACL). ACL is headed by the Assistant Secretary on Aging, who is appointed by the president and serves under the U.S. Secretary for Health and Human Services. Every five years, ACL issues a new request for proposals for the SMP program and then competitively awards grants to a selected project in each of the 50 states, the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands.

The SMP programs have been supported by an ACL-funded resource center since 2003. This

CHICOG NEWS

JOANN MALEK AND CATHY PEDERSON

Chicog Township is a rectangle of land with a chunk cut out of one corner. It covers 42.8 square miles and looks a little like a truck-top camper. 148,000 acres are public timbered land. Wisconsin State Highway 77 crosses the northeast corner of the township and continues to the western border.

The Namekagon River crosses the southeast corner of Chicog and flows northwest to the western border. The Namekagon is dubbed Wisconsin's Moving National Park. The Wild and Scenic Rivers Act of 1968 designated the St. Croix National Scenic River way, including the Namekagon, and is the only river managed by the National Park Service.

A second river, the Totagatic, meanders near the northern border of Chicog. These two waterways, along with numerous lakes and streams, cover two square miles of the township with water.

According to the 2021 census, population of Chicog is 274 full-time residents. Many people from other places own property in Chicog and support the area with their tax dollars. The median age of township residents is 61 years. Programs to support senior citizens are an important part of local and county organizations.

Read more about the services of the Washburn County Aging and Disabilities Resource Center in this monthly Focus for Life newspaper supplement. Check their website or call the offices in the county headquarters, Shell Lake at 715-635-4460. Neighbor to Neighbor is a county organization with a mission of helping senior residents live as independently as possible in their own homes. Visit their website or offices in Spooner, or call 715-635-2252.

Folks in Chicog have been reaching out to help their neighbors for a long time. Many work with local organizations, including the Chicog Volunteer Fire Department and the Chicog Emergency Services Group. Check out the Chicog website or call the town hall at 715-466-4525 for more information. Angels on Our Shoulders of Chicog supports residents in the area with grocery deliveries, delivery of food boxes from the Wisconsin Hunger Task Force, and with other specific needs as requested. They are affiliated with Neighbor to Neighbor and can be contacted at 715-635-2252.

If you would like to volunteer your services or are in need of assistance, please contact any of the above agencies.

IMPORTANT SEPTEMBER DATES

- Tuesday, 9/5, 12:45-1:45, Books and Bread, Trego
- Tuesday, August 29, 2023, 10:00 a.m. Aging & Disability Services Meeting Shell Lake Senior Center w/lunch served at 12 (lunch reservations please call 715-635-4460).
- Wednesday, 9/6, 6pm, monthly Town Meeting
- Wednesdays, 9/13, 9/27, Namekagon Transit Services
- Thursdays, 9/14, 9/28, 11-3, Chicog Walkabouts
- Tuesday, 9/26, 9am, Aging & Disability Services Meeting at the NEW Washburn County Wellness Center 50+, Spooner. ADRC Governing Bd. / Aging Citizen's Advisory Committee will meet directly following the ADS meeting.
- Thursday, 9/28, 11-1, Bibliodragon Bookmobile

Thanks for reading the Chicog news.

HAPPY DAY CLUB NEWS

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.

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.

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.

DO SOMETHING NEW



SEPTEMBER ACTIVITIES

- Try a new route home.
 - * do your best to not use GPS!
- Travel somewhere new
 - * If unable to travel physically, try virtually!

Did you know our brains love exercise? Physical exercise, of course, but mental exercises too-the more we challenge our brains, the stronger they can become. One fun way to challenge our brains is to Do Something New. Each month I will be offering suggestions on different tasks that will exercise our brains.

We would love to hear/see how your new challenges go-

Happy Brain Boosting!
 Patryce Garcia
 Dementia Care Specialist/
 Caregiver Support Coordinator
 pgarcia@co.washburn.wi.us

SMP FROM PAGE 16

national SMP Resource Center provides a website about the SMP program and provides direct technical assistance to the 54 SMP projects nationwide. To learn more about the Center, click here.

SENIOR MEDICARE PATROL (SMP) MISSION

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, abuse, and errors through outreach, counseling, and education. SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). Their work is in three main areas:

- **Conduct Outreach and Education.** SMPs give presentations to groups, exhibit at events, and work one-on-one with Medicare beneficiaries.
- **Engage Volunteers.** Protecting older persons' health, finances, and medical identity while saving precious Medicare dollars is a cause that attracts civic-minded Americans.
- **Receive Beneficiary Complaints.** When Medicare beneficiaries, caregivers, and family members bring their complaints to the SMP, the SMP makes a determination about whether fraud, abuse, or errors are suspected. When fraud or abuse is suspected, they make referrals to the appropriate state and federal agencies for further investigation.

WE TRAVEL WISCONSIN GIVING EDUCATIONAL PRESENTATIONS.

See our website for more information <https://www.smpwi.org/events/>

Toll Free & Confidential Helpline and Report Suspected Medicare Fraud: (888) 818-2611

WisCaregiver Careers

Certified Direct Care Professional

FREE TRAINING TO START YOUR HEALTH CARE CAREER

Are you looking to make a difference in people's lives? Would you like to learn skills to help others? Is it important for you to support your community? It has never been easier to learn the skills needed for a fulfilling career in health care. As a Certified Direct Care Professional (CDCP), you can help improve the quality of life for people who are elderly or have a disability.

HERE'S HOW IT WORKS

- Complete the free, 20-to-40-hour training and testing program online at your own pace.
- Receive your CDCP designation and a \$250 completion bonus if you work for or are hired by a qualified provider.
- Automatically join the Certified Direct Care Professional Registry to connect with employers throughout Wisconsin.
- Work six months at a qualified employer and earn a second \$250 bonus.
- Grow into future positions, like certified nurse aide (CNA), medication aide, licensed practical nurse, and more.

WHAT WILL I DO?

The on-the-job role of a CDCP may include:

- Helping your client with daily activities, such as get-

ting dressed, moving around, meals, and body care

- Taking care of household duties your client can't do on their own, like laundry, light cleaning, running errands, or getting to appointments.

WHERE WILL I WORK?

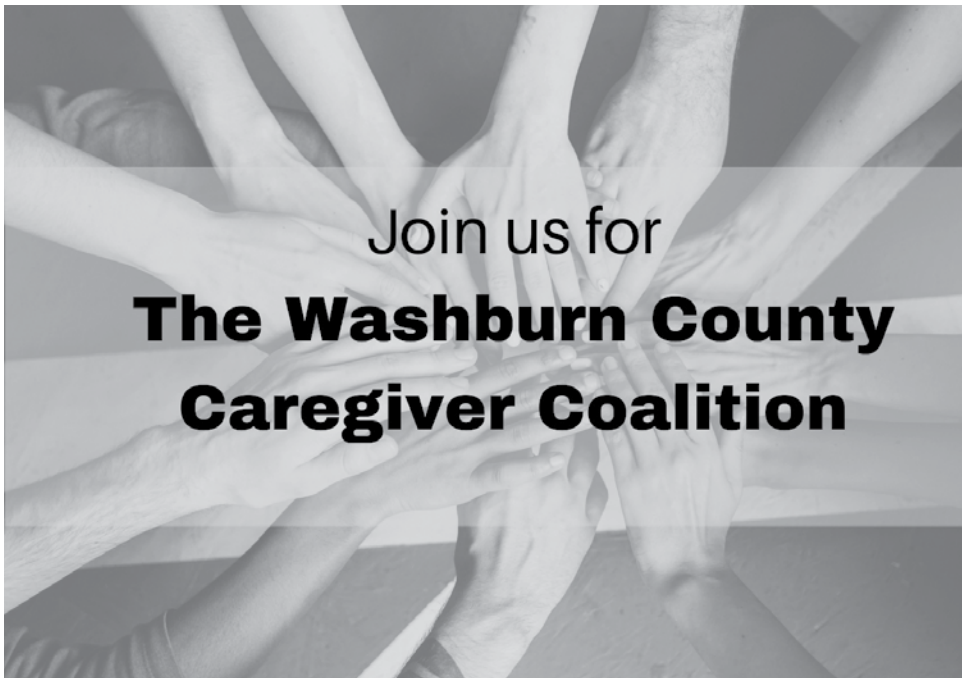
Workplace opportunities for CDCPs include:

- A client's home
- Adult family homes
- Assisted living facilities



Scan to sign up today!
wiscaregivercdcp.com

WASHBURN COUNTY CAREGIVER COALITION



WHEN: The Third Tuesday of the Month from 2:30 to 3:30 PM

WHERE: Washburn County Health and Human Services Building 304 2nd St., Shell Lake, WI ADRC South Conference Room

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

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



GWAAR.org

Please join us at our monthly meeting of the Washburn County Caregiver Coalition. We are proud to announce our 1st Annual Caregiver Conference, which will be jam packed with phenomenal guest speakers to include national speaker, David Flood and Annie Heathcote, Ms. Wheelchair WI. The conference gives priority to Washburn County personal caregivers of older adults and children/adults with disabilities. Reservations are required as there is only seating for 75. There is no charge to attend, but donations will be accepted for costs associated with the conference. A light breakfast and a delicious homemade lunch will be served. Besides the conference speakers, there will be resource vendors and many surprises for our caregivers. If you are a caregiver of a spouse, friend, parent, child, grandchild or other please consider attending. There are options available to assist with respite, if you are concerned of leaving the one you care for. Please call the ADRC Caregiver Coordinator, Patryce Garcia at 715-635-4600 for more information or to make your reservation before the conference fills up.

Agenda for Caregiver Conference September 13, 2023

Doors Open at 9:00 a.m. | CONFERENCE 9:30 AM - 3:30 PM
Washburn County Wellness Center 50+, 850 W. Beaverbrook Avenue, Spooner, WI 54801

The ADRC of Washburn County Caregiver Coalition is your host.



PHOTO SUBMITTED

Patryce Garcia

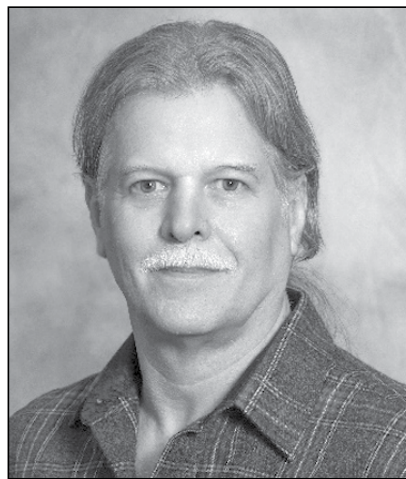


PHOTO SUBMITTED

Don Posh - Indigo



PHOTO SUBMITTED

David Flood



PHOTO SUBMITTED

Annie Heathcote

- 9-9:30 Visit vendors, breakfast snacks/coffee/tea/juice/water, mingle with others.
- 9:30-10:30 Welcome by **PATRYCE GARCIA, Dementia Care Specialist/ Caregiver Support Coordinator** & introduction of ADRC staff panel with explanation of roles
- 10:30-11:30 **INDIGO** ADA accessibility, home inspections, adaptive aids, and advocacy for accessibility to include the Warren Lift toilet
- 11:30-12:30 Lunch Served/Visit Vendors

- 12:30-1:30 **DAVID FLOOD Professional Speaker** – Caregiver of Children with Disabilities.
- 1:30-1:45 Break
- 1:45-2:45 Introduction of **ANNIE HEATHCOTE, Annie Heathcote- Ms. Wheelchair Wisconsin America 2023**– Presentation Process of Hiring & Working with Caregivers & the Importance of Caregivers
- 2:45-3:30 Visit Vendors, talk to staff and speakers

SENIOR NEWS

Need Storm Damage Repairs?

Choose a Trustworthy Contractor



ISTOCK PHOTO

STATE OF WISCONSIN DEPARTMENT OF AGRICULTURE, TRADE AND CONSUMER PROTECTION

FOR IMMEDIATE RELEASE: July 20, 2023

Contact: Caleb Kulich, Public Information Officer, (608) 621-290, culich@wisconsin.gov

MADISON, Wis. – Recent hailstorms in northwestern Wisconsin have led consumers to seek contractors who can complete repair work as soon as possible. The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) recommends property owners be skeptical of repair crews who use aggressive, high-pressure sales tactics to solicit contracts after a storm.

DATCP encourages consumers to ask for contractor recommendations from trusted sources such as friends, neighbors, and insurance agents. Do not let a traveling repair crew into your home, never agree to their offers before confirming they are permitted to operate in your area, and get your contracts in writing. Property owners with storm damage are encouraged to:

- Make a list and take photographs of damages like missing shingles, cracks in walls, etc.
- Call municipal officials to find out if a contractor holds the proper permits for door-to-door sales in their area.
- Request a copy of the contractor's certificate of liability insurance.
- Obtain written contracts that specify exactly what work will be done, what materials will be used, a start and completion date, and warranty details.
- Contact a local building inspector to check if the repair work requires a permit – and to verify the work was completed appropriately before you provide final payment.
- Request and obtain lien waivers from any contractors hired for home repairs.
- Keep copies of all receipts, contracts, correspondence, warranties and written materials.

Wisconsin's storm chaser law aims to protect consumers and businesses by preventing insurance fraud. Contractors:

- Cannot promise to pay any portion of an owner's property insurance deductible.
- Cannot negotiate with an insurance company on behalf of a customer. Contractors can only discuss damages and costs with insurers with the customer's permission.
- Must ask if the requested work is related to an insurance claim prior to entering into a contract.
- Must notify customers of their right to cancel the contract within three

business days if the customer is notified that their insurer has denied any portion of the claim for work.

For additional information and consumer protection resources or to file a complaint, visit DATCP's Consumer Protection webpage at ConsumerProtection.wi.gov. If you have questions, want to check for complaints against a business, or believe you are a victim of a scam, contact DATCP's Consumer Protection Hotline at (800) 422-7128 or DATCPHotline@wisconsin.gov.

If Wisconsinites encounter any issues with their insurance agent, adjuster, or company, they are encouraged to contact the Officer of the Commissioner of Insurance at (800) 236-8517 or visit oci.wi.gov for more information about filing a complaint.

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



Age Well Live Well Washburn County

For vaccine options best for you,
contact your local healthcare provider.

715-635-4460 | 833-728-3400

adrcwashburncounty.org

LIKE US on Facebook at:

AgeWellLiveWellWashburnCounty



Washburn County Senior Farmers' Market Nutrition Program



SUBMITTED PHOTO

In May, Washburn County announced its participation in the 2023 Senior Farmer's Market Nutrition Program. This program allows low-income seniors to apply for \$35.00 in vouchers, which may be used to purchase fresh fruits, vegetables, and herbs from participating Farmers Markets and Roadside Stands throughout the State of Wisconsin.

Eligible applicants must be age 60 or older (age 55 or older if Native American), be a resident of Washburn County, and have an income at/below 185% of the Federal Poverty Level (FPL). Applicants are not required to provide proof of income.

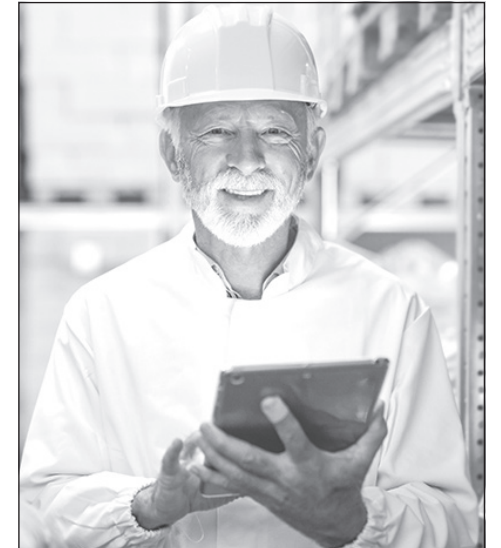
Eligibility forms can be completed at the ADRC of Washburn County 304 2nd Street, Shell Lake WI. We are also going to be planning additional distribution dates at our Washburn County Senior Centers. Please watch the Focus for Life and our Facebook page for these distribution dates.

We are truly excited to be a part of such an amazing program that is not only beneficial to our senior community, but also to our local farmers.

Please contact the ADRC of Washburn County at 715-635-4460 for more information.

Seniors in the Workforce

It is no surprise in today's economy that older adults are staying in the workforce longer or returning to the workforce after years in retirement. According to the Bureau of Labor Statistics, employment of workers aged 65 or older has grown by 117% in the span of 20 years, this includes workers aged 75 years or older. Over 60% of workers aged 65 or older are working full time hours. This is a major change in our workforce with a projected 55% increase of workers over 65 years old and a 86% increase in workers 75 years or old between the years 2014 and 2024. Older workers are increasingly being recognized by employers for demonstrating a strong work ethic, high productivity,



iStock File Photo

extensive life and work experience, low absenteeism and low turnover rates. Many Wisconsin employers are hiring older workers as part of their recruitment efforts especially in Washburn County where persons 65 years and over make up 26.3 % of the population. Are you an older adult looking for jobs but unsure where to start? Are you nervous about re-entering the workforce? The Wisconsin Senior Employment Program works with residents of WI 55 years or older, who are unemployed, and have limited income at or below 125% of poverty level or \$1518 per month for a single person. Program participants receive an assessment to determine individual needs for training, supportive services, and potential for employment. Eligible participants are closely matched with their personal goals and placed in a position in community service (not-for-profit or government agencies) for approximately 20 hours per week. Participants receive the Wisconsin minimum wage of \$7.25 per hour. Other job-related training may consist of upgrading existing skills, developing new skills, limited educational opportunities, job counseling and assistance in finding and keeping a job. For more information about this program, Contact: SER-Jobs for Progress, Inc at 715-939-1400 or stop by the WI Jobs Center at 522 Service Road in Spooner.

What's the PACT Act and how will it affect my VA benefits and care?

The PACT Act is perhaps the largest health care and benefit expansion in VA history. The full name of the law is The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act.

The PACT Act will bring these changes:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras
- Adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures
- Adds more presumptive-exposure locations for Agent Orange and radiation
- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care
- Helps us improve research, staff education, and treatment related to toxic exposures

If you're a Veteran or survivor, you can file claims now to apply for PACT Act-related benefits.

Call the Washburn County Veteran Service Office at 715-635-4470 to schedule an Appointment!!!



Important

The SEARCH is on for Washburn County's TOP CHEFS!

"KITCHEN TAKEOVER WASHBURN COUNTY"

Join us in showing off your culinary expertise for Living, Eating, & Aging Well in Washburn County

1. Washburn County area Chefs, Cooks, Bakers, & BBQ Extraordinaires are encouraged to apply.
2. A \$250 stipend will be paid to the participant.
3. Washburn County ADRC staff will serve as Sous Chefs or you can bring your own staff to assist.
4. Chef will have full reign of the Washburn Wellness Center's new commercial kitchen for prep and cooking.
5. Purchase of food will be coordinated through the ADRC Nutrition Director and purchased by the county to serve up to 100 people with a budget of \$12 per person.
6. We will allow the Chef to pick one of the 12 months with the theme as assigned, since some Chefs may have a preference for a specific condition.
7. Menu will be approved by a nutritionist to make sure that it contains all of the nutrition guidelines of our programming, which includes eating healthy, homemade from scratch when possible, and delish.
8. Chef is willing to give a short demo of one of the menu items, interact, and socialize with the audience.
9. Chef will be allowed to promote their local business as a partner of the ADRC.
10. The ADRC will provide marketing for each month's event and ask that you will share on your social media channels.
11. All applicants will need to provide proof of current ServSafe Food Manager Certification.

The ADRC of Washburn County recently submitted a grant application to Meals on Wheels America for the Unmet Needs Grant. Agency staff wanted to highlight different types of health conditions each month. After a brainstorming session, it was agreed to create a monthly theme with prioritized health conditions that align with national awareness cam-



iStock File Photo

paigns.

- January - Thyroid Conditions
- February - Heart Health
- March - Kidney Awareness
- April - Arthritis Awareness
- May - Hypertension/High Blood Pressure Education
- Jun - Alzheimer's/Brain Awareness
- July - Healthy Vision
- August - Immunizations/Opioids
- September - Falls Prevention
- October - Breast and other Cancer Awareness
- November - Diabetes Awareness
- December - COPD/Dental

With the integration of the ADRC and Aging services, our proposal addressed alike goals by providing outreach, marketing & partnership building to identify, engage & enroll previously unserved older adults to begin receiving Meals on Wheels (MOW) and Congregate nutrition services. With a van, we will provide free transportation to those that would get MOW so they can attend our meal sites to eat & socialize. We were just notified that we were awarded \$25,000 to move forward with the proposal.

The nutrition program will feature meals addressing the featured health conditions. Our new Well-

ness Center will host a monthly "Kitchen Takeover" by a local chef to create a healthy meal while providing a live cooking demonstration as part of our nutrition education. The monthly Focus newsletter will include health recipes in relation to them. Agency staff will provide information and resources including articles, live demos, and videos on social media demonstrating adaptive tools for these themes. We will partner with local healthcare providers to facilitate presentations and provide preventative services.

This exciting medically tailored dining experience incorporates social & educational activities in partnership with local chefs, dietitians, farmers, health care agencies, and food suppliers. Our van will provide transportation & we can arrange virtual options to allow participation from other locations.

If you are interested in applying, please contact Valerie VanderBent, Nutrition Director or Linda Hand, ADRC/Aging Director at 715-635-4460.

Thank you for your consideration in propelling the goal of the elderly nutrition program in Washburn County, Wisconsin. The Elderly Nutrition Program provides nutritionally balanced meals to individuals 60 years of age and over, spouses, and caregivers. The program offers these adults the opportunity to live independently in their community by providing socialization and informal support networks.

ROONEYISMS

ROONEYISMS

Too good not to share!

Contributor unknown was shared on Facebook

- I've learned.... That the best classroom in the world is at the feet of an elderly person.
- I've learned.... That when you're in love, it shows.
- I've learned.... That just one person saying to me, 'You've made my day!' makes my day.
- I've learned.... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.
- I've learned.... That being kind is more important than being right.
- I've learned.... That you should never say no to a gift from a child.
- I've learned.... That I can always pray for someone when I don't have the strength to help him in some other way.
- I've learned.... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.
- I've learned.... That sometimes all a person needs is a hand to hold and a heart to understand.
- I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.
- I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
- I've learned.... That we should be glad God doesn't give us everything we ask for.
- I've learned.... That money doesn't buy class.
- I've learned.... That it's those small daily happenings that make life so spectacular.
- I've learned.... That under everyone's hard shell is someone who wants to be appreciated and loved.
- I've learned.... That to ignore the facts does not change the facts.
- I've learned.... That when you plan to get even with someone, you are only letting that person continue to hurt you.
- I've learned.... That love, not time, heals all wounds.
- I've learned.... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.
- I've learned.... That everyone you meet deserves to be greeted with a smile..
- I've learned.... That no one is perfect until you fall in love with them.
- I've learned.... That life is tough, but I'm tougher.
- I've learned.... That opportunities are never lost; someone will take the ones you miss.
- I've learned.... That when you harbor bitterness, happiness will dock elsewhere.
- I've learned.... That I wish I could have told my Mom that I love her one more time before she passed away.
- I've learned.... That one should keep his words both soft and tender, because tomorrow he may have to eat them.
- I've learned.... That a smile is an inexpensive way to improve your looks.
- I've learned.... That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.
- I've learned.... That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
- I've learned.... That the less time I have to work with, the more things I get done.

Benefits of a Stress Wookie



Submitted Photo

SUBMITTED BY CASSI FEIERTAG

Administrative Assistant

Many of us in our daily lives have been visited by the menacing ailment we call stress. It's not always recognizable, sometimes it just seems that we are having a bad day. Unrecognized stress can cause serious harm to our mental and physical health such as high blood pressure, headaches, blurred vision, fatigue, and panic attacks. Pay attention to your feelings, you are having them for a reason. Stress can be caused from many different things: your job, health issues, family and friends, illnesses or injuries, heavy traffic, and many other things. Finding a way to manage your stress is not always easy, but it is possible.

I'm sure many of you have heard of, or have used a little invention that we call stress balls. Stress balls are fantastic devices! They help those with pain caused from arthritis, help release tension, and are a good way to divert your attention from what is stressing you out. However, I am a firm believer that when it comes to mild stress, laughter is the best medicine. With that in mind, I visited my local shopping center in search of something that would make me smile during stressful times. I hit the jackpot when I purchased my, self-named, Stress Wookie. For those of you who are not familiar with Star Wars, a Wookie is kind of a like a giant two legged dog who lives a galaxy far far away. They are loyal, courageous, and they make the most amazing sound!

So, how does a child's toy bring me so much joy? Well, you just give it a good squeeze (maybe two or twenty – depending on your stress level) and it lets out a joyous Wookie call. . After a couple of good squeezes I usually get the giggles and am much happier than I was the moment before.

I have found that my Stress Wookie helps reduce my anxiety and stress. It also provides me with visual stimulation (let's be honest, he is just plain cute), releases my tension, and helps to improve my mood. I highly recommend checking your local toy section for your own form of stress relief. Thank you for taking the time to read this article, I hope it helps you find your own version of a stress Wookie. Enjoy what is left of this beautiful weather and May the Force Be with You!

Can Hearing Aid Slow Dementia

https://thehill.com
 BY KIM POSEY AND ADDY BINK -
 07/22/23 9:40 PM ET

DENVER (KDVR) — A new study published in The Lancet medical journal this week shows people with a high risk of developing dementia could cut that risk by 48% with the use of hearing aids.

“This was really an exciting study,” said Dr. Julie Prutsman at Sound Relief Hearing Center in Highlands Ranch, Colorado. “We’ve known for years that there is a connection or a link between untreated hearing loss and cognitive decline or dementia.”

The study, she said, shows what impact hearing loss intervention can have.

Researchers analyzed more than 3,000 people — some that were considered healthy community volunteers, and older adults from the Atherosclerosis Risk in Communities study, a long-term observational study focused on cardiovascular health, according to CBS News.

During the study, participants were randomly placed into one of two groups: ‘hearing intervention, which received audiological counseling and hearing aids, or ‘control intervention,’ which received health education regarding topics on chronic disease prevention. Researchers followed up with the groups every six months over a three-year period, and then scored them based on a “comprehensive neurocognitive” test.

In the published study, researchers say there was no major reduction in cognitive decline with the use

of hearing aids. But, among the older participants, researchers say they found a “significant difference.”

“These findings suggest that a hearing intervention might reduce cognitive change over 3 years in populations of older adults at increased risk for cognitive decline but not in populations at decreased risk for cognitive decline,” researchers wrote.

Dr. Prutsman said the study offers “hope for these individuals if we treat something as simple as hearing loss.”

Dr. Ira Chang, the medical director of neurocritical care at Swedish Medical Center, said there are different theories about how hearing loss impacts cognition.

“Maybe by not using those parts of the brain, they are atrophying faster, and maybe they are not as social,” Chang said.

With the results of this study, Chang is glad to have another possible way to help her patients at high risk of dementia to slow the process.

“I think this is a very exciting, very concrete intervention that we can use,” she said.

Hearing tests can be completed in 30 minutes or less, and Prutsman said there are many different kinds of hearing instruments available that are almost undetectable. Some even have Bluetooth technology. She hopes families will look at their options

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