



OPEN HOUSE!



SUBMITTED BY
LINDA HAND
ADRC Director/
Aging Director

Join us on Friday, April 12th for the Washburn County Services Center and Shell Lake Senior Center Open House.

The Shell Lake Senior Center will be open from 11:00 a.m. until 2:00 p.m. Here you can see what the Shell Lake Senior Center has to offer for both activities and nutritious meals from the Washburn County Nutrition Program. Healthy appetizers will be provided along with nutrition education and recipes. Lunch will be available from Papa Saletris Italian Beef. A meal token will be available for adults age 60 and above at the check-in station in the Shell Lake Senior Center. The suggested contribution for lunch will be \$6.00 - \$8.00 for those age 60 and over. There will be a \$15.00 charge for those under 60. No one will be denied service based on inability to contribute. Prior registration is not required.

Learn more about what Washburn County Services Center has to offer from 11:00 a.m. until 3:00 p.m. Come and meet the staff from the ADRC of Washburn County, UW Extension, Health and Human Services, Veterans Service Office, and Beautiful Hearts Rescue and gain resources and information about the programs available to Washburn County residents. For more information, contact Cassi at the ADRC of Washburn County at 715-635-4460.

MARK YOUR CALENDARS!

Returning to Shell Lake for the summer of 2024, the annual Summer Senior Social Dinner Concert Series! Please join us on the beautiful shores of Shell Lake, WI, where we will hold three senior social events in Washburn County. This year will present a fun twist with different dining options provided by local food trucks.

Local Artists Display Their Art at the Wellness Center



SUBMITTED PHOTO

The Washburn County Wellness Center 50+ is excited to offer its wall space to promote and display the work of the many talented local artists living and working in the north woods. We have a newly installed display system for accommodating the work of several artists in a group show or a large collection of an individual artist. We are grateful to have a curatorial committee that will be organizing a variety of upcoming shows, (themed and otherwise) and reviewing submissions for hanging. Look for an official "call for entries" announcement and an on-line submission form to be posted in the coming weeks. This is an exciting opportunity for all artists working in a two dimensional medium to promote their work and share their creativity with the community. Stop in and have a look at a small sampling of work that is already hanging in the Wellness Center gallery. Please direct any questions to the Valerie VanderBent at the ADRC of Washburn County by calling 715-635-4460 or via email at aging@co.washburn.wi.us.

FEATURED ARTISTS:

JANICE HOVEY

Janice Hovey is a recently retired elementary school arts educator. Prior to that she spent 20 plus years as a graphic designer after receiving her BFA from Minneapolis College of Art And Design. She is a mixed media artist and primarily makes collage and assemblage pieces using a variety of materials.



PHOTO SUBMITTED

Janice Hovey

"I have always loved creating art from materials that might otherwise be discarded or seen as useless. In particular I am drawn to materials that have a history or a nostalgia about them; materials that have a beauty that is revealed from weathering and age, materials that still have relevance and can be up-cycled and given a new life. I also like cutting up and composing with a variety of vintage papers and textiles.

ARTISTS

FROM FRONT PAGE

Metatorus loosely translated means “beyond the tube”. It is a word that I crafted to describe my technique of using discarded bicycle inner-tubes to create with and my attraction to all things that are circular.”

Finding a 1941 edition of Audubon’s The Birds of North America led her creative energy in yet another direction. She has been experimenting with cutting and weaving the vintage Audubon prints for several years and from this, the BirdCrash series emerged.

She has been exhibiting at fine art and craft shows both here and in Chicago for many years and you can see more of her work on Instagram at metatorus.mixed.media and Metatorus on Facebook.

For more information about commissions and sales contact: janice@boldface.com

SANDY HOVEY CAMPBELL

Painting is my way of trying to capture the places, settings and moments that provide a source of joy, a strong sense of memory, family, and travel. I am drawn to the play of color combined with a loose often-energetic painting style that is realistic but can border on abstraction.



PHOTO SUBMITTED

Sandy Hovey Campbell

The inspiration for many of my oil paintings has been summers spent in northwestern Wisconsin. Recently, the woods in winter have stirred a whole new color palette and awakened an awareness of the amazing blue-purple color of shadows falling on fresh snow.

I’m always on the lookout for that special tree, field or roadway that will capture the mood and place I am in.

It is my hope that although your places may be different than mine, that the woods, the roads and the fields I have painted will bring you a sense of freedom, travel and the comfort of coming home.

--Sandy Hovey Campbell

Sandy received a Ph.D. in Education, and her dissertation was a visual exploration of high school documented by her students at Oak Park and River Forest High School. Sandy is an artist and teacher; she enjoys making her own work and guiding others to find their visual voice.

Sandy Campbell has studied art at Illinois State University, The University of Illinois at Chicago and the Art Institute of Chicago

ROGER NIELSEN

“During my middle decades, making art took a back seat to raising a family and building a busi-

ness. I had a tiny studio and occasionally made a painting, but the studio was primarily for doing art restorations—something I still do

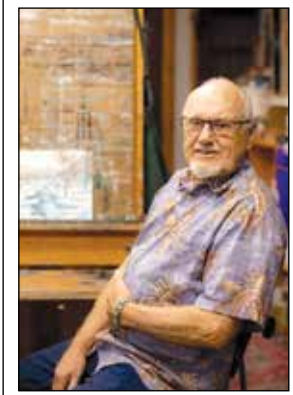


PHOTO SUBMITTED

Roger Nielsen

part-time. It wasn’t until I retired that I could rekindle my original dream of creating art.” “My style of painting varies from loose and sketchy to more refined and detailed. I approach each painting as a new challenge, and I continue to grow with each venture.” Exert from Celebrating My Danish Heritage by Robert Nielsen.

To see Roger’s artwork, visit www.rogethnielsen.com.

DIRECTOR NEWS

FROM FRONT PAGE

WEDNESDAY, JUNE 19, 2024 – Band: Ian and Sean Okamoto Reservations open on June 3rd

A father-son duo hailing from Northern Wisconsin. Sean has been playing music for over 50 years, touring with bands as a singer-songwriter. His son, Ian, has been a pianist since he could reach

the keys and began performing professionally at age 14. Together, the pair have been entertaining for over 7 years. Sean and Ian play a variety of music that all-ages can enjoy and sing along to, from 1940s bops to modern-day hits and everything between.

WEDNESDAY, JULY 17, 2024 – Larry’s Drifters Reservations open on July 1st

A well-known local country band, who have racked up a following of

people from all around Wisconsin and the surrounding area. Dust off your cowboy hats and boots for a rip-roaring time.

WEDNESDAY, AUGUST 21, 2024 – 2nd Time Around Band Reservations open on August 1st

Featuring music from the golden era of rock & roll. Timeless... absolutely timeless! This band has been entertaining locally for many years, with their Rockin’ music and wit. You will not want to miss this

finale concert!

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



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.



Helping Chart Your Financial Course

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

Estate Planning

Solving Problems Before They Happen

An estate plan isn't just for the wealthy. That's because your estate is anything you own that will be passed down, paid off, or otherwise disposed of upon your death. An estate plan is made up of the official documents that legally ensure your wishes are carried out.

CALL OR VISIT TODAY!

715-635-3136

www.davidpford.net

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Not insured by FDIC or any government agency | Not bank guaranteed
Not bank deposits or obligations | May lose value



David P. Ford
CERTIFIED FINANCIAL PLANNER™



Lynn Ford
Certified Retirement Planning CounselorSM



Tom Sutton
LPL Financial Advisor

WHAT YOU NEED TO KNOW ABOUT COVID VARIANTS AND THE UPDATED COVID VACCINE

SUBMITTED BY **KATY ALLRED**
Vaccine Outreach Coordinator

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

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

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

Scientists study and compare variants so that they can track their spread and know when a

more dangerous variant emerges. The last Covid vaccine (recommended since September 2022, until 2024) was a bivalent vaccine, designed to protect against the then current (and the original Covid virus) circulating variant of Covid 19. These are no longer circulating widely.

Persons should not rely on the older Covid vaccines for protection from the variant that is currently responsible for increases in severe illness and hospitalizations. This is especially true for the elderly population, and those with underlying medical conditions that put them at higher risk for complications. Since mid- July 2023, Covid 19 associated hospitalization rates began increasing. Further increases are expected in the fall and winter respiratory virus season. Typically, the winter virus season lasts at least through April each year.

As of September 11, 2023, the bivalent Pfizer-BioNTech and Moder-

na COVID-19 vaccines (2022-2023) are no longer available for use in the United States.

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

In September of 2023, the FDA and the Advisory Committee on Immunization Practices (ACIP) approved and authorized the updated 2023-2024 Formula monovalent XBB.1.5 for persons 6 months and older. The updated vaccine may not totally protect you from getting the virus if exposed, but it can prevent you from severe illness and hospitalization.

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

This vaccine incentive ends April 15, 2024. For questions and information about the vaccine initiative for Washburn County, including

\$50 one time incentive for receiving a vaccine (including Covid, Flu, RSV, Shingles, Pneumonia, Tdap, contact:

Katy Allred, Vaccine Outreach Coordinator - 715-645-2754
callred@co.washburn.wi.us

For the most up to date and complete information, go to cdc.gov/mmwr

COVID vaccination clinic on April 12th during the ADRC Open House.



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/>

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

ADRC of Washburn County Staff Contacts as of March 2024
This is a list of our staff by position, with contact information. If they are unavailable to answer your call, please make sure to include a detailed message, which includes your full name, phone, and description of the information and services that you are seeking. If a staff member's message states they are out of the office, you can still call our main number to see if another staff member can assist you at 715-635-4460.

Anna Brown
Information & Assistance Specialist (I&A)
715-635-4460

Nichole Caudill
Information & Assistance Specialist (I&A)
715-635-4460
Our I&A staff provide support to all adults regarding the needs of persons with disabilities, older adults and their caregivers, and they explore what programs or services meet those needs. They take the time to get to know your situation, and collaborate with you and your support network on next steps.

Kelly Weisenbeck
Elder Benefit Specialist (EBS)
715-635-4478
The EBS helps people ages 60+ navigate both private and public benefits, including Medicaid,

Social Security, Medicare, prescription plans, Food Share and many other options to help seniors.

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

Patryce Garcia
Dementia Care Specialist (DCS)/Caregiver Support Coordinator
715-635-4477
DCS provide information and support to adults with dementia and their caregivers. The role of Caregiver Support Coordinator assists residents throughout the county who act as caregivers for elderly, disabled, and grandparents raising children in many capacities.

Valerie VanderBent
Nutrition Director
715-635-4467
The Nutrition Director oversees the Washburn County Elder Nutrition Program, which provides congregate Meals and Home Delivered Meals through our sites.
Washburn County Nutrition Site Mangers
Kristi Shoop (Birchwood) • Laura Gomez

(Minong) • Char Jaeger (Shell Lake)
Mary Lawson (Spooner)
Jennifer Ganske (Spooner Cook)

Amber Anderson
Mobility Manager
715-635-4465
Washburn County Transit provides medical, nutritional, and social rides for residents age 60+ and adults with disabilities.
Washburn County Transit Drivers
Kerry Moore • Dean Martin

POSITION OPEN FOR RECRUITMENT
Fiscal Assistant
715-635-4463

Cassi Feiertag
Administrative Assistant
715-635-4460

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

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

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

OPEN POSITIONS AT THE ADRC:
FISCAL ASSISTANT • TRANSPORT DRIVER/BACK UP DISPATCHER • ADRC SUB-COOK
TO APPLY: 715-468-4624, FAX 715-468-4628, EMAIL adminper@co.washburn.wi.us, or download application from the county website:
www.co.washburn.wi.us

RECIPE

Lemon Basil Baked Garlic Butter Salmon



STOCK PHOTO

Healthline

Written by Chaunie Brusie – Medically reviewed by Kathy W. Warwick, R.D., CDE

Salmon is a great option for anyone with arthritis. It has omega-3 fatty acids that help reduce inflammation in the body. Be sure to choose wild-caught salmon, not farmed, for the highest nutritional value.

When cooking healthy, tasty foods, keeping things simple is sometimes best. That’s exactly what this baked salmon recipe does. You can whip this meal up in about 15 minutes.

INGREDIENTS

- 6 ounces salmon (4 pieces)
- 2 lemons
- 1/2 cup butter
- 2 Tbs minced garlic
- 1 tsp sweet basil leaf dried
- 1 pinch red pepper flakes more if you like it spicy

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Lay out your foil sheets, one per filet of fish.
3. Put your salmon on your foil.
4. In a microwave safe bowl, combine butter, garlic, basil, and red pepper.
5. Microwave 30 seconds to 1 minute until butter is melted, stir well.
6. Spoon butter mixture evenly over the fish
7. Squeeze half a lemon over each filet
8. Wrap in foil, place on baking sheet
9. Bake for 15-17 minutes, until desired doneness is reached
10. Turn oven on to broil on high
11. Broil 1-2 minutes to crisp up edges of Salmon
12. Serve immediately.

NUTRITION

Calories: 285kcal | Carbohydrates: 6g | Protein: 9g | Fat: 25g | Saturated Fat: 15g | Cholesterol: 84mg | Sodium: 223mg | Potassium: 298mg | Fiber: 1g | Sugar: 1g | Vitamin A: 725IU | Vitamin C: 29.9mg | Calcium: 33mg | Iron: 0.7mg

ADRC of WASHBURN COUNTY is OFFERING A NEW WELLNESS INITIATIVE

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



New series begins every Month



www.esmmweighless.com

- Check it out - a 15-week weight management program that works because it is not a diet - it's a lifestyle!
- All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.
- Participants can conveniently attend classes from home or office using a computer or mobile device.
- A new series begins each month. Contact the ADRC of Washburn County for more details.
- **ADRC of Washburn County is covering the full cost of the program, \$220, for Washburn County Residents. A suggested donation of \$25 made payable to ADRC of Washburn County is appreciated.**
- **To register, please call 715-635-4460**
- All participants must be 60+ years of age.

WASHBURN COUNTY MEMORY CAFE

WASHBURN COUNTY MEMORY CAFE

WHEN:

The Second Tuesday of every month

TIME:

2 PM - 3 PM

WHERE:

Spooner 50+ Wellness Center
850 W Beaverbrook Ave.
Spooner WI 54801

MEMORY CAFES are social gatherings where people living with memory changes and their caregivers can come together in a safe and supportive environment, share conversation over a cup of coffee, or participate in fun, simple activities with the group.



CONTACT:

Patryce Garcia

Dementia Care Specialist
Caregiver Support Coordinator
pgarcia@co.washburn.wi.us

715.635.4477

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



INDIGO NEWS

Break Time

SUBMITTED BY **DON POSH**
IndiGO Your Allies for Independence

For many of us, we acquire some habits through life that often stay with us as we age and retire. Get R' done, we've heard it and practiced it. At the end of our working years we notice the slow down. We reflect on what we got done in a much shorter time when we were younger. That's natural! Accepting that younger version of ourselves doesn't exist anymore is a difficult pill to swallow.

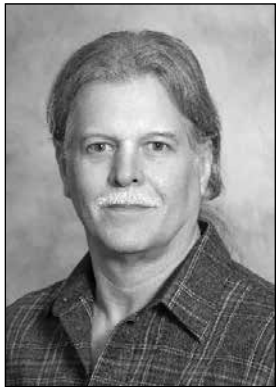


PHOTO SUBMITTED
Don Posh

Our health is often neglected until we are forced to make changes. Our bodies will tell us regulate our activity or we can suffer the consequences.

An example of my own is from injuries to my neck from an auto accident. We prepare meals which involves lots of time cutting up meat and vegetables. That task can irritate my neck. I have learned to take a break when my neck tells me to no matter if I only have 5 more minutes or less left to finish. It's not worth it to "Get R' Done". It can be 3 days or even a week of suffering if I don't take that break. How much did I get done then? All I need to do is stop for a little while and do some stretching on my neck and shoulders. By doing that I could then finish the job and

do it again the next day. That lesson brings about another old saying "Once Bitten Twice Shy".

Take a break when your body tells you to or just because you want to. When we adapt to changes in our health we suffer less. In my time with indiGO I have had many opportunities to witness those who accept and adapt to their disabilities and thrive. Do you want to thrive?

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.



FREE BRAIN HEALTH CHECK UP

Call today for a Free Breain Health Check up!

Why get a free Brain Health Check up? You will receive:

- Immediate confidential results
- A Baseline Memory Measurement
- Information on treatable causes of confusion or memory changes
- Information on brain health
- Support for concerns
- Option for a medial referral

Your confidential screen can be done at home or at our office and will take about 10 minutes.

Contact your local ADRC to set up your **FREE** confidential memory screen today!
715.635.4460



WASHBURN COUNTY TRANSIT NEWS

SUBMITTED BY **AMBER ANDERSON**
Mobility Manager

Have you heard about Washburn County Transits newest vehicle? Maybe you have seen it driving down the road or know a friend who has used this service. Our Transit Van is up and running and ready to take you on your next shopping trip, to the NEW Wellness Center 50+



PHOTO SUBMITTED
Amber Anderson

in Spooner, to the wonderful local senior centers for lunch or an activity, or to the library to get that book you have reserved! We are all very excited here at the ADRC of Washburn County to see the great response from our community! The Transit Van is a great addition to our program and will get people where they need to be at a great price. We still offer non-emergency medical trips for medical appointments, but the van is geared toward social and shopping trips. We offer daily trips Tuesdays-Fridays from 9am to 4pm. Tuesdays we are in Spooner and Shell Lake, Wednesdays we are in Minong and Thursdays we are in Birchwood. Fridays we have the van running to Rice Lake. The cost to ride the van is \$3 for all county rides and \$5 for out of county rides. We have the same billing as the

medical runs. Amber will send you a statement at the beginning of each month and you can pop a check in the mail payable the ADRC of Washburn County. Call Amber @ (715) 635-4465 for more information or to reserve your seat on the van. Thanks for all your support with our Transit program. We could not do this without our passengers and a great community! We are so blessed to live where we do!



BRAIN BREAK SNAP-A-THON

Brain Breaks are Fun Activities That are also Great for your Brain Health

What is a Snap-a-thon?
Snapshot Wisconsin Snap-a-thon are friendly competitions hosted on the WI DNR's website where a group of people identify animal photos to gather as many points as possible.

Registration is Required
Teams are encouraged!
Light snacks will be provided

WHEN:
Wednesday, April 10th
5:00 PM
WHERE: Spooner 50+ Wellness Center
850 E Beaverbrook Ave.
Spooner, WI
Contact to register:
Patryce Garcia
715.635.4477
pgarcia@co.washburn.wi.us



SENIOR FARMERS MARKET

Returning to Washburn County in June of 2024
SENIOR FARMER'S MARKET NUTRITION PROGRAM

For more information please contact:
Cassi Feiertag
715.635.4469
Distribution dates and locations will be available soon!



APRIL		LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Chicken and Vegetable Stir Fry over Brown Rice Egg Roll Mandarin Orange Fluff MINONG DINING AT 5 1	CLOSED FOR DINE IN Granny Smith Tuna Salad Sandwich on WG Bread with Leaf Lettuce Red Potato and Herb Salad; Crisp Grapes 2	CLOSED FOR STAFF TRAINING NO MEALS SERVED OR DELIVERED 3	Brat on a WG Bun Sweet Potato Puffs Cucumber Chickpea Salad with Citrus Apricots 4	Home-Style Meatloaf Mashed Potatoes Gravy Glazed Carrots Whole Grain Bread Triple Berry Crisp 5		
Pulled Pork on a WG Bun Baked Beans Creamy Coleslaw Strawberry Shortcake SHELL LAKE DINING AT 5 8	Broccoli & Chicken Fettuccini Alfredo Garden Salad WG Garlic Breadstick Fresh Clementine 9	Garlic Thyme Beef Roast Parsley Red Potatoes Baked Sweet Potato Whole Grain Bread Pears Sour Cream Cranberry Bar 10	Ham & Cheese Baked Potato with Cheddar, SC Roasted California Medley Peaches Whole Grain Bread 11	SHELL LAKE OPEN HOUSE Strawberry Spinach Salad with Chicken Spring Marinated Vegetable Salad Fresh Banana WG Garlic Breadstick 12		
KITCHEN TAKEOVER Waldorf Chicken Salad on WG Bread w/Leaf Lettuce Broccoli-Cauliflower Salad, Carrot Sticks Cantaloupe SPOONER DINING AT 5 15	Spaghetti & Meatballs Caesar Salad WG Garlic Breadstick Chocolate Pudding with Bananas 16	SPOONER SALAD BAR BBQ Ribs Buttered Corn Green Beans Broc-Cheddar Cornbread Pineapple 17	Baked Chicken Breast with Mushroom Gravy Dill Glazed Carrots Baked Potato WG Bread Berries n' Cream 18	Cowboy Beans Hot Dish over Brown Rice Walnut-Candied Squash Whole Grain Bread Apricots 19		
Cheeseburger on a Whole Grain Bun Baked Beans Sweet Potato Wedges Applesauce 22	Swiss Steak Mashed Potatoes Steamed Broccoli Whole Grain Bread Mandarin Oranges BIRCHWOOD DINING AT 5 23	Parmesan Crusted Cod Homemade Tartar Sauce Parsley Red Potatoes Asparagus Honeydew Whole Grain Bread 24	Oven Roasted Turkey Mashed Potatoes, Gravy Buttered Carrots Cranberry Wild Rice Bread Cranberry Fluff 25	Swedish Meatballs over Egg Noodles Roasted Parmesan Cauliflower Side Salad Peaches 26		
Sliced Baked Ham Scalloped Potatoes Peas & Onions Whole Grain Bread Pineapple 29	Mongolian Beef with Cilantro Lime Rice Sautéed Bell Peppers Green Beans Fresh Orange 30					

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

Spooner Wellness Center: 715-635-8283 • Shell Lake Senior Center: 715-468-4750
Birchwood Senior Center: 715-354-3001 • Minong Senior Center: 715-645-0418

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



APRIL

DINING @ 5

Suggested donation is \$8.00 - \$10.00
 Cost: \$15.00 for anyone under 60 years old.
PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE
 Shell Lake: 715-468-4750
 Spooner (ADRC Office): 715-635-4460
 Minong: 715-466-4448 • Birchwood: 715-354-3001

MINONG MENU
MONDAY, APRIL 1
Dining like the Stars!
 Jennifer Aniston's Friendship Salad
 Frank Sinatra's Peppers & Sausage
 Patti Labelle's Mac n' Cheese
 Elvis Presley's Favority Whipping Cream
 Pound Cake with Fresh Berries

SHELL LAKE MENU
MONDAY, APRIL 8
 Beef Stroganoff
 Buttered Carrots
 Fresh Side Salad
 Dinner Roll
 Char's Choice Dessert

SPOONER MENU
MONDAY, APRIL 15
Top Chef Kitchen Takeover
Dinner & Comedy Show
Watch the ADRC Facebook Page & Wellness Center 50+ for more information and full menu.
 *Due to high demand, reservations for this event in Spooner WILL NOT be taken until April 1, 2024.
Please call 715-635-4460

BIRCHWOOD MENU
TUESDAY, APRIL 23
 Tender Roast Beef
 Mashed Potatoes & Gravy
 Roasted Carrots
 Salad Bar
 Fresh Baked Bread
 Kristi's Choice Dessert

Make a Difference
VOLUNTEER!

VOLUNTEERS NEEDED!

- Would you like to do something meaningful to give back to the community?
- Do you like helping people in need?
- Would you like to make people smile?

Make a difference! Become a Home Delivered Meals Volunteer Today!

YOU GIVE US:

- One day per week (approximately 3 hrs.)
- Compassion for people in need
- You own transportation

WE GIVE YOU:

- A hot, nutritious lunch
- Equipment needed to keep food safe

- Mileage reimbursement
- A bunch of new friends and the best feeling of fulfillment

If interested in volunteering for meal delivery, please contact Valerie at the Aging and Disability Resource Center at 715-635-4467

SENIOR CENTER NEWS

JUNE WILLIS FRIENDSHIP COMMONS Shell Lake Senior Center

Welcome to April and to Spring! Hope we get lots of April showers to bring us beautiful May flowers.

We will have an Open House at our Center on Friday April 12th from 11:00 to 2:00 sponsored by the Washburn County ADRC who will be sharing a lot of information. We look forward to having you see our beautiful Center and letting us highlight some fun things that we do.

Our talented artists painted a chickadee on pussy willow branches. As always thank you Joni for being with us.

Working hard on our quilt, Gnomes for the Seasons. We had a new quilter join us and she is doing an outstanding job.

Center is all decorated for Spring! The decorating was done by four of our most senior members and they did a wonderful job. Thank you so much ladies!

We attended a concert (sponsored by the Shell Lake Arts Center) at the Erika Quam Memorial Theater. Featured musicians were Randy Sabien and Gary Rue who played guitar and fiddle and sang. It was really absolutely amazing entertainment.

Call (715-468-7491) for information about activities and (715-468-4750) to order eat-in meals at the Shell Lake Senior Center. Please make sure you order the day prior.

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

SHELL LAKE SENIOR CENTER FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.468.4750

NUTRITION SITE MANAGER: CHAR JAEGER

CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tai Chi 10-11 am Congregate Dining 11:30 Painting 1:00	2 Cribbage & Coffee 9:30-11:30 CLOSED FOR DINE IN	3 STAFF TRAINING: NO MEALS SERVED Wii Bowling & Games 9:00 - Quilting 9:00 Smear & Games 1:00	4 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	5 Congregate Dining 11:30
8 Tai Chi 10-11 am Congregate Dining 11:30 Dining @ 5	9 Cribbage & Coffee 9:30-11:30 Congregate Dining 11:30	10 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	11 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	12 OPEN HOUSE 11:00 - 2:00 NO Congregate Dining
15 Tai Chi 10-11 am Congregate Dining 11:30	16 Cribbage & Coffee 9:30-11:30 Congregate Dining 11:30	17 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	18 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	19 Congregate Dining 11:30
22 Tai Chi 10-11 am Congregate Dining 11:30	23 Cribbage & Coffee 9:30-11:30 Congregate Dining 11:30	24 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	25 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	26 Congregate Dining 11:30
29 Tai Chi 10-11 am Congregate Dining 11:30 Membership Meeting 12:30	30 Cribbage & Coffee 9:30-11:30 Congregate Dining 11:30			

VENTURES TRAINING AT SHELL LAKE SENIOR CENTER



SUBMITTED PHOTO

At Shell lake Senior Center with our cook and teacher Char! Learning new skills and practicing what we already know. Thanks for working with us Char!

MIKE LINTON FRIENDSHIP COMMONS CRIBBAGE AND COFFEE CLUTCH

February 27th was our first cribbage and coffee clutch. Although there was only two of us in attendance, it was a good visit and good games. Char, Nutrition Program Site Manager,

made coffee and treats that were great. We will be continuing every Tuesday morning starting at 9:30 a.m. and going until 11:30 a.m. Coffee and treats will be available and everyone is welcome. If you wish to stay for lunch, please call the Shell Lake Senior Center a day in advance at 715-468-4750.

BIRCHWOOD SENIOR CENTER LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP



PHOTO SUBMITTED
Carol Addington

CAROL ADDINGTON Birchwood Senior Center

Happy end of the winter, we never had.

Reading gives us some place to go when we have to stay where we are.

Book club is meeting the 1st and 3rd Wednesdays, usually at 3pm

but they do gather for lunch from time to time and meet earlier. This month they discussed their favorite Wisconsin authors and on the 20th they discussed the book "New Boy" by Tracy Chevalier. If you are interested and want more info, give Pat Zemitis a call at 715 651 5134.

SENIOR CENTER NEWS

POLLY LEINWANDER
MASC PRESIDENT

Hello from the MASC

The hottest reservation in town was Monday night, February 5th at the Minong Area Senior Center. Valerie VanderBent, ADRC Nutrition Director, greeted guests at the door. The dining area was picturesque. The tables were adorned with vases of fresh flowers, numerous battery operated candles, heart shaped cut outs scattered across the tables, chocolate kisses and individually wrapped scrolls with a special Valentine’s Day message inside. Prizes were given for games that were played. Onto the main event: the Caprese skewers with rose petal salad, Chicken Kiev over a wild rice blend, Roasted broccoli and carrots, topped off with cheese cake with fresh strawberries was outstanding and enjoyed by all. Thank You to the ADRC Nutrition Program, Our 5 Star Chef, Laura Gomez, her staff and the volunteers that made this a memorable evening.

ADRC staff included, Nicole Caudill, Information & Assistance Specialist and Katy Allred, Vaccine Specialist, who spoke about the importance of vaccines. Dave Stabenow presented information about the Henson’s to Home Project and Lois Columbus talked about the Angel’s on Our Shoulders, an affiliate of Neighbor-to-Neighbor. The evening ended with a game of Bingo.

Dining @ 5 is a monthly event that everyone looks forward to. People come to enjoy the food, fun and socializing. Please remember that reservations are required. There are two ways to sign up - come into the center and add your name to the list, or call 715-466-4448 between 7:00am-2:00pm, Monday thru Friday. Reservations need to be made by the Friday before. If you need to cancel, please call the center, as there are people on a waiting list.

MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: LAURA GOMEZ - 715.466.4448

PRESIDENT: POLLY LEINWANDER

Saturday, February 10th, was the Big Valentine’s Day event at the center. It included a rummage, bake/craft sale, Potluck and bingo. A big Thank You to the good and generous people of the Minong and surrounding community who donated and purchased items to make this fundraiser a success. Our potluck and bingo are always crowd pleasers. Tasting everyone’s special recipes and an afternoon of bingo is a great day to have fun and socialize on a Saturday afternoon. Potluck and Bingo are scheduled on the 2nd Saturday, monthly, potluck at noon and bingo at 1:00. Open to seniors and their guests.

Tuesday, February 13th, Laura provided supplies for everyone to make their own Mardi Gras masks. Those attending had a great time making their own unique masks. Check out the pictures in our MASC scrapbook!

February 14th, Valentines Day. Seniors attending the congregate meals and meals on wheels recipients were given a fresh rose. The ARDC of Washburn County teamed up with “Wish of a Lifetime” from AARP, to be part of the Cupid Team to spread the joy of Valentines Day.

Tuesday, February 20th was the beginning of a 6-week program on Boost your Brain & Memory. This program is made available thru the ADRC and Patryce Garcia; Washburn County Dementia Specialist is hosting it. We have had a great turnout for this.

Chief Lucas Shepard and Officer Jeffrey Johnson, our local law enforcement, joined us

for lunch on several occasions. It is always a pleasure to have them join us and share their wealth of information.

We have numerous activities at the center and will be adding more. If there is an activity you would like to share or participate in, please let Lynne know. (715-919-0120)

As always, looking forward to seeing you at the center and until next month, Be Safe and Enjoy Everyday!

Dates to Remember:

- March 28th: Easter Lunch and games.
- March 29th: The center is closed Friday, March 29th.
- April 1st: Dine @ 5. Register by Thursday, March 28th.
- April 13th: Potluck at noon and Bingo at 1:00.

- Congregate meals Monday-Friday, 11:30.
- Need to register 1 day in advance
- Call 715-466-4448 to register.
- Tuesday: Farkle: 12:00 (1st, 3rd & 5th Tuesday’s of the month)
- Cards: 12:00 (2nd & 4th Tuesday’s of the month)
- WII Bowling: 12:00 every Tuesday
- MASC Board Meeting: 1:30 (2nd Wednesday of the month)
- Foot Care: (3rd Wednesday of the month) Call 715-466-4299 to schedule time.
- Thursday: Cribbage: 12:30 (weekly).

Minong Area Senior Center Nutrition Program

MONTHLY NEWSLETTER - APRIL 2024

SUBMITTED BY **LAURA GOMEZ**
 Minong Site Manager

MEAL TIME TALK FROM THE COOK:

For the month of April there will be chocolate on the menu every day. April Fools! But wouldn’t that be delightful! April showers bring May flowers. With our winter (what winter?) hopefully we will get lots of rain. We sure will need it. Expect to see the annual flowers and herbs to start blooming early. For Dining at 5 in April we will be eating the favorite recipes of the Stars. Lots of activities happening at the Minong Area SeniorCenter. Check out the calendar or stop by to see and have a meal too! Cook Laura says, “try new things, tantalize your taste buds, look at the nutrients that each ingredient is providing your body to be healthy and well.

MINONG NUTRITION PROGRAM EVENTS & CELEBRATIONS:

APRIL 1
APRIL DINING AT 5
Dining like the Stars!

Menu: Jennifer Aniston Friendship Salad
 Frank Sinatra’s Peppers & Sausage
 Patti Labelle’s Mac n’ Cheese
 Elvis Presley’s Favorite Whipping Cream Pound Cake with Fresh Berries.
 Dinner reservations are required by 2pm Friday 3/29/24.

APRIL 11TH:
NATIONAL PET DAY

Bring pictures of your pet to share. Send a picture of your pet and name with your delivery driver.

APRIL 19TH:
ADRC MINONG TASTE TESTING DAY
 10:15 am - 12:30 pm - While supplies last. Come in and try some new recipe ideas. Small samples with a survey to help expand our flavors.

APRIL 22nd:
EARTH DAY - CRAFT DAY!
 Come in before lunch (10:30 am) to create plantable seed paper.

APRIL 22ND JUNE 24TH:
STRONG BODIES
10:00 AM - 11:00 AM
 Register by calling Cassi at the ADRC of Washburn County at 715-635-4460

SENIOR CENTER NEWS

VERDELL PETTEY

**WASHBURN COUNTY WELLNESS CENTER
50+ NEWS**

Verdellpettey@gmail.com

HOW TALL CAN YOU BE? This question was answered February 22 by Physical Therapist, Mavis Melton from Spooner Health. She gave tips on how to improve posture through sitting, laying and standing exercises. Shoulder and chin movements were targeted. I walked home MUCH taller that day as I practiced straightening my shoulders! Life expectancy in Washburn County is 78.8 years according to a recent report by the Center for Disease Control and Prevention. Several of us have already passed this mark and are thankful for life here in the Northwoods. ADRC helps us to be healthy with several activities and classes. BUT maybe I should hurry and write my articles before my time is up! (HA) A memory class meets the second Wednesday each month from 10-11am. This is open to people concerned about their memory. Caretakers are welcomed too. Many have shared how easy it is to forget what we went to the next room for. Going back two or three times to get something may be good exercise!! Mavis Melton may agree.

The Friday Flicks movie on March 1 featured "Boys in the Boat." Movies are free. Donations are welcomed. Bring a snack/beverage to enjoy. We need ideas for future movies to rent/buy. A movie sheet is available at the desk to list any movies you'd like to see.

February's Dining @ 5 was held on the 26th. Our own Top Chefs, Mary and Jennifer, addressed our heart health with a delicious Mediterranean Salmon dinner. Thank you for your hard work to make our meals so great. Darrell and Kathy Olson visit other senior centers too for their Dining @ 5. I'm calling it "Dining with Darrell" who has obviously become proficient in this activity. He's excited to meet new people, play games, have fun and even find a new fishing buddy. He calls in advance to sign up at these centers for dinner. Hats off to the chocolate covered strawberry mocktails served

SPOONER SENIOR CENTER WASHBURN COUNTY WELLNESS CENTER 50+ 850 W. Beaverbrook Ave., Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON
CO-CHAIRMEN: CARYL LIGLER | 715-635-8215 and LYNN BEARD | 715.520.3569

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Congregate Dining 12:00 Cribbage, Mexican Train, Tai Chi 1:00	2 CLOSED FOR DINE IN Mah Jongg 1:00 Ukulele Practice	3 STAFF TRAINING: NO MEALS SERVED Chair Dancing 9:30 CARDS: 500 & Bridge 1:00	4 Mah Jongg 9:00 Games with Pat Parson 10:00 Congregate Dining 12:00 CARDS: Hand and Foot 1:00	5 Congregate Dining 12:00 FIRST FRIDAY FLICKS 1:00
8 Congregate Dining 12:00 Cribbage, Mexican Train, Tai Chi 1:00	9 Congregate Dining 12:00 Mah Jongg 1:00 Ukulele Practice	10 Chair Dancing 9:30 Congregate Dining 12:00 CARDS: 500 & Bridge 1:00	11 Mah Jongg 9:00 Games with Pat Parson 10:00 Congregate Dining 12:00 CARDS: Hand and Foot 1:00	12 Congregate Dining 12:00
15 Congregate Dining 12:00 Cribbage, Mexican Train, Tai Chi 1:00	16 Congregate Dining 12:00 Mah Jongg 1:00 Ukulele Practice	17 Chair Dancing 9:30 Congregate Dining 12:00 CARDS: 500 & Bridge 1:00	18 Mah Jongg 9:00 Games with Pat Parson 10:00 Congregate Dining 12:00 CARDS: Hand and Foot 1:00	19 Congregate Dining 12:00
22 Congregate Dining 12:00 Cribbage, Mexican Train, Tai Chi 1:00	23 Congregate Dining 12:00 Mah Jongg 1:00 Ukulele Practice	24 Chair Dancing 9:30 Congregate Dining 12:00 CARDS: 500 & Bridge 1:00	25 Mah Jongg 9:00 Games with Pat Parson 10:00 Congregate Dining 12:00 CARDS: Hand and Foot 1:00	26 Congregate Dining 12:00
29 Congregate Dining 12:00 Cribbage, Mexican Train, Tai Chi 1:00	30 Congregate Dining 12:00 Mah Jongg 1:00 Ukulele Practice			

at the Spooner Dining @ 5.

There's a handy reference in the entryway of the center for all the activities of the month.

Check that board for your favorite one and then open the door to some fun! Phil Ringlie shared a little weather insight for going out and about for activities. "Rain before seven;

quits before eleven." Rainy days are even fun at the center. Hey Phil how about "in like a lamb, out like a lion?"

Please call Verdell Pettey @507-696-8263 before the first Friday of each month when you have news to share. I hope you all had a Blessed Easter.

WORLD TAI CHI & QIGONG DAY

ONE WORLD...ONE BREATH HUNDREDS OF CITIES - OVER 70 NATIONS

On the last Saturday of April at 10:00 am Local time worldwide, the world is invited to Join in on a mass Tai Chi and Qigong demonstration and teach-ins held in over 70 nations. This educational event brings people together across ethnic, racial, religious and geopolitical borders in a celebration of personal and global health and healing. Its motto is One World... One Breath."

Harvard Health Publications has called Tai Chi "moving meditation" for all the myriad health issues it has been proven to help with. Tai Chi and/or Qigong can boost immune

function by 50%; increase brain size; reduce depression and anxiety; reduce or eliminate chronic pain issues; dramatically improve balance; dexterity, and sports performance; prevents colds and flu; lower high blood pressure; reduce ADHD symptoms; improve sleep; and much more.

This is the 2nd annual celebration in Spooner WI sponsored by the Northwest Tai Chi/Qigong Community and the Washburn County ADRC

**The location for this event will be the Washburn Co Wellness Center
850W. Beaverbrook Ave
Spooner WI**

WHAT YOU CAN EXPECT:

A brief introduction of the both Tai Chi and Qigong; demonstrations of various styles of

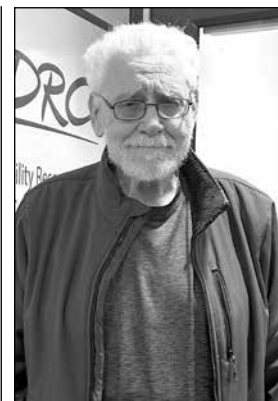


PHOTO SUBMITTED

Don Ross

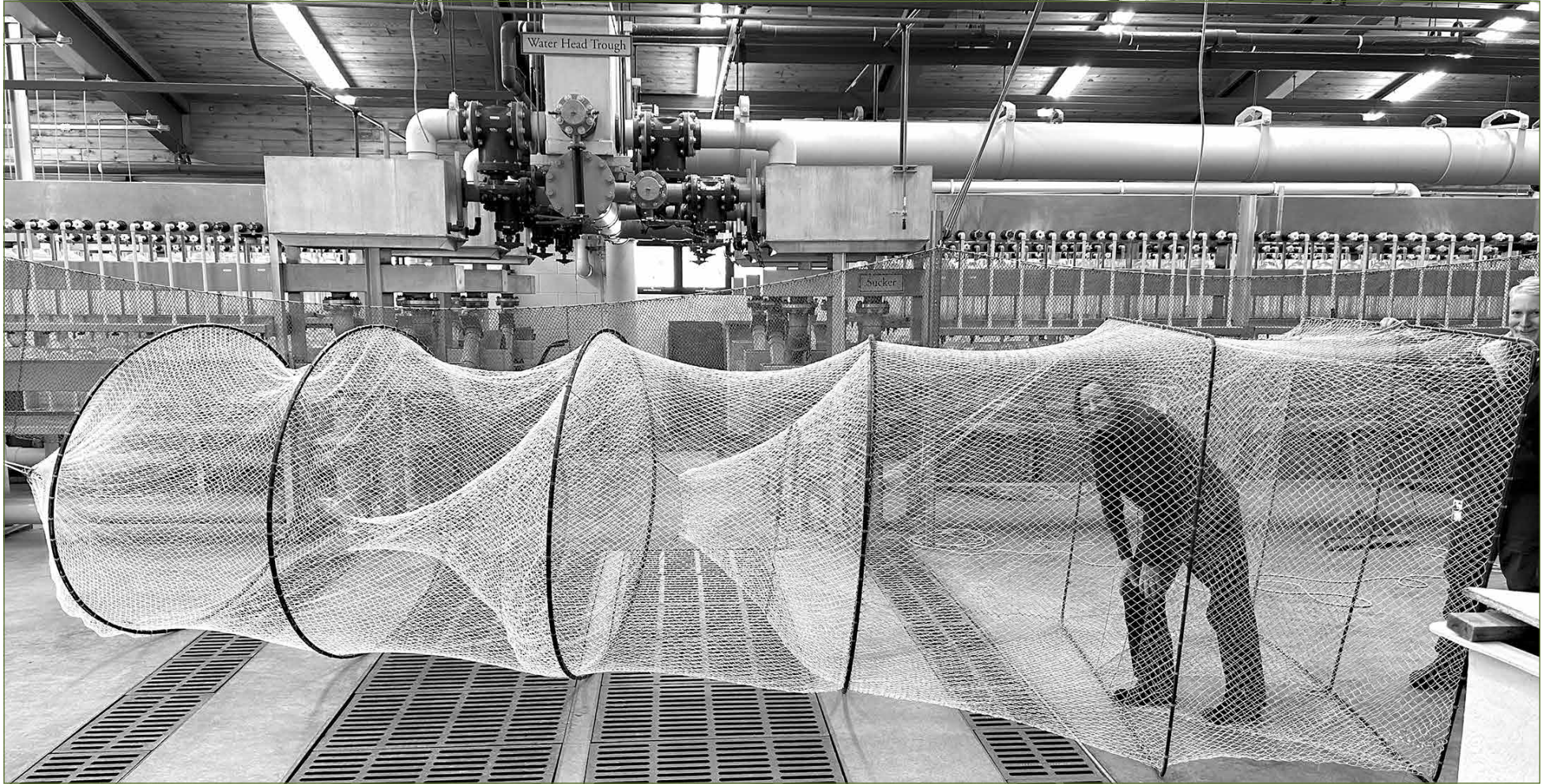
Tai Chi and Qigong and break out session for each person to experience the art of Tai Chi or Qigong, and to ask question you might have.

This event is open to the public at no charge.

**Date:
Saturday
April 27, 2024
Time:
9:30 - 11:30 am**

**Your Local Contact
for this event is: Don Ross
715-520-8121**

CHICOG NEWS



SUBMITTED PHOTO

**JOANN MALEK AND
CATHY PEDERSON
CHICOG NEWS**

With ice-out, the annual cycle at the Governor Tommy G. Thompson State Fish Hatchery in Spooner begins again. The forty-six outdoor rearing ponds were emptied in the fall. Over the winter nets were repaired, equipment was cleaned

and readied. In the spring, fisheries staff are eager to get going.

Fisheries biologist Craig Roberts and his crew carefully survey Washburn and Burnett County lakes to determine annual fish stocking quotas. They follow a twelve year lake rotation. Recommendations are brought to a state-wide site, which is then accessed by NW Hatchery Group Leader, Neal

Rosenberg, and his staff.

Operations Supervisor Jared Boucher and crew head out to designated brood lakes to collect fish eggs. They set specialized Fyke nets into the water. After 24 hours nets will have collected from 0-300 spawning fish. Males and females are placed in separate tubs of water on the boat. Staff quickly and efficiently collect and combine eggs and milt (sperm), then return fish to the lake.

Once back at the hatchery, fertilized eggs are disinfected to remove harmful pathogens from them and from the water. Eggs are incubated in hatching jars for 2-3 weeks. When hatched, the fry swim up and out of the jars into troughs that carry them to tanks where they are measured. They are moved

to rearing ponds in aerated water from the nearby Yellow River. Walleye eggs are the first brought to the hatchery in the spring. Later muskellunge are collected, then

suckers, which as fry will be moved to the muskie ponds as food. In the fall, fish in the ponds are gathered using nets and a fish pump, then transported to designated lakes.

The first WI fish inspector was appointed in 1866. Wisconsin's first hatchery was established in Madison in 1875 and is still in operation. Two railcars, Badger1, built in 1893, and Badger2 built in 1912, were fitted with fish tanks, along with galley and living space for staff. They carried tanks filled with fish eggs, fry, and fingerlings to rail stations around the state. Horse-drawn wagons and Model T trucks would meet trains and haul tanks to northern lakes. Distribution would begin in early spring, as soon as possible after hatching.

In 1929 the general policy of the conservation commission was to propagate and plant native game and food fishes, to rid waters of fish detrimental to game fish, and to make distribution of fish as complete as possible.

According to records dating back to 1937, Matthews Lake was stocked with pike, panfish, and suckers. The lake was rotenoned in 1959, then stocked with trout until 1967. Since that time walleye and muskie have been the only species stocked in Matthews. Early records show that bass, pike, muskie and walleye were stocked in other



SUBMITTED PHOTO

You can
Afford
to Have a
Healthy
Smile!

**Senior Dental
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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

NEIGHBOR TO NEIGHBOR

Neighbor to Neighbor Washburn County



SUBMITTED PHOTO



Neighbor to Neighbor has several services that have continued in part to the business that are working with us. This month's service focus is on our

Stockbox Program is in partnership with Hunger Task Force. The Stockboxes are delivered to our office the first Tuesday of the month and distributed to qualified participants.

The Stockbox program provides healthy food to improve the diet and nutrition of Washburn County, low-income people, 60 years and older. Each box contains dry goods including fruit, vegetables, cereal milk, soup, meat, rice, instant potatoes, or pasta.

To qualify for the Stockbox program you must be age 60 or older. Have a household income per month (before tax deductions) that is less than or equal to the Stockbox income guidelines (2024):

- Monthly income for 1 Person in a household is \$1,632.
- Monthly income for 2 Person in a household is \$2,215.
- For each additional person in the household, add \$583.

Our office is open Monday -Thursday 8:00 – 4:00, Friday 8:00 – 12:00. If you would like more information about our services call (715) 635 – 2252. Visit our website

www.fiawashburn.org or facebook.com/FaithInActionWC

HUNT HILL AUDUBON SANCTUARY

Hunt Hill Program at Washburn County Wellness Center 50+

Beasts & Beer: Forest Fungal Secrets

**WEDNESDAY
APRIL 3
5:30 pm - 7:00 pm**

**Program Fee
\$15/person**



Socialize with other nature enthusiasts over snacks and beverages, and enjoy an engaging presentation from a local expert in a happy-hour atmosphere. Each program features a different presenter at a different location, so you're sure to learn something new each time! To learn more about our Beasts & Beer series or to see what other topics we have planned for our Beasts & Beer programs, visit <https://hunthill.org/beasts-and-beer/>.

Happy Hour: 5:30 – 6:00 pm; Program: 6:00 – 7:00 pm
Program Fee: \$15/person
Location: Washburn County Wellness Center 50+, Spooner, WI
Registration is required. Limit: 90

Forest Fungal Secrets with Tavis Lunch:

Embark on an enlightening journey through the fungal diversity of Northern Wisconsin with mycologist and author, Tavis Lynch! Explore the intricate relationships between mushrooms and trees and uncover the intricate web of connections that sustain forests. From mycorrhizal partnerships to decomposition, we will highlight their profound impact on the health and resilience of this biodiverse region.

For more information about this program or to register, visit <https://hunthill.org/.../beasts-beer-forest-fungal-secrets/>

CHICOG NEWS

FROM PAGE 14

Chicog township lakes. The WI DNR provides a database of lakes stocked since 1972.

The Governor Tommy G Thompson State Fish Hatchery began as a small hatchery in 1914. In 1940 a newer hatchery was built next to the dam. These buildings were replaced with a new facility in 1995. Today this is the state's largest cool water facility and produces more than half of the muskellunge and walleye stocked throughout the state.

Fish spawn naturally in the wild, but hatcheries can regulate water temperature and environmental conditions for hatching success, provide a steady food supply, and protect eggs from predation. Stocking is an important fisheries management tool, to reestablish formerly self-sustaining populations, to provide research data on stocking, to expand fishing opportunities. Lakes that have declining populations may need to be stocked. If fish in a lake are healthy and reproducing naturally, intervention is not needed. Well-rounded fisheries programs include protection of fish in their natural

reproduction as well as production of fish in hatcheries.

Visit the Spooner hatchery M-F 8-3pm. Take a guided tour (Memorial Day to Labor Day) Tuesdays or Fridays at 10am or 2pm. Walk the paths. Fish from three piers on the Yellow River flowage. We have an amazing resource nearby.

IMPORTANT APRIL DATES

Wednesday 4/10, 6pm, monthly Chicog meeting
Wednesdays 4/10&24, Namekagon Transit service
Wednesday, 4/24, 10:30-12, Books&Bread, Beaverbrook
Thursdays, 11-3, Chicog Walk-

abouts, town hall
Thursday 4/25, 11-1, Bibliodragon, town hall

Ending April, 2024: Contact Washburn County Vaccination Outreach Coordinators at 715-645-2754 or 715-645-2710 to learn if you are eligible to receive free vaccinations and Chamber Dollars.

The Washburn County ADRC (715-635-4460) and Neighbor to Neighbor in Spooner (715-635-2252) are excellent resources for seniors. Ask for the help that might keep you safe and independent for as long as possible.

Thank you for reading the Chicog News.

CAREGIVER PREPAREDNESS CAMPAIGN

Washburn County Caregiver Preparedness Campaign: Start at the Beginning

Here at Washburn County Aging and Disability Resource Center, we know life is busy, especially for caregivers. We know that a caregiver's day to day life can be so filled with tasks, appointments, and activities that it can be hard to even think about tomorrow, let alone the

plan for the future. When just getting through the day is daunting, the idea of preparing for an emergency is often the very last thing on a person's mind.

With this knowledge, The Washburn County Caregiver Coalition would like to present our

Caregiver Preparedness Campaign. This Campaign is a multi-agency collaboration that attempts to make preparing for the worst a little more simple.

We hope to make emergency preparedness less daunting by offering a single actionable topic a month. These topics will give you practical steps you can take today to become more prepared.

Last month, Nichole Caudill (Information and Assistance Specialist) wrote on the OODA Loop- a Decision Making strategy. This month, I would like to write about simply identifying barriers and risks that we could run into during an emergency with our loved ones.

Ready.gov has a Caregiver Preparedness Guide for Caregivers that encourages caregivers to start this preparedness journey by identifying barriers and risks you face, with the intent to encourage resilience and to get you thinking about ways to overcome these obstacles.

Some questions to discuss with your care



STOCK SUBMITTED

recipient might include:

- How do you best understand and respond to information?
- How do you communicate your needs to others? How does this change in stressful or unfamiliar situations?
- What help do you require for personal care?
- What assistive technology

- do you use to meet your daily activity needs?
 - Do you have the money to cover expenses such as relocation, extra medications, or other associated costs you may encounter in a disaster?
 - What helps you adjust to new or unfamiliar people and places?
 - What methods of transportation do you rely on?
 - How do you communicate pain or when you are subjected to extreme temperatures?"
- (Ready.gov Caregiver Preparedness Guide for Caregivers Pg.3)
- These topics are not always easy, or fun to discuss, but they are crucial. Taking it slow and giving yourself and your care recipient time to think about and discuss this topic thoroughly is essential.

We cannot plan for an emergency, but we can prepare for one. This article was written as part of the ADRC Caregiver Preparedness Campaign.

WASHBURN COUNTY RESOURCES



SCAN ME

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

SUPPORT FOR VETERANS

24/7, Confidential Crisis Support for Veterans and their Loved Ones

If you're a Veteran in crisis or concerned about one, reach caring trained responders 24 hours a day, 7 days a week.

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.
- Support doesn't end with your conversa-

tion. Our responders can connect you with the resources you need.

You don't have to be enrolled in VA benefits or health care to connect.

You're not alone - the **Veterans Crisis Line** is here for you

- Dial 988 then Press 1
- Chat online at VeteransCrisisLine.net/Chat
- Text 838255
- Scan the QR code to download Veterans Crisis Line resources

U.S. Department of Veterans Affairs





Nutrition and Aging Resource Center

The Benefits of Eating With Others:

Connecting Nutrition and Socialization for Better Health

THE POSITIVE IMPACT OF EATING TOGETHER

Studies show that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improved nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

Physical Health

- Improved nutrition
- Reduced risk of chronic conditions
- Better mobility



Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression



Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness



REDUCED HUNGER IS MORE COMMON AS WE AGE

As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. Examples may include:

Eating better overall

or certain food groups like protein and vegetables.



Consuming more calories

to provide needed energy.



Taking in more nutrients

like iron, calcium, and folate.



Sources cited

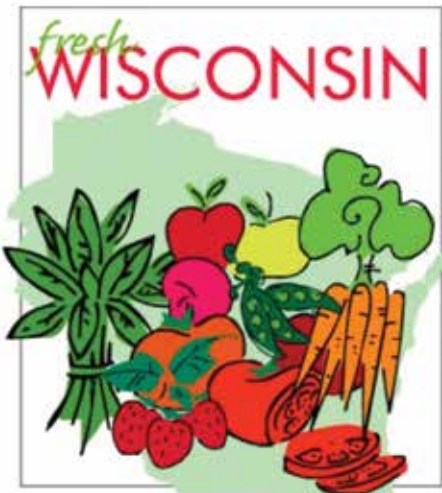
- Gender differences in longevity in free-living older adults who eat-with-others: A prospective study in Taiwan. 2017.
- A systematic review and meta-analysis of the social facilitation of eating. 2019.
- Social influences and eating behavior in later life: a review. 2011.
- "You've got to be old to go there:" psychosocial barriers and facilitators to social eating in older adults. 2020.
- Living alone but eating together: exploring lunch clubs as a dining out experience. 2017.
- Eating along or together among community-living older people - a scoping review. 2021.



Funded by the Administration for Community Living, the Nutrition and Aging Resource Center builds the capacity of senior nutrition programs funded by the Older Americans Act to provide high-quality, person-centered services and enhance program sustainability and resiliency.

FARMERS MARKET NUTRITION PROGRAM

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



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

WHAT IS THE FARMERS' MARKET NUTRITION PROGRAM?

The Farmers' Market Nutrition Program offers you an opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from certified farmers. Farmers' Market Checks are to be used June 1 – October 31, 2024. You can take your checks to any participating farmers' market or roadside stand. Nearly every county in the state has at least one participating market. You can even take your checks with you when you are traveling throughout the state! Go to an authorized market (you will be given a list by your agency) and look for this yellow sign:



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

by the State of WI. For application, please contact the Wild Rivers WIC at 100 Polk County Plaza, Suite 180, Balsam Lake, WI 54810 Telephone: 715-204-4159 Email: polkcountywic@polkcountywi.gov

WIC: INFORMATION FOR FARMERS

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

WHO CAN JOIN FMNP AS A FARMER?

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

- Make sure they are on the Wisconsin WIC and Senior FMNP Approved Foods List, see attached.
- Sell them at an FMNP farmer's market or farm stand.
- Grow them in Wisconsin or a

farm within 50 miles of Wisconsin.

HOW DO I BECOME AN FMNP FARMER?

Contact your WIC office. Attend a training in person or by video conference if:

- You are new to the program.
- You have broken FMNP rules before.
- Read and sign an agreement. This confirms you know the program's rules.

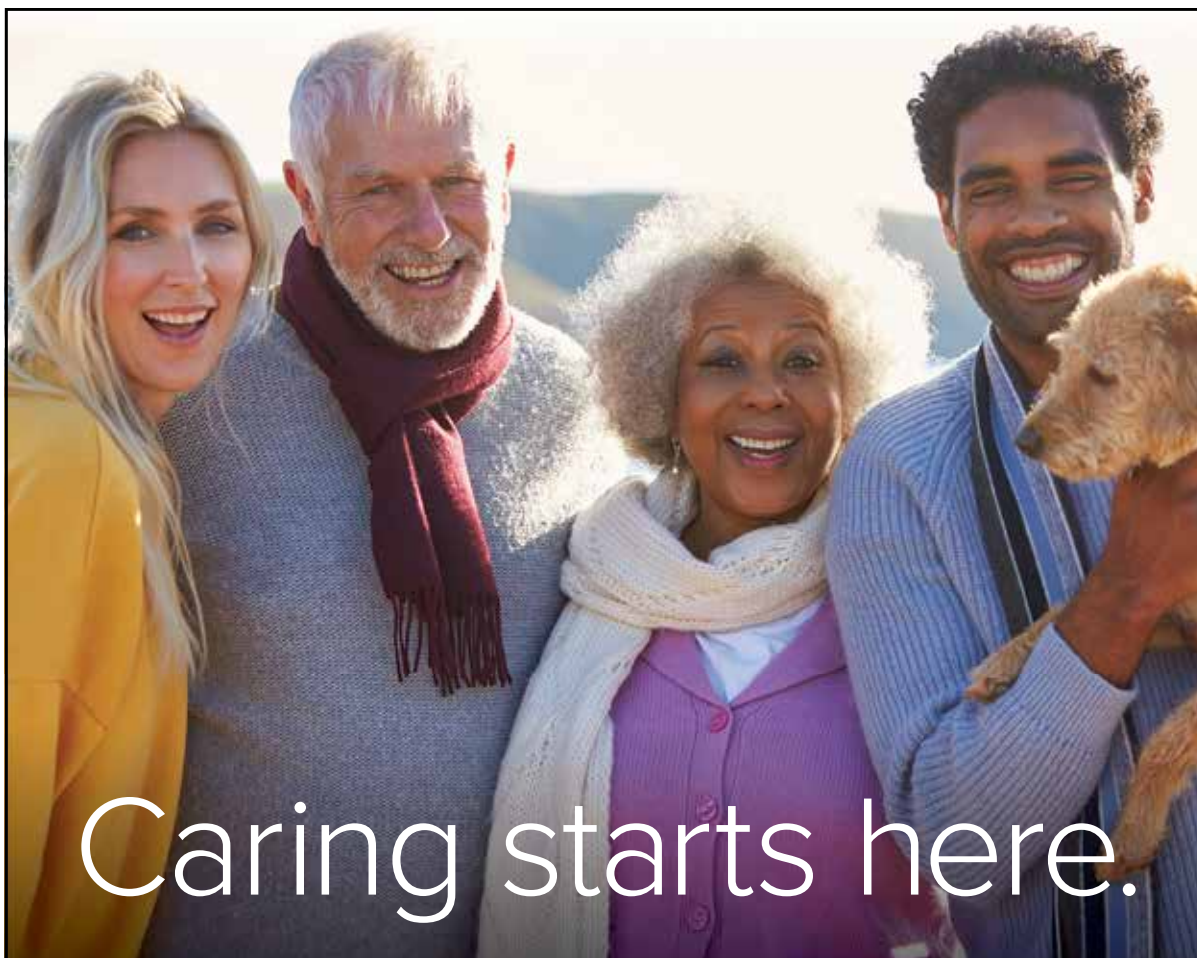
You cannot take FMNP checks until you finish these steps. Once complete, the state WIC office will send you:

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

RENEWING EACH YEAR

Farmers need to renew their farmer agreements every three years. You will get an email or regular mailing if you need to renew

SEE FARMERS PAGE 19



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

FARMERS

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your agreement. You do not have to take the training again (unless you broke FMNP rules).

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

Call: 608-609-8240

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

VEGETABLES

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

Squash (winter) • Squash (summer)
 Tomatoes • Tomatilla • Turnips
 Watercress

FRUITS

Apples • Berries (all) • Cherries
 Grapes • Ground cherries • Melons
 Peaches • Pears • Plums • Rhubarb

HERBS

Basil • Chives • Cilantro
 Cutting celery • Dill • Epazote

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

NON-ELIGIBLE ITEMS

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

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



STOCK PHOTO

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