

## IT IS HAPPENING!!

### DIRECTOR NEWS



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

The participants of the Spooner Senior Center made a request to Washburn County to expand the age of 60+ to 50+, to attend activities and events. Through surveys, social media feedback, and by word of mouth, it was conveyed that some caregivers and spouses, did not feel comfortable attending since they were under the age of 60. Additionally, Spooner senior advocates, through research, found that there are many organizations across that nation that are

now opening their doors to the 50+ crowd, such as NextFifty which provided us with a \$100,000 to start the Spooner Annex project, AARP, and numerous senior centers. After much discussion of a senior center vs. a community center, it was decided to focus on "wellness".

<https://www.goalcast.com/wellness/> Wellness is about consistency! When you hear the term "wellness," what comes to mind? At a high level, wellness refers to healthy habits we partake in on a regular basis. From the food we choose to nourish our bodies with to the physical exercise, we put our bodies through and even mental health practices like meditation, wellness is the act of keeping our mind and body well. What does wellness mean? According to The Global Wellness Institute, wellness is defined as "the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health."

#### HOW WELLNESS DIFFERS FROM HEALTH CARE

Prioritizing wellness is an active process of self-care, and practicing this can improve our health. However, the practices that wellness embodies do not necessarily fall exclusively under health care. Why is this? Healthcare systems reactively approach health. Meaning they seek to identify the cause of a symptom once, the symptom occurs. Wellness, however, focuses on proactively treating the body, mind, and spirit through healthy living, focusing on preventing symptoms and diseases in the first place.

#### HOW TO IMPROVE YOUR STATE OF WELLNESS:

It is important to understand that everyone's wellness journey looks different. There's no one size fits all approach to finding the right wellness resources to fit your lifestyle. Here are a few key areas to focus on during your journey toward good health.

#### WELLNESS WE CAN HELP YOU WITH AT THE NEW WASHBURN COUNTY WELLNESS CENTER 50+

**Nutrition:** What we put into our body is what we will get out of it. In other words, you are what you eat. Finding the right nutrition plan to support your body's unique needs can be challenging to navigate — especially in today's crowded landscape. All of our meals follow the most updated Dietary Guidelines for Americans and provide at least one-third of the daily nutrition needs of older adults. We currently offer Nutrition Education. With the new larger kitchen and overall facility, we will be able to offer more options such as cooking classes. It is our hope to partner and feature local chefs, bakers, farmers, and other types of food producers to show off their expertise to the community. All of these small changes can lead to significant differences during your wellness journey.

**Social connections:** Depending on your work schedule and personal situation, you may feel like you have enough social connections to maintain social wellness throughout the day. However, taking time to stay connected with friends and family members you do not see regularly enforces our sense of community and helps us feel supported when stressful life events arise. As of right now, the Spooner Senior Center location has staff on site from 6:30 a.m. to 2:00 p.m. Monday-Friday and once a month for a dinner served as Dining @ 5. Several volunteers organize activities throughout the day to include exercise, educational presentations, card groups, and craft classes during and outside of these times. Our hope is this will expand with the new site. Social connections also involve volunteer opportunities for community members from helping in the kitchen, delivering meals to the homebound, administrative assistance, and organizing activities.

**Exercise:** Exercise does not have to mean lifting heavy weights or running long distances. In fact, just 20 or 30 minutes of activity per day can have a positive impact. If you are just easing your way back into an exercise routine, taking a brisk walk or parking further away from a store entrance when running errands can be easy ways to get started. Spooner currently offers chair exercises and once we are at the new location, we will have the room to offer many other options. The new site is conveniently located next to the Washburn County Fair Grounds, which has a paved .33-mile walking trail to allow for organized walking groups and individual use. We will have a dedicated space for exercise and healthy aging classes to be offered inside, to include evidence-based programming. These courses help to develop positive outcomes for program participants focusing on physical activity, caregiver support, living well, and fall prevention. Since we will now have access to outdoor space, a suggestion has been made to expand into outdoor options including activities such as Cornhole, which can be played for fun or competitively indoor or outdoor.

**Emotional & Physical wellness:** Emotional wellness does not just pertain to your own emotions but learning to empathize and understand the feelings of others as well. In partnership with Washburn County Mental Health Task Force, Public Health, and other health agencies, we will provide preventative health services at the site. Two office spaces have been reserved for services such as blood pressure checks, vaccination clinics, mental health consultations, and other health screenings.

**KEEP OUT CONSTRUCTION ZONE**



ADRC PHOTO

#### The New Name & Logo:



ADRC PHOTOS

#### SPOONER ANNEX RENOVATIONS BEGAN:

After over two years of meetings, negotiations, and advocacy efforts, the Spooner Senior Center is on its way to a new home. The new location of the Spooner Annex will be a welcoming addition to the Washburn County area for older adults, caregivers, and adults with disabilities to stay actively involved and healthy in the community.



Future Dining Room area looking from both directions.



Future Kitchen



Future Bathrooms

We would like to thank Jorgenson Construction for providing the winning bid and diving into the reno during subzero, -40 wind chills. On January 30, 2023, they pulled up the trucks, had a dumpster delivered, and began the process. We know everyone is SUPER excited, but we do ask that all respect their space and time, for the safety of all. During the process, we will work with Maintenance to provide periodical tours.

We do not want to ruin all of the surprises and will have a final reveal once the project is completed with a ribbon cutting and a HUGE party!

#### ADVOCACY FOR FUNDING STILL NEEDED

Due to the total cost of such a project, many cutbacks were needed from the original plan that we had proposed in a state grant application. These items included the replacement of windows/doors, replacement of only some of the heat pumps systems, upgrades to county technology equipment, outdoor lighting/security, resurfacing parking lot and walking trail, Porte-cochere for entrance, back deck with outdoor furnishings, indoor window coverings, ADA indoor furnishings for dining and other rooms, along with various activity equipment. The Spooner Senior Center seniors have been actively fundraising to raise money to defer costs of the items taken out of the original proposal. Our agency will continue to submit grant applications as they become available. If you are aware of any funding opportunities for this type of project or specific to the aging population, please give me a call at 715-635-4461 and leave a message if I am not at my desk. Your continued letters of support and stories of how our Aging Programs affects your lives locally would be greatly appreciated as they can be included with grant applications and shared with local representatives. These stories paint the story and mean so much more than me or someone else telling the story. Please address them to ADRC of Washburn County, Attn: Linda Hand, P.O. Box 316, Shell Lake, WI 54871. If you would like to make a donation towards this project, please send it to our agency to the Attn: Washburn County Wellness 50+ Building Project. If you would like it to go towards a specific item such as furnishings, please make note.

#### THANK YOUR COUNTY BOARD REPRESENTATIVES

Please thank your local county board members for all they have done in support of this project. Not all communities are supportive of the aging population and recognize the impact this investment will make for the current and future generations. Remember that you are always welcome to attend our Aging & Disability Committee, ADRC Governing Board, Public Property, Finance, County Board, and other county committee meetings to give public comment, send an email, or letter. Contact information can be found at <https://www.co.washburn.wi.us/meetings-of-ficials/board-supervisors/supervisors>

## Welcome Patryce Garcia to the ADRC of Washburn County in the newly created position of Dementia Care Specialist/Caregiver Support Coordinator!



PHOTO SUBMITTED

Hello, Hello!

My name is Patryce Garcia- I am thrilled to be serving Washburn County as the new Dementia Care Specialist/Caregiver Support Coordinator. For the past 6 years, I supported people with disabilities within the Family Care system. I graduated from the University of Minnesota-Duluth with a Bachelor's degree in Sociology and a minor in Psychology. I moved back to Spooner after graduation and went on to the University of Wisconsin-Stout to complete the Social Work Training Course. In my time off, I enjoy spending time with my husband, two sons, three dogs, four goats, and flock of chickens. My family and I enjoy exploring state parks, gardening, and kayaking- anything to do with the outdoors. I look forward to serving our community!

### SAVE THE DATES!



ADRC PHOTO

### The ADRC of Washburn County has some great upcoming events planned for this summer.

#### Please mark your calendars!

By high demand, the Summer Senior Social Dinner & Concert Series is back on the beautiful shores of Shell Lake. Dinner will be served out of the Shell Lake Community Center from 4:30-5:30 p.m. and the concert will take place in the Shell Lake Pavilion from 5:30-7:30 p.m.

- **Wednesday, June 14, 2023 – Larry's Drifters**
- **Wednesday, July 12, 2023 – The Dean's List**
- **Wednesday, August 9, 2023 – 2nd Time Around Band**

### WASHBURN COUNTY CAREGIVER CONFERENCE:

The ADRC of Washburn County will be holding an all day Caregiver Conference on Wednesday, September 13, 2023 at the new Washburn County Wellness Center 50+. We are in the process of booking professional speakers, resources, and special services for the day. More information to come out shortly.

## WASHBURN COUNTY TRANSIT

### THE ADRC OF WASHBURN COUNTY TRANSIT SERVICES

New Name, New Logo, & New Telephone Number.



**Amber Anderson**  
Washburn County  
Mobility Manager

Please update your records!  
Please call at least 48 hours in advance for reservations:

**715-635-4465**



## FEED MY PEOPLE FOOD BANK



PHOTOS SUBMITTED

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.



## NEIGHBOR TO NEIGHBOR



FILE PHOTO

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

Tablets can be borrowed to learn upon. Ask TODAY for more information or call us at **Neighbor to Neighbor. 715-635-2252.**

**A NEW LEVEL OF care**

Philip Mofle, M.D.  
General Surgery

Spooner Health Welcomes Board-Certified General Surgeon Dr. Mofle

Shorten your commute—and the distance between referrals and procedures—by accessing prompt surgical services at Spooner Health. Board-certified general surgeon Dr. Philip Mofle brings 15 years of experience to our skilled team making close, compassionate care—and surgical excellence—more accessible than ever.

**SURGERY ON YOUR SCHEDULE.**  
Ask your provider for a referral to Dr. Mofle.  
To learn more, call 715-939-1643  
or visit [spoonerhealth.com](http://spoonerhealth.com).

**When was the last time you had a Beneficiary Checkup?**

Life events such as the birth of a child or grandchild, a recent marriage or divorce, death of a spouse or dependent, and your overall wealth makes this review necessary to make sure your investments will go to those you care about.

**CALL OR VISIT TODAY!**  
715-635-3136  
[www.davidpford.net](http://www.davidpford.net)

**David P. Ford**  
Certified Financial Planner

**Lynn Ford**  
Certified Retirement Planning Counselor

**Tom Sutton**  
LPL Financial Advisor

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

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

# You Go Girl!

Kelly presented an outstanding report of her work for 2022. In 2022 Kelly received recognition from WI DHS State Health Insurance Program for providing one-on-one counseling to a significant % of their Medicare Improvements for Patients & Providers Act (MIPPA) program population. Her overall 2022 stats are as follows:

- Unduplicated clients 629
- New clients 225
- Total hours on legal/benefit assistance 907
- Monetary impact is defined as the value of benefits or services that are obtained or preserved for a client, as well as money that is saved or recovered for a client, with the help of a benefit specialist. The monetary impact that Kelly provided to Washburn County residents in 2022 was \$3,851,471.00 in federal funds, \$238,670.00 in state funds, and \$291,302.00 in other funds, for a total of \$4,381,443.00!



ADRC PHOTO  
Kelly Weisenbeck, Washburn County Elder Benefit Specialist



**715-635-4460 and 833-728-3400**  
304 2nd Street, PO Box 316  
Shell Lake, WI 54871  
HOURS: 8:00 a.m. - 4:30 p.m. Monday - Friday  
[www.co.washburn.wi.us](http://www.co.washburn.wi.us)  
and <https://adrcwashburncounty.org/>  
**ADRC of Washburn County Staff Contacts as of March 2023**  
We are available for in-person appointments. Staff will still offer the option for phone and virtual appointments. We encourage you to contact us directly by calling the main office line at 715-635-4460 for updates or one of our specialists listed below. If you have any comments or concerns, please contact the ADRC Director/Aging Director, Linda Hand at 715-635-4460. This is a list of our staff specialists 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.

**Anna Brown**  
**Information & Assistance Specialist (I&A) - 715-635-4462**  
Our I&A provides support to all adults regarding the needs of persons with disabilities, older adults and their caregivers, and they explore what programs or services meet those needs. They take the time to get to know your situation, and collaborate with you and your support network on next steps.

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

**Theodore Hampe**  
**Disability Benefit Specialist (DBS) - 715-635-4466**  
A DBS assists people age 17 1/2 - 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) - 715-635-4477**  
Dementia care specialists provide: Free information and support to adults with dementia and their caregivers. Help connect you with things to do in your community so you can stay involved. Memory screenings to help identify changes to memory and cognition and if the screening shows memory loss, a specialist may refer you to a doctor. Help you find social activities, such as those involving music and art. Help you with where you are now—and help you plan for the future. Connect you with caregiver support groups where you live.

**Valerie VanderBent**  
**Nutrition Director - 715-635-4467**  
The Nutrition Director oversees the Washburn County Elder Nutrition Program, which provides congregate Meals and Home Delivered Meals through our sites in Spooner, Shell Lake, Birchwood, and Minong.

**Amber Anderson**  
**Mobility Manager - 715-635-4460**  
The Washburn County Aging RSVP Transportation Program provides medical, nutritional, and social rides for residents 60+.

**Sheila Pierquet**  
**Fiscal Assistant - 715-635-4463**  
Aging and ADRC Fiscal Department.

**AGING & DISABILITY SERVICES COMMITTEE:**  
Bob Olsgard • Linda Featherly • Kasey King  
George Cusick • Joe Hoy

**AGING & DISABILITY CITIZEN ADVISORY COMMITTEE:**  
Bob Olsgard - Chair  
Cathy Peterson • Danielle Larson  
Colleen Cook • Char Snarski • Kathy Fabert  
Mark Van Etten • Mike Linton

## DISABILITY NEWS

# SSI/SSDI?

**SUBMITTED BY TED HAMPE**

Washburn County Disability Benefit Specialist

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

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

SSDI is a federal insurance program of the government that is funded by your payroll taxes. That means if you are working and paying taxes, you are paying into this federal insurance program. Your eligibility for SSDI is based on whether you have worked for enough time and paid enough into the system. Gen-

erally, if you have worked for 5 of the past 10 years as of the date of onset of disability, you will qualify for SSDI. Younger claimants need to work for less time to become insured by SSDI. Your benefit amount is based on your earnings. By and large, the more you earned, the more benefits you will receive if you qualify for SSDI.

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

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

For help with a Social Security claim or questions on if and when you should please consult your local Aging and Disability Resource Center or your local Social Security Administration office. ADRC of Washburn County 715-635-4460.

## SPOONER MEMORIAL LIBRARY BOOKMOBILE



SUBMITTED PHOTOS

**FEBRUARY 6, 2023**

Today was a big day for the Bibliodragon. Now that the shelves are in, librarians put the first books on the shelves! The Bibliodragon Books & Bread mobile hits the road next month, and will be coming to your township. Learn more and see the schedule at [spoonerlibrary.org/bookmobile](http://spoonerlibrary.org/bookmobile).

## INFORMATION AND ASSISTANCE SPECIALIST

Washburn County ADRC is seeking applicants for an Information and Assistance Specialist to provide Washburn County residents with information, linkage to resources, and assistance with access to services for the elderly, adults with physical or developmental disabilities and family caregivers. The work is performed under the direction and supervision of the ADRC Director. Desired Education/Experience: Bachelor of Arts or Science degree or a license to practice as a registered nurse in WI, and the equivalent of at least one year of full-time experience in a health or human service field, working with one or more of the client populations served by the ADRC. Qualifying work experience may be paid or unpaid, including internships, field placements, and volunteer work. In the event a candidate lacks the degree or experience described, approval can be requested from DHS. Starting wage \$23.89-\$26.56 DOQ and Excellent Benefits. For an application contact the Washburn County Personnel Department at P.O.

Box 337, Shell Lake, WI 54871, Ph. 715-468-4624, fax 715-468-4628. Email [adminper@co.washburn.wi.us](mailto:adminper@co.washburn.wi.us) or download an application from our County website at [www.co.washburn.wi.us](http://www.co.washburn.wi.us). Resumes will be accepted but will not take the place of a completed application. Applications will be accepted until the position is filled. EOE

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

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

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

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

## SENIOR CENTER NEWS AND EVENTS

### MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448  
Nutrition Site Manager: Joanne Smith, 715.645.0418  
President: Jerry Smith, 715.338.2019

#### NEWS SUBMITTED BY: SANDY

Winter has brought many changes, and the senior centers are no exception. We had elections for some new officers for this term, and some that have stayed the same. Jerry Smith is still the President, we have no Vice President at this time. I am the secretary, (please bear with me since I am new to all this), Lynne Thompson is Treasurer, Joyce Palucci, Karin Larson, Judy Mullikin, and Darlinda Schroeder are members at large.

Our Nutrition Site Manager, Joanne Smith, has requested that people wishing to be signed up for a meal or to ask about activities, to please come into the center if possible.

#### *This is further explained from the ADRC:*

The ADRC provides sign-up sheets and it is requested to register at least 24 hours ahead of time for meals. Mornings are very hectic, since there is only one staff member assigned to the kitchen and it is difficult to leave their station to answer the phone when preparing, cooking, packaging, and serving the food. Otherwise, please wait until 11 a.m. to 1 p.m., when someone else is at the site, able to assist with answering the phone. When you attend a meal, there is a sign-in kiosk where you are pleased asked to use a scan card, to sign-in for the meal of that day. Each participant who dines at the center is or has been provided with a card. It is highly encouraged that all participants please use these scan cards, as it is time savings to the staff, which in turn is cost savings to our tax payers. Once registered as a participant, you will be issued a scan card, which is very easy to use. If you do not want to carry your card with you, it can be put in a card box and kept at the center or you can use your telephone number to check-in. The ADRC will be replacing the old method of paper sign in sheets for the day with the scan card method, since many do not write their full names or signatures may not legible someone's eye that is not familiar with your writing. If the county staff who go through these sheets cannot identify the name, they cannot honestly enter them on the daily rosters and then there is no reimbursement from the state of any type of grant funding. In turn this means the agency must supplement those participant fees with tax levy, which is local tax payer dollars rather than funding provided by the federal Older American's Act dollars. For the Elder Nutrition program, there is a suggested contribution and even if someone does make that contribution, that does not cover the full cost of the meal. The use of these scan cards at the centers has been a huge cost savings at the centers that have used them, so please take the time to use this method. It would be greatly appreciated!

#### March Activities:

Farkle is on the 1st and 3rd Tuesdays at 12:30 pm.

.50 cents per person donation.

Cribbage is at 12:30 on Thursdays.

.50 cents donation.

Cards are on the 2nd & 4th Tuesdays.

.35 cents a game.

Wee Bowling is every Tuesday at 12.00

Pot Luck is on the second Saturday of the month at 12. Noon. Bingo at 1pm.

Foot care is the 1st & 3rd Wednesdays from 9am to 1pm. You must call for an appointment, 466-4299. The next Dining at 5 is on March 6th.

If you have any suggestions for speakers for our meetings, please let me know.

Thank you, until next month. Sandy.

### SPOONER SENIOR CENTER

OUR NECK OF THE WOODS  
402 Oak Street, Spooner | 715.635.8283  
Nutrition Site Manager: Mary Lawson  
Co-Chairmen: Caryl Ligler | 715-635-8215  
Lynn Beard | 715.520.3569

#### NEWS SUBMITTED BY: MARY & FRANK HULL

Soon to Be:

#### WASHBURN COUNTY WELLNESS CENTER 50+

Physical work has finally begun to turn the annex into our new home! With enough good luck as well as hard work by the contractors, we hope to be able to move in this summer.....

It has been a long time coming, but we know it will be well worth it.

A request from Claudia Broz posted on Spooner Senior Center Facebook Page:

I am looking for people to help form a committee to put together a Spring Gala at Round Man Brewing Co. on May 18th or 25th. This event is to celebrate all our Senior friends in Spooner and the surrounding area. Sue Churchill (proprietor) has offered the use of their party rooms and to join the decorating committee. We need people to get the ball rolling. i.e., Decorate, help set up, arrange entertainment, put together a buffet menu for their kitchen etc. Please call Claudia Broz 715-466-1018 and leave a message, if asked, or attend a meeting at the Sr. Center on a Friday to soon be determined. This well be a wonderful way to get together, meet people we've seen but don't really know and celebrate the renovation of the Annex as our soon to be new home.

Not a lot to report this month, but keep an eye on the Facebook page for any current updates. Hopefully there will be Lunch and Learn, but as of this writing, I had no dates nor topics.

Winter is hopefully nearly over...I know it was a tough one. Even though we are in Texas, we can certainly empathize. Winter can't last forever!

#### Weekly activities:

Tuesdays: Mahjong 1pm

Wednesdays: Chair dance 9:30am,  
Bridge and 500 at 1PM

Thursdays: Hand and Foot 1PM

Stay safe and warm!!!

Website: Spooner Senior Center on Facebook  
Phone:715-635-8283

### SHELL LAKE SENIOR CENTER

FRIENDSHIP COMMONS  
210 4th Avenue, Shell Lake | 715.635.8283  
Nutrition Site Manager: Josie Haupt  
Co-Presidents: Linda Rogers & June Willis  
952.288.9916

#### March Activities:

Every Monday:

Tai Chi 10-11 am

Monday, March 6th - Painting 1 pm

Monday, March 13 - Dining at 5

Monday, March 20 - Presidents Day Observed

Monday, March 27 - Membership Meeting 2 pm

Every Wednesday:

Wii Bowling & Games 9 am

Quilting 9 am

Congregate Dining 11:30 am

Smear & Games 1 pm

Every Thursday:

Games 9 am

Congregate Dining 11:30 am

Cribbage 12:30 - 2:30 pm

### BIRCHWOOD SENIOR CENTER

LAKESIDE CENTER  
110 Euclid Avenue, Birchwood | 715.354.3001  
Nutrition Site Manager: Kristi Shoop  
President: Ken Bohn | 715.651.2362

#### NEWS SUBMITTED BY: CAROL ADDINGTON

Hope by now you have had a lot of love in February! It sure is good to be done with January. I am writing this on the 3rd of Feb so I hope I am not wrong and that it has to a better month!



We had a full house at Dining at 5 and it was absolutely delicious. Well done, Kristy! (She had a lot of the other 'doneness' too). It is hard to get used to the change of day, but it's worth it. Do plan it if you can!

#### *A hangover is the wrath of grapes...*

Well...this is that month we all look forward to, when we can get rid of some of that money, they (the government) think we have hanging around. Who picked March for taxes, well April actually but we have to start planning in March like they think we have any left after the other taxes and Christmas. I mean really. Hope you are lucky to have some family member that does them for you, as there doesn't seem to be anyone available for seniors like there used to be.

#### *The definition of a Will: "A dead giveaway"...*

Hope you have had a chance to stop in at the center on Tuesdays for a cup of coffee and chat! There are other beverages too, so always something for you. The exercisers are there refreshing after class and you can find out more about what you are missing. I'm sorry I miss out, but that's my book buddy day. We are always looking for new ideas and that's your chance to give us some!

#### *When a clock is hungry it goes back four seconds.*

Was wonderful to have our sunshine lady Kelly there at pot luck. She distributed info again as she always does and shared there are some scams happening and to be aware of that and be cautious. There will be a presentation at the Center in the near future about them and you will want to come to be informed. They sure love to pick on us seniors.

#### *A boiled egg for breakfast is hard to beat!*

So, this is short and sweet 'cuz not much news and my hands are too cold to hit the right keys. When this snow melts, I sure hope it feeds what it is supposed to and not go where it isn't. Watch out for those Ides of March and hopefully someone will share with us what those are someday.

Over and out...



The Virtual Hope Box (VHB) is a Smartphone app designed to decrease depressive symptoms and increase the protective factor of resilience and coping.

#### The four main features of VHB are:

- Distraction
- Relaxation
- Coping Techniques
- Inspirational Quotes

Download the free app today!

## CHICOG NEWS

### JOANN MALEK & CATHY PETERSON

Chicog News

We dubbed my sewing machine "Mathilde," named after the grandma who made clothes for my doll and let me pump the treadle back and forth. Mathilde was built at the Singer plant in Elizabeth, New Jersey in 1924.

I expect that this prettily decorated machine, with oak cabinet and cast iron stand, was a big expenditure for my grandparents, but it was a necessary investment. Emptied cotton flour sacks were made into clothes for little ones. Family members were outfitted. Garment tears were mended. Fraying shirt collars were turned. Second-hand coats were taken apart and the wool reused.

During our teen years my friends and I made our own clothes. Three yards of fabric gathered onto a waistband, worn over crinolines. Simplicity patterns. Special dresses for special events. Fancy gowns. Eventually sunsuits, overalls and pretty little dresses for our children. Window treatments. Upholstery.

My grandma's Singer was furniture for our first apartment and has held an important place in each of our homes. It has served me well through the years. I can sew one direction: forward. There are no attachments so my buttonholes are hand-done. Occasionally the leather belt that drives the machine stretches

and needs to be replaced. Drops of oil at designated points keep mechanisms running smoothly.

A few years back I became fascinated with quilting. Pretty fabrics put together like puzzles. There are countless patterns and possibilities. Table-runners, wall hangings, lap-quilts, bed-toppers. Each one unique and lovely.

Quilters seem to enjoy gathering at quilt retreats. They plan and prepare, collect necessary materials, pack favorite tools. Their well-loved, high-tech machines are tucked into sturdy carrying cases. When I decided to attend, I knew I couldn't lug Mathilde along. Instead I brought needles and thread and my laptop. I would write my article! Seventeen women working at tables arrayed around a large, bright room, surrounded by friendly chatter, laughter and the musical whirr of sewing machines. Beautiful projects were taking shape.

"I come because I can accomplish things here without the distraction of everyday chores." "I can focus on sewing." "Good friends from afar are here." "I like to talk with people." "I learn from other talented quilters." "I return home inspired."

I could hardly wait to get home to Mathilde, to continue working on the t-shirt quilt my granddaughters and I are creating together.

Loretta Grosskreutz (known as Midge) has been receiving friendly visits from Angels on our Shoul-

ders (AOS) volunteers for the past few months. AOS is an organization affiliated with Neighbor to Neighbor, providing help and hope to seniors in Chicog and neighboring communities of northern Washburn County.

Midge, who is recovering from hip surgery, has the most sunny disposition. Volunteers who visit just love her. Whether playing Cribbage or listening to her fantastic fishing stories, a visit with Midge is always joyful.

On February 1 Midge turned 98 years old! She has lived on Gilmore Lake for the past 40 years. She has worked as a cook and a manager at the Minong Senior Center. She also taught Cribbage there. At the January Dining at 5 gathering fifty birthday cards were passed out by an AOS volunteer. With this "card shower" we were able to honor Midge's 98th birthday.

The cards were crafted by Marilyn Gallman and Jean Loielle, residents of Chicog Township, as part of the Neighbor to Neighbor Caring Cards program. On a recent visit Midge reacted to the birthday cards with a big smile, "I had a feeling Angels on our Shoulders had something to do with this!"

To be part of AOS, or if you or someone you know needs AOS Services, please contact Louie Columbus at 224-578-2537. Thanks for reading the Chicog News!

## SENIOR NUTRITION NEWS

# Extra FoodShare Benefits Ended

Press Release from Wisconsin Department of Health Services  
Elizabeth Goodsitt, 608-266-1683  
Jennifer Miller, 608-266-1683

## FEDERAL GOVERNMENT ENDS EXTRA FOODSHARE BENEFITS FOR WISCONSIN HOUSEHOLDS IN FEBRUARY 2023

The Consolidated Appropriations Act, 2023, passed by Congress in late December, ends a federal program that has been providing additional benefits to households enrolled in Wisconsin's FoodShare program. FoodShare households have been receiving the maximum amount for their household size or \$95, whichever is more. In recent months, an average of approximately \$80 million has been distributed monthly to help almost 400,000 households across our state struggling to afford food. This also indirectly supports Wisconsinites involved in food production and retail like farmers, truckers, and grocers. February 2023 will be the last month families will receive the extra benefits. Regular FoodShare benefits will continue.

"The Supplemental Nutrition Assistance Program that funds FoodShare is a crucial federal support to individuals and families, particularly in times like these when higher food prices are straining everyone's budgets, but especially those of our most vulnerable," said Department of Health Services Deputy Secretary Deb Standridge. "These additional funds provided to eligible Wisconsinites because of COVID-19 have made a real difference. With Congress deciding to end these federal funds, community support for local resources like food pantries and food banks will be more important than ever."

During the last two years, there have been historic federal cost of living increases to the maximum allotment amounts for households based on their size. Maximum allotment amounts have gone up approximately 34% from pre-pandemic levels.

"We expect the end of these extra benefits will impact not only individuals and families, but also retailers and farmers who accept benefits," said Stephanie Jung Dorfman, executive director of Feeding Wisconsin, a statewide association of six Feeding America food banks that serve the state's 70 counties. "During tough times, such as the pandemic and high inflation, FoodShare has been key to mitigating food insecurity. Regional food banks and local food distribution organizations will work to fill the gap, despite greater demand. Our network food banks and pantries are now gearing up to source and distribute enough food to ensure Wisconsinites have resources to turn to as they try to make ends meet."

FoodShare members will receive a letter later this month alerting them to this change. Households with emails on file will also be notified by email. Members can check the amount of their regular monthly FoodShare benefit by logging into Wisconsin's [ACCESS website](#) or by using the [MyACCESS smartphone app](#).

Regular benefits are always deposited on the same day in the first half of each month.

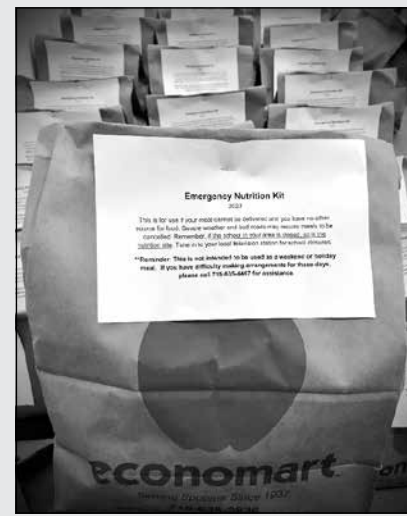
Regular FoodShare benefit amounts are based on information like household size, income, and expenses. If a household has experienced changes like an increase in size or a decrease in income, bills they have not reported, or expenses that have increased, they should report these updates to the agency that manages their benefits. They may be eligible for increased FoodShare benefits.

Anyone who needs additional nutritional support can:

- Call 211 or 877-947-2211 to find a local food pantry.
- Check if they are eligible for the [Emergency Food Assistance Program \(TE-FAP\)](#) - a federal program that provides food assistance to those with low incomes.
- Check if they are eligible for the [WIC \(Women, Infants, and Children\) Program](#) - a state program that helps Wisconsin families, including dads and other caregivers, with food benefits, nutrition education, and breastfeeding support.

[More information for FoodShare members](#) can be found on the DHS website.

## Thank You Shell Lake Lions!



ADRC PHOTO

Washburn County Senior Nutrition program would like to extend a very special "Thank You" to the members of the Shell Lake Lions Club who helped package 170 Emergency Nutrition Bags for those who participate in the home-delivered meals program. Should an emergency disrupt regular meal deliveries, these emergency bags – each containing five shelf-stable meals – provide a nutritious alternative and a sense of security. Thank you Shell Lake Lions for your continuous support of the Senior Nutrition Program!

## Simple Tips for Eating Well

Cheryl Toner

Director of Food Sector Engagement for the American Heart Association

### KEY TAKEAWAYS

- As you age, it's more important than ever that you are eating well to get adequate nutrients.
- Rather than ignoring food customs and preferences, let's anchor them in the science of nutrition and aging.
- These tips can ground your food choices in decades of research and simplify eating well.

There are few things in life as comforting and nourishing as food, but it can be controversial and confusing, too. It's so essential to life one would think common sense is the main ingredient in making food choices, and common sense—along with personal heritage and beliefs—is an important guidepost. Food cultures around the world can look very different from one another, and each can be healthy. Rather than ignoring food customs and preferences, let's anchor them in the science of nutrition and aging.

Eating for health is often framed in a way that isolates nutrients that are good for your bones, your heart, or your digestive system. The result is a list of foods that will provide those nutrients, but ignores the way nutrients work together. Calcium, for example, is essential for strong bones, but it must partner with magnesium, vitamins D and K, and protein to get the job done. In fact, all these nutrients together are optimized only with weight-bearing exercise.

### TRIED AND TRUE HEALTHY EATING TIPS

So how do we bring research know-how to the dinner table when it's so complex? Managing a health condition or nutrient deficiency is best done with a registered dietitian, but these tips can ground your food choices in decades of research and simplify eating well:

- 1. Balance food group choices throughout the day.** That's right—good old food groups. Fruits, vegetables, grains, dairy, and protein. Make half your plate fruits and vegetables, about a quarter grains, and a quarter protein. Not eating off of a plate? Think about balancing throughout the day, but don't get too technical.
- 2. Make variety the spice of your life and each food group.** Try a new herb in cooking, reach for a rainbow of produce, add barley or quinoa to the whole wheat bread and oatmeal rotation, and alternate beans, fish, lean meats, and lentils as protein choices.
- 3. Enjoy eating. Share a meal with a friend or family.** Seek out foods that you really like that are also good for you and savor each bite. If deciding what to eat and when feels overwhelming, consider getting pre-prepped meals from one of many meal delivery services. They deliver balanced meals to your door. Also, check out the best grocery delivery services to avoid impulse buys at the store.

In addition to eating well, keep exercising. If you don't exercise already, talk to your doctor about getting started. Doing both is good for your health... and it simply feels good to be good to you.

## TOP 10 HIGH-FIBER FOODS Another excuse to eat popcorn

<https://www.benefiber.com/>

\*According to the Institute of Medicine, it is recommended that, in adults 50 or younger, women should consume 25 grams of fiber daily and men 38 grams. In adults 51 or older, women should consume 21 grams of fiber daily and men 30 grams.

### 1. BEANS

Lentils and other beans are an easy way to sneak fiber into your diet in soups, stews and salads. Some beans, like edamame (which is a steamed soy bean), are even a great fiber-filled snack.<sup>1</sup> There are 9 grams of fiber in a half-cup serving of shelled edamame.<sup>1</sup> A bonus? All of these provide a source of plant protein, too.<sup>2</sup> Some bakers have even started including beans or bean flours in their baked goods, which research suggests can still make quality cakes.<sup>3</sup>

### 2. BROCCOLI

This veggie can get pigeonholed as the fiber vegetable. Its cruciferous nature—meaning it's from the Brassica genus of plants along with cauliflower, cabbage and kale—makes it rich in many nutrients in addition to fiber.<sup>4</sup> Studies have shown that broccoli's 5 grams of fiber per cup can positively support the bacteria in the gut, which may help your gut stay healthy and balanced.<sup>5, 6</sup>

### 3. BERRIES

Berries get a lot of attention for their antioxidants, but they're full of fiber, too. Just a cup of fresh blueberries can give you almost 4 grams of fiber, and there is nearly the same amount of fiber in a cup of frozen unsweetened blueberries.<sup>7</sup> Blackberries, strawberries and raspberries are also great sources of fiber.<sup>8</sup> Of course, one of the biggest benefits of berries is that they're naturally low in calories, too.<sup>9</sup>

### 4. AVOCADOS

Avocados pretty much go with everything—toast, salads, entrees, eggs—and while they're often recognized for their hefty dose of healthy fats, there are 10 grams of fiber in one cup of avocado (so just imagine how much is in your guacamole).<sup>10</sup>

### 5. POPCORN

There's one gram of fiber in one cup of popcorn, and the snack (when natural and not covered in butter, like at the movies) is a whole grain that can satiate

cravings with a hit of fiber.<sup>11</sup> It's even been called the King of Snack Foods.<sup>12</sup>

### 6. WHOLE GRAINS

Good news for bread lovers: Real whole grains, found in 100% whole wheat bread, whole wheat pasta, brown rice, and oats, have fiber.<sup>13, 14, 15</sup> One tip to watch out for: as required by The Food and Drug Administration, whole grains should be the first ingredient on a food package in order for it to be considered a real whole grain.<sup>13, 14</sup>

### 7. APPLES

That old saying that "an apple a day keeps the doctor away" isn't necessarily true, according to research, but the fruit can boost your fiber intake.<sup>16</sup> There are about 4 grams of fiber in an apple, depending on its size. And, of course, they're a nice and crunchy snack.

### 8. DRIED FRUITS

Dried fruits like figs, prunes and dates can boost your fiber intake dramatically and are recommended for those struggling with occasional constipation.<sup>17</sup> The sugar called sorbitol, which naturally occurs in these fruits, can help your bowels and lead to more comfort.<sup>17</sup> However, eating too many can lead to cramping or diarrhea, so try a small serving and see how you feel once you've digested them, before noshing on too many more.<sup>17</sup>

### 9. POTATOES

Sweet potatoes, red potatoes, purple potatoes and even the plain old white potato are all good sources of fiber; one small potato with skin can provide close to 3 grams of fiber.<sup>18</sup> The veggie has a bad reputation for running in the wrong crowds—fries and chips, to name a few. However, when not fried in oil and slathered in salt, potatoes can provide many benefits.<sup>19</sup>

### 10. NUTS

Nuts aren't just a great source of protein and healthy fats—sunflower seeds and almonds each have more than 3 grams of fiber in a serving. They can help you reach the 25-gram intake of fiber recommended by the FDA for women and 38-gram recommendation for men.<sup>22, 23\*</sup> Raw or dry-roasted nuts are preferred over the pre-packaged variety (which are usually cooked in oils that can add extra, unnecessary calories.)<sup>24</sup> Even nut butters can pack a punch of fiber.<sup>25</sup>

# MARCH

## LUNCH & HOME DELIVERED MEALS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chicken Stir Fry over Brown Rice w/Peppers, Onions, Snap Peas, Carrots & Broccoli Mandarin Oranges	Salisbury Steak Baked Beans Baked Sweet Potato WG Bread Pineapple	Tuna Casserole w/ Peas Buttered Beets Buttermilk Biscuit Cinnamon Apples
Tater Tot Hot Dish w/Beef, Peas, Carrots, Green Beans & Corn WG Bread Triple Berry Crisp <b>MINONG DINING @ 5</b>	Glazed Ham Whipped Sweet Potatoes Roasted Green Beans WG Dinner Roll Peaches	Country Style Ribs & Kraut Garlic Red Potatoes Steamed Broccoli WG Bread Pears	Roasted Pork Loin w/Mustard Sauce Roasted Potatoes Glazed Carrots WG Bread Oranges	Chicken Caesar Salad Marinated Veggie Salad WG Garlic Breadstick Honeydew
Meatloaf Mashed Potatoes & Gravy Glazed Carrots WG Dinner Roll Apricots <b>SHELL LAKE DINING @ 5</b>	Hearty Sausage & Squash Stew w/Great Northern Beans Cranberry Wild Rice Bread Fruited Jell-O	Waldorf Chicken Salad on WG Bread w/Leaf Lettuce Creamy Coleslaw Carrot Sticks Crisp Red Grapes	Salmon with a Lemon Dill Sauce Black Bean & Lentil Salad Steamed Broccoli WG Bread Cantaloupe	<b>St. Patrick's Day</b> Cabbage Roll Casserole Baby Red Potatoes Marble Rye Bread Pineapple Grasshopper Brownies
Honey Dijon Chicken Baked Potato Creamed Spinach WG Bread Mandarin Oranges <b>SPOONER DINING @ 5</b>	Swedish Meatballs w/ Creamy Mushroom Sauce over WG Egg Noodles Roasted Parmesan Cauliflower Berries w/Whip Cream	Chicken Taco Salad w/ Lettuce, Black Beans, Tomato, Corn, Onion, Salsa, SC & Corn Chips Fresh Fruit Salad	Baked Pork Chop w/ Apple Chutney Sauce Mushroom Wild Rice Baked Sweet Potato WG Dinner Roll Pears	Lemon Parsley Baked Cod Red Potatoes Buttered Beets WG Dinner Roll Strawberry Shortckae
Spaghetti & Meatballs over WG Pasta Noodles Roasted Brussel Sprouts Buttered Peas WG Bread Crisp Grapes	Loaded Chef Salad w/ Ham, Eggs, Cheese, Veggies, Dressing WG Garlic Breadstick Pineapple <b>BIRCHWOOD DINING @ 5</b>	Turkey & Swiss Sandwich w/LTO on WG Bread Broccoli Bacon Salad Peach Cobbler	Shepherd's Pie w/ Whipped Potatoes Butter Green Beans WG Dinner Roll Apricots	Cheeseburger on WG Bun Baked Beans Sweet Potato Wedges Honeydew Peanut Butter Cookie

ALL MEALS SERVED WITH 1% MILK, BREAD & BUTTER • MENU SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY • CHECK WITH YOUR MEAL SITE TO CONFIRM  
 Spooner/Shell Lake Senior Center: 715-635-8273 • Birchwood Senior Center: 715-354-3001  
 Minong Senior Center: 715-645-0418

# MARCH



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

**PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE**  
 Minong: 715-645-0418  
 Shell Lake: 715-635-8283  
 Spooner: 715-635-8283  
 Birchwood: 715-354-3001

### MINONG MENU MONDAY, MARCH 6th

Corned Beef & Cabbage Dinner  
 Cauliflower Broccoli Salad, Irish Soda Bread,  
 Joanne's Choice Dessert

### SHELL LAKE MENU MONDAY, MARCH 13th

Beef Roast, Mashed Potatoes & Gravy,  
 Buttered Corn, Side Salad, Pistachio Fluff

### SPOONER MENU MONDAY, MARCH 20th

Corned Beef & Cabbage Diner,  
 Red Potatoes, Carrots & Onions, Salad Bar

### BIRCHWOOD MENU MONDAY, MARCH 28th

Corned Beef & Cabbage Dinner  
 Scalloped Potatoes, Garden Salad,  
 Dinner Roll, Kristi's Choice Dessert

## SENIOR CENTERS DINING & ACTIVITIES

**Dining:** Congregate dining is provided at four nutrition sites in Washburn County, Wisconsin: Birchwood, Minong, Shell Lake, and Spooner. Diners can partake of low-cost, nutritionally balanced meals in a warm atmosphere where they can enjoy being with other people and gain access to social activities.

**Serving Times:** Serving times vary depending on the site. Call to Make Meal Reservations: Reservations are required 24 hours in advance at the following sites:

**Birchwood Senior Center**  
 110 Euclid Ave., Birchwood, WI 54817  
 715-354-3001; Serving M-F, 11:45 am

**Minong Senior Center**  
 700 Houston Ave., Minong, WI 54859  
 715-645-0418; Serving M-F, 11:30 am

**Shell Lake Senior Center**  
 210 4th Avenue, Shell Lake, WI 54871  
 715-635-8283; Serving T&W, 12:00 noon

**Spooner Senior Center**  
 402 Oak St., Spooner, WI 54801  
 715-635-8283; Serving M-F, 12:00 noon

**Meal Cost:** We accept Food Share (Quest Card), Age 60 and Older Suggested Contributions, \$4.00 Lunch, \$5.00 dinner, and Under Age 60: Full cost of Meals \$12.00 lunch/dinner. \*Caregivers Under Age 60 – Please contact the Nutrition Program Director at 715-635-4460. No eligible participant will be denied a meal based on ability to contribute to the cost of the meal.

**Senior Center Activities:** All four Senior Centers allow participants to greet long-time friends and meet new ones. Please see enclosed activity calendar for each site.

**Home Delivered Meals:** Our Home Delivered Meals Program assures that homebound seniors receive an adequate nutritious meal, social contact, and safety check. With increasing numbers of frail elderly and shortened hospital stays, home delivered meals have become a critical component of the growing community service system. The same meals enjoyed at the senior dining sites are delivered to the homes of the elderly and caregivers who are homebound and not able to cook.

**Eligibility:** Guidelines must be met to qualify for Home Delivered meals. For more information or to sign up, please contact the Nutrition Program Director at 715-635-4460.

# Put Your Home on a Low-Salt Diet

By the GWAAR Legal Services Team (for reprint)


We all know that eating too much salt can cause health problems, but did you know that using too much salt around your home can cause environmental problems? We use salt to keep our sidewalks safe in the winter and to soften water in our homes all year, but using too much salt can contaminate drinking water, endanger wildlife, increase soil erosion, and damage drinking water infrastructure.

Road salt can cause corrosion in cars, trucks, roads and bridges. In addition, excess road salt can kill roadside plants and attract wildlife, like deer, who like licking the salt, which increases the probability of accidents. Moreover, road salt and salt from water softeners ends up in nearby surface and groundwater. Studies have shown that drinking water and freshwater ecosystems in northern parts of the world are becoming increasingly salty. High levels of salt in drinking water affect people with high blood pressure, and too much salt in surface water can be toxic to some fish and other animals.


Here's how you can reduce the salt you use around

your home. First, when you store salt for use around your home, make sure it is in a waterproof container to prevent it from leaching into the ground. When it snows, clear snow before it turns into ice. Shovel or sweep often during a snowstorm. After you shovel, use only as much salt as you need. A 12-ounce coffee mug full of salt is enough for a 20-foot driveway or 10 sidewalk squares. Remember that salt only works when pavement temperature is above 15o F, so use sand when the temperature is colder than that. Sweep up leftover salt from driveways and sidewalks when the pavement is dry. Dry salt can be reused.

If you have a water softener, make sure that it is properly installed and maintained according to the manufacturer's instructions. In addition, read the instructions before adding any salt. Make sure the softener is set to the hardness of your water supply. If the hardness is set too high, you will end up using more salt than is needed. Soften only the water that needs to be softened. People often choose to soften showers, sinks, and laundry. In general, water used in toilets, outdoor hose bibbs, and other cold water taps does not need to be softened.



## Classic Pea Salad (Serves 8)



**INGREDIENTS**

- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1 tablespoon granulated sugar
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon salt, plus more to taste as needed

**PREPARATION**

In a large bowl, whisk together sour cream, mayo, sugar, apple cider vinegar, and salt until combined. Add peas, bacon, onion, and cheese to bowl and gently stir to coat in dressing. Chill until ready to serve, but at least 1 hour. Garnish with more crispy bacon if desired before serving. Enjoy!

- Recipe adapted from The Recipe Critic. PHOTO SUBMITTED

## SENIOR NEWS

# Get Ready for Spring Cleaning and Learn How to Dispose of Household Hazardous Waste

By the GWAAR Legal Services Team  
(for reprint)

Spring will be here before you know it, and that means it's time to start thinking about spring cleaning. Many people have leftover household products sitting around in their homes that contain hazardous ingredients. Products like paints, cleaners, oils, batteries, and pesticides have ingredients that can cause fires, injuries to people and animals, or contaminate water when stored or disposed of improperly. These products are known as household hazardous waste.

To avoid the potential risks associated with household hazardous waste, you should always follow instructions on product labels for use and storage of these materials. When storing these products, keep them in their original containers and do not remove their labels. If you notice that containers have rusted or corroded, contact your local hazardous materials official or fire department for instructions for handling these products.

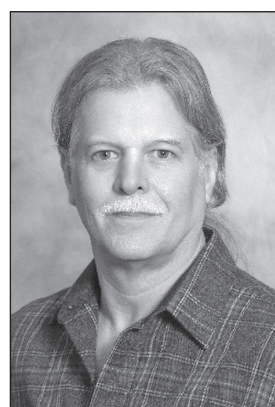
In addition, it is important to follow directions for proper disposal of these products. If you have leftover household hazardous wastes, never mix them with other products. Some chemicals might react, ignite, or explode when mixed together. Improperly disposing of household hazardous waste, like pouring products down the drain, on the ground, into storm sewers, or, in some cases, putting them in the trash can be very dangerous. Even empty containers should be handled with care, because in some cases, the chemical residues that remain can pose hazards.

Many communities have community collection points or one-day collection events to help residents properly dispose of household hazardous waste. Many one-day events occur in the spring, summer, or fall. These collection points will send the waste away for proper treatment and disposal. The Wisconsin Department of Agriculture, Trade, and Consumer Protection's Clean Sweep program provides a list of communities with collection sites and events here: <https://datcp.wi.gov/Documents/CleanSweepSchedule.pdf>. You can also contact your community or county solid waste department for information about additional collection locations in your area. For example, some local businesses may accept certain products for proper recycling or disposal.

For more information about household hazardous waste, including information about proper disposal of specific types of products, please see this brochure from the Wisconsin Department of Natural Resources: <https://dnr.wi.gov/files/PDF/pubs/wa/wa1719.pdf>.

# Bath Remodel, Maybe Not!

Getting in and out of the bathtub can be challenging. You may be considering a walk in tub or a whole bathroom remodel. For many the cost of remodeling or replacing a bathtub is out of reach. For some people a bath is preferred over



Don  
Posh

a shower as the soaking can relieve painful joints and muscles. Making the transfer to and from a bath can be unsafe for a person with limited strength and mobility as well as a caregiver assisting. It can be helpful to have grab bars installed to assist entering and exiting the tub. With each bathroom design being unique, something that works for one may not work for another. There are devices that can assist if the strength is not enough to do this on your own. A Bath Lift Chair is a battery controlled Assistive Technology Device that may be the answer you're looking for to safely access your bathtub.

Bath Lift Chairs allow the individual to transfer from outside the tub safely and be gently lowered down into the tub and back up when bath is finished.

The device is equipped with a rechargeable battery with a watertight hand control that floats. Some models have a backrest that reclines. There are a variety of manufacturers and prices begin at \$395 online or may be available locally at medical equipment retailers.

For more information on bathroom safety and accessibility 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!



## TAX ASSISTANCE

## Tax Assistance Programs

By the GWAAR Legal Services Team (for reprint)

The filing deadline to submit 2022 tax returns or an extension is Tuesday, April 18, 2023. There are programs available throughout the state to help low- to moderate-income individuals and families with tax preparation. Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) are two such programs.

The VITA program is a cooperative effort by the Internal Revenue Service (IRS) and individual states, including Wisconsin, and the TCE program is supported by the AARP Foundation. Both programs offer volunteers trained by the IRS and the Wisconsin Department of Revenue (DOR) who help prepare basic income tax returns for free. Most VITA and TCE sites offer free electronic filing.

VITA and TCE sites can help low- to moderate-income individuals, older adults, individuals with disabilities, and individuals who qualify for the homestead credit or the earned income credit. VITA sites may also be able to help non-English speaking individuals and military personnel. (Note: The American Rescue Plan of 2021 allowed for individuals over 65 to claim the earned income credit on their 2021 taxes only. For 2022, the old rules apply, so to claim the EIC without a qualifying child, you must be at least age 25 but under age 65).

You will need to bring to the appointment photo identification, social security cards for you, your spouse and your dependents, all wage and tax statements, including Forms W-2, W-2G, 1099-R, SSA-1099, interest and dividend statements, and any other tax documents you receive.

If you plan to claim homestead credit, you will also need to bring a copy of your property tax bill or a rent certificate signed by your

landlord, a record of any Wisconsin Works (W-2) payments, a record of SSI payments from the Social Security Administration and the Wisconsin Department of Health Services, any proof of earned income if both you and your spouse are under age 62 and not disabled, and proof of disability (if under age 62).

### VITA/TCE SITES CAN HELP PREPARE

- 1040
- 1040X
- WI Form 1
- WI homestead credit

### VITA/TCE SITES CANNOT HELP PREPARE

- Schedule C (Profit or Loss from a Business)
- Schedule D (Complicated and Advanced Schedules)
- Schedule E (Rental Income)
- Form SS-5 (Request for a Social Security Number)
- Form 2106 (Unreimbursed Employee Business Expenses)
- Form 3903 (Moving Expenses)
- Form 8606 (Nondeductible IRA)
- Form 8615 (Tax for Children Under 14 with Investment Income)

To find a VITA or TCE site near you, use one of the following methods.

#### VITA SITES

- Call (800) 906-9887
- Visit [irs.gov](https://www.irs.gov), keyword VITA
- Call "211" for a site near you
- Call (608) 266-2486

#### TCE SITES

- Call (888) 227-7669
- Visit [https://www.aarp.org/mon-ey/taxes/aarp\\_taxaide/locations.html](https://www.aarp.org/mon-ey/taxes/aarp_taxaide/locations.html)
- Call "211" for a site near you.
- Call (608) 266-2486

For more information, visit: <https://www.revenue.wi.gov/Pages/VITA/home.aspx>

## Free Tax Preparation Assistance

Indianhead Credit Union  
104 E. Maple St.,  
Spooner, WI 54801

For more information or to schedule an appointment call 715-635-8273. Choose option "7" for Tax Appointment. Appointments will be scheduled Thursdays 9:30 am - 11:45 am and 2 pm - 5:30 pm and Saturdays 8 am - 11:30 am. NOTE: No COVID restrictions will be in place this year. Masks will be available for those who wish to wear them. The last day of appointments will be Saturday, April 15th.

### What to bring with you to the appointment:

- Proof of identification (photo ID)

- Social Security cards for you, your spouse and dependents
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Health Insurance Exemption Certificate, if received
- A copy of last year's federal and state returns, if available

SEE TAX PAGE 8B

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. Kloock, D.D.S.  
W7154 Green Valley Rd.,  
Spooner, WI

## SENIOR NEWS

# 6 Useful Tips for Managing Sandwich Generation Stress

As a member of the sandwich generation, you may be taking care of both your parents and your children at the same time. This position might lead you to feel like you're not doing enough, or are overloaded with stress. But let us tell you: you're doing an amazing job. You're only one person and the fact that you keep pushing forward shows how caring you are.

We want you to know you're not alone. To help support you, we've gathered some heartfelt stress-managing tips from other sandwich generation caregivers.

## 1. BUILDING A STRONG SUPPORT SYSTEM

It's okay to ask for help. After all, it's rare for someone to go through life doing absolutely everything by themselves. Receiving support is just as important as giving it.

If you're struggling with taking care of your older and younger folks, reach out to your friends and family. Tap your community's resources, like your local church, food shelter and cleaning services. Use social media and caregiver support groups to receive support and get helpful recommendations.

There's so much help out there for you. Taking the first step of reaching out may feel difficult, but it will help to take some of the weight off your shoulders knowing that others have your back no matter what.

*"Build a great, solid support system of friends for not only yourself but your children who will undoubtedly be affected as well. Friends/family/therapy if necessary. Church, if that's your belief system."*

– Tawny P.

*"Make use of community and government resources—meals on wheels, senior advocates, meal services. Ask for help from your church."*

– Chris C.N.

## 2. DON'T DISCOUNT WHAT OTHERS CAN DO

Sometimes you might feel like you're the only one who can take care of everything. Consider taking a step back and seeing what others are truly capable of doing, including those you're taking care of.

Your children may be able to take out the trash or dust your bookshelves. Your parents might be able to do certain things on their own, like making their own lunch. It depends on your particular situation, but it can be worth taking a look to see where your load can be lightened, even in the smallest ways.

And don't forget your support system. If someone wants to help run errands, prep meals or simply babysit for an evening, take them up on their offer.

*"Don't discount what others are able to do. Let the kids and parents do as much for themselves as possible, matching socks, folding towels, etc. Also never discount help that others may offer. Offers for help don't come often so take advantage of them when they do. I have learned that things can be done differently from how I would do them and still not be wrong. God bless you!"*

– Karen C.

## 3. KEEP PRIORITIES ORGANIZED

One of the best things you can do when you're caring for multiple people is to stay organized. This can look like listing out tasks and delegating them to loved ones who are willing to lend a hand.

One easy and free way to organize support is by using the CaringBridge Planner. Here you can post tasks and errands and even request rides from your loved ones.

Simply enter the tasks, choose the date you want it done, and send the site to your friends and family. They can go on the site and sign up to help right in the planner.

It's a simple, uncomplicated way to coordinate support and can take a huge load off your shoulders.

*"Delegate as much as you can to preserve your own health!"*

– Edith P.

*"Make time to prioritize each family member and start with yourself. It isn't easy but necessary for survival and thriving."*

– Dana H.

## 4. SET ASIDE TIME FOR YOURSELF

We've all heard about the importance of self-care, but what does it actually look like for the sandwich generation? Take some time to think about it. Maybe you enjoy taking walks or lying down and meditating. It could be having 15 minutes in the morning to complete a skincare routine, or taking an hour to do a favorite hobby like gardening or drawing.

Whatever self-care means for you, set aside time to do it, even if it's in short bursts throughout the day. Remind yourself that you're worth taking care of and that you deserve that time.

SEE **STRESS** PAGE 9B

## Medical Debt and Credit Cards

By the GWAAR Legal Services Team  
(for reprint)

Although medical debt is a fact of life for many Americans, it has also posed a major problem for credit ratings, affecting about one in five individuals. Medical debt has historically been the most common type of debt to go into collections and the most common type that leads to consumers being contacted by debt collectors. That fact has significantly affected consumers' ability to access credit, rent or buy homes, and even find jobs. Historically, medical debt – including paid medical debt and debt that went to collections but was later paid by insurance – could remain on a person's credit report for up to seven years.

Fortunately, in response to advocacy efforts and lawsuits joined by multiple states, the three major credit bureaus – Equifax, Experian, and TransUnion – agreed to take steps to reduce the impact of medical debt on individual credit ratings. As of July 2022, paid medical debt should no longer appear on a person's credit report. As of 2023, medical debts under \$500, whether paid or unpaid, should no longer appear on credit reports.

The Consumer Financial Protection Bureau (CFPB) determined that these smaller debts have tended to remain longer on credit reports and that the new changes will result in roughly two thirds of all medical debt accounts being removed from consumer credit reports. That change, however, does not represent the majority of medical debt in terms of total dollar amounts. About half of all individuals with reported medical debts have debts that exceed \$500 and will still suffer adverse credit impacts even with the new changes in place.

Although the process for correcting credit reports remains challenging, people who identify inappropriate medical debt in their credit reports can contact each credit bureau directly to request that items be removed. If those efforts fail, consumers can file credit reporting complaints online through the CFPB website or by calling (855) 411-CFPB.

- Switch from one Medicare drug plan to another if you're in Original Medicare.

Remember: anyone without an Advantage Plan as of January 1, 2023 cannot choose to enroll in one at this time unless they are in their Medicare Initial Enrollment Period (IEP) or qualify for a Special Enrollment Period (SEP). Additionally, anyone with a Private Fee For Service (PFFS) plan must keep the same drug plan.

## Reminder: Medicare Advantage Open Enrollment Period January 1 - March 31

By the GWAAR Legal Services Team  
(for reprint)

Beginning January 1 through March 31, 2023, individuals who are already enrolled in a Medicare Advantage Plan can make certain changes. Individuals can only make one change during this period, and the change is effective the first of the month following the month the plan gets the request.

### What you CAN Do:

If you are enrolled in a Medicare Advantage Plan as of January 1, 2023 (with or without drug coverage) you can:

- Switch to another Medicare Advantage Plan (with or without drug coverage); or
- Disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a standalone Medicare drug plan.

### What you CAN'T Do:

- Switch from Original Medicare to a Medicare Advantage Plan;
- Join a Medicare drug plan if you're in Original Medicare; or
- Switch from one Medicare drug plan to another if you're in Original Medicare.

Remember: anyone without an Advantage Plan as of January 1, 2023 cannot choose to enroll in one at this time unless they are in their Medicare Initial Enrollment Period (IEP) or qualify for a Special Enrollment Period (SEP). Additionally, anyone with a Private Fee For Service (PFFS) plan must keep the same drug plan.

## TAX FROM PAGE 7B

- Proof of bank account routing and account numbers for direct deposit such as a blank check
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B and C, Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable

If you are claiming homestead credit, you must also bring:

- Copy of 2022 property tax bill or rent certificate signed by your landlord

- Record of any 2022 Wisconsin Works(W-2) payments
- Record of 2022 SSI payments from the Social Security Administration and the Wisconsin Department of Health Services
- Proof of earned income if both you and your spouse are under age 62 and not disabled
- Proof of disability(if under age 62):
  - Statement from Veteran's Administration certifying that claimant is receiving disability benefit due to 100% disability, or
  - Document from Social Security Administration stating date disability began, or
  - Statement from physician stating beginning date of disability and whether disability is permanent or temporary



## SENIOR NEWS

## STRESS FROM PAGE 8B

It's also important to remember that by taking care of yourself, you are able to better care for others. Setting aside regular time for self-care will help reduce stress and replenish your energy.

*"Depend on others to give you 'me' time when you feel burnt out or overwhelmed! Someone to take the kids for a movie and someone to spend time with a parent for you to take a break. You are very important and you must still have self-care and love to be there for others around you!"*

– Tracy Ann B.

*"Remember to take care of yourself, even if just a few minutes a day. And yes, build support through people and research resources who offer support."*

– Patricia T.

*"Set time for yourself and stick to it. I took care of my mom for 11 years who was extremely demanding, and I worked as a special education director. Now I realize I had the right to save my time and tears and all, I should have said I am sorry but! Total burn out."*

– Georgia F.

## 5. STAY ENGAGED WITH HOBBIES &amp; INTERESTS

What brings you joy? Do you like to scrapbook or paddleboard? Maybe you love astronomy podcasts or reading crime mystery novels. Whatever your favorite pastimes are, don't let go of them.

Caregiving is incredibly challenging, and hobbies give us something to look forward to. When you have a busy schedule ahead of you, it can be comforting to know that later that day you'll have some time to do something you love.

Our interests and hobbies are also a major part of who we are, and they deserve our attention. When we don't hang onto them, we lose a very important part of what brings us joy. So know that, no matter how small a hobby seems, it's worth your time.

*"As hard as it is...find a hobby or something you enjoy and DON'T give up on it...read, write, photograph, hike, whatever that may be that brings you joy just for YOU!"*

– Tawny P.

## 6. TAKE PHOTOS &amp; ENJOY THE SMALL MOMENTS

It's normal to feel overwhelmed by all the day-to-day responsibilities, but that can make you miss out on enjoying the small moments. This could be crayon drawings by your children, giggles during dinnertime or your parents giving you a hug.

Whatever it may be, take a moment to celebrate those small treasures. Have your phone handy to take photos and videos of moments you want to remember. Years down the road, you'll be grateful you took that time.

*"Take LOTS of pictures. You will regret it if you don't. This time is crazy and stressful and some days you will absolutely hate being in this position, but one day you will look back on this time and be thankful you were there in the hard moments to comfort your parents and hopefully help bring them joy by watching their grandchildren grow."*

– Tawny P.

*"You just do the best you can and be honored that the Lord has blessed you with your parents and family. Some days you just muddle through."*

– Suda S.

*"Having been there I know the blessings far outweigh the challenges."*

– Sharon M.S.

## HOW DO YOU STAY PRESENT?

Remember that, despite overwhelming obstacles, you've managed to persevere. You've faced fears, taken action and overcome great challenges. That is the mark of a strong, courageous person.

## START A CARINGBRIDGE SITE

CaringBridge is a nonprofit social network dedicated to helping family and friends communicate with and support loved ones during a health crisis through the use of free, personal websites. Could you or a loved one benefit from starting a CaringBridge site to keep family and friends informed and get the love, and support they need? Start a site at [caringbridge.org/createwebsite](https://caringbridge.org/createwebsite)



## The U.S. Department of Health and Human Services Released Federal Poverty Guidelines

By the GWAAR Legal Services Team  
(for reprint)

The U.S. Department of Health and Human Services (HHS) has released the federal poverty guidelines for 2023. Sometimes referred to as the federal poverty level or "FPL," the poverty guidelines, updated periodically in the Federal Register by HHS, are used for determining financial eligibility for certain state and federal programs. The guidelines for 2023 are below.

### 2023 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA

Persons in family/household	Poverty Guideline
1	\$14,580
2	\$19,720
3	\$24,860
4	\$30,000
5	\$35,140
6	\$40,280
7	\$45,420
8	\$50,560

For families/households with more than 8 persons, add \$5,140 for each additional person.

For more information on the federal poverty guidelines, visit: <https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>

To view the Operations Memo outlining the 2023 Federal Poverty Level Changes for ForwardHealth Programs, visit: <https://dhs.wisconsin.gov/dms/memos/ops/dms-ops-2023-02.pdf>

## SPRING FLING

## Volunteers Needed

The Spooner Senior Center is looking to partner with Round Man Brewing Co. to hold a Spring Gala. They are looking for volunteers to get involved in the organization and decorating. Is event planning your specialty? Are you looking to meet new people? Are you a creative decorator? Please see Claudia's Facebook post below and contact her at the number provided.

### Claudia Broz posted on Spooner Senior Center

I am looking for people to help form a committee to put together a Spring Gala at Round Man Brewing Co. on May 18th or 25th. This event is to celebrate all our Senior friends in Spooner and the surrounding area. Sue Churchill (proprietor) has offered the use of their party rooms and to join the decorating committee. We need people to get the ball rolling, i.e., Decorate, help set up, arrange entertainment, put together a buffet menu for their kitchen etc. Please call Claudia Broz 715-466-1018 and leave a message, if asked, or attend a meeting at the Sr. Center on a Friday to soon be determined. This will be a wonderful way to get together, meet people we've seen but don't really know and celebrate the renovation of the Annex as our soon to be new home.



## Old Fashioned Iced Oatmeal Cookies

Servings: 24  
<https://barefeetinthekitchen.com/>

## INGREDIENTS

- 2 cups old fashioned rolled oats
- 2 cups all-purpose flour\*
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon kosher salt
- 2 teaspoons cinnamon
- ½ teaspoon ground nutmeg
- 1 cup butter softened
- 1 cup light brown sugar
- ½ cup white sugar
- 2 eggs
- 2 teaspoons vanilla extract

## \*Gluten-Free Alternative

- 1 ½ cups brown rice flour
- ½ cup potato starch
- ½ cup tapioca starch
- ½ cup rolled oats additional for GF version

## ICING/GLAZE INGREDIENTS

- 2 cups powdered sugar
- 3-4 tablespoons milk

## INSTRUCTIONS

Preheat the oven to 350°F. Place the oats in a food processor and pulse about a dozen times. Be careful not to grind them into flour, you want a variety of oat textures. Pour the oats into a mixing bowl and add the flours, baking powder, soda, salt, cinnamon, and nutmeg. Stir to combine. In a separate mixing bowl, beat the butter on medium speed for about 30 seconds. Add the sugars and continue beating until the batter is light and fluffy, about 2 minutes. Add the eggs and vanilla, beat again until combined. Add about ½ of the dry ingredients and mix on low speed to combine. Add the remaining ingredients and mix again until combined. Scoop generous cookie dough mounds (about 2 tablespoons worth) onto a parchment lined baking sheet. (Plan for 6 cookies on a tray, they will spread a good bit.) Bake for 10-12 minutes, just until the bottoms of the cookies begin to brown. Do not overbake. Remove from the oven and allow the cookies to cool on the tray for at least 5 minutes before transferring them to a wire rack to cool completely. Place the powdered sugar in a bowl and slowly stir in 3 tablespoons of milk. Add an additional tablespoon slowly, stirring until the icing is thin enough to drizzle. Add only enough milk to achieve the correct consistency. Drizzle the icing over the cool cookies. Let dry before storing. Cookies can be kept in an airtight container in the refrigerator or with the lid slightly cracked at room temperature for a crispier cookie. Enjoy!

**Notes:** The tops of the cookies can be lightly dipped in the icing or drizzled with icing as pictured and described. I dipped about half of them before I switched to drizzling. Both methods worked great. I was in a hurry to finish before my youngest woke up from his nap, so drizzling glaze across the remaining cookies was lightning fast.



## MENTAL HEALTH & AODA RESOURCES GUIDE



# Guide to Mental Health & AODA Resources for Washburn County & Surrounding Areas

**WASHBURN COUNTY MENTAL HEALTH CRISIS LINE**  
1-888-860-0373  
Available 24/7/365

### WASHBURN COUNTY HUMAN SERVICE PROGRAMS

**Comprehensive Community Services (CCS)** is a mental health or AODA program for children and adults.

**Community Support Program (CSP)** is an intensive but flexible program for adults experiencing severe and persistent mental illness.

**Coordinated Service Team (CST)** program provides services to children with complex behavioral needs.

**Washburn County Health & Human Services**  
PO Box 250, 110 4th Avenue  
Shell Lake, WI 54871  
Phone: 715-468-4747 | Fax: 715-468-4753  
E-mail: [humanser@co.washburn.wi.us](mailto:humanser@co.washburn.wi.us)

**The Mental Health Task Force of Washburn County & Community Alliance for Prevention**

#### Who we are

The Mental Health Task Force of Washburn County (MHTFWC) & Community Alliance for Prevention (CAP) are prevention coalitions in Washburn County. They are comprised of various community experts and partnering agencies. These include: human services, mental health providers, community organizations, local media, and school counselors.

#### Payment Sources and Key

All listed organizations accept private insurance (Medica, Blue Cross, Health Partners, etc.) or allow for self-pay. Other payment options are indicated by the following:

**MA** - Medical Assistance (Badger Care, Medicaid, Benchmark)

**MC** - Medicare

**SF** - Sliding Fee Scale

### **ALCOHOL & OTHER DRUG ABUSE (AODA)**

AURORA Community Counseling (MA)  
715-635-4858 | Spooner or Siren

### **ALCOHOL & OTHER DRUG ABUSE (AODA)**

Caillier Clinic, Ltd. (MA)  
715-234-5388 | Rice Lake

North Lakes Community Clinic (MA, SF)  
715-466-2201 or 888-834-4551  
Minong or Hayward

Randall Therapeutics  
(self-pay only at this time)  
715-736-1000 | Rice Lake

Whole Life Services, LLC (MA)  
715-645-0336 | Spooner

#### **Crisis Numbers**

AA Help Line District 23 (24/7)  
715-931-8262

Mental Health Help Line (24/7365)  
1-888-860-0373

Embrace (24/7)  
1-800-924-0556

### **MENTAL HEALTH COUNSELING**

AURORA Community Counseling  
(MA, MC, SF)  
715-635-4858 | Spooner or Siren

Anchor Bay Counseling (MA, MC)  
715-939-1393 | Spooner

Caillier Clinic, Ltd. (MA)  
715-234-5388 | Rice Lake

Families First Counseling Center (MA)  
715-349-8913 | Siren

Laurie Carlson, LMFT (self-pay only)  
715-234-4673 | Rice Lake

Lutheran Counseling and Family Services (MA, SF)  
715-234-1137 or 888-867-4840 | Rice Lake

Marriage and Family Health Services (MA)  
715-736-5437 | Rice Lake

Mayo Clinic Health Systems (MA, MC)  
715-838-5369 | Rice Lake

North Lakes Community Clinic (MA, SF)  
715-466-2201 or 888-834-4551  
Minong or Hayward

### **MENTAL HEALTH COUNSELING**

Northland Counseling Services (MA)  
715-634-0222 | Hayward

Prevea Rice Lake Health Care (MA, MC)  
715-717-5899 | Rice Lake

Randall Therapeutics  
(self-pay only at this time)  
715-736-1000 | Rice Lake

Rays of Clarity (MA)  
715-939-1266 | Spooner

Soar Counseling (MA)  
715-468-2841 | Shell Lake

Travis Hinze PH.D (MA, MC)  
1-800-994-4693

Spoooner, Osceola or Grantsburg

### **RESOURCES FOR FAMILIES**

Washburn County Human Services Dept.  
Birth to 3  
715-468-4747

Embrace  
1-800-924-0556  
Spoooner, Ladysmith or Phillips

Headstart  
715-532-1605 | Spooner

Lakeland Family Resource Center  
715-635-4669 | Spooner

Washburn County Public Health/WIC  
715-635-4400 | Spooner

UW Extension  
715-635-4444 | Spooner

### **PSYCHIATRIC SERVICES**

AURORA Community Counseling (MA)  
715-635-4858 | Spooner or Siren

Marshfield Clinic (MA, MC)  
715-236-8100 | Rice Lake

Mayo Clinic (MA, MC)  
715-838-5369 | Rice Lake

North Lakes Community Clinic (MA, SF)  
715-466-2201 or 888-834-4551  
Minong or Hayward



# Ham, Bean & Cabbage Soup

<https://www.lovebakesgoodcakes.com>



#### INGREDIENTS

1 small onion, chopped  
2 carrots, peeled and chopped  
2 tablespoon olive oil  
2 cups chicken broth  
8 ounces pre-cooked ham or smoked turkey, diced  
2 cups cabbage, chopped into bite-size pieces  
1 can (14.5 oz.) diced tomatoes, undrained  
1 teaspoon chili powder  
1 can (16 oz.) Great Northern beans, drained  
salt and pepper, to taste

#### INSTRUCTIONS:

In a large saucepan, sauté the onion and carrots in oil until the onion is tender. Add the broth, ham or smoked turkey, cabbage, tomatoes, and chili powder. Bring the mixture to a boil. Lower heat, cover, and simmer the soup for 15-20 minutes. Add the beans, salt, and pepper. Continue to simmer for 20-25 minutes or until the cabbage is tender. Serve.

#### NOTES:

This soup easily doubles. You can easily use homemade stock in place of the store-bought broth if you prefer. You can also cook your own beans and use them in place of the canned beans. Feel free to switch it up to use whatever kind of beans you have on hand. Try experimenting with different seasonings.

#### NUTRITION INFORMATION:

Yield: 6 Serving Size: 1  
Amount Per Serving: Calories: 169 Total Fat: 7g Saturated Fat: 1g Trans Fat: 0g Unsaturated Fat: 5g Cholesterol: 31mg Sodium: 868mg Carbohydrates: 14g Fiber: 4g Sugar: 4g Protein: 14g  
Please note that the nutritional information listed in this recipe is an estimation based on the products used. Ingredients and nutritional information can vary greatly between brands. Always be sure to read labels.

CLASSES • ASSISTANCE • FUN EVENTS • LOCAL SERVICES

**EVENTS AT THE SPOONER MEMORIAL LIBRARY**

-----  
**Fridays 2:00 - 3:00 pm**  
**February 10th & March 10th**  
**POETRY WORKSHOP**

Register at:  
 SpoonerLibrary.org/events  
 Share your work, Find  
 Inspiration, Meet Others

-----  
 Monthly book conversations for fans  
 of Historical Fiction

**Monday, March 6th**

**4:30 - 5:30 pm**

**“The Wonder”, Emma Donoghue**  
 email Angie at

director@spoonerlibrary.org  
 or go to SpoonerLibrary.org/events

**FREE LIBRARY SERVICES**

**Do you have a friend or loved one that has a reading disability?**

Wisconsin residents, who have one or more of the following reading disabilities, as certified by a competent authority, are eligible for free library services from the Wisconsin Talking Book and Braille Library:

**VISUAL HANDICAP:** Inability to read standard print materials without special aids or devices other than regular glasses.

**LEGAL BLINDNESS:** Legal blindness is defined as having no more than 10% of normal vision in the better eye with maximum correction.

**PHYSICAL HANDICAP:** Inability to read standard print materials as a result of physical limitations, e.g. paralysis, missing arms or hands, multiple sclerosis, cerebral palsy, spinal bifida, etc.

**READING DISABILITY:** Organic dysfunction of sufficient serenity as to prevent reading in a normal manner, as certified by a physician.

**SERVICES PROVIDED:**

- **Reading Material.** The Wisconsin Talking Book and Braille Library provides books and magazines in two formats: Braille and audio recorded books. Materials are available for adults, young adults and children. The Wisconsin Talking Book and Braille Library also lends audio-described DVDs.

- **Equipment and Accessories.** The Library provides playback machines as well as accessories for the machines to include headphones, pillow speaker, and breath switch.

**We have information and applications available!**

Stop in to the Spooner Library and pick up a brochure and an application!

- Spooner Memorial Library
- 421 High Street, Spooner
- 715-635-2792

**VOLUNTEERS NEEDED**

LIFTING PEOPLE TO BETTER HEALTH



**STRONGBODIES**

**VOLUNTEERS NEEDED:**

We will provide the training, tools, and locations so that you can lead evidence-based healthy aging programming in Washburn County.

Contact our office at 715-635-4461 if you would be interested.

**Save the Dates: University of Wisconsin-Madison Extension 2023 StrongBodies Leader Trainings**

The StrongBodies Leaders Trainings for 2023 are now open for registration.

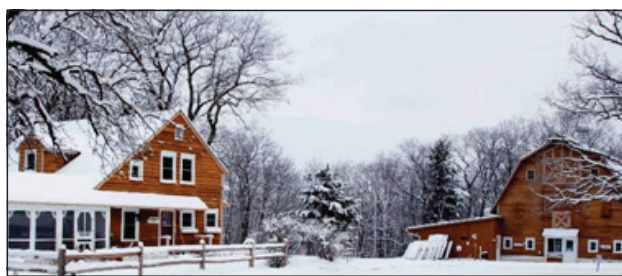
Training Dates:

- April 12, Madison, WI
- August 9, Northern WI
- November 1, Appleton WI

Registration can be found here:

<https://healthyliving.extension.wisc.edu/programs/strongbodies/become-a-leader/strongbodies-leader-training/>

**HUNT HILL AUDUBON SANCTUARY MARCH EVENTS**



- **March 1:** Beasts & Beer “Magnificent Monarchs”
- **March 11:** Little Explorers “Wildlife Detectives:
- **March 21:** Soup Lunch “Night Sky”
- **March 25:** Maple Syrup Program
- **March 28, 29, and 30:** Wild Rice Pole & Knocking Stick Workshop

**RESPITE CARE TRAINING**

**Respite Care Provider Training (RCPT)**

The Respite Care Provider Training (RCPT) is a series of free courses for anyone interested in providing respite care as a career, a part-time job, or even a volunteer activity to individuals with varying disabilities and ages. Learners can work at their own pace to complete the ten required online courses, stopping and starting as needed.

When you have finished the RCPT, you’ll receive a certificate of completion for seven hours. You will be offered the opportunity to be added to the Wisconsin Respite Care Registry, available to primary caregivers to search for respite care providers in their community.

Contact Information

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

**GRIEF SUPPORT GROUP**

**Ongoing Monthly Grief Support Group from Regional Hospice Services**

**Time: 1:00 - 2:30 pm**  
**on the First Wednesday of every month**  
**Trinity Lutheran Church**  
**1790 Scribner Street**  
**Spooner, WI**

We also offer 6-week sessions during the year. Visit [regionalhospice.org](http://regionalhospice.org) for 2023 schedule.

- Open to anyone who has experienced loss, regardless of participation in Regional Hospice care services.

- No registration is required

- Free of charge

We are here to help you and your patients.

Call us at 715-635-9077 with any questions.

[regionalhospice.org](http://regionalhospice.org)

**CODE RED**

**When Seconds Count, You Can**

**CODE RED**

CodeRED is a FREE emergency notification service provided to all residents within Washburn County that will notify you of emergency information through phone calls, text messages, emails and social media. The system will be used to keep you informed of local events that may immediately impact your safety. As a local resident, Washburn County Sheriffs Office & Emergency Management encourages you to take action and register your cell phone for this service and verify your home location during the enrollment process so we may target notifications that directly impact your home or business.



- **Missing Children • Emergency Evacuation Notices**
- **Wildfires**
- **Public Health Crisis**
- **Criminal Activity**
- **Severe Weather**

**ENROLL TODAY!**  
 Visit  
[www.co.washburn.wi.us](http://www.co.washburn.wi.us)  
 & Click on the CodeRED icon

**ADRC of WASHBURN COUNTY is OFFERING A NEW WELLNESS INITIATIVE**

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



**New series begins week of FEBRUARY 5th**



[www.esmmweighless.com](http://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.

**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 contact Linda Hand at [lhand@co.washburn.wi.us](mailto:lhand@co.washburn.wi.us) or 715-635-4460

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