



DIRECTOR NEWS

2023 OFFERS NEW BEGINNINGS FOR WASHBURN COUNTY AGING & ADRC



Submitted by
Linda Hand

Washburn County
Aging Director/ ADRC
Supervisor

For anyone who has followed our articles in the Focus, posts on social media, or have attended our committee meetings, you are

aware of changes that have been taking place this past year.

With the re-openings of our senior centers, there was much hubbub about the transition back to the Spooner Senior Center. After over a year of negotiations, citizens' advocacy, and numerous meetings, we will open construction bids at the Washburn County Public Property meeting on November 28, 2022 at 9:30 a.m. in the County Board room. These bids are for the proposed renovations of the Spooner Annex to be transformed into the future Spooner Senior Center. This project did not "just happen". This has been a very complex process, which involved several players along the way. With the project moving forward into 2023, even more will become involved. We just ask everyone to please stay calm, patient, and look forward to a grand opening sometime in our future.

The other big project our department has been undergoing, involves the ADRC. The ADRC (Aging & Disability Resource Center) provides information on a variety of programs and services. The ADRC assists people apply for programs and benefits, including publicly funded long-term care.

Washburn County government entered the State of Wisconsin ADRC network in 2009. At that time, Washburn signed an agreement with Barron and Rusk counties for a regionalized program. Washburn County agreed to this regional contract, with the other counties understanding that the Unit on Aging for Washburn would remain as a separate agency, even if co-located with the ADRC. The original Washburn County Resolution adopting an ADRC model stated that, "Washburn County would never use any tax levy to support the ADRC programming", since the board was told it would not be necessary. Unfortunately, Wisconsin has not increased funding for the ADRC's, since the inception of this human services model. During the last thirteen years, several changes have taken place as to what services are required to be provided by both the Unit on Aging and ADRC. With no increase in funding, it has become impossible for the ADRC to sustain the services and staff required with cost of living increases, updated technology, and the increased number of residents seeking services. In March 2022, Rusk and Washburn counties were notified by Barron County that they would be submitting a request to withdraw from the original regional ADRC agreement. After much deliberation, Washburn made the decision to apply to the state to form a standalone ADRC starting January 01, 2023. Furthermore, the ADRC and Unit on Aging would fully integrate to become one agency in Washburn County government.

What will this mean for Washburn County government and the residents served? Most likely, you will not notice any changes, since all of our current services will stay the same. If anything, you will notice that additional services will be enhanced locally.

Staff Requirements Locally:

DIRECTOR. Each ADRC is required to have an ADRC Director. The current Aging Director/ADRC Supervisor, will now transition to be ADRC Director/Aging Director.

RECEPTIONIST. Each ADRC is required to have a front office receptionist to take initial



"The greatest thing in this world is not so much where we stand as in what direction we are moving."

– Johann Wolfgang von Goethe,
writer/statesman

calls, greet customers, and other administrative duties. This position is already in place.

INFORMATION & ASSISTANCE SPECIALIST. Most likely if you have contacted the ADRC and were not sure what services were needed, you were transferred to the Information & Assistance Specialist (I&A). An I&A provides support to all adults regarding the needs of persons with disabilities, older adults and their caregivers. In your initial contact, they explore what programs or services meet those needs. The I&A will take the time to get to know your personal situation, collaborating with you and your support network to guide and plan with you for these next steps. Since 2009, the ADRC branch in Washburn has employed one full-time I&A worker. Since the inception of our ADRC, the work load of clients for this I&A Specialist has increased by 90%. Additionally, the I&A must be knowledgeable and certified to provide resource and option counseling, memory screens, Enrollment Counseling, Long-Term Care Functional Screens, Disenrollment Counseling, Eligibility Determination, and Youth in Transition Counseling. Due to the increased need for the services provided by the I&A, the complexity of the position, and the timeline sensitivity for providing these services, the County Board approved the hire of an additional I&A worker starting January 2023. Applications are now being accepted for this position. Please check the county website at <https://www.co.washburn.wi.us/> and click on Employment Opportunities or contact the Washburn County Personnel Department at 715-468-4624, e-mail adminper@co.washburn.wi.us

DISABILITY BENEFIT SPECIALIST. An ADRC is required to employ a Disability Benefit Specialist (DBS). Since 2009, the Washburn DBS has been a half-time position. Due to increasing needs of the adult disability population, it was approved to make this position full-time in 2022. A DBS assists people age 17 ½ - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

ELDER BENEFIT SPECIALIST. The ADRC requires and employs a full-time Elder Benefit Specialist (EBS). 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.

DEMENTIA CARE SPECIALIST/CAREGIVER SUPPORT COORDINATOR. A new position, specific to Washburn County, will be the addition of the required Dementia Care Specialist/Caregiver Support Coordinator. The County Board approved the hire of this position as of 01/01/23. The Dementia Care Specialist (DCS) is responsible for creating a dementia capable ADRC, which provides dementia specific information and resources to providers, agencies, persons with dementia, caregivers, and the community. The Caregiver Support Coordinator provides free and unbiased information and assistance to connect families with in-home care providers, respite services, grant opportunities, and other caregiver resources in the area. This position will also facilitate the creation of a new Washburn County Caregiver Coalition, sometime in the future. Applica-

tions are now being accepted for this position. Please check the county website at <https://www.co.washburn.wi.us/> and click on Employment Opportunities or contact the Washburn County Personnel Department at 715-468-4624, e-mail adminper@co.washburn.wi.us

FISCAL ASSISTANT. The ADRC requires a Fiscal Assistant, which the agency already employs full-time.

Agency Requirement Changes Affective January 01, 2023:

NEW NAME. For the remainder of 2022, we are still part of the regional ADRC and will continue to go by the name ADRC Barron, Rusk & Washburn Counties – Shell Lake Location. After January 01, 2023, there will only be one name for our agency and we will no longer go by ADRC and Unit on Aging, since they will be a fully integrated agency. As of 01/01/2023, our agency name will change to ADRC Washburn County.

NEW LOGOS AND BRANDING. The new logos and branding will reflect the new name and royal blue color that the state ADRC logo uses as of 01/01/2023. We are in the process of new logos and branding for our Aging programs, incorporating the royal blue color for county associated identifiable shirts, hats, and vehicle wraps for our staff and volunteers.

NEW ORGANIZATIONAL ADVISORY COMMITTEE. Since the ADRC and Aging Departments will be integrating into one agency, there will be changes made to the structure of the advising committees. The organizational chart will show the full County Board has full oversight over county departments. The County Board Chair assigns five County Board members to sit on the Aging & Disability Services Committee (Commission on Aging) to oversee the agency policies and procedures. The Director of the agency reports to these board members, but directly supervises the staff and agency itself. Wisconsin Statute requires that an ADRC have a citizen's ADRC Governing Board. The composition of the board must reflect the ethnic and economic diversity of the geographic area served by the ADRC. To ensure adequate representation statewide, all ADRC boards must include at least one person with a physical disability or an acceptable representative, one person with an intellectual disability or an acceptable representative, and two people age 60 or older or acceptable representative(s). The Aging Unit requires a committee comprised of older individuals that constitute at least 50% of the membership of the advisory committee and individuals who are elected to any office may not constitute 50% or more of the membership of the advisory committee. The ADRC board may combine with the Aging Advisory Committee (advisory) where the ADRC and the county Aging Unit are integrated. The combined board must meet the ADRC board requirements and the Wisconsin Elders Act requirements. It is advisory to a separate policymaking board, which will be our Aging & Disability Services Committee. Since we already have an active Aging Citizen's Advisory Committee, which represents the required Older People or Representative(s), we are currently recruiting Washburn County citizens to represent Adults with Physical Disabilities, Adults with Intellectual Disabilities, and/or Representative(s). If you would be interested in applying to be a representative for the Washburn County ADRC Governing Board, please contact our office at 715-635-4460 for a volunteer application packet. The board will meet quarterly, on the 1st Tuesday of the month, directly following the ADS Committee meeting which starts at 9:00 a.m., and the ADRC Board's approximate meeting time is 11:00 a.m.

NEW 800 NUMBER. Previously, we had shared a regional 800# with the other two counties, answered by Barron County. We will now have a new 800#, which will be answered

SHARE THE LOVE ANNOUNCEMENT

Share The Love This Holiday Season!

2022 SUBARU SHARE THE LOVE® EVENT

PRESS RELEASE:

Washburn County, WI - November 17, 2022

In 2018, Washburn County Unit on Aging became a proud member of Meals on Wheels America. One of the benefits of membership is to participate in the national Subaru Share the Love Event. With the help of staff, local volunteers, businesses, organizations, WI Subaru Dealerships, and Meals on Wheels of America, we have raised over \$18,083.96 for the Washburn County Senior Nutrition program, since 2018. With the rising costs of operation, every dollar raised or donated is valuable for the continuance of our programming. In the past year, we have seen increases in our raw food products of over 51%, fuel has doubled, and we have had to raise wages in order to compete with other businesses in order to keep staff.

It is that time of the year again! From November 17, 2022, through January 3, 2023, Subaru of America and its retailers will donate \$250 for every new vehicle purchased or leased to the customer's choice of participating charities. The national charity partners are the same as they have been for several years, including ASPCA, Make-A-Wish, Meals on Wheels and National Park Foundation.

You can Share the Love with our aging neighbors this season! When you buy or lease a



vehicle between now and January 3, Subaru of America and its retailers will donate \$250 to your charity of choice --including Meals on Wheels America, which then in turn will provide funding for our local programs in Washburn County! Not in the market for a car? That is fine, you can still Share the Love locally by volunteering, delivering meals, making a finan-

cial or in-kind donation, or holding a fundraising event at your local business.

If you would be interested in "Sharing the Love" locally, please contact our office at 715-635-4461, send donations to: Washburn County Unit on Aging "Share the Love", P.O. Box 316, Shell Lake, WI 54871, or drop off at our office located 304 2nd Street, Shell Lake, WI.



ADRC PHOTO

The Realtors Association of Northwestern Wisconsin made a financial donation to purchase shelf stable emergency meal boxes and another donor provided fresh fruit and candy to deliver to our Meals on Wheels recipients.



ADRC PHOTO

Local students made Share the Love greeting cards for our Meals on Wheels recipients.



ADRC PHOTO

For the past two years, Round Man Brewing Company has generously donated a traditional Thanksgiving Dinner with all of the fixings for all of the Spooner and Shell Lake Meals on Wheels participants and volunteer drivers. They are continuing this tradition in 2022, for the third year in a row!



ADRC PHOTO

The Minong Senior Center participants held their annual Christmas party for local grade school students, as an intergenerational celebration of Sharing the Love.



ADRC PHOTO

Local organizations, such as the Cub Scouts have been involved.

MORE PHOTOS ON PAGE 9 & 11

32nd Annual

VIRTUAL LOVE LIGHT CEREMONY

Join us on
Spooner Health's Facebook Page 

Monday, December 5, 2022
2:00 p.m.

PURCHASE A LIGHT
 (\$5.00 minimum donation per light)

WHITE - In memory of someone.
RED - In honor of someone.
BLUE - For peace or for someone who has or is serving our country.

Donations may be dropped off or mailed to:
Love Light Project
 Volunteer Partners of Spooner Health
 1280 Chandler Drive, Spooner, WI 54801

Proceeds will be used for the 2023 Scholarship Fund

Happy Holidays

Warmest thoughts and best wishes for a wonderful holiday and a Happy New Year.



Ford Financial Group
 Helping Chart Your Financial Course

Located in the Shell Lake State Bank: Spooner • Minong • Hayward • Stone Lake
715-635-3136 • www.davidpford.net

Securities and advisory services are offered through LPL Financial (LPL), a registered investment advisor and broker-dealer (member FINRA/SIPC). Insurance products are offered through LPL or its licensed affiliates. Shell Lake State Bank and Ford Financial Group are not registered as a broker-dealer or investment advisor. Registered representatives of LPL offer products and services using Ford Financial Group and may also be employees of Shell Lake State Bank. These products and services are being offered through LPL or its affiliates, which are separate entities from, and not affiliates of, Shell Lake State Bank or Ford Financial Group. Securities and insurance offered through LPL or its affiliates are:

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



David P. Ford
 CERTIFIED FINANCIAL PLANNER™
 CFP®



Lynn Ford
 Chartered Retirement Planning Counselor™
 CRPC®



Tom Sutton
 LPL Financial Advisor

WASHBURN COUNTY TRANSIT

Transportation Updates Effective
December 01, 2022

PREVIOUSLY RSVP TRANSPORT WILL NOW BE "WASHBURN COUNTY TRANSIT"

With the revamping of our agency, the Transportation Program is in the process of a new name, logo, and branding. We are still waiting



Amber
Anderson

on the word of some new funding opportunities applied for, which could expand services – fingers crossed! In the meantime, we are moving forward as of December 01, 2022 with some adjustments to our fee schedules, no show and non-cancellation policies. We have also been working with local senior representatives and committee members to come up with ideas of offering affordable trips to combat social isolation. Our Transportation Coordinator, Amber Anderson, welcomes your feedback, volunteer drivers to assist, and for any community members attend our monthly meetings to get the latest updates of our programming.

Policies of the Washburn County Elderly & Disabled Transportation Program Revised as of 12/01/2022

- You must be a resident of Washburn County.
- Transportation for medical appointments and nutritional needs of residents age 60+, will take priority.
- Medical transportation is available to the elderly & disabled who are not eligible for Medicaid, in a nursing home or assisted living.
- We provide transportation for eligible veterans to local VA clinics. The Washburn County Veterans Service Office provides rides to Minneapolis VA Clinic.
- Passengers must be ambulatory and transfer independently.
- Drivers will stow away wheelchairs, walkers, canes, and bags etc.
- Eating, drinking, and smoking are prohibited in all vehicles.
- No pets or service animals are allowed in vehicles.
- Passengers are asked to be courteous, considerate and respectful to all drivers.
- Please contact us immediately upon knowing of cancellation, so to allow for others to fill your spot. Our schedule will fill rapidly.
- Failure to cancel a scheduled ride may result in services no longer being available. Your circumstances will be considered.

All transportation arrangements and ride cancellations must be made by calling the Washburn County Unit on Aging office at 715-635-4460.

MEDICAL TRANSPORTATION: How to schedule a ride?

1. Call the Washburn County Unit on Aging at 715-635-4460 as soon as you are aware of appointment and **at least 48 hours** prior to your to assure driver availability. Please note that there is no guarantee that a driver will be available, even with 48 hour's notice.
2. Provide the date, time and location of your appointment. Indicate during the call if there are any additional stops that will be needed during your trip.
3. The Transportation Coordinator will assign your trip to the next available driver.
4. The driver will call you the day before your appointment, to confirm time and location of pickup.
5. Passengers must be punctual and waiting at the front entrance of their housing unit.
6. The driver will escort you from your front door to the vehicle and to the check-in station at the medical facility, if requested.

TRANSPORTATION FOR SHOPPING & SOCIAL ACTIVITIES

Resident's age 60+ Medical & Nutrition trips take priority, but if time allows & drivers are, available we will transport for other types of shopping and social activities.

1. Call the Unit on Aging at 715-635-4460 at **least 48 hours** prior of trip, to schedule a time and date.
2. Provide the area in which you reside. The driver will take you to the closest grocery store.
 - Shell Lake area ~ Al's Market
 - Spooner area ~ Economart
 - Minong area ~ Henson's Foods
 - Birchwood area ~ Gary's Grocery
3. You must be able to do your shopping independently. The driver will not assist you. You will have approximately one hour to shop.
4. The driver may load your bags into the van and carry them into your home if you need assistance.
5. Grocery delivery is provided in most areas. Please check with your grocer or our office for options available.
6. Most stores will shop for you, with curbside pick-up. Call store for arrangements.

Fares for Transportation will be a flat fee of \$6 for the first 10 miles, An addition 50 cents per mile will be charged after the initial 10 miles. No-shows and non-cancelled rides will be automatically charged and rider is responsible to pay the minimal base fee of \$6.

We encourage carpooling, "*Share the Ride – Split the Fare*". Coordinate with your friends, neighbors, and relatives to arrange ride shares in our cars to save on fees.

CONTACTLESS PAYMENT IS PREFERRED

A monthly invoice will be sent to your mailing address or a designated representative payee. If payment is made, upon service, an envelope and receipt will be provided. Drivers do not have the ability to make change.

HAPPY DAY CLUB NEWS

The Dementia/Alzheimer's Day Respite Program – HAPPY DAY CLUB - located in Spooner (Trinity Lutheran Church) has openings for Alzheimer's and other dementia afflicted people! Please call 715-416-2942 with any questions you may have regarding our Program. Happy Day Club Is a very fun, respectful and stimulating program for those with dementia who attend the program, PLUS makes a great respite break and get-away time for overwhelmed caregivers. Please call us or feel free to visit us at any time for more information regarding our program. The program is open every Monday and Thursday from 9 to 2 p.m.

The Dementia/Alzheimer's Day Respite Program CAREGIVER SUPPORT GROUP meets on the first Monday of each month at 9 a.m. at Trinity Lutheran Church in Spooner. Please check out this very informative, helpful and fun support group. We would love to have you join us! EVERYONE IS WELCOME TO ATTEND. Snacks and coffee available. Call 715-416-2942 with any questions you may have.

Of note, our wonderful Alzheimer's Day Respite Program/Happy Day Club subsists on donations and grants, plus the nominal fee our clients pay. We are in need of donations of any amount at this time due to Covid losses. We would appreciate any amount you could send us at Alzheimer's Day Respite Program, PO Box 453, Spooner WI 54801. Thank you very much in advance if you can make a donation. If you have any questions regarding this, please call 715-416-2942.

We are in need of volunteers to help with our amazing Happy Day Club Program. We are open on Mondays and Thursdays from 9 until 2 p.m.

Any hours you are willing or able to help with this very fun program are available. We would love to meet you. For more information on this great volunteer opportunity, please call Susan at 715-416-2946.

MARK YOUR CALENDARS: For all of you folks who have never heard of, or are thinking about and wondering about, what in the world is "The Happy Day Club". Maybe you know there is a memory loss respite group that meets in the Trinity Lutheran Church in Spooner (across from the SHS Elementary school). And you may know that it meets several times a week and perhaps you know it has something to do with memory loss, or that the neighbor's grandparent used to go there until they either moved or you lost touch with them. But you have heard some very good things about it and you are still curious about it. You have even thought about your own parent showing signs of poor memory. But you're thinking.... I'm not quite ready to take mom or dad to a respite program yet, or my loved one is not entirely ready yet. You may never be "ready" for "that kind of group" program. But you will never know if you don't stop in to learn more about us at our upcoming "OPEN HOUSE" sessions. You are invited to join us for a morning of coffee, talking smart and joking around, playing games and listening to your favorite songs. Come and have ALL of your questions about Dementia and Caregiving answered at our Open House on Thursday, November 10th OR Thursday, December 1, 2022 anytime between 9 am and 11 am. Visit, socialize and enjoy a casual hour or two with some new friends and learn more about why we call it a HAPPY DAY!

WASHBURN COUNTY UNIT ON AGING & DISABILITY RESOURCE CENTER

715-635-4460

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

Aging Director/ADRC Supervisor:
Linda Hand

Washburn County Unit on Aging & ADRC Staff Contacts as of December 2022:

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 Aging Director/ADRC Supervisor, 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 ½ - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

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
**Office Reception/Transportation
Coordinator - 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:**
Kathy Fabert - Chair • Cathy Peterson - Vice
Chair • Keith Trembath • Mary Lou Gabriel
Danielle Larson • Colleen Cook • Char Snarski

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

MARY & FRANK HULL OUR NECK OF THE WOODS Spooner Senior Center

December is a busy month for everyone... shopping, baking, decorating, and spending more time with family. However, please remember the Reason for the Season.

We will be leaving for Texas in early December so there will be no greeting card classes until our return.

The Washburn County Unit on Aging has chartered a bus to Duluth-Fitger's and Bentleyville on Thursday, December 8...PICKUP from the Spooner Senior Center at 12:24 RETURNING AT 7:51PM. Bus is Free to Washburn county seniors 60plus. Call now to reserve your spot at 715-635-4460. For more information, check our Facebook page.

500 Card Tourney is going to be held on Saturday December 10 at 1 PM....register at 12:30. \$5 entrant fee. Light meal held afterward for goodwill offering. Mark your calendar!

Tuesday morning 10 a.m., you can learn the basics of Mahjong. Then in the afternoon, join a real game.

For you bookworms, the library is offering their monthly **Savvy Seniors Book Club** on Friday, December 16th from 11-12 at the center.

SPOONER SENIOR CENTER

OUR NECK OF THE WOODS

402 Oak Street, Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON

CO-CHAIRMEN: CARYL LIGLER | 715-635-8215 and LYNN BEARD | 715.520.3569

The **monthly Senior Center Committee meeting** will be held at 12:30 on Monday, December 26. All are welcome to give input.

We have added **WII games** on Tuesday mornings at 10AM. Play a sport like baseball or golf without going outside. Fun and even a little exercise!

Our monthly Lunch and Learn will be Wednesday, December 7th at 11a.m. for a 45-minute presentation from Mavis Melton from Spooner Health Rehab. The topic is entitled "Stay flexible, Stay stable, Stay safe". She will offer training in stretching and balance exercises to reduce your fall risk and maintain your independence. After presentation, have lunch with us! They have agreed to come on a 3-month rotation with a variety of topics.

If you have a suggestion for a speaker, please

contact the senior center.

FYI...there will be NO CHAIR DANCE on Wednesday, December 21st.

Do not forget M-F lunches for \$4 at noon.

Dining at 5 will be on December 19th for our fabulous Christmas dinner. Sign up early as this is always a favorite!

Regular activities continue:

Mondays: Cribbage 10am

Tuesday: WII games 10am, Mah Jong 1pm

Wednesday: Chair dance: 10am (except the 21st) and Bridge and 500 1 pm

Thursday: Hand and Foot: 1 PM

Thanks to all who have been supporting us in our journey to our new Senior Center. Spring or summer 2023, we hope to be in there!

Facebook: Spooner Senior Center

Phone: 715-635-8283

LINDA ROGERS FRIENDSHIP COMMONS Shell Lake Senior Center

'Tis the season and the Shell Lake Senior Center is looking pretty festive for the holidays. We all had a great time putting up all the lights and decorations. Our outdoor tree is especially bright as we received a donation of some additional lights this year. In addition, we are busy baking cookies and snacks. Nothing like bringing back Grandma's old recipes for cookies, peanut butter, and fudge.

Some of our members will be ringing the bells at different locations around Spooner during the holidays. If you can volunteer to ring the bell for a few hours, please call Connee at 715-635-2319. It would be greatly appreciated. Please give generously if you can.

Some of our members went on trip to Eau Claire to purchase fabrics and supplies for our next quilt, which centers on gnomes and their activities throughout the year. It promises to be a very challenging project. Our latest quilt "Fall Leaves" is on display at the Shell Lake State Bank in Shell Lake and everyone is welcome to come in and check it out.

Call (715)468-7491 for information about activities at our center. Call the Spooner Senior Center at (715)635-8283 to order meals for the Shell Lake Senior Center. For Meals on Wheels delivery in Washburn County, call Valerie VanderBent at (715)635-4460.

SHELL LAKE SENIOR CENTER

FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.635.8283

NUTRITION SITE MANAGER: TIFFANY JOHNSON CO-PRESIDENTS:

LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	2 Congregate Dining 11:30 am
5 Congregate Dining 11:30 am Painting 1 pm	6 Congregate Dining 11:30 am	7 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	8 Games 9 am Chair Exercise 10-11 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	9 Congregate Dining 11:30 am
12 Congregate Dining 11:30 am DINING AT 5	13 Congregate Dining 11:30 am	14 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	15 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	16 Congregate Dining 11:30 am
19 Congregate Dining 11:30 am	20 Congregate Dining 11:30 am	21 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	22 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	23 Congregate Dining 11:30 am
26 Congregate Dining 11:30 am Membership Meeting 2 pm	27 Congregate Dining 11:30 am	28 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	29 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	30 Congregate Dining 11:30 am

Ready Wisconsin News



READYWISCONSIN NEWS RELEASE: Fall back safely with tips from ReadyWisconsin

For immediate release

CONTACT: Andrew Beckett – andrew.beckett@widma.gov – 608-242-3211 MADISON, Wis. – As daylight saving time ends this weekend and the clocks turn back, ReadyWisconsin encourages everyone to use that extra hour to conduct safety checks around their home. Daylight saving time ends Sunday, Nov. 6 at 2 a.m.

"The time change is an excellent opportunity to make sure your emergency kits are stocked up and ready for the winter months ahead," said Wisconsin Emergency Management Administrator Greg Engle. "Carbon monoxide detectors and smoke alarms are two of the most critical early warning systems in your home. Now is a great time to make sure they are working properly."



FILE PHOTO

According to the Wisconsin Department of Health Services, Wisconsin averaged 21 deaths each year between 2016-20 due to carbon monoxide poisoning. In 2021, the state reported 370 emergency department visits and 35 hospitalizations due to carbon monoxide poisoning.

Meanwhile, the National Fire Protection Association said three out of every five home fire deaths in the U.S. occurred when smoke detectors were either not present or were not working properly.

This weekend, take time to make sure these

devices have fresh batteries and check whether they may need to be replaced. Smoke detectors should be replaced every ten years and carbon monoxide detectors should be replaced every five years. November is also a good time to have your home furnace checked and tuned up, so it's ready for colder weather.

If you have a home emergency kit, check for expired products or items that may have been used up and need to be replaced. Pay attention to the expiration dates on items such as batteries, first aid supplies and food. Having these kits fully stocked will be appreciated if you lose power this winter or are unable to leave home because of a winter storm.

With colder temperatures showing up more often, snowy weather could be in the forecast soon. Update your vehicle emergency kit and ensure you have items in it such as a cell phone charger, non-perishable snacks, a blanket, and a set of jumper cables.

Find a full checklist for what home and vehicle emergency kits should include at <https://readywisconsin.wi.gov/make-a-kit/>.

For tips on emergency preparedness visit <https://readywisconsin.wi.gov>. You can also follow ReadyWisconsin on Facebook, Twitter and Instagram.

SENIOR CENTER NEWS AND EVENTS

KITTY WAGGONER

Minong Senior Center Secretary

“Gratitude is the sweetest flower that in a garden grows.”

MASC has a heap of gratitude to express to a whole lot of people. This article will be like our ‘bouquet’. The Paving Project started with a story about ‘Stone Soup’ where everyone gave what they could to make a delicious meal that benefited the hungry community. The Minong Area Senior Center will try to be a nourishing, comforting, enriching contribution to all in this area for many years to come. Here are some of those who deserve Gratitude. As an interesting (not older, haha) citizen, I apologize if I miss some deserving contributors.

Max & Sandy Ericson of Ericson Logging & Trucking, along with their associates, Louisiana Pacific of Hayward & McCoy Construction & Forestry; Diana & Jim Ksiazzyk of TEAM Auction, their crew, volunteers, the Westlunds, & ALL those who donated for the live auction including JLAAC, Jack Link Snacks, Link Ford, LinkRec, Link RV, North Wind Book & Fiber, Kwik Trip, & Purple Pelican; Ron & Jean Brown, ABATE, John & Darlene Buchman, CJ & Marilyn Witte; Memorials for Terry Turek (Turbella Properties) & Wayne Schirmer; Towns of Brooklyn & Frog Creek; Delores Hahn; 9 donors; 37 contributors. Businesses: Roy’s Sealcoating; Lakewoods, Inc; Hayward Funeral Home; Coons Electric; Coops Pizza; Lakes Community Health; Wild River Inn; Shell Lake State Bank; Long Branch; Spooner Outlet; Benson-Thompson; Bush & Gillis; & Uniquely Yourz. New Hope Church & the Wascott Women. The Village & Chicog Township. Henson’s IGA for space for our Bake sales. Those who baked or hosted our collection boxes & yard signs. Whatever your contribution, Time, Sweat, Advice, or Money, YOU are appreciated. THANK YOU!

Elementary children’s ‘Thursday with Santa’ will resume this year. It’s scheduled for the morning of December 15th. We expect 60-70 youngsters. Help is welcome. Cribbage, Farkle, Foot Care, Potluck/Bingo, & Wii Bowling continue, winter permitting...

Warm, wonderful Birthday wishes to Polly Leinwander & Kathy Strohmeyer on the 3rd; Kirk

Walters on the 7th; Joanne Smith on the 16th; Delores Hahn on the 22nd; Susan Brandenburg

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:30 - Meal 12:30 Cribbage	2 11:30 - Meal
5 11:30 - Meal DINING AT 5	6 11:30 - Meal 12 - Wii Bowling 12:30 Farkle	7 7 - Pocket of Prayer 11:30 - Meal 9 Foot Care	8 12:30 Cribbage	9 11:30 - Meal
12 11:30 - Meal	13 11:30 - Meal 12 - Wii Bowling	14 7 - Pocket of Prayer 9 - Foot Care 11:30 - Meal 1 Business Mtg. Installation of New Board	15 9-12 Kids with Santa 11:30 - Meal 12:30 Cribbage	16 11:30 - Meal
19 11:30 - Meal	20 11:30 - Meal 12 - Wii Bowling 12:30 Farkle	21 7 - Pocket of Prayer 11:30 - Meal 11:30 - Meal	22 11:30 - Meal	23 11:30 - Meal
26 11:30 - Meal	27 11:30 - Meal 12 - Wii Bowling	28 7 - Pocket of Prayer 11:30 - Meal	29 11:30 - Meal	30 11:30 - Meal

on the 26th; and Dianne Carr on the 31st. Our elections were held on Monday, November 7th (This is 11/4), so a somewhat different Board will be guiding the Center in 2023. As the outgoing Secretary, I’d like to thank the current Board: Jerry Smith, President & head of our Maintenance department is invaluable; Outgoing Vice President Polly Leinwander has seen to it that we mind the details & has been a calming influence when stress is high; Treasurer Lynne Thompson has had a ton of extra work with the fundraising this year but survived. Members at Large; Outgoing Communication Director Kirk Walter has helped me tremendously and he contributes to the Center in numerous ways;

Chairman of the Board Joyce Palucci has been our Auditor and sees that we keep things legal; Karin Larson, Judy Mullikin and (honorary member) Ruth Beckwell are the foundation of this Center, knowing where things are and how activities have been done save much time & help avoid past mistakes. I have learned from them and hopefully grown with them. The time and effort this Board has put forth for the Center these past 11 months has been tremendous. They have accomplished the goals that they set in January 2022. Thank them and maybe you can give them some help. That’s the kind of gratitude that smells the sweetest of all.

CAROL ADDINGTON

Birchwood Senior Center

I hope that you had a very Happy Thanksgiving and found lots to be Thankful for. I am writing this on 11/1 as the deadline is earlier due to Thanksgiving and if we stop to think about life up here in beautiful NW Wisconsin, it is not hard to find a good list of thanks. I hope by now we have had that good hard rain we so badly needed to settle the mega dust, dirt and whatever else that was in the air that made us cough and sneeze so much. I know my car wanted to sneeze until I finally had it washed. So now, my windows are washed, screens brushed, and porch is all enclosed ready for winter, which maybe as you read this has already arrived. I am thankful for all of you!

Three can keep a secret if two of them are deceased. (Benjamin Franklin)

I do hope by now I have seen you at the Center. I am looking forward to this November’s Thursday potluck as I have talked to several who planned to attend. Some of our friends have already flown the coop and ‘snow bird-



BIRCHWOOD SENIOR CENTER

LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

PRESIDENT: KEN BOHN - 715.651.2362

ed’ to warmer climes. We need ‘you’ to fill that empty seat!

We oldies have all learned by now that the most important sex organ is the brain.

I do not know about you but one of the things I am thankful for is that the election is over. I have satellite TV, which I love but it all comes from the Twin Cities and the political ads were extra nasty and negative this year. How about telling us about how super well you are instead of all the nasty things you can come up with for the other person. Disgusting. I am pleased that I received so much info in the mail about our candidates, so I had a good learning session with myself and made choices I am pleased with. I felt I knew more about all of them than I have in the past. I hope you did too.

Envy is a big waste of time. Accept what you

already have.

I hope by now you have visited our school or at least made a plan to. Check out a basketball or volleyball game. Coming up soon will be our wonderful annual Birchwood Christmas Festival on the first weekend in December. It is so wonderful to have that back again after pandemic closings. We are so fortunate to have so many talented crafters in our area. My house is full of amazing works that I have purchased over the years and authors too. I am guessing there will be some books for you to purchase as Christmas gifts and delicious tasty treats for your pallet. Are we lucky or what!

Blessings to you, yours, and may each step you take give you joy and smiles to make your day one of the best.

CHICOG NEWS

JOANN MALEK & CATHY PETERSON

Chicog News

New friends, at my advanced age. Discovering shared passions. Laughing over shared foibles and fears. Adding new life to my life.

Old friends, dear to me for decades. They know me well and still like me. They knew Jim.

Family friends. Connected by bloodlines, traditions, memories of beloved elders.

Children, already grown. Long past the need of my parenting,

we’ve found the sweet-spot of friendship.

Grandchildren. Treasures. Sharing their delightful perspectives. Bringing out the child in me. They are my reason to play.

Happy alone, I revel in quiet. Surprising to realize I’m surrounded with so many circles of friends.

Faith in Action’s new name is “Neighbor to Neighbor”. They also have a new location. You will find their new office in Spooner at 407 Front Street. Stop in and see their great new space. They also have some new programs like Coffee and Connections, as well as new staff members. For more information check out their website at www.fiawashburn.org

Remember this winter you may want to leave

your car at home and take the Namekagon Transit Bus to Spooner to do your errands. The bus is available monthly in our area on the 2nd and 4th Wednesdays. Call the Transit Office a few days before and schedule a ride. They can be reached at 715-634-6633.

The Chicog Walkabouts will be meeting weekly beginning in December 2022. Join us Thursdays throughout the winter between 10 a.m. and 3 p.m.

A group of Chicog seniors has been attending Dining @ 5 at the Minong Area Senior Center (MASC). Last month we had stuffed pork chops. This month on Monday the 5th of December, we will be enjoying a Ham Dinner. If you are looking for a great meal at a great price (\$6 donation) come join us. Call the MASC 24 hours in advance at 715-645-0418 to make your reservation.

Thanks for reading the Chicog News!

DECEMBER

LUNCH & HOME DELIVERED MEALS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Beef Stroganoff over WG Egg Noodles Buttered Green Beans Tossed Caesar Salad Baked Apples	Home-style Meatloaf Mashed Potatoes w/Gravy Buttered Beets WG Dinner Roll Blueberry Lemon Bar
Chicken & Broccoli Fettuccini Alfredo Roasted Brussel Sprouts WG Breadstick Peaches MINONG DINING @ 5	Brunch for Lunch Sausage & Spinach Egg Bake Sweet Potato Hash V8 Vegetable Juice Banana	Swiss Steak Garlic Baby Reds Asparagus Dinner Roll Fruit Cocktail	CLOSED FOR CONGREGATE MEALS Tuna Salad on WG Bread Cucumber & Tomato Salad w/Dill Crisp Grapes	Basil Crusted Chicken "Three Sisters" Wild Rice Salad Buttered Green Beans Pears
BBQ Chicken Baked Potato Steamed Broccoli WG Bread Pineapple SHELL LAKE DINING @ 5	Ham & Cheddar Sandwich on WG Bun Potato Salad Baked Beans Applesauce	Porcupine Meatballs Whipped Sweet Potatoes Roasted Brussel Sprouts WG Bread Mandarin Oranges	Christmas Dinner Glazed Ham Cheesy Potatoes Steamed Carrots Dinner Roll Fruited Jell-O Cake	Chicken Enchilada's w/Refried Beans Spanish Rice Spinach Salad Fruit Salad
Pulled Pork Sandwich on WG Bun Baked Bean Medley Potato Salad Apple Walnut Crisp SPOONER DINING @ 5	Garlic Ginger Pork Loin w/Broccoli over Asian Noodles Roasted Red Cabbage Baked Apples & Pears BIRCHWOOD DINING @ 5	Hearty Italian Lasagna Broccoli Cauliflower Salad WG Garlic Breadstick Banana Pudding Parfait	Baked Cod w/Lemon Dill Sauce Garlic Baby Reds WG Bread Fruit Cocktail Pumpkin Bar	NO MEALS SERVED CHRISTMAS OBSERVANCE
NO MEALS SERVED CHRISTMAS OBSERVANCE	Chicken Burrito Bowl w/Black Beans, To- matoes, Corn, Onions, Salsa, S.C. Brown Rice Triple Berry Crisp	Tender Roast Beef Mashed Potatoes & Gravy Glazed Carrots Fruit Cocktail	Swedish Meatballs w/ Creamy Mushroom Sauce over WG Egg Noodles Walnut-Candied Squash Pears	Baked Pork Chop Baked Potato Steamed Broccoli WG Dinner Roll Pineapple

ALL MEALS SERVED WITH 1% MILK, BREAD & BUTTER
MENU SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY
CHECK WITH YOUR MEAL SITE TO CONFIRM

DINING AT 5

DECEMBER



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: 715-468-4750
Spooners: 715-635-8283
Birchwood: 715-354-3001

MINONG MENU

MONDAY, DECEMBER 5th

Glazed Ham
Au Gratin Potatoes
Asparagus
Side Salad • Dinner Roll
Joanne's Choice Dessert

SHELL LAKE MENU

MONDAY, DECEMBER 12th

Holiday Baked Ham
Mashed Potatoes & Gravy
Glazed Carrots
Side Salad • Dinner Roll
Cranberry Gingerbread

SPOONER MENU

MONDAY, DECEMBER 19th

Prime Rib
Baked Potato
Brussel Sprouts
Salad Bar • Dinner Roll
Holiday Cheesecake

BIRCHWOOD MENU

TUESDAY, DECEMBER 20th

Classic Italian Lasagna
Garden Salad
Garlic Bread
Kristi's Choice Dessert

DRIVERS WANTED

Are you looking for meaningful opportunities
to serve your community?
Consider volunteering with our local
Meals on Wheels team!



Take a little time to deliver "More than Just
a Meal" to the door of a homebound senior in
your community!

As a volunteer home-delivered meal driver,
you will be reimbursed for your mileage at the
federal reimbursement rate, and you will receive
a free home-cooked meal on the days you volun-
teer!

The **Minong, Birchwood, Spooner,** and
Shell Lake community senior centers provide
home-delivered meals for residents throughout
Washburn County. They are always in need of
additional volunteer drivers! There is no specifi-
c time line commitment. Deliveries are made
Monday-Friday from approximately 10 a.m. to 1
p.m., depending on the number of people and
length of route. You can sign up for one or more
days per week, month, or just volunteer to be a
substitute driver when a regular driver is sick, on
vacation, or is unavailable. We have "teams" that
ride together and businesses/organizations that
take a route as a group.

If you, or someone you know, may be inter-
ested, please call the Washburn County Unit on
Aging at 715-635-4460.

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: Reser-
vations 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

Spooners Senior Center

402 Oak St.

Spooners, WI 54801
(715) 635-8283
Serving M-F, 12:00 noon

Meal Cost: We accept Food Share (Quest Card),
Age 60 and Older Suggested Donations \$4.00,
and Under Age 60: Full cost of Meals \$11.00.
*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 con-
tact, 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.

WASHBURN COUNTY CARRYOUT MEAL NOTICE

Senior Dining



Fellowship, Food & Fun

Washburn County Carryout Meal Notice

Starting December 1, 2022, carryout meals will no longer be available as a regular practice in the Senior Dining Nutrition Program. The purpose of the Nutrition Program is to reduce hunger and food insecurity in older adults and to promote health and independence with balanced nutrition and social interaction. We highly value the Senior Dining Program and believe that socialization is vital to the well-being of older adults.

If you have additional questions, please contact the Washburn County
Nutrition Director at 715-635-4467.

CAREGIVING

Finding Joy While Caregiving During The Holidays

PRACTICE SELF-CARE DURING THIS OFTEN-CHALLENGING TIME OF YEAR
by Lee Woodruff, AARP, December 5, 2019

I can chart the rise in my stress level with the debut of Starbucks' holiday cup. It's the universal expectation that we should feel joy this time of year, quickly chased by guilt when we fall short of the mark. Layer on family celebrations, memories and to-do lists, and for caregivers or those experiencing loss, the holidays can resemble a mine field.

With that in mind, I have compiled some useful advice for caregivers and anyone else who's stressed out during this complex time of year. As we sail toward the season, it's important to remind ourselves that with realistic goals, ground rules and a little forethought, it's possible to find moments of enjoyment.

PICK YOUR BATTLES

Holiday-survival advice falls into two categories: the things you can control and the things you can't. I know from my own tendency to harp on negative thoughts that it's important to distinguish between the two, so that you don't waste energy ruminating over what you can't change.

FOCUS ON WHAT YOU CAN CHANGE

The things you can change are the aspects of self-care. You know these well because people are always telling you to do them: Eat healthy, nap, exercise, and stay away from too much sugar/carbs/alcohol/substance abuse. Drink water, and focus on gratitude. Take deep breaths; play your favorite music. Dance, meditate, practice yoga, and pray. Look at old photographs. Slip away from family for a few minutes and reframe your head space. Step outside and let the fresh air blow the negative thoughts away. Gaze up at the sky. Get out in nature with no goal other than to enjoy it. Hike; walk; run; sled; skate; pick a bouquet. Lift your face to the sun. Practice the act of smiling for no reason — it's proved to raise endorphins. Watch your favorite funny movie and laugh, and then laugh some more. Make a list of the people in your support system.

"Focusing intently on a project like a jigsaw puzzle, crossword puzzle, book or Sudoku can all boost mood," says Carrie Barron, a psychiatrist and director of the Creativity for Resilience program at Dell Medical School in Austin, Texas. "Goal-directed activities that require you to make or create something with your hands — for example, crafting, cooking, knitting or gardening — can engender good feelings and a sense of effectiveness. The hand stimulates the brain and enhances mind and mood, all of which seeds well-being."

Streaming services put practically every movie or cooking show at your fingertips, so find a topic that absorbs you. Cuddling, either with pets or humans, is a proven mood booster.

FACE NEGATIVE EMOTIONS HEAD-ON

OK, but what about the things you can't change? These harder truths can make the holiday season feel like an emotional roller coaster when the volume turns up on our inner-critic negative voice. When we feel sad, sorry for ourselves or even jealous of others, the best advice is to simply acknowledge that emotion. Identifying why you feel that way (sometimes saying it out loud or writing it down) is the first step to letting go. Once you've called out the thing that has a hold over you, you can begin to take away its power and put it in its place.

Someone once told me to pretend that the bad or lingering thoughts sit in a balloon. Now picture the balloon above your head, cut the string, and imagine it floating up to the sky. It doesn't always work perfectly, but the act of visualization helps.

RACHET DOWN EXPECTATIONS

My friend Melissa Comeau, director of the American Red Cross' Military and Veteran Caregiver Network and caregiver to her combat-wounded Marine husband, Stephen, recalls: "By my third Christmas as a caregiver, I realized my holiday expectations were making it harder and the guilt set in. I was torn between having to go there and do this, trying to make it joyful for my 5-year old, all while dealing with some not-so-joyful situations with my husband's care." Comeau decided she needed to be gentle with herself and "rage against the guilt and self-disappointment."

Among her holiday tips are reminders that no



ERIC RAPTOUSH PHOTOGRAPHY/GETTY IMAGES

one cares what the back of the tree looks like or how late the holiday lights come down and that a takeout meal counts just as much as a homemade one. As a habitual overscheduler, I love Comeau's advice that holiday parties don't have attendance takers. Her final suggestion? Don't worry that you won't have backup medical care during the holidays if something unexpected happens — the ER is open 24/7.

OWN YOUR FEELINGS

Journaling and writing help me feel centered during hard patches like holidays and anniversaries. Years ago, while caring for my husband through his recovery, I was burning my motor out trying to make Christmas the "best ever" for my kids. After I burst into tears in front of a widowed friend, she suggested I sit down and make an "I feel bad that..." list. Just naming the culprits that were stealing my joy — like my inability to get holiday cards out or the fact that I'd canceled my holiday book swap — made me feel better, or at least a little more in control of my emotions.

When journalist Katie Couric lost her husband, Jay Monahan, to prostate cancer in 1998, she learned firsthand what actions were helpful when grieving during the holidays. "If you know the person, intrude on their privacy by reaching out, even if they turn you away," she wrote in an essay in Time.

We caregivers can be a stubborn lot. Those of us (like me) who soldier through the holidays muttering "It's easier to do it myself" need to embrace the idea of accepting assistance. Here are a few things I've gleaned over the years.

- Let people help you. If they offer, they mean it!
- Be specific about what you need.
- Plan for what you do and don't want to do. Have a plan A and a plan B, and then remind yourself you can scrap them.
- Set boundaries for others; they can change next year.
- Cry if you feel like it — it's a great release.
- Do something for others in need. A gesture, no matter the size, helps us focus outside ourselves and feels good.
- Create a new holiday ritual.

Speaker and best-selling author Carole Brody

Fleet has a wealth of insight as a widow and caregiver whose books dispense candid advice with humor. "Learn the word 'no' and use it," she advises. "Well-meaning family and friends sometimes feel like they can drop in at any time, especially during the holidays. Tell them guilt-free that now is not a good time, and suggest alternatives."

And for those who support caregivers, Fleet reminds that the holidays often function as a giant magnifying glass over our present lives. "You have a wonderful opportunity to be a calm in the midst of a caregiver's potential emotional storm," she says. "Tune in to how they might be feeling at the moment, and be proactive about what they need."

DON'T STRESS THE SEASON

Psychotherapist Lori Gottlieb, whose best seller *Maybe You Should Talk to Someone* was one of my favorite reads for 2019, offered this advice on easing holiday anxiety in Maria Shriver's Sunday Paper newsletter:

- **Stay connected.** If you're feeling sad or anxious, reach out to friends or a therapist. Remember, you aren't alone.
- **Reach for the gratitude.** Focus on one or two things that you're grateful for this year or that you look forward to creating in your life in the new year.
- **Have perspective.** Holiday-season reminders are everywhere, but the holidays are short-lived, and before you know it, life will be back to normal. (Now that's something to celebrate!)
- **Remember that you're a grownup now.** It's easy to slip back into childhood roles when we're around our families, so if you notice this happening, step away to the restroom, take some deep breaths, look at your adult face in the mirror, and smile — because as an adult, you're finally free to do as you please.

Lee Woodruff is a caregiver, speaker and author. She and her husband, Bob, cofounded the Bob Woodruff Foundation, which assists injured service members and their families. Follow her on Twitter and Instagram.



WINTER WEATHER REMINDER

It's winter weather season again! Snow will soon be upon us and I want to remind everyone of the policy for Senior Dining and Home-Delivered Meals in the event of inclement weather. We value all our seniors and want them to be safe on days that bring ice and snow.

Senior nutrition programs may be cancelled and there will be no home delivered meals if the roads are slippery or dangerous due to a snowstorm or freezing rain. Please tune in to the local radio stations for announcements for your area: **WCSW (94.0 AM) and WGMO (95.3 FM) Shell Lake; WJMC-FM (96.1 FM) Rice Lake; and WHSM (101.1 FM) Hayward.**

There may be instances where some areas of the county are experiencing inclement weather and others are not, so the rule of thumb is "If the school in your area is closed, so is the nutrition site."

You are encouraged to keep a 2-3 day supply of nonperishable food on hand in the event of an emergency that may force us to cancel our meal programs. Everyone on the Home Delivered Meal program will receive an **Emergency Nutrition Kit** to be used during these times.

DELIVERY WILL BE LIMITED TO PLOWED ROADS ONLY! Our volunteer drivers will only deliver meals on roads and driveways that are plowed. Sidewalks to your residence should be shoveled and ice-free. The safety of our drivers is very important to us. If your driveway or road is not sufficiently plowed, call the Aging & Disability Resource Center at 715-635-4460 or your local meal site and tell us of your problem. This will save the volunteer driver a trip out on bad roads.

HAVE A SAFE AND WARM WINTER!

SENIOR NEWS

Benefit Assistance

<https://www.aarp.org/money/budgeting-saving/info-2022/available-aid-for-everyday-expenses.html>

By Donna Fuscaldo, AARP
September 21, 2022

BILLIONS OF DOLLARS IN EVERY-DAY AID GOES UNUSED

From healthcare to groceries, there's free money older adults aren't tapping

Older adults leave billions of dollars in government aid on the table each year and do not even realize it. That money could go to cover utilities, rent, health care, prescription drugs and groceries at a time when inflation remains stubbornly high.

Consumers are paying more for everything from eggs to prescription medicines. Several federally funded programs can prove effective in defraying some of those increases, yet they go unused year after year.

"Many older adults qualify for benefits they don't know can help them with everyday expenses," says Josh Hodges, chief customer officer at the National Council on Aging (NCOA). "Nationally, they are leaving billions of dollars on the table."

SNAP WOEFULLY UNDERUSED

Take the federal government's Supplemental Nutrition Assistance Program (SNAP). Formerly known as food stamps, this program provides eligible individuals with monthly benefits to purchase groceries at participating supermarkets and farmers markets. While nearly 26 million adults 50 and older were eligible for SNAP in 2018, AARP found that 63 percent (or 16 million) did not take advantage of this benefit. The numbers have not improved much since then.

"A lot of people think SNAP is for children or other folks," so they do not bother to apply, Hodges says. "The gap for older adults is valued at over \$6 billion a year." Those are benefits they qualify for but are not receiving.

HEALTH CARE HELP

Rising health care costs are adding more pressure to budget-conscious consumers. To help older adults cover health care expenses, the federal government operates the Medicare Savings Program, which helps pay eligible older adults' Part A and Part B deductibles, coinsurance and copayments. Older adults can save more than \$2,000 per year through this program, yet more than 3 million eligible adults 65 and older are not enrolled, leaving \$2.5 billion to \$6 billion in benefits unused each year, Hodges says.

The Low Income Subsidy for Medicare Prescription Drug Coverage, popularly known as Extra Help, is also underutilized. This program can cover monthly premiums, annual deductibles and copayments for Medicare prescription drug coverage. According to the Social Security Administration, Extra Help is worth around \$5,100 per year for eligible participants, yet Hodges' group found that about \$7.6 billion a year goes unused. "These are not dollars that will be used elsewhere," he says. "They are specifically targeted programs. You are not taking benefits away from people by using these services."

HELP IN PAYING YOUR UTILITY BILLS

Winter is around the corner, and with oil and natural gas prices still elevated, some older adults could be without heat during the colder months. As it stands, tens of millions of Americans are at risk of getting their utilities shut off because of big summer electricity bills — and potentially bigger winter heating costs. Yet the government's Low Income Home Energy Assistance Program (LIHEAP) is underutilized by older adults across the country. With this program, recipients get a one-time payment to help defray winter heating costs. The payment can be as high as \$1,400, although the average payment is \$500, according to the National Energy Assistance Directors Association (NEADA). Of the people eligible for this program, only about 17 percent get assistance, says Mark Wolfe, executive director at NEADA. The LIHEAP Clearinghouse website has a search feature to find

state programs and apply for assistance. There is also a referral hotline: 866-674-6327.

WHAT SHOULD BE DONE?

With tens of billions of dollars in benefits left on the table each year, more outreach is needed from federal, state and local governments, nonprofits and community groups to ensure the money gets to all who need it. They need to do more to get the word out to older Americans, says Hodges. Then, too, applying for the various programs can be daunting. To ensure that applicants meet eligibility requirements, many programs require that they complete application forms and submit certain documents. Without access to the internet or a printer, and/or the ability to travel, completing these forms can be difficult. However, the programs do make a difference. In 2019, the U.S. Department of Agriculture found older adults living alone received an average of \$104 in SNAP benefits per month. Those with lower incomes received more.

WHAT BENEFITS ARE YOU MISSING OUT ON?

Finding out what benefits you are eligible for has gotten easier in recent years, with the government and nonprofits like the NCOA and AARP stepping up outreach. The NCOA runs Benefits Checkup, an online database of federal and local benefits available to older adults. People who prefer to talk to a human can call the NCOA's help line at 800-794-6559 to find out what benefits they are eligible for.

Most communities also have Area Agencies on Aging, which are funded by the federal government and help older adults perform assessments of their benefits or refer them to outside groups that can help. You can find an Area Agency on Aging via the Eldercare Locator or by calling 800-677-1116. In Washburn County, WI, the Unit on Aging and the ADRC are your direct line for benefit eligibility. Contact our office at 715-635-4460 to make an appointment for your benefit review, options, and information to resources available locally.

Green Light Legislation Passes



WCHA President:
Roland Hawk P.E., Wood County

WCHA Secretary:
Bobbie Krejci, P.E., St. Croix County

WCHA Chairperson:
Tim Kessler, Washburn County

WCHA Vice-Chair:
Marv Thompson, Barron County

WCHA Past Chairman:
Roger TeStrote, Sheboygan County

WCHA Past President:
Jon Johnson, Eau Claire County

WCHA Treasurer:
Jim Griesbach, Marathon County

WCHA Press Release for immediate release

Wisconsin County Highway Association (WCHA) Officials Remind Drivers to Drive Safely in Work Zones and urges drivers to be aware of the upcoming winter conditions, noting that drivers should be aware of the use of fluorescent green warning lights on Municipal vehicles throughout Wisconsin.

Robbie Krejci P.E., St. Croix County Highway Commissioner and Chairman of the WCHA Legislative Committee, urges people to drive carefully in highway work zones as the Construction season comes to a close throughout Wisconsin. Krejci also reminds drivers that as the weather turns to winter, County priorities shifts to winter Maintenance activities. In the last legislative session, the legislature passed new lighting options for municipal vehicles, allowing the use of Fluorescent Green warning lights on Municipal vehicles. Krejci said "These new lighting options have proven to increase driver awareness significantly, creating a safer winter driving experience for the public, along with the safety of our operators clearing snow on

roadways across the State".

This new Legislation is limited to municipal vehicles, and the public will begin to see these lights on many snowplows this winter season. Roland Hawk P.E. Wood County Highway Commissioner and President of the WCHA said "We want to thank the legislature and our Governor for their efforts in passing this important piece of transportation safety legislation, which was created and supported by the WCHA" Hawk added "these lighting options will help drivers to distinguish between our operators attempting to clear the lanes of travel for the public and the private section plowing parking lots and driveways, creating a safer environment for all"

The WCHA urges drivers to watch for the new Green Warning Lights in combination with the traditional yellow warning lights helping drivers to be more aware of municipal vehicles working on the roadways, as the winter season in Wisconsin approaches, and as always please slow down and drive with care.

For added information or if you have questions contact Daniel J. Fedderly P.E.; P.L.S., WCHA Executive Director

Energy Assistance for Heating Season



FOR IMMEDIATE RELEASE
September 14, 2022
Contact: info@wcap.org
715-598-4750

WEST CAP NOW ACCEPTING APPLICATIONS FOR ENERGY ASSISTANCE FOR HEATING SEASON

West CAP once again has funds available for low to moderate income households in western Wisconsin who need assistance with heating costs, electric costs, or are facing energy crisis situations this heating season. The Wisconsin Home Energy Assistance Program (WHEAP) is administered by the State of Wisconsin Home Energy Plus Program and aims to help qualified Wisconsin residents with a one-time payment during the heating season, October 1, 2022 – May 15, 2023.

Families living in Barron, Chippewa, Dunn, Pepin, Pierce, Polk, St. Croix, Burnett, or Washburn counties may contact West CAP to apply. Eligibility criteria and application forms are available online at <https://westcap.org/services/energy-assistance/> or by calling West CAP at (715) 598-4750. Email info@wcap.org with questions about any of our programs or services. For those outside of these counties, call toll free 1-866-HEATWIS (432-8947) or visit homeenergyplus.wi.gov.

Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify. The amount of the assistance benefit varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the assistance benefit is paid directly to the household energy supplier.

West CAP is proud of its history as an innovative, forward-thinking organization. Established in 1965, West CAP was one of the first community action agencies established in Wisconsin. Since then, West CAP has worked to promote the self-sufficiency of low-income families in the rural communities of west central Wisconsin by providing food access, housing assistance, energy assistance, weatherization, adult education, advocacy, and more. Contact West CAP by calling (715) 598-4750 or visit <http://westcap.org> to learn more. West CAP, Inc is an equal opportunity provider.

SOCIAL SECURITY NEWS

Social Security: BIGGEST INCREASE SINCE 1981

SOCIAL SECURITY RESOURCE CENTER
 Social Security COLA Set at 8.7 Percent for 2023
Biggest increase since 1981 will boost average retirement benefit by \$146

By Andy Markowitz, AARP
 October 13, 2022

The Social Security Administration (SSA) announced an 8.7 percent cost-of-living adjustment (COLA) for 2023, the largest inflation-fueled increase in benefits in more than 40 years.

Starting in January, the average monthly Social Security retirement benefit will rise by about \$146, from approximately \$1,681 to \$1,827, according to the SSA.

The increase “will provide much needed relief to millions of Americans,” AARP Chief Executive Officer Jo Ann Jenkins said, noting that Social Security “is the largest source of retirement income for most Americans and provides nearly all income for 1 in 4 seniors.”

“The guaranteed benefits provided by Social Security, including the annual COLA, are more crucial than ever as high inflation remains a problem for older Americans,” Jenkins added. “The automatic adjustment is an essential part of Social Security that helps ensure the benefit does not erode over time due to rising prices.”

HOW THE COLA WAS CALCULATED

Social Security benefits have been adjusted annually for inflation since 1975, using the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), a market basket of goods and services tracked by the U.S. Department of Labor.

The SSA bases the COLA on the percentage change in the CPI-W for the third quarter from one year to the next. The 2023 adjustment represents the difference between the average CPI-W index from July, August and September of 2021 and the average for those months in

2022.

The resulting increase, which is also applied to veterans’ disability benefits and retirement pay, is the biggest since 1981, when the COLA was 11.2 percent. The 2022 adjustment of 5.9 percent followed more than a decade of low inflation, with the COLA averaging less than 1.4 percent from 2009 to 2021.

Medicare and inflation impact

The 2022 COLA, which increased the average retirement benefit by about \$92 a month, was

COLA increases by year

YEAR	COLA%	YEAR	COLA%	YEAR	COLA%
1975	8.0	1991	3.7	2007	2.3
1976	6.4	1992	3.0	2008	5.8
1977	5.9	1993	2.6	2009	0.0
1978	6.5	1994	2.8	2010	0.0
1979	9.9	1995	2.6	2011	3.6
1980	14.3	1996	2.9	2012	1.7
1981	11.2	1997	2.1	2013	1.5
1982	7.4	1998	1.3	2014	1.7
1983	3.5	1999	2.5	2015	0.0
1984	3.5	2000	3.5	2016	0.3
1985	3.1	2001	2.6	2017	2.0
1986	1.3	2002	1.4	2018	2.8
1987	4.2	2003	2.1	2019	1.6
1988	4.0	2004	2.7	2020	1.3
1989	4.7	2005	4.1	2021	5.9
1990	5.4	2006	3.3	2022	8.7

offset in part by a record \$21.60-a-month hike in the standard Medicare Part B premium, which for most Medicare enrollees is deducted directly from Social Security payments.

2023 will see the opposite effect, with a larger COLA and a rare drop in premiums for Part B, the portion of Medicare that covers outpatient services such as doctor visits. “That means that Social Security beneficiaries will see more money in their pockets next year,” said Nancy Altman, president of the advocacy group Social Security Works.

The Centers for Medicare & Medicaid Services (CMS) announced last month that the standard Part B premium will decline in January from \$170.10 to \$164.90 a month. The decrease reflects lower-than-expected Medicare spending on the new Alzheimer’s drug Aduhelm, savings the agency had pledged to pass on to consumers.

An inflation slowdown could also stretch the COLA’s effect on Social Security beneficiaries’

spending power. Whereas consumer prices have risen at a faster clip than the 5.9 percent COLA throughout 2022, forecasters predict inflation will cool in the year to come.

Global financial forecaster Trading Economics projects U.S. inflation to decline to 4.4 percent by mid-2023, and personal finance publisher Kiplinger predicts a rate of 3 percent to 4 percent at year’s end.

Two-thirds of Americans age 50 and older are somewhat or very worried that Social Security benefits may not keep up with inflation in years to come, according to a new AARP survey.

The COLA is “one of Social Security’s most important and unique features” because, unlike other retirement resources such as 401(k) accounts and private sector pensions, it is designed to keep up with inflation, Altman said. “It allows Social Security beneficiaries — most of whom are just one shock away from falling into poverty — to tread water.”

PAYROLL TAX THRESHOLD ALSO UP

Social Security is largely funded by a payroll tax of 12.4 percent on eligible wages — employees pay 6.2 percent and employers pay the other 6.2 percent. (Self-employed workers pay the entire 12.4 percent.) The maximum amount of earnings subject to the Social Security tax will increase next year from \$147,000 to \$160,200.

Those contributions go toward monthly payments for today’s Social Security beneficiaries, with any excess funneled into two trust funds, one for retirement and survivor benefits and the other for disability benefits. The funds currently have a surplus of more than \$2.8 trillion, but Social Security’s trustees estimate that reserve will be drained by the mid-2030s without congressional action to shore up the system’s finances.

Absent such action, benefits would continue to be paid out from incoming payroll taxes, but they would be about 20 percent lower, according to the trustees’ most recent annual report.

“AARP continues to urge Congress to work together in a bipartisan way to protect and strengthen Social Security for the long term,” Jenkins said. “Millions of Americans work hard throughout their lives to earn their benefits, and Social Security is a promise that must not be broken. We urge leaders of both parties to work together to protect Social Security for years to come. The stakes are too high for anything less.”

Andy Markowitz covers Social Security and retirement for AARP. He is a former editor of the Prague Post and Baltimore City Paper.

SHARE THE LOVE



ADRC PHOTO

Middle School students decorated Christmas cookies for our Meals on Wheels recipients.



NEWS FROM PAGE 1

locally by our receptionist in Washburn County. This number will become active as of 01/01/2023 and we will make it public at that time.

NEW WEBSITE. As a regional ADRC, we shared a website for all three counties. As of 2023, we will host our own website, which will feature all of the local services we provide specific to Washburn County residents and their caregivers. This will include information on all ADRC services and aging programs. There will be pages for each of our senior meal sites, home delivered meal program, transportation, dementia care, caregiver support, resources, newsletters, healthy aging, advocacy, benefit

assistance, volunteer opportunities, and more! The new site is currently under construction, we will let you know our new address as soon as it goes public.

UPDATED FACEBOOK PAGES. We currently manage two separate pages. The ADRC of Barron, Rusk, & Washburn Shell Lake Location <https://www.facebook.com/ADRCShellLakeWashburn/> will become inactive as of 01/01/2023. Washburn County Unit on Aging <https://www.facebook.com/ADRCShellLakeWashburn/> will continue as our only Facebook Page. The name will be changed to ADRC Washburn County after the first of the year. If you have not LIKED our Washburn County Unit on Aging page, please search it on Facebook now and Like Us, so you will get the most up-to-date

information as changes are made.

ADDITION OF CONSTANT CONTACT. Not everyone wants to be a part of social media by having accounts on Facebook, Twitter, Instagram, YouTube, LinkedIn, Snapchat, Pinterest, or TikTok. To be able to communicate with a wider audience, we have signed up for a Constant Contact account for our subscribers. Not all people in Washburn County get the Focus Newsletter and we have several seniors who cross the borders to attend our senior center meals and events. Constant Contact is an email platform, so our staff will be able to send out important news and upcoming events to your email as the information is being released. More information for sign-up coming soon.

Charter Bus Trip to Duluth!

Displayed outside Fitger's Inn
Ever innovative, Fitger's Brewing Co. installed the first ice machine in the state of Minnesota in 1897.

Displayed in A Place for Fido
The scene of many happy times, Fitger's original Tap Room was repurposed to private parties.

Martin Jarstad, Fitger's truck driver.
Photo courtesy of Mrs. George Frost of Cromwell, Minn.

Fitger's Inn Lobby
Fitger's ornate customer cage is still in use today.

FITGER'S HISTORIC WALKING TOUR

★ We suggest you begin the tour at point 1

COURTYARD LEVEL 1ST FLOOR

SUPERIOR STREET LEVEL 2ND FLOOR

★ Additional photos and displays can be viewed throughout the Fitger's complex.

UNIQUE SHOPS AND 3 GREAT RESTAURANTS

- 1 Duluth Kitchen Co.
- 2 The Market
- 3 Trailfitters
- 4 Coffee House
- 5 Fitger's Salon & Spa
- 6 Whimsy
- 7 Brewhouse Cellar
- 8 Brewhouse Beer Shop
- 9 The Bookstore at Fitger's
- 10 Vacant
- 11 Place for Fido
- 12 Center at Fitger's The
- 13 Boat Club
- 14 Mexico Lindo
- 15 The Barrel Room
- 16 The Brewhouse Fitger's
- 17 Museum
- 18 Vacant
- 19 Fitger's Wine Cellar
- 20 Fitger's Inn
- 21 The Rex

600 E. Superior St. • 1-888-FITGERS • 218-722-8826 • www.Fitgers.com • Shop Mon.-Sat., 10 a.m. - 9 p.m. & Sun., 11 a.m. - 5 p.m. • Restaurant hours vary

In 2021, we were very excited that we received approval to purchase a 14-passenger transport van to expand transportation routes for seniors throughout Washburn County and provide group trips within and out of the county.

Unfortunately, the van has still not been built due to the auto industry's lack of parts to piece together vehicles. At the October 2022 Aging & Disability Services Committee meeting, citizens and committee members requested to seek permission from the DOT to contract services for special outings. Both the Spooner and Minong Senior Centers had taken it upon themselves to arrange social trips to the Apostle Islands and Chanhassen Dinner Theatre. This was a great initiative, but they voiced their concern that not all residents are fiscally able to pay out of pocket to share in the expenses of chartering a bus, along with other associated trip expenses.

We received permission to secure a 56-passenger coach bus, which will take us on an adventure to Duluth Thursday, December 8, 2022.

The bus will arrive in Shell Lake at noon, to pick up passengers, then Spooner, and Minong.

From there they will travel to Fitger's, listed on the National Register of Historic Places, for shopping and/or dining for 2.5 hours. The historic Fitger's mall offers visitors an intimate shopping and deluxe dining experience. With 15 locally owned shops, 3 restaurants, 2 nightclubs, a microbrewery, and a full-service salon & day spa.

WE WILL THEN BE WHISKED AWAY TO TOUR THE BEAUTIFUL LIGHT SHOW OF BENTLEYVILLE FOR 1 HOUR.

Bentleyville Tour of Lights is a walk through holiday lighting extravaganza, decorated with over 5,000,000 lights! Bentleyville has free admission for all guests, as well as free hot cocoa, coffee, cookies, popcorn, marshmallows to roast, and visit with Santa & Mrs. Claus. Guests are encouraged to bring a nonperishable food item or new unwrapped toy to donate to the Salvation Army for those in need. Bentleyville is an outdoor event, located on the shores of Lake Superior. Dress for being outside and the cold. It is always easier to take off a layer and leave on the bus. Bayfront Festival Park is handicapped accessible and they keep the pathways as clear as possible for those who need mobility assistance.



Wheelchairs are free for guests on a first-come-first-serve basis, located at the main entrance.

Then back home to Washburn, with drop off points in Minong, Spooner, and Shell Lake.

For Washburn residents age 60+, cost will be determined by your personal expenses to shop and/or eat.

There are restrictions since this is the Washburn County 85.21 DOT Transportation grant funds are

being used.

1. Priority is given to Washburn County residents age 60+ and a caregiver under age 60, if they are needed to assist participant.
2. Washburn residents 60+ will not be charged a fee to ride, but are welcome to provide a donation to the Aging Unit to offset costs.
3. Washburn caregivers under age 60 will be charged a fee of \$25. They can apply for the National Family Caregiver Support Program to pay their fee. Ask for an application when registering.
4. We understand there are people who actively participate at our Senior Centers from adjoining counties. If interested, we encourage them to contact us and request to be added to the wait list. If there is room on the bus, then we will contact them in the order of registration. There will be a fee for out of county residents age 60+ of \$25.
5. If we fill up the bus and have enough interest, we may consider hiring a second bus, if one is available.
6. Register as soon as possible by calling 715-635-4460. Please be prepared to provide the following information: Full Name, Physical Address and Mailing Address, Personal Home & Cell Phone Numbers, Email, Emergency Contact Name/Phone Number, and what pick-up point you will be at.
7. We request that if you find that you are unable to attend, please notify us immediately! There will most likely be people on a wait list. If you DO NOT notify us, you will be charged the \$25 seat fee for No Show.
8. Dress appropriately. This is December in Duluth!
9. You are encouraged to bring a cell phone with you.
10. In your wallet, have the name of your doctor/clinic, a list of any serious medical conditions you have, and any medications you take, just in case there is an emergency.
11. Arrange to have a travel buddy or find a new one on the bus.
12. Wear a watch since you will need to be back at the bus in a timely

You can Afford to Have a Healthy Smile!

Senior Dental Savings Plan

No insurance? No problem!

Our **Senior Plan** is an affordable program for those Seniors (60 years & older). As a member in our Senior Plan, you will experience significant savings, which will allow you to maintain a clean and healthy mouth without insurance.

For more information, please visit GreenValleyDentalCare.com or give us at call **715-635-7888**

We accept all dental insurances, and are contracted in-network with many insurance companies including:

- Delta Dental
- Cigna
- BlueCross BlueShield
- Principal
- MetLife
- Health Partners
- Liberty Dental Plan
- Humana
- United Concordia
- United Health Care



GREEN VALLEY DENTAL CARE

Paul A. Kloek, D.D.S.
W7154 Green Valley Rd., Spooner, WI

Is My Choice Wisconsin right for me?

Here at MCW we seek employees that:

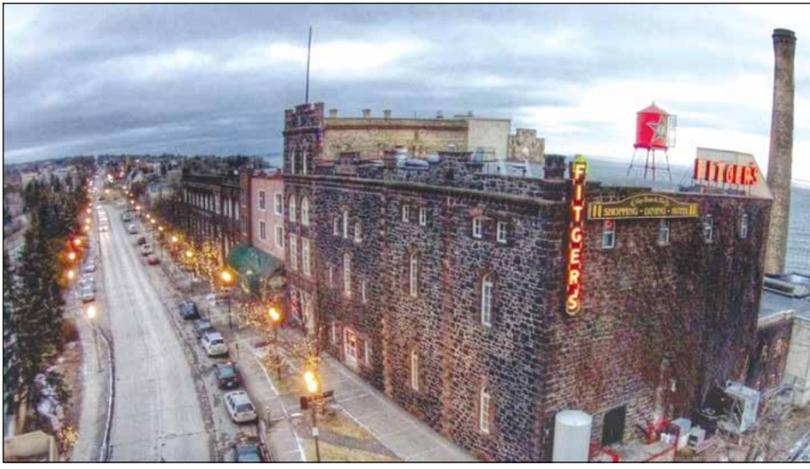
- Want to find your potential career home and contribute to bettering the lives of others
- Enjoy continuous improvement and creating efficiencies
- Seek an organization with career growth opportunities
- Wish to set and achieve personal goals with the support of leadership

Apply online today!

Ask about our sign-on bonus!
www.mychoicewi.org/careers/HRN



BUS TRIP TO DULUTH



HISTORIC FITGER'S MALL



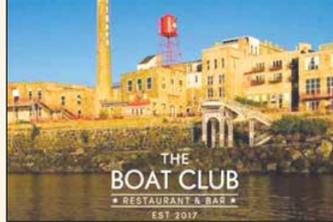
BENTLEYVILLE EVENT AT BAYFRONT FESTIVAL PARK

To make reservations at the Fitger's Complex restaurants, visit the websites for menus and call for a reservation. We will be at the complex from approximately 2:16 p.m. and leaving at 4:45 p.m.



Fitger's Brewhouse

(218) 279-2739
<https://fitgersbrewhouse.com/home>



The Boat Club

(218) 727-4880
<https://boatclubrestaurant.com/>



Mexico Lindo

(218) 727-1978
<https://www.lindoduluth.com/>

ALL PHOTOS PROVIDED BY ADRC

manner. We will not hold up the trip, if you are not at the pick-up points at the time required. It is a long walk back home.

13. You are responsible to make reservations at one of the restaurants listed in the Fitger's Complex for guaranteed space in dining and are responsible to bring the amount of money needed to pay your bills.
14. Our payment for the bus does not include a driver's gratuity. You are welcome to provide one, but are not required to do so.
15. There is overhead storage, just like on an airplane and lots of storage under the bus if you make purchases shopping.
16. You can bring a wheelchair or walker, as long as it is collapsible, but passengers must be able to navigate the 5 steps into the coach bus.

ITINERARY: THURSDAY, DECEMBER 08, 2022

Bus will arrive at 12:01 p.m. at 304 2nd Street, Shell Lake. Parking lot for the Washburn County Aging Unit/ADRC [Depart 12:16 PM]

Pickup 12:24 PM Spooner Senior Center, 402 Oak Street, Spooner [Depart 12:34 PM]

Pickup 1:00 PM Lucky Seven Gas Station AKA Minit Mart, 1030 W Hokah Street, Minong [Depart 1:10 PM]

Drop-off 2:16 PM Fitger's Complex, 600 E. Superior St Duluth, MN

Pickup 4:45 PM Fitger's Complex, 600 E. Superior St Duluth, MN

Drop-off 4:50 PM Bentleyville Tour of Lights, 700 W Railroad St Duluth, MN

Pickup 6:00 PM Bentleyville Tour of Lights, 700 W Railroad St Duluth, MN

Drop-off 7:05 PM Lucky Seven Gas Station AKA Minit Mart, 1030 W Hokah St Minong, WI [Depart 7:15 PM]

Drop-off 7:41 PM Spooner Senior Center, 402 Oak St Spooner, WI [Depart 7:51 PM]

Drop-off 7:59 PM 304 2nd Street, Shell Lake. This is the parking lot for the Washburn County Aging Unit/ADRC [Depart 8:09 PM]

CALL NOW TO RESERVE YOUR SPOT!

715-635-4460

Washburn County Unit on Aging

SHARE THE LOVE



PHOTO PROVIDED BY ADRC

Dorie, one of our Hero Meal on Wheel drivers for the Shell Lake route, dressed up as a deer and brought a bucket of candy for the people on her route.

We have such wonderful volunteers!

"Share the Love" by becoming a volunteer.

CALL 715-635-4460 TO GET AN APPLICATION.

DEMENTIA EDUCATION

The Aging and Disability Resource Center Presents

DEMENTIA 101 & DEMENTIA LIVE™

Education for All Community Members



Many of us come in contact with community members with dementia.

Whether you help a loved one, neighbor or friend, work with the public, or would just like to know more, this information will help you. At this free presentation you'll learn about dementia, a general term used to describe a decline in brain function. Each session will cover:

- differences between Alzheimer's and dementia
- signs and symptoms of dementia
- an overview of the most common types of dementia
- how dementia affects the various parts of the brain.
- an experience with dementia first hand

Presented by
Trisha Witham
 Dementia Care Specialist

Free event
 For more information call the ADRC at (715) 635-4460 or email trisha.witham@co.barron.wi.us

December 13th, 2022
Maple Ridge Care Center — Activity Room
 510 1st St. Spooner, WI 54801
 No registration required.

- 12:30 p.m. - 2:00 p.m. or
- 2:15 P.M. - 3:45 P.M.

SERVICES DIRECTORY

Your **FULL SERVICE** Pharmacy Department



Angela, Pharmacist

Available at the **PHARMACY**

- **FREE BLOOD PRESSURE SCREENINGS**
- **VACCINES**
- **LIQUID RX FLAVORING**
- **DRIVE-UP**

SCHMITZ'S



economart

700 S. River St., Spooner, WI

Pharmacy Direct: **715.635.8785**
M-F 9:30 am - 6:00 pm

Affordable - Senior Citizen Housing
~ Now Taking Applications ~



- Rent is 30% of monthly adjusted income
- Air Conditioning
- Utilities Included
- Community Room
- Appliances
- Indoor Mail Delivery
- Laundry Facilities

MINONG ~ ACORN APARTMENTS

A Great Place to Call Home

CCB Housing Management - Mark Adamak
1310 N. Wisconsin Ave., Rice Lake, WI 54869
1-888-636-2366 • ccbhousing.org



Glenview Assisted Living

A LOCAL, PRIVATE, NON-PROFIT ORGANIZATION
201 Glenview Lane, Shell Lake, WI 54871



- **Private apartments and/or units**, all with bathrooms
- **24 Hour Staff**
- **RN Medication Management**
- **Outstanding Environment**, to include meals, activities, housekeeping, laundry, and on-site beauty shop
- **Choice with Dignity**

Call now for your personal tour • **715-468-4255**
Or for more information, log onto our website:

www.th-glenview.org



DAILY SPECIALS
Breakfast, Lunch & Dinner

Monday	BBQ Ribs
Tuesday	Seafood Specials
Wednesday	Spaghetti & Meatballs
Thursday	BBQ Ribs
Friday	Fish Fry
Saturday	Steak & Tail & BBQ Ribs
Sunday	16 oz. Prime Rib

PLUS FULL MENU & CARRY OUT AVAILABLE



Trego, WI
715-635-3259

SPOONER FUNERAL HOME

BRATLEY-NELSON FUNERAL HOMES & CREMATORY



715-635-8919
306 RUSK STREET
SPOONER

www.bratley-nelsonchapels.com



Restorative,
Rehabilitation,
Dignified Living

• **In House Therapy:**

Physical - Occupational - Speech
24/7 Skilled Nursing Care • Activity Program

- Medicare, Medicaid, Managed Care and Private Pay
- Certified - 50 Beds
- Individualized & Specialized Care

802 E. County Hwy B • Shell Lake, WI • 715-468-7292

Need An Extra **Lift?**

RECLINER LIFT CHAIRS

starting at **\$799⁹⁵**

Bush & Gilles FURNITURE



Beaverbrook Ave. • Spooner, WI • 715-635-9646
OTHER LOCATIONS:
Cameron • Ladysmith • Rice Lake Cedar Mall

IMC INDIANHEAD MEDICAL CENTER
and HOME HEALTH AGENCY

Caring Is Our Specialty

We Accept Medicare Advantage Plans



113 4TH AVE., SHELL LAKE, WI
HOSPITAL 715-468-7833 | SHELL LAKE CLINIC 715-468-2711

Fresh EVERY DAY!

DELI • BAKERY • RESTAURANT
7 Days A Week

BREAKFAST Served 7 am - 11:30 am
Free Cup of Coffee with Refill with Purchase of Breakfast Special!
LUNCH SPECIALS Served 10:30 am - 2 pm
DINNER SPECIALS Served 4 pm - 6 pm
DELI HOURS: 7 AM - 7 PM
DELI RESTAURANT HOURS:
Mon. - Sat. 7 am - 7 pm • Sun. 7 am - 6 pm

SCHMITZ'S
economart
OPEN 24 HOURS
700 S. River St., Spooner, WI • 715-635-2836

RED CROSS PHARMACY

Caring for you and about you.

"Your Prescription Specialists"



Open 8 a.m. to 6 p.m.
Monday - Friday
Saturday 8 a.m. to 5 p.m.
Closed Sundays
Holidays 9 a.m. to 1 p.m.

DOWNTOWN SPOONER
715-635-2117



FREE IN TOWN DELIVERY
Spooner & Shell Lake

Target this important segment of Washburn County's population with your advertising message. Let the area's senior residents know you are concerned about them and want their business.



SPOONER ADVOCATE

Contact **Michelle** at
715.939.9036

for your personalized advertising plan.

Shell Lake Pharmacy

Your Full Service Pharmacy



Located In IMC
113 4th Ave., Shell Lake
715-468-7800
M-F 8:30-5 • Sat. 9-Noon

WEBSTER Health Center

St. Croix Regional Medical Center

FOR AN APPOINTMENT
CALL
800-828-3627

7456 Main St W
Webster, WI 54893

www.scrmc.org

Regional Hospice Services & Palliative Care

Celebrating 30 Years of Caring For Our Community

For more information please call

715-635-9077

www.regionalhospice.org



FIND YOUR FORTUNE.



TURTLE LAKE • DANBURY • HERTEL
THREE UNIQUE CASINOS

Come along for a glimpse of northwest Wisconsin's gaming epicenter. From the 24-hour action of Turtle Lake to the Vegas-style table games of Danbury to the slots-and-more-slots style of Hertel, St. Croix Casinos has something for everyone.

GOPLAYWIN.COM | 800.846.8646

