

DIRECTOR NEWS



Submitted by
Linda Hand

Washburn County
Aging Director/ ADRC
Supervisor

*Summer may be
done, but that does
not end the fun...*

The nights have definitely gotten cooler as we transition into fall. Trees are putting on their wonderfully colorful coats, which will soon be shed for winter. As our staff sat back and recollected the events of this summer, we realized how fortunate we are to be part of such a great community. We received a beautiful card from Char and Bernie Snarski, reminding us of the value of socialization for older adults and their caregivers. The Summer Senior Concert & Dinner Series broke attendance records each month from July/August/September 2021 to June/July/August 2022. As event dates grew near, forecast of stormy weather loomed. Someone was definitely interjecting because each time the clouds would part, rain subside, and the sun would shine. Not saying we will always be so lucky, but as Char wrote in her card, "So for summers 21 and 22 - we are grateful to you! And this is our plea - bring it on in 23!" We look forward to many future events but could not have done it without all of our sponsors, volunteers, and staff. As a recap, we had the Dean's List in June, Smokin' Loons July, and the 2nd Time Around Band in August. Staff cooked and volunteers served approximately 330 meals and over 600 attended the concerts. We greatly appreciate everyone who participated, new friends we made, and volunteers that became involved. Our hope is that through these outreach events, ourselves and other local agencies were able to provide resources and information to those who may have not known what services are available to the community.

We hope to offer more activities throughout this next year and look forward to the 2023 Summer Dinner & Concert Series! If you have ideas for activities, programs, or trips - please send them my way! Each of the centers have been actively involved in facilitating their own activities locally. We are not here to micro-manage the senior center activities. I am sure that the participants are quite capable of taking care of themselves. My role is to support larger events and activities that they might not be able to do on their own; there is a need for a larger location, food, technology, staffing, volunteers, or funding. Some ideas we are looking at for 2023 are specialty cultural or ethnic tailored meals, guest chefs, cooking classes, and a "Senior" Prom. We would like to collaborate with local chefs, restaurants, farmers, and food producers to highlight local businesses and feature specialty foods from the surrounding area. If you know of any individuals or business that might be interested in participating, please have them contact me at 715-635-4461.

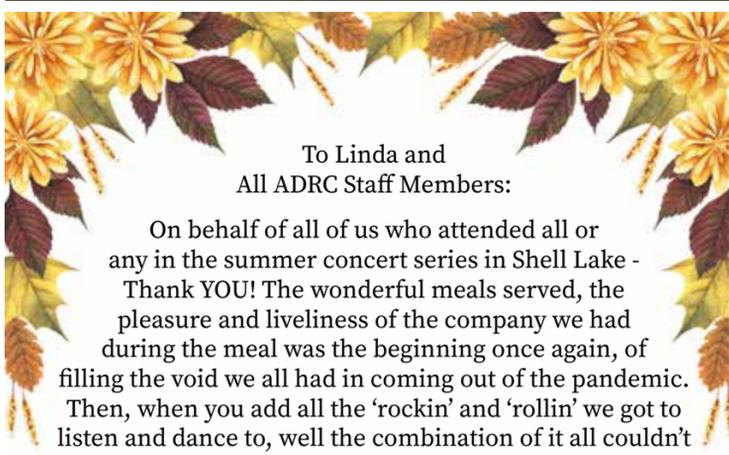
If you would like more information as to upcoming activities, please LIKE our Facebook Page: Washburn County Unit on Aging at <https://www.facebook.com/AgeWellLiveWell-WashburnCounty>

County Representatives Visit Senior Centers

The Washburn County Aging & Disability Services Committee meets monthly on the first Tuesday of the month at 9:00 a.m. in the County Board Room in Shell Lake. Yearly, they like to take the meeting on the road to visit each of the senior centers to connect with the participants and get feedback. October was planned for Birchwood, but due to the first week of October being county budget week, they have rescheduled the meeting for 10:00 a.m. on Tuesday, September 27, 2022 at the Birchwood Senior Center - 110 Euclid Ave., Birchwood, WI 54817. The board members are invited to stay for lunch served at 11:45 a.m. If you would like to attend the meeting and join them for lunch, please call in reservation for meal at 715-634-4460. Directly following the ADS Committee meeting, will be the Citizen's Advisory Committee meeting, which you are also encouraged to



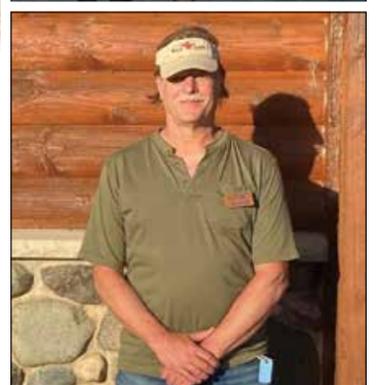
Thank You



To Linda and
All ADRC Staff Members:

On behalf of all of us who attended all or any in the summer concert series in Shell Lake - Thank YOU! The wonderful meals served, the pleasure and liveliness of the company we had during the meal was the beginning once again, of filling the void we all had in coming out of the pandemic. Then, when you add all the 'rockin' and 'rollin' we got to listen and dance to, well the combination of it all couldn't have gotten any better! Know that all the work that you and the staff did to make this memorable and uplifting will never be forgotten! To me, it was like having one big birthday party all over again! Ha ha!
So for "summers '21 and '22" - we're grateful to you!

FOR *all* THAT YOU DO - *Thank you!*
All 4 Senior Centers



PHOTOS SUBMITTED BY ADRC

attend. Char Snarski is our representative for Birchwood. The November ADS Committee meeting will take place on Tuesday, November 1, 2022 at 9:00 a.m. at Shell Lake Senior Center - 210 4th Avenue, Shell Lake, WI 54871. Kathy Fabert is the Citizens Advisory Committee representative for Shell Lake. Community members are always encouraged to attend any of the open county meetings.

JOIN OUR TEAM!

Senior Dining Site Manager/Cook - Shell Lake/Spooner

Washburn County is seeking applicants to fill the full-time Senior Dining Site Manager/Cook position, which works at the Spooner and Shell Lake Senior Centers. Under the general direction and supervision of the Nutrition Program Director, the Dining Site Manager/Cook is responsible for coordinating the nutritional services for the dining site and preparing meals for the congregate and home-delivered

nutrition programs. The Dining Site Manager/Cook actively supervises the safe and sanitary service of meals and all other related nutrition program activities and performs related work as required by the State of Wisconsin Nutrition Operation Policies Chapter 8.2.2. A combination of education and experience provides equivalent knowledge, skills, and abilities with basic knowledge of quantity food handling and sanitation. Starting salary is \$15.02/hr to \$16.70 DOQ and includes a benefits package. Download an employment application from the County website at www.co.washburn.wi.us or contact the Washburn County Personnel Department, PO Box 337, Shell Lake WI 54871 (PH. 715-468-4624, fax 715-468-4628). Resumes will be accepted, but will not take the place of a completed application. Applications will be accepted until the position is filled. EOE

Click here to view the full job description and application.
<https://www.co.washburn.wi.us/news/sm>



Hunt Hill Audubon Sanctuary PROGRAMS

Hunt Hill Audubon Sanctuary
N2384 Hunt Hill Road, Sarona, WI 54870
715-635-6543 | info@hunthill.org

Copper Falls Field Trip
Sunday, October 9th, 2022
Location: Blue Hills Felsenmeer
Meet & Depart at Hunt Hill: 10:00 AM
Program Fee: \$15 per person
Hunt Hill Member: \$10 per member

Join botanist Dr. Sarah Johnson on a hilly hike through Copper Falls State Park, one of Wisconsin's most scenic parks, at peak leaf color season. We will be going on the Doughboys Nature Trail, which is 1.7 miles. Expect stairs at a few steep points along the trail. We'll stop several times to discuss identifying features and natural history of plants we see along the way.
We will meet at Hunt Hill Audubon Sanctuary

to coordinate carpooling and/or caravanning. We will plan to depart for Copper Falls at 10:00 am. Copper Falls State Park is approximately 1 hour & 45 minute drive from Hunt Hill Audubon Sanctuary. We will plan to arrive around 12:00 pm and have a picnic lunch (BYO lunch) before we start our hike. This field trip should take about 6-8 hours.

Please bring a daypack, water bottle, sun protection, hiking boots, sack lunch/snacks and, if you have them, hiking poles.

Copper Falls State Park, USFWS Midwest Region

Registration is required by October 7th. Limit: 15 people.

With New Eyes: Seeking a Sense of Place Through Creativity and Photography with Jeff Rennie

Date: Wednesday, October 5, 2022
Time: Registration at 5:30pm; Program at 6:00pm
Location: Max's Family Kitchen & Bar, Rice Lake
Program Fee: \$15/person
Registration: Required
Limit: 40 people

Jeff Rennie, renowned world travel writer and photographer, will share the joys and frustrations of seeking new ways of seeing the landscape you live in. Filled with philosophy, inspiration, and real hands-on techniques, this presentation will open your eyes again to your own backyard, wherever you live, and have you seeing the world "with new eyes".

What I Learned From 1600 Birds with Steve Betchkal

Date: Wednesday, November 2, 2022
Time: Registration at 5:30pm; Program at 6:00pm
Location: Turtleback Golf Course, Rice Lake
Program Fee: \$15/person
Registration: Required
Limit: 60 people

Birds add to the quality of our lives in so many ways... They eat insect pests. They add color and music to our daily existence. They fascinate us with their behaviors and adaptations. But what they teach is much more complex, and surprisingly subtle. Join ornithologist and author Steve Betchkal as he enumerates the wonder of wild birds in personal stories and images.

Winged Freedom Raptor Hospital with Kim Ammann

Date: Wednesday, December 7, 2022
Time: Registration at 5:30pm; Program at 6:00pm
Location: Round Man Brewing Company, Spooner
Program Fee: \$15/person
Registration: Required
Limit: 100 people

Learn from veterinarian and rehabilitator Kim Ammann about her experiences with establishing Winged Freedom Raptor Hospital for rehabilitating raptors.

Shell Lake Senior Center Holding Painting Class

PAINTING CLASS:

A painting class is held the first Monday of each month from 1:00-3:30 p.m. at the Friendship Commons Shell Lake Senior Center, located at 210 4th Avenue, Shell Lake, WI.

Fun paintings are offered with step-by-step instructions. All materials are supplied. The cost is \$15.00 for non-members, with a discounted charge of \$5.00 for members of the Friendship Commons Senior Social Group. It is fun supportive environment. Classes are limited to 10 people. The painting instructor is Joni Campbell. You must sign up ahead of time. Please call 715-416-1651 for more information. We would love for you to join us!



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David P. Ford
CERTIFIED FINANCIAL PLANNER™ CFP®



Lynn Ford
Chartered Retirement Planning Counselor™ CRPC®



Tom Sutton
LPL Financial Advisor

SeniorCare Coverage of Vaccines

By the GWAAR Legal Services Team

Submitted by Kelly Weisenbeck
Elder Benefit Specialist (EBS)

SeniorCare now covers vaccines that you get at a pharmacy. You will not need a prescription for vaccines, and you will have no out-of-pocket costs for vaccines you receive at pharmacies. Please note that SeniorCare will not cover vaccines you get at a doctor's office or clinic.

SeniorCare will only cover vaccines that are recommended for adults ages 65 and older by the Centers for Disease Control and Prevention Advisory Committee on Immunization Practices and that are given by a pharmacist who has completed the required training in vaccine administration. If you get them at a pharmacy, SeniorCare will cover the following vaccines:

- Chickenpox/shingles
- COVID-19
- Flu
- Hepatitis A and B
- Meningitis
- Pneumonia
- Tdap (tetanus, diphtheria, pertussis)

Talk to your pharmacy to learn which vaccines are available and how to schedule an appointment. You should bring your SeniorCare card to your appointment. You will not have any out-of-pocket costs for vaccines covered by SeniorCare at a pharmacy. Your out-of-pocket

costs for other prescription drugs covered by SeniorCare will remain the same.

If you have other health insurance, like employer insurance, VA coverage, a Part D plan, or a Medicare Advantage (Part C) plan, follow that plan's guidance for how to receive a vaccine. If your insurance covers vaccines at a pharmacy, use this coverage first. SeniorCare will cover any copays or deductibles. Remember that you must use other health insurance that you have before using SeniorCare. If you have no other coverage through Medicare Part B or D or primary insurance, vaccines will be covered by SeniorCare when you get them at a pharmacy.

Please see the table below for information on Medicare coverage of vaccines. If you have Medicare Part B and meet Medicare coverage criteria, you should use this coverage when you receive vaccines that are covered by Part B. If you have Original Medicare, you will not pay anything for these vaccines if you see a provider who agrees to accept the Medicare-approved payment amount as payment in full. Likewise, if you have a Medicare Advantage plan, the plan will cover Part B vaccines without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the vaccine.

If you have any questions about these changes to SeniorCare, please call the SeniorCare Customer Service Hotline at 800-657-2038, Monday through Friday, from 8 a.m. to 6 p.m.

Vaccine	Medicare Coverage
Influenza (flu)	Part B pays for one shot every flu season. Additional flu vaccines may be covered if considered medically necessary. If you have a Medicare Advantage plan, contact your plan for more information.
COVID-19	Part B covers FDA-approved COVID-19 vaccines and boosters and the administration of the vaccines at no cost to beneficiaries. If you have a Medicare Advantage Plan, contact your plan for more information.
Pneumonia	Part B pays for one shot, recommended for all adults age 65+ and younger adults with chronic health conditions. If you have a Medicare Advantage plan, contact your plan for more information.
Hepatitis B	Part B covers the series of three shots for high-or medium-risk individuals including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection. If you have a Medicare Advantage plan, contact your plan for more information. (A prescription drug plan may cover the vaccine for someone who does not satisfy Part B coverage criteria. Contact your drug plan for more information.
Hepatitis A	Part D. Contact your drug plan for more information.
Meningitis	Part D. Contact your drug plan for more information.
Shingles	Part D covers two doses of Shingrix, separated by 2 to 6 months for healthy adults 50 years and older. Contact your drug plan for more information.
Tdap (Tetanus, Diphtheria, Pertussis)	Part D. Contact your drug plan for more information.
Varicella (Chickenpox)	Part D. Contact your drug plan for more information.

FDA Finalizes Rule Allowing Access to Over-the-Counter Hearing Aids

By the GWAAR Legal Services Team

Submitted by Kelly Weisenbeck
Elder Benefit Specialist (EBS)

Last month, the U.S. Food and Drug Administration (FDA) issued a final rule to improve access to hearing aids. This action establishes a new category of over-the-counter (OTC) hearing aids, enabling consumers with mild to moderate hearing impairment to purchase hearing aids directly from stores or online retailers without the need for a medical exam, prescription or a fitting adjustment by an audiologist.

The OTC category established in this final rule applies to certain air-conduction hearing aids intended for people 18 years of age or older who have perceived mild to moderate hearing impairment. Hearing aids that do not meet the requirements for the OTC category (for example, because they are intended for severe hearing impairment or users younger than age 18) still require a prescription.

Consumers could see OTC hearing aids available in traditional retail and drug stores as soon as mid-October when the rule takes effect. For more information, visit: <https://www.fda.gov/news-events/press-announcements/fda-finalizes-historic-rule-enabling-access-over-counter-hearing-aids-millions-americans>

SPoonER HEALTH COMMUNITY

FLU SHOT CLINICS

Sign up today!

- High-dose quad (must be 65 years of age or older and this cannot be your first high-dose shot)
- Regular dose quad flu shot

ADRC will be at all flu shot clinics to answer your questions and help you navigate community resources.

Protects Against 4 Strains of Influenza
Ages 3 and Up • Single Dose Only
OPEN TO THE PUBLIC

OCTOBER 10 | 10:00 a.m. - 2:00 p.m.
Washburn County Fairgrounds, Spooner

OCTOBER 13 | 10:00 a.m. 12:00 p.m.
Minong Senior Center, Minong

- FREE -
With most insurance coverage.
Bring your insurance card.
- Cost is \$40 -
With no insurance coverage.

Register online at
[SpoonersHealth.com/FluShot](https://www.spoonershealth.com/FluShot)
OR Call 715-939-1686

WASHBURN COUNTY UNIT ON AGING & DISABILITY RESOURCE CENTER

715-635-4460

Toll Free: 888-538-3031
304 2nd Street, PO Box 316
Shell Lake, WI 54871
HOURS: 8:00 a.m. - 4:30 p.m.
Monday - Friday
www.adrcconnections.org
www.co.washburn.wi.us

Aging Director/ADRC Supervisor:
Linda Hand

Washburn County Unit on Aging & ADRC Staff Contacts as of October 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 1/2 - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

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

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West Side Manor (Shell Lake) • Birch Haven Manor (Birchwood)

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SENIOR CENTER NEWS AND EVENTS

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

October is my favorite month of the year... both because of the beautiful show we get in nature and because we are celebrating four family birthdays within 10 days!

We are going to have a Cribbage Tourney on Saturday, October 8th at 1 p.m., which is open to anyone. There is a \$5 entry fee with payouts for first and second place. Sign up at center or call Frank at 612-703-1925. Walk-ins are welcome as long as we have room. Please show up by 12:30 to sign in so we can start on time. Rules will be posted, at the center. There will be a \$1 and \$5 50/50 raffle and snacks will be provided.

Claudia Broz coordinated an Apostle Islands Boat Tour for Monday, October 17th. The cost is \$97. This fee includes a bus, which will pick you up at the Spooner Senior Center at 10 a.m. and return at approximately 7 p.m. There is a maximum of 22 people for the bus and money must be paid to Spooner Senior Center no later than October 3rd. If you do not pay by then, you can call Bayfield Boat Tours and ask to join our boat trip and drive yourself. More details are posted on the Senior Center Facebook page or contact Claudia at 715-466-1018. Frank and I have done it and it is great.

We have added WII Bowling on Tuesday mornings at 10 a.m. We have a variety of WII games, but this seemed like a good one to start us out. If you have any WII games to donate, they would be appreciated. The monthly Committee meeting will be held at 12:30 p.m. on Monday, October 24th. All are welcome.

For you bookworms, the library is doing a monthly Savvy Seniors Book Club on Friday, October 21st from 11 a.m. to noon at the center.

I will be having a fall greeting card class on Monday, October 10th at 1 p.m. at the Senior Center.

If interested, please call me, Mary Hull at 612-695-1600 or sign up at the center, where samples are displayed. You will be making six complete cards for \$15, with everything included.

The Washburn County U.W. Extension will be offering WeCOPE (Connecting with Our Positive Emotions), a series that helps adults cope with stress. Dates will be Fridays, starting October 14th through November 18th from 10-11 a.m.

SPOONER SENIOR CENTER

OUR NECK OF THE WOODS

402 Oak Street, Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON

PRESIDENT: LYNN BEARD | 715.520.3569

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cribbage 10am Congregate Dining 12pm	4 Wii Bowling 10am Congregate Dining 12pm Mahjong 1pm	5 Chair Dance 10am Congregate Dining 12pm Bridge and 500 1pm	6 Congregate Dining 12pm Hand & Foot 1pm	7 Congregate Dining 12pm SATURDAY CRIBBAGE TOURNAY 1PM
10 Greeting Card Class 10am Congregate Dining 12pm	11 Wii Bowling 10am Congregate Dining 12pm Mahjong 1pm	12 Chair Dance 10am Congregate Dining 12pm Bridge and 500 1pm	13 Congregate Dining 12pm Hand & Foot 1pm	14 WeCOPE 10-11am Congregate Dining 12pm
17 Cribbage 10am Congregate Dining 12pm Apostle Islands Tour 7am	18 Wii Bowling 10am Congregate Dining 12pm Mahjong 1pm	19 Chair Dance 10am Congregate Dining 12pm Bridge and 500 1pm	20 Congregate Dining 12pm Hand & Foot 1pm	21 WeCOPE 10-11am Savvy Seniors Book Club 11am Congregate Dining 12pm
24 Congregate Dining 12pm SSCC Meeting 12:30 DINING AT 5	25 Wii Bowling 10am Congregate Dining 12pm Mahjong 1pm	26 Chair Dance 10am Congregate Dining 12pm Bridge and 500 1pm	27	28 WeCOPE 10-11am Congregate Dining 12pm
31 Cribbage 10am Congregate Dining 12pm				

We are still looking for three people to organize and take turns running Bingo on Fridays, so we can get it up and running again. Please contact the center if you would like to volunteer.

We are still working on getting a yoga instructor.

Do not forget, Monday through Friday, delicious homemade lunches are served at noon, with a suggested donation of only \$4 for those 60+. Dining at 5 will be changed to the fourth Monday of this month, to October 24th.

Regular activities continue:

Mondays: Cribbage 10 a.m.

Tuesday: WII games 10 a.m.

Wednesday: Chair dance 10 a.m. and Bridge/500 1 p.m.

Thursday: Hand & Foot 1 p.m.

Enjoy the beauty of the season!

Website: Spooner Senior Center on Facebook

Phone: 715-635-8283

LINDA ROGERS
FRIENDSHIP COMMONS
 Shell Lake Senior Center

We are all enjoying the dog days of summer at the Shell Lake Center. We have put up the fall decorations to get everyone in the spirit of things. The marigolds did very well in our outside planters and they are still looking glorious.

A group from our center took a road trip to the Cable Natural History Museum. Everyone really enjoyed getting out and seeing the fall colors.

The quilters have been hard at work hand quilting our "Fall Leaves" quilt and it will be done soon. Everyone is welcome to stop by on Wednesday mornings to see it on the frame. We usually have coffee brewing and always enjoy the visitors.

Painting classes are still held once a month. It is just \$5.00 for members and \$15.00 for non-members. All the supplies are provided.

Also, do not forget that we play Smear on Wednesday afternoons and Cribbage on Thursday afternoons. Great fun!

Please call (715) 468-7491 for information on other 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
3 Congregate Dining 11:30am Painting 1pm	4 Congregate Dining 11:30am	5 Wii Bowling & Games 9am Quilting 9am Congregate Dining 11:30am Smear 1pm	6 Games 9am Congregate Dining 11:30am Cribbage 12:30-2:30pm	7 Congregate Dining 11:30am
10 Congregate Dining 11:30am DINING AT 5	11 Congregate Dining 11:30am	12 Wii Bowling & Games 9am Quilting 9am Congregate Dining 11:30am Smear 1pm	13 Games 9am Chair Exercise 10-11am Congregate Dining 11:30am Cribbage 12:30-2:30pm	14 Congregate Dining 11:30am
17 Congregate Dining 11:30am	18 Congregate Dining 11:30am	19 Wii Bowling & Games 9am Quilting 9am Congregate Dining 11:30am Smear 1pm	20 Games 9am Congregate Dining 11:30am Cribbage 12:30-2:30pm	21 Congregate Dining 11:30am
24 Congregate Dining 11:30am	25 Congregate Dining 11:30am	26 Wii Bowling & Games 9am Quilting 9am Congregate Dining 11:30am Smear 1pm	27 Games 9am Chair Exercise 10-11am Congregate Dining 11:30am Cribbage 12:30-2:30pm	28 Congregate Dining 11:30am
31 Congregate Dining 11:30am Membership Meeting 2pm				

breaks. I am better able to solve problems or fix things when I have stepped away for a bit. Optimally the break includes some physical exercise. During the years that Jim needed full-time care, he would rest in bed late mornings and late afternoons. He was safe then. I called these times my 'windows of opportunity' and would head outside to work in the garden, sled with grandchildren, skate around the lake. I continue to take daily morning and afternoon breaks.

Silence is a rejuvenator, too. My home is quiet since I live alone and don't own a TV.

When driving I leave the radio off and lots of good thinking occurs. Perhaps you're familiar

with forest bathing? Shinrin-yoku, it is called in Japan. This is the practice of slowing down and savoring the sights, smells and sounds of nature. Studies have shown a variety of health benefits. Sometimes called forest therapy, this is the opposite of exercising. It is relaxing into the moment, being mindful of the surroundings, noticing. Any outdoor environment works as long as there are trees around. One can walk quietly through a neighborhood or even sit alone on a patio. Calmly paddling the lake or wandering the woods are two of my favorite

CHICOG NEWS

JOANN MALEK & CATHY PETERSON
 Chicog News

I am so much smarter in the morning. I can accomplish things that stump me at other times of the day. This is my best time to write letters or begin a quilting project. Work on this column? Mornings. By afternoon I may as well bake cookies.

When I wake during the night I usually read myself back to sleep. Once in a while, though, I leave my Kindle dark. If I'm able to avoid the worries of life I often find myself thinking creatively. I have come up with some great ideas and solutions during middle-of-the-night awake times.

Another thing I've discovered: I need to take

SENIOR CENTER NEWS AND EVENTS

Senior Centers Dining & Activities

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

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

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

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

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

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

Meal Cost: We accept Food Share (Quest Card), Age 60 and Older Suggested 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 contact, and safety check. With increasing numbers of frail elderly and shortened hospital stays, home delivered meals have become a critical component of the growing community service system. The same meals enjoyed at the senior dining sites are delivered to the homes of the elderly and caregivers who are homebound and not able to cook.

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

CHICOG FROM PAGE 4

ways to forest bathe.

Have you discovered your peak brain times? Sleep. Step away. Silence. All three of these help to keep my brain functioning.

At this writing the Thursday Walkabouts for October are the 6th and the 20th. The ESG Board will be deciding when weekly walkabouts will resume.

Looking for a fun day out? Do not forget the 44th Annual Stone Lake Cranberry Festival on Saturday, October 1st from 9:00 a.m. to 5:00 p.m. There will be live music, a parade, a cranberry Krate derby, over 300 vendors, artisans and crafters and much more. For more information check out their website at www.stonelakecranberryfestival.com.

Thanks for reading the Chicog News!

SEE THE
**WEEKENDER
NORTH**
THIS WEEK FOR
NEWS & RECIPIES
SUBMITTED BY ADRC

BIRCHWOOD SENIOR CENTER

LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

PRESIDENT: KEN BOHN - 715.651.2362

CAROL ADDINGTON

Birchwood Senior Center



I hope you are all having a wonderful fall. As I write this, I have just returned from our September Potluck on a gorgeous day, September 1st. We have been so fortunate here in beautiful NW Wisconsin as we see the rest of our country hurting so much with floods, fires, and mega heat. How blessed are we! We missed you if you were not with us and you missed some really nummy food, like Barb Neuman's awesome pickled beets, Nel's absolutely delicious caramel monkey bread, and Russel Kemp's pie. There were many delicious salads and other goodies. Judy Hokansen and Marilyn Kort were our hosts and the theme was football season. We have amazing cooks in our community and it is fun to have these chances to benefit from their 'productions'! I do hope to see you in October and every first Thursday of the month. If you do not cook, there are options for you to share. "Come on Down!" The monthly potlucks will continue, as we love getting together to socialize and feast, there is not a need for a meeting. Let us just get to know someone new. We are never too old for that!

Ever notice the older we get the more we are like computers? We start out with lots of memory and drive. Then we become outdated and we crash at odd moments, acquire errors in our 'system', and have to have our parts replaced. (I have very few of my originals).

Our wonderful Kelly from the ADRC joined us and brought a plethora of info + a huge stack of Weekenders with the Focus for Life included. So, if you do not receive the Focus newsletter, be sure to stop at the center and pick one up. If they are gone, let Kristi know and we will save you one next month. Kelly also left info about healthcare, as the annual Medicare enrollment period is just around the corner (Oct 15-Dec 7). This is your part C and/or D plans. You will soon receive info from your current plan, so read it carefully to see if you want to keep or change. There will probably be changes shown. They do get you with a nice low beginning, but they usually do not stay at that rate. If you are just starting with Medicare you will definitely want to talk to Kelly! You can call at ADRC for an appointment at 715-635-4460 if you live in Washburn County. Call the ADRC of the county you live in. If you cannot locate the #, call the ADRC number and they can help you to find it for you.

Tact is the ability to describe others as they see themselves. (Abraham Lincoln).

Well it is back to school and the beginning of

kid life in Birchwood. I just got my first call for Backpack. One of my very favorite things to do. Once a month for about an hour or so on a Friday, packing a bag of healthy and tasty food for our kids to take home for the weekend. If you have been reading the local newspapers, you know that we have many students who benefit from this program. There is a need qualification they must meet and you would be surprised at how many meet that. Do help if you can. Holly Herland is in charge of the program. Call the school and leave your name and she will contact you. You will really enjoy it!

Live in such a way that even the undertaker will be sorry when you die. (Mark Twain).

Speaking of school, please consider being a book buddy this year. It is so rewarding and such fun to meet the teachers and watch the kid's blossom over the year. It is on Tuesday, Wednesday, and Thursday from 8-10:45 a.m. It is not set in stone and if you cannot make it, no problem. Just call Rose Benson at the school 715-354-3471. There was a volunteer gathering in the lunchroom on Tuesday, Sept 13th, but you probably did not receive this prior to that date. I hope to see you there!

The Washburn County Aging & Disability Services Committee meets monthly on the first Tuesday of the month at 9:00 a.m. in the County Board Room in Shell Lake. Yearly, they like to take the meeting on the road to each of the senior centers to meet the participants and get feedback. October was planned for Birchwood, but due to the first week of October being budget week, they have rescheduled the meeting for 10:00 a.m. on Tuesday, September 27, 2022 at Birchwood Senior Center - 110 Euclid Ave., Birchwood, WI 54817. The board members are invited to stay for lunch served at 11:45 a.m. If you would like to attend the meeting and stay for lunch, please call in reservation for meal at 715-634-4460. Directly following the ADS Committee meeting, will be the Citizen's Advisory Committee meeting, which you are also encouraged to attend. Char Snarski is our representative for Birchwood. The November ADS Committee meeting will take place on Tuesday, November 1, 2022 at 9:00 a.m. at Shell Lake Senior Center - 210 4th Avenue, Shell Lake, WI 54871. Community members are always encouraged to attend any of the open county meetings.

Remember there is coffee and goodies the first Tuesday of every month at the center. Stop in and have a cup. You might meet somebody new or you might meet somebody old, a better chance of that. It is always a happy time!

Last but not least: Do not audit life. Just show up and make the most of it now!

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

MINONG AREA SENIOR CENTER
COMMUNITY GET-TOGETHER and FUNDRAISER

**FREE
FOOD
at
NOON**

**GIFT CERTIFICATE
SILENT AUCTION**
Ends at 3:30 p.m.
50/50 Drawing & Door Prize

BINGO!
BASH
Starts at 1 p.m.
CASH & PRIZES

SATURDAY, NOVEMBER 19 • NOON - ??
700 West Houston Ave., Minong, WI 54859
715-466-4448

Minong Area Senior Center
RAFFLE - SILENT AUCTION - 50/50 DRAWING

● — RAFFLE — ●

1st Prize: \$500 Gift Certificate Henson's Country Foods
2nd Prize: \$250 Gift Certificate Henson's Country Foods
3rd Prize: \$100

RAFFLE DRAWING
Sat., Nov. 19, 2022
Need not be present to win
License #R0031143A-91459
**\$5 per ticket or
\$6 for \$25**

FOOD AND FUN!

OCTOBER

LUNCH & HOME DELIVERED MEALS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tater Tot Hot Dish w/Beef, Peas, Carrots, Green Beans & Corn WG Bread Mixed Fruit Cup MINONG DINING @ 5 3	Roasted Turkey Breast Whipped Sweet Potatoes Roasted Broccoli WG Dinner Roll Pears 4	Swedish Meatballs w/Creamy Mushroom Sauce over WG Egg Noodles Glazed Carrots Peaches 5	Basil Crusted Chicken "Three Sisters" Wild Rice Salad Buttered Green Beans Apple Crisp 6	Loaded Chef Salad w/Ham, Egg, Cheese, Veggies, Dressing WG Breadstick Pineapple 7
Roast Beef & Swiss w/LTO on WG Bread Potato Salad Applesauce SHELL LAKE DINING @ 5 10	Cabbage Roll Casserole Baby Red Potatoes Marble Rye Bread Pumpkin Pie Bar 11	Mediterranean Salmon over Wild Rice Roasted Broccoli WG Bread Cinnamon Roasted Pears 12	BBQ Baked Chicken Baked Bean Medley Steamed Carrots WG Dinner Roll Pineapple 13	Hearty Italian Lasagna Fresh Garden Salad Dressing WG Garlic Breadstick Fresh Fruit 14
Deluxe Pork Stew over Buttermilk Biscuits Stewed Local Tomatoes Applesauce 17	Lemon Pepper Cod Roasted Potatoes Southwest Bean Salad WG Bread Apple Pie Bar 18	Country Style BBQ Ribs Baked Potato w/SC Roasted Broccoli Cornbread Peaches 19	Polish Sausage Butternut Mac'n Cheese WG Dinner Roll Roasted Red Cabbage Triple Berry Crisp 20	Spaghetti & Meatballs WG Pasta Roasted Brussel Sprouts Oranges 21
Hunters Stew over WG Egg Noodles Whipped Sweet Potatoes Cinnamon Roasted Pears SPOONER DINING @ 5 24	Broccoli & Chicken Fettuccini Alfredo Caesar Salad WG Garlic Breadstick Fresh Fruit Salad BIRCHWOOD DINING @ 5 25	Tender Roast Beef Mashed Potatoes & Gravy Green Beans WG Bread Apple Walnut Crisp 26	California Burger w/LTO on a WG Bun Baked Beans Pineapple 27	Honey Mustard Chicken over Brown Rice Stir Fry Veggies Egg Roll Fruited Jell-O 28
Chili Garden Salad Cornbread Peaches Halloween Cake 31				

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

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.

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

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

In addition, we are in need of volunteers to help with our amazing Happy Day Club Program. We are open on Mondays and Thursdays from 9 a.m. 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.

DINING AT 5

OCTOBER



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

PLEASE MAKE RESERVATIONS
24 HOURS IN ADVANCE
Minong: 715-466-4448
Shell Lake: 715-635-8283
Spooner: 715-635-8283
Birchwood: 715-354-3001

MINONG MENU

MONDAY, OCTOBER 3

Meatloaf
Mashed Potato & Gravy
Carrots
Dinner Roll
Joanne's Choice Dessert

SHELL LAKE MENU

MONDAY, OCTOBER 10

Oktoberfest

German Sausage & Kraut w/Potatoes
Side Salad
Dinner Roll
Apple Cake

SPOONER MENU

MONDAY, OCTOBER 24

Pasta Bar
Brussel Sprouts
Salad Bar
Garlic Bread
Mary's Choice Dessert

BIRCHWOOD MENU

TUESDAY, OCTOBER 25

Beef Stroganoff
Fresh Green Beans
Caesar Salad
Dinner Roll
Kristi's Choice Dessert

MEALS ON WHEELS

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 volunteer!

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 specific 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



SUBMITTED

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 interested, please call the Washburn County Unit on Aging at 715-635-4460.

JOIN OUR TEAM!

SENIOR DINING SITE MANAGER/COOK - SHELL LAKE/SPOONER

Washburn County is seeking applicants to fill the full-time Senior Dining Site Manager/Cook position, which works at the Spooner and Shell Lake Senior Centers. Under the general direction and supervision of the Nutrition Program Director, the Dining Site Manager/Cook is responsible for coordinating the nutritional services for the dining site and preparing meals for the congregate and home-delivered nutrition programs. The Dining Site Manager/Cook actively supervises the safe and sanitary service of meals and all other related nutrition program activities and performs related work as required by the State of Wisconsin Nutrition

Operation Policies Chapter 8.2.2. A combination of education and experience provides equivalent knowledge, skills, and abilities with basic knowledge of quantity food handling and sanitation. Starting salary is \$15.02/hr to \$16.70 DOQ and includes a benefits package. Download an employment application from the County website at www.co.washburn.wi.us or contact the Washburn County Personnel Department, PO Box 337, Shell Lake WI 54871 (PH. 715-468-4624, fax 715-468-4628). Resumes will be accepted, but will not take the place of a completed application. Applications will be accepted until the position is filled. EOE

Click here to view the full job description and application. <https://www.co.washburn.wi.us/news/sm>

Feeling Bombarded by Celebrity Commercials?

Here are a few things to know before you call...

Ingrid Kunder, Wisconsin Senior Medicare Patrol Project Manager

Submitted by Kelly Weisenbeck
Elder Benefit Specialist (EBS)

If you watch television, you have probably seen the commercials for Medicare insurance. Some of these commercials feature famous athletes delivering “important information if you are on Medicare”. Other commercials might make you feel like you are missing out on all sorts of benefits that you are entitled to. Are you nodding your head right now because you’ve seen these types of commercials?

These types of commercials are intensifying due to Medicare’s Open Enrollment Period which is October 15 – December 7, 2022. This is the time of year that Medicare health and drug plans can make changes each year – things like cost, coverage, and what providers and pharmacies are in their networks. October 15 – December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. Television commercials will try to entice you with additional benefits or make you feel like you are missing out. Be careful and do your homework to make sure that you understand what benefits and plans are available to you where you live.

Here are a few important things to know before you make the decision to call the number on the TV screen:

- While the commercials use the word Medicare, the red, white, and blue colors and images of a Medicare card, the telephone numbers that are displayed on these commercials are NOT Medicare, but rather a licensed insurance agent or broker. The fine print on the bottom of the TV screen, which is almost impossible to read, states that these plans are not affiliated with any government program or agency.
- The benefits that are mentioned (eyeglasses, hearing aids, rides to appointments, etc.) are benefits that MAY be offered with certain Medicare Advantage plans. Medicare Advantage plans vary greatly from state to state, and even county to county, so it is important to do your homework. In some cases, there are additional costs associated with these benefits or eligibility guidelines that must be met to qualify. It is not a “one size fits all” type of option.
- Some commercials mention that you may qualify for up to \$144 added back to your Social Security check every month. Be careful as there are conditions that apply to this statement. This rebate is something that you may be eligible for IF you purchase a Medicare Advantage plan AND live in a certain area of the country. It is important that you understand if you live in an eligible area of the country or zip code.
- The commercials may also state that you may qualify for a zero-dollar

Have You Seen Ads Like This?

MEDICARE BENEFITS HOTLINE
New Medicare Advantage Plans
Now Available!

FREE EYEGLASSES
FREE HEARING AIDS
FREE PRESCRIPTION DELIVERY
FREE RIDES TO APPOINTMENTS

FREE MEDICARE BENEFITS REVIEW

premium or mention available benefits at no additional cost. Again, there is fine print for these types of situations that you need to be aware of. Zero-dollar premium plans may also have co-payments and coinsurance that can apply. And again, these types of plans may not be available where you live.

What’s the bottom line? By responding to the TV commercials, you may end up with a Medicare Advantage plan that is not available in your area, does not include your preferred health care provider, or has costs that you were not anticipating. And since the new plan doesn’t go into effect until January 1, 2023, you may not find out these things until it’s too late.

So, what can you do to make sure that you understand all your options?

• Do your homework and become an informed consumer. Make sure that you understand the differences between Medicare Part A, B, C, and D and other plans available such

as Medigap. Yes, it can be complicated, but there are available resources across the state of Wisconsin that provide unbiased information, at no cost to you.

Important Resources for Wisconsin Medicare Beneficiaries:

- Benefit Specialists at local Aging and Disability Resource Centers (ADRCs). For Washburn County call **715-635-4460**.
- Contact Medicare directly by calling (800-633-4227) or visiting <https://www.medicare.gov/>.
- The Medigap Helpline (800-242-1060) is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long term care insurance and related topics.
- The Wisconsin Medigap Part D and Prescription Drug Helpline (855-677-2783) is a toll-free helpline that answers questions from Wisconsin residents age 60 and over about Medicare Part D and other prescription drug coverage options.
- The Disability Drug Benefits Helpline (800-926-4862) is a toll-free helpline operated by Disability Rights Wisconsin that helps people who have Medicare due to a disability with questions about prescription drug coverage.
- Office for the Deaf and Hard of Hearing (video phone: 262-347-3045) provides outreach and individual counseling in American Sign Language.
- Wisconsin Judicare, Inc. (800-472-1638) provides outreach and benefits counseling to Native American Medicare beneficiaries.
- The Wisconsin Senior Medicare Patrol (888-818-2611) is a toll-free helpline for Medicare beneficiaries and their families to call to report suspected Medicare fraud, errors, and abuse.

DHS Expands Access to COVID-19 Self-Tests

FOR IMMEDIATE RELEASE September 1, 2022
CONTACT: Elizabeth Goodsitt, 608-266-1683
Jennifer Miller, 608-266-1683

Wisconsin households now eligible to order a free package of COVID-19 self-tests

The Wisconsin Department of Health Services (DHS) is launching an online program for Wisconsinites to get free at-home rapid COVID-19 tests delivered directly to them. Starting today, Wisconsin residents can go to the **Say Yes! COVID Test website** (link is external) and place an order for a package of five rapid antigen COVID-19 tests at no cost. Initial supplies will allow each household to order one package that will arrive in 1-2 weeks.

“It is critical for Wisconsinites to have access to a COVID-19 test when they need one, and this program delivers tests right to their door,” said DHS Secretary-designee Karen Timberlake. “We encourage all Wisconsin households to have COVID-19 self-tests on hand to protect themselves and those around them.”

Taking a COVID-19 self-test provides results within minutes. This allows people to make decisions that will keep those around them safe. In addition to the Say Yes! COVID Test program, Wisconsinites can access a COVID-19 test by:

- **Purchasing self-tests through pharmacies, retail outlets, or online.** Self-tests are widely available at pharmacies and other retail stores across the state.
- **Using health insurance, Medicaid, or Medicare plans to cover the cost of self-tests.** Private insurers and some Medicare plans continue to cover the cost of eight rapid COVID-19 tests per member each month. Members of BadgerCare Plus and most Wisconsin Medicaid programs can also receive COVID-19 tests from Medicaid-enrolled pharmacies using their ForwardHealth ID card. People are encouraged to contact their health insurance program for more information.
- Visiting a free local community testing site. There are currently over 500 community testing sites across the state.
- Contacting a health care provider. Your local or tribal health department, primary health care provider, or community health center can help find a test near you.

In addition, DHS has recently launched programs to provide local and tribal health departments, K-12 schools, and shelters with access to self-tests for distribution to the populations they serve. Through these programs, nearly 464,000 self-tests have been made available to community organizations and the public since May. Test kits continue to be ordered and distributed to these entities for distribution.

“Continuing to support equitable access to COVID-19 testing remains a top priority,” said DHS Deputy Secretary Deb Standridge. “Rapid results from a self-test allows people to test for COVID-19 at home and make decisions that will help keep them and those around them safe.”

To obtain reliable results and help stop the spread of COVID-19, it is important to know when to take a test. Anyone experiencing symptoms of COVID-19, should take a test immediately. Everyone, regardless of vaccination status, should take a COVID-19 test five days after being exposed to someone with COVID-19.

If you test positive with a COVID-19 self-test, stay home, separate yourself from others, and notify your close contacts who were exposed. Contact a doctor, community health center, or pharmacy to see if COVID-19 treatments may be recommended for you.

The Say Yes! COVID Test program is funded in part through the American Rescue Plan and Centers for Disease Control and Prevention funds.

For free, confidential support placing an order for your household’s test package or finding health care and community resources near you, dial 211. For information, resources, and data related to COVID-19 in Wisconsin, visit the COVID-19 webpage. You can also follow @DHSWI on Facebook (link is external), Twitter (link is external), or dhs.wi on Instagram (link is external) for more information on COVID-19.

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

Inflation Reduction Act

By the GWAAR Legal Services Team

Submitted by Kelly Weisenbeck
Elder Benefit Specialist (EBS)

Congress recently passed the Inflation Reduction Act of 2022 (IRA). A major component of the IRA is the reforms made to the Medicare Part D program.

Highlights of the IRA's changes include the following:

• Extra Help/LIS

o In 2024, the income limits for Medicare Part D "Extra Help" (also known as the low-income subsidy (LIS)) will be raised to 150% FPL (Federal Poverty Level). This will eliminate the partial subsidy level entirely. However, full-subsidy asset limits will now apply to all beneficiaries.

• Out-of-Pocket Costs

o In 2023, insulin costs for people with Medicare will be capped at \$35 per month with no deductible.

o In 2024, cost sharing will be eliminated in the Part D catastrophic phase, effectively capping out-of-pocket costs at the catastrophic threshold.

o In 2025, a new monthly cost-sharing cap policy will allow people to choose to spread their out-of-pocket costs throughout the year. This option will also be available to people with Extra Help/LIS.

• Vaccines

o In 2023, Medicare will cover all recommended vaccines with no cost-sharing for beneficiaries. Specifically, the IRA aligns vaccine coverage under Part B and Part D and eliminates cost-sharing and deductibles for vaccines covered under Part D, such as shingles.

o The IRA also improves access to vaccines for adults with Medicaid by requiring coverage of all recommended vaccines, including administration, with no cost sharing and enhancing federal reimbursement to states.

• Drug Prices Lowered

o Medicare is now required to negotiate the prices of certain high-cost prescription drugs covered under either Part D or Part B.

o In 2023, the IRA also requires prescription drug manufacturers to pay rebates to the government if they raise the price of a drug covered by either Part D or Part B above the inflation rate. This inflationary rebate rule is similar to existing rebates in the Medicaid program and its aim is to discourage pharmaceutical companies from making large price hikes.

• ACA Marketplace Tax Credits

o The IRA extends the enhanced premium tax credits for Affordable Care Act Marketplace coverage for three years (through 2025), which will help older adults not yet eligible for Medicare.

For more information, visit: [How Medicare Prescription Drug Reforms in the Inflation Reduction Act Help Low-Income Older Adults](https://www.hhs.gov/medicare/prescription-drug-reforms) ([justiceinaging.org](https://www.justiceinaging.org))

NUTRITIONAL DRINK SCAM WARNING

877.808.2468

[smpresource.org](https://www.smpresource.org)



Photo Submitted

Don't accept "free" **nutritional drinks** from anyone, for any reason. Giving out your Medicare number for these drinks, which **Medicare generally doesn't cover**, puts you at risk for being enrolled in hospice or other services you don't need and could be **harmful to you**.

"The Senior Medicare Patrol is warning people about a new scam involving nutritional shakes. People are offering seniors "free" nutritional drinks at senior living facilities, public fairs, and even grocery stores in exchange for their Medicare number. When they get their Medicare information, these scammers are signing the seniors up for hospice services. This is incredibly dangerous because once signed up for hospice services, any curative services (surgeries, medications, treatments) will be denied. Please share this with every older adult you know. Never accept "free" services or products from someone saying they just need your Medicare information. If you have been approached about "free" nutritional shakes, please report this to the Wisconsin Senior Medicare Patrol right away at 1-888-818-2611."

Monthly Parkinson's Support Group

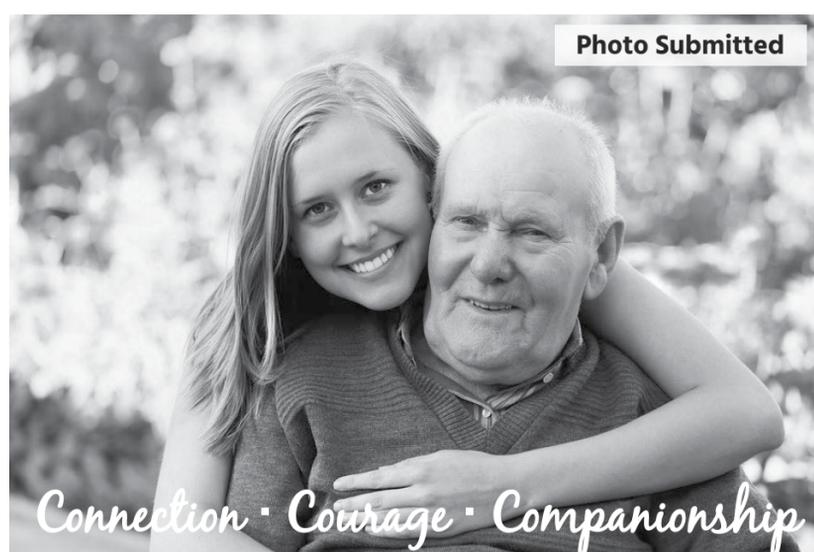


Photo Submitted

Connection • Courage • Companionship

An encouraging and informative gathering for those living with Parkinson's disease, including their family and care partners.

First Wednesday of the Month • 2 - 3:30 PM
Dove Healthcare - Rice Lake • 910 Bear Paw Avenue

All meetings will be held in the private therapy gym. Each attendee must complete COVID-19 screening upon arrival and wear a mask. Please do not attend if you have any symptoms of illness.

Questions or Registration:

Courtney Drury, Occupational Therapist & Rehabilitation Director
P: 715-781-9710
E: cdrury@dovehealthcare.com

An important part of living well with Parkinson's disease is understanding the disease and its progression, as well as having a network of support. You will hear from guest speakers on a variety of topics, including resources, caregiver support, exercise, and safety.

In partnership with the Wisconsin Parkinson Association.

CONSUMER ALERT

Facebook-Related Phishing Scams

FOR IMMEDIATE RELEASE: September 1, 2022
Contact: Caleb Kulich, Public Information Officer
(608) 621-1290
caleb.kulich@wisconsin.gov

MADISON, Wis. – A large number of fraudulent messages claiming to be Facebook customer service representatives or automated customer service systems have recently been reported to the Wisconsin Department of Agriculture Trade and Consumer Protection's (DATCP) Bureau of Consumer Protection. These messages claim that a recipient's Facebook account has been hacked, stolen, or disabled, and urge them to click a link in order to recover their account. If the link is opened, users are asked to "log in" to a website that appears very similar to Facebook but is actually a convincing fake set up by scammers to steal account information.

This practice is known as a phishing scam and may target specific individuals or thousands of people at once. The recent Facebook-related phishing attempts usually arrive via email, text, or Facebook private messages. Similar phishing scams may occur through Facebook Marketplace, Facebook Groups, a friend's hijacked Facebook account, Instagram, or WhatsApp. If you receive an unsolicited message about your Facebook or other social media account being compromised:

- Do not reply to the message, call, or text any number provided in the message.
- Do not provide any of your account information or passwords.
- Do not click any links or open any attachments in the message. These may contain viruses or malware that could be installed onto your device without your permission or knowledge.
- If you do click on a link in a suspicious message, you may want to have your device scanned for viruses and malware at a reputable computer or cell phone repair establishment. Change your passwords on a separate, secure device as soon as possible.

Users should not panic or feel intimidated if they receive these messages about compromised accounts as Facebook will never contact users via text or private message. If users are unsure of an email's legitimacy, they should check the sender's address to make sure it's an official Facebook account. They can also hover over links in the email message without clicking or opening them to see the web address to which they lead. Facebook users concerned that their account may be compromised can seek help at [facebook.com/hacked](https://www.facebook.com/hacked). Although Facebook is the most commonly impersonated social media platform by phishing attempts due to the social media platform's popularity, it is not the only one that scammers utilize.

For additional information and consumer protection resources or to file a complaint, visit the DATCP's Consumer Protection webpage at [ConsumerProtection.wi.gov](https://www.ConsumerProtection.wi.gov). If you have questions or believe you are a victim of a scam, report it by calling DATCP's Consumer Protection Hotline at 1-800-422-7128 or emailing DATCPHotline@wi.gov.

###

Find more DATCP news in our newsroom, on Facebook, Twitter, and Instagram.



File Photo

Survey for those living with Alzheimer's Disease or related #dementia in Wisconsin

Did you know there are approximately 120,000 people living with Alzheimer's disease or related #dementia in Wisconsin? That is enough people to fill both Lambeau Field and American Family Field! Whether you are a family caregiver, healthcare professional, first responder, or a community member, we want to hear from you today about how dementia affects your life. Please take our short survey to help us figure out how to make life better for those living with dementia and their caregivers. <https://tinyurl.com/sdplan>

A paper survey has been included, if you are unable to take the survey online. **Please either return it to the ADRC office located at 304 2nd Street, Shell Lake, WI or mail it to: ADRC, P.O. Box 316, Shell Lake, WI 54871.**

The last state plan brought together caregivers, advocacy groups, local agencies, elected officials, and providers from across the state. Together, we helped fund support groups, expand rural research hubs, strengthen memory screenings, create dementia-friendly toolkits, and design a school curriculum. Together, we helped create the statewide dementia care specialist program, design opportunities to train nurse aides, and secure funding for long-term care agencies. Working together, we can build on these successes to support everyone affected by dementia!

Please contact the ADRC at 715-635-4460, if you have any questions or for additional resources on dementia.

2024-2028 STATE DEMENTIA PLAN SURVEY

Instructions: The Wisconsin Department of Health Services is currently working with partners around the state to develop the 2024-2028 State Dementia Plan. This survey is a way for you to let us know what you would like to see included in the plan to help people living with dementia and their caregivers. Your answers will be shared anonymously at the state and local levels as we work to improve dementia care.

Dementia refers to the loss of memory, language, and other thinking skills severe enough to interfere with daily life. Caregivers provide care to people who need some degree of assistance with everyday tasks on a regular or daily basis. The term **caregivers** refers to both those who are paid to provide care (such as home health aides) and those who are not paid to provide care (such as family members).

1. What is your relationship with dementia care? Check all that apply.

I have dementia or other cognitive concerns.

I care for a person living with dementia

I work for an Aging and Disability Resource Center.

I work for a community-based service provider.

I work for an emergency response agency (Adult Protective Services or crisis care).

I work for a healthcare provider.

I work for a managed care organization.

I work for a residential care facility.

I work for a state agency.

I am a community member interested in this topic.

Other - Write in:

2. What do you think the next state plan should focus on to improve dementia care? (#1 should be the highest priority and #6 should be the lowest priority)

	1	2	3	4	5	6
Educate the public about dementia and brain health.	<input type="checkbox"/>					
Provide more local community support for people living with dementia.	<input type="checkbox"/>					
Support family caregivers (for example, by providing more respite care).	<input type="checkbox"/>					
Increase appropriate diagnosis of dementia and memory loss.	<input type="checkbox"/>					
Improve the quality of dementia care in assisted living facilities and nursing homes.	<input type="checkbox"/>					
Improve help for people with dementia experiencing a crisis.	<input type="checkbox"/>					

3. Are there other topics you would like the next state plan to focus on related to improving dementia care?

4. What does your community do now to make life better for people living with dementia and their caregivers? Do you have any other ideas on ways to make life better for those living with dementia and their caregivers?

5. What is the biggest challenge facing your community right now related to supporting those living with dementia and their caregivers?

6. Where do you currently live (county)?

7. How would you describe your community?

Rural Urban Suburban

8. How would you describe your gender?

Man Woman Non-binary Other I prefer not to say

9. How would you describe your race? Check all that apply.

White Black or African American Native American Asian Other-Write In:

I prefer not to say

10. Do you identify as being Hispanic or Latino?

Yes No I prefer not to say

Thank you for taking our survey. Your response is very important to us.

ACCEPTING APPLICATIONS FOR 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 homeenergy-plus.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,

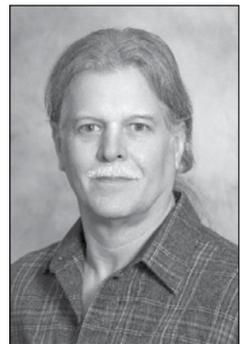
energy assistance is available if you qualify. The amount of the assistance benefit varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the assistance benefit is paid directly to the household energy supplier.

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.

Wisconsin Council of the Blind & Visually Impaired

COMMUNICATION BREAKDOWN: IT'S YOUR RIGHT TO RECEIVE COMPLETE AND UNDERSTANDABLE HEALTH CARE INFORMATION - August 15, 2022

In an ideal world, doctors, nurses, clinic staff and other health care professionals would be perfect communicators. They would share



Don Posh

information seamlessly and accurately with patients, caretakers and each other. Unfortunately, we do not live in that ideal world. Sometimes it takes extra effort and vigilance to make sure we understand diagnoses and treatment options and that referrals are being made properly, whether for our own care or for a family member whose care we are responsible

for monitoring.

It's important to have the confidence to ask questions about your health care when something seems wrong or is unclear. This can be particularly hard for older adults, who came of age during an era when it was considered inappropriate for patients to question what their doctors said.

While the vast majority of health care providers are experts in their field, fully committed to their patients' well-being, they are not all expert communicators or brilliant navigators of complicated record-keeping systems. They are human, and like all humans, they err. When that happens, it's crucial to speak up.

When her elderly parents became unable to keep track of their own health care information—appointments, aftercare instructions, medications, etc.—Merrill, Wisconsin resident Kristen took over that responsibility. For Kristen, the process has gone through several stages. It started with acknowledging a fundamental shift in the relationship between parent and child.

"There's a reversal of roles," Kristen says. "I'm still their daughter, but now I'm responsible

for taking care of things and knowing about their health problems instead of the other way around."

Next came the bureaucratic part—filling out the necessary forms to enable medical professionals to communicate directly with her about her parents' health care. "Having access to my parents' health records was another really important thing because now I can see when the appointments are, and I can see the doctor's notes and know if they left something important out of the after-visit summary."

As she became more deeply involved in her parents' medical lives, Kristen found that she often had to make extra calls to providers on her parents' behalf to ask for clarification and additional information about their care. Kristen's ability to identify information gaps and press for answers came into play recently when her mother was referred by her ophthalmologist to the Council for vision rehabilitation services. Her mother's vision loss stems from a neurological condition rather than an eye disease. However, between her neurologist, her ophthalmologist and the Council, that critical piece of information fell through the cracks. "It started as a simple phone call to the Council to find out when my mom's referral appointment was," Kristen says. "I knew she was being referred to the Council for in-home vision rehab because I was on the doctor call when the doctor said she was going to make that."

When she connected with the Council's Education & Vision Services Director Amy Wurf, she learned that the Council had not received that vital piece of information about her mother's medical history. Amy was surprised to learn that Kristen's mother's vision loss was caused by a neurological disorder rather than an eye disease, meaning that many of the strategies she teaches clients with common conditions like macular degeneration would not help.

When Kristen went back and checked the ophthalmologist's notes, there was no mention of the neurological condition, so it's not clear where the communication breakdown occurred. But thanks to Kristen's strong advocacy, the vision rehab appointment was not a waste of time. She and Amy spent about 30 minutes on the phone discussing her mother's needs.

That gave Amy time to plan for the appointment appropriately, with a better understanding of how to support the client.

Kristen's story is just one example of the importance of self-advocacy when dealing with doctors and other health care professionals. Here are a few takeaway lessons from this and similar experiences.

1. If any information you receive from the doctor's office seems wrong or unclear, don't be shy about picking up the phone to ask questions or clarify a point.

2. If you're nervous about the conversation, practice what you're going to say ahead of time.

3. Doctors and their staffs don't always communicate perfectly with each other, so it never hurts to double check about referrals and the transfer of medical information.

4. If you are unable to read materials you have received, don't hesitate to ask for them in a format that you can access, such as large print.

5. It's fine to ask someone else, such as a family member or close friend, to attend appointments with you as an advocate or simply another set of ears to make sure you understand everything correctly.

6. This is the most important one: You have the right to complete and accurate health information that you can understand! It is ALWAYS okay to ask questions about diagnoses, treatments, test results or anything else related to your health care!

Our non-profit agency, indiGO, aims to empower individuals living with disabilities and we are available to assist ALL ages and disabilities. We are not a vendor and do not sell any products, but we are here as a resource. Alternate formats and accommodations are available by request.

indiGO can be reached at 800-924-1220 or on the web at: indigowi.org

Be Well...We're All in This Together!

Don Posh

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EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

LEARN A LIFESAVING SKILL THAT WILL LAST A LIFETIME!

Having life-saving skills can make all the difference in saving a life and reducing panic in an emergency.

Basic life-saving skills are easy to acquire, and you do not need to be a qualified medical or emergency response professional to achieve them. These include basic first aid techniques which come in handy in the face of a life-threatening event.

Everyone is encouraged to know lifesaving skills that you can use to help friends, family or bystanders until first responders arrive.

Here are some important lifesaving skills everyone should know and practice:

- Learn First Aid and CPR
- Learn to Use a Fire Extinguisher
- Know How to Shut Off Utilities including Natural Gas, Water, and Electricity
- Install smoke, carbon monoxide, and natural gas alarms and test them monthly.
- Talk to your landlord or building manager about evacuation routes and fire safety.

Remember, disasters don't plan ahead, but you can!

For more information visit - Important Things To Know Before a Disaster - YouTube

THINK AHEAD, HAVE A PLAN, BE PREPARED FOR ANY EMERGENCY

- **Know Evacuation Routes**
- **Pay Attention to Alerts and Warnings**
- **Create and Practice Family Communication Plan**
- **Back Up Important Documents and Keep Them In A Safe Place**
- **Choose a Safe Meeting Place & Carry Needed Medications**

SPOONER MEMORIAL LIBRARY NEWS



ARCHIVAL REVIVAL BOOK CLUB

Read the selected historical fiction book, then join us at Spooner Memorial Library as we delve back in time and discuss the literature set in preminent periods in history.

OCTOBER 3RD • 5:00 - 6:00 PM

Register at spoonerlibrary.org/events or email Angie at director@spoonerlibrary.org

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FALL 2022

October 6 - Scandinavian Cuisine

November 10 - Mexican (any region) Cuisine

No Meeting in December

Love cooking and testing our new recipes? Excited about cookbooks? Join our Cookbook Club. Grab a cookbook from the library, make a dish from the book & share your dish at the next meeting (potluck style).

Meets Monthly • 6:00 - 7:30 PM

Register at spoonerlibrary.org/events

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12:00 - 1:00 PM

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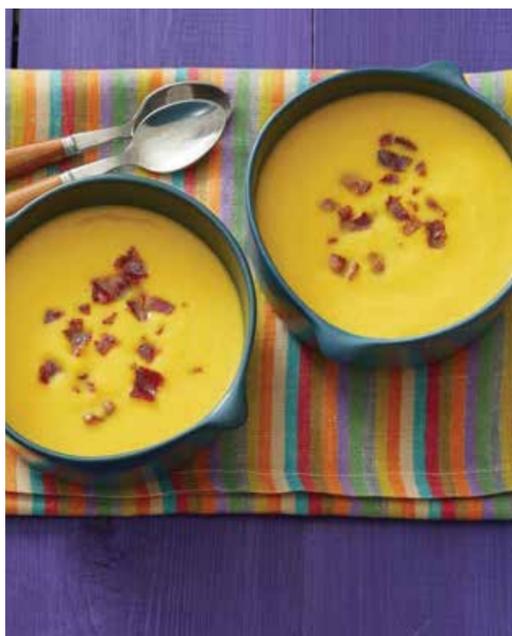
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Butternut Squash Soup with Bacon



Recipe and Photo by Ree Drummond
Jun 23, 2020

<https://www.thepioneerwoman.com>

YIELDS: 6 - 8 servings

PREP TIME: 45 mins

TOTAL TIME: 1 hour 5 mins

Ingredients:

- 8 oz. thick-cut bacon, diced
- Vegetable oil, as needed
- 1 onion, diced
- 2 medium butternut squash, peeled, seeded and cut into large cubes
- 1 1/2 tsp. kosher salt, plus more to taste
- 4 c. low-sodium chicken broth
- 1/2 c. heavy cream
- 1/4 c. maple syrup

Directions:

1. Put the bacon in a large heavy pot over medium-high heat and cook, stirring occasionally, until browned and crispy, about 5 minutes. Scoop out with a slotted spoon and set aside for topping, leaving all the drippings in the pot. If you have less than scant 1/4 cup drippings, add a bit of vegetable oil to the pan.
2. Reduce the heat to medium. Add the onion and cook, stirring occasionally, until soft and lightly caramelized, 7 to 8 minutes. Add the squash and 1-teaspoon salt and toss to coat well in the onion mixture. Add the chicken broth and 1-cup water and bring to a boil over high heat. Reduce the heat to medium, cover and cook, stirring occasionally, until the squash is very tender, about 20 minutes.
3. Transfer the mixture to a blender in batches and puree until smooth. (Do not fill the blender more than halfway since the soup is hot!) Pour the pureed soup back into the pot when it is done.
4. Finally, add the heavy cream, maple syrup and 1/2 teaspoon salt to the soup, then stir it around and let it simmer for 5 more minutes. Give it a taste and add more salt to your liking. Top with the bacon.

CEU'S AVAILABLE

Regional Caregiver Conference Empowering Family Caregivers

Don't miss this exciting and educational conference for caregivers! This is a collaborative event with the Regional Caregiver Coalition, local ADRC officers, Northwood Technical College and numerous area agencies. Attendees are dedicated and hard-working family members and professionals who provide loving care and support to individuals with chronic or ongoing health conditions.

Program note:

- In-person conference includes morning snack, featured session, and choice of break-out sessions. (agenda below)
- The online live webinar option includes the featured session, Consumer Scams and How To Spot Them, and Music: It Does a Body Good.



**Friday,
October 28, 2022**

**Online Live via Zoom
9 a.m. - 12 p.m.**

-OR-

**In-Person
8:30 a.m. - 12 p.m.**

Northwood Tech - Rice Lake

Conference Center
1900 College Drive
Rice Lake, WI

Conference Agenda

(*indicates online live sessions)

- 8:30-9 a.m..... Check-in and Registration
- 9-9:05 a.m..... Welcome and Opening Remarks
- 9:05-10 a.m..... Featured Session: Know Us Before You Need Us: Aging & Disability Resource Center Panel* | Presented by ADRC Staff, Jennifer Jako, Mary Updike, Sue Allyn, Trisha Witham and Alisa Lammers
- 10-10:15 a.m..... Break
- 10:15-11 a.m..... Breakout Sessions 1
Consumer Scams and How to Spot Them* | Presented by Bennet Merens
-OR-
Gadgets and Gizmos Galore! | Presented by Don Posh and Jenesis Lindbo
- 11-11:15 a.m..... Break
- 11:15 a.m. - 12 p.m..... Breakout Sessions 2
Music: It does a Body Good* | Presented by Roxanne (Roxie) Raykovich
-OR-
Coping with Compassion Fatigue: Natural Medicine Nourishment for Caregivers | Presented by Gigi Stafne
- 12 p.m..... Closing and Evaluations

REGISTER	ONLINE bit.ly/ rlcaregiver2022	MAIL Send registration & Payment to: Northwood Tech - Rice Lake	PHONE VISA, Mastercard Discover
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VISIT: NORTHWOODTECH.EDU/CONTINUING-EDUCATION-AND-TRAINING/ CONFERENCES-AND-EVENTS



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- WHO** Any Seniors 60+
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402 Oak St., Spooner
- HOW:** Register Here:
<https://bit.ly/wecopewashburn>
or call - Educator: Danette Hopke 715-635-4444
or email - danette.hopke@wisc.edu



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