

FREE CPR/AED Certification for Washburn County Caregivers



Submitted by
Linda Hand

Washburn County Aging
Director/ADRC
Supervisor

It's likely that either yourself or someone you know is a caregiver. Every day our staff and volunteers work with and they themselves are

“family caregivers,” those people providing direct or indirect care to a family member or friend. We can help by supporting you with information, assistance, and resources through several programs, including Alzheimer’s Family Caregiver Support Program (AFCSP) and National Family Caregiver Support Program (NFCSP).

Whether you’re taking care of infants, seniors, or persons with disabilities, knowing the right first aid techniques can be a lifesaver for them. If you’re considering taking on a caregiving role, the best time to become certified in first aid is before you start the job. Emergencies can happen at any time so it pays to be prepared.

Why Knowing CPR/First Aid is Important for Caregivers: As a caregiver, you need to be fully prepared when taking care of your charges. Here are a few key reasons why learning first aid should be at the top of the list.

Certain charges are prone to accidents. Regardless of who is in your care, you need to know that some of them are more likely to have accidents than others. For example, while children like to explore and so may get several cuts and bruises, seniors can have issues with balance and may get fractures from falling. When you learn first aid, you’ll know what to look out for when taking care of different types of people.

You need to be prepared for emergencies. Emergency situations need quick and decisive action. With the right first aid training, you’ll be able to identify if your charge needs emergency care and decide if you need to call the emergency services. In some cases, you may be able to handle the issue yourself. For example, heat exhaustion is a very serious issue but trained caregivers are taught how to handle it at home. Most importantly, you’ll know what not to do. Life-saving techniques like CPR can cause damage when done incorrectly.

It helps to be able to recognize life and death situations. Sometimes life and death situations are quite different from an emergency. There are times when your charge has been hurt or is having a medical issue and it doesn’t present as an emergency. As a caregiver trained in first aid, however, you’ll be quick to recognize any changes in your charge’s behavior and act accordingly.

You should know what to do before the medical professionals arrive. Even if you’ve called

the emergency services to come to your charge’s aid, there are things you can do to keep the situation from getting any worse. That can be true in cases such as bad burns, head trauma, fractures, heart attacks, strokes, and the like. Your intervention as a trained caregiver can make the difference.

Why it’s Best to be Certified. When you’re learning first aid, you shouldn’t settle for reading about the topic or watching videos online. Certified first aid courses are a much better option. These courses are managed and taught by trained health-care professionals. They also cover essential areas such as:

- Handling choking or drowning
- Recognizing emergency situations
- Carrying out CPR (Cardiopulmonary Resuscitation)
- Dealing with cuts, wounds, burns, bites, and bleeding
- Handling fractures, shock, and seizures
- The safe use of Automated External Defibrillator (AED)
- Treating heat exhaustion, electrical shocks, and poisoning

Certification is a practical way to show that you have learned what you need to be a caregiver. Many courses offer specialized areas as well so you can gain specific knowledge about the first aid techniques that are essential for children, seniors, or persons with disabilities. Best of all, there are no limitations so you can cover your bases by learning all the specializations.

These certifications are generally valid for a set time because you’ll need to refresh your skills and knowledge. If you make the effort to renew your certification as required, you’ll always be kept aware of any updated information regarding your charges.

In partnership with Northwood Technical College, the Washburn County Unit on Aging would like to offer the opportunity for Washburn County caregivers of residents age 60+ to participate in a FREE CPR/AED certification course. If there is enough interest, we may be able to provide courses in more than one location within the county.

If you are a caregiver that would be interested in taking this very important lifesaving course, please contact our office at 715-635-4460 to request a Caregiver Support CPR/AED course funding application and please indicate what area would be your preference, Birchwood, Minong, Chicog, Spooner, or Shell Lake. This course will help students gain the knowledge, skills, and confidence necessary to manage a medical emergency using CPR, an automated external defibrillator (AED), and first aid until more advanced help is available. This course will certify a student for two years in CPR/AED/1st Aid.

content taken from: <https://excelcaregivertraining.com/the-importance-of-knowing-cpr-first-aid-as-a-caregiver/>



Hunt Hill Audubon Sanctuary PROGRAMS

OPERATION POLLINATION

Date: Tuesday, March 8, 2022

Time: 12:00 - 1:30 p.m.

Program Fee By Donation

Registration: Required



Marty Harding will share about the Operation Pollination initiative the North Woods & Waters of the St. Croix Heritage Area has taken and how others can take up an Operation Pollination pledge to help pollinators in their area. Warm yourself with a bowl of soup while enjoying camaraderie and conversation. Each month will feature a guest speaker on a nature topic, along with a delicious lunch of homemade soup, crackers, and dessert. If you are interested in donating food, please call 715-635-6543 in advance. Please note: We are requiring registration for Soup Lunch this year. Registration will be limited to 60 people.

FOREST RAPTORS OF WISCONSIN

Date: Wednesday, April 6, 2022

Time: Registration at 5:30 pm
Program at 6:00 pm

Location: Paul’s Pizza Den
Birchwood

Program Fee \$15/Person

Registration: Required

Limit: 30 people



Ryan Magana will share about the diversity of forest raptors, from the diminutive sharp shinned hawk, the bold and assertive goshawk, to the majestic and familiar bald eagle. Learn identification, habitat preference and life history of these top avian predators. in advance. Please note: We are requiring registration for Soup Lunch this year. Registration will be limited to 60 people.

DEMENTIA CARE SPECIALIST PROGRAM

What is a dementia care specialist?

The Dementia Care Specialist Program supports people with dementia and their caregivers in order to ensure the highest quality of life possible while living at home. In order to accomplish this, the dementia care specialists (DCS):

1. Provide free information and assistance to adults with memory or cognitive concerns, or who have been given a dementia diagnosis. They can help with:

- **Independence.**

Dementia care specialists are local experts on Alzheimer's disease and other dementias. They can help connect you with all of the opportunities available in your community to keep you active and involved.

- **Memory screening.**

Dementia care specialists and other staff members at the aging and disability resource center (ADRC) or tribal agency perform memory screens. A memory screen is a tool that helps identify possible memory and cognitive changes. Like a blood pressure screening, this tool is only an indicator. The dementia care specialist may advise a follow-up with a doctor about memory and cognition.

- **Research opportunities.** Dementia care specialists can connect you to research studies that attempt to further understand the causes and possible treatments for Alzheimer's disease and other dementia.

- **Enrichment opportunities.** Some dementia care specialists provide specific activities and programs that connect people with dementia to music, art, nature, and social activities.

2. Provide information and support to family members and friends who are caregivers, such as:

- **Assistance with care planning.** Dementia care specialists can help to address your current situation and plan for the future, including advance care plans and connections to legal and financial planning experts.

- **Connections to support groups and respite.**

Dementia care specialists know about all of the opportunities and resources available in your community and can help you find information and make

connections.

- **Support through programming.** Dementia care specialists run support programs to assist family caregivers in providing care for their loved ones at home while maintaining their own health and well-being.

3. Help develop dementia-friendly communities where people with dementia can remain active and safe, and caregivers can feel supported. Dementia-friendly communities include:

- **Memory cafes.**

Dementia care specialists create and support memory cafes. A memory cafe is a meeting place for anyone who has begun to experience changes in memory. It can be a fun way to connect with others who are dealing with the same issues. The intent is for people with memory or cognitive issues and their family or friends to come together

in a relaxed and social environment to connect with one another. Each memory cafe is unique, as the participants are encouraged to make it their own.

- **Dementia-friendly businesses.** Dementia care specialists can provide training to a business, organization, or other group to help them understand dementia better and be equipped to respond warmly and effectively when serving people living with dementia and their caregivers.

- **Public presentations and meetings.** Dementia care specialists are local experts on Alzheimer's disease and related dementias and can provide interactive, informative presentations on topics including, but not limited to: brain health, dementia, warning signs, caregiving, and dementia-friendly community initiatives.

- **Dementia coalitions.** Many dementia care specialists facilitate or support coalitions that bring together people from the community to work on dementia-related initiatives.

4. Train other staff at the ADRCs and other county and municipal offices to be dementia-capable.

- **Dementia-capable ADRCs and tribal agencies.** Dementia care specialists work with ADRC and

tribal agency staff to equip them to provide appropriate, competent, and sensitive supports to people with dementia and their caregivers.

- **Dementia-capable county agencies.** Dementia care specialists work with veteran service officers, police and sheriff departments, public health departments, transportation departments, and other agencies to ensure that staff members are equipped to respond warmly and effectively when serving people living with dementia and their caregivers.

content taken from: <https://www.dhs.wisconsin.gov/adrc/dementia-care-specialist-program.htm>



STOCK PHOTO

We would like to introduce you to our regional ADRC of Barron, Rusk & Washburn Counties Dementia Care Specialist team:



Trisha Witham, Dementia Care Specialist:

I graduated from the University of Arizona, Tucson with a Bachelor's degree in Community Health Education. The mission of the Aging

& Disability Resource Center is the reason I continue working here for the seventeenth year. I have the privilege to help communities become dementia friendly, while helping families navigate the complexity of dementia. Promoting inclusion, supporting independence, and the dignity of older adults has become a passion of mine. I live in Turtle Lake, WI with my partner Brent and two girls, 10 and 5.



Katrina Hanson, Dementia Care Specialist:

I was raised and currently still reside in Cameron Wisconsin. I am married to Lucas Hanson, and we have three children still in the home. I really enjoy spending time in the

community with my family. I am a recent graduate from Liberty University with my Bachelors in Social Work. I am looking forward to working with older adults and helping customers and families live their best lives with the resources we offer.

How Can I Learn More?

Please contact us at 1-888-538-3031.



Best Oven Baked Corned Beef Hash

<https://www.tasteofhome.com/recipes/oven-beef-hash/>

TOTAL TIME: Prep/Total Time: 30 min.
YIELD: 4 servings.

Ingredients

3 cups diced cooked potatoes
1-1/2 cups cubed cooked corned or roast beef
1 can (5 ounces) evaporated milk

1/4 cup minced fresh parsley
1/4 cup finely chopped onion
2 teaspoons Worcestershire sauce
1/2 teaspoon salt
1/8 teaspoon pepper
1/3 cup crushed saltines
1 tablespoon butter, melted

Directions:

1. In a large bowl, combine the first eight ingredients. Spoon into a greased 1-1/2-qt. baking dish. Combine saltines and butter; sprinkle over top. Bake, uncovered, at 350° for 30 minutes or until heated through.

COVID-19 Testing Location Change

The Washburn County Health Department is providing FREE COVID-19 testing twice a week. All tests are PCR (these are not rapid tests). Test results should be expected within 24-72 hours after collection, based on lab capacity.

Testing will be available Mondays and Wednesdays from 10:00AM to 1:00PM at the Washburn County Health Department. The Health Department is located on the second floor of the County Services Building at 304 2nd St. in Shell Lake. ****LOCATION CHANGE EFFECTIVE MONDAY FEBRUARY 14, 2022****

Testing at this location is NOT drive-thru. All testing will be conducted inside the building. **Masks are mandatory to enter.**

Registration is not required but will speed up your visit. You can register in advance at <https://register.covidconnect.wi.gov/en-US/>

For more COVID-19 information, including updated quarantine and isolation instructions, visit

<https://www.co.washburn.wi.us/news/public-health/Coronavirus-Outbreak>

Spoooner Health wants to remind you to take care of your heart!



Spoooner HEALTH

1280 Chandler Drive
Spoooner, WI 54801
715.635.2111
www.SpoonerHealth.com

When was the last time you had a Beneficiary Checkup?

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

Give us a call to schedule your free consultation.



Ford Financial Group

Helping Chart Your Financial Course

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

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CERTIFIED FINANCIAL PLANNER™
CFP®



Lynn Ford
Chartered Retirement Planning Counselor™
CRPC®



Tom Sutton
LPL Financial Advisor

FAITH IN ACTION

Valentine Vignette Postponed

Thomas Gahm
Faith in Action Volunteer

Faith in Action Postpones Valentine Vignette Fundraiser; Encourages Donations to Its Neighbor to Neighbor Campaign

Faith in Action (FIA), the program that provides a range of free services to help Washburn County seniors live independently in their homes as long as possible, has postponed its annual Valentine Vignette fundraiser because of the continuing spread of the COVID pandemic.

FIA hopes to hold an outdoor fundraising event – “Fall Fling” – this Fall at Pine Brook Farm.

Despite the cancellation, people who wish to support Faith in Action’s services for seniors can do so with a contribution to its **Neighbor to Neighbor** campaign, now underway. Any donation made by April 1 will be doubled, thanks to a generous matching grant made by Dave and Carolyn Cleveland of Spooner. Anyone interested in donating to the **Neighbor to Neighbor** campaign is encouraged to mail a donation to Faith In Action,

PO Box 387, Spooner, WI 54801 OR e-mail for more information at fiawashburn@gmail.com.

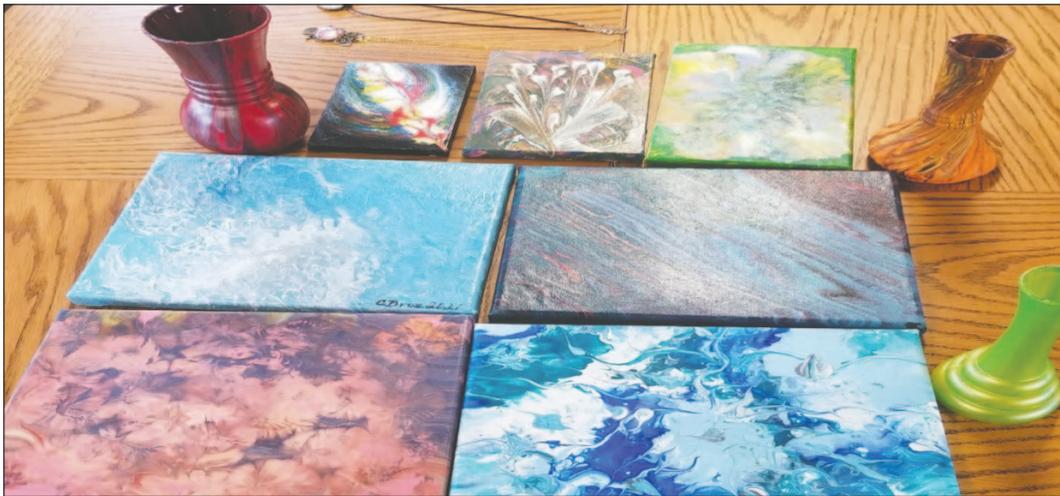
Currently, approximately 26% of Washburn County residents are over 60 years of age. FIA serves this senior population with 30 active volunteers who provide food and prescription delivery, errands, library materials, home and yard up-keep, friendly visits and check-in phone calls. The county’s senior population is projected to increase to 30% by 2025, so future needs of isolated seniors will increase significantly.

Funds raised through the Neighbor to Neighbor campaign will be used for significant expansion of programs for seniors, including:

- Increased visibility to attract more seniors and the volunteers who provide the services
- Expansion of staff to develop and manage additional programs
- Increase resources for food and prescription delivery to isolated seniors
- Expansion of training opportunities for volunteers who serve seniors

We are currently at 80% of our Neighbor to Neighbor Campaign! Every donation is matched at 100% and would greatly expand our services to this most valuable sector of our community.

POUR PAINTING CLASS



Pour Painting, is a painting method created by using acrylic paint to pour on a surface to create a design. Claudia Broz will be teaching different techniques with pour paint using different media to painting objects other than canvas. You do not need to be an artist to enjoy this form of painting.

When: Monday March 21, 2022
Where: Minong Area Senior Center
700 Houston Ave, Minong, WI
Cost: \$10 per person for cost of supplies, class minimum 5 and maximum 10.

Call Megan at 715-635-4460 or email mtuttle@co.washburn.wi.us to register by March 10th .

HAPPY DAY CLUB



Respite - A break from caregiving

Sometimes you just need a little time to yourself. We can help by providing respite - a reliable person who fills in for you so you can run errands, visit friends, or just recharge your batteries.

The Dementia/Alzheimer’s Day Respite Program – HAPPY DAY CLUB - located in Spooner (Trinity Lutheran Church) has openings for Alzheimer’s dementia, other dementia or memory loss afflicted people! 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. Lunch and snacks are served. Please call 715-416-2942 with any questions you may have regarding our Program.

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 and support group 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 related losses. We would very much 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.

*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

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

**Information & Assistance
Specialist:**
Anna Marie Brown

Elder Benefit Specialist:
Kelly Weisenbeck

Disability Benefit Specialist:
Hunter Denison

Fiscal Assistant:
Sheila Pierquet

**Transportation Coordinator/
Receptionist:**
Amber Anderson

Nutrition Director:
Missy Murley

Dementia Care Specialist:
Trisha Witham

Senior Activity Facilitator:
Megan Tuttle

APPOINTMENTS AT THE ADRC

We are now 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.

AGING & DISABILITY SERVICES COMMITTEE:

Bob Olsgard - Chair
Linda Featherly - Vice-Chair
Robert Reiter
Steven Sather
Keith Trembath

AGING & DISABILITY CITIZEN ADVISORY COMMITTEE:

Kathy Fabert - Chair
Cathy Peterson - Vice Chair
Keith Trembath • Mary Lou Gabriel
Danielle Larson • Colleen Cook
Char Snarski

MORE FOCUS FOR LIFE ARTICLES
on pages 4, 5 & 6 in the
Weekender North This Week!

SENIOR CENTER NEWS AND EVENTS

CAROL ADDINGTON
Birchwood Senior Center



Hope 'Loveuary' brought you lots of that and it has helped you heal/recover from Burruary (January). I don't remember ever going thru my wood so fast. Keeps us cozy though.

I told my suitcases there would be no vacation this year...now I am dealing with emotional baggage.

Please make a note of the following changes in class times: Yoga is now Monday and Wednesday 9-10a.m. Aerobics is Tuesday and Thursday 8:30-9:30 a.m. Feel free to join them any time, even if you have not done so previously. Suggest a class if you don't see what you want. We are YOUR Center!

If you boil a funny bone, it becomes laughing stock. Now that's humerus!

Remember that Dining at Five is now the 4th Tuesday and not Friday. The menu is included in this issue of the Focus.

Hear Ye! Hear Ye! Read all about it. Actually, come to our March meeting and meet/see/hear all about it. Dr. Kristen Dall-Winther, the new Birchwood Family Medicine M.D., will be with us to tell us all about her new clinic in downtown Birchwood. The Clinic will specialize in Personalized Primary Care and is something our community needs and has wanted for eons. We had a mini clinic here a while ago and we loved not having to get into Rice Lake or Eau Claire for this and that testing. The new clinic promises to do much more. You will not want to miss this opportunity to be a benefactor. Mark your calendar now for March 3rd.

Those who bring sunshine to the life of others cannot keep it from themselves. (Thoreau)

SEE **BIRCHWOOD**, PAGE 8

BIRCHWOOD SENIOR CENTER LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP
PRESIDENT: LEROY BRENSSEL - 715.651.2362

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Aerobics 8:30-9:30 Chair Exercise 9-10 Board Meeting 10 Coffee Clutch 10-11:30 Congregate Dining 11:30 Cards 12:30-2:30	2 Yoga 9-10 Congregate Dining 11:30 Bingo 12:30-3 Book Club 3:30	3 Aerobics 8:30-9:30 Chair Exercise 9-10 Congregate Dining 11:30 Membership Meeting 11:30 Dominos 12:30	4 Congregate Dining 11:30
7 Sunday 6th Quilting 9 am Yoga 9-10 Congregate Dining 11:30	8 Aerobics 8:30-9:30 Chair Exercise 9-10 Congregate Dining 11:30	9 Yoga 9-10 Congregate Dining 11:30 Bingo 12:30-3	10 Aerobics 8:30-9:30 Chair Exercise 9-10 Congregate Dining 11:30 Dominos 12:30	11 Congregate Dining 11:30
14 Yoga 9-10 Congregate Dining 11:30	15 Aerobics 8:30-9:30 Chair Exercise 9-10 Congregate Dining 11:30	16 Yoga 9-10 Congregate Dining 11:30 Bingo 12:30-3 Book Club 3:30	17 Aerobics 8:30-9:30 Chair Exercise 9-10 Congregate Dining 11:30 Dominos 12:30	18 Congregate Dining 11:30
21 Yoga 9-10 Congregate Dining 11:30	22 Aerobics 8:30-9:30 Chair Exercise 9-10 Congregate Dining 11:30 DINING @ 5	23 Yoga 9-10 Congregate Dining 11:30 Bingo 12:30-3	24 Aerobics 8:30-9:30 Chair Exercise 9-10 Congregate Dining 11:30 Dominos 12:30	25 Congregate Dining 11:30
28 Yoga 9-10 Congregate Dining 11:30	29 Aerobics 8:30-9:30 Chair Exercise 9-10 Congregate Dining 11:30	30 Yoga 9-10 Congregate Dining 11:30 Bingo 12:30-3	31 Aerobics 8:30-9:30 Chair Exercise 9-10 Congregate Dining 11:30 Dominos 12:30	

KITTY WAGGONER
Minong Senior Center
Secretary

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

Do you enjoy a bowl of hot soup when you are really hungry? How about "Stone Soup"? Do you remember the old fable? Here's how it goes: The war was almost over. Times were tough. Food and money were scarce. A young man was walking home from the battlefield. He carried a cooking pot on a stick over his shoulder, asking for a hand out from all he met. There was none to be had. The day was ending as he neared a small town. Still he could find no food. He stopped at the town center, drew some water for his pot, and made a fire. Curious, people began to gather. As the pot started to boil, he held up a smooth round stone and dramatically dropped it in the pot. Steam rose and the man waved it to his nose, breathed in, and smiled. People came closer. A small boy asked, "What is it?" "Why Stone Soup, of course," was the reply. "Ahh," he said, "if only I had a ham bone." All eyes slowly turned to the butcher, the wealthiest man in town. The butcher ambled away, soon returning with a ham bone that joined the stone in the pot. Now everyone could smell it. "Cabbage would give it more flavor," someone said. A widow lady hurried away but brought back 2 small heads of cabbage. People drifted away, coming back with a carrot or two, a potato, any little thing they could find. All went into the pot. Stir, stir, stir... Oh, the smell that filled the air. "Go, get your bowls," the man announced. What a feast they enjoyed that night! In the morning the young man left with his stick, his pot, and the magic Stone. He had taught them that cooperation, giving what you can, and sharing works.

In March MASC will begin in all seriousness to make 'Stone Soup.' We have a 'smooth round stone' but are looking to the wonderful people of this area for cooperation, giving, and sharing. Much time and effort has already been put into the paving of our parking lot by present and former Board members and Center members. Now we will be asking for your help. Jerry Smith keeps us headed in the right direction, while Ruth Beckwell shares her wealth of experience. Judy Mullikin, Karin Larson, and Lynne Thompson continue to conduct multiple fundraisers. Joyce Palucci is writing grants. Polly Leinwander and Kirk Walters are preparing letters to individuals and businesses asking for financial help. We are establishing designated giving levels and are planning a permanent sign giving recognition to donors for years to come. We are even blessed with a creative adviser for this effort. Peggy Stempf is leading our Chair Aerobics class which started February 1st. Cribbage held a Tournament. The Foot Care sessions continue, as do our other activities. Jeff Talbot of the Namekagon Transit spoke at Dining at 5 in February. Kelly Weisenbeck from the County will be visiting the Center on the 9th for lunch and our business meeting. Come hear what she has to say. I apologize for the mix up in Potluck/bingo date in February. It's the 2nd Saturday. With Jan. 1st being a Saturday, I got it wrong. Sorry.

Those celebrating birthdays in March are; 1st, Lynda Conn, Mike Davis, & Tim Schirmer; 2, Jan Mednick; 4th, Vern Nelson & Kitty Waggoner; 10th, John Hugdahl & Lynne Thompson; 18th, Judy

SEE **MINONG**, PAGE 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chair Aerobics 8:30 Congregate Dining 11:30 Wii Bowling 12 Farkle 12:30	2 Pocket of Prayer 7 am North Lakes Coalition 8:15 am Foot Care 9-1 (call for appointment) Congregate Dining 11:30	3 Congregate Dining 11:30 Cribbage 12:30	4 Congregate Dining 11:30
7 Coffee Clutch 9-10:30 Crafting 10 Congregate Dining 11:30 Dining @ 5	8 Chair Aerobics 8:30 Women in the World 10 am Congregate Dining 11:30 Wii Bowling 12	9 Pocket of Prayer 7 am Congregate Dining 11:30 Kelly Weisenbeck 11:30 am Board Meeting 1pm	10 Congregate Dining 11:30 Cribbage 12:30	11 Congregate Dining 11:30 SAT. 12th Foot Care 9-1 (call for appointment) Pot Luck 12 • Bingo 1
14 Congregate Dining 11:30	15 Chair Aerobics 8:30 Congregate Dining 11:30 Wii Bowling 12 Farkle 12:30	16 Pocket of Prayer 7am Foot Care 9-1 (call for appointment) Congregate Dining 11:30	17 Congregate Dining 11:30 Cribbage 12:30	18 Congregate Dining 11:30
21 Congregate Dining 11:30	22 Chair Aerobics 8:30 Women in the World 10 am Congregate Dining 11:30 Wii Bowling 12	23 Pocket of Prayer 7am Congregate Dining 11:30	24 Congregate Dining 11:30 Cribbage 12:30	25 Congregate Dining 11:30
28 Congregate Dining 11:30	29 Chair Aerobics 8:30 Congregate Dining 11:30 Wii Bowling 12	30 Pocket of Prayer 7am Congregate Dining 11:30	31 Congregate Dining 11:30 Cribbage 12:30	

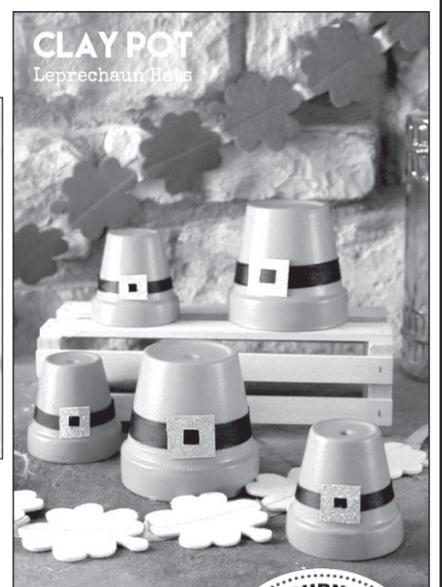
Craft Class

Come in and join Bobbi Robotka in a craft class where we will be making Leprechaun Hats for St. Patrick's Day and a pot of gold.



The cost of the class is \$5 for supplies to make the craft.

WHEN: March 1, 2022
WHERE: Birchwood Senior Center
110 Euclid, Birchwood, WI
TIME: 1:00 PM
COST: \$5 for the cost of supplies
Call Megan Tuttle at 715-635-4460 or email mtuttle@co.washburn.wi.us, by February 25, to sign up for this class.



SENIOR CENTER NEWS AND EVENTS

LINDA ROGERS FRIENDSHIP COMMONS Shell Lake Senior Center

We have finished our 2019 "Blooms and Blossoms" quilt and are putting together patterns and choosing fabric for our 2022 quilt which will be Fall Leaves. We are really looking forward to stitching and chatting.

Our outdoor Christmas tree is now adorned with peanut butter and bird seed coated pinecones. It was a messy but fun craft that everyone participated in. Our feathered and furry outdoor friends will enjoy a tasty treat in this chilly weather.

Our center has been busy with lots of our members playing games and cards. We even finished a couple of puzzles. It's great to spend time together to share stories and enjoy each other's company.

With the new year moving quickly along, we hope to start our painting classes again. It is always so wonderful to create a beautiful picture. If you are planning to join us for activities, please call 715-468-7491 for information.

Our kitchen has been remodeled and we are looking forward to having a cook here five days a week. We'd love for you to come and have lunch with us.

SHELL LAKE SENIOR CENTER PHOTOS:



SHELL LAKE SENIOR CENTER

FRIENDSHIP COMMONS

118 4th Avenue, Shell Lake | 715.635.8283

NUTRITION SITE AIDE: TIFFANY JOHNSON

CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Bowling 9a Congregate Dining 11:30 Games 1p	2 Quilting & Games 9a Congregate Dining 11:30 Smear 1p	3 Coffee Clutch 9-10 Cribbage 9-11:30 Congregate Dining 11:30 Games 12:30-2:30 Megan @ Center 9-3*	4 Congregate Dining 11:30
7 Congregate Dining 11:30	8 Bowling 9a Congregate Dining 11:30 Games 1p	9 Quilting & Games 9a Congregate Dining 11:30 Smear 1p	10 Cribbage 9-11:30 Chair Dance Class 10 Congregate Dining 11:30 Games 12:30-2:30 Megan @ Center 9-3*	11 Congregate Dining 11:30
14	15 Bowling 9a Congregate Dining 11:30 Games 1p	16 Quilting & Games 9a Congregate Dining 11:30 Smear 1p	17 Cribbage 9-11:30 Congregate Dining 11:30 Games 12:30-2:30	18 Congregate Dining 11:30
21 Cooking and Seasoning with Herbs (Must Register)	22 Bowling 9a Congregate Dining 11:30 Games 1p	23 Quilting & Games 9a Congregate Dining 11:30 Smear 1p	24 Cribbage 9-11:30 Chair Dance Class 10 Congregate Dining 11:30 Games 12:30-2:30	25 Congregate Dining 11:30
28 Congregate Dining 11:30 Membership Meeting 2p	29 Bowling 9a Congregate Dining 11:30 Games 1p	30 Quilting & Games 9a Congregate Dining 11:30 Smear 1p	31 Cribbage 9-11:30 Chair Dance Class 10 Congregate Dining 11:30 Games 12:30-2:30	*Megan's schedule at Senior Centers is subject to change

SPOONER SENIOR CENTER

OUR NECK OF THE WOODS

402 Oak Street, Spooner | 715.635.8283

NUTRITION SITE COOK: MARY LAWSON

PRESIDENT: LYNN BEARD | 715.520.3569

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Congregate Dining 12p Mahjong 1p	2 Chair Dance Class 10a Congregate Dining 12p 500 1p	3 Congregate Dining 12p Cards 1p	4 Coffee Clutch 9-10:30a Congregate Dining 12p Bingo 1-2:50p
7 Congregate Dining 12p	8 Congregate Dining 12p Mahjong 1p	9 Chair Dance Class 10a Congregate Dining 12p 500 1p	10 Congregate Dining 12p Cards 1p	11 Congregate Dining 12p Bingo 1-2:50p
14 Congregate Dining 12p	15 Congregate Dining 12p Mahjong 1p	16 Chair Dance Class 10a Congregate Dining 12p 500 1p	17 Congregate Dining 12p Cards 1p	18 Book Club 11a Congregate Dining 12p Bingo 1-2:50p
21 Congregate Dining 12p Dining @ 5	22 Congregate Dining 12p Mahjong 1p	23 Chair Dance Class 10a Congregate Dining 12p 500 1p	24 Congregate Dining 12p Cards 1p	25 Games 9-11a Congregate Dining 12p Bingo 1-2:50p
28 Congregate Dining 12p	29 Congregate Dining 12p Mahjong 1p	30 Chair Dance Class 10a Congregate Dining 12p 500 1p	31 Congregate Dining 12p Cards 1p	

CHICOG NEWS

JOANN MALEK & CATHY PETERSON Chicog News

My grandchildren are driving now. But they seem so young! Do they even understand complicated highway signs, dangerous parts of town, crazy drivers and road rage?

I remember earning my drivers' license. What freedom it was to drive to a favorite store all by myself. It wasn't really fair though. My mother didn't drive. She had sent for a license before driving tests were required. It was during the depression. Her parents never owned a car. Even gas would have been a luxury few could afford.

After the war my father studied chemistry at the University, riding the streetcar to his classes. We took the train to Rush City for his grandmother's funeral. Eventually we were a one-car family, but dad needed our car to reach his workplace each day.

There were children. Money was tight. My dad wasn't a patient teacher. He discouraged my mother from trying. Mom continued to renew that drivers' license. How unfair that she had to stand by while each of her children learned to drive. I wonder why

none of us took on the task of teaching her. At last, as an elder she enrolled with a driving school and became an occasional, cautious driver. Her dream, to have a red car for herself, never materialized.

After marriage, Jim was our usual driver. Men were, in those days. But we had a second car. In our later years, when Jim was diagnosed with Parkinson's Disease, I needed to do all the driving. He had been a careful driver, ever mindful of the cars he cared for so lovingly and of the safety and comfort of his riders. He would gently remind me of best driving practices.

I am glad that I am still able to drive, but I know my limits. I choose routes I am comfortable with. I don't drive at night or in bad weather. I stay home whenever that seems wise.

Geriatricians are physicians who specialize in treating older adults. A long while back I heard a speech given by my mom's geriatrician. This physician talked about sharing difficult diagnoses with patients. She told us that one of the hardest things for people to accept is that they are no longer deemed fit to drive a car. I hope that I can accept that recommendation with aplomb when my turn comes.

If driving is something you are concerned about,

don't forget that you have options. Even though we are not able to download an app to our smartphones and order a ride from Uber or Lyft, transportation services in our area are available and will be improving in the future. The Washburn County Unit on Aging new 14 passenger van is on order and delivery is expected in May of this year. This vehicle will be available for a variety of rides for Washburn County Seniors. They also provide rides in cars and an ADA wheelchair van for Washburn residents age 60+ for medical, nutritional, and social activity purposes. Call their office at 715-635-4460 to make a reservation.

Also, remember the Namekagon Transit Bus comes to the Chicog/Minong area every month on the 2nd and 4th Wednesdays. The costs are reasonable and it is easy to schedule a ride by calling the Transit Office. And don't forget the 5th Wednesday of the month the Namekagon Transit Bus is available for group trips for Seniors. At this writing, if there is interest, we will be taking the Bus on Wednesday, March 30th to Hayward for some shopping, lunch and/or?.

Thanks for reading the Chicog News! Think Spring!

MARCH

LUNCH & HOME DELIVERED MEALS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NATIONAL PEANUT BUTTER DAY Cheeseburger on WG Bun Baked Beans Sweet Potato Wedges Peaches	BANANA CREAM PIE DAY Chicken Caesar Salad, Marinated Veggie Salad Honeydew Dinner Roll Banana Cream Pie	Country Style Ribs & Kraut Garlic Parsley Red Potatoes WG Bread Pears	Egg Salad, Lettuce on WG Bread Apple-Cranberry Coleslaw Crisp Grape Salad
Tater Tot Hot Dish w/Beef, Peas, Carrots, Green Beans & Corn, WG Bread, Mixed Fruit Cup MINONG DINING @ 5	Glazed Ham Whipped Sweet Potatoes Roasted Green Beans Dinner Roll Peaches	Loaded Chef Salad w/Ham, Eggs, Cheese, Veggies, Dressing WG Breadstick Pineapple & Cookie	Roasted Pork Loin w/Mustard Sauce Roasted Potatoes Glazed Carrots WG Bread Oranges	Salmon w/ Lemon Dill Sauce Black Bean & Lentil Salad Roasted Asparagus WG Bread Cantaloupe
Meatloaf Mashed Potatoes Glazed Carrots WG Bread Fruit Cocktail SHELL LAKE DINING @ 5	Hearty Sausage & Squash Stew w/Great Northern Beans Cranberry Wild Rice Bread	Waldorf Chicken Salad on WG Bread w/Leaf Lettuce Creamy Coleslaw Crisp Red Grapes	ST. PATRICK'S DAY Cabbage Roll Casserole Baby Red Potatoes Marble Rye Bread, Pineapple Grasshopper Brownies	Tuna Casserole w/Peas Buttered Beets WG Bread Cinnamon Apples
Honey Dijon Chicken Baked Potato Glazed Carrots WG Bread Fruit Cocktail SPOONER DINING @ 5	Swedish Meatballs w/ Mushrooms, Egg Noodles, Roasted Parmesan Cauliflower Mandarin Oranges BIRCHWOOD DINING @ 5	Taco Salad Tomato Salsa, SC Refried Beans Corn Chips Snickerdoodle Cookie	Baked Pork Chop w/Apple Chutney Sauce Mushroom Wild Rice California Medley Pears	Lemon Parsley Baked Cod, Red Potatoes Buttered Corn Dinner Roll Strawberry Shortcake
Spaghetti & Meatballs Garlic Bread Brussel Sprouts Grapes	Turkey Pot Pie w/Potatoes Peas & Carrots Garden Salad Pears	Roast Beef & Cheddar Sandwich w/LTO Broccoli Bacon Salad Peach Cobbler	Shepherd's Pie w/Whipped Potatoes Butter Green Beans WG Bread Apple Pie Bar	

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

For meal reservations or questions about your local nutrition program call:
Spooners/Shell Lake Senior Center 715-635-8283,
Birchwood Senior Center 715-354-3001, Minong 715-645-0418

For any other Washburn County Elder Nutrition Program questions contact Missy Murley, Nutrition Director, (715-635-4460)

DINING AT 5



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

**PLEASE MAKE RESERVATIONS
24 HOURS IN ADVANCE**
Minong: 715-466-4448
Shell Lake: 715-468-4750
Spooners: 715-635-8283
Birchwood: 715-354-3001

MINONG MENU

MONDAY, MARCH 7
Boiled Dinner with Corned Beef, Cabbage, Carrots & Potatoes Salad
Marble Rye Bread
Joanne's Choice Dessert

SHELL LAKE MENU

MONDAY, MARCH 14
Boiled Dinner with Corned Beef, Cabbage, Carrots & Potatoes Salad
Marble Rye Bread
Tiffany's Choice Dessert

SPOONER MENU

MONDAY, MARCH 21
Boiled Dinner with Corned Beef, Cabbage, Carrots & Potatoes Salad
Marble Rye Bread
Mary's Choice Dessert

BIRCHWOOD MENU

TUESDAY, MARCH 22
Boiled Dinner with Corned Beef, Cabbage, Carrots & Potatoes Salad
Marble Rye Bread
Kristi's Choice Dessert

Laugh, Learn & Stay Connected

Visit the "Lunch Bunch"



The goal of **Lunch Bunch** is to provide people living with memory impairment and their caregivers with a safe space to connect, live life to the fullest, and celebrate the relationships we have together!

Turtleback Restaurant

1985 18 1/2 St.
Rice Lake, WI 54868
\$15 Lunch
(includes tip)

RSVP one week prior to:
Trisha Witham
715-537-6225 or
trisha.witham@co.barron.wi.us

2022 Schedule

11:00 a.m. - 12:30 p.m.
Second Wednesday
of Each Month:
March 9
April 13
May 11
June 8
July 13
August 10
September 14
October 12
November 9
December 14



Monthly Coffee Clutch



BIRCHWOOD Tuesday, March 1

9:30 - 10:30 am
Food made by: Your wonderful cooks
Coffee donated by: The Dock Coffee, Spooner

SHELL LAKE Thursday, March 3

9:00 - 10:30 am
Food made by: Your wonderful cooks
Coffee donated by: The Dock Coffee, Spooner

SPOONER Friday, March 4

9:00 - 10:30 am
Food made by: Your wonderful cooks
Coffee donated by: The Dock Coffee, Spooner

MINONG Monday, March 7

9:00 - 10:30 am
Food made by: Your wonderful cooks
Coffee donated by: The Dock Coffee, Spooner

FOCUS FOR LIFE NEWS

Reverse Mortgages

Submitted by
Kelly Weisenbeck

By the **GWAAR Legal Services Team**

You may have seen Tom Selleck, Mr. Magnum PI himself, on TV selling reverse mortgages, but what is a reverse mortgage, and are they a good idea? A reverse mortgage is a financial product available to individuals at least 62 years old that turns your home's equity into a lump sum of cash or regular income. Unlike a home equity loan or line of credit, you do not have to make payments on the loan as long as you live in the home, and any interest accrued is added to the amount you owe. When you die, sell your home, or move out, you, your spouse, or your estate would repay the loan. Usually that means selling the home to get money to repay the loan.

Here are some things to consider about reverse mortgages:

• **There are fees and other costs.** Reverse mortgage lenders generally charge an origination fee and other closing costs, as well as servicing fees over the life of the mortgage. In some cases, these fees can be very high. Some may also charge mortgage insurance premiums.

• **You owe more over time.** As you get money through your reverse mortgage, interest is added onto the balance you owe each month. That means the amount you owe grows as the interest on your loan adds up over time.

• **Interest rates may change over time.** Most reverse mortgages have variable rates, which are tied to a financial index and change with the market. Variable rate loans tend to give you more options on how you get your money through the reverse mortgage. Some reverse mortgages offer fixed rates, but they tend to require you to take your loan as a lump sum at closing. Often, the total amount you can borrow is less than you could get with a variable rate loan.

• **Interest is not tax deductible each year.** Interest on reverse mortgages is not deductible on income tax returns until the loan is paid off, either partially or in full.

• **You have to pay other costs related to your home and keep it in a good state of repair.** In a reverse mortgage, you keep the title to your home. That means you are responsible for property taxes, insurance, utilities, fuel, maintenance, and other expenses. And, if you don't pay your property taxes, keep homeowner's insurance, or



STOCK PHOTO

maintain your home, the lender might require immediate payment of your loan and initiate a foreclosure if you're unable to pay, which most people in this situation are not. A financial assessment is required when you apply for the mortgage. As a result, your lender may require a "set-aside" amount to pay your taxes and insurance during the loan. The "set-aside" reduces the amount of funds you can get in payments.

• **What happens to your spouse?** If you signed the loan paperwork and your spouse didn't, your spouse may NOT be able to continue living in the home after you die. This could be incredibly devastating because the lender will foreclose or force your spouse to sell the home to pay the loan in full as soon as 30 days after you pass away. If the loan contract language allows, your spouse may be able to live in the home after you die if they continue to pay taxes and insurance and continue to maintain the property. However, your spouse will stop getting any money from the reverse mortgage, since they weren't part of the loan agreement. These rules are complex and different depending on whether you took the loan out before or after August 4, 2014. The most important takeaway from this is that your spouse might NOT be able to remain in the home after you die, so you will want to be very careful that the loan is set up properly if you want your spouse to be able to remain in the home.

• **What can you leave to your heirs?** Reverse mortgages can use up the equity in your home, which means fewer assets for you and your heirs. Most reverse mortgages have something called a "non-recourse" clause. This means that you, or your estate, can't owe more than the value of your home when the loan becomes due and the home is sold. With most

reverse mortgages, generally, if you or your heirs want to pay off the loan and keep the home rather than sell it, you would not have to pay more than the appraised value of the home.

• **What happens if the borrower moves to another residence or a skilled nursing facility?** With most reverse mortgage loans, the borrower can be away from the home, for example, in a skilled nursing facility, for

up to 12 consecutive months; however, if the absence is longer, and the property is not the principal residence of at least one other borrower, then the loan becomes due and payable. Again, to resolve the debt, you can correct the matter, pay the balance in full, sell the home for the lesser of the balance or 95% of the appraised value and put the proceeds toward paying off the loan, or complete a deed in lieu of foreclosure. Otherwise, the lender will foreclose. Note that none of these are desirable options for most individuals in this situation. Most people would not have the funds on hand to pay off the loan, nor would most people wish to sell their home in this situation, especially if a spouse or other individual is still living in the home.

• **Medicaid and SSI eligibility may be affected.** Reverse mortgage proceeds, either a lump sum or a monthly payment, are not considered income for Medicaid and SSI; however, those funds are considered an asset or a resource in the month received and thereafter. This could affect eligibility for any means-tested program that has an asset limit.

For more information, visit: <https://www.consumer.ftc.gov/articles/0192-reverse-mortgages>

The Aging and Disability Resource Center Presents

Grandpa & Lucy A story about love and memory loss.



This fun after-school program is for everyone!

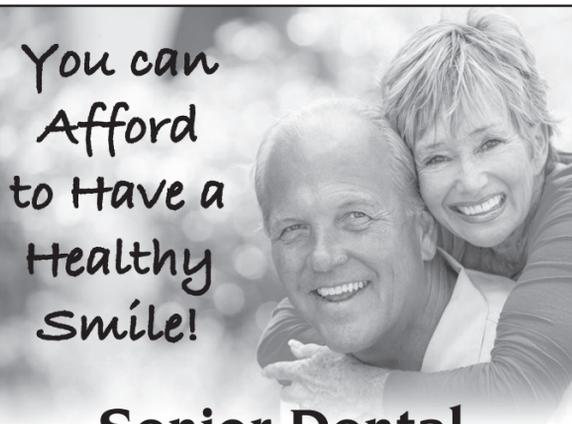
Join us to watch this creative film adaption of *Grandpa & Lucy*, a book written by a high school student as her Girl Scout Silver Award Project. Participants of all ages will be encouraged to share their insights and ask questions. They will also have the opportunity to discuss how a brain can change and ways to be kind and supportive of people living with memory loss.

**Thursday, March 24th
via ZOOM
3:30 - 4:30 p.m. or 5:30 - 6:30 p.m.**

Register at www.adrcconnections.org
Questions? New to Zoom?
Please call Amy Luther at 715-273-6780.



The ADRC cannot endorse or recommend any organization, product, or service.



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

FOCUS FOR LIFE NEWS

Senior Centers Dining & Activities

Dining: Congregate dining is provided at four nutrition sites in the county: 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 and may be made at the following centers:

BIRCHWOOD - "Lakeside Center for Seniors"
110 Euclid Avenue, Birchwood, WI 54817
715-354-3001

MINONG - "Minong Senior Center"
700 Houston Street, Minong, WI 54859
715-466-4448

SHELL LAKE - "Friendship Commons"
210 4th Avenue, Shell Lake, WI 54871
715-468-4750

SPOONER - "Our Neck of the Woods"
402 Oak Street, Spooner, WI 54801
715-635-8283

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. *Under Age 60 or Disabled – 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. Activities include but are not limited to crafts, birthday parties, potluck dinners, aerobics, stitchery, singing, bingo, and card games.

Home Delivered Meals: Our Home Delivered Meals Program assures that homebound seniors receive adequate nutritious meals and receive some regular personal contact. 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 who are homebound and not able to cook.

Eligibility: Guidelines must be met to sign up for

Home Delivered meals. For more information or to sign up, please contact the Nutrition Program Director at 715-635-4460.

As of 01/24/22, these are the current Elder Nutrition meal options being offered in Washburn County, Wisconsin. Washburn County will continue the additional new option of Grab & Go, as long as the Older American's Act allows for, food is available, and staff are capable of providing, during COVID.

We will offer eleven (11) options for receiving a meal:

1. Home Delivered Meals for lunch.
2. Congregate meal for lunch, eating inside meal sites.
3. Congregate meal for lunch at site with outdoor seating provided, when weather permits.
4. Meal for lunch with a Grab & Go option. Washburn County will continue the additional new option of Grab & Go, as long as the Older American's Act allows for, food is available, and staff are capable of providing, during COVID.
5. Dining at Five congregated meal for dinner, eating inside site.
6. Dining at Five congregated dinner at site with outdoor seating provided, when weather permits.
7. Dining at Five meal for dinner Grab & Go option. Washburn County will continue the additional new option of Grab & Go, as long as the Older American's Act allows for, food is available, and staff are capable of providing, during COVID.
8. Senior Social Events offsite at green space location with Dinner & Entertainment. Plan will include to offer both indoor and outdoor seating option.
9. Rise n' Dine Breakfast at Economart Deli is currently suspended, due to lack of the required staffing for this program.
10. Introduce new option of a congregated meal which is fully or partially prepared in front of participants, as cooking class, to provide Nutrition Education. These will be done in coordination with the Stepping Up Your Nutrition Instructor, University of Wisconsin-Madison Division of Extension FoodWise Coordinator, Nutritionists, and Guest Chefs.
11. Introduce new option for Home Delivered Meal Participants who are not able to attend the congregated setting, but would like to interact with the congregated participants. They will have the opportunity attend virtually with the ability to see, hear, and talk to their friends. If needed, we will provide them with the use of a Facebook Portal and mobile hotspot.

Try Before You Buy

What is assistive technology? Basically, it is a device used to overcome a barrier to a disability. A common example would be glasses. According to the Vision Council of America 75% of Americans use some sort of vision correction. It has become so commonplace we generally don't even relate it to disability. Without those assistive devices how would we read or drive a vehicle?



Don Posh

Our organization has an assistive technology loan program (try before you buy). This allows a person with a disability to test a device or devices

to make an informed choice. We have over 1200 gizmos and gadgets including kitchen aids, dressing aids, vision /magnifiers, amplified phones and listening devices, mobility devices and more to increase independence.

How does the program work? To begin, a person interested in the program would contact our office to make an inquiry. We will discuss what area of independence is in need of assistance. My part is to determine which device or devices may help. Next we make an appointment for a home visit to demonstrate how the device works and initiate a 30 day loan. In 30 days one can determine if the device works for them or not. If the device works, information on cost and where to purchase will be provided. If it doesn't work, we may explore another solution. At least money has not been spent on a device that doesn't meet the persons' needs.

For more information on independent living or assistive technology devices contact:

**North Country Independent Living's
Independent Living Specialist for Burnett
and Washburn Counties
Don Posh
Call/Text 715-919-4932
email: don@northcountryil.org**

Our non-profit agency, North Country Independent Living, 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.

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

BIRCHWOOD NEWS

CONTINUED FROM 4

We do need to have you on record so we can inform you of goings on, so do fill out a slip in the Center. A suggested donation of \$5 would be greatly appreciated. We do have our annual scholarships coming up and as we have not been able to have our bake and book sales as fundraisers, our fund isn't very 'raised'. Thanks a bunch!

The other day I let my mind wonder. It has not returned.

We had a wonderful February meeting (1st Thursday) with a nice crowd that enjoyed the pork and sweet potato meal. The Board has updated the Constitution to more fit our present situation and times. It was put to vote and passed. It is at the

Center for your perusal any time. We will need to have an election in the Spring when all our Snowbirds return to elect a new President. Thanks Ken Bohn for stepping up to the plate to double duty it.

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

His wife said "Whatcha doin' today"..He said "Nothin'". She said "You did that yesterday". He said "I didn't finish".

And finally, think about calling someone you haven't talked to or seen for ages. You might just make that a super happy day for that 'callee' and for ye!

MINONG NEWS

CONTINUED FROM 4

Mullikin; 20th, Carla Conn; 26th, Steve Loisel; 31st, Ron Brown Go, Pisces.

Remember the young man? He didn't enjoy asking for help. But when his need got the community to come together, they all benefited. The MASC board isn't a miracle worker with a magic 'stone', but they are trying to do a tough job that will benefit the Minong area for generations to come. Can you spare a few carrots, a potato or two, a meaty ham bone? (Translated to time, ability, or financial aid?) Whatever you can donate, be it a meaty bone or a few grains of salt, it will all enrich this community. Thanking you in advance, I can smell the soup already. MMM, MMM good.



For Participants 60 years +
Join Bridget Rongner, FoodWise Coordinator, to learn more about herbs and how to use them when cooking as a seasoning instead of salt.

This **FREE** class includes a cooking demonstration and tasting!

Must register in advance:
UW-Madison, Division of Extension
715-635-4444

bridget.rongner@wisc.edu
or scan the QR code.

Cooking and Seasoning with Herbs

**Shell Lake Senior Center
210 4th Ave
Monday, March 21
10:30 - 11:30 AM**



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP, An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



FOCUS FOR LIFE NEWS



Happy Birthday Coffee Talk!
Vicki & Friends Look Forward to Another Year of Warm-Hearted Conversation

Call 715-406-4871* or 877-238-2282 (toll free)

Coffee Talk turns one in February! In just twelve months this great, free call-in chat line has brought comfort and joy to lots of older adult callers. You can dial in and connect for one-on-one conversation with Vicki or other caring "Coffee Talkers," who answer the confidential line Monday through Friday 8:00 am - Noon.



Call 715-406-4871* or 877-238-2282 (toll free)

Vicki says, "People call in for all sorts of reasons...to share a happy moment or just to connect with a warm, listening ear to talk something through. Some callers share jokes; others, pearls of wisdom; and still others, hopes or concerns. Whatever the reason, we really look forward to hearing people's stories and learning about their lives.

Coffee Talk is my favorite way to start the day, and I invite you to join me. You can call in once or as many times as you like and connect with me or other kind, warm-hearted folks at Coffee Talk, who would love to share a slice of the day with you. We look forward to hearing from even more folks in 2022, and I hope one of them will be you."

Call 715-406-4871* or 877-238-2282 (toll free)

* Carrier charges may apply



Photo by pixabay.com

EAT WELL, AGE WELL.
SALT-FREE COOKING,
SPICE IT UP!

Salt is commonly added to foods to increase their flavor but too much sodium in your system promotes water retention in the bloodstream. Over time, the extra volume of blood can stress and stiffen blood vessels, making the heart work harder to maintain blood flow. This can lead to an increased risk of heart attack and stroke. Eating a low-sodium diet (less than 2300 mg/day) can help.

Try Salt-free Cooking by adding other ingredients into your recipe. This could include adding lemon juice, citrus fruits, or wine. When you are cooking salt-free foods try to avoid adding onion or garlic **salt** and replace it with either fresh garlic and onion or the **powdered** form.

Herbs and Spices are a great way to add flavors and color to your recipes while also reducing the amount of sodium. They also provide antioxidants and other health benefits. Some common herbs and spices include basil, oregano, thyme, parsley, cinnamon, and many more.

Limit Processed Foods. Fast food, frozen meals, canned foods, packaged baked goods, condiments, and soups tend to be high in sodium. Look for no-added salt or low sodium versions that have less than 140 mg per serving.

Source: Cooking without salt

<https://medlineplus.gov/ency/patientinstructions/0000760.htm>

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students
By: Gabby Lois 2-22

WEEKLY CHALLENGES

TRY USING FRESH OR DRIED HERBS

TRY ADDING CITRUS FRUITS TO YOUR RECIPE FOR FLAVOR

TRY A SALT-FREE SEASONING BLEND OR SEASONED PEPPER

CHECK THE SODIUM LEVEL ON PACKAGED FOODS

DID YOU KNOW

1 TEASPOON OF SALT CONTAINS 2300 MG OF SODIUM!

The Aging and Disability Resource Center Presents

Living Well

with **Chronic Conditions**



Six Weeks.
Fifteen Hours.
A Healthier You!

Living Well is for adults of all ages with one or more ongoing health problems. It's a hands-on opportunity to discover solutions for your life and your health concerns.

- Partnering with your health care providers
- Fitness, exercise and fun

Chronic condition include:

- Asthma
- Depression
- Diabetes
- Heart Disease
- ... and many others

- Build confidence with:
- Short-term goal setting
 - Relaxation techniques

Virtual Living Well With Chronic Conditions
Mondays, April 4 - May 9 • 1:30 pm - 4:00 pm

March 28th is an informational session and all are welcome to attend. Learn how the workshop can help you or your loved one! Email alisa.lammers@co.barron.wi.us for the info session link.

Class officially begins April 4th. Pre-registration for the workshop is required. To register:

- Sign up during the information session on March 28th
- Visit www.adrcconnections.org/registrations
- Call 715-537-6225
- Email alisa.lammers@co.barron.wi.us

Cost:

- Ages 60 and older: Suggested donation \$10
- Under age 60: \$10 per participant



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The Aging and Disability Resource Center Presents

Healthy Living with Diabetes

What is Healthy Living With Diabetes?

The six-week workshop teaches you the best ways to work with your doctor and family, supports your treatment plan, and helps you manage your health.

You set your own goals and learn hands-on with others. The workshop is for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone who does.

You'll get information and advice for:

- Healthy eating and nutrition
- Food label reading and meal planning
- Relaxation techniques
- Partnering with your health care providers
- Fitness for exercise and fun
- Stress and depression management
- The relationship between diabetes and brain health

Virtual Healthy Living With Diabetes

Thursdays, March 17 - April 28
9:00 a.m. - 11:30 a.m.

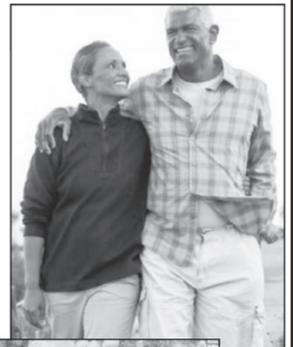
March 17th is an informational session and all are welcome to attend. Learn how the workshop can help you or your loved one! Email alisa.lammers@co.barron.wi.us for the informational meeting link. Class officially begins March 24th. Pre-registration for the workshop is required.

To register:

- Sign up during the information session on March 17th
- Visit www.adrcconnections.org/registrations
- Call 715-537-6225
- Email alisa.lammers@co.barron.wi.us

Cost:

- Ages 60 and older: Suggested donation \$10
- Under age 60: \$10 per participant.



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FOCUS FOR LIFE NEWS

Moving as a Senior



The Health Implications of Moving as a Senior Moving from your

to the experiences and moments that happened there. In later years, aging itself can increase an individual's risk of depression and isolation, and moving during that period in life can emphasize those effects. That's why, as a baseline, it's vital to make sure any senior has the tools and opportunities to be with or around other people as they age. While many senior living communities offer socializing programs for residents, they're still an unfamiliar place. Many older adults would rather socialize within their own home and community.

home can be an arduous process for anyone. For seniors, moving can affect physical, mental, and emotional well-being, and add confusion and stress to their later years. But each person's living situation is unique, and the benefits and drawbacks of moving as a senior can look wildly different based on how an individual want to live their life. With home improvements and technology helping older adults live at home longer than ever, many seniors find themselves weighing their options when it comes time to decide whether to stay at home or move to an assisted living community. Here are some of the pros and cons that can help make that decision a bit clearer. When making the decision to age in place or relocate, don't underestimate the health implications that come with a change of address. For seniors, uprooting and moving to a new home can mean confusion and worry on top of the physical effort. Relocation Stress Syndrome (RSS) is defined as the anxiety and loneliness that can follow moving to a new place. While RSS can affect people of any age, it can have a negative impact on the physical and psychological well-being of seniors in particular. When added to the emotional toll of leaving their home, symptoms of RSS can include depression, stress, and decreased cognitive function, all of which have been associated with lower quality of life and shorter life expectancy. The impact can be even more profound when someone has lived in the home all or most of their lives; for some, it can be difficult to let go of their emotional attachment



STOCK PHOTO

Senior socialization can be as simple as regular calls with family, joining friends for group activities like volunteering or games, or just being in public. Everyone's situation is different, but with the right resources, many seniors see an improved quality of life when they're able to live at home longer. Seniors and their loved ones should take stock of the effort required to stay at home or relocate, the potential lifestyle changes, and what life would look like on the other side of the decision. If you decide that it's best to remain in your home but there are repairs that need to be done, the Wild Rivers Habitat for Humanity's Home Repair program might be the hand-up you need. Projects we can help you with include exterior painting, landscaping, minor repair services, and wheelchair ramp installation. We also

are offering rent and mortgage assistance for individuals whose income was impacted by COVID-19. If you are interested in either of these programs, you can download an application from www.wildrivershabitat.org or call the Wild Rivers Habitat office at 715-939-1390 to have one mailed to you. Don't let a personal circumstance keep you from living in a safe and decent home.



BEEF STROGANOFF WITH TRI-TIP STEAK:

<https://www.delicioustable.com/beef-stroganoff-recipe/>

The BEST Beef Stroganoff recipe made with tri-tip steak (instead of ground beef but you can still use ground beef if you prefer!) and mushrooms. A fast weeknight dinner, made with an easy stroganoff sauce!



Prep Time 20 minutes, Cook Time 25 minutes, Total Time 45 minutes, Servings 8, Calories 492kcal

Ingredients:

- 2 cups beef broth
- 3 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 2 tablespoons flour
- 2 lb. beef loin tri-tip roast, trimmed & sliced
- ½ teaspoon fresh cracked pepper
- 1 teaspoon sea salt
- 2-3 tablespoons vegetable oil
- 1 medium onion, thinly sliced
- 1 tablespoon butter
- 16 oz. mushrooms, sliced
- ¼ cup brandy (or sub white wine) note: optional but adds incredible flavor!
- 12 oz. bag extra wide noodles
- 1 cup sour cream
- garnish: parsley, thyme, chives

Instructions:

Set a large pot on the stove and begin boiling the water for the noodles. In a bowl, whisk together beef broth, Worcestershire, Dijon, and flour. This slurry will help thicken the stroganoff sauce.

- Slice mushrooms into ¼" slices.
- Slice one medium onion thinly into 2" pieces.
- Next, pat the tri-tip roast dry with paper towels, this helps the tri-tip brown and gives more flavor. Trim excess fat from tri-tip using a small serrated knife.
- Slice against the grain into ½" thick, 1" long, pieces. Toss in a bowl with 1 teaspoon salt and ½ teaspoon pepper.
- Heat a large Dutch oven (or very deep cast iron skillet) on high heat, add 2 tablespoons vegetable oil, be sure to test one piece of meat to see if it sizzles in the pan. Then, carefully sauté ("fry quickly in a little hot fat") the tri-tip in batches for 3-5 minutes, using long-handled tongs, move around the pan to brown all sides. PRO TIP: If you overcrowd the pan, it won't brown, it will steam.
- Add one more tablespoon of vegetable oil if the pan is dry before all the tri-tip is brown, and you won't be cooking the tri-tip all the way it will finish in the last 10 minutes. Oh, and don't clean the pan, it will be dark brown, this will add flavor! Remove browned tri-tip pieces to a plate. Set aside. Turn heat down to medium heat.
- Next, on medium heat, add the chopped onion and stir for 3 minutes. Add one tablespoon butter and add the sliced mushrooms, stir for 3-4 minutes using a wooden spoon. Cook mushrooms till golden brown and scrape the brown caramelized bits off the bottom of the pan. Turn heat down to a low simmer.
- At this point, add the noodles to the boiling water (add a little salt to the water) according to package directions for approximately 10-12 minutes. Drain when cooked.
- Now add the browned tri-tip and all the drippings into the large pot stir with the mushrooms and onions. Then add the beef stock slurry into the pan. (Optional: add the brandy or white wine). Stir and cook slowly for 10 more minutes. Add additional salt and or pepper to taste. Finally, add sour cream on low heat, and stir just before serving. Serve over hot noodles, garnish with parsley or thyme.

WEEKLY WORD SEARCH PUZZLE

WEDDING DAY WORD SEARCH

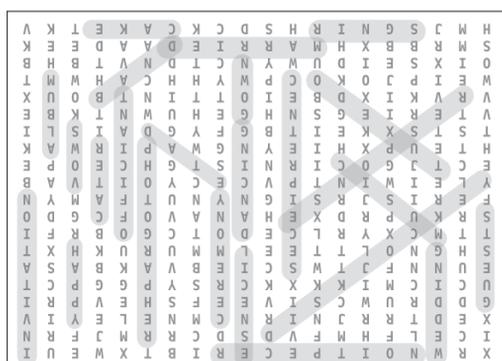
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Find the words hidden vertically, horizontally, diagonally, and backwards

WORDS

- ALBUM
- BAND
- CAKE
- CATER
- CENTERPIECES
- CEREMONY
- DANCING
- DATE
- DISK JOCKEY
- GOWN
- GUESTS

- HAPPY
- INVITATION
- LICENSE
- MARRIED
- MUSIC
- OFFICIAN
- PHOTOGRAPHER
- RECEPTION
- RESPONSE
- RINGS
- TUXEDO
- VOWS
- WEDDING



FOCUS FOR LIFE NEWS

Washburn County Unit on Aging Provides Transportation for Residents 60+ & Adults with Disabilities

Submitted by Amber Anderson

Washburn County Unit on Aging
Transportation Coordinator

The Washburn County Elderly and Disabled Transportation Assistance program provides transportation services to seniors and individuals with disabilities. These services are provided to improve and promote the maintenance of human dignity and self-sufficiency by affording the benefits of transportation services to those people who would not otherwise have an available or accessible method of transportation.



Amber Anderson

Priority is given to Washburn County residents age 60+ for:

- Medical appointments such as doctor, dentist, specialist, outpatient surgery, etc.
- Nutritional needs such as grocery shopping, food shelf, senior center or other places to eat
- Other shopping examples such as pharmacy, clothing store, hardware store or other needs
- Social activities at the senior center, church, or to even visit a friend at their home

We will soon be adding a 14-passenger van to our fleet of cars and an ADA wheelchair accessible van. The passenger van would allow us to be able to create and provide additional local routes/schedules with flexibility, while transporting more people at one time and to offer group trips for local seniors.

Fares for transportation are a flat fee of .50 cents per mile, within and out of county. We encourage carpooling, “Share the Ride – Split the Fare” by coordinating with friends, neighbors, and relatives to arrange rides together in our cars to save on fees. If you ride together it is only one fare, not a fare per rider. For those who cannot afford the fare, there are programs that may cover the costs. Please ask when you call to make a reservation for what those options may be.

Current Policies of the Washburn County Elderly & Disabled Transportation Program

- You must be a resident of Washburn County.
- Transportation for medical appointments and nutritional needs of residents age 60+, will take priority.
- Non-emergency medical transportation is available to the elderly & disabled who are not eligible for Medicaid, and who are unable to

drive themselves.

- We provide transportation for eligible veterans to local VA clinics. The Washburn County Veteran’s Service Office provides rides to the Minneapolis VA Clinic.
- Passengers must be ambulatory and transfer independently.
- Drivers will stow away wheelchairs, walkers, canes, bags etc.
- Passengers must use seat belts.
- Eating, drinking, and smoking are prohibited in all vehicles.
- No pets or service animals are allowed in vehicles.
- The Centers for Disease Control and Prevention (CDC) announced a federal mask requirement for transit systems to mitigate the risk of COVID-19. Masks are currently required to be worn by all drivers and passengers, no matter of vaccination status or medical condition. We are sorry, but the federal government does not allow exceptions for this rule.
- Passengers are asked to be courteous, considerate and respectful to all drivers. The Unit on Aging has the right to refuse transportation to any person.
- All transportation arrangements and any ride cancellations must be made by calling the Unit on Aging office at 715-635-4460. Please contact us immediately upon knowledge of cancellation, so to allow for others to fill your spot.
- If a ride is missed without notification to our office for cancellation, we will take the reason into consideration, to allow scheduling for additional rides.

How to Schedule a Ride?

- Call the Unit on Aging at 715-635-4460, as soon as you are aware of your appointment or at least 48 hours prior to needing a ride, to assure driver availability. Please note that there is no guarantee that a driver will be available, even with 48 hours’ notice.
- Provide the date, time, and location of need for transportation. When scheduling, please indicate if there are any additional stops that will be needed during your trip.
- The Transportation Coordinator will assign your trip to the next available driver.
- The driver will call you the day before your appointment, to confirm time and location of pick-up.
- Driveways must be clear of all debris and plowed of snow, in order for vehicles to pick

you up.

- Passengers must be punctual and waiting at the front entrance of their housing unit.
- The driver will escort you from your front door to the vehicle and to the check-in station at the medical facility, if requested.
- It is not the responsibility of the driver to clear walkway, if blocked or unsafe due to debris, snow, or ice.
- In cases where the driveway or walkway are unsafe or impassible, the ride will be rescheduled until situation is rectified.
- You must be able to do your shopping independently. The driver will not assist you. You will have approximately one hour to shop.
- Since COVID, most grocers, pharmacies, and stores will shop for you, provide curbside pick-up, and take payment over the phone or online. Please let us know if you need assistance in registering for this service or the need for our driver to call, when arriving at the store for pick-up.
- The driver may load your bags into the vehicle and carry them to the entrance of your home, if assistance is needed.

How do you pay?

When making your reservation, Amber will give you options for making your payment. The fare will be .50 cents per mile traveled. Drivers will not be able to make change. If paying the driver, Amber will provide an envelope with the exact amount due. The driver will verify the payment, put it in the envelope, and a receipt will be issued by driver to the passenger. As a preferred alternative, so the drivers do not have to handle money, a contactless option will now be offered. We will send a monthly invoice to your mailing address or to a designated representative payee. The agency is in the process of establishing additional options to pay fares online and with a credit card. Receipt of payment will be expected within 30 days. If payment is not received, transportation services will be suspended until account is paid in full.

Stop at our office:

Reservations and payments can be made by stopping at our office. We are open Monday-Friday from 8:00 a.m. to 4:30 p.m. We are located on the 1st Floor of the new Washburn County Services Building which is located at 304 2nd St., Shell Lake, WI.

Payments can be mailed to:

Washburn County Unit on Aging, P.O. Box 316, Shell Lake, WI 54871.

Questions???

You can reach Amber by calling 715-635-4460.

Wisconsin Senior Medical Patrol Fraud Alert

Scammers Targeting Covid Testing Options

Our country continues to be subjected to the restraining influence of the Covid pandemic. Despite our fatigue, we need to be vigilant to ward off the disease. And the recent surge of Omicron cases reminds us to be cautious, to protect our health, and the wellbeing of others around us.

A recent development in limiting transmission is the increase in access to testing. There are four approaches to testing:

- Order test kits to be delivered to your home
- Purchase test kits and obtain reimbursement from your private insurance company
- Go to a Covid testing site
- Go to your doctor’s office for testing

The government is making it easier to test for Covid. Unfortunately, so are the scammers. They are once again taking advantage of the Covid predicament by selling illegitimate test kits and setting up unscrupulous, even fraudulent, testing locations. These fraudsters work really hard to sell you useless and misleading tests and to steal your identity at the same time. Everyone is a target.

It is critical that you be aware of the potential for fraud and be able to find legitimate testing kits and locations. Here are some tips.

- To receive free testing kits sent right to your home, go to covidtests.gov. For those who may have difficulty accessing the internet or need additional help to place their orders, call 1-800-232-0233. Each address that orders will receive four kits. If you live at an address with multiple dwellings, be sure to put your apartment or condo number in the street address line (not in the apartment/suite/other box). Failure to do so will result in a message that your address has already ordered kits.

- You can also purchase home test kits at area pharmacies. Your private insurance company is required to reimburse your expense. Some insurance companies will make tests available to their members through other means. Be sure to check with your insurance provider about how and where

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

Please feel free to share this publication with others who may benefit from its contents.

TO CONTACT WI SMP

Call: (888) 818-2611
E-mail: smp-wi@gwaar.org
Website: www.smpwi.org
Facebook: @WisconsinSeniorMedicarePatrol




to get your free test kits before you buy them. Special note: if you are on Original Medicare, Medicare will not cover or reimburse you for a home test kit. Your best approach is to request test kits from the website covidtests.gov.

- Testing sites are popping up in most communities. Please check with your local Health Department

as to which locations are authorized. You can also go to covidtests.gov to find various locations. Scroll down and you’ll see a listing of pharmacies. In addition to the pharmacies listed, you can scroll just a bit further to Health Centers and click on “Find a Health Center Near You”.

- Get vaccinated and boosted! Vaccines are the best way to prevent getting Covid and to minimize the effects of the illness should you get infected. They are widely available. To find a location to get a vaccination or a booster, go to: [Vaccines.gov](https://vaccines.gov) or call: 1-800-232-0233 for assistance.

Red Flags / Don’t accept:

- Someone calling or coming to your door selling kits, or handing them out, in exchange for your Medicare number.
- A testing site that asks for a Social Security Number, a credit card, bank account information, or payment of any kind -- that is likely fraud.
- A pop-up, walk-in, no-appointment-needed site that is not associated with the Health Department. It is recommended that people should seek testing through their health care provider or testing sites that are operated by a city/county/state or public health department.

Vaccines, boosters, and improved testing options are offering us increased opportunities to socially engage with others and to venture into our communities. You can substantially reduce your risk of becoming ill or transmitting covid to others with these common-sense preventive measures and you can guard against fraud by steering clear of the fraudsters who are only too eager to help themselves to your money and your identity.

Please contact Senior Medicare Patrol if you or a family member has questions or concerns about fraud or abuse surrounding covid. Also, if you feel that you have unwittingly given out your Medicare number, we can talk with you about some steps you can take. We can be reached through our toll-free Helpline, 888-818-2611 or through our website, www.smpwi.org. All calls are confidential.

SENIOR ASSISTANCE & EDUCATION

Water and Internet Assistance Applications

Submitted by
Kelly Weisenbeck

By the GWAAR Legal Services Team

Two new assistance programs are available to help Wisconsin residents pay for home water utilities and internet service, but the application process can be challenging. Knowing what to expect in advance can help save time and frustration when applying for these benefits.

The Low Income Household Water Assistance Program (LIHWAP) is a federally funded grant program being administered in Wisconsin by the Department of Administration through a contract with Energy Services, Inc. (the same organization that manages the Wisconsin Home Energy Assistance Program (WHEAP)). The LIHWAP program can provide funding directly to water utilities to pay past-due residential water bills and prevent service disruptions. Depending on funding availability, some applicants may also qualify for prospective payments to prevent future service disconnections.

Applications for LIHWAP can be submitted by telephone at 833-426-9472, by email to support@wisconsinwater.help, or through an online application at <https://wisconsinwater.help/>. Applicants will need to be ready to complete an application for WHEAP assistance and will need to provide a Social Security number, proof of income, verification of rent expenses if applicable, and a copy of their most recent water bill. The online application allows for

uploading of scanned documents, but also offers an option to receive an email link for uploading documents at a later time or from a different location. The upload link does expire after a time, so it's best to be prepared with scanned verification documents at the outset of the application process. Income eligibility limits are \$2,591.92 for a single person household and \$3,389.42 for a household of two.

The Affordable Connectivity Program (ACP) is an offshoot of the Emergency Broadband Benefit program that can help low-income households pay for internet service and connected devices. Program benefits include a \$30/month discount (\$75/month for residents of qualifying tribal lands) on internet service and a one-time discount of up to \$100 toward the purchase of a connected device such as a laptop, tablet, or desktop computer. A household is eligible if a member of the household meets at least one of the criteria below:

- Has an income that is at or below 200% of the federal poverty guidelines (FPL);
- Participates in certain assistance programs, such as SNAP (FoodShare in Wisconsin), Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline;
- Participates in Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations;
- Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program;

- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating provider's existing low-income program.

Households can apply for ACP through the website at <https://acpbenefit.org/>. Applicants will need to create an account and set up a user name and personal password. Once the household is determined eligible, the system will provide an ID code that applicants will need to write down. Applicants will then need to search by location or zip code to find a list of participating service providers. Applicants may then need to complete an additional application form through the selected provider and may need to be able to receive additional verification codes through text or email to complete the application process. Users with existing accounts may need to call the service provider directly to recover forgotten login or password information. Once eligibility is established, applicants should receive a confirmation email or text message.

Anyone who was already enrolled in the earlier Emergency Broadband Benefit program as of December 31, 2021 will automatically continue to receive their current monthly benefit until March 1, 2022. These individuals will need to take steps to stay enrolled after March 1. Although the application process can be cumbersome, advance preparation can help streamline efforts and get households connected to important cost-saving benefits.

More information is available here:
www.fcc.gov/broadbandbenefit

Virtual Dementia Education Programs

Serving Northwest Wisconsin - March 2022

Programs:

Dementia and Safety

Tuesday, March 1st, 3:00 - 4:00 pm

Carla Berscheit, cberscheit@co.chippewa.wi.us
715-944-8091

Dementia Live Virtual Simulation

Wednesday, March 9th, 3:00 - 4:00 pm

Chelsea Thompson, chelsea.thompson@douglascountywi.org
715-395-1322

Dementia and Sundowning

Tuesday, March 15th, 1:00 - 2:00 pm

Tuesday, March 29th, 3:00 - 4:00 pm

Carla Berscheit, cberscheit@co.chippewa.wi.us
715-944-8091

Boost Your Brain & Memory Class

Mondays, March 21st - May 9th, 1:00 - 2:00 pm

Kim Bauer, kimberly.bauer@sccwi.gov, 715-381-4411

Savvy Caregiver Class

Mondays, March 21st - April 25th, 5:00 - 7:00 pm

Trisha Witham, www.adrconnections.org, 715-537-6225

Wits Workout

Wednesday, March 23rd, 11:00 am- Noon

Trisha Witham, www.adrconnections.org, 715-537-6225

Grandpa and Lucy

Thursday, March 24th, 3:30 - 4:30 pm or 5:30 - 6:30 pm

Trisha Witham, www.adrconnections.org, 715-537-6225

Coordinated by the
Dementia Care Specialists Serving:
Ashland, Barron, Bayfield, Burnett, Chippewa,
Douglas, Dunn, Eau Claire, Iron, Pepin, Polk, Price,
St. Croix, Sawyer, Trempealeau, and Washburn counties

To locate your local Dementia Care Specialist, visit
<https://bit.ly/dementiacarespecialist>

Local Tribal Dementia Care Specialist, visit
<https://dpi.wi.gov/amind/tribalnationswi>

Program Descriptions:

Dementia and Safety

Learn ways to avoid potential hazards and safe guards available for a person living with dementia in the home.

Dementia Live Virtual Simulation

A simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory changes.

Dementia and Sundowning

Sundowning is increased confusion in a person with dementia in the early evening. Learn why it happens and how to limit sundowning behaviors.

Boost Your Brain & Memory Class

A unique program that takes on a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance.

Savvy Caregiver Class (6 weeks)

Proven curriculum grounded in research, this educational series is designed to teach strategies and practical real-world skills that helps to reduce stress, both in the caregiver and person living with dementia.

Wits Workout

An engaging, interactive, and educational brain health program. Based on the research that intellectual challenge and social connectedness are two of several factors that contribute to brain health throughout life.

Grandpa and Lucy

Inspired by a children's book written by a high school student, *Grandpa and Lucy: An Intergenerational Virtual Experience*, will feature the animated adaptation of this book. Join us young and old, as we view a story about love and dementia from the eyes of a grandchild.

