

Life According to Erma Bombeck



SUBMITTED BY
LINDA HAND
ADRC Director/
Aging Director

Just thinking about life's daily challenges, brought to my mind one of my favorite authors. For those under 50, you probably do not have any idea, but back in the

day, she was a phenomenal author. I started reading her books as a teen, remembering them as funny. It had been so long, I could not really remember what exactly was so humorous, just that they were about everyday life. I went upstairs to the bookcase and pulled out "if life is a bowl of cherries - what am I doing in the pits?" Opening up the book, there was a news clipping from the St. Paul Pioneer Press, dated Friday, January 19, 1979, Erma Bombeck "Cool compromise brings the New Year's resolution". Did I cut that out? Did it come with the used book that I bought? Hmm. Below Erma's article in the clipping was another article from some doctor, "Zinc tablets are not advised unless deficiency is found". Wow, now we pop them every time there is a sign of a sneeze. I digress, back to Erma...

I do not usually cite Wikipedia, but comparing several sources, this was the most condensed version that matched several articles.

https://en.wikipedia.org/wiki/Erma_Bombeck

Erma Louise Bombeck (née Fiste; February 21, 1927 – April 22, 1996) was an American humorist who achieved great popularity for her newspaper humor column describing suburban home life, syndicated from 1965 to 1996. She also published 15 books, most of which became bestsellers. Between 1965 and April 17, 1996 – five days before her death – Bombeck wrote over 4,000 newspaper columns, using broad and sometimes eloquent humor, chronicling the ordinary life of a Midwestern suburban house wife. By the 1970s, her columns were read semi-weekly by 30 million readers of the 900 newspapers in the U.S. and Canada. Her work stands as a humorous chronicle of middle-class life in America after World War II, among the generation of parents who produced the Baby Boomers.

Inside the dust jacket of my book, I read, "Erma Bombeck confronts society's greatest challenge: Surviving the Seventies – the fears, the worries, the anxieties. She shares with her millions of readers some of her deepest concerns: discovering that lettuce has been fattening all along, getting into the Guinness Book of Records under "Pregnancy: Oldest Recorded Birth", and leaving the world suddenly and knowing that no one else in the family can replace the toilet-tissue spindle".

Surviving the 70's? If Erma were still alive, she would be 96. Unfortunately, Erma never made it to

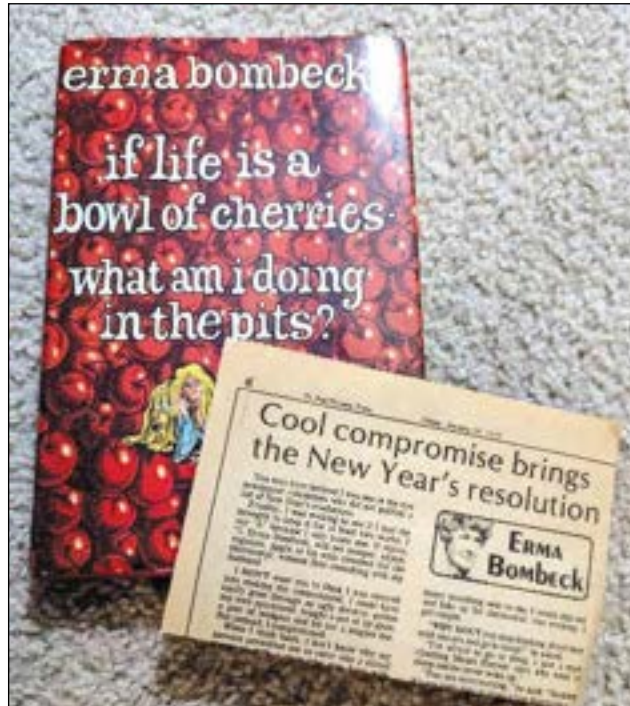


PHOTO: LINDA HAND

her 70's. As a teen, I did not really get it, as an adult I can identify with much of it. Time to reread the ones that I did and those I did not. Even though Erma's writings are from some 50 years ago, you can still identify with daily life and its challenges.

Humorist Erma Bombeck Dies at 69
<https://www.washingtonpost.com/archive>

Erma Bombeck, 69, the housewife-turned-humorist who poked fun at life in the suburbs in columns and books such as "I Lost Everything in the Postnatal Depression," died at a hospital here April 22 of complications of a kidney transplant earlier this month.

She began her column of gentle, self-deprecating humor 30 years ago. Called "At Wit's End," it eventually was carried twice a week in about 600 newspapers. {Her column, which runs regularly in The Washington Post, appears today on Page D16.} She also was a correspondent on ABC's "Good Morning America" for 11 years and wrote a short-lived 1980 television comedy called "Maggie."

Mrs. Bombeck, a kind of poet laureate of suburbia, spun stories from the small details of home life. She claimed her washing machine ate socks but never from the same pair. Fed up with her husband's attachment to TV sports, she wrote that she once tried to get his attention by wearing a nightgown made of Astroturf. When that failed, she declared, "If a man watches 16 consecutive quarters of football, he can be declared legally dead."

Her books regularly would shove some super-serious tome off the bestseller list. "Motherhood: The Second Oldest Profession" zoomed past "In Pursuit of Excellence" to become No. 1 in 1984, proving that motherhood can be more powerful than building a better corporation. Other Bombeck books included "The Grass Is Always Greener Over the Septic Tank,"

"All I Know About Animal Behavior I Learned in Loehmann's Dressing Room," "If Life is a Bowl of Cherries, What Am I Doing in the Pits?" and "When You Look Like Your Passport Photo, It's Time to Go Home."

"Most of my readers are housewives," she once said. "I'm saying: Hey, let's look at us! We've all been there. We're all in this mess together. Let's get some fun out of it."

The Toledo Blade once said Mrs. Bombeck's "role in the column is that of a wife and mother who long ago conceded defeat but can't find anyone to surrender to."

She transformed everyday suburban life -- driving children to every activity too far to walk to and searching every nook and cranny for dust balls -- into the stuff of high humor, if not high drama.

In a 1993 column on the popularity of the romance novel "The Bridges of Madison County," she wrote: "All over the country, housewives are fantasizing about their husbands taking the kids to a fair and leaving them alone for four days. They're hiding bottles of wine behind the bleach in the utility room just in case. The other day, an exterminator knocked on my door asking for directions, and I wondered, Is he the one?"

Mrs. Bombeck could turn serious. In her book on children surviving cancer, "I Want to Grow Hair, I Want to Grow Up, I Want to go to Boise," dozens of children with cancer and their families told their stories with truth and humor. They also remembered losing their hair and enduring painful treatments. One boy recalled a letter from a classmate: "Get well, David, we all like you but one person." The profits from the 1989 book were donated to cancer research -- three years before her cancer was diagnosed.

She learned that she had breast cancer in 1992 and underwent a double mastectomy. Shortly after that, her kidneys began failing, and she underwent dialysis four times a day at her home. Doctors attributed the kidney problem to a hereditary disorder called adult polycystic kidney disease.

Even as her health problems mounted, Bombeck kept her spirits up, friends said.

Her last book, "A Marriage Made in Heaven . . . Or Too Tired for an Affair," told of her 44-year marriage. Family members said they never were insulted by what she wrote because it was all fiction.

Sixteen universities awarded her honorary degrees. In 1979, the World Almanac named her one of the 25 most influential people in America.

"If I had my life to live over..."

Someone asked me the other day if I had my life to live over would I change anything. My answer was no, but then I thought about it and changed my mind.

➤ If I had my life to live over again I would have waxed less and listened more.

New Partnerships Blossom with the ADRC & Ventures in Shell Lake!



PHOTOS: SUBMITTED



The ADRC of Washburn County has been working on innovative ways to offer opportunities to have the Shell Lake Senior Center open to the public five days a week, rather than just two. Just a little over a month before the dreaded COVID hit, the brand new Shell Lake Senior Center was officially opened and abruptly closed. The meals for Shell Lake congregate and home delivered meals are prepared at the Spooner Senior Center and then transported to be served in Shell Lake. During COVID, we did receive grant funding to purchase the needed equipment to make the kitchen fully functional for meal prep and service. Now that the program congregate dining services have restarted, we have not had the needed nutrition staff available to have the doors unlocked for cooking onsite and supervision of the facility full-time. We have been serving meals brought from Spooner, onsite in Shell Lake on Wednesdays and Thursdays. In January we started a Tai Chi for Balance program from 10-11:30, which allowed participants to take the class. They then requested to have meals delivered to them, so they could enjoy the company of others

following class. The group then did not want to leave and stayed for games afterwards.

Recently, ADRC staff had a brainstorming meeting with Ventures staff to see if there could be possible partnerships to help both of our agencies and most important, those we serve.

The **Mission of the ADRC of Washburn County** is to provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security, to achieve maximum independence and quality of life.

Ventures Mission to provide innovated services for individuals with disabilities so they may lead meaningful lives. <https://venturesunlimited.org>

Since our missions align, it only makes sense to collaborate and assist each other whenever possible.

Tuesday was a day that the Shell Lake Senior Center was not being used. Ventures was looking for another training location. We were in the need of kitchen and dining room assistants in Shell Lake. During our session, we discussed Ventures to bringing clients to the Shell Lake Senior Center on Tuesday mornings to provide offsite training. An agreement was drawn up for facility use. Ventures staff suggested that while the facility is open Tuesday morning, seniors are more than welcome to hold activities during their training time, allowing more social opportunities locally.

Since Ventures clients are looking for additional vocational training opportunities, they have started assisting the Washburn nutrition team with serving congregate meals at the Shell Lake site. It is a win win for both sides. The Ventures clients are enjoying this job coaching experience, just as much as the seniors love having them at the site. Since the number of onsite meal participants in Shell Lake, continues to rise this helps our staff. We are hoping that this partnership will blossom further with more opportunities at our other sites and our agency. More news to come as the program continues to develop! In the meantime, stop by and enjoy the facility for a meal, activity, cup of coffee or just to say hi. Please see our menu for more information on meal reservations and the Shell Lake activities calendar for what is available. New ideas are welcome. This is a public site open to the public for ages 60+ and their caregivers. For more information, call our office at 715-635-4460.

VENTURES HISTORY

The Washburn County Day Development Center (name changed to Ventures Unlimited, Inc., July 1987) was established in April 1969 by a group of concerned parents and citizens wanting to provide activities for their children with disabilities. The

SEE **VENTURES** PAGE 4

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.

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

SURGERY ON YOUR SCHEDULE.

Ask your provider for a referral to Dr. Mofle.

To learn more, call 715-939-1643

or visit spoonerhealth.com.



DIRECTOR NEWS FROM PAGE 1

➤ Instead of wishing away nine months of pregnancy and complaining about the shadow over my feet, I'd have cherished every minute of it and realized that the wonderment growing inside me was to be my only chance in life to assist God in a miracle.

➤ I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

➤ I would have invited friends over to dinner even if the carpet was stained and the sofa faded.

➤ I would have eaten popcorn in the "good" living room and worried less about the dirt when you lit the fireplace.

➤ I would have taken the time to listen to my grandfather ramble about his youth.

➤ I would have burnt the pink candle that was sculptured like a rose before it melted while being stored.

➤ I would have sat cross-legged on the lawn with my children and never worried about grass stains.

➤ I would have cried and laughed less while watching television ... and more while watching real life.

➤ I would have shared more of the responsibility carried by my husband which I took for granted.

➤ I would have eaten less cottage cheese and more ice cream.

➤ I would have gone to bed when I was sick, instead of pretending the Earth would go into a holding pattern if I weren't there for a day.

➤ I would never have bought ANYTHING just because it was practical/wouldn't show soil/ guaranteed to last a lifetime.

➤ When my child kissed me impetuously, I would never have said, "Later. Now, go get washed up for dinner."

➤ There would have been more I love yous ... more I'm sorrys ... more I'm listenings ... but mostly, given another shot at life, I would seize every minute of it ... look at it and really see it ... try it on ... live it ... exhaust it ... and never give that minute back until there was nothing left of it."

- Erma Bombeck, "Eat Less Cottage Cheese and More Ice Cream: Thoughts on Life from Erma Bombeck"

"When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me.'"

- Erma Bombeck



715-635-4460 and 833-728-3400
 304 2nd Street, PO Box 316, Shell Lake, WI 54871
HOURS: 8:00 a.m. - 4:30 p.m.
Monday - Friday

www.co.washburn.wi.us | <https://adrcwashburncounty.org/>
ADRC/Aging Director: Linda Hand

ADRC of Washburn County Staff Contacts as of April 2023

This is a list of our staff 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 at 715-635-4460

Anna Brown
Information & Assistance Specialist (I&A)
 715-635-4462

Nichole Caudill
Information & Assistance Specialist (I&A)
 715-635-4476
 Our I&A provides support to all adults regarding the needs of persons with disabilities, older adults and their caregivers, and they explore what programs or services meet those needs. They take the time to get to know your situation, and collaborate with you and your support network on next steps.

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

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

Patryce Garcia
Dementia Care Specialist (DCS)/Caregiver Support Coordinator
 715-635-4477
 Dementia care specialists provide: Free information and support to adults with dementia and their caregivers. Help connect you with things to do in your community so you can

stay involved. Memory screenings to help identify changes to memory and cognition and if the screening shows memory loss, a specialist may refer you to a doctor. Help you find social activities, such as those involving music and art. Help you with where you are now—and help you plan for the future. Connect you with caregiver support groups where you live.

Valerie VanderBent
Nutrition Director
 715-635-4467
 The Nutrition Director oversees the Washburn County Elder Nutrition Program, which provides congregate Meals and Home Delivered Meals through our sites.

Washburn County Nutrition Site Mangers
 Kristi Shoop (Birchwood)
 Joanne Smith (Minong)
 Vacant (Shell Lake)
 Mary Lawson (Spooner)

Amber Anderson - Mobility Manager
 715-635-4465
 The Washburn County Aging RSVP Transportation Program provides medical, nutritional, and social rides for residents 60+.

Washburn County Transit Drivers
 Kerry Moore • Dean Martin • Kathy Rowland

Sheila Pierquet
Fiscal Assistant
 715-635-4463

Cassi Feiertag
Administrative Assistant
 715-635-4460

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

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

*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

A Far Cry

Necessity is the Mother of Invention!

There have been great strides made to assist people with disabilities with accommodations to manage daily living. Unfortunately, so much effort is made to get through each day that recreation gets overlooked. The desire to enjoy the outdoors has led to some thinking outside the box.



Don
Posh

In Burnett County, Don Christensen has taken his passion for hunting and fishing and created a website to help others. His site is loaded with information about the accessible outdoors. The name (afarcry.info) came from a friend that said, "You can't do things the way you used to but it's a far cry from sitting on the couch, watching TV hunting shows, and wishing".

Don's site has two video links. One link is for an Outdoor Bound TV show and the other from The Way Outfitters. Both featured Don. Also, on his site you will find other information about adaptive outdoors ranging from opportunities to special adaptations. You can also read about Don's journey navigating the changes in his disability as he ages while continuing to enjoy the outdoors.

Don recently reserved the indiGO Track Chair for the bear hunt next fall. A new adventure awaits him! Do you have an adventure on your schedule? Maybe afarcry.info can help to get you there!

For more information on independent living contact: indiGO serving Douglas, Bayfield, Iron, Price, Sawyer, Washburn, and Burnett Counties including Tribal communities of Red Cliff, Bad River, La Courte Oreilles and St Croix.

Main office: 800-924-1220 V/TTY

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

Be Well...

We're All in This Together!



SAVE THE DATE

Tuesday, May 9, 2023 • 1:00 - 3:00 p.m.
AGING ADVOCACY DAY

Wisconsin Aging Advocacy Network



#WisAgingAdvocacy2023

You are Invited!

Join aging advocates from across the state to share your story and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2023 and beyond.

Register at:

<https://gwaar.wufoo.com/forms/z11p6eil0dbk2o8/>

More details coming soon!

<https://gwaar.org/aging-advocacy-day-2023>

Contact: Janet Zander, 1414 MacArthur Rd., Madison, WI 53714

janet.zander@gwaar.org | 608-228-7253

READING ASSISTANCE

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

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

Visual Handicap: Inability to read standard print materials without special aids or devices other than regular glasses.

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

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

Reading Disability: Organic dysfunction of sufficient severity as to prevent reading in a normal manner, as certified by a physician.

SERVICES PROVIDED:

- **Reading Material.** The Wisconsin Talking Book and Braille Library provides books and magazines in two formats: Braille and audio recorded books. Materials are available for adults, young adults and children. The Wisconsin Talking Book and Braille Library also lends audio-described DVDs.
- **Equipment and Accessories.** The library provides playback machines as well as accessories for the machines to include headphones, pillow speaker, and breath switch.

WE HAVE INFORMATION AND APPLICATIONS AVAILABLE!

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

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



VENTURES FROM PAGE 2

center was housed in the basement of a community church and clients participated in activities such as coloring and crafts.

- 1983 marked the year that the program moved into a building in Spooner and clients began vocational training and activities programming.
- Ventures recognized a need for a re-sale Thrift Shoppe in the community, so in 1990 Ventures opened the Unique Boutique. The site has provided valuable work for people with disabilities as well as provide a place for individuals to buy quality clothing at a reasonable price.
- Due to the growth of Ventures, in 1990 the Day Services program moved to the Shell Lake Industrial Park while the vocational activities continued in Spooner. In 1996 the entire group moved to the Industrial Park in Shell Lake.
- In 1998, a nearly 10,000 square foot building was built. Ventures moved in and we still occupy this building today.
- In 2000, Ventures purchased a business, Just for the Birds. With the purchase of this business, Ventures consumers have been busy making suet balls, bird feeders, and packaging bird seed as well. All the proceeds from the Just for the Birds business benefit people with disabilities.
- In 2002, Ventures expanded services to residents in Sawyer County. March 2003 marked the opening of their new facility located in the city limits of Hayward.
- In 2006, Hayward opened a Thrift Shoppe and Ventures also began providing placement services in Rice Lake.
- In 2007, Ventures expanded services in Rice Lake from a Vocational program to include a Day Services program geared towards individuals with severe disabilities.
- In 2011, Ventures purchased The Celebration Station in Cameron and relocated their Rice Lake facility beginning January 3, 2012.
- In 2016, Ventures was awarded a grant through Project SEARCH and the program began at Rice Lake Weighing Systems.

Throughout the past forty-five years, Ventures services and programming has evolved to what they are today – from coloring books and crayons in church basements to work and community integration in three facilities of their own serving over 150 consumers with developmental disabilities.

5 Tips for Choosing Healthier Foods as You Age

By National Institute on Aging

Food provides the nutrients and energy you need as you age. Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.

- Eat a variety of foods each day.
 - o Fruits
 - o Vegetables
 - o Grains

- o Protein
- o Dairy
- Keep a food diary to track what you eat.
- Read food labels to learn what's in your food.
- Choose foods that don't have a lot of sugar, saturated fats, and sodium.
- Be aware of how many calories you need per day.
 - o Men 60+
 - o Women 60+

- Not active — 1,600 calories
- Moderately active — 1,800 calories
- Very active — 2,000-2,200 calories
 - o Men 60+
- Not active — 2,000-2,200 calories
- Moderately active — 2,200-2,400 calories
- Very active — 2,400-2,600 calories



WASHBURN COUNTY ADRC/AGING MEETING CALENDARS 2023

2023 AGING & DISABILITY COMMITTEE (ADS Committee) - Meets the 1st Tuesday of each month at 9:00 a.m., unless noted (*). Alternative locations allow representatives to visit rural meal sites and meet the participants during the Spring/Summer months. We encourage committee members to join us for lunch, while at the meal sites. Please make reservations at least 24 hours in advance. If you are in need of transportation or accommodations, please contact the ADRC office at 715-635-4460. These are all open meetings and the public is highly encouraged to attend. A time is provided for public comment.

<u>Time</u>	<u>Date</u>	<u>Location</u>	<u>Other Info</u>
9:00 a.m.	*Tuesday, April 11, 2023 Changed Due to 1st Tuesday Being Election Day	Washburn County Board Room 304 2nd Street, Shell Lake, WI • 715-635-4460	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting.
*10:00 a.m.	Tuesday, May 2, 2023	Birchwood Senior Center 110 Euclid Ave., Birchwood, WI • 715-354-3001	Lunch Served at 11:45 a.m.
*10:00 a.m.	Tuesday, June 6, 2023	Minong Senior Center 700 Houston Ave., Minong, WI • 715-645-0418	Lunch Served at 11:30 a.m.
9:00 a.m.	Wednesday, July 5, 2023	Spoooner Senior Center (TBA) 402 Oak St., Spooner, WI • 715-635-8283	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting.
10:00 a.m.	Tuesday, August 1, 2023	Shell Lake Senior Center 210 4th Ave., Shell Lake, WI • 715-635-8283	Lunch served at 12:00 noon
9:00 a.m.	Tuesday, September 5, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI • 715-635-4460	
9:00 a.m.	Tuesday, September 26, 2023 (Change Due to Budget)	Washburn County Board Room 304 2nd Street, Shell Lake, WI • 715-635-4460	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting.
9:00 a.m.	Tuesday, November 7, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI • 715-635-4460	
9:00 a.m.	Tuesday, December 5, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI • 715-635-4460	

HAPPY DAY CLUB

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.

Also we are in need of volunteers to help with our amazing Happy Day Club Program. We are open on Mondays and Thursdays from 9 until 2 p.m.. Any hours you are willing or able to help with this very fun program are available. We would love to meet you. For more information on this great volunteer opportunity, please call Susan at 715-416-2946.

988 24/7 CRISIS & SUPPORT

988 SUICIDE & CRISIS LIFELINE

by the
GWAAR Legal Services
Team
(for reprint)

Starting July 16, with the rollout of a new three-digit dialing code (988), the National Suicide Prevention Lifeline has been rebranded as the 988 Suicide & Crisis Lifeline. The three-digit calling code is intended to make it easier for people experiencing suicidal crisis or emotional distress to contact the Lifeline in order to speak with a trained crisis counselor. The Lifeline connects callers to the closest available local crisis center based on the caller's area code. The Lifeline offers the opportunity to connect with a sub-network of Spanish language crisis counselors and, for service members, a connection to the Veteran Crisis Line. The Lifeline also offers crisis counseling services through online chat at 988lifeline.org and by text using the service's original telephone number of 1-800-273-8255. The original number will continue to work as an alternative to 988 for contacting the Lifeline by telephone.



LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hearty Beef Stew over Buttermilk Biscuit Stewed Tomatoes Hot Spiced Apples MINONG DINING @ 5 3	Sweet & Sour Chicken Roasted Summer Squash WG Dinner Roll Peaches Apple Garbanzo Bean Cake 4	Meatloaf Mashed Potatoes Gravy Glazed Carrots WG Bread Triple Berry Crisp 5	EASTER DINNER Baked Ham Cheesy Potatoes Steamed Broccoli WG Dinner Roll Pineapple Easter Cake 6	HOLIDAY OBSERVANCE NO MEALS SERVED OR DELIVERED 7
Pulled Pork on a WG Bun Baked Beans Creamy Coleslaw Strawberry Shortcake SHELL LAKE DINING @ 5 10	Loaded Baked Potato w/Ham, Onions, Broccoli, Cheese Sauce Marble Rye Pears 11	CLOSED FOR STAFF TRAINING NO MEALS SERVED OR DELIVERED 12	Oven Roasted Turkey Mashed Potatoes Gravy Glazed Carrots Cranberry Wild Rice Bread Cranberry Fluff 13	Baked Cod Roasted Sweet Potatoes Steamed Broccoli WG Bread Pineapple 14
Waldorf Chicken Salad on WG Bread w/Leaf Lettuce, Broccoli-Cauliflower Salad Carrot Sticks Apricots SPOONER DINING @ 5 17	Spaghetti & Meatballs Caesar Salad WG Garlic Breadstick Chocolate Pudding w/Bananas 18	Salisbury Steak Roasted Baby Reds Buttered Corn WG Bread Peaches 19	Chicken Noodle Casserole Garden Salad WG Garlic Breadstick Cantaloupe 20	Granny Smith Tuna Salad Sandwich on WG Bread w/Leaf Lettuce Marinated Bean Salad Potato Salad Crisp Grapes 21
California Chicken w/LTO on a WW Bun Baked Beans Sweet Potato Wedges Mandarin Oranges 24	Swiss Steak Mashed Potatoes Roasted Broccoli Dinner Roll Honeydew BIRCHWOOD DINING @ 5 25	Chicken Stir Fry over Brown Rice Egg Roll Fresh Fruit Oatmeal Raisin Cookie 26	Zesty Taco Bake Spanish Rice Roasted Black Bean & Corn Salsa Berries w/Whipped Cream 27	Loaded Chef Salad w/Ham, Eggs, Cheese, Veggies, Dressing WG Garlic Breadstick Pineapple 28

FOR RESERVATIONS CALL:

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

All meals Served with 1% Milk | Menu Subject to Change Without Notice Due to Food Availability
EVERYONE IS WELCOME

Those eligible to participate on a contribution basis include anyone age sixty and older.
 Suggested contribution is \$4 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$12 to participate.

HAPPY RETIREMENT



PHOTO: SUBMITTED

**Joanne Smith,
 Minong Senior Center Site Manager
 HAPPY RETIREMENT - WE WILL MISS YOU!**

It has been my pleasure to work with Washburn County as the Minong Senior Center Site Manager and for the area Meals on Wheels program. I have always had a great passion for cooking but now it is time for me to turn in my hair restraints for a straw hat. My future looks like more gardening both veggies and flowers. My goal is to become more active in our community, our church, C.O.M.F.O.R.T.S (our local food shelf) and become a Hospice volunteer. My friends and family ask, "What are you going to do with all your time?" my response "Anything I want!"

DINING AT 5

APRIL



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

PLEASE MAKE RESERVATIONS

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

MINONG MENU

MONDAY, APRIL 3

Honey Baked Ham, Cheesy Hash Browns, Asparagus, Salad Bar, Joanne's Choice Dessert

SHELL LAKE MENU

MONDAY, APRIL 10

Glazed Pineapple Ham, Scalloped Potatoes, Honey Glazed Carrots, Side Salad, Lemon Blueberry Cake

SPOONER MENU

MONDAY, APRIL 17

Herb Roasted Chicken over Rice Pilaf, Roasted Asparagus, Salad Bar, Dinner Roll, Mary's Choice Dessert

BIRCHWOOD MENU

TUESDAY, APRIL 25

Chicken & Ribs, Baked Potato, Glazed Carrots, Side Salad, Dinner Roll, Kristi's Choice Dessert



Taste of Home Scotch Eggs

Total Time: Prep: 10 min. Bake: 30 min. YIELD: 6 servings

INGREDIENTS

- 1 pound bulk pork sausage
- Salt & Pepper to taste
- 6 hard-boiled eggs
- 1 large egg, lightly beaten
- 3/4 cup crushed cornflakes

A crispy coating made with cornflakes and pork sausage gives a different treatment to these hard-boiled eggs.

They are fabulous hot out of the oven. Or enjoy them cold for a snack before a soccer or baseball game.

- Dorothy Smith, El Dorado, Arkansas

DIRECTIONS Divide the sausage into 6 portions, flatten and sprinkle with salt & pepper. Shape each portion around a peeled hard-boiled egg. Roll in beaten egg, then in cornflake crumbs. Place on a rack in a baking pan. Bake, uncovered, at 400° for 30 minutes or until meat is no longer pink, turning every 10 minutes.



PHOTO SUBMITTED

CHICOG NEWS

JOANN MALEK & CATHY PETERSON

Chicog News

As we head into April there are several dates to remember. Tuesday, April 4 is the 2023 Spring Election. Chicog town officials, the Spooner School District Referendum, and the Wisconsin Supreme Court Justice are on the ballot. Go to www.myvote.wi.gov for more information.

Other dates to be aware of include the Annual Chicog Town Meeting on Saturday, April 22 and the ESG Annual meeting on Thursday, April 27. Monthly town meetings are on the second Wednesday, April 12. Walkabouts at the town hall continue every Thursday in April and all are invited.

A special thanks to the Town of Chicog crew for doing a great job of plowing, sanding, and keeping the roads safe during this long winter.

What a winter it was! Snow, wind, rain, ice, temps dipping then rising. I think I hear a few groans. But it was a great year for snowshoeing. Piles, mounds, and mountains of soft white powder. Just when walking trails were packed down another storm added more. It was sometimes hard to find my paths, but trekking anywhere in the woods was even better.

Beautiful wooden snowshoes were an important purchase early in our marriage. We chose small lightweight models when our children were able to trek with us. Living in the heart of the city, we sometimes snowshoed along the railroad tracks to a nearby golf course. Years later Jim mastered the art of caning and made authentic seats for his handcrafted canoes. Homemade snowshoes were an extension of that skill. I treasure the pair he made for me and inscribed with my name.

During my years of outdoor education I led many hikes on the snow. The bindings on our wooden snowshoes were crafted from used rubber inner tubes. It took a heavy tug from the back to adjust them onto boots. Often I was the one bending over to pull. Great exercise. What fun to help folks discover this winter sport.

I now use lightweight metal snowshoes. The metal cleats allow me to walk up and down hills without slipping. In fact, with the dangerous icy paths and driveway this winter, I have discovered that walking with my snowshoes is the only way I can navigate the ice safely. Many winters we do not see enough snow to make snowshoeing worthwhile. This winter has been spectacular for this favorite silent sport.

By the time you read this column spring may have reached northern Wisconsin. Yet I will not be surprised if we still have cold and snow. A blizzard one April 4 disrupted an anniversary celebration for my folks. The latest snowfall on record for our state was May 10, 1990. We can even have flurries in June.

On March 2nd Beau Petersen Photography and Video Productions visited Chicog. The ADRC website features activities of county seniors. Our town folk were filmed enjoying the talk, food, puzzles, Mexican Train at a typical Thursday walkabout. Several headed outside to snowshoe in the woods. Check out this video to remember the beauty of our winter, with sunshine illuminating the ice and snow coating every tree branch.

Thanks for reading the Chicog news.



SENIOR CENTER NEWS AND EVENTS

SHELL LAKE SENIOR CENTER

FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.635.8283

NUTRITION SITE MANAGER: JOSIE HAUPT

CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Painting 1 pm Tai Chi Make-up Day 10-11	4 Open most Tuesday mornings for quiet activities 9:45 - 11:15 a.m. Thank you to Ventures!	5 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear & Games 1 pm	6 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	7 Holiday Observance No Meals Served or Delivered
10 Start NEW 12 wk session Tai Chi 10-11 DINING AT 5	11 Open most Tuesday mornings for quiet activities 9:45 - 11:15 a.m. Thank you to Ventures!	12 Wii Bowling & Games 9 am Quilting 9 am No Meals Served Staff Training Smear & Games 1 pm	13 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	14
17 Tai Chi 10 - 11 am DINING AT 5	18 Open most Tuesday mornings for quiet activities 9:45 - 11:15 a.m. Thank you to Ventures!	19 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear & Games 1 pm	20 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	21
24 Tai Chi 10-11 Membership Meeting 2 pm	25 Open most Tuesday mornings for quiet activities 9:45 - 11:15 a.m. Thank you to Ventures!	26 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear & Games 1 pm	27 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	28

SPOONER SENIOR CENTER

OUR NECK OF THE WOODS

402 Oak Street, Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON

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

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

April showers will bring May flowers! After a rough winter, I'm sure that is very appealing. I think we may wait to return from Texas till we know the weather has finally improved.

Starting for June Focus, Claudia Broz will be taking over writing this article. She is in Spooner full time and it makes sense. She has been a member of Spooner Senior Center since 2013 after she retired. Claudia was VP of the center until 2022. She says she was one of the "pesky 3" along with Lynn Beard and Colleen Cook to get the ball rolling to obtain the Annex all the way through the approval process. Convincing some of the county board members earned us the above nickname. On a personal note, she has four kids 10 grandkids and one great grandbaby. More updates on her goals for this newsletter next month.

We are considering doing some virtual classes in upcoming months. We have to figure out how feasible it is as well as if we could get enough computer savvy participants. STAY TUNED!

Unfortunately, I do not have any special talks to report for April, but please continue to watch our Facebook page as they are often added later.

Do not forget weekly activities:

Tuesdays: Mah Jong 1 p.m.

Wednesdays: Chair dance 9:30 a.m., Bridge and 500 at 1 p.m.

Thursdays: Hand and Foot 1 p.m.

Hopefully, tulips and daffodils will be blooming soon!

Website: Spooner Senior Center on Facebook

Phone: 715-635-8283



SENIOR CENTER NEWS AND EVENTS

CAROL ADDINGTON

Birchwood Senior Center

Happy Spring! At least I hope I can say that as you are reading this 'cuz as I am writing it I sure cannot. I hope that we used up so much 'winter' this year that



there is not any left for next year. All in favor say "aye" and about those 'ides' - Is middle of month timing of the first full moon. The 'ides' were the times the full moon fell on the 15th. That is not every month, actually March, May, July, and October. So now you can

show everyone how smart you are or who cares?

It's not what you gather but what you scatter that tells what a life you have lived.

We had a full house at potluck this month and several guests. Our sunny Kelly was on hand again with more smiles and info. She brought with her Patryce Garcia who is the new Dementia Care Specialist for the ADRC of Washburn County. She will be doing some workshops for the community that will be educational and supportive. Watch for info on that. You can also call the ADRC and talk with her. It is wonderful to have this available, as we, all need to learn how to be memory kind. We can learn how to help those who are having an issue and assist their caregivers. Along with that, there will be tools to keep our own minds working well.

Sometimes it takes me all day to get nothing done.

Also on hand was School Administer Gayle Luebke who shared with us what is happening at school.

BIRCHWOOD SENIOR CENTER

LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

PRESIDENT: KEN BOHN - 715.651.2362

They are working to open the school to the public for more use. The halls will be open for afternoon walking. Also, the exercise room for treadmill and other exercise activities. There is a building program in the works, to build a structure connected to the Commons to house plows, etc. Then the 'activity room' will be more accessible and other perks there. Watch for more in the Birchwood News and feel free to call her at school for more information. There is a Grant covering much of this, but there will also be a Referendum coming up to cover some other updates and repairs. Remember we are a rich community with resorts and summer homes, but a very poor income city, which does not fit into the 'aid' system. Do take a tour so you will know exactly what is in the planning.

The quickest way to double your money is to fold it and put it back in your pocket.

Breaking News: We are having a Pizza Party on Wednesday, April 12 at 4:30pm. We had one several years ago before COVID and it was a huge success. You will get a chance to try different flavors and eat to your heart's content. There is no charge, but we

do ask you make a donation in the basket provided. You will need to sign up by April 5, 2023, so we make sure to have enough pizzas. Stop in at the Center to sign up or call to put your name on the list. There will be pop and coffee for you. However, if you prefer another beverage, feel free to bring it with you, as we do for Dining at 5. See you there.

The older we get the fewer things seem worth waiting in line for.

At our meeting, we received info on tips to help with Seasonal Affective Disorder (SAD), which is somewhat prevalent this winter. There are helps for that which are somewhat simple. Stop and pick up an info sheet or call the ADRC and they will send you one.

Finally, if you or anyone you know is in Crisis or suicidal mode, there is a help line 988 you can call. Sad that this is such an issue with our teens and actually all ages. How wonderful to have this available.

So long for this month. May each day be brighter and warmer for you all and we have learned in our many years that this too shall pass and Good Times... they are a Comin'.

MEDICARE 101

Education for all Community Members

New to Medicare?

Nearing 65 and Thinking of Retiring?

On Social Security Disability?

Confused about Medicare Insurance Plans?

This FREE WORKSHOP Includes:

- Medicare parts A, B, C & D
- Medigap-Supplemental Policies
- Senior Care & Employer Plans

Registration is required as space is limited and light refreshments will be provided.

To register or for more information call the Aging and Disability Resource Center at (715) 635-4460



DATE: April 19, 2023

TIME: 10 - 11:30 am

Washburn County Services Center
ADRC of Washburn County
304 2nd St.
Shell Lake, WI 54871

FREE EVENT

Additional Medicare 101 presentations will be held
June 7, 2023 • 2-3:30 pm
August 2, 2023 • 10-11:30 am

Presented by:

Kelly Weisenbeck
Elder Benefit Specialist
kweisenb@co.washburn.wi.us



FREE Strength-Training class for middle aged and older adults

Strength training has been shown to:

- Reduce the risk of chronic diseases
- Improve bone density
- Reduce falls
- Reduce arthritis symptoms
- Improve mood

SHELL LAKE LIBRARY
MONDAY and THURSDAY
APRIL 17 - JUNE 8 • 10:00 - 11:15 AM

To register, follow this link
<https://forms.gle/ZuANZqzmZppd68py6>
or scan the QR code:



AN AA/EEO EMPLOYER, UNIVERSITY OF WISCONSIN-MADISON PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING, INCLUDING TITLE VI, TITLE IX AND ADA REQUIREMENTS. REQUESTS FOR REASONABLE ACCOMMODATIONS FOR DISABILITIES OR LIMITATIONS SHOULD BE MADE PRIOR TO THE DATE OF THE PROGRAM OR ACTIVITY FOR WHICH IT IS NEEDED BY CALLING 715-263-4234. FOODWISE IS FUNDED BY THE USDA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP AND THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM - EFNEP.

Is It a Ministroke? Know the Warning Signs of a TIA

<https://www.aarp.org/health>

THE SHORT-LIVED SYMPTOMS CAN LEAD TO SERIOUS COMPLICATIONS AND SHOULDN'T BE IGNORED

By Rachel Nania, AARP - January 27, 2023

In her mind she was talking — relaying to her hairstylist stories from her recent trip to Rome. But as Beth Bonness looked at herself in the mirror, dye still in her hair, she could see her mouth wasn't moving. That's weird, she thought.

Snowflake-like lights appeared to the side of her left eye, and her right hand curled into a claw. Her stylist — asking Bonness if she was OK, if she needed help — sounded like she was underwater.

"And there was pressure, but no pain," says Bonness, of Portland, Oregon.

The whole thing lasted a few minutes — maybe four, she recalls. So Bonness, then 49, finished up her hair appointment, met her family for dinner at a nearby restaurant, then went home and filled her husband in on the strange events of the afternoon.

Soon after, Bonness was in the emergency room getting checked out. It was there she learned, blood pressure sky high, she likely had a transient ischemic attack, or TIA, which happens when blood flow to the brain is temporarily blocked. Roughly 240,000 Americans a year have a TIA, sometimes called a ministroke, according to the American Stroke Association. And though they can occur at any age, they're most common among adults 55 and older.

Bonness went home with blood pressure medication and a plan to take it easy for a few days.

Knowing when to seek help TIA RISK FACTORS

Major risk factors for TIA include:

- High blood pressure
- Diabetes
- Heart disease
- Atrial fibrillation
- Smoking

Source: American Stroke Association

It's not uncommon for symptoms such as the ones Bonness experienced to be brushed aside, says Hardik P. Amin, M.D., associate professor of neurology and medical stroke director at Yale New Haven Hospital St. Raphael Campus in Connecticut. A big reason: When it comes to a TIA, there's no pain involved.

"Usually if there's a pain component, that's going to send folks running to the hospital," Amin says. "Here, it's more like a loss of ability to do something." And that loss of ability quickly resolves, often within a few minutes.

A short-lived weakness or numbness in the arm? "Sometimes patients just think, Oh, I just slept on it funny. I'll try to shake it off or just kind of work through it and see if it just gets better on its own," Amin says.

Bonness, who was a busy working mother, admits that when her TIA was happening, "there was a soft little part" of her that thought it could be stroke related. But with everything going on in her life, she says, "there wasn't a lot of air space for the quiet warning signs to percolate."

Doctors, however, say it's important not to overlook TIA symptoms. In fact, they require immediate medical attention, a new scientific statement from the American Heart Association (AHA) says. Diagnosing a TIA and understanding its root cause can help prevent a full-blown stroke, which can

cause lasting brain damage and long-term disability — even death.

"TIAs can be a harbinger of something really bad," says Arif Jivan, M.D., an interventional cardiologist at Northwestern Medicine Lake Forest Hospital. "It can be a warning sign for a more significant stroke in the future."

According to the AHA, up to 18 percent of people who experience a TIA will have a stroke within three months — and half of those strokes will occur within a few days. About one-third of people who have a TIA go on to have a stroke within a year.

Several days after her first TIA, Bonness found herself back in the emergency room. This time the diagnosis was a stroke.

What are the signs of a TIA?

The symptoms of a TIA are the same as those for a stroke, doctors say, only they are temporary and can sometimes resolve as quickly as they come on.

Amin points to the acronym FAST to recognize the warning signs of both TIA and stroke. The first three letters stand for: Face drooping (typically on one side), arm weakness or numbness (again, this is usually on one side of the body) and speech difficulty, where an individual may struggle to string words together, may say something nonsensical or may have thick, slurred speech "where it sounds like the patient's got marbles in their mouth," Amin says.

The final letter stands for time to call 9-1-1, and the same holds true when it comes to TIA, even if the symptoms stop before you get to the phone.

HOW TO TELL IF YOU'VE HAD A MINISTROKE

- Common warning signs include sudden onset of:
 - Weakness, numbness or paralysis on one side of your body
 - Slurred speech or difficulty understanding others
 - Blindness in one or both eyes
 - Dizziness
 - Severe headache with no apparent cause

Source: American Stroke Association

Another symptom to pay attention to is vision change, Amin says. "The classic type of vision symptoms that suggest a stroke or TIA is a blackout of vision. So if someone notices complete vision loss in just one eye, and it's described as kind of a nightshade coming down over one eye, if it's temporary or if it's lasting, that is an emergency," he says.

In fact, some stroke awareness campaigns use the acronym BE FAST, with the "B" standing for balance and the "E" representing eye/vision changes. Thinking back, Bonness says had she known about BE FAST — she had at least three of the symptoms — she "probably would have gone to the ER sooner."

"It's imperative that we don't ignore those symptoms and seek medical attention very quickly," Jivan says. "Even though they're transient and they're short lived, [TIAs] are associated with long-term, worse outcomes."

When Seconds Count, You Can CODE RED

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



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

ENROLL TODAY!
Visit
www.co.washburn.wi.us
& Click on the CodeRED icon

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

APRIL 4 SPRING ELECTION

April 4th Election Update for ADILN – March 15, 2023

Help Support People with Disabilities and Older Adults to Vote in the April 4th Spring Election

April 4th is a very important election in Wisconsin. Many people with disabilities and older adults experience barriers to voting. The Disability Vote Coalition can help you to support community members with the information needed to register to vote, cast a ballot, and understand voting rights and accommodations.

- Have a voting question? Contact the DRW Voter Hotline at 844-347-8683 or info@disabilityvote.org
- Want to order voting materials or schedule a training? Contact the Hotline!
- Need information about voter registration, photo ID, or ballot return assistance? Our Voter Toolkit for the 2023 Elections has what you need: [Voter Toolkit – 2023 Elections](#).

WHAT'S ON THE BALLOT?

In the Spring Election, Wisconsinites will vote for a State Supreme Court Justice who will serve for ten years and rule on cases that our rights and liberties. The new Justice may be a “swing” vote as many cases are decided on a 3-4 vote.

Also on the ballot: two questions for an amendment to the Wisconsin Constitution regarding setting bail for some people accused of crimes, and an Advisory Referendum about work requirements for people who receive welfare benefits.

We encourage voters to study these proposals in advance. Changing our State Constitution is a big deal and should be approached with care and deliberation. Remember: there is no requirement to vote for something you are unsure about.

View your ballot and these proposals at [My Vote Wisconsin](#).

A good place to learn more about these proposals is the Ballotpedia website.

- Enter your voting address to view information about these proposals. https://ballotpedia.org/Wisconsin_2023_ballot_measures

SPRING ELECTION LUNCH AND LEARN – MARCH 20TH

Join us on March 20th at noon on Zoom to prepare for the April 4th election. Learn about what's on the ballot, important deadline, tips for absentee and in-person voting, and your voting rights! Registration is required.

APRIL 4TH SPRING ELECTION – IMPORTANT DATES

Plan ahead! Here are important deadlines for the April 4th election.

- Voting by mail? Request your absentee ballot as soon as possible to allow time for it to be mailed to you and returned. Registered voters may request an absentee ballot at: My Vote Wisconsin: <https://myvote.wi.gov/>
- March 7: Last day to begin acquiring residence to vote in Spring Primary. Voters moving after this date may vote from their prior address.
- March 14: Clerks mail absentee ballots to voters with valid requests on file.
- March 15: Deadline to register to vote by mail or online in the Spring Primary. After this date, voters must register in-person in the municipal clerk's office or at their polling place.
- March 21: In-person early voting can begin.
- March 30: Absentee ballot request deadline for regular and overseas voters.
- March 31: Last day to register to vote in the clerk's office or other designated location before Election Day.
- April 4 – Election Day. Polls are open from 7 AM – 8 PM

RIDES TO THE POLLS SURVEY FOR APRIL 4,

2023 ELECTION

Does your organization provide transportation services? The Disability Vote Coalition is reaching out to ask for your help to update our “Rides to the Polls” list for the April 4, 2023 election.

Please complete our Rides to the Polls survey as soon as possible. We will close the survey this week to provide time to update the website. Thanks to those who have replied!

Information will be posted on the Disability Vote Coalition website “Rides to the Polls” page to help people with disabilities and older adults find transportation for voting. It will be shared widely with the disability and aging network and our partners including the League of Women Voters.

Thank you for your help to connect people with disabilities and older adults with transportation to vote!

KNOW YOUR RIGHTS

People with disabilities have the right to have an equal opportunity to vote, and to access disability-related accommodations, if needed. Some of the most widely used accommodations are curbside voting, receiving assistance with marking a ballot, and use of accessible voting machines. See our fact sheet and video:

- View English Voting Rights fact sheet here ([accessible pdf](#)).
- View Spanish Voting Rights fact sheet here ([accessible pdf](#)).
- Know Your Rights video

BALLOT RETURN ASSISTANCE FOR DISABLED VOTERS

As affirmed by a federal court in August 2022, any Wisconsin voter who requires assistance with mailing or delivering their absentee ballot to the municipal clerk because of a disability must be permitted to receive such assistance by a person of the voter's choice, other than the voter's employer or agent of

SEE ELECTION PAGE 11

7 Things to Know About Medicare Insulin Costs

The Senior Medicare Patrol (SMP) Scoop is prepared by the GWAAR SMP Team to help Medicare beneficiaries and their advocates prevent, detect, and report health care fraud, abuse, and errors. 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

To subscribe, please send us an e-mail.

Website: www.smpwi.org

Facebook: [@WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

By the Department of Health and Human Services, USA

1. As of January 1, 2023, your Medicare drug plan can't charge you more than \$35 for a one-month supply of each Part-D covered insulin product, and you don't have to pay a deductible for your insulin. You'll pay \$35 (or less) for a one-month supply of each Part-D covered insulin product, even if you get Extra Help to lower your prescription drug costs.
2. If you get a 2- or 3-month supply of Part D-cov-

ered insulin, your costs can't be more than \$35 for each month's supply. For example, if you get a 2-month supply of a Part D-covered insulin, you won't pay more than \$70 for that 2-month supply.

3. If you get a Part D-covered insulin product and pay more than \$35 for any month's supply between January 1, 2023 and March 31, 2023, your Part D plan must reimburse you within 30 calendar days for the amount you paid that's over \$35 per month's supply. (Part D plans have until March 31, 2023, to update their systems to make sure you're charged the correct amount.) If you haven't received reimbursement within 30 days, contact your plan.

4. If you use a covered insulin product and decide you'd like to be in a different Part D plan for 2023, you can add, drop, or change your Part D coverage one time between now and December 31, 2023. If you change plans mid-year, your True Out-of-Pocket (TrOOP) costs will carry over from your old plan to your new one. Call 1-800-MEDICARE (1-800-633-4227) if you take insulin and want to change your plan. TTY users can call 1-877-486-2048.

5. If you use a disposable insulin patch pump, you'll continue to get your insulin through your Part D plan, and the insulin for your pump won't cost more than \$35 for a month's supply of each covered insulin product. If your Part D plan covers disposable insulin patch pumps, the pump is considered an insulin supply. Because it isn't an insulin product, the pump isn't subject to the \$35 cap and might cost more than \$35.
6. If you use a traditional insulin pump that's covered under Medicare Part B's durable medical equipment benefit, the \$35 cap on your insulin costs starts July 1, 2023. Beginning July 1, 2023, your cost for a month's supply of Part B-covered insulin for your pump can't be more than \$35, and the Part B deductible won't apply. If you have Medicare Supplement Insurance (Medigap) that pays your Part B coinsurance, that plan should cover the \$35 (or less) cost for insulin.
7. Want to learn more about Medicare's coverage and your costs for insulin? • Visit [Medicare.gov/coverage/insulin](https://www.medicare.gov/coverage/insulin). • Visit [Medicare.gov/about-us/inflation-reduction-act](https://www.medicare.gov/about-us/inflation-reduction-act). • Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

Analysis of Governor's Budget Proposal



ADULT LONG-TERM CARE & FAMILY CAREGIVING

- Provides paid Family Medical leave for up to 12 weeks paid leave to all self-employed workers and part- and full-time employees working for employers who have more than 50 employees. Payroll contributions would be shared equally by employers and employees.

- Expands who can use Family and Medical Leave to grandparents, grandchildren, and siblings. Removes the reference to child, allowing workers to use FMLA for people of any age.

- Creates a Family Caregiver tax credit that allows reimbursement for out of pocket costs directly related to caring or supporting adult family members who need help with daily living activities. The maximum annual credit per family member is \$500.

- Increases respite funding by 200K.
- 5% rate increase for Home- and Community-Based Services for Family Care. This does not apply to IRIS or CLTS as they are not managed care.

- Increases funding for DHS's Division of Quality Assurance to allow for a 25% investigation rate to respond to safety complaints, including complaints involving 1-2 bed Adult Family Homes.

- Increases staffing for the Office of Caregiver Quality to support misconduct investigation and background check program.

- Increase base funding for Aging and Disability Resource Centers
- Provides a 0.5 FTE position to provide caregiver support services in every county.

- Support the ongoing costs of the tribal Aging and Disability Resource Specialists (ADRS) -
- Build a centralized ADRC website and database providing Wisconsinites access to information about long-term care supports and services from the comfort of their home

CHILDREN'S LONG-TERM CARE

- The Governor's proposal directs DHS to ensure that any child who is eligible and applies for the disabled Children's Long-Term Support waiver program receives services under the program.

LTC WORKFORCE

- Rate increases for paid Direct Service Professionals in Family Care. (\$88.8M over the biennium)
- Rate increases for personal care workers. (\$88.8M over the biennium)
- Funding to continue implementation of Caregiver Task Force recommendations.

SPECIAL EDUCATION

- The Governor's proposal raises the special education reimbursement rate from 31% to 60% and makes the appropriation sum sufficient so school districts are guaranteed to recoup 60% of the funding they spent on students with disabilities.
- Limit the special needs scholarships to currently enrolled students with no new admissions.
- Increases High-Cost Special

Education reimbursement to 60% in 2025 and makes the appropriation sum sufficient so school districts are guaranteed to recoup 60% of the funding they spent on high-cost students with disabilities.

- Payment for School Medical services. Allows public school districts to retain 100% of Medicaid funds collected for supports like Physical Therapy, Occupational Therapy, Speech and Language Therapy, mental health services and specialized transportation for students with disabilities who need to receive Medicaid-funded services at school.

- Requirement that parental school choice and special needs scholarship program schools have licensed teachers.

- Funding for school based mental Health services for students, and expansion of staff that can be included in funding to include school counselors, school psychologists, and nurses.

- Funding to reimburse schools for mental health services provided in and of school.

TRANSPORTATION

- Multiple proposals to improve regional transportation capacity including: levy limit exceptions for cross-municipality transit routes, authorization of regional transit authorities.

- Increase general Mass Transit Aids by 4% in each year of the budget

- Increase Paratransit Aids by 4% in each year of the budget

- Create a Transit Capital Assistance Grant Program

- Increase funding for Specialized Transit Assistance Program (s. 85.22), which includes mobility management.

- Increase funding in each year of the budget to fund coordination of services for non-drivers

- Restore roadway design considerations in state law that support non-motorist infrastructure (Complete Streets) to help local communities safely integrate all modes of transportation.

- Increase Division of Motor Vehicles Access with Expanded Hours of Operation to allow expanded hours of operation at the Division of Motor Vehicles' physical locations.

- Increase for Wisconsin Employment Transportation Assistance Program

- Allows use of a state ID instead of a driver's license to establish residency for DNR approvals.

EMPLOYMENT

- Social security disability insurance payments. Repeals the current prohibition that any Unemployment Insurance (UI) claimant who receives a Social Security Disability Insurance (SSDI) payment is ineligible for UI benefits,

and instead requires DWD to reduce a claimant's benefit payments by the amount of SSDI payments.

VOTING

- Creates an Office of Election Transparency and Compliance to provide research and assistance to the Wisconsin Elections Commission, including responding to inquiries from the public and legislators and audits of election systems and equipment, including with respect to accessibility requirements for individuals with disabilities.

- Funding to implement Automatic Voter Registration. Recommends the Wis. Elections Commission to work with the Department of Transportation to begin automatic voter registration and that the Commission facilitate the initial registration of all eligible electors as soon as practicable.

- Shortens the Residency Requirement for voting from 28 days to 10 days.

- Allows a county or municipal clerk to begin canvassing absentee ballots on the day before an election.

- Expands voting access by eliminating the restriction on how soon a person may complete an absentee ballot in person.

- Require polling places to post a Voter Bill of Rights which informs voters of voting rights guaranteed under current law. • Authorizes use of high schools for voter registration.

MENTAL HEALTH

- Funding and position authority to support the Development of up to two crisis urgent care and observation centers.

- Funding to create a suicide prevention program.
- Funding to support the in-state 988 Suicide and Crisis Lifeline Call Centers.

- Funding to establish a behavioral health treatment program for individuals who are deaf, hard of hearing, or deaf-blind.

- Funding to cover the nonfederal share of the Medicaid Community Support Program which is currently funded by counties.

- Funding to establish a 25-bed psychiatric residential treatment facility which would provide psychiatric care and treatment to children and youths under the age of 21 with complex behavioral health conditions and expanding Medicaid benefits to include a psychiatric residential treatment facility benefit.

- Funding for the peer-run respite center for veterans.

- funding for youth crisis stabilization facilities.

ELECTION FROM PAGE 10

that employer or officer or agent of the voter's union.

Some disabled voters have experienced barriers. If your right to assistance is denied or challenged, please contact DRW at 844-347-8683.

- Guidance on Absentee Ballot Return Options Under the Federal Voting Rights Act | Wisconsin Elections Commission

GUARDIANSHIP AND VOTING RIGHTS.

In Wisconsin, a person under guardianship retains the right to vote unless the court expressly removes it. If an individual is under guardianship and unsure of their right to vote, the Court's decision regarding the right to vote is recorded on a court form called "A Determination and Order on Petition for Guardianship Due to Incompetency." A person who has a guardian and has

lost the right to vote may petition the court to restore their right to vote

- Competency, Guardianship and Voting in Wisconsin)
- Competency, Guardianship and Voting in Wisconsin - Spanish
- Guardianship and Voting Resources - Disability Rights Wisconsin

ACT TODAY TO ORDER OUR FREE 2023 ELECTION POSTCARDS AND POSTERS.

They provide the election date and important phone numbers and websites to contact for help. To place your order, complete our survey:

- Order 2023 Elections Postcards - Wisconsin Disability Vote Coalition
- Order 2023 Elections Posters - Wisconsin Disability Vote Coalition

BUDGET FROM PAGE 11

- funding to support existing peer recovery centers and to support the development of two additional peer recovery centers in counties not currently served by existing centers.
- position and expenditure authority for the Office of Children's Mental Health.
- Increases the Medicaid reimbursement rate for outpatient mental health and substance abuse services and child-adolescent day treatment to increase access to treatment and suicide prevention services.
- modifies and expands the existing Child Psychiatry Consultation Program into a broader Mental Health Consultation Program.
- provides funding to expand Medicaid benefits to include a psychosocial rehabilitation benefit and to provide reimbursement under the benefit to noncounty providers.
- Expands regulations to remove barriers first responders with post-traumatic stress disorder face when seeking worker's compensation.

OTHER DISABILITY ISSUES

- Requires lead investigation of a dwelling or premises when an occupant under the age of six has lead poisoning or lead exposure above 3.5 mg
- Expands access to Birth to 3 for children with an elevated blood lead level above 3.5 and allocates funding for early intervention services across county programs.
- Increases Adult Protective Services funding to respond to more reported cases of abuse and neglect of people with disabilities.
- Provides funding to increase the

capacity for the Guardianship Support Center to provide technical assistance to families and others about guardianship and alternatives to guardianship.

- Maintain ongoing funding to manage training modules for guardians.
- Accept the federal ACA provision for Medicaid expansion to provide coverage to 89,700 state residents - covering all low-income Wisconsin residents, of which 30,300 are uninsured and reduce health care costs by over \$1.6 billion GPR.
- Expand Medicaid benefits to include services provided by Community Health Workers who serve as a liaison between health and social services and the community to facilitate access to services improve the quality and cultural competence of service delivery.
- Professionalizing Dental Therapy. Governor's Proposal creates a new license for dental therapists to increase the number of dental providers and dental services provided across the state.
- Funding for a Medicaid Community Health Benefit to provide non-medical services (housing referrals, nutritional monitoring, stress management and other services) to Medicaid recipients.
- Funding for a grant to support community dental health coordinators across the state.
- Achieving a Better Life Experience (ABLE) Accounts. Governor's proposal implements the recommendations from the DFI report to authorize the state to implement and administer an ABLE program, either directly or by entering into a formal agreement with another state, or with an entity representing an alliance of states.
- Homestead Tax Credit Expansion and Indexing. Governor's Propos-

al increases the maximum income threshold for the homestead tax credit and indexes the credit for inflation to preserve the credit's value against inflationary pressures. People with disabilities, older adults, and those with earned income are eligible for the Homestead Credit.

- Tax credit for installing universal changing stations. Governor's proposal creates an income and franchise tax credit for small businesses that install universal changing stations. Universal changing stations are a floor-mounted or wall-mounted, powered, and height-adjustable adult changing table with a safety rail that can be used for personal hygiene by an individual with a disability of either sex and the individual's care provider.
- Creates a sales and use tax exemption for diapers, feminine hygiene products and adult incontinence products.
- Broadband Expansion Funding - one-time investment for the broadband expansion grant program with the requirement that the commission spend at least \$75 million annually.
- Broadband Line Extension Grant Program funding to provide grants or financial assistance to eligible households to subsidize the cost of a line extension from existing broadband infrastructure to a residence.
- Digital Equity Expansion - modifies current law to provide the commission with additional flexibility to reallocate state universal service funds for digital equity expansion initiatives.
- Funding and position authority and modifying current law to protect broadband customers by requiring broadband service providers to meet certain service requirements, including prohibiting a broadband service provider from denying service to residen-

tial customers on the basis of race or income.

- Funding a Municipal Home Rehabilitation Grant Program for municipalities to rehabilitate and restore blighted residential properties to increase affordable housing options within the municipality.
- Create a Whole-Home Upgrades Pilot Grant Program to provide funding for whole-home upgrades within a Milwaukee neighborhood to reduce energy burdens and create a healthier living environment for households with low income.
- Create a Housing Safety Grant Pilot Program to award grant funding to the city of Milwaukee for activities supporting the improvement of rental housing safety.
- Expand renter protections by modifying current law related to pre-emption of a local unit of government's ability to enact ordinances regarding landlord-tenant responsibilities, inspections, and eviction processes and procedures.
- Increase the State Housing Tax Credit from \$42 million to \$100 million to help address the need for affordable housing and increase the credit period from six taxable years to ten.
- Funding and position authority to support the Office for the Blind and Visually Impaired, the Telecommunications Assistance Program, interpretation services and grants to independent living centers.
- Increase the amount of disability income subtraction to \$5,500 for a single filer and \$11,000 for a married couple (if both spouses are eligible) and increase the income thresholds to \$30,000 for single filers and \$60,000 for married-joint filers.

Free Tax Preparation Assistance

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

For more information or to schedule an appointment call: (715) 635-8273
Choose Option "7"
for Tax Appointment
Appointments will be scheduled:
Thursdays: 9:30 a.m. – 11:45 a.m. and
2 p.m. – 5:30 p.m.
Saturdays: 8 a.m. – 11:30 a.m.

NOTE: No COVID restrictions will be in place this year. Masks will be available for those who wish to wear them. The last day of appointments will be Saturday, April 15th

What to bring with you to the appointment:

- Proof of identification (photo ID)

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

account numbers for direct deposit such as a blank check

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

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

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

Works(W-2) payments

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

10 Warning Signs Your Older Family Member May Need Help

By the Administration of Community Living (ACL)

Changes in physical and mental abilities that may occur with age can be difficult to detect for older adults and their family members, friends, and caregivers too. To help in determining when an older adult may need assistance in the home, the Eldercare Locator has compiled a list of 10 warning signs. Any one of the following behaviors may indicate the need to take action. It is also important to inform the older adult's physician of these physical or psychological behavior changes.

HAS YOUR LOVED ONE:

- Changed eating habits, resulting in losing weight, having no appetite, or missing meals?
- Neglected personal hygiene, including wearing dirty clothes and having body odor, bad breath, neglected nails and teeth, or sores on the skin?
- Neglected their home, with a noticeable change in cleanliness and sanitation?
- Exhibited inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at all hours?
- Changed relationship patterns, causing friends and neighbors to express concerns?
- Had physical problems, such as burns or injury marks, which may result from general weakness, forgetfulness, or misuse of alcohol or prescribed medications?
- Decreased or stopped participating in activities that were once important to them, such as bridge or a book club, dining with friends, or attending religious services?
- Exhibited forgetfulness, resulting in unopened mail, piling of newspapers, not filling their prescriptions, or missing appointments?
- Mishandled finances, such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases, such as buying more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements?

Through the Eldercare Locator, older adults and their loved ones can access information on local aging resources that offer assistance for aging in place, enabling older adults to continue living independently in their homes and communities.

For additional information on programs and services for older adults and their caregivers in your area, contact the Eldercare Locator at 800-677-1116 or <http://www.eldercare.gov>.

FOR MORE INFORMATION CONTACT:

U.S. Department of Health and Human Services
Administration for Community Living
Washington, D.C. 20201
Phone: (202) 619-0724 Fax: (202) 357-3555
Email: ACLinfo@acl.hhs.gov
Web: <http://www.aoa.gov>

Shell Lake Public Library will be Food Location for Feed My People Food Bank

The Shell Lake Public Library is excited to announce that we will be a food location for Feed My People Food Bank. Ready to Go food bags are available in the city hall lobby. There are two types of bags; ready to eat and things that require heating. There is a clipboard on the cart where participants are asked to record household size and age range. This information helps Feed My People continue to serve our community. There are no identification, residency or income requirements.

Respite Care Provider Training (RCPT)

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

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

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



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Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Join us and learn to Walk With Ease!



UPCOMING EVENTS, CLASSES AND INFORMATION

PREVENT MEDICARE FRAUD SMP CAN HELP!

PREVENT, DETECT, REPORT

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse.

Senior Medicare Patrol (SMP) can help you, your friends, and neighbors learn how to prevent, detect, and report Medicare fraud.

When you contact us, our trained team will answer your questions and provide guidance in how to resolve your problem. We will provide confidential support to address your concerns.

LOOK OUT FOR:

- Billing for services or medical supplies that were not provided.
- Misrepresenting a diagnosis, your identity, or other facts to bill Medicare.

- Prescribing or providing excessive or unnecessary tests and services.
- Billing out of pocket for services covered by Medicare.

TIPS TO PREVENT, DETECT & REPORT

- Only share your Medicare or Social Security number with those you trust.
- Only carry your Medicare card when you need it.
- Medicare will not call to get your personal information, they will never ask for money or threaten you.
- Keep a record of all your medical visits and procedures.
- Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.
- Call your health care provider, Medicare, or your local SMP if you see something suspicious.



Wisconsin Senior Medicare Patrol
Toll Free Helpline: (888) 818-2611
www.smpwi.org

Regional Hospice Services

Caring for our Community with Grief Support

Ongoing Monthly Grief Support Program

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

We also offer 6-week sessions during the year.
Visit regionalhospice.org for 2023 schedule.

- Open to anyone who has experienced loss, regardless of participation in Regional Hospice care services.
- No registration is required.
- Free of charge

We are here to help you and your patients.
Call us at 715-635-9077 with any questions.
regionalhospice.org

Bereavement Program:

Regional Hospice offers an extension of care to family and caregivers of patients after they have passed. Through phone calls and mailings, our Bereavement Coordinators reach out to the patient's family and keep in touch for the year following the death. This connection lets our families know that we're remembering them and care about how they are doing.

FREE Virtual StrongBodies Class

March 28th - June 29th

Tuesdays and Thursdays • 9 am - 10:15 am

Register online: <https://go.wisc.edu/un43ve>

Questions:

Bridget Rongner 715-635-4444
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StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

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www.mychoicewi.org/SA
800-963-0035 TTY 711

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

DHS Approved 8/16/2021

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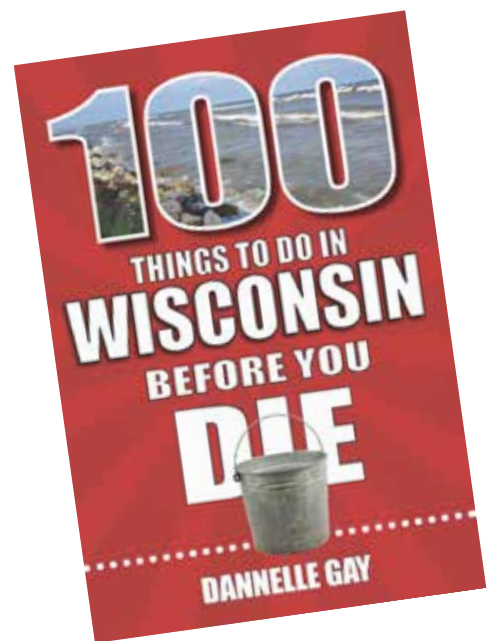
All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

ADRC of Washburn County is covering the full cost of the program, \$220, for Washburn County Residents.

A suggested donation of \$25 made payable to ADRC of Washburn County is appreciated.

All participants must be 60+ years of age.
www.esmmweighless.com



May 2023

5/18: (time TBA) at **Round Man Brewing Co.**
234 Walnut Street, Spooner

June 2023

6/3: 10 AM - 1 PM at **The Potter's Shed**
260 Industrial Blvd., Shell Lake

July 2023

7/13: 3 - 7 PM at **Perlick Distillery**
W5150 County Highway B, Sarona

7/15: 11 AM - 3 PM at
Wisconsin Great Northern Railroad
426 N. Front St., Spooner

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f t y

The ADRC of Washburn County has some great upcoming events planned for this summer.
PLEASE MARK YOUR CALENDARS!

SAVE THE DATE



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

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

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