

## HAPPY RETIREMENT KELLY!

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



Kelly Weisenbeck, a licensed Social Worker, started as the Washburn County Elder Benefit Specialist (EBS) on February 24, 2014. At that time, I was also serving as an EBS in Sawyer County. In July 2018, I had the pleasure of becoming her supervisor in Washburn.

visior in Washburn.

Kelly is a dedicated employee who shows up to work on time, always with a smile on her face. She is very conscientious for the feeling of others, both clients and fellow staff members. As an Elder Benefit Specialist, she is highly regarded by all of her clients, who love to visit her in the office and at all of our senior centers.

During COVID and since, Kelly has actively created innovative types of outreach for those she serves, due to social isolation. During COVID, Kelly collaborated with a local Physical Therapist to offer the "Medicare Mile". The Medicare Mile, invited community members to join them on a Medicare educational talk/walk, starting with warm up exercises, hydration bottle, and a SHIP Medicare presentation, as they walked through the park. Kelly has assisted the Dementia Care Specialist with the Reelin' New Memories fishing event for people with Dementia and caregivers, in coordination with the WI Dept. of Natural Resources and other volunteer



groups.

In 2023, the ACL requested Kelly to participate in the Medicare Part C Panel Discussion, in recognition of the work she had done during Open Enrollment assisting Medicare beneficiaries compare Medicare Advantage Plans.

Kelly served as expert guest speaker on several occasions for the Northwood Tech Gerontology Class, Planning Committee for Wisconsin Association Benefit Specialists Conference, and is a regular contributor of SHIP Medicare education and tips for frauds in the ADRC Focus for Life newsletter.

Kelly is always eager to discuss situations, offer assistance, and wants to be included in the overall department decisions to learn and give her own feedback. In 2023 Kelly served Washburn County residents and was recognized for performing highly with 564 Unduplicated Cases, 185 New Clients, 764 hours spent on legal/benefits assistance, 20 Carry-over cases,

1,257 Cases Opened, 1,220 Cases Closed, and 57 Cases Remaining Open. The Monetary Impact of Kelly's contribution of work for Washburn County residents was \$3,530,482.00 in Federal Funds, \$222,038.00 in State Funds, \$206,614.00 in Other Funding Sources for a grand total of \$3,959,134.00!

Anyone who has met Kelly knows that she always tries to bring a smile and laugh out of any that are having a bad day, staff and customers. Kelly goes out of her way to make check-in calls with clients that she knows are going through a hard time, they love her.

We know that there will be a huge hole to fill within our department, with Kelly's retirement, but are so excited to see her moving to this next exciting phase of life – enjoy every moment to the fullest!

Knowing that Kelly has so many devoted clients throughout Washburn County, we wanted to invite the community to join us in the **Celebration of Kelly's Retirement:**

**WHEN:**

**Friday, July 26 from 1:00-3:00 p.m.**

**WHERE:**

**Washburn County Board Room  
located at 304 2nd Street  
Shell Lake, WI 54871**

Government employees are not allowed to accept gifts, but a visit and hugs are accepted. For those of you who are unable to attend in person, you are encouraged to take part in a "Shower of Cards for Kelly".

**What does a card shower mean?**

A card shower is organizing a plan to send cards to one person from various people. The cards may be to celebrate, comfort, give thanks, or encourage. A card shower is perfect for birthdays, anniversaries, retirement, graduation, and personal milestones.

**Please send your well wishes to:**

Attn: Kelly Weisenbeck  
ADRC of Washburn County  
P.O. Box 316  
Shell Lake, WI 54871



PHOTO SUBMITTED

## AmVets Post 190 Spooner

The AmVets Post 190-Spooner are veterans serving veterans and the needs of our community. We are looking for new members young and old. We meet every 2nd Wednesday of the month starting at 6:00 p.m. at the Washburn County Wellness Center 50+, which is located at 850 W. Beaverbrook Avenue, Spooner, WI, next to the Washburn County Fairgrounds. Please join us!

Call John Oscar at 715-635-4959, if you have any questions.

## SENIOR NEWS

### VOLUNTEER APPRECIATION: HONORING OUR COMMUNITY HEROES

**SUBMITTED BY**  
**VALERIE VANDERBENT**  
Nutrition Director

### CELEBRATING VOLUNTEER IMPACT

Volunteers are the lifeblood of our organization and programming – bringing passion, dedication, and invaluable support to our mission.



PHOTO SUBMITTED

**Valerie VanderBent**

We would like to take a moment to express our heartfelt gratitude and celebrate the incredible contributions of our volunteers.

We are so fortunate to have over 50 dedicated volunteers involved in the Senior Nutrition Program. In 2023 alone, more than 35,000 meals were delivered to homebound participants throughout Washburn County. This would not have been possible without the help of our wonderful volunteers. Additionally, our Washburn County Transit volunteer drivers volunteered over 65 hours to take older adults and adults with disabilities to their medical or nutrition-related appointments. In addition

to volunteer drivers, we also have volunteers who help prep and serve meals in the dining sites, lead health promotion classes, serve on our Advisory Councils, and assist with administrative support tasks. We would like to put a special “thank you” out to all of our volunteers, past and present, for making our programs what they are!

**Upcoming Appreciation Event**  
To show our appreciation, we are excited to announce our upcoming Volunteer Appreciation Dinner as part of the August 21st Senior Social Event. Join us for an evening of celebration, including food, music, and recognizing our wonderful volunteers.

### GET INVOLVED!

If you are inspired by your fellow volunteers in our community and want to make a difference, we welcome you to join us! Whether you can commit an hour a week or a day a month, every bit helps. There are a variety of opportunities to volunteer at the ADRC. Stop in at our office to pick up a volunteer application packet or call us at 715-635-4460 to learn more. As the older adult population grows, so does the need for volunteers to assist in serving them.

To all our volunteers: thank you for your hard work and commitment! Your efforts do not go unnoticed, and we are incredibly grateful for everything you do. Let’s keep working together to help older adults in our community thrive!

# Wednesday, August 21

# VOLUNTEERS ROCK!

*Come and help us celebrate  
our amazing volunteers!*

**DINNER FROM 4:30 - 5:30 PM**

**MENU: Build Your Own Burger, Loaded Baked Beans, Potato Salad, Fresh Fruit Salad, Dessert Bars, and your choice of milk (white/chocolate) or water**

By Reservation Only

RESERVATIONS BEGIN AUGUST 1st • PLEASE CALL 715-635-4460



**2nd TIME AROUND BAND**  
*50's & 60's Rock & Roll!*  
**5:30 - 7:30 PM**

60 and over: A suggested contribution of \$6.00 - \$8.00. No one eligible will be denied service based on their ability to contribute. Under 60: Fee of \$15.00

## Your Neighbor IN HEALTH



Deeply rooted in the Spooner community, Spooner Health's goal is to ensure that, when you walk through our doors, you are always treated like a neighbor. We'll make sure you receive high-quality care in a compassionate setting. **We're proud to be your neighbor in health.**

*Serving Our Community With Care*

Discover more about our services at [SpoonerHealth.com](http://SpoonerHealth.com) or call us at 715-635-2111.

## Back-to-School 529 Plan

The month of August is when many parents are preparing to send children, or themselves, back to school. The earlier you start planning and saving, the easier it can be when the time comes to paying tuition.

**CALL OR VISIT TODAY!**



715-635-3136



[www.davidpford.net](http://www.davidpford.net)

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Not bank deposits or obligations | May lose value



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



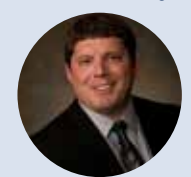
**David P. Ford**

CERTIFIED FINANCIAL PLANNER™



**Lynn Ford**

Certified Retirement Planning Counselor<sup>SM</sup>



**Tom Sutton**

LPL Financial Advisor

# Scammers Hide Harmful Links in QR Codes to Steal Your Information



**FEDERAL TRADE COMMISSION  
PROTECTING AMERICA'S CONSUMERS**

**BY ALVARO PUIG**

Consumer Education Specialist

December 6, 2023

QR codes seem to be everywhere. You may have scanned one to see the menu at a restaurant or pay for public parking. And you may have used one on your phone to get into a concert or sporting event, or to board a flight. There are countless other ways to use them, which explains their popularity. Unfortunately, scammers hide harmful links in QR codes to steal personal information. Here's what to know.

There are reports of scammers covering up QR codes on parking meters with a QR code of their own. And some crafty scammers might send you a QR code by text message or email and make up a reason for you to scan it. These are some of the ways they try to con you:

- they lie and say they couldn't deliver your package and you need to contact them to reschedule
- they pretend like there's a problem with your account and you need to confirm your information
- they lie, saying they noticed suspicious activity on your account, and you need to change your password

These are all lies they tell you to create a sense of urgency. They want you to scan the QR code and open the URL without thinking about it.

A scammer's QR code could take you to a spoofed site that looks real but isn't. And if you log in to the spoofed site, the scammers could steal any information you enter. Or the QR code could install malware that steals your information before you realize it.

**SO HOW CAN YOU PROTECT YOURSELF?**

- **If you see a QR code in an unexpected place, inspect the URL before you open it.** If it looks like a URL you recognize, make sure it's not spoofed – look for misspellings or a switched letter.
- **Don't scan a QR code in an email or text message you**



PHOTO SUBMITTED

**weren't expecting – especially if it urges you to act immediately.** If you think the message is legitimate, use a phone number or website you know is real to contact the company.

- **Protect your phone and accounts.** Update your phone's OS to protect against hackers and protect your online accounts with strong passwords and multi-factor authentication.



**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. M-F**  
[www.co.washburn.wi.us](http://www.co.washburn.wi.us)  
<https://adrcwashburncounty.org/>

**Linda Hand, ADRC/Aging Director**  
715-635-4460

**ADRC of Washburn County Staff Contacts as of AUGUST 2024**

This is a list of our staff by position, with 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 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)**  
715-635-4460

**Nichole Caudill**  
**Information & Assistance Specialist (I&A)**  
715-635-4460

Our I&A staff provide 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.

**VACANT**  
**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

DCS provide information and support to adults with dementia and their caregivers. The role of Caregiver Support Coordinator assists residents throughout the county who act as caregivers for elderly, disabled, and grandparents raising children in many capacities.

**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) • Laura Gomez (Minong) • Char Jaeger (Shell Lake)  
Mary Lawson (Spooner)  
Jennifer Ganske (Spooner Cook)

**Amber Anderson**  
**Mobility Manager**  
715-635-4465

Washburn County Transit provides medical, nutritional, and social rides for residents age 60+ and adults with disabilities.

**Washburn County Transit Drivers**  
• Dean Martin • Mike Schroeder

**VACANT**  
**Fiscal Assistant**  
715-635-4463

**Cassi Feiertag**  
**Administrative Assistant**  
715-635-4460

**Aging & Disability Services Committee**  
Joe Hoy - Chair • George Cusick - Vice Chair  
Kasey King • Jocelyn Ford • David Wilson

**ADRC Governing Board**  
Bob Olsgard - Chair  
Open Seat • Danielle Larson  
Colleen Cook • Char Snarski • Kathy Fabert  
Mark Van Etten • Mike Linton • Mike Schroeder

## SENIOR NEWS

## MEDICARE PART B PREVENTIVE BENEFITS

BY THE GWAAR LEGAL SERVICES TEAM

Did you know that Medicare Part B covers many preventive benefits at no cost to beneficiaries, as long as the services are provided by a doctor or other qualified health care provider who accepts Medicare assignment? These preventive services include:

- Abdominal aortic aneurysm screenings for at-risk individuals (with a referral from a doctor or other qualified health care provider)
- Alcohol misuse screenings and counseling (up to four free counseling sessions per year)
- Bone mass measurements once every 24 months to check if an individual is at risk for broken bones (for people with certain medical conditions or who meet certain criteria)
- Cardiovascular behavioral therapy (discussion of aspirin use, blood pressure check, tips on eating well, etc.) one time per year to help lower the risk for developing cardiovascular disease
- Cardiovascular disease screenings once every five years that help detect conditions, such as high cholesterol, that may lead to a heart attack or stroke
- Cervical, vaginal, and breast cancer screenings at least once every 24 months
- Colorectal cancer screenings, such as colonoscopies, to help find precancerous growths or find cancer early, when treatment is most effective. Note, however, that if a polyp or other suspicious tissue is found and removed during a screening procedure, the patient must pay 15% of the Medicare-approved amount for doctors' services and hospital fees.

- Counseling to prevent tobacco use and tobacco-caused disease, up to eight times per year
- Vaccines, including for COVID-19, flu, Hepatitis B (for those at medium or high risk for Hep B) and pneumococcal infections. Most other recommended adult immunizations (such as for shingles, tetanus, diphtheria, and pertussis) are covered by Medicare Part D drug plans.
- COVID-19 monoclonal antibody treatments and products to help fight the disease and keep an individual out of the hospital
- Depression screenings (one per year), as long as it is performed in a primary care setting (like a doctor's office) that can provide follow-up treatment and/or referrals, if necessary
- Diabetes self-management training for diagnosed diabetics to learn to cope with and manage the disease, with a written order from the patient's doctor or other health care provider
- Glaucoma test, for those at high-risk, once every 12 months
- Screenings for Hepatitis B and C, as well as HIV and lung cancer, if certain conditions are met
- Mammogram screenings to check for breast cancer – once every 12 months for women 40+, and one baseline mammogram for women ages 35-39
- Behavior change program to help prevent Type 2 diabetes (offered once-per-lifetime to high-risk individuals)
- Nutrition therapy services for individuals with diabetes or kidney disease and those who have had a kidney transplant in the last 36 months, as long as a physician referral is provided
- Obesity screenings and behavioral therapy for those with a body mass index (BMI) of 30 or more, to help individuals lose weight by focusing on diet and exercise. The counseling must be provided in a primary care setting (like a

doctor's office), so that an individual's personalized prevention plan can be coordinated with the patient's other care.

- Prostate cancer screenings once every 12 months for men over 50
- Sexually transmitted infection (STI) screenings and counseling for high-risk individuals and those who are pregnant. Medicare covers these tests once every 12 months or at certain times during pregnancy. Medicare also covers up to 2 individual, 20-30 minute, face-to-face, high-intensity behavioral counseling sessions for high-risk adults. To be covered, counseling sessions must be provided in a primary care setting (like a doctor's office). Medicare will not cover counseling as a preventive service in an inpatient setting, such as a skilled nursing facility.
- "Welcome to Medicare" preventive visit during the first 12 months that someone is enrolled in Part B. The visit includes a review of the patient's medical and social history related to health. It also includes education and counseling about preventive services, including certain screenings, shots or vaccines (like flu, pneumococcal, and other recommended shots or vaccines), as well as referrals for other care, if needed.
- Yearly "Wellness" visit after someone has had Part B for longer than 12 months, to develop or update the patient's personalized plan to prevent disease or disability based on current health and risk factors.

This treatment will be covered through the end of 2023. In 2024, Original Medicare will cover monoclonal antibody treatments if someone has COVID-19 symptoms. In the case of individuals with weakened immune systems, Part B will continue covering the cost, even following the end of the COVID-19 public health emergency on May 11, 2023.

## WHAT'S THE "SCOOP"?

BY INGRID KUNDINGER

SMP Program Director

We received an important update from CoventBridge Group, the Centers for Medicare and Medicaid Services (CMS) Unified Program Integrity Contractor (UPIC) that we wanted to share. But first, let's unjumble the alphabet soup.

CMS is the federal agency that provides health coverage to more than 160 million people through Medicare, Medicaid, the Children's Health Insurance Program, and the Health

Insurance Marketplace. CMS works in partnership with the entire health care community to improve quality, equity, and outcomes in the health care system.

The role of the UPIC is to detect fraud, waste, and abuse in Medicare Parts A, B, Durable Medical Equipment, Home Health, Hospice, and Medicaid. CoventBridge Group is the name of the organization that serves in this capacity for several states, including Wisconsin. When we submit cases of suspected fraud for possible investigation, CoventBridge Group is notified, as they are part of the fraud-fighting team for Medicare.

Here's what we learned and wanted to share:

- Many of the same beneficiaries who received unwanted COVID-19 test kits now have suspect claims for in-person COVID-19 tests, durable medical equipment, catheters, and glucose monitors.
- The bad actors are expanding to other services/supplies and/or brokering the Medicare information they have available to them.
- Medicare beneficiaries need to be very vigilant about checking their Medicare Summary Notices for fraudulent charges for other types of services/supplies.
- Evidence shows that the suspected scammers are making phone calls and getting people

to say "yes" at any time during the call. Once the person responds "yes" to any of the questions asked, the phone call recording can be altered to make it sound like the product was wanted or requested.

What's the Scoop? It is critical that we just say "no" and hang up when we receive these types of calls. It is best to avoid saying "yes" to anything when on the phone with unknown callers. And better yet? If you don't recognize the phone number calling you, don't answer it!

Here's a Double Scoop: Please review your Medicare statements regularly to make sure all claims filed with your information are accurate. If something doesn't seem right, say something. If you see a suspicious claim, call our toll-free helpline at (888) 818-2611. We can help!

Remember that your Senior Medicare Patrol team is here to help in any way that we can. And information about how you can protect yourself from Medicare-related fraud and scams can always be found on our website.

Here's the Scoop on how you can reach us:  
Call: (888) 818-2611  
E-mail: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)  
Website: [www.smpwi.org](http://www.smpwi.org)  
Facebook: @WisconsinSeniorMedicarePatrol

*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

**INDIGO NEWS**

**WHAT IS INDEPENDENT LIVING?**

SUBMITTED BY **DON POSH**

IndiGO Your Allies for Independence

There seems to be some confusion regarding independent living and assisted living. The differences are like night and day. In assisted living there is a facility, which assists residents that live in an apartment like setting, and the assistance is based on individual needs. Independent living is completely different. The main idea is to find the supports to keep an individual with a disability in their own home or to age in place. An AARP study revealed 87% of seniors want to age in place and avoid a nursing facility.



PHOTO SUBMITTED

**Don Posh**

As we age there is a high percentage of chance we will acquire a disability. Many things that had been easy can become a barrier to independence. It may seem simple when you are able, but just getting in and out of a chair, into the bathtub or getting dressed can be a daunting task. This can mean that accommodations will be necessary to continue to live in our home. In independent living, we refer to accommodations as assistive technology. It sounds like something computer related, but more often than not, they are just gadgets to assist with a task. A cane assists with balance

when walking, a sock puller or an extended shoehorn can assist when it is difficult to bend and put on our socks and shoes. On the other hand, there are things that more complicated like a power wheelchair. Actually, there are far too many devices to explain and that's a good thing. The good thing is there are always people innovating and creating to overcome obstacles and assist with independent living.

Indigo specializes in independent living and assistive technology. Please contact us if you have any questions. You may also see me at the ADA celebration in Superior July 23, the ADRC Summer Concerts, and the Caregivers Conference in September.

**Be well  
we're all in this together!**

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.



**HAPPY DAY CLUB**

**ARE YOU A CAREGIVER FOR SOMEONE WITH MEMORY LOSS?**

Let 'Happy Day Club' (an adult daycare program) help you! We meet every Monday and Thursday at Trinity Lutheran Church in Spooner WI from 9 a.m. to 2 pm.

Caregivers, you can leave your loved one with memory loss/dementia in a safe and fun environment so you can get some well-deserved free time. Those with memory loss/dementia can enjoy socializing, music and games, just to name some of the fun things that happen at Happy Day Club. The atmosphere is very relaxed and easy-going so folks can feel comfortable around one another. They can just be themselves.

Morning snacks and lunch are provided. We are staffed by one paid Director and a group of very well-trained and experienced volunteers. Happy Day Club is a nonprofit program that has been in existence for over twenty years, the only one in the Washburn County area! There is a \$30 daily fee. Financial help is available if assistance is needed.

Happy Day Club hopes you stop in for coffee and check our program out. Let us serve you on your journey with dementia. We are here to help.

Call us at **715-416-2942** or email [happydayclub65@gmail.com](mailto:happydayclub65@gmail.com).

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 or email [happydayclub65@gmail.com](mailto:happydayclub65@gmail.com) with any questions you may have.

**GET PHYSICAL**

**When in doubt, sweat it out!** Moving your body is a great way to reduce feelings of anxiety, improve your thinking and cognition skills, and even help you sleep better. So don't fall into a state of boredom that can be difficult to break free from. Get moving!

The American Heart Association recommends adults get at least 150 minutes of moderate-intense activity per week, or 75 minutes per week of vigorous aerobic activity, or some combination of both spread throughout the week. Adults also need muscle-strengthening activities two or more days a week. And if you're 65 and up, add some balance exercises to help prevent any nasty falls.

We aren't saying you have to go to the gym if that's not your thing. There are plenty of ways for you to get some exercise that don't involve paying for a membership. Here are just a few:

Take a walk/Walk the dog. Whether you walk with a four-legged friend, an exercise partner, or just on your own, walking can help your physical and mental health. Try a mindful walk, where you concentrate on how your body feels as it moves, noticing the flowers and critters you see, what scents of summer are in the air. Give yourself mini goals to challenge yourself and keep your walk interesting.



FILE PHOTO

Dance party! Turn up that music that gets you moving and allow yourself the freedom of a little dance party.

Active breaks. Turn commercial breaks into an opportunity to do some squats or march in place. You can also practice balancing on one leg. Hold on to the back of a chair if needed.

Add extra steps where you can. For instance, park a little further from your work's front door. Use the stairs instead of an elevator. Walk to a nearby lunch spot instead of driving. For instance, a Subway restaurant is a mere quarter mile from REALiving headquarters. When it's nice outside, it makes for a great walk as well as time to catch up with coworkers!

Take advantage of the summer with some swim time! And if lakes aren't your thing, check with local hotels for low cost of swimming in their pools, or at your local community center. Swimming works your whole body and is appropriate for people with injuries, arthritis, and some disabilities. Swimming can even help reduce some pain or improve recovery from an injury.

Boredom is a state of mind. Moving your body will not only help you break free from that state of mind, but it has long-term health and wellness benefits.

Brought to you by the Washburn County Employee Achievement Program® provider, REALiving®. [www.REALiving.com](http://www.REALiving.com).

AUGUST					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
			Seasoned Baked Chicken Breast Broccoli Baked Sweet Potato Whole Grain Bread Apricots	Porcupine Meatballs Mashed Potatoes and Gravy Asparagus WG Breadstick Pears Walnut Fudge Brownie				1	2
Sloppy Joes on Whole Grain Bun Baked Beans Tomato & Cucumber Salad Crisp Grapes <b>MINONG DINING AT 5</b>	Salsbury Steak Mashed Potatoes Glazed Carrots Whole Grain Bread Mixed Berry Crisp	BBQ Chicken Parsley Baby Reds California Vegetable Blend Cornbread Cantaloupe	Pork Chop Suey over Brown Rice Egg Roll Crunchy Asian Slaw Mandarin Oranges Fortune Cookie	Taco Lasagna Mexican Chopped Side Salad Whole Grain Bread Fresh Fruit Sour Cream Cranberry Bar	5	6	7	8	9
Bratwurst on Whole Grain Bun Kernel Corn Sweet Potato Puffs Berry Pretzel Dessert <b>SHELL LAKE DINING AT 5</b>	<b>SALAD BAR DAY</b> BIRCHWOOD, MINONG SPOONER Strawberry Spinach Salad with Chicken; WG Garlic Breadstick Carrot Sticks Honeydew	Baked Lemon Chicken over Herbed Lemon Brown Rice Green Beans Roasted Red Potatoes Apricots	Egg Salad with Lettuce on a Croissant Apple Cranberry Coleslaw Three Bean Salad Fruit Juice	Home-style Meatloaf Mashed Potatoes Gravy Stewed Tomatoes Whole Grain Bread Pistachio Fluff Salad	12	13	14	15	16
Chicken Tortellini Pasta Steamed Broccoli Garden Salad Dressing WG Garlic Breadstick Cinnamon Pears	Mongolian Beef over Cilantro Lime Rice, Green Beans Almondine Honey-Soy Glazed Carrots Strawberry Shortcake	Waldorf Chicken Sandwich on Whole Grain Bread, Chick Pea & Cucumber Salad with Citrus Applesauce <b>SENIOR SOCIAL DINNER &amp; CONCERT EVENT</b>	Roasted Sausage & Sprouts Seasoned Potato Wedges Whole Grain Bread Fresh Orange	Sliced Baked Ham Scalloped Potatoes Buttered Asparagus Whole Grain Bread Pineapple	19	20	21	22	23
Fish with Lemon Dill Sauce, Sweet Potato Fries, Creamy Coleslaw, Whole Grain Bread, Fresh Fruit Salad <b>SPOONER DINING AT 5</b>	Unstuffed Pepper Casserole Fresh Garden Salad Dressing WG Bread Cantaloupe <b>BIRCHWOOD DINING AT 5</b>	Cheeseburger with Lettuce, Tomato, Onion on Whole Grain Bun Baked Beans Potato Salad Peach Cobbler	Chef Salad with Ham, Egg, Cheese, Veggies, Dressing Whole Grain Breadstick Pudding Watermelon	BBQ Ribs Mashed Potatoes and Gravy Roasted Brussels Cornbread Crisp Grapes	26	27	28	29	30

• ALL MEALS SERVED WITH 1% MILK  
• MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO FOOD AVAILABILITY  
**FOR RESERVATIONS CALL:**

**Spooner Wellness Center: 715-635-8283 • Shell Lake Senior Center: 715-468-4750  
Birchwood Senior Center: 715-354-3001 • Minong Senior Center: 715-466-4448**

**EVERYONE IS WELCOME:** Those eligible to participate on a contribution basis include anyone age sixty and older. Suggested contribution is \$6.00 - \$8.00 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15.00 to participate.



**AUGUST  
DINING @ 5**

Suggested donation is \$8.00 - \$10.00  
Cost: \$15.00 for anyone under 60 years old.  
**PLEASE MAKE RESERVATIONS  
24 HOURS IN ADVANCE**  
Shell Lake: 715-468-4750 • Spooner: 715-635-8283  
Minong: 715-466-4448 • Birchwood: 715-354-3001

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**MINONG MENU  
MONDAY, AUGUST 5**  
Berry Nice Spinach Salad  
Choose Your Wings: Made to order with choice of BBQ/Parmesan Garlic/ Plain/Herbed • Fresh Personal Relish Tray  
Sweet Potato Tater Tots • Ice Cream

-----

**SHELL LAKE MENU  
MONDAY, AUGUST 12**  
BBQ Chicken • Corn on the Cob  
Parsley Baby Reds • Fruit Salad  
Whole Grain Dinner Roll  
Cherry-Topped Cheesecake

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**SPOONER MENU  
MONDAY, AUGUST 26**  
*End of Summer Feast*  
Create Your Own Salad with a variety of options: Fresh Chef Salad, Asian Chicken Salad, and Taco Bar  
Choose your favorite combination and enjoy an array of homemade bars as dessert.

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**BIRCHWOOD MENU  
TUESDAY, AUGUST 27**  
Beef Stir Fry served over a bed of Brown Rice • Egg Roll  
Fresh Salad Bar • Kristi' Choice Dessert



*Make a Difference*  
**VOLUNTEER!**

**VOLUNTEERS NEEDED:**

- Would you like to do something meaningful to give back to the community?
- Do you like helping people in need?
- Would you like to make people smile?

**Make a difference! Become a Home Delivered Meals Volunteer Today!**

**YOU GIVE US:**

- One day per week (approximately 3 hrs.)
- Compassion for people in need
- You own transportation

**WE GIVE YOU:**

- A hot, nutritious lunch
- Equipment needed to keep food safe
- Mileage reimbursement

- A bunch of new friends and the best feeling of fulfillment

**If interested in volunteering for meal delivery, please contact Valerie at the Aging and Disability Resource Center at 715-635-4467**

## SENIOR CENTER NEWS

**VERDELL PETTEY**  
**WASHBURN COUNTY WELLNESS CENTER**  
**50+ NEWS**  
 Verdellpettey@gmail.com

Northwood’s encounters of my younger years included Art’s Bait and Night O’Rest Cabins. The cabin had two bedrooms, the third was a fold out couch; the beds touched the walls on both sides; a curtain on a rod on bedroom door for privacy; no AC except windows that may or may not open; kitchen equipped by garage sales/did dishes in a soup pot; old green linoleum floors; metal kitchen table with red vinyl chair seats; a few exciting wildlife pictures on the walls. This was the deluxe vacation package - the cabin came with an outhouse, a rowboat, a woodpecker who’s drilling day started at dawn, a few chipmunks, some loons and a few resident spiders. Fast forward to now, the family has owned such a cabin since 2001 and the 3rd generation loves it also.

First Friday Flicks return in August. Don’t forget it’s free and starts at 1PM.

“Dining with Darrell” sees him at McDonalds! What is his favorite nutritious meal? French fries. Guess we’ll call him “Drive-thru Darrell” this month. I share his dining adventures monthly.

Sharon Lull wants people to call her, 480-521-1018, if they are interested in playing a new game at the center. The game, Marbles & Jokers is a lot like the old game of Sorry.

We danced to Larry’s Drifters July 17th at the Shell Lake Summer Senior Social Dinner Concert. Thank you to the Shell Lake Lions Club for all the help setting up for this, especially the dance floor and all the tent shelters. Our third and last dance will be August 21 with the 2nd Time Around Band. Call 715-635-4460 to make a reservation. Serving starts at 4:30; music at 5:30. It was wonderful to see residents of Glenview Assisted Living join us too!

Some senior center people attended a class to learn safe food serving. Sue Roux and I were able to assist Mary and Jenny at the Dining @ 5 on July 15 for the BBQ chicken dinner. Red,

**SPOONER SENIOR CENTER**  
**WASHBURN COUNTY WELLNESS CENTER 50+**  
 850 W. Beaverbrook Ave., Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON  
 CO-CHAIRMEN: CARYL LIGLER | 715-635-8215 and LYNN BEARD | 715.520.3569

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mah Jong 9am Games 10am Dining 12pm Cards; Hand and Foot 1pm	2 Dining 12pm First Friday Flicks 1pm
5 Dining 12pm Cards: Cribbage, Mexican Train 1pm Tai Chi 1pm	6 Dining 12pm Mah Jong 1pm	7 Chair Dancing 9:30am CARDS: 500 & Bridge Dining 12pm	8 Mah Jong 9am Games 10am Dining 12pm Cards; Hand and Foot 1pm	9 Dining 12pm
12 Dining 12pm Cards: Cribbage, Mexican Train 1pm Tai Chi 1pm	13 Dining 12pm Mah Jong 1pm	14 Chair Dancing 9:30am CARDS: 500 & Bridge Dining 12pm AMVETS 6:30pm	15 Mah Jong 9am Games 10am Dining 12pm Cards; Hand and Foot 1pm	16 Savvy Seniors Book Club 10:30am Dining 12pm
19 SSCC Meeting 10:30am Dining 12pm Cards; Cribbage, Mexican Train 1pm Tai-Chi 1pm	20 Dining 12pm Mah Jong 1pm	21 Chair Dancing 9:30am CARDS: 500 & Bridge Dining 12pm	22 Mah Jong 9am Games 10am Dining 12pm Cards; Hand and Foot 1pm	23 Dining 12pm
26 SSCC Meeting 10:30am Dining 12pm Cards; Cribbage, Mexican Train 1pm Tai-Chi 1pm	27 Dining 12pm Mah Jong 1pm	28 Chair Dancing 9:30am CARDS: 500 & Bridge Dining 12pm	29 Mah Jong 9am Games 10am Dining 12pm Cards; Hand and Foot 1pm	30 Dining 12pm

white, and blue mocktails and live music by Bob Seckoria and friends topped off the evening. Chuck and Sharol Lull and Jan Rath set and cleared tables. We need volunteers to help each month with the tables. No training required. Please call me to sign up for a month. 507-696-8263.

Our weather tip from Phil Ringlien will make you think this time. “Mare’s tails and mackerel

scales make lofty ships carry low sails.” Summertime weather is picnic time. Have you ever heard someone use the expression “It’s no Sunday School picnic!” It was used in frustration over an event that was not going well. (they have obviously never been to a Sunday School picnic. I always loved them and had a good time) See you at 2nd Time Around.

## NEIGHBOR TO NEIGHBOR

Neighbor to Neighbor is a vital network of volunteers, donors, and sponsors working together so Washburn County seniors and adults with disabilities can live independently in their homes. We connect them to our programs and volunteers as well as other local resources. Neighbor to Neighbor volunteers are screened, trained, and matched with recipients according to their interests, skills, and abilities. Many volunteers have been helping our neighbors for years and new ones join regularly.

Our Friendly Visits and Phone Calls / Visits is one of our programs connecting seniors and adults with disabilities to volunteers with common interest to build friendships and reduce social isolation.

To learn more about Neighbor to Neighbor, sign up for services for someone in need, donate, or consider joining as a volunteer, visit our website at [www.fiawashburn.org](http://www.fiawashburn.org) or call 715-635-2252.



FILE PHOTO

## RECIPE

### JALEPEÑO CANDY CORN

<https://dianaluis.com/>

2. Add 1 stick of butter, 2 tablespoons of honey, and 1 cup of milk (or 1/2 cup of half-and-half). Blend carefully.
3. Add the corn to the mixture. I also included two sliced jalapeños for a delicious, mildly spicy kick. The honey enhances the natural sweetness of the corn without making it too sweet.
4. Once the corn is added, reduce the heat to low and let it cook for 5-7 minutes.
5. After cooking, turn off the heat and keep it covered, allowing people to serve themselves. The jalapeño-infused butter clings to the corn, making it a perfect side dish for any meal or cookout.

## SENIOR CENTER NEWS

### JUNE WILLIS FRIENDSHIP COMMONS Shell Lake Senior Center

Happy August! The weather has been wonderful with lots of sun and plenty of rain, giving us beautiful flowers and the local farmers wonderful crops! We took flowers, paintings, and several of our talented members submitted things they had made for judging at the fair. Only thing missing was our Center's captivating group quilt of "Gnomes for All Seasons" which we are working furiously on to put it on display for a Fall raffle.

We were so happy to welcome a new quilter, Bee, who recently moved from California to Shell Lake. We also have Joan with us for the summer. As the saying goes "the more the merrier", so if you already quilt or would like to learn how, please join us on Wednesday mornings at 9:00. You can also stay and have a delicious lunch made by our Site Manager, Char at 11:30.

Local artist Joni Campbell, who comes to our Center the first Monday of each month, helped us paint beautiful masterpieces in July. We painted Aurora Borealis, also known as, Northern Lights. If you would like to join us and paint your own beautiful picture, please contact us at the Center the week before to get on the list.

The final concert in "Welcome to Summer 2024" will be this month. If you haven't attended one of these concerts you really should-the food is great and the entertainment is wonderful!

We have some wonderful events planned for August. If you are a member and would like to help in making decisions and being part of the planning process for upcoming trips or events, please join us at our monthly meeting held on the last Monday of the month at 12:30.

Our email address is: SLFriendshipCom-

### SHELL LAKE SENIOR CENTER FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.468.4750

NUTRITION SITE MANAGER: CHAR JAEGER  
PRESIDENT: JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	2 Congregate Dining 11:30
5 Tai Chi 10-11 am Congregate Dining 11:30 Painting 1:00	6 Cribbage 9:30-11:30 Congregate Dining 11:30	7 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	8 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	9 Congregate Dining 11:30
12 Tai Chi 10-11 am Congregate Dining 11:30  <b>Dining at 5:00</b>	13 Cribbage 9:30-11:30 Congregate Dining 11:30	14 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	15 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	16 Congregate Dining 11:30
19 Tai Chi 10-11 am Congregate Dining 11:30	20 Cribbage 9:30-11:30 Congregate Dining 11:30	21 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	22 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	23 Congregate Dining 11:30
26 Tai Chi 10-11 am Congregate Dining 11:30 Membership Meeting 12:30	27 Cribbage 9:30-11:30 Congregate Dining 11:30	28 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	29 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	30 Congregate Dining 11:30

mons@gmail.com. Please feel free to contact us with any questions or concerns, or to sign up for upcoming events.

Call (715-468-7491) for information about activities and (715-468-4750) to order eat-in meals at the Shell Lake Senior Center. Please

make sure you order the day prior.

To learn more about the Home Delivered Meal Program in Washburn County, call Valerie VanderBent, Nutrition Director at (715-635-4460)

## CHICOG NEWS

### JOANN MALEK CHICOG NEWS

Camping has changed from my younger days. When Mary and Dewey Anderson took over Shangri-La on South Twin Lake in 1986, the 45 campsites were filled with tents and a few small campers. There were four cabins and a few larger seasonal trailers. Some campers registered for a weekend; many stayed for a full week.

Almost forty years later, new owners Nate and Kayla Netz have spaces for just fourteen short-term campers. The resort has three cabins now and space for 97 seasonal trailers. The Netz' have brought back the original name, chosen by first owners, Elsa and Ralph Dahlgren. Shangri-La is defined as earthly paradise.

***Make up your mind - don't stay behind;  
The lakes and woods are beckoning.  
Forgoing that wealth - renew your health,  
Postpone the day of reckoning.***



PHOTO SUBMITTED

This ditty, copied from a long-ago Shangri-La brochure may or may not have drawn crowds, but business was good. Mary and Dewey were busy from morning until night. Their home was on-site, with bar attached. Mary cleaned the bar first thing every morning and was there until Dewey took over at 8pm. When the bar closed, between midnight and 2am, he'd clean bathrooms before he slept. A unique feature of the resort was a beer locker, an earthen storage area built into the hill outside the bar.

On the spring day when the bar burned Mary was doing bookwork. She grabbed her paperwork and moved outside. The fire department quenched the blaze and saved their home. The fire auxiliary brought food and coffee. "Everyone was wonderful." The house was filled with smoke so the Andersons moved into one of the cabins for a couple of months. When it came time to rebuild the bar a group of their regular



## SENIOR CENTER NEWS

### **POLLY LEINWANDER**

**MASC President**

Minong Area Senior Center

### **MINONG AREA SENIOR CENTER**

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: LAURA GOMEZ - 715.466.4448

PRESIDENT: POLLY LEINWANDER

#### HELLO FROM THE MASC

#### JUNE 3RD, DINING @ 5

The evening began with Brain Trivia games presented by Patryce Garcia, ADRC Dementia Care Specialist. The games included questions on various Minong trivia which made it quite interesting. Thank You Patryce.

The theme was Italy, as we continue to Travel the World. The menu was a salad bar, Italian Spaghetti and Meatballs, Garlic Sticks, and dessert of Cannoli. Everyone enjoyed the great food. We like to make our Dining @ 5 a special - FUN evening for all. With the Italian theme guests were given various Italian peel and stick mustaches and there was a backdrop of the outside of an Italian building - all prompts for our FUN pictures. Check out the pictures on the cork board and the memories photo album. Individual faux, Italian, stamped passports were at each place setting. The evening ended with a game of bingo.

**Thank You to the ADRC Nutrition Program, Our 5 Star Chef, Laura, and all of the volunteers that make this happen.** Dining @ 5 is a monthly event that takes place the 1st Monday of the month unless the center is closed. Reservations are required by 2pm the Friday prior. 715-466-4448.

Saturday, July 27th is the 14h Annual Motorcycle Fun Run, sponsored by ABATE, at Tracks Bar & Grill. Proceeds go to the Minong Area Senior Center and ABATE. Registration begins at 8:30am-9:45am. Kickstands up at 10:00am. \$20 per person. Door prizes & food to follow event and cars & trucks welcomed. For information call 715-558-3586.

Mexican Dominos ended July 29th and will

resume in fall. Also, 500 cards is on hold till fall. Information on start up dates will be advertised at a later date.

August 17th is the monthly Potluck/Bingo at noon. Note: a change in the date.

The **Chanhassen Dinner Theatre** bus trip is scheduled for Wednesday, September 11th. There are some tickets still available. Musical is "Beautiful" The Carol King Story. \$125 per person, and includes bus fare, dinner and tickets. Sign up at center or contact Lynne 715-919-0120.

Tickets for the **Fall Community Get-Together** and fundraiser are for sale. This event is happening on Saturday, November 23rd, noon-?. \$5 per ticket or 6 for \$25. 1st prize \$500 gift certificate to Henson's Country Foods, 2nd prize \$250 gift certificate to Henson's, 3rd prize Lucius Woods Flex tickets and 4th prize \$100 cash. Contact Judy 715-468-2707

Please check our Weekly/Monthly calendar for activities and for any changes.

Don't forget to check out the Minong Farm & Flea market every Wednesday 11:00am - 3:00pm. There is something for everyone - from food to treasures.

#### HIGHLIGHTS FOR AUGUST:

August 5th, Dining @ 5.

August 9th & 10th, Minong Days

August 17th, Minong Area Senior Center, Potluck/Bingo Noon.

August 21, 2nd Time Around Band

@ The Shell Lake Pavillion To register call 715-635-4460

August 30th, MASC Bake/Craft sale at Henson's foyer. We are always in need of bakers. Contact Judy 715-468-2707 with questions in regards to the bake sale.

#### WEEKLY/MONTHLY CALENDAR:

Congregate meals Monday-Friday, 11:30am. Need to register 1 day in advance. 715-466-4448

#### TUESDAYS:

- Farkle: 12:00pm (1st, 3rd & 5th Tuesday's of the month)
- Cards: 12:00pm (2nd & 4th Tuesday's of the month)
- WII Bowling: 12:00pm every Tuesday
- Duplicate Bridge begins. 9:30am (2nd & 4th Tuesday's)

#### WEDNESDAYS:

- Pocket of Prayer 7:00am
- MASC Board Meeting: 1:30pm (2nd Wednesday of the month).
- Foot Care 3rd Wednesday of the month) Call 715-466-4299 to schedule time.

#### FRIDAYS:

- 10:00am -11:00am "A Moment in Time"

#### SATURDAYS:

- 2nd Saturday each month (some exceptions but will be advertised if changed) Potluck-noon, Bingo-1:00pm

*Enjoy the rest of the summer and be safe.*

#### CHICOG NEWS FROM PAGE 12

campers came all the way from Iowa to help. "The new structure went up in one day." The Andersons did all the raking, mowing, and plowing. They had a small grocery store with a glass-fronted case for penny candy. Mary cleaned the cabins. State regulations required that linens be washed commercially, so laundry was brought to Henson's in Minong once a week. The cabins weren't winterized but the bar was open year-round. In those days snowmobiling was huge. The bar and their gas barrel made Shangri-La a favorite stopping point.

Mary tells me that the hardest part was the upkeep, every day of the week. Their only days off were Christmas and Easter. The best part was the friendships. And the festivities. Campers returned year after year. "We celebrated Christmas in July, Halloween in August. During hunting season we had live music for our hunter's ball. The place was always packed. Best of all was my daughter's wedding. Almost all the campers joined the festivities."

A couple of years after coming to Chicog, Mary was encouraged by friend Mary Mattie to

run for the job of town clerk. She was elected, and held that position for twenty-seven years! At first, everything was done by hand. They didn't have computers. "Every year something else was added to the job." The town treasurer keeps the books, but the clerk cuts the checks. Mary Mattie was the town treasurer. When she needed to be hospitalized, Mary A went to her house four days a week to collect taxes. "I knew nothing about nothing about nothing."

Dewey Anderson was a volunteer for the Chicog fire department and also served on the town board. "He helped with anything he was asked to do." He has been at VitaCare Living in Spooner since 2022. For three and a half years before that Mary cared for him at home. He may not remember much about the days of Shangri-La, but Mary's memory is outstanding. Elsa Dahlgren once told her that in their early years Ralph mowed the grassy field between North and South Twin Lakes. That field is now Middle Twin Lake. Does anyone know more about this change?

ENTER YOUR BEST at the Chicog Fun Fest. Prepare ribs or chili or apple pie.

Medals will be awarded for first three places in each category. Email Darcie Pahos at townof-

chicogmail@yahoo.com by August 10 to reserve a spot for your entry.

GATHER with neighbors at the Chicog Fun Fest, Saturday, August 17. Enjoy the Cobblehouse Cafe food truck. Wine coolers, beer, sodas. Games for all ages. Dunk tank. Bean bag tournament. Three 50/50 raffles. Music by Terri Rogers 1-4pm, Bill Stubs 4-8pm.

AT BOOKS AND BREAD, drive through for free produce, meat, bread, dry goods, library resources. There are no identification, residency or income requirements.

DRIVERS ARE NEEDED for the ADRC vans. Call Amber Anderson at (715) 635-4465 for more information

#### IMPORTANT AUGUST DATES

Wednesday 8/14, 6pm, monthly Chicog meeting  
Saturday, 8/17, 12-9, Chicog Fun Fest, town hall  
Wednesdays 8/14&28, Namekagon Transit service

Wednesday, 8/28, 10:30-12, Books&Bread, Beaverbrook

Tuesday, 8/29, 11-1, Bibliodragon, town hall  
Town Website: www.townofchicog.com

*Thank you for reading the Chicog News*

## SOCIAL SECURITY NEWS

# Accessing Your Personal My Social Security Account

For over 10 years, **my Social Security** has helped many people access our programs and services online. Soon, we will change the way you sign in to all our online services - including **my Social Security**. You will no longer be able to sign in to your personal **my Social Security** account using your username and password. Instead, you'll need to use one of our credential service providers, Login.gov or ID.me. If you already have a Login.gov or ID.me account, and can sign in to our online services, please continue using that account.

If you only have a Social Security username, our screens will guide you through the process to transition your account to Login.gov. Login.gov provides enhanced online security, helps protect you from identity theft, and allows you to create an account that can be used across other agencies. It will only take a few minutes to create a new Login.gov account.

## HOW TO TRANSITION YOUR SOCIAL SECURITY USERNAME ACCOUNT TO LOGIN.GOV

To transition your account, please go to [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) and select 'Sign In'. On the next page, select 'Sign in with Social Security Username'. After you successfully sign in with your Social Security username and password you will receive a prompt to create an account with Login.gov. You will then be taken to the Login.gov website.

Once you successfully link your Social Security username with your new Login.gov account, you

will see a confirmation screen. You can start using your new Login.gov account to access our online services immediately. You will no longer be able to sign in with your personal **my Social Security** account using your Social Security username. Login.gov has 24/7 customer support through phone and chat at [www.login.gov/help](http://www.login.gov/help) to help you set up an account, if needed.

If you're not receiving benefits, you can use your personal **my Social Security** account to:

- Request a replacement Social Security card.
- Get estimates for future benefits.
- Get your Social Security Statement instantly.
- Get proof that you do not receive benefits.
- Check your application status.

If you're receiving benefits, you can use your personal my Social Security account to:

- Request a replacement Social Security card.
- Get an instant benefit verification letter.
- Start or change your direct deposit. (Social Security beneficiaries only)
- Change your address. (Social Security beneficiaries only)
- Get a replacement SSA-1099 or SSA-1042S instantly for tax season.
- Opt out of mailed notices for those available online.

For more information, please read our publication **my Social Security: How to Create an Online Account** at [www.ssa.gov/pubs/EN-05-10540.pdf](http://www.ssa.gov/pubs/EN-05-10540.pdf). Please share this information with your loved ones.

## Understanding the Need For A Representative Payee



PHOTO SUBMITTED

You may know someone who gets a monthly Social Security benefit or Supplemental Security Income (SSI) payment and who also needs help managing their money. We can appoint a person or an organization to act as a "representative payee" responsible for receiving and managing a person's Social Security benefits or SSI payments.

When we assign a representative payee, we select someone who knows the beneficiary's needs and can make decisions about how to best use their benefits for their care and well-being. An application is required, and an in-person interview may be needed. You can call us at 1-800-772-1213 to schedule an appointment.

Most representative payees are responsible for completing an annual form to account for the benefit payments they receive and manage. They must complete this form and return it to Social Security by mail or, if they have a personal my Social Security account, they can file it online using the Representative Payee portal. Account holders can also get a benefit verification letter and manage direct deposit and wage reporting for their beneficiaries. Learn more about the portal at [www.ssa.gov/myaccount/rep-payee](http://www.ssa.gov/myaccount/rep-payee).

You also have the option to identify up to 3 people to serve as your future representative payee and help manage your benefits, if the need arises. We call this Advance Designation. We offer Advance Designation to capable adults and emancipated minors who are applying for or already receiving Social Security benefits, SSI, or Special Veterans Benefits. With Advance Designation, you and your family can enjoy peace of mind knowing someone you trust may be appointed to manage your benefits. Find more information about:

- Advance Designation at [www.ssa.gov/payee/advance\\_designation](http://www.ssa.gov/payee/advance_designation).
- Representative Payees at [www.ssa.gov/payee](http://www.ssa.gov/payee).
- Publications about representative payees at [www.ssa.gov/payee/newpubs](http://www.ssa.gov/payee/newpubs).

If you know someone who needs help managing their monthly benefits, please consider becoming a representative payee. You can also help by sharing this information with friends and family.

## WASHBURN COUNTY MEMORY CAFE

### WASHBURN COUNTY MEMORY CAFE

#### WHEN:

The Second Tuesday of every month

#### TIME: 2 PM - 3 PM

#### WHERE:

Trinity Lutheran Church  
1790 Scribner St.  
Spooner, WI 54801



#### CONTACT:

**Patryce Garcia**  
Dementia Care Specialist  
Caregiver Support Coordinator  
[pgarcia@co.washburn.wi.us](mailto:pgarcia@co.washburn.wi.us)

**715.635.4477**

**MEMORY CAFES** are social gatherings where people living with memory changes and their caregivers can come together in a safe and supportive environment, share conversation over a cup of coffee, or participate in fun, simple activities with the group.

## SENIOR NEWS

# Washburn County Seniors Love their Pets!



PHOTO SUBMITTED



PHOTO SUBMITTED

Thanks to two years of generous grants provided by Meals on Wheels America and PetSmart Charities, \$7000 in 2022 and \$7500 in 2023, the ADRC of Washburn County has been able to fund veterinarian services for our Meals on Wheels participants' pets to live and remain healthy in their homes; with the ones, they love the most.

In 2022, the ADRC of Washburn County reached out to a local non-profit organization, Beautiful Hearts Rescue, to see if they would like to collaborate with us on the MOWA Pet Grant application. Our agency did not have the resources or ability to serve the evident needs of the pets of our Meals on Wheels recipients, but knew of the great need.

Since launching our initiative in 2022 with a pilot group of 23 Meals on Wheels participants, Beautiful Hearts Rescue has significantly evolved its approach to reaching and assisting the senior population in Washburn County. From those early days of literally learning the pets' names and schedules, we have expanded our outreach, proactively asking seniors if they need help, whether they have pets requiring vaccines, or any other support services.

This growth was driven by Beautiful Hearts Rescue's commitment to seek out and assist seniors who have never before received help for their pets. Our efforts have transformed the lives of many in this underserved community, ensuring that both the seniors and their beloved pets receive the care and attention they deserve.

Beautiful Hearts Rescue has fostered a robust network of veterinary clinics to provide essential care at reduced costs for the pets of seniors in Washburn County. Beautiful Hearts has established rescue agreements with local and Minneapolis-St. Paul area veterinarians, allowing us to bring senior-owned animals for treatment under proper disclosures provided by the seniors. These veterinarians offer their services at discounted rates, helping to make care more accessible and affordable.

Beautiful Hearts is part of the Zoetis for Shelters program, providing access to reduced-cost medicines, including flea & tick preventatives. This program aids in sourcing these vital treatments at a lower cost for our senior pet program, especially when donations are not sufficient to meet the need. Beautiful Hearts invoices the ADRC and we provide reimbursement to them for pet services provided to Washburn County seniors.

In collaboration with Beautiful Hearts, we created the program with a three-tier approach during our first round of Seniors Love their Pets in 2022. After letters of introduction and a 2022 survey was sent to all of our Meals on Wheels recipients, we did not get many calls. After reassessment of the situation, staff made follow-up calls to each participant to further explain the program. People were then more receptive to an initial assessment visit from our partner, Beautiful Hearts Rescue.

The first round successfully pro-

vided the initial 1st tier services, which expended all of our funds. With the award of an additional \$7500 in the second round of 2023, we could then do follow-up services to those previously served in Tier 1, by providing the services of Tier 2 & 3.

***"Our program includes initial assessment visits to determine the specific needs of each senior's pet, ranging from basic preventive care to more complex medical treatments. This tiered approach ensures that resources are used efficiently to provide the right level of support."***

Beautiful Hearts Rescue completed all of the initial in-home assessments of our Meals on Wheels participants' pets with vaccines and other preventative services that they could do in the home, without removing the pet.

• **Tier One:** Basic care including vaccines and preventatives.

With the award of the 2023 grant of \$7500, Beautiful Hearts was then able to reach back out to those who needed additional services, with the transit of pets to the veterinarian for assessment and provide services for nonemergency and emergency care procedures.

• **Tier Two:** Intermediate care such as dental and other non-emergency procedures.

• **Tier Three:** Emergency care and interventions for critical health issues.

We are so thankful for the services we have been able to support for our seniors' pets. These services included:

- Vaccinations
- Exams
- Flea & Tick Prevention
- Spay/Neuter
- Nail Trimming
- Heartworm Prevention
- Medication(s)
- Non-Emergency Sick Care
- Lab Tests
- Dental Services (Cleaning, etc.)
- Heartworm Tests
- Ear Cleanings
- Emergency Care

These grant opportunities gave us the ability to provide greatly needed services to both our people and pets, who would have otherwise needed to give them up or have them euthanized. Beautiful Hearts was able to apply for and receive an additional \$4000 grant from the Green Bay Packers Foundation, which allowed them to provide supplemental services to our local residents. Unfortunately, the ADRC was not awarded the 2024 grant, but we hope to apply for other opportunities in the future.

If you would like to make a donation to continue helping the pets of our Meals on Wheels recipients and other seniors in Washburn County, you can send a check to:

Attn: Seniors Love their Pets  
ADRC of Washburn County  
P.O. Box 316  
Shell Lake, WI 54871w

## HUNT HILL AUDUBON SANCTUARY

### HUNT HILL AUGUST 2024 EVENT CALENDAR

Hunt Hill is a nonprofit nature preserve and learning center. You can find out more about Hunt Hill and its programs at [www.hunthill.org](http://www.hunthill.org) or by calling 715-635-6543.

#### Contact:

Marissa Ginger,  
Program Coordinator  
Hunt Hill Audubon Sanctuary  
N2384 Hunt Hill Road  
Sarona, WI 54870  
715-635-6543  
[program@hunthill.org](mailto:program@hunthill.org)

#### PROGRAM: BEASTS & BEER

Topic: History of Frances Andrews

#### Date:

**Wednesday, August 7, 2024**

Location: Hunt Hill Audubon Sanctuary, Sarona, WI  
Happy Hour: 5:30 pm;  
Program: 6:00 pm  
Program Fee: \$15/person  
Registration required.  
Limit: 80 people

Hunt Hill Audubon Sanctuary will be hosting a Beasts & Beer program at Hunt Hill Audubon Sanctuary, Sarona, WI on Wednesday, August 7, 2024. Check-in is at 5:30 pm with an opportunity to socialize with other nature enthusiasts before the nature presentation begins at 6:00 pm. This month's topic is Frances Andrews.

Beasts and Beer is a monthly program that gives nature lovers an opportunity to socialize with other nature enthusiasts over snacks and beverages, and enjoy an engaging presentation from a local expert in a happy-hour atmosphere. Each Beasts and Beer program features a different presenter at a different location.

Hunt Hill Audubon Sanctuary would not exist, had it not been for Frances Andrews. But who was she, and what did Hunt Hill mean to her? History researchers Marjorie Savage and Mya Coursey tell us more about who Frances Andrews was and the impact she made on the Northwoods.

Registration is required by Tuesday, August 6th at noon or when the program limit of 80 people is reached, whichever comes first. To register, visit [www.hunthill.org](http://www.hunthill.org) to complete online registration or call 715-635-6543. The program fee is \$15 per person and includes a drink and snacks.

#### PROGRAM: CAKES AT THE LAKE

Topic: Our Ancient Ancestors



FILE PHOTO

#### Date:

**Saturday, August 10, 2024**

Time: Breakfast at 8:00am to 9:45am; Program at 10:00am to 11:00am

Location: Hunt Hill Audubon Sanctuary, Sarona, WI  
Registration is not required.

Hunt Hill Audubon Sanctuary will be hosting Cakes at the Lake on Saturday, August 10, 2024. Breakfast is served from 8:00 am to 9:45 am and is followed by a free environmental program sponsored by the Long Lake Preservation Association ([www.longlakellpa.org](http://www.longlakellpa.org)) at 10:00 am. The topic of this Cakes at the Lake program is on Our Ancient Ancestors, with John Bates.

Journey through time and explore the rich history and intricate ecology of ancient old-growth forests! Discover the remarkable characteristics and biodiversity of these pristine ecosystems, learning about their importance in preserving nature's legacy. Investigate with John Bates, naturalist of Trails North and author of ten books on the Northwoods and Upper Midwest.

Cakes at the Lake is an all-you-care-to-eat pancake breakfast which features buttermilk pancakes, sausage, fresh fruit, and beverages. Breakfast is \$8 for adults, \$5 for children ages 4 to 12 years old, and free for children three and under. The environmental program is free. Registration is not required.

#### PROGRAM: LITTLE EXPLORERS – Great Outing with the Grandkids

Topic: Nature Art

#### Date:

**Saturday, August 17, 2024**

Location: Hunt Hill Audubon Sanctuary, Sarona, WI

Time: 10:00 - 11:30 am

Program Fee: Free, but donations are appreciated.

Registration is not required, but strongly encouraged.

Hunt Hill Audubon Sanctuary will be hosting a Little Explorers program on Saturday, August 17. Each program consists of an exciting morning of stories, crafts, and nature activities geared towards 3-6 year olds; but all ages are welcome.

This month's topic is Nature Art. Join us as we gather and create some nature art! We will start with a story and create a take-home nature art project. Afterward, we will go outside to the woods to look for and create art.

Guardians must stay for the duration of the program. Depending on the weather, we will be outside for a portion of this program. Please dress appropriately to be inside and outside in the weather.

Registration is not required, but strongly encouraged by Friday, August 16. The program fee is free, but donations are appreciated. If you register ahead of time, you must register yourself and your child(ren). For more information or to register, visit [www.hunthill.org](http://www.hunthill.org) or call 715-635-6543.

#### PROGRAM: CAKES AT THE LAKE

Topic: Moose Mania

#### Date:

**Saturday, August 24, 2024**

Time: Breakfast at 8:00am to 9:45am; Program at 10:00am to 11:00am

Location: Hunt Hill Audubon Sanctuary, Sarona, WI  
Registration is not required.

Hunt Hill Audubon Sanctuary will be hosting Cakes at the Lake

on Saturday, August 24, 2024. Breakfast is served from 8:00 am to 9:45 am and is followed by a free environmental program sponsored by the Long Lake Preservation Association ([www.longlakellpa.org](http://www.longlakellpa.org)) at 10:00 am. The topic of this Cakes at the Lake program is Moose Mania with Licia Johnson.

Licia Johnson, Education Director and Senior Naturalist for the North Lakeland Discovery Center, will present on moose. From their impressive antlers to their adaptive behaviors, join us as we explore moose habitat preferences and their role in the ecosystem. You can also explore several artifacts during this fun and informative program.

Cakes at the Lake is an all-you-care-to-eat pancake breakfast which features buttermilk pancakes, sausage, fresh fruit, and beverages. Breakfast is \$8 for adults, \$5 for children ages 4 to 12 years old, and free for children three and under. The environmental program is free. Registration is not required.

Hunt Hill is a nonprofit nature preserve and learning center. You can find out more about Hunt Hill and its programs at [www.hunthill.org](http://www.hunthill.org) or by calling 715-635-6543.

#### EVENT: JAZZ NIGHT

**Date: Friday, August 23, 2024**

Location: Hunt Hill Audubon Sanctuary, Sarona, WI

Time: 6:00 pm - 8:00 pm

Program Fee: \$20/person; Hunt Hill Members: \$15/person  
Registration is not required, but strongly encouraged. Limit: 100 people.

Hunt Hill Audubon Sanctuary will be hosting a Jazz Night, under the stars, on Friday, August 23rd from 6:00 pm to 8:00 pm. This live jazz concert will feature professional jazz musicians with local connections. There will be food and drinks available for purchase at the event. If it is raining, the event will be moved indoors.

Walk-ins are allowed until the event is sold out. Registration is strongly encouraged to guarantee a spot. The program fee is \$20/person, and Hunt Hill members cost is \$15/person. To register, visit [www.hunthill.org](http://www.hunthill.org) to complete the online registration form or call 715-635-6543.

Hunt Hill is a nonprofit nature preserve and learning center. You can find out more about Hunt Hill and its programs at [www.hunthill.org](http://www.hunthill.org) or by calling 715-635-6543.

## SENIOR HEALTH

# The Benefits of Playing Pickleball

By Abigail Darwin The Senior Medicare Patrol (SMP) Scoop

We all know that exercise is important, and as we age, physical activity becomes even more valuable for preserving physical and mental health. However, the prospect of getting regular exercise can be daunting when it isn't fun (for example, running countless loops around a track or climbing a stair stepper to nowhere).

This is where pickleball comes in! Pickleball is the fastest growing sport in America. It is a combination of tennis, ping-pong, and badminton. Although pickleball was invented in 1965 just outside Seattle, it has gained increasing popularity in recent years, especially (but not exclusively) among baby boomers. According to the Sports & Fitness Industry Association, the number of pickleball players grew 14.8% between 2020 and 2021. In a 2022 report, the Sports & Fitness Industry Association noted that as of 2022, 4.8 million Americans played pickleball. And, of the 1.4 million "core" participants (those who played 8+ times per year), over half were 55+ years of age, and approximately one-third were 65 or older.

Here are some reasons why pickleball is an ideal sport for older adults:

- It is a low-impact sport that is relatively easy on the joints. The smaller court size (44' x 20') and lower net (compared to tennis) and plastic, whiffle-like ball make it easier on the hips, knees, and shoulders, compared to other sports like tennis or basketball. And you can fit about four standard pickleball courts on a single tennis court! Pickleball entails less running and jumping than tennis, making it less likely to result in injuries. In addition, serving is underhand (not overhand, like in tennis), which makes the game easier to play and less taxing on arm muscles.

- It can improve health. Despite being a low-impact sport, it involves a lot of physical movement and can be fast-paced, making it an excellent form of cardio exercise. In a 2016 study published in *Medicine & Science in Sports & Exercise*, 12 middle-aged players burned 40% more calories playing pickleball for 30 minutes than by walking for the same amount of time. In addition, a 2018 study



FILE PHOTO

in the *International Journal of Research in Exercise Physiology* found that middle-aged and older adults who played one hour of pickleball three days per week for six weeks improved their blood pressure, cholesterol, and cardio-respiratory fitness levels. Maintaining a healthy blood pressure, cholesterol level, and cardiovascular system can help prevent hypertension, stroke, and heart attack.

- It provides opportunities to be social. Pickleball is often played as doubles, and often with complete strangers who just happen to also be at the same pickleball courts as you. This means that older adults can make new friends and/or stay connected with family and friends who also enjoy playing the game.

- It boosts mood and reduces the risk of depression by increasing endorphins and providing opportunities to socialize. A 2018 study published in *Leisure Studies* found that older adults who played in pickleball tournaments had a lower risk of depression.

- It improves physical coordination and balance. Pickleball requires the use of quick reflexes and eye-hand/eye-foot coordination. By playing the sport and improving balance and coordination, older adults can reduce their risk of falls

and injuries.

- It provides mental stimulation. Playing pickleball requires focus, strategic thinking, and quick decision-making. Studies have shown that mentally stimulating activities can help to improve cognitive function and reduce the risk of dementia in older adults.

- Pickleball is relatively easy to learn. The rules are fairly simple – points can only be earned by the side that is serving, and the winner is the first side to get to 11 points, win by 2 – and the game is played on a small court with a relatively slow-moving ball, making it a fun and engaging sport that can be picked up rather quickly by almost everyone, regardless of age, body type, or athletic ability. It is a sport that can be played competitively or recreationally, and it provides players with skills to improve upon the more they play.

- It is a relatively inexpensive sport that can be played standing or in wheelchairs, year-round, both indoors and outdoors. Paddles start at about \$10, balls are about \$3 each, and most outdoor courts are free. Many YMCAs and school gyms provide affordable indoor courts during the winter. In addition, the Silver Sneakers program, offered by many Medicare Advantage plans and some Medigap plans, covers gym mem-

bership at many facilities that include pickleball. You can go to the USA Pickleball Association's website ([https:// www.places2play.org/](https://www.places2play.org/)) and enter your zip code to find places to play near you. And, if all else fails, you can always buy a do-it-yourself pickleball court kit from Amazon.com and convert a tennis court near you into a pickleball court quite easily! The USA Pickleball Association's website even includes "Do it Yourself" instructions for creating your own pickleball court almost anywhere. See [https:// usapickleball.org/ what-is-pickleball/court-diagram/ do-it-yourself-guidelines/](https://usapickleball.org/what-is-pickleball/court-diagram/do-it-yourself-guidelines/)

- It is a game that can be played together by people of all ages. Currently, the average pickleball player's age is 38, so it is a sport that can be enjoyed together by individuals of different generations. Even kids can play the sport!

So, the next time you are thinking you should exercise more but wishing you could find a fun activity to make the exercise not feel so grueling, consider trying pickleball. This author became hooked on the sport from the first time I played it in 2019! Below is a pickleball action shot. I am in the lower left-hand corner, getting ready to return the ball.

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## MEDICARE OR MEDICAID

# What is the Difference Between Medicare and Medicaid?

When you are enrolled in both Medicare and Wisconsin Medicaid, you are “dual eligible.” Medicare is a federal health insurance program for:

- People 65 or older
- People with certain disabilities
- People with end-stage renal disease

Wisconsin Medicaid is a joint federal and state program that provides health care coverage, long-term care, and other services to Wisconsin residents. There are many types of Medicaid programs. Each program has different rules, such as age and income, that you must meet if you want to enroll in the program. Medicaid helps pay for costs that Medicare doesn't cover.

### WHAT IS A MEDICARE ADVANTAGE PLAN?

The federal government contracts with private health insurance companies to provide Medicare Advantage plans. With Medicare Advantage plans, you still get Medicare, but you will get your benefits from an HMO instead of getting them from the government like you would with Original Medicare.

Original Medicare is a health insurance program provided by the federal government. You need a separate insurance plan to cover prescription drugs.

### WHAT IS A DUAL ELIGIBLE SPECIAL NEEDS PLAN?

A Dual Eligible Special Needs Plan, also called a D-SNP, is a kind of Medicare Advantage plan for people who have both Medicare and Medicaid. With a D-SNP, you get hospital, medical, and prescription drug coverage—all in one plan. D-SNPs have no or low costs to join.

### WHAT ARE THE BENEFITS OF A DUAL ELIGIBLE

### SPECIAL NEEDS PLAN?

When you're enrolled in a D-SNP, you can get help coordinating between Medicare and Medicaid. You may also be able to access extra benefits that other Medicare Advantage plans may not have. Some of those benefits may include:

- No or limited copays or cost-sharing
- Dental coverage
- Vision coverage
- Hearing devices
- Over-the-counter drugs and products
- And more!

### HOW CAN I ENROLL IN A DUAL ELIGIBLE SPECIAL NEEDS PLAN?

You can enroll in a D-SNP if you want. It is your decision! There are different ways you can enroll:

- Call the plan you want to enroll in (not every HMO may be available in your area).
- Use the Plan Finder tool on the Medicare website at [www.medicare.gov](http://www.medicare.gov).
- Call Medicare at 800-633-4227.

### I AM ALREADY ENROLLED IN AN HMO

D-SNPs work best when you are enrolled in the plan's HMO for your Medicaid. If you are already enrolled in a Medicaid HMO, consider joining your HMO's D-SNP.

### I AM NOT ENROLLED IN AN HMO

If you are not enrolled in an HMO for your Medicaid, you may be able to enroll in an HMO that covers both your Medicaid and Medicare. Visit [www.dhs.wisconsin.gov/benefit-specialists/d-snp.htm](http://www.dhs.wisconsin.gov/benefit-specialists/d-snp.htm) for a list of plans available in your area.

### WHERE CAN I GET HELP?

If you need help or have questions, you can go to [www.medicare.gov](http://www.medicare.gov), call Medicare at 800-633-4227, or contact one of these resources:

- Medigap Helpline: 800-242-1060
- Indian Law Office of WisconsinJudicare, Inc.: 800-472-1638

Benefit specialists at your local office on aging, ADRC, or Tribal office can give you counseling about benefits.

You can find benefit specialists at [www.dhs.wisconsin.gov/benefit-specialists/counties.htm](http://www.dhs.wisconsin.gov/benefit-specialists/counties.htm)

The Wisconsin Department of Health Services' Office for the Deaf and Hard of Hearing offers benefits counseling to people who are deaf, hard of hearing, or deaf-blind and use sign language as their primary language.

Call 262-347-3045

for video or phone benefits counseling.

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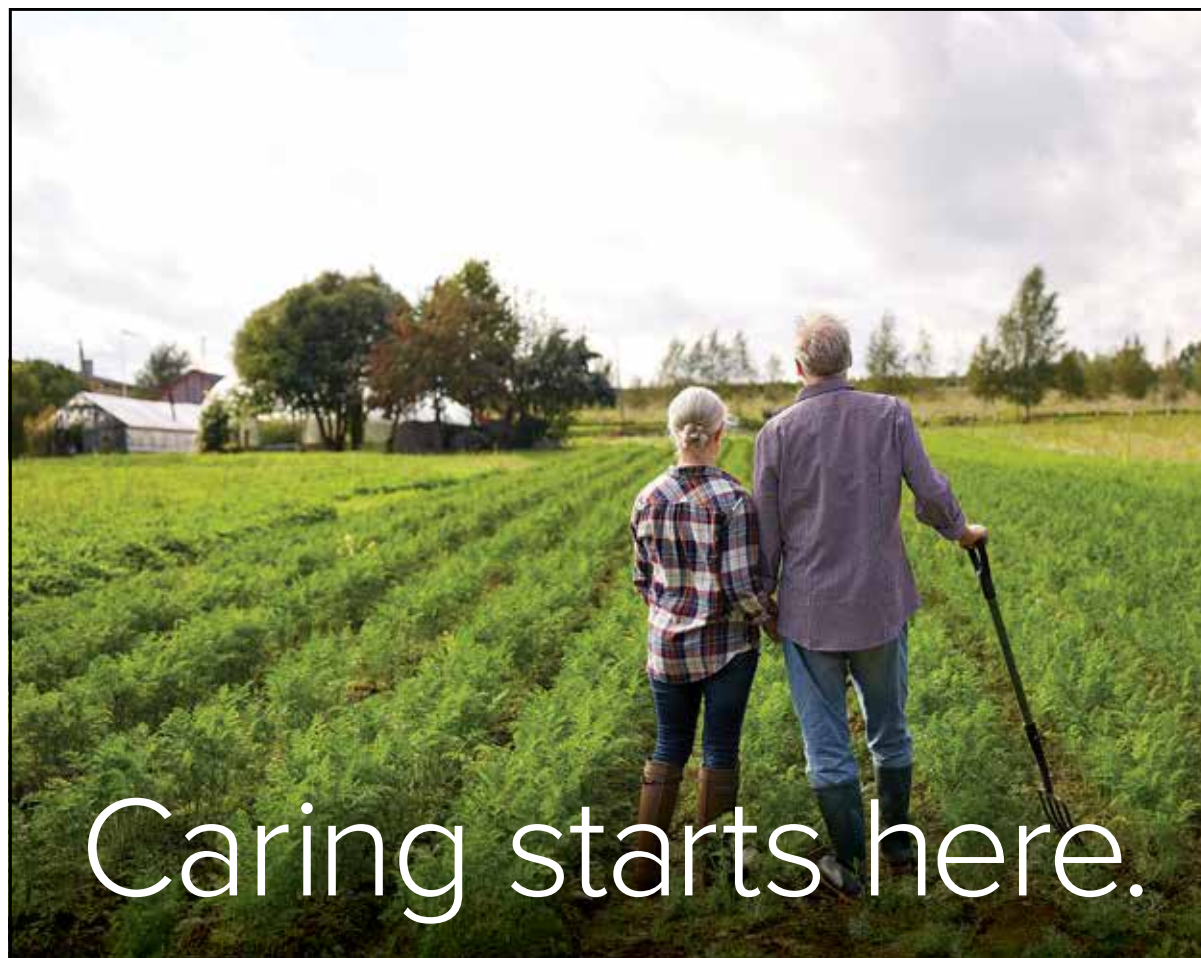
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For Long-Term Care options contact your local [Aging and Disability Resource Center](http://www.dhs.wisconsin.gov/adrc/).  
[www.dhs.wisconsin.gov/adrc/](http://www.dhs.wisconsin.gov/adrc/)

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## RECIPE: CHICKEN FLORENTINE STRATA

### CHICKEN FLORENTINE STRATA

#### INGREDIENTS (SERVES 4)

- 1½ lbs boneless, skinless chicken breast halves, sliced into thin strips
- 2 tbsp olive oil
- 2 shallots, scrubbed with clean vegetable brush under running water and minced
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp cayenne pepper
- 10 slices white bread, cut into cubes
- 1 (16 oz) package frozen spinach,

thawed and well-drained

- 1 cup sundried tomatoes, drained and chopped
- 2 cups grated Monterey Jack cheese
- 6 eggs
- 2 cups whole milk
- 2 tsp Dijon mustard
- ¼ tsp nutmeg

#### DIRECTIONS

Wash hands with soap and water. Lightly grease a 3-quart casserole dish and set aside.

In large skillet over medium-high heat, warm oil. Add shallots and sauté 1 minute. Add chicken strips and cook 5 minutes more. Wash hands with soap and water after handling raw chicken.

Place a layer of bread cubes in the bottom of the dish. In alternating layers, add chicken, spinach, sundried tomatoes, cheese and bread, ending with a sprinkling of bread on top.

In a large bowl, combine eggs, milk, mustard and nutmeg with a whisk. Wash hands after touching raw

eggs. Pour mixture over the casserole, cover and refrigerate on lowest shelf 4 hours or overnight. Wash counter after touching eggs.

Preheat oven to 350°F. While oven heats, remove casserole from refrigerator. Place casserole in oven and bake 35–40 minutes, until golden brown on top. Casserole is done with chicken reaches 165 °F as measured with a food thermometer. Remove from oven and cool 5 minutes before serving. Serve hot.

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