

LET'S TALK ABOUT

Lifestyle Changes to Prevent Stroke

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). Stroke affects the arteries leading to and within the brain. The good news is that many strokes may be prevented through blood pressure control, a healthy diet, regular physical activity and smoking cessation. Each plays a big part in decreasing your risk for stroke, disability or even death.

WHAT STEPS CAN I TAKE TO BE HEALTHIER AND REDUCE MY RISK OF STROKE?

- Don't smoke or vape and avoid secondhand smoke.
- Eat healthy foods low in saturated fat, trans fat and sodium (salt). Reduce sugary drinks.
- Do regular physical activity.
- Keep a healthy weight.
- Limit alcohol to one drink a day for women; two drinks per day for men.
- Take your medications as directed.
- Know your blood pressure. Optimal blood pressure is less than 120/80 mm Hg. Get your blood pressure checked regularly and work with your health care professional to manage it if it's high. High blood pressure is a leading cause of stroke.
- Reduce stress, which may contribute to behaviors such as overeating, lack of physical activity, unhealthy diet and smoking.
- Have regular medical check-ups, including assessment of your risk for stroke.
- Get adequate sleep, 7-9 hours of sleep per night for adults; more for children and kids.

HOW DO I STOP SMOKING OR VAPING?

- Make a decision to quit – and stick to it.
- Ask a health care professional for information, programs

SEE TALK PAGE 6

February is Heart Month



ABOUT THE HEART TRUTH®

The National Heart, Lung, and Blood Institute (NHLBI) created The Heart Truth® in 2002. It is the first federally-sponsored national health education program designed to raise awareness about heart disease as the leading cause of death in women. Initially, the program focused on women ages 40-60 with an emphasis on reaching women of color. In 2003, The Heart Truth introduced the Red Dress® as the national symbol for women and heart disease to bring greater visibility to risk factors and educate and motivate women to take action to protect their hearts.

Since that time, The Heart Truth has focused on making sure women know about their risk for heart disease. Studies show women's heart disease awareness has doubled since the launch of the program in 2002, but it still remains their leading cause of death.

Now, The Heart Truth is building on that increased awareness and expanding to reach younger women since we know that when it comes to heart disease, lifestyle changes make a big difference across the lifespan. Additionally, The Heart Truth is committed to raising awareness about heart health among the general public, especially within populations most impacted by heart disease such as African Americans and other minorities. Our outreach and education efforts aim to amplify awareness about heart disease risk factors; help people identify specific health goals to control risk factors; increase individual accountability to prevent heart disease; and grow the number of Americans who intend to take action to protect their hearts and control modifiable risk factors with a focus on:

- Eating a heart-healthy diet
- Increasing physical activity



FILE PHOTO

- Maintaining a healthy weight
- Knowing and controlling your heart health numbers
- Getting quality sleep
- Not smoking
- Reducing stress

The Heart Truth established the Healthy Hearts Network to expand our reach into local communities and collaborate with health and community professionals on heart health education initiatives. Network partners include national organizations with local affiliates; state and federal agencies; and academic, civic, and nonprofit institutions with a demonstrated interest in heart health education.

We provide free, science-based educational materials and information about heart-healthy living, coordinate American Heart Month, support National Wear Red Day®, and more. If you have questions about the program or would like to get involved in the Healthy Hearts Network, email us at HealthEdu@nhlbi.nih.gov

SPECIAL INITIATIVES

RED DRESS® NHLBI and The Heart Truth introduced the Red Dress® as the national symbol for women and heart disease. Designed to emphasize that heart disease is not a "man's disease," it originally had the tag line, "Heart Disease Doesn't Care What You

Wear – It's the #1 Killer of Women." The Red Dress is a trademark of the U.S. Department of Health and Human Services.

RED DRESS COLLECTION® Founded by The Heart Truth, the Red Dress Collection® fashion show is an annual event that occurs in New York City during New York Fashion Week in February. The Heart Truth partnered with the fashion industry to kick off this signature event in 2003 with the purpose of integrating public-private relationships to expand awareness of heart disease and to further the reach of messages about risk reduction and prevention. Top designers create red dresses worn on the runway by well-known women of many ages, ethnicities, and walks of life. Since 2014, the American Heart Association's Go Red for Women campaign external link has executed this event in collaboration with The Heart Truth.

NATIONAL WEAR RED DAY NHLBI, the United States Department of Health and Human Services (HHS), HHS Office on Women's Health, and many other groups around the country annually celebrate National Wear Red Day on the first Friday in February. This day raises awareness about heart disease

SEE HEART PAGE 6

TALK

FROM FRONT PAGE

and/or medications that may help you quit.

- Call a quit line coach at 1-800-QUIT-NOW.
- Sign up for free texting programs or use a mobile app.
- Know your triggers and eliminate them if possible.
- Deal with urges by keeping busy, getting active, engaging in a new hobby, journaling or meditating.
- Remind yourself that smoking causes many diseases, can harm others and is deadly.
- Ask your family and friends to support you and keep you accountable.

How do I change my eating habits?

- Ask your doctor, nurse, a licensed nutritionist or registered dietitian about how you can come up with a plan that's mindful of your special health needs.
- Eat moderate amounts of food and cut down on saturated fat, trans fat, sugar and salt.
- Bake, broil, roast and boil foods instead of frying.
- Read nutrition labels on packaged meals. Look for the AHA Heart-Check mark on packaging.
- Eat more fruits, vegetables, whole grains, healthy sources of protein, low-fat dairy and healthy oils.



FILE PHOTO

- Use a diary, or if available, a mobile app to track what you're eating. Try to incorporate healthy substitutions or alternatives.

WHAT ABOUT PHYSICAL ACTIVITY?

- Set goals and keep reaching for them. Gradually increase your activity to gain even more health benefits.
- Throughout the week, try to do 150 minutes of moderate-intensity physical activity, 75 minutes of vigorous-intensity physical activity, or

a combination of both. – Moderate-intensity physical activities include a brisk walk or water aerobics. Vigorous-intensity activities could include running, hiking or cycling.

- Also, strive for moderate- to high-intensity muscle-strengthening activity, such as resistance bands or weights, on at least two days per week.
- Short on time? Don't just skip it; instead, break up your activity into smaller times to fit your schedule.
- Look for even small chances to be

more active. Take the stairs instead of an elevator, walk to the mailbox, and park farther from your destination.

- If you have a chronic medical condition, check with your health care professional before you start an exercise program.

HOW CAN I LEARN MORE?

1. Call **1-888-4-STROKE** (1-888-478-7653) or [visit stroke.org](http://visit.stroke.org) to learn more about stroke or find local support groups.
2. Sign up for our monthly Stroke Connection e-news for stroke survivors and caregivers at StrokeConnection.org.
3. Connect with others who have also had an experience with stroke by joining our Support Network at stroke.org/SupportNetwork.

DO YOU HAVE QUESTIONS FOR YOUR DOCTOR OR NURSE?

Take a few minutes to write down your questions for the next time you see your health care professional. For example: What stroke risk factors can I modify? What kind of physical activity can I do safely?

***MORE HEART INFO ON PAGE 17**



HEART

FROM FRONT PAGE

as the leading cause of death in the United States and to educate

Americans about heart disease and how to prevent it. There are many ways for you to get involved in supporting and promoting National Wear Red Day.

AMERICAN HEART MONTH Each February, NHLBI and The Heart Truth celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent

heart disease. Join our efforts in promoting heart health and find educational resources use in February and year round here.



OUR *neighborhood*
OUR HEALTH



1-on-1 Patient Care with Expert Therapists

Your journey to better health starts right here, right now. With a range of different therapy services, Spooner Health offers our community the option to achieve specialized care close to home.

Our dedicated team is here to provide physical, occupational and speech therapies. Our unique multi-therapy approach guides you to receiving the best treatment for your specific goals.

Learn more or book an appointment today!

Call 715-939-1745 or visit SpoonerHealth.com.

THERAPY SERVICES HELP WITH:

- Athletic Injuries
- Pelvic Health
- Pediatric Therapy
- Post-Surgical Care
- Hand Therapy
- Stroke Recovery
- Lymphedema
- And more!

Planning Your Financial Future

Do you have a financial plan that will help you send your kids to college, take the trips you've dreamed about, and enjoy your golden years? If not, you may want to start planning now.

CALL OR VISIT TODAY!

715-635-3136

www.davidpford.net

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

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



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



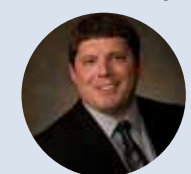
David P. Ford

CERTIFIED FINANCIAL PLANNER™



Lynn Ford

Certified Retirement Planning CounselorSM



Tom Sutton

LPL Financial Advisor

WISCONSIN HUMANITIES



WHO WE ARE:

Community Powered is an initiative of Wisconsin Humanities that builds resilience in communities by putting the humanities tools of history, culture, and community conversation in the hands of civic-minded citizens.

WHAT WE DO:

Community Powered teaches new ways to identify local knowledge and resources to bring community members together around shared values and visions for their communities. The initiative then helps them mobilize resources to

make their vision into a sustainable project.

HOW WE DO IT:

Community Powered offers two training sessions each year. Each session, 8 participants will be names Wisconsin Humanities Fellows and serve a year long term consisting of six months of Zoom training workshops, followed by six months of continued mentorship while Fellows enact community projects.

Workshops cover topics including (but not limited to):

- **Documentation techniques** like oral history interviewing, history harvests, and photography.
- **Place-based approaches** like asset mapping, community-led walks, and story mapping.
- **Storytelling events** like community conversations and story circles.
- And **project development** like budgeting, grant writing, dissemination, and evaluation.

Our training gives participants a menu of options from our toolkit. Each training session will be customized to the needs of the participants.

WE'RE SEEKING 2024 PARTICIPANTS!

For our Summer 2024 session, we're seeking participants from Northwest Wisconsin.

Participants in Community Powered's training program will

receive:

- A \$2,500 stipend for participation.
- A credential that indicates their humanities training and expertise
- Mentorship in designing community-led projects that matter to their community
- Access to our network of public humanities practitioners around the state

To be considered for our 2024 training session, please fill out the interest form by February 16.

Join us for an info session about the 2024 summer training on February 6 at 6:00 p.m. Register here: <http://tinyurl.com/CP2024-info-session>

LEARN MORE ABOUT OUR SUMMER 2024 TRAINING SESSION BY GOING TO [HTTPS:// COMMUNITYPOWEREDWI.ORG/](https://COMMUNITYPOWEREDWI.ORG/)



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
<https://adrcwashburncounty.org/>

Linda Hand, ADRC/Aging Director
715-634-4460

ADRC of Washburn County Staff Contacts as of February 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.

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

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
Jeremy Dresch • Kerry Moore • Dean Martin
Kathy Rowland

Sheila Pierquet
Fiscal Assistant
715-635-4463

Cassi Feiertag
Administrative Assistant
715-635-4460

Washburn County Vaccine Outreach Coordinator
Katy Allred 715-645-2754

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

2023 MEALS ON WHEELS ANNUAL CONFERENCE

“Meeting of the Minds” & Rising Star Cohort

SUBMITTED BY
VALERIE VANDERBENT

Nutrition Director

“With a rapidly growing senior population, it’s critical that the Meals on Wheels leaders of tomorrow are equipped with the skills and community needed to address the challenges ahead. Meals on Wheels America’s Rising Star program is just one way we seek to empower our local member programs to strengthen their communities, one senior at a time,” said Ellie Hollander, President and CEO, Meals on Wheels America.



PHOTO SUBMITTED

Valerie VanderBent

Since 1974, Meals on Wheels America has hosted an annual convening of experts and leaders from local senior nutrition programs for relevant and immersive learning, inspiring keynotes and conversations, and stimulating networking designed to connect, align, and reinvigorate the network. In August of 2023, Valerie VanderBent, Nutrition Director, traveled to Phoenix, Arizona to meet with over 700 Meals on Wheels affiliates and advocates from all across the country. Sessions and discussions focused primarily on reaching unserved clients, integrating nutrition and health, and collabo-



PHOTO SUBMITTED

Valerie VanderBent, Nutrition Director and Lynn Gresham, Consultant at HR Talent Services LLC and Rising Star Mentor.

rating at all levels. Valerie was able to attend this conference through the 2023 Rising Star Cohort Scholarship. She was selected to participate in a six month leadership program with seven other Meals on Wheels emerging leaders. The cohort was led by Ellie Hollander, Meals on Wheels America CEO, and Lynn Gresham, Consultant at HR Talent Services LLC. Over the past six months, this group has met monthly to focus on professional development, leadership skills, and to share ideas and resources to improve their programs.



PHOTO SUBMITTED

Rising Star Cohort

“As someone who is new to the Aging network, it was incredible to attend the conference and be a part of the Rising Star Cohort,” Valerie said. “I came back from the conference feeling inspired and even more passionate about ending hunger and isolation in the communities we serve. The mentoring I have received through the Rising Star Cohort is invaluable. I plan to use the leadership skills that I have gained by being a part of this cohort to better serve those in the community. I am extremely grateful for the experience!”

HEALTHY LIVING

Foods You Can Eat Without Gaining Weight

THESE HEALTHY OPTIONS ARE LIGHT ON CALORIES AND FAT, PLUS THEY FILL YOU UP

<https://www.aarp.org/health/healthy-living/info-2023>

By Stephanie Watson, AARP

Published January 20, 2023 - Updated December 28, 2023

Cutting is critical when you’re trying to lose weight. You cut calories. You cut fat. Basically, anything that’s crammed with carbs, sweetened with sugar or dipped in a deep fryer is suddenly off-limits.

But dieting doesn’t have to require deprivation. Many delicious (and healthy) foods can still be part of your dining repertoire. Some members of the produce family are so light in calories and fat that you can eat them with (relative) abandon.

VEGETABLE LOVE

The one category of foods that you can eat loads of without suffering the consequences of weight gain are nonstarchy vegetables, says Alexis Supan, an outpatient dietitian with the Cleveland Clinic Center for Integrative & Lifestyle Medicine. “Mostly any vegetable besides potato, corn and peas, you can eat endlessly,” she says.

15 HEALTHY FOODS YOU CAN EAT WITHOUT GAINING WEIGHT

Indulge in these to your heart’s content, along with a balanced diet.

1. Celery
2. Lettuce
3. Watermelon
4. Broccoli
5. Cauliflower
6. Grapefruit
7. Mushrooms
8. Strawberries

9. Blackberries
10. Raspberries
11. Blueberries
12. Kiwi
13. Carrots
14. Spinach
15. Kale

A cup of chopped broccoli or a grilled portobello mushroom contains just 30 calories and less than 1 gram of fat. You can chow down on two entire cups of lettuce and consume less than 16 calories. Because of its high water content, a whole tomato has a mere 22 calories. Cauliflower, kale, carrots and sprouts are similarly nutrient-dense and light in calories.

These produce mainstays bring a few other things to the table. “What makes them so incredible and so beneficial for weight maintenance and weight loss is they are high in macronutrients [such as carbohydrates] and micronutrients [vitamins and minerals]. And

they’re rich in fiber,” says Beata Rydyger, a registered nutritionist based in Los Angeles. Fiber keeps your blood sugar levels stable, which helps you avoid sudden attacks of the munchies that might otherwise make you crave junk foods.

If vegetables aren’t your favorite foods, you might be thinking how unappealing this way of eating sounds. But there are ways to spice up your veggies to make them more palatable.

Roast them in olive oil spray, then add a blend of garlic and other herbs and spices, Supan suggests. If you love dip, which tends to be high in fat, use salsa instead to add even more vegetables into the mix. Or blend a ranch flavor packet into plain Greek yogurt. “Now you have a really high-protein, very healthy dip that you can use along with your vegetables,” she says.

INDIGO NEWS

TIME

SUBMITTED BY
DON POSH

IndiGO Your Allies for Independence

Another year goes into the history books. The New Year celebrations emphasize the passage of



PHOTO SUBMITTED

Don Posh

time with reflection and projection. As we age there is much more reflection than projection. I guess that's why we often find ourselves watching TV shows from the past. The

past is so much easier to deal with. We look back to our school days, becoming adults, created relationships, family and good times we had. Looking ahead is a bit more difficult. Dr. visits, the diagnosis, the pain of a lifetime of labor and the fear of the futures of our children and grandchildren.

We're still here. Despite all the trials and tribulations of life, we must have made some good de-

isions. I can look back and think of some that didn't even live long enough to enjoy a first date or graduation day. There are so many that are not with us who never got the chance to be old. Being old is a badge of honor, wear it proudly.

Time marches on. It is the one thing that connects every living thing on earth. Hopefully our New Year resolutions can lead to an extension of time so we can reflect on this in 2025.

Happy New Year...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 NEWS

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.

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 with any questions you may have.

WASHBURN COUNTY TRANSIT NEWS



SUBMITTED BY
AMBER ANDERSON

Mobility Manager

Washburn County Transit has some very exciting news for all Washburn County residents 60+



PHOTO SUBMITTED

Amber Anderson

local senior centers for lunch or an activity or to the library to get that book you have reserved! We are all very excited here at the ADRC of Washburn County to get these wheels on the road and to make this wonderful program

or under 60 with a disability! Our van is up and running and ready to take you on your next shopping trip, to the NEW Wellness Center 50+ in Spooner, to the wonderful

even better with this new added service. We will still be offering non-emergency medical trips for medical appointments as well, but the van is geared toward social and shopping trips. To start, we will be offering daily trips Tuesdays-Fridays. The van will be up and running at 9am daily and run until 4pm. Tuesdays will be reserved for Spooner and Shell Lake trips, Wednesdays and Thursdays for Minong and Birchwood trips, and Friday will be designated for trips to Rice Lake. The cost to ride the van is \$3 for all county rides and \$5 for out of county rides. We will keep the same billing as the medical run. Amber will send you a statement at the beginning of each month and you can pop a check in the mail payable the ADRC of Washburn County. Call Amber @ (715) 635-4465 for more information or to reserve your seat on the van. Thanks for all your support with our Transit program. We couldn't do this without our passengers and a great community! We are so blessed to live where we do!

CONTACT WEST CAP FOR ENERGY ASSISTANCE!

Program open now through May 15th

Visit our website at www.westcap.org to;

- Book a phone appointment
- Complete an online application
- Download a fillable form

Contact us;

- 715-598-4750
- info@wcap.org
- PO Box 308
- Glenwood City, WI 54013

Or apply online at <https://energybenefit.wi.gov>

The Aging and Disability Resource Center does not operate any Energy Assistance Program.

| FEBRUARY | | LUNCH & HOME DELIVERED MEALS MENU | | | | |
|---|--|--|--|---|--|----------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | |
| | | | BBQ Ribs with Sauerkraut Garlic Red Potatoes Steamed Broccoli Whole Grain Bread Berries w/ Whipped Cream | Spaghetti & Meatballs over Whole Grain Pasta Caesar Salad WG Garlic Breadstick Cook's Choice Fruit | | 1 2 |
| Cabbage Roll Casserole Roasted Potato Wedges Buttered Carrots Marble Rye Bread Peaches MINONG DINING AT 5 | Chicken Enchiladas w/Refried Beans Spanish Rice Fresh Tomato Corn Salsa Fruit Salad | BRUNCH FOR LUNCH Broccoli Parmesan Egg Bake Sausage Links V8 Vegetable Juice Buttermilk Biscuit Banana | Meatloaf Mashed Potatoes & Gravy Cranberry Spinach Salad Whole Grain Bread Apple Crisp | Strawberry Spinach Salad with Chicken Cucumber & Tomato Dill Salad WG Breadstick Mandarin Oranges | | 5 6 7 8 9 |
| Egg Salad w/Leaf Lettuce on a WG Croissant; Apple-Cranberry Coleslaw Three Bean Salad; Crisp Grapes Cook's Choice Cookie SHELL LAKE DINING AT 5 | California Burger w/Lettuce, Tomato, Onion & Mayo on a Whole Grain Bun Sweet Potato Fries Pineapple | VALENTINE'S DAY! Lover's Lasagna Garden Salad, Dressing Buttered Peas WG Garlic Breadstick Chocolate Cherry Brownies | Oven Roasted Turkey Baked Potato California Medley Vegetables Whole Grain Bread Cook's Choice Fruit | Bell Pepper Cod Spanish Beans Zesty Green Beans Whole Grain Bread Apricots | | 12 13 14 15 16 |
| HOLIDAY OBSERVANCE NO MEALS SERVED OR DELIVERED | Baked BBQ Chicken Roasted Broccoli Baked Beans Whole Grain Bread Cook's Choice Fruit | Loaded Chef Salad w/Ham, Egg, Cheese, Veggies, Dressing WG Garlic Breadstick Strawberry Shortcake | NATIONAL CHILI DAY! Chili-Stuffed Baked Potato with Cheddar Cheese & Sour Cream Broccoli-Cheddar Cornbread Pears | Baked Fish with Lemon Roasted Baby Reds Roasted Cauliflower with Lemon Zest Whole Grain Bread Peach Cobbler | | 19 20 21 22 23 |
| TOP CHEF SPOONER KITCHEN TAKEOVER Baked Rosemary Chicken Mashed Potatoes Garlic Green Beans Whole Grain Bread Fruit Salad | Tender Roast Beef Mashed Potatoes & Gravy Glazed Carrots Whole Grain Bread Mixed Berry Crisp BIRCHWOOD DINING AT 5 | Garlic Ginger Pork Loin w/Broccoli over Asian Noodles Roasted Red Cabbage Mandarin Oranges | Polish Sausage Butternut Mac n' Cheese Steamed Cauliflower Marble Rye Bread Pistachio Fluff | | | 26 27 28 29 |

• 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 - \$8 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15 to participate.



FEBRUARY
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 (ADRC Office): 715-635-4460
Minong: 715-466-4448 • Birchwood: 715-354-3001

MINONG MENU
MONDAY, FEBRUARY 5
Valentine Caprese Skewers with Rose Petal Salad
Chicken Kiev over a Wild Rice Blend
Roasted Broccoli & Carrots
Strawberry Cheesecake

SHELL LAKE MENU
MONDAY, FEBRUARY 12
Chicken Marsala over Pasta
Peas & Carrots
Fresh Garden Salad
Garlic Bread
Valentine Day Red Velvet Cake

SPOONER MENU
MONDAY, FEBRUARY 26
Kitchen Takeover
watch the Focus, Facebook & Wellness Center 50+ for full menu
*Due to high demand, reservations for this event in Spooner WILL NOT be taken until February 1, 2024.
Please call 715-635-4460

BIRCHWOOD MENU
TUESDAY, FEBRUARY 27
Beef Tips over Mashed Potatoes
Brussel Sprouts with Bacon
Salad Bar
Fresh Baked Bread
Kristi's 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

JUNE WILLIS
FRIENDSHIP COMMONS
 Shell Lake Senior Center

As we start the New Year, let us recap 2023! We continued our painting classes each month and local artist continued to teach and guide us as we painted our masterpieces, some that went to the Washburn County Fair and received ribbons. We have a lot of talented seniors!

We also enjoyed the three "Music in The Park" events this summer with wonderful meals served and great bands entertaining us and providing beautiful music to dance to.

We received many accolades at the Washburn Country Fair this year. We not only entered our beautiful flowers, but also our beautiful Fallen Leaves quilt, which received a First Place and the People's Choice award. Our members entered different craft items they had made, even a story written by one of our own members.

In August, we ventured out on a pontoon ride on Spooner Lake. Included along with the ride was a scrumptious shore lunch prepared by Rick Anderson at AAA Sports. It was an enjoyable day and the weather cooperated so all had a great time.

We attended the Blue Grass Festival at Pioneer Village in September. All enjoyed touring the village, having lunch and listening to the wonderful bands. It was the first time going for some of our members and they were very impressed with it all.

October found us attending a Murder-Mystery Dinner Theater at Forts Folle Avoine. It was different than we expected but interesting. The dinner served was great and one of our members actually played a part in the interactive theater production.

Our Center members rang the Bell for The Salvation Army a total of 48 hours; a truly valuable community service. We try to do what we can wherever we can.

We also had our first Bingo party, which became the Center Christmas Party with

SHELL LAKE SENIOR CENTER
FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.468.4750

NUTRITION SITE MANAGER: CHAR JAEGER
 CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & 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 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 Dining @ 5 | 13 Congregate Dining 11:30 | 14 Bingo & 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 CENTER CLOSED FOR PRESIDENT'S DAY | 20 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 | 27 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 | |

wonderful prizes and delicious cookies and apple cider. Everyone had a wonderful time! We are planning to continue with these once a monthly.

Our Senior Center smells wonderful when we enter. Our cook, Char prepares wonderful, homemade food and her upbeat personality is so uplifting to be around. We are so thankful

to have her with us.

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

To order Meals on Wheels delivery in Washburn County, call Valerie VanderBent, Nutrition Director at (715-635-4460).

CAROL ADDINGTON
 Birchwood Senior Center

Happy New Year! I do hope you were blessed with the 'happies' and that Santa brought you everything you wished for. Was really weird, wasn't it? No snow and somewhat warm and the "Eves" on Sunday, cannot remember when that happened. What happened to the Rose Parade and game? I did find out they were on ESPN, which I do not get. This is the first time not on a network. I missed the parade mostly, I so enjoy that!



PHOTO SUBMITTED

Carol Addington

Everyone has a photographic memory...some

BIRCHWOOD SENIOR CENTER

LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

just do not have any film.

Have you ever wondered if your car could travel at the speed of light, would your headlights work? (If you have, you have way too much time on your mind...)

Book Club is back on schedule the 1st Wednesday at 3p. Do mark your calendar and check it out. They are still planning to meet 1st and 3rd so call the center to see if that is still on. Again, it is a fun bunch of gals, all ages. You will be glad you attended!

Experience is something you do not get until

just after you needed it.

If you have been enjoying the holidays just a little more than you should have, at the table that is, now is the time to get with the rest of us and work it off together. Lots of options for that and times offered. Check the schedule and come on over!

If you need some cash, borrow it from a pessimist, they do not expect it back.

So, this is just short and sweet. Missing you and hope to see you at the center soon for one of Kristi's nummy lunches. We want to get to know you.

SENIOR CENTER NEWS

POLLY LEINWANDER
MASC PRESIDENT

Greetings from the MASC!

2023 ended with a wonderful Christmas dinner and party. The seniors enjoyed a day of great food, fun, games, prizes, and good memories. Many thanks to Laura, our cook and site manager for planning the 12 Days of Christmas, games prior to and after the tasty ham dinner, and all that she does for the center. We appreciate it.

Valerie VanderBent-Nutrition Director, Nicole Caudill-Information & Assistance Specialist, Patrice Garcia-Dementia Care Specialist/Caregiver Coordinator, and Katy Allred-Vaccine Outreach Coordinator were introduced. It was great to meet them and appreciate the information they shared, and enjoyed their input with the games and prizes. Thank you for all that you do for the seniors.

2024 - A New Year and New Beginnings!

We are pleased to announce that a lease has been signed between the ADRC of Washburn County and the Minong Area Senior Center. We are looking forward to working with our partners, from the Washburn County ADRC Elderly Nutrition Program, to ensure all of our mutual goals are achieved.

January 8th was Dine @ 5 at the Center. This is a monthly event, sponsored by the ADRC Nutrition Program, and a very popular night out for many seniors. We all enjoy the food, friendship and ambience of the evening.

January 9th, the committee for the outside signage board held its first meeting. They will be diligently working to complete this project by spring. We are very fortunate to have John Hallman share his talents with our endeavors.

January 10th was the first board meeting of the year and for the new board members.

The 2024 board members include:

President - Polly Leinwander, Vice President - Lynne Thompson, Secretary - Sandy Erickson, Treasurer - Joyce Palucci, Members at Large - Ron Brown, Barb Grubbs, Judy Mullikin, Dave Stabenow, and Kirk Walters.

We are here to serve, in the best interests of the center, so if you have questions, please feel free to contact any board member.

MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: LAURA GOMEZ - 715.466.4448

PRESIDENT: POLLY LEINWANDER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| | | | 1 Congregate Meal 11:30 Cribbage 12:30 | 2 Congregate Meal 11:30 |
| 5 Congregate Meal 11:30 Dining @ 5 | 6 Congregate Meal 11:30 Wii Bowling 12:00 Farkle 12:30 | 7 Pocket of Prayer 7 am Congregate Meal 11:30 Movie Matinee 12 | 8 Congregate Meal 11:30 Cribbage 12:30 | 9 Congregate Meal 11:30 10 Rummage Sale Indoors 9-1 Potluck 12 Noon Bingo 1 *OPEN TO ALL* |
| 12 Congregate Meal 11:30 | 13 Congregate Meal 11:30 Wii Bowling 12:00 Cards 12:30 | 14 Pocket of Prayer 7 am Footcare 8:30-11:30 Congregate Meal 11:30 Board Meeting 1:30 | 15 Congregate Meal 11:30 Cribbage 12:30 | 16 Congregate Meal 11:30 |
| 19 PRESIDENT'S DAY HOLIDAY NO MEALS | 20 Congregate Meal 11:30 Wii Bowling 12:00 Farkle 12:30 | 21 Pocket of Prayer 7 am Congregate Meal 11:30 Movie Matinee 12 | 22 Congregate Meal 11:30 Cribbage 12:30 | 23 Congregate Meal 11:30 |
| 26 Congregate Meal 11:30 | 27 Congregate Meal 11:30 Wii Bowling 12:00 Cards 12:30 | 28 Pocket of Prayer 7 am Congregate Meal 11:30 | 29 Congregate Meal 11:30 Cribbage 12:30 | |

I would like to thank all those who served on the 2023 MASC board and the new incoming board members of 2024. Your time and talent serving the MASC are appreciated.

Communication is such a vital tool and that is why news articles in the Focus for Life, Spooner Advocate (Minong News) and FB are so important. Many thanks to Kirk Walters for resuming his role in ensuring the MASC articles and calendar are sent in a timely manner and posting events on FB for the center. Also, thank you to Joyce

Palucci who has sent in the MASC calendar to Focus for the past year and Sandy Erickson for her weekly updates in the Spooner Advocate (Minong News). Please check these newspapers and FB for all pertinent information on what is happening at your senior center. (Weekly activities, lunch menu etc.)

Our next Dining @ 5 is February 5th. Remember to sign up or call by Friday, February 2nd, to be assured of your reservation. (Phone 715-466-4448). Looking forward to seeing you there!

MINONG SENIOR CENTER FEBRUARY EVENTS/CELEBRATIONS/RECIPES

- **February 2nd - National Groundhog Day**
Join us for lunch to see if he saw his shadow
- **February 5th - Dining @ 5**
Valentine Caprese Skewers with Rose Petal Salad; Chicken Kiev over a Wild Rice Blend; Roasted Broccoli and Carrots; Strawberry Cheese Cake Dessert Plate
RESERVATIONS REQUIRED BY 2 PM
FRIDAY, 2/2/24
- **February 7th - Wednesday Movie Matinee**
"Runaway Bride"
- **February 13th - Mardi Gras**
Come for lunch for some Fat Tuesday Fun. Then stay to create your own Mardi Gras mask!
- **February 14th - Valentines Day**
Bring someone you care about to lunch.
- **February 21st - Wednesday Movie Matinee**
"Dreamer"

REMINDER: No home deliveries on Monday February 19th. Call Laura if you would like frozen delivered on Friday.
 Laura Gomez - 715-466-4448

CHEESY SAUSAGE PUFFS RECIPE:

- 1 - 16 oz. pork sausage uncooked
- 2 - eggs
- Tbsp. melted butter
- 2 - cups cheddar cheese
- 2 Tbsp. cream cheese
- 1 - cup almond flour
- 1/4 tsp. baking powder

Combine all ingredients. Roll into balls. Bake 15 - 18 minutes at 375°. Freezes well and reheat for 1 minute in microwave

THE VOTES ARE IN!

We will be traveling to Germany for March's Dining @ 5. Sign up will begin in February. Danke!

**MEAL TIME TALK FROM THE COOK:
Wow!**

Dining @ 5 was a rock and rolling blast.
 Thank you all that came out to this eventful evening. Just a reminder that this monthly dinner is an event and does require reservations. There are two ways to sign up...come into the Center and add your name or call 715-466-4448 between 7:00 am - 2:00 pm Monday -Friday. If reservations are full, we will put you on a waiting list. If someone cancels, I can call you to be added. If you are on the list and you can't attend, please call and let me know. Deadline for signup will always be the Friday before the event.

SENIOR CENTER NEWS

VERDELL PETTEY

WASHBURN COUNTY WELLNESS CENTER

50+ NEWS

Verdellpettey@gmail.com

What type of face would you draw on your wrapped cheese stick? I hope it's a happy face for the year 2024. Or how about a heart shaped face for Valentines? In December we drew happy snowman faces on the cheese sticks for the Meals on Wheels treat bags. Seeing cheese sticks now at the grocery store makes me smile.

Let us walk down the halls at the Center and see what is going on. The chair dancers are busy with Dawn Dunsmoor in the exercise room on Wednesdays at 9:30AM. I looked twice...what a big group...then I realized they were mirrored on the wall which made the group look twice the number! I love the music they play. Then there is Tai Chi, they meet Mondays, 1-2PM. Did you know that Tai Chi slowly moves your body for better balance and is an evidence-based fall prevention program for older adults? Thank you to Don Ross for instructing this. That's one busy exercise room. Walking toward the activity area I see several tables of people playing 500 on Wednesdays at 1PM. Vern and Marge Sutton like all the nice people and the humor while playing cards. Gary Murphy likes seeing people he hasn't seen for a long time and also appreciates more room around the tables. He baked molasses cookies for a treat. Erv Samshal enjoys the mutual interest he has with people. It's comfortable and bright in the new facility stated Roger Baumhover. While gazing up from his winning hands of cards, Darrell Olson commented about the nice people. Some of them even share their M&M's. Both Bob Wanek and Phil Ringlien like the easy parking area. Personally, there isn't anything I don't like about the center. The improved acoustics make it easier to visit too. Sandy Schmit is the coordinator for setting up the weekly 500 game. She loves the group of players that work and communicate well together. She welcomes any new players. Just come on over and join in. She is also willing

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 |
|---|---|---|---|---|
| SUNDAY, February 11 - SUPER BOWL PARTY TBA | | | 1 Boost Your Brain & Memory 9-10 Congregate Dining 12:00 Hand & Foot 1:00 | 2 Congregate Dining 12:00 |
| 5 Congregate Dining 12:00 Cribbage 1:00 Tai Chi 1:00 - 2:00 | 6 Congregate Dining 12:00 Mah Jongg Lessons 10 - 12 Mah Jongg 1:00 | 7 Chair Dance 9:30 Congregate Dining 12:00 Cards, 500 & Bridge 1:00 | 8 Boost Your Brain & Memory 9-10 Congregate Dining 12:00 Hand & Foot 1:00 | 9 Congregate Dining 12:00 |
| 12 Congregate Dining 12:00 Cribbage 1:00 Tai Chi 1:00 - 2:00 | 13 Congregate Dining 12:00 Mah Jongg Lessons 10 - 12 Mah Jongg 1:00 | 14 Chair Dance 9:30 Memory Café 10-11 Congregate Dining 12:00 Cards, 500 & Bridge 1:00 | 15 Congregate Dining 12:00 Hand & Foot 1:00 | 16 Savvy Seniors Book Club 11:00 Congregate Dining 12:00 |
| 19 NO MEALS PRESIDENT'S DAY Cribbage 1:00 Tai Chi 1:00 - 2:00 | 20 Congregate Dining 12:00 Mah Jongg Lessons 10 - 12 Mah Jongg 1:00 | 21 Chair Dance 9:30 Congregate Dining 12:00 Cards, 500 & Bridge 1:00 | 22 Congregate Dining 12:00 Hand & Foot 1:00 | 23 Congregate Dining 12:00 |
| 26 Congregate Dining 12:00 Cribbage 1:00 Tai Chi 1:00 - 2:00 DINING @ 5 KITCHEN TAKEOVER | 27 Congregate Dining 12:00 Mah Jongg Lessons 10 - 12 Mah Jongg 1:00 | 28 Chair Dance 9:00 Congregate Dining 12:00 Cards, 500 & Bridge 1:00 | 29 Congregate Dining 12:00 Hand & Foot 1:00 | |

to teach the game. Call her at 715-791-0988. Check the calendar for other activities not mentioned here.

December 18th Dining @ 5 featured Kitchen Takeover Top Chef Angie Mueller. The fine dining cuisine chef and caterer welcomed many guests for an entree of Short Rib Ragu served over pasta; broccoli and cauliflower.

The Eggnog Budino dessert made the meal complete. The pretty Christmas decorations, the holiday Mocktails and lots of Christmas attire was awesome.

Call me, Verdell Pettey, @507-696-8263 if you have news to share in the Focus. News is submitted the first Friday each month. Happy Valentine's Day.

SUPPORT FOR VETERANS

24/7, Confidential Crisis Support for Veterans and their Loved Ones

If you're a Veteran in crisis or concerned about one, reach caring trained responders 24 hours a day, 7 days a week.

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.
- Support doesn't end with your conversa-

tion. Our responders can connect you with the resources you need.

You don't have to be enrolled in VA benefits or health care to connect.

You're not alone - the **Veterans Crisis Line** is here for you

- Dial 988 then Press 1
- Chat online at VeteransCrisisLine.net/Chat
- Text 838255
- Scan the QR code to download Veterans Crisis Line resources

U.S. Department of Veterans Affairs



SENIOR NEWS

What is RSV - Respiratory Syncytial Virus?

SUBMITTED BY KATY ALLRED

ADRC of Washburn County Vaccine Outreach Coordinator

For the first time, adults 60 and older are eligible to receive a vaccine against the respiratory syncytial virus, or RSV. You may not have heard of this virus, but is very common among children. This virus is highly contagious and is responsible for many hospitalizations for children, especially young infants, and adults every season.

The season is concurrent with the influenza season. Now, also the Covid virus is circulating at this time of year. The peak season for RSV is January to April. Symptoms are similar to other respiratory viral infections that occur at this time of year. It begins with runny nose, sore throat, cough and headache. Symptoms can worsen, progressing to trouble breathing, wheezing, worsening cough, fever. There are rapid tests available that confirm RSV, as there are for influenza.

The US Food and Drug Administration has approved two vaccines for ages 60 and older. The CDC has also given the green light to the vaccines following the FDA approval.

For older adults, this virus poses a threat. In the US, an estimated 160,000 adults 65 and older are hospitalized each year due to the RSV illness. Unfortunately, around 10,000 to 13,000 older adults die annually from this infection.

A new analysis from the CDC shows that between February 2022 and May 2023, while hospitalizations for RSV were fewer than for Covid or flu, patients with RSV had outcomes that are more serious. This includes the need for intensive care and needing advanced respiratory support.

As with other infections, persons with underlying health problems are at higher risk for complications and hospitalizations from RSV.

At this date, per CDC data, the rate of RSV illness is higher than usual for this time of year, about 6 per 100,000 persons. The data also reports that this is also 10 times higher compared with years before the Covid-19 pandemic.

The vaccines available are 85% to 88% effective against the virus. This is a very good level of protection. The most important reason for being vaccinated is to prevent complications, hospitalizations and possible death if infected with the virus.

The vaccine is covered by private health insurances (required by law) and for those on Medicare, it is covered by Part D plans. Discuss if the

vaccine is appropriate for you with your primary care provider.

Now is the time to get protection from RSV! RSV infections are rising, and in general, it takes at least 2 weeks for vaccines to reach a protective level. If you get the vaccine now, the protection will last you throughout the season, and possibly even next season.

At this time of year, when gathering with family and friends, we can all feel confident that we are protecting them and ourselves. Other measures for preventing illness include staying home if sick, wash hands frequently, cover coughs and sneezes.



If you had not heard, the ADRC of Washburn County received \$262,080.00 in grant

funding from the USAging-led Aging and Disability Vaccination Collaborative to conduct activities that will connect older adults and people with disabilities to vaccinations that include:

- Influenza (flu)
- Pneumonia
- Shingles
- RSV
- Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough)
- COVID-19

Washburn County residents age 60+ and adults with disabilities age 18-59 are eligible to receive a local "Chamber Cash" one-time incentive of \$50 in Chamber Bucks \$\$\$ from the ADRC of Washburn County, for any of the above listed vaccinations received between April 25, 2023 and April 15, 2024. These dollars can be used at any local Washburn County business who are members of their local Chamber and accept these dollars.

In addition, if you receive more than one type of vaccination, Indian-head Community Action Agency (ICAA) received a grant for COVID-19 and Influenza vaccinations. You may be eligible to receive this second incentive of \$25 from them.

Not only will you be protecting yourself by being vaccinated, you will also be helping local businesses by putting money back into the local economy. For more information on how you can register for a qualified vaccination clinic or apply for an incentive for a vaccine that you receive during the grant period, contact the Vaccine Outreach Coordinator at 715-645-2754. You will need to be able to provide your full name, physical address, email, and telephone number.

For **FREE** transportation to get a vaccine, call Amber, our Washburn County Mobility Manager at 715-635-4465.

Please also LIKE and follow our agency Facebook Page at <https://www.facebook.com/AgeWellLiveWellWashburnCounty>

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

#OurHearts

National Wear Red Day®
February 2

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

hearttruth.gov






MEALS ON WHEELS PET CARE

Help the Pets of Homebound Seniors

PET CARE OR PAYING BILLS? A REAL-LIFE DILEMMA

For seniors like Frank - who are often isolated at home and living on fixed incomes - pets are both a tremendous comfort and also a tremendous responsibility. Even the basics, like food and vet visits, can be a burden. Too often, seniors must choose between caring for their pets and paying their bills.

NEARLY 1/3 OF MEALS ON WHEELS CLIENTS WITH PETS FOREGO THEIR OWN MEDICAL CARE, PAYING BILLS AND OTHER PERSONAL NEEDS TO PROVIDE FOR THEIR FURRY FRIENDS.

Like many pet-owning adults, our clients say their pets are among their most loyal companions. None of us want to see them face such awful dilemmas.

CARING IS AT THE HEART OF OUR MISSION

For over fifty years, Meals on Wheels has provided nutritious meals to isolated seniors, and in that time, we've learned a lot about their many needs. A critical one is pet food. Over 75% of Meals on Wheels clients who have pets say they need help buying their food,



PHOTO SUBMITTED

"BLADE HAS GOTTEN A LOT BETTER SINCE HE SAW THE VET. I'M SO APPRECIATIVE FOR THE SERVICE."

- Frank, whose loyal friend received a free wellness check, vaccinations and deworming through Meals on Wheels.



PHOTO SUBMITTED

NEARLY HALF OF MEALS ON WHEELS SENIORS SAY THEY HAVE NO OTHER PLACE TO GO FOR HELP WITH THEIR PETS' NEEDS.

THAT'S WHY THEY NEED YOU.

and half couldn't take their pet to the vet when it needed medical attention.

We help with both - providing pet food and veterinary care - because we know that when seniors can take care of their pets, pets can take care of their seniors.

95% OF PET OWNING MEALS ON WHEELS CLIENTS SAID HAVING A PET MADE THEM HEALTHIER.

96% SAID THEIR PET MADE THEM FEEL LESS LONELY.

94% SAID THEY WOULD FEEL LOST WITHOUT THEIR PET.

HELP YOUR OLDER NEIGHBORS BY HELPING THEIR PETS.

When you support our pet program, you, in essence, give twice - first, you help homebound seniors in our community, and then you help their pets too. In the end, your generous donation makes them both healthier and happier.

ADRC of Washburn County call 715-635-4460



MEMORY SCREEN MONDAYS

WHO SHOULD GET SCREENED?

Anyone who has concerns about their memory, has a family history of dementia, or those who simply want a baseline for their memory.

WHEN/WHERE?

The First Monday of the Month

1:00 PM - 4:00 PM

Washburn County Services Center

Aging and Disability Resource Center Office First Floor

304 2nd St. Shell Lake, WI

WHY SHOULD I GET SCREENED?

Early detection of cognitive changes is important. If additional assessment by a medical professional determines there are cognitive changes or a diagnosis of dementia, it offers time to plan for the future in a meaningful way.



Contact Patryce Garcia with any questions OR to schedule a n appointment.

715.635.4477

WASHBURN COUNTY MEMORY CAFE

WASHBURN COUNTY MEMORY CAFE

WHEN:

The Second Wednesday of every month

TIME:

10 AM - 11 AM

WHERE:

Spoooner 50+ Wellness Center
850 W Beaverbrook Ave.
Spoooner WI 54801



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.

CONTACT:

Patryce Garcia
Dementia Care Specialist
Caregiver Support Coordinator
pgarcia@co.washburn.wi.us

715.635.4477

SENIOR NEWS

Preparing for Winter Power Outages

WASHBURN COUNTY EMERGENCY MANAGEMENT

Taking the time to prepare for a winter power outage can mean the difference between comfortably riding it out or surviving it in misery. It can get scary when the electricity we all take for granted is no longer available, but in winter, it's even worse. You may be without heat for long periods of time, your pipes may freeze, or you may be snowed in and stranded in your home for days.

START GETTING PREPARED BY KEEPING THE FOLLOWING SUPPLIES ON HAND:

- Water, one gallon per person per day, for a minimum of 3-7 days
- Non-Perishable Food
 - *(Don't forget to add water and food in to your equation for pets.)*
- Flashlights/Batteries, Battery-Operated Lanterns
- First Aid Kit/Prescriptions
- Manual Can Opener
- Extra Blankets & Cloths
- Emergency Weather Radio - Consider Hand-Crank or Solar Units
- Cellphone Car Charger

PORTABLE GENERATORS & SAFE USE

Portable generators can help with preparation for such power outages while providing peace of mind. As with all things involving electricity,



PHOTO SUBMITTED

the incorrect use of generators can create potentially hazardous situations. Here are some safety tips:

- Read all the information on installation, safety and maintenance, and follow instructions regarding maintenance and testing.
- Always isolate the generator from the utility supply system by plugging appliances, directly into generator itself. Don't try to wire your home's electrical system into the generator. The generator could feed power back into utility lines as power crews work to restore your electric service, putting those workers' lives at risk!
- Take care when fueling your generator! Never try to refuel the

unit while it's operating. Avoid spilling gasoline or other fuels on hot components.

- Provide adequate ventilation and air cooling for the generator to prevent overheating and the accumulation of toxic exhaust fumes.
- Keep these devices outdoors, away from doors, windows and vents that could allow carbon monoxide to come indoors.
- Opening doors and windows or using fans will not prevent CO buildup in the home. Although CO can't be seen or smelled, it can rapidly lead to full incapacitation and death. Even if you cannot smell exhaust fumes, you may still be exposed to CO. If you start to

feel sick, dizzy, or weak while using a generator, get to fresh air **RIGHT AWAY - DO NOT DELAY.**

- Install CO alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area.
- Be sure to turn the generator off and let it cool down before refueling. Gasoline spilled on hot engine parts could ignite.

• Exercise caution around portable generators, which have exposed engine parts that could burn or injure an individual. Keep children and pets away from a running generator.

If needed, you will be happy that you had the foresight to "Get Ready". Stocking a few essential power outage supplies helps keep you safe and healthy. Also, don't forget to check on family, friends and neighbors, especially if they are elderly, to make sure they are ok.

Check out [ready.gov](https://www.ready.gov) to make sure you are fully prepared for winter weather.

Stay safe and Warm this Winter!

WINTER WEATHER REMINDER

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

Senior nutrition programs may be cancelled and there will be no home delivered meals if the roads are slippery or dangerous due to a snow-storm or freezing rain. Please tune in to the local radio stations for announcements for your area:

**WCSW (94.0 AM) and
WGMO (95.3 FM) Shell Lake;
WJMC-FM (96.1 FM) Rice Lake;
and WHSM (101.1 FM) Hayward.**

There may be instances where some areas of the county are experiencing inclement weather and others are not, so the rule of thumb is **"IF THE SCHOOL IN YOUR AREA IS CLOSED, SO IS THE NUTRITION SITE."**

You are encouraged to keep a 2-3 day supply of nonperishable food on hand in the event of an emergency that may force us to cancel our meal

programs. Everyone on the Home Delivered Meal program will receive an Emergency Nutrition Kit to be used during these times.

DELIVERY WILL BE LIMITED TO PLOWED ROADS ONLY!

Our volunteer drivers will only deliver meals on roads and driveways that are plowed. Sidewalks to your residence should be shoveled and ice-free. The safety of our drivers is very important to us. If your driveway or road is not sufficiently plowed, call the Washburn County Aging & Disability Resource Center at 715-635-4460 and tell us of your problem. There may be funds available to reimburse your expenses of having your driveway plowed and sidewalks cleared. This will save the volunteer driver a trip out on bad roads.

HAVE A SAFE AND WARM WINTER!

*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

FEBRUARY HEART MONTH

High Blood Pressure and Stroke

High blood pressure means that the force of the blood pushing against the blood vessel walls is consistently in the high range. Uncontrolled HBP can lead to stroke, heart attack, heart failure or kidney failure.

Two numbers represent blood pressure. The higher (systolic) number is the pressure in your arteries when your heart beats. The lower (diastolic) number is the pressure while your heart rests between beats. The systolic number is always listed first. Blood pressure is measured in millimeters of mercury (mm Hg).

Normal blood pressure is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have elevated blood pressure. High blood pressure is a systolic pressure of 130 or higher or a diastolic pressure of 80 or higher that stays high over time.

HOW DOES HIGH BLOOD PRESSURE INCREASE STROKE RISK?

High blood pressure is a major risk factor for stroke.

HBP adds to your heart's workload and damages your arteries and organs over time. Compared to people whose blood pressure is normal, people with HBP are more likely to have a stroke.

About 87% of strokes are caused by narrowed or clogged blood vessels in the brain that cut off the blood flow to brain cells. This is an ischemic stroke. High blood pressure causes damage to the inner

| BLOOD PRESSURE CATEGORY | SYSTOLIC mm Hg (upper number) | | DIASTOLIC mm Hg (lower number) |
|---|-------------------------------|--------|--------------------------------|
| NORMAL | LESS THAN 120 | and | LESS THAN 80 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 | 120-129 | and | 80-89 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 | 140 OR HIGHER | and | 90 OR HIGHER |
| HYPERTENSIVE CRISIS (consult your doctor immediately) | HIGHER THAN 180 | and/or | HIGHER THAN 120 |

lining of the blood vessels. This will narrow an artery.

About 13% of strokes occur when a blood vessel ruptures in or near the brain. This is a hemorrhagic stroke. Chronic HBP or aging blood vessels are the main causes of this type of stroke. HBP strains blood vessels. Over time, they no longer hold up to the pressure and rupture.

AM I AT HIGHER RISK FOR HBP?

There are risk factors that increase your chances of developing HBP. Some you can improve or treat, and some you can't.

Those that can be improved or treated are:

- Cigarette smoking and exposure to secondhand smoke

- Diabetes
- Being overweight or obese
- High cholesterol
- Physical inactivity
- Poor diet (high in sodium, low in potassium, and drinking too much alcohol)

Factors that can't be changed or are difficult to control are:

- Family history of high blood pressure
 - Race/ethnicity
 - Increasing age
 - Gender (males)
 - Chronic kidney disease
 - Obstructive sleep apnea
- Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access to basic living necessities, medication, health care providers,

and the ability to make healthy lifestyle changes.

HOW CAN I CONTROL HIGH BLOOD PRESSURE?

Even if you have had a prior stroke or heart attack, controlling high blood pressure can help prevent another one. Take these steps:

- Don't smoke and avoid second-hand smoke.
- Reach and maintain a healthy weight.
- Eat a healthy diet low in sodium and saturated and trans fat. Limit sweets and red and processed meats.
- Eat fruits and vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Include foods rich in potassium.
- Be physically active. Aim for at least 150 minutes of moderate-intensity physical activity per week.

HOW CAN I LEARN MORE?

1. Call **1-888-4-STROKE** (1-888-478-7653) or [visit stroke.org](http://visit.stroke.org) to learn more about stroke or find local support groups.
2. Sign up for our monthly Stroke Connection e-news for stroke survivors and caregivers at StrokeConnection.org.
3. Connect with others who have also had an experience with stroke by joining our Support Network at stroke.org/SupportNetwork.



SPooner HEALTH



GROUPS & CLASSES

POWERUP VOICE & MOVEMENT

PowerUP is an exercise group for people with Parkinson's disease and other neurological disorders such as stroke, ataxia, or MS. The purpose of the group is to help individuals maintain the physical movement needed for speech and mobility so that they can function more safely and independently, improving quality of life.

- When:** Second Wednesday of the Month
11 a.m. to 12:30 p.m.
- Where:** Lower Level Classrooms A&B
Spoooner Health
- Contact:** Spoooner Health Rehabilitation
Services 715-939-1745

APHASIA SUPPORT GROUP

Open to anyone with aphasia or friends and family of someone with aphasia. This group is a safe place to meet others, practice communication, learn new strategies, and support one another. Topics and themes change each month.

- When:** First Thursday of the Month
1:00 to 2:30 p.m.
- Where:** Main Conference Room,
Spoooner Health
- Contact:** Spoooner Health Rehabilitation
Services 715-939-1745

Learn more:
www.SpoonerHealth.com/events

NEIGHBOR TO NEIGHBOR



Volunteers guide participants with little or no online experience through the basic swiping, tapping, and voice recognition techniques required for interacting with a tablet or smartphone.

Call our office to schedule an appointment
715-635-2252

CHICOG NEWS

**JOANN MALEK AND
CATHY PEDERSON
CHICOG NEWS**

Things change. Matthews Lake was once a premier trout fishing lake. Managed by the state for trout, it was stocked with rainbows and browns that grew to trophy size. Eventually the lake was deemed too shallow and warm to sustain trout and the DNR ceased the stocking. In 1975 it was the trout that brought Dr. Kempton and Helen German to Chicog. Until retirement, he was an Eau Claire Urologist. She was director of St. Joseph's Hospital Nursing School, Marshfield.

Both loved the wild. Doc hunted the woods and frequented local trout streams. He ground lenses for a large telescope he mounted along the lakeshore. He crafted supplies needed for their maple syrup operation. In 1990 the two made 25 gallons of syrup from sap collected on their property. They cleared space for two sizable gardens. Helen started hundreds of seedlings to plant and to share, tended birds, participated in an annual loon count. She continued serving on state and national nursing boards but worked for Chicog as well. Helen organized and kept town records, thus becoming a wealth of knowledge about the town of Chicog. She was sextant for the town cemetery for many years.

Things change. Cemetery Road, running east, just north of the Chicog Cemetery, was renamed



Dr. Kempton and Helen German

SUBMITTED PHOTO

when Doc petitioned the town board and Helen suggested that it be called 'Deerfield Road.'

Things change. In 1959 the Four-County Library Project began bringing books to isolated areas of northern Wisconsin. By the late seventies a bookmobile visited Minong once a month. Helen was an avid reader and would spend several morning hours at the traveling library. Finding books and information seemed easier in that small space. Neighbors would gather there, share events of their lives, recommend books they'd enjoyed. "It's a feeling of family, like a big family." In 1999 area bookmobile routes were discontinued. In 2001 the Minong Community Library was established. In 2004, the Northern Waters Merlin computerized system was adopted. Not until 2022 did a new traveling library,

the Bibliodragon, begin coming to Chicog.

Things change. Dr. German suffered a heart attack while fishing a favorite trout stream. At his death in 1992 a veterans' memorial American flag was donated to Chicog and a decrepit flag pole was replaced with a sturdy, lighted system. An auto accident at the highway 77-53 intersection claimed the life of Helen German in 2013. In her memory a new structure was built around the town well and adorned with a school bell donated by Ken Hustvet. Primary sites. Fitting tributes.

IMPORTANT FEBRUARY DATES

Wednesday 2/14, 6pm, monthly Chicog meeting
Wednesdays 2/14&28 Namekagon Transit service
Thursdays, 11-3, Chicog Walk-

abouts, town hall
Thursday 2/22, 11-1, Bibliodragon, town hall

Saturday, 2/24, Matthews Lake Gala
Wednesday, 2/28, 10:30-12, Books and Bread, Beaverbrook
(Note that Books and Bread no longer comes to Trego)

Ongoing, until April, 2024: Washburn County has received funding to promote vaccination clinics for seniors. Medicare will pay for vaccinations including flu, pneumonia, RSV, DPT, and Covid-19. In addition, you will receive fifty Chamber Dollars to be used at local Chamber businesses. Contact Washburn County Vaccination Outreach Coordinators at 715-645-2754 or 715-645-2710.

Is your driveway icy? Are you slipping, getting stuck? Did you know that there is a salt/sand pile in the town hall parking area, free for Chicog residents? Just bring shovel, bucket, and help yourself. If that doesn't work for you, call 715-466-4525 and schedule the Chicog highway crew to salt/sand your driveway. Minimum charge is \$35-45, with fees higher for longer driveways. If you cannot afford these fees for snow plowing, shoveling, or other home cares and are a Washburn County resident age 60+ or a caregiver for a resident 60+, please contact the ADRC to see if you qualify for some of the reimbursement plans available. Call 715-635-4460 and ask for Patryce Garcia.

Thank you for reading the Chicog News!



Caring starts here.



My Choice Wisconsin provides government-funded programs to frail seniors, adults with disabilities, individuals, and families.

We care for the whole person and well-being of all by offering services that promote independence, value diversity, and inspire self-advocacy.

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

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

EAT WELL, AGE WELL.

February - Ginger and Cabbage

February is Heart Month. Ginger and cabbage are heart-healthy food options that reduce the risk of developing heart disease. Ginger has emerging heart-healthy attributes including reducing blood pressure, lowering lipid and cholesterol levels, and reducing blood clotting in atherosclerosis. It also has been long used to treat nausea and vomiting.

- **Storage:** Store in a resealable plastic bag container with air pushed out, in a refrigerator crisper. Can be grated and frozen in an ice cube tray for long-term storage.

- **Preparation:** Scrap the skin off with the tip of a spoon. Grate or mince as the recipe instructs.

Cabbage is an easy-to-grow vegetable available in many varieties each with a slightly different flavor profile. Cabbage is high in fiber, Vitamin C, Vitamin K, Vitamin A, Vitamin B6, thiamin, folate, potassium, manganese, calcium, and iron. It is also low in saturated fat, cholesterol, and calories making it a heart-healthy option.

- **Storage:** *Cabbage can be stored for many months making fresh cabbage available even in the winter months. Store in refrigerator for several weeks and up to 2 months if uncut. Do not wash until ready to use.*

- **Preparation:** Can be eaten raw, braised, steamed, boiled, fried, or roasted. Be careful to not overcook and release stereotypical cabbage odor.

CABBAGE STIR-FRY

Ingredients

- 1 Tbsp olive oil
- 3 garlic cloves, minced
- 2 tsp ginger
- Half a head of cabbage
- 4 Tbsp low sodium soy sauce

Instructions

1. Heat olive oil in a high-sided skillet or wok at medium-high heat.
2. Sauté garlic and ginger for 3 minutes.
3. Add cabbage, 2 Tbsp soy sauce, and other seasonings as desired. Heat over medium heat for 5-7 minutes until the cabbage is softened.
4. Add the remaining 2 Tbsp soy sauce, turn the heat to high and cook for 2-3 more minutes

Notes:

- Can be served as a vegetable or over rice as the main dish.
- Substitute olive oil for sesame oil to add a nutty flavor.
- Substitute for Chinese cabbage or red cabbage for other variations.
- Sauté onions, peppers, Bok choy, or mushrooms with cabbage to incorporate additional flavors or sesame seeds to top before serving. Add a choice of protein.
- Recipe adapted from <https://www.the-bella-vita.com/cabbage-stir-fry-recipe/>

Did you Know...

Ginger has been used in China for medicinal purposes for over 2500 years!

Cabbage is known as one of the most nutritious vegetables.

Seniors, We Appreciate Your Business!

*A local guide to shopping,
services, dining & entertainment
for our community's seniors*



DAILY SPECIALS
Breakfast, Lunch & Dinner

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

PLUS FULL MENU & CARRY OUT AVAILABLE

Trego, WI
715-635-3259



Need An Extra **Lift?**

RECLINER LIFT CHAIRS

starting at **\$799⁹⁵**

Bush & Gilles
FURNITURE

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



Fresh **EVERY DAY!**

DELI • BAKERY • RESTAURANT
7 Days A Week

BREAKFAST Served 7 am - 11:30 am
Free Cup of Coffee with Refill with Purchase of Breakfast Special!

LUNCH SPECIALS Served 10:30 am - 2 pm
DINNER SPECIALS Served 4 pm - 6 pm

DELI HOURS: 7 AM - 7 PM
DELI RESTAURANT HOURS:
Mon. - Sat. 7 am - 7 pm • Sun. 7 am - 6 pm

Check Out Our **MADE TO ORDER MENU**

Deli Direct:
715-635-7700

SCHMITZ'S
economart
OPEN 24 HOURS

700 S. River St., Spooner, WI • 715-635-2836




FIND YOUR FORTUNE.

ST. CROIX CASINOS

TURTLE LAKE • DANBURY • HERTEL
THREE UNIQUE CASINOS

From Turtle Lake to the Vegas-style table games of Danbury to the slots-and-more-slots style of Hertel, St. Croix Casinos has something for everyone.

GOPLAYWIN.COM | 800.846.8646






RECRUITING FOR NUTRITION ADVISORY COUNCIL

Washburn County's Senior Nutrition program is seeking members to be a part of the Nutrition Advisory Council. This Council is vital to evaluating, promoting, planning, and advocating for the Nutrition Program and its participants. Ideally, council members would regularly participate in any of the following: Senior Dining Noon Meal, Dining at 5, and/or Meals on Wheels. Nutrition Program volunteers and family members or caregivers of diners are also

encouraged to be a part of this council.

The Nutrition Advisory Council is intended to be a partner in the continuous improvement of the Senior Nutrition Program and an advisor to the Nutrition Program Director. Council members have the opportunity to make recommendations regarding operations of the program and to speak on behalf of the current and future nutrition program participants. The Nutrition

Advisory Council will meet quarterly throughout the year at various locations in the county. Transportation may be available if needed.

Thank you in advance for considering becoming a part of this council! If you are interested or have questions, please contact Valerie VanderBent, Nutrition Program Director, at 715-635-4467 or by email at vvanderb@co.washburn.wi.us.

Seniors, We Appreciate Your Business!

*A local guide to services,
health & housing for our
community's seniors*

Your **FULL SERVICE** Pharmacy Department



Angela, Pharmacist

Available at the
PHARMACY

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

SCHMITZ'S



economart

700 S. River St., Spooner, WI

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

Affordable - Senior Citizen Housing

~ Now Taking Applications ~



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

MINONG ~ ACORN APARTMENTS

A Great Place to Call Home

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



Glenview Assisted Living

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



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

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

www.th-glenview.org



RED CROSS PHARMACY

Caring for you and about you.

"Your Prescription Specialists"



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

DOWNTOWN SPOONER
715-635-2117

FREE
IN TOWN
DELIVERY
Spooner &
Shell Lake

*Regional Hospice
Services & Palliative Care*

A Special Kind
of Care

For more information please call

715-635-9077

www.regionalhospice.org



**INDIANHEAD
MEDICAL CENTER**
and HOME HEALTH AGENCY

*Caring Is
Our Specialty*

We Accept
Medicare
Advantage Plans

113 4TH AVE., SHELL LAKE, WI

HOSPITAL 715-468-7833 | SHELL LAKE CLINIC 715-468-2711



**St. Croix
HEALTH**

saintcroixhealth.org

800.828.3627

Frederic • Lindstrom • St. Croix Falls
Unity • Webster

**SPOONER
FUNERAL HOME**

BRATLEY-NELSON FUNERAL HOMES
& CREMATORY



715-635-8919
306 RUSK STREET
SPOONER

www.bratley-nelsonchapels.com

**Shell Lake
Pharmacy**

*Your Full Service
Pharmacy*



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