

FOCUS for Life



VOLUME 31 ISSUE 1

JANUARY 2023

HAPPY HAPPY NEW YEAR!



SUBMITTED BY
LINDA HAND
ADRC Director/
Aging Director

AGENCY CHANGES
EFFECTIVE JANUARY
01, 2023:

NEW NAME: Effective January 01, 2023, our agency name will be the

ADRC of Washburn County.

NEW LOGOS AND BRANDING.

The new logos and branding will reflect the new name and royal blue color that the state ADRC logo



uses as of 01/01/2023.

We are currently in the process of creating new logos and branding for the transportation program and Spooner Senior Center. These changes will incorporate the ADRC royal blue color with logos that reflect the beauty of Washburn County, Wisconsin, and the valuable resources of woods and waters. Our staff and volunteers will soon be recognized by wearing royal blue shirts, hats, and aprons, bright yellow safety vests, and ID badges. The agency transportation vehicles will have wraps to easily identify them as being Washburn County Transport.

NEW ORGANIZATIONAL ADVISORY COMMITTEE. Since the ADRC and Aging Departments will be integrating into one agency, there will be changes made to the structure of the advising committees. The organizational chart will show the full County Board has full oversight over county departments. The County Board Chair assigns five County Board members to sit on the Aging & Disability Ser-

vices Committee (Commission on Aging) to oversee the agency policies and procedures. The Director of the agency reports to these board members, but directly supervises the staff and the agency itself. Wisconsin Statute requires that an ADRC have a citizen's ADRC Governing Board. The composition of the board must reflect the ethnic and economic diversity of the geographic area served by the ADRC. To ensure adequate representation statewide, all ADRC boards must include at least one person with a physical disability or an acceptable representative, one person with an intellectual disability or an acceptable representative, and two people age 60 or older or acceptable representative(s). The Aging Unit requires a committee comprised of older individuals that constitute at least 50% of the membership of the advisory committee and individuals who are elected to any office may not constitute 50% or more of the membership of the advisory committee. The ADRC board may combine with the Aging Advisory Committee (advisory) where the ADRC and the county Aging Unit are integrated. The combined board must meet the ADRC board requirements and the Wisconsin Elders Act requirements. It is advisory to a separate policymaking board, which will be our Aging & Disability Services Committee. Since we already have an active Aging Citizen's Advisory Committee, which represents the required Older People or Representative(s), we are currently recruiting Washburn County citizens to represent Adults with Physical Disabilities, Adults with Intellectual Disabilities, and/or Representative(s).

NEW 800 NUMBER. Our new 800# will become active as of 01/01/2023. It is **833-728-3400**.

NEW WEBSITE. As of 2023, we will host our own website, which will feature all of the local services we provide specific to Washburn County residents and their caregivers. This will include information on all ADRC services and aging programs. There will be pages for each of our senior meal sites, home-delivered meal program, transportation, dementia care, caregiver support, resources, newsletters, healthy aging, advocacy, benefits assistance, volunteer opportunities, and more! The new site is currently under construction. The new address is

<https://adrcwashburncounty.org/> We will continue to give updates as to the progress. If there is anything specific that you would like to see included, please let us know! Also, please give us feedback as to things that are working or not working. This is "our" website for the community and we want it to be user-friendly for all.

UPDATED FACEBOOK PAGES. As of January 01, 2023, the ADRC of Barron, Rusk, & Washburn Shell Lake Location <https://www.facebook.com/ADRCShellLakeWashburn/> will be deleted.

The Washburn County Unit on Aging Facebook page will have a name change to ADRC of Washburn County, which will have the same link address of

<https://www.facebook.com/AgWellLiveWellWashburnCounty>

Please LIKE this page to get the most up-to-date information for our entire agency.

ADDITION OF CONSTANT CONTACT. Not everyone wants to be a part of social media by having accounts on Facebook, Twitter, Instagram, YouTube, LinkedIn, Snapchat, Pinterest, or TikTok. To be able to communicate with a wider audience, we have signed up for a Constant Contact account for our subscribers. Not all people in Washburn County get the Focus Newsletter and we have several seniors who cross the borders to attend our senior center meals and events. Constant Contact is an email platform, so our staff will be able to send out important news blasts and inform you of upcoming events to your email as soon as the information is released.

If you heard about our charter bus trip to Duluth and didn't get a chance to attend, you missed an awesome experience with two busloads of locals and lots of laughter. We did provide satisfaction surveys to all participants. Beau Petersen Photography was along for the trip and we will soon be able to share some great pics and videos of our trip. Watch our Facebook page for the release. I am including the survey below in case you couldn't attend, we still want your feedback for future outings. Send us the Constant Contact information, so we can include you in the results and any new trips being planned.

December 08, 2022 - Duluth Charter Bus Trip Satisfaction Survey

ADRC of Washburn County
304 2nd Street, P.O. Box 316, Shell Lake, WI 54871

- How did you find out about the trip?
 Newsletter
 Facebook
 Word of Mouth
 Other
- Did you enjoy the visit to Fitger's? Yes No
- Did you enjoy the stop at Bentleyville? Yes No
- Would you attend another charter bus trip in the future? Yes No
- Do you have suggestions for other charter bus trips? _____
- In 2023, we will be getting our own 14-passenger bus at our agency. The plan is to host smaller social trips to locations around the area. If you are interested in attending future trips like these or by charter, please register to be on our email Constant Contact List. We will give you bi-monthly updates on activities, volunteer opportunities, and relevant news that might be of interest to you.

Email: _____

Name: _____

Mailing Address: _____

Phone: _____

If you are interested in becoming a volunteer for the agency or any of our senior centers, please contact us for a volunteer application.

Donations are always appreciated, but not required. If you would like to make a donation to defer the costs of activities and programming, please make checks out to ADRC of Washburn County. Please let us know if you would like a receipt.

We hope you enjoyed this experience and would love to meet up with you again!

Please welcome Josie Haupt as our new Shell Lake Site Manager!



ADRC PHOTO

Bio: "My name is Josie Haupt. I was born and raised in Shell Lake, WI and now live in Trego, WI with my husband and our dog Rosco. I have two children and six grandchildren, which I love spending time with. I like to do jigsaw puzzles, read books, go camping and relax by a campfire. I also like baking and experimenting with new recipes."

Josie is a great addition to our Nutrition Program staff and to our Washburn County community. Welcome Josie!!

SHARE THE LOVE



Share The Love With a Senior!

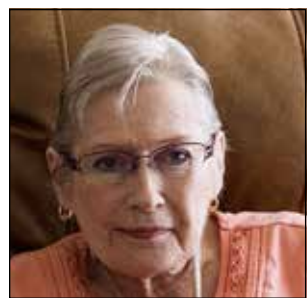
Celebrating 15 years of the Subaru of America, Inc. #ShareTheLoveEvent, we're sharing ways you can help share the love with seniors in your life! One simple act of kindness can brighten their entire day.

This holiday season, we hope you'll Share the Love by supporting vulnerable seniors nationwide.

TOO MANY SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.

- 1 in 8 seniors was threatened by or experienced hunger.
- 1 in 4 seniors lives alone
- 1 in 10 experienced poverty

MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR HOMES, WHERE THEY WANT TO BE.



"I am so grateful for the volunteers - people who have it in their heart to help. They don't have to do it, but they do."
- MARTHA
Meals on Wheels Client

Over the last 14 years, Subaru and its retailers have helped the Meals on Wheels network deliver NEARLY 4 MILLION MEALS to seniors in need across the country.

You can help that number grow. **WHEN YOU BUY OR LEASE A NEW VEHICLE** during the 2022 Subaru Share the Love® Event, **SUBARU OF AMERICA WILL DONATE \$250** to the purchaser's choice of participating charities from November 17, 2022 through January 3, 2023. We hope you'll choose Meals on Wheels!

LEARN MORE AT [WWW.MEALSONWHEELS AMERICA.ORG/SHARETHELOVE](http://WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE)

Based on data available in 2021 - Information data sources available at www.MealsOnWheelsAmerica.org/Facts



COOK. Cook a favorite recipe with a senior in your life. When we share meals we share love, culture, and history, too.

PLAY. Games bring people together, away from their screens, and help keep seniors mentally sharp.

ENGAGE. Invite a senior to join you for errands or coffee. Everyday activities are great ways to keep seniors engaged.

CALL. Love is meant to be shared. Pick up the phone and call a senior loved one, helping them feel a little less lonely

LISTEN. Listening to music together makes just about everyone feel more connected and alive.

How do YOU share the love with seniors in your life?

If you would be interested in "Sharing the Love" locally by volunteering or with a donation, please contact our office at 715-635-4461, send donations to: Washburn County Unit on Aging "Share the Love", P.O. Box 316, Shell Lake, WI 54871, or drop off at our office located 304 2nd Street, Shell Lake, WI.

Washburn County ADRC/Aging Meeting Calendars 2023

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

TIME	DATE	LOCATION	OTHER INFORMATION
9:00 a.m.	Tuesday, January 3, 2023	Washburn County Board Room 204 2nd St., Shell Lake, WI, 715-635-4460	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS
9:00 a.m.	Tuesday, February 7, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI, 715-635-4460	
9:00 a.m.	Tuesday, March 7, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI, 715-635-4460	
9:00 a.m.	Tuesday, April 4, 2023	Washburn County Board Room 204 2nd Street, Shell Lake, WI, 715-635-4460	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS
*10:00 a.m.	Tuesday, May 2, 2023	Birchwood Senior Center 110 Euclid Ave., Birchwood, WI, 715-354-3001	Lunch served at 11:45 a.m.
*10:00 a.m.	Tuesday, June 6, 2023	Minong Senior Center 700 Houston Ave., Minong, WI, 715-645-0418	Lunch served at 11:30 a.m.
9:00 a.m.	Wednesday, July 5, 2023	Spooner Senior Center (TBA) 402 Oak St., Spooner, WI 54801, 715-635-8283	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS
*10:00 a.m.	Tuesday, August 1, 2023	Shell Lake Senior Center 210 4th Avenue, Shell Lake WI, 715-635-8283	Lunch served at 12:00 noon.
9:00 a.m.	Tuesday, September 5, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI, 715-635-4460	
9:00 a.m.	Tuesday, September 26, 2023 (Change Due to Budget)	Washburn County Board Room 304 2nd Street, Shell Lake, WI, 715-635-4460	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS
9:00 a.m.	Tuesday, November 7, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI, 715-635-4460	
9:30 a.m.	Tuesday, December 5, 2023	Washburn County Board Room 304 2nd Street, Shell Lake, WI, 715-635-4460	

A NEW LEVEL OF care

Philip Mofle, M.D.
General Surgery

Spooner Health Welcomes Board-Certified General Surgeon Dr. Mofle

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

SURGERY ON YOUR SCHEDULE.
Ask your provider for a referral to Dr. Mofle.
To learn more, call 715-939-1643
or visit spoonerhealth.com.

Happy Holidays

Warmest thoughts and best wishes for a wonderful holiday and a Happy New Year.

715-635-3136 • www.davidpford.net

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

David P. Ford

Lynn Ford

Tom Sutton

WASHBURN COUNTY TRANSIT

With the revamping of our agency, the Transportation Program is in the process of a new name, logo, and branding. Great News, we were successfully awarded the DOT 53.10 Mobility Manager Grant! We are still waiting on confirmation from the county committees on accepting the award and will have a full article in the February 2023 edition of the Focus.

We have also been working with local senior representatives and committee members to come up with ideas for offering affordable trips to combat social isolation. Our Transportation Coordinator, Amber Anderson, welcomes your feedback, and volunteer drivers to assist. We invite community members to attend our monthly meetings to get the latest updates on our programming.



Amber Anderson

Policies of the Washburn County Elderly & Disabled Transportation Program Revised as of 12/01/2022

- You must be a resident of Washburn County.
- Transportation for medical appointments and nutritional needs of residents age 60+, will take priority.
- Medical transportation is available to the elderly & disabled who are not eligible for Medicaid, in a nursing home or assisted living.
- We provide transportation for eligible veterans to local VA clinics. The Washburn County Veterans Service Office provides rides to Minneapolis VA Clinic.
- Passengers must be ambulatory and transfer independently.
- Drivers will stow away wheelchairs, walkers, canes, bags etc.
- Eating, drinking, and smoking are prohibited in all vehicles.
- Service animals and service animals in training ARE allowed in vehicles with the correct documentation. More information will be in our February 2023 Focus or you can call Amber for further information. Companion animals ARE NOT allowed in vehicles.
- Passengers are asked to be courteous, considerate, and respectful to all drivers.
- Please contact us immediately upon knowing of cancellation, so to allow for others to fill your spot. Our schedule will fill rapidly.
- Failure to cancel a scheduled ride may result in services no longer being available. Your circumstances will be considered.

All transportation arrangements and ride cancellations must be made by calling the Washburn County Unit on Aging office at 715-635-4460.

MEDICAL TRANSPORTATION: How to schedule a ride?

1. Call the Washburn County Unit on Aging at **715-635-4460** as soon as you are aware of the appointment and **at least 48 hours** prior to your to assure driver availability. Please note that there is no guarantee that a driver will be available, even with 48 hours' notice.
2. Provide the date, time, and location of your appointment. Indicate during the call if there are any additional stops that will be needed during your trip.
3. The Transportation Coordinator will assign your trip to the next available driver.
4. The driver will call you the day before your appointment, to confirm the time and location of pickup.
5. Passengers must be punctual and wait at the front entrance of their housing unit.
6. The driver will escort you from your front door to the vehicle and to the check-in station at the medical facility if requested.

TRANSPORTATION FOR SHOPPING & SOCIAL ACTIVITIES

Resident's age 60+ Medical & Nutrition trips take priority, but if time allows & drivers are, available we will transport for other types of shopping and social activities.

1. Call the Unit on Aging at **715-635-4460 at least 48 hours** prior to trip, to schedule a time and date.
2. Provide the area in which you reside. The driver will take you to the closest grocery store.
 - Shell Lake area ~ Al's Market
 - Spooner area ~ Economart
 - Minong area ~ Henson's Foods
 - Birchwood area ~ Gary's Grocery
3. You must be able to do your shopping independently. The driver will not assist you. You will have approximately **one hour** to shop.
4. The driver may load your bags into the van and carry them into your home if you need assistance.
5. Grocery delivery is provided in most areas. Please check with your grocer or our office for options available.
6. Most stores will shop for you, with curbside pick-up. Call the store for arrangements.

FEE SCHEDULE

Fares for Transportation will be a flat fee of \$6 for the first 10 miles, An additional 50 cents per mile will be charged after the initial 10 miles.

No-shows and non-canceled rides will be automatically charged and the rider is responsible to pay the minimal base fee of \$6.

We encourage carpooling, "*Share the Ride - Split the Fare*". Coordinate with your friends, neighbors, and relatives to arrange ride shares in our cars to save on fees.

Contactless Payment is Preferred

A monthly invoice will be sent to your mailing address or a designated representative payee. If payment is made, upon service, an envelope and receipt will be provided. Drivers do not have the ability to make the change.

HAPPY DAY CLUB NEWS

The Dementia/Alzheimer's Day Respite Program - HAPPY DAY CLUB - located in Spooner (Trinity Lutheran Church) has openings for Alzheimer's and other dementia afflicted people! Please call 715-416-2942 with any questions you may have regarding our Program. Happy Day Club is a very fun, respectful and stimulating program for those with dementia who attend the program, PLUS makes a great respite break and get-away time for overwhelmed caregivers. Please call us or feel free to visit us at any time for more information regarding our program. The program is open every Monday and Thursday from 9 to 2 p.m.

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

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

We are in need of volunteers to help with our amazing Happy Day Club Program. We are open on

Mondays and Thursdays from 9 until 2 p.m. Any hours you are willing or able to help with this very fun program are available. We would love to meet you. For more information on this great volunteer opportunity, please call Susan at 715-416-2946.

MARK YOUR CALENDARS: For all of you folks who have never heard of, or are thinking about and wondering about, what in the world is "The Happy Day Club". Maybe you know there is a memory loss respite group that meets in the Trinity Lutheran Church in Spooner (across from the SHS Elementary school). And you may know that it meets several times a week and perhaps you know it has something to do with memory loss, or that the neighbor's grandparent used to go there until they either moved or you lost touch with them. But you have heard some very good things about it and you are still curious about it. You have even thought about your own parent showing signs of poor memory. But you're thinking... I'm not quite ready to take mom or dad to a respite program yet, or my loved one is not entirely ready yet. You may never be "ready" for "that kind of group" program. But you will never know if you don't stop in to learn more about us at our upcoming "OPEN HOUSE" sessions. You are invited to join us for a morning of coffee, talking smart and joking around, playing games and listening to your favorite songs. Come and have ALL of your questions about Dementia and Caregiving answered at our Open House on Thursday, November 10th OR Thursday, December 1, 2022 anytime between 9 am and 11 am. Visit, socialize and enjoy a casual hour or two with some new friends and learn more about why we call it a HAPPY DAY!



715-635-4460
and 833-728-3400

304 2nd Street, PO Box 316
Shell Lake, WI 54871
HOURS: 8:00 a.m. - 4:30 p.m.
Monday - Friday

www.co.washburn.wi.us
and <https://adrcwashburncounty.org/>

ADRC of Washburn County Staff Contacts as of January 2023

We are available for in-person appointments. Staff will still offer the option for phone and virtual appointments. We encourage you to contact us directly by calling the main office line at 715-635-4460 for updates or one of our specialists listed below. If you have any comments or concerns, please contact the ADRC Director/Aging Director, Linda Hand at 715-635-4460. This is a list of our staff specialists by position, with direct contact information. If they are unavailable to answer your call, please make sure to include a detailed message, which includes your full name, phone, and description of the information and services that you are seeking. If a staff member's message states that they are out of the office, you can still call our main number to see if another staff member can assist you.

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

Our I&A provides support to all adults regarding the needs of persons with disabilities, older adults and their caregivers, and they explore what programs or services meet those needs. They take the time to get to know your situation, and collaborate with you and your support network on next steps.

Kelly Weisenbeck Elder Benefit Specialist (EBS) - 715-635-4478

The EBS helps people ages 60+ navigate both private and public benefits, including Medicaid, Social Security, Medicare, prescription plans, Food Share and many other options to help seniors.

Theodore Hampe Disability Benefit Specialist (DBS) - 715-635-4466

A DBS assists people age 17 1/2 - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

Valerie VanderBent Nutrition Director - 715-635-4467

The Nutrition Director oversees the Washburn County Elder Nutrition Program, which provides congregate Meals and Home Delivered Meals through our sites in Spooner, Shell Lake, Birchwood, and Minong.

Amber Anderson Washburn County Transit - 715-635-4460

The Washburn County Aging RSVP Transportation Program provides medical, nutritional, and social rides for residents 60+.

Sheila Pierquet Fiscal Assistant - 715-635-4463

Aging and ADRC Fiscal Department.

AGING & DISABILITY SERVICES COMMITTEE: Bob Olsgard • Linda Featherly • Kasey King George Cusick • Joe Hoy

AGING & DISABILITY CITIZEN ADVISORY COMMITTEE: Kathy Fabert - Chair Cathy Peterson - Vice Chair Danielle Larson • Colleen Cook • Char Snarski

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



SENIOR CENTER NEWS AND EVENTS

MARY & FRANK HULL OUR NECK OF THE WOODS

Spoooner Senior Center

Well, the holidays are over and people are back to their normal routines, possibly with a few extra pounds! I always hated January because of the cold and snow and especially having to drive in it! We are blessed to be in Brownsville, Texas for the winter, where we can go to the beach, play outdoor pickleball, and not have to be wearing mittens and boots! I know, don't rub it in.

Though the activities are listed below, they are sometimes subject to change or cancellation due to weather or other factors. Feel free to contact the center or check the Facebook page for updates. Dawn was unable to teach chair dance on Wednesdays in December and as of this writing was not sure of when she would resume. So please check FB page.

The library continues offering its monthly **Savvy Seniors Book Club** on Friday, Jan 20th.

The **monthly Senior Center Committee meeting** will be held at 12:30 on Monday, January 30th. All are welcome to give input.

We have added **WII games** on Tuesday mornings at 10 a.m. Play a sport like baseball or golf without going outside. Fun and even a little exercise!

Our monthly Lunch and Learn will be Wednesday, January 11th at 11 a.m. for a 45-minute presentation by **Richard Scott of Wild Rivers Acupuncture and Natural Wellness**. Come find out about acupuncture. I have used it and it was very welcome to help relieve pain naturally. Don't forget to sign up for lunch afterward!!

If you have a suggestion for a speaker, please contact the senior center.

At 11 a.m. on February 1, Emily Reiwestahl, the project manager for Community Powered is hosting a Help Spooner Grow Activity. She wants seniors to share their experiences living in this community. It's nice to know that seniors' input is desired. We are so often ignored. I had no time to list so please watch the Facebook page or call center.

Regular activities continue:

Mondays: Cribbage 10 a.m. (contact Claudia Broz if interested at 715-466-1018)

Tuesday: WII games 10 a.m. and Mah Jong 1 p.m.

Wednesday: Chair dance: 10 a.m. (this may change, check FB) and Bridge and 500 at 1 p.m.

Thursday: Hand and Foot at 1 p.m.

Don't forget M-F lunches for \$4 at noon. Dining at 5 will be on January 16th this month. Check FB and this Focus for the menu.

Thanks to all who have been supporting us in our journey to our new Senior Center. Spring or summer 2023, we hope to be there!!

Facebook: Spooner Senior Center
Phone: 715-635-8283

CHICOG NEWS

JOANN MALEK & CATHY PETERSON

Chicog News

I don't hear well. Actually, my audiologist was surprised that I hear much of anything. Folks around me probably agreed. I need to use hearing aids.

I had become quite adept at reading lips. I was also comfortable with letting words pass me by. If I didn't catch everything that was said it was okay by me. This was not okay for those talking to me. "I told you that!" "Aren't you paying attention?" My daughter was always attuned to me: "You didn't hear that, did you?"

Hearing aids help us to hear better, just as glasses help us to see better. With glasses the improvement is immediate. With hearing devices, it takes a while to adjust. First I had to get used to the fact that all sounds are enhanced with hearing aids, not just the words I was trying to catch. Those other sounds got in the way until, eventually, they became background noise. Only then could I begin to understand the words.

Masks worn to protect from Covid were a huge issue for those with hearing challenges. Even with hearing aids, supplementary lip reading is necessary. The pinna, the visible part of the ear on each side of my head, presented another issue. The ears I was hanging my hearing aids around were also the ears that held the loops for the mask. Add glasses to the mix and problems are multiplied.

Technology has often confounded me. I've had to be guided through the difficulties of charging my hearing aids. It took me a long time to learn to use Bluetooth connections to enhance communication.

For a while, I wasn't convinced that the challenges and the discomfort of my hearing aids were worth the value of better hearing. I wasn't even sure that my hearing was improved until friends began telling me they noticed a difference. Now I agree: I need to use hearing aids.

Happy New Year! Thanks for reading the Chicog News!

SPOONER SENIOR CENTER

OUR NECK OF THE WOODS

402 Oak Street, Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cribbage 10 am Congregate Dining 12 pm	3 Wii Bowling 10 am Congregate Dining 12 pm Mahjong 1 pm	4 Chair Dance tbd Congregate Dining 12 pm Bridge and 500 1 pm	5 Congregate Dining 12 pm Hand & Foot 1 pm	6 WeCope 10-11 am Congregate Dining 12 pm
9 Cribbage 10 am Congregate Dining 12 pm	10 Wii Bowling 10 am Congregate Dining 12 pm Mahjong 1 pm	11 Lunch and Learn 11 am Chair Dance TBD Congregate Dining 12 pm Bridge and 500 1 pm	12 Congregate Dining 12 pm Hand & Foot 1 pm	13 Congregate Dining 12 pm
16 Cribbage 10 am Greeting Card Class 1 pm Congregate Dining 12 pm DINING AT 5	17 Wii Bowling 10 am Congregate Dining 12 pm Mahjong 1 pm	18 Chair Dance TBD Congregate Dining 12 pm Bridge and 500 1 pm	19 Congregate Dining 12 pm Hand & Foot 1 pm	20 Savvy Seniors Book Club 11 am Congregate Dining 12 pm
23 Cribbage 10 am Congregate Dining 12 pm	24 Wii Bowling 10 am Congregate Dining 12 pm Mahjong 1 pm	25 Chair Dance TBD Congregate Dining 12 pm Bridge and 500 1 pm	26 Congregate Dining 12 pm Hand & Foot 1 pm	27 Congregate Dining 12 pm
30 Cribbage 10 am Congregate Dining 12 pm SSCC Meeting 12:30 pm	31 Congregate Dining 12 pm Mahjong 1 pm			

SHELL LAKE SENIOR CENTER

FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.635.8283

NUTRITION SITE MANAGER: JOSIE HAUPT

CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	5 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	6
9 Painting 1 pm DINING AT 5	10	11 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	12 Games 9 am Chair Exercise 10-11 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	13
16	17	18 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	19 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	20
23	24	25 Wii Bowling & Games 9 am Quilting 9 am Congregate Dining 11:30 am Smear 1 pm	26 Games 9 am Congregate Dining 11:30 am Cribbage 12:30-2:30 pm	27
30 Membership Meeting 2 pm	31			

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 snowstorm 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 Aging & Disability Resource Center at 715-635-4460 or your local meal site and tell us of your problem. This will save the volunteer driver a trip out on bad roads.

HAVE A SAFE AND WARM WINTER!

SENIOR CENTER NEWS AND EVENTS

CAROL ADDINGTON

Birchwood Senior Center

Brrr, so winter has definitely made its appearance and is here to stay. Eaters were pretty skimpy today, but as usual we the oldest seem to be the ones to



make it out and it was toasty warm at the Center. It was all decorated for the season and we listened to Christmas music. There were two tables loaded with amazing ornaments and decor that Gloria Johnson and Marilyn Kort had given for only a donation. Lucky us.

The rest will be available this weekend at the Bluegill Festival. Looks like a good weather weekend if the snow holds off a bit. We just got the last batch plowed and shoveled. We missed you!

The best feeling of happiness is when you're happy because you've made someone else happy!

Hope you were able to attend the annual Bluegill Fest. So wonderful to have that happening again after the closedown for covid. I always do my Christmas shopping then and my recipients are mega pleased with what I give them. I am always happily satisfied with the selections offered by the amazingly talented and gifted people displayed. Joy!

One of the happiest moments in life is when you find the courage to let go of what you can't change.

I would imagine you have been busy evaluating medical programs as I have. We sure are inundated on the tv and mail. Lots to consider. I have so loved the company I have had for many years but the monthly fee has exceeded my capability so looking

BIRCHWOOD SENIOR CENTER

LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

PRESIDENT: KEN BOHN - 715.651.2362

.....
for something new, which I am happy to say I found saving me about \$150 a month. Surprising that some of them tell us they can offer us everything, don't offer us everything, and want us to travel to points unknown to benefit from them. Right? Not! Hope you found the right one for you or you already have it. Hope you learned how helpful Kelly, Elder Benefit Specialist, can be for you at ADRC. What a GEM!

No matter how stressed you are, remember how blessed you are.

I do hope you had a blessed Thanksgiving with those who make you happy. The weather sure was cooperative and I hear the hunters had the best season of all! I hope I get some of that tasty meat. Isn't it wonderful to have Miller's Cheese House back? The fudge again, how good is that, and Louie's meats. And always that wonderful cheese. I have already sent a few of their gift boxes out. Do stop and check them out and soon the eatery will open that you see being built in the back. They also have lots of locally made items that would make great gifts. Some of the family is back on the job.

Sometimes memories sneak out of my eyes and roll down my cheeks. (that ever happen to you?)

The music concerts were also back in Rice Lake and that has been a gift to me. Gets me in the mood for the season. For many years I participated in them but now I just sit back and enjoy! Especially the CommuniCity Band, Wind Instruments concert after the parade, and the Red Cedar Choir Concert on the first Sunday in December! Then there is the Cantata at Trinity here in Birchwood, back this year, and the music at school. Hope you were able to attend some of these and benefit from the joy they bring. We are so gifted here in this area. I am sure Spooner and Shell Lake have their share of concerts also. Sorry, I don't get that info anymore.

When we are young we sneak out of the house to go to parties. When we are old, we sneak out of parties to go home...

So that's about it for now. As I write this on the 1st day of December it is only the very beginning of this wonderful season...the biggest and best Birthday Party of the year and we all celebrate in some way. It's the Love, the Friends, and the blessings we celebrate and all of the sayings above today are courtesy of Snoopy & the gang. Enjoy and MERRY CHRISTMAS!

ADRC RECRUITMENT

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.

INFORMATION AND ASSISTANCE SPECIALIST

Washburn County ADRC is seeking applicants for an Information and Assistance Specialist to provide Washburn County residents with information, linkage to resources, and assistance with access to services for the elderly, adults with physical or developmental disabilities and family caregivers. The work is performed under the direction and supervision of the ADRC Director. Desired Education/Experience: Bachelor of Arts or Science degree or a license to practice as a registered nurse in WI, and the equivalent of at least one year of full-time experience in a health or human service field, working with one or more of the client populations served by the ADRC. Qualifying work experience may be paid or unpaid, including internships, field placements, and volunteer work. In the event

a candidate lacks the degree or experience described, approval can be requested from DHS. Starting wage \$23.89-\$26.56 DOQ and Excellent Benefits. For an application contact the Washburn County Personnel Department at P.O. Box 337, Shell Lake, WI 54871, Ph. 715-468-4624, fax 715-468-4628. Email adminper@co.washburn.wi.us or download an application from our County website at www.co.washburn.wi.us. Resumes will be accepted but will not take the place of a completed application. Applications will be accepted until the position is filled. EOE

DEMENTIA CARE SPECIALIST

Washburn County ADRC is seeking applicants for a Dementia Care Specialist to provide free information and assistance to adults with memory or cognitive concerns, or who have a dementia diagnosis, and provide information and support to family members and friends who are providing care to a person with memory concerns. This position is responsible for creating a dementia-capable Aging and Disability Resource Center (ADRC), dementia-friendly communities, and providing dementia-specific information and resources to providers, agencies, persons with dementia, caregivers, and the community. Desired Education/Experience: Bachelor of Arts or Science degree or a license to practice as a registered nurse in WI, and the equivalent of at least one year of full-time experience in a health or human service field, working with one or more of the client populations served by the ADRC. Qualifying work experience may be paid or unpaid, including internships, field placements, and volunteer work. Dementia Care Specialist must have one-year of full-time experience in a health or human services field working with people with dementia or their caregivers. In the event a candidate lacks the degree or experience described, approval can be requested from DHS. Starting wage \$22.77-\$25.31 DOQ and Excellent Benefits. For an application contact the Washburn County Personnel at P.O. Box 337, Shell Lake, WI 54871, Ph. 715-468-4624, fax 715-468-4628, email adminper@co.washburn.wi.us or download an application from our County website at www.co.washburn.wi.us. Resumes will be accepted but will not take place of a completed application. Applications will be accepted until the position is filled. EOE

Tips for Coping with Anxiety/Depression

- Embrace self-compassion (be kind to yourself)
- Reach out to others (text, phone, FaceTime, Zoom)
- Engage your mind (read, puzzles, create)
- Take media breaks (too much screen time can increase anxiety/depression)
- Exercise safely (at least 30 mins per day)
- Connect with nature daily (get outside!)
- Practice gratitude (list 5 things for which you are grateful)

VIRTUAL HOPE BOX SMARTPHONE APP



The Virtual Hope Box (VHB) is a Smartphone app designed to decrease depressive symptoms and increase the protective factor of resilience and coping.

The four main features of VHB are:

- Distraction
- Relaxation
- Coping Techniques
- Inspirational Quotes

Download the free app today!

WISCONSIN EMERGENCY RENTAL ASSISTANCE PROGRAM

What Kind of Help is Available?

- Utility and Home Energy Payments
- Rent Payments
- Services to help you stay in your home

Eligible households may receive up to 12 months of assistance to help with current and/or overdue bills.

Does My Household Qualify?

Your household may qualify if at least one or more individuals in your home meet the following:

1. Qualifies for unemployment or has experienced a reduction in household income, experienced major costs, or experienced financial struggles due to COVID-19.
2. Demonstrates a risk of being evicted or losing your home; and
3. Has a household income at or below 80 percent of the county median.

Want to Apply?

Information about the Wisconsin Emergency Rental Assistance Program, including how to apply for assistance, is available in two convenient ways:



FILE iSTOCK PHOTO

Your Local Community Action Agency

Visit: wiscap.org/wera

Energy Services, Inc.

Call: 1-833-900-9372 or

Email: support@wera.help

Wisconsin Emergency Rental Assistance Program is administered by the Wisconsin Department of Administration.

JANUARY

LUNCH & HOME DELIVERED MEALS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Year! NO MEALS SERVED HOLIDAY OBSERVANCE 2	Beef Stoganoff over WG Egg Noodles Buttered Beets Spinach Salad Peaches 3	Cowboy Bean Hot Dish over Brown Rice Baked Sweet Potatoes Broc-Cheddar Cornbread Mandarin Oranges 4	Soup & Sandwich Day Tomato Basil Soup Turkey & Swiss Sandwich w/Cranberry Mayo on WG Bread Crisp Grapes 5	Sliced Baked Ham Scalloped Potatoes Steamed Carrots WG Dinner Roll Applesauce 6
Honey Dijon Chicken over a Wild Rice/Brown Rice Blend Steamed Broccoli Buttered Green Beans Pears MINONG & SHELL LAKE DINING @ 5 9	Shepherd's Pie Topped w/Whipped Potatoes Roasted Brussel Sprouts WG Dinner Roll Apple Crisp 10	California Chicken w/ Leaf Lettuce and Tomato on a WG Bun Baked Beans Apricots 11	Turkey & Veggie Stir Fry over Brown Rice Egg Roll Mandarin Oranges 12	Tater Tot Hot Dish w/Beef, Peas, Carrots, Green Beans & Corn WG Dinner Roll Applesauce 13
BBQ Chicken Baked Potato Steamed Broccoli WG Bread Pineapple SPOONER DINING @ 5 16	Black Bean Lasagna Garden Salad w/ Dressing WG Garlic Breadstick Peach Cobbler 17	Ham & Cheese Baked Potato w/Cheddar, SC Steamed Broccoli WG Dinner Roll Pears 18	Beef Pot Roast w/ Potatoes, Onions, Carrots & Celery WG Dinner Roll Baked Cinnamon Apples 19	Creamy Chicken & Mixed Veggies over Biscuits Stewed Tomatoes Fruit Cocktail 20
Waldorf Chicken Salad on WG Bread Broccoli-Cauliflower Salad Creamy Coleslaw Crisp Grapes 23	Porcupine Meatballs Baked Sweet Potatoes Buttered Green Beans WG Bread Mandarin Oranges BIRCHWOOD DINING @ 5 24	Loaded Chef Salad w/ Ham, Egg, Cheese, Veggies, Dressing WG Garlic Breadstick Triple Berry Crisp 25	Oven Roasted Chicken w/Mushroom Gravy Steamed Spinach Mashed Potatoes WG Dinner Roll Peaches 26	Roast Beef & Swiss w/LTO on WG Bread Potato Corn Chowder Applesauce 27
Pulled BBQ Chicken Sandwich on a WG Bun Roasted Baby Reds Three Bean Salad Pineapple 30	Pork Chop in Gravy Glazed Carrots Peas & Onions Buttermilk Biscuit Apricots 31			

ALL MEALS SERVED WITH 1% MILK, BREAD & BUTTER • MENU SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY • CHECK WITH YOUR MEAL SITE TO CONFIRM
 Spooner/Shell Lake Senior Center: 715-635-8273 • Birchwood Senior Center: 715-354-3001
 Minong Senior Center: 715-645-0418

SENIOR CENTERS DINING & ACTIVITIES

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

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

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

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

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

Spooner Senior Center
 402 Oak St.

Spooner, WI 54801
 (715) 635-8283
 Serving M-F, 12:00 noon

Meal Cost: We accept Food Share (Quest Card), Age 60 and Older Suggested Donations \$4.00, and Under Age 60: Full cost of Meals \$11.00. *Caregivers Under Age 60 – Please contact the Nutrition Program Director at 715-635-4460. No eligible participant will be denied a meal based on ability to contribute to the cost of the meal.

Senior Center Activities: All four Senior Centers allow participants to greet long-time friends and meet new ones. Please see enclosed activity calendar for each site.

Home Delivered Meals: Our Home Delivered Meals Program assures that homebound seniors receive an adequate nutritious meal, social contact, and safety check. With increasing numbers of frail elderly and shortened hospital stays, home delivered meals have become a critical component of the growing community service system. The same meals enjoyed at the senior dining sites are delivered to the homes of the elderly and caregivers who are homebound and not able to cook.

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

DINING AT 5

JANUARY



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

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

MINONG MENU

MONDAY, JANUARY 9TH

BBQ Chicken & Ribs
 Baked Potato
 Peas & Carrots
 Salad ~ Corn Bread
 Joanne's Choice Dessert

SHELL LAKE MENU

MONDAY, JANUARY 9th

Meaty Italian Lasagna
 Buttered Green Beans
 Caesar Salad
 Garlic Bread
 Chocolate Cake A La Mode

SPOONER MENU

MONDAY, JANUARY 16th

Pork Chop
 Mashed Potatoes & Gravy
 Buttered Carrots
 Salad Bar ~ Dinner Roll
 Mary's Choice Dessert

BIRCHWOOD MENU

TUESDAY, JANUARY 24th

Prime Rib
 Garlic Mashed Potatoes
 Brussel Sprouts w/Bacon
 Garden Salad ~ Dinner Roll
 Kristi's Choice Dessert

Washburn Christian Outreach



*An Ecumenical Partnership
 Caring for Those in Need*

WCOwashburnco@gmail.com
 PO Box 684, Spooner, WI 54801

Washburn Christian Outreach is an independent organization formed by the member churches of Washburn County to address the needs of county residents.

We are exclusively supported by the generous donations from our partner churches and people like you. Please consider giving.

Thank you.

Mission Statement:

Deliver non-emergency aid in the most efficient and effective manner to those in need who reside in Washburn County.

NEED HELP?

CALL US!

Leave a voice message.

We will reply within 24 hours or less.

715-468-1043

WASHBURN COUNTY CARRYOUT MEAL NOTICE

Senior Dining



Fellowship, Food & Fun

Washburn County Carryout Meal Notice

Starting December 1, 2022, carryout meals will no longer be available as a regular practice in the Senior Dining Nutrition Program. The purpose of the Nutrition Program is to reduce hunger and food insecurity in older adults and to promote health and independence with balanced nutrition and social interaction. We highly value the Senior Dining Program and believe that socialization is vital to the well-being of older adults.

If you have additional questions, please contact the Washburn County Nutrition Director at 715-635-4467.

SENIOR NEWS

Medicare Costs of Insulin: New Rule in 2023

SUBMITTED BY KELLY WEISENBECK
ELDER BENEFIT SPECIALIST

By the GWAAR Legal Services Team

One of the biggest changes to come out of the Inflation Reduction Act (IRA) that passed in 2022 applies to Medicare coverage of insulin. **In 2023, out-of-pocket costs for all insulin drugs is now capped at \$35 per 30-day prescription under all Medicare drug plans¹.**

The change in the law occurred too late to be reflected on Medicare's Planfinder tool for comparing drug plans for 2023. (Enrollment ends December 7, 2022 for plan changes effective January 1, 2023). Therefore, if a person takes insulin and wants to compare plans, they will need to factor this reduction into the calculations.

If individuals using insulin choose the wrong plan during the Open Enrollment Period, they will be granted a Special Enrollment Period (SEP) to switch plans in 2023. They can do this by calling 1-800-Medicare. If a person is on what is called the Low-Income Subsidy (LIS or "Extra Help"), they will continue to pay the lower LIS co-pays.

It is important to note that Medicare plans do not necessarily cover all brands and types of insulin, and coverage of insulin drugs can change from year to year. For this reason, it's important for individuals who depend on insulin to check each year during Open Enrollment (October 15-December 7). It is also important to note that this new rule does not apply to drugs that act like insulin but are not actually insulin, like Trulicity (Dulaglutide). In addition, there are differences between Medicare Part D and Medicare Part B coverage of insulin and insulin products. The \$35 limit applies to Medicare Part D, only.

Another consequence of the rule's sudden implementation is that individuals may need to initially pay a higher amount for insulin, and then ask for reimbursement from their plan. This will vary by plan, so individuals should contact their plan at the beginning of 2023 and ask about the process.

The following steps are recommended for all individuals who rely on insulin:

- Check the plan's formulary to make sure the brand and type of insulin is covered
- Confirm the type of insulin and supplies is covered under Part D and not Part B
- Calculate yearly costs by factoring in the \$35 monthly limit
- Check with the plan regarding reimbursements
- Use the one-time SEP to change plans in 2023 if the plan does not fit with the person's needs

For more information, visit <https://www.medicare.gov/coverage/insulin?eType=EmailBlastContent&Id=34438942-60d6-4c53-a82b-5dac6e32a592>

¹ Similarly, if a person gets a 60-day supply of insulin, they should not pay more than \$70, and a person with a 90-day supply of insulin should not pay more than \$105.

Monthly Free At-Home COVID-19 Tests Now Available

SUBMITTED BY KELLY WEISENBECK
ELDER BENEFIT SPECIALIST

By the GWAAR Legal Services Team

All Wisconsin households are now eligible to order one free COVID-19 test kit containing five rapid antigen tests **every month**. The tests can be ordered online and are delivered to your door. With the holidays coming up, more people will be traveling and gathering together. Testing helps people know if they have COVID-19 so they can take actions to help limit the chance of spreading the virus to those around them.

Be aware that the FDA has extended expiration dates for many COVID-19 self-tests. When you receive your tests, do not be concerned if the expiration date appears to have passed. Your tests are still reliable and good to use for up to an additional six months. You can look up your package of test kits by entering the lot number to find the specific extended expiration date at this website:

<https://ihealthlabs.com/pages/news#expiration>

You can order your monthly at-home COVID-19 tests here:

sayescovidhometest.org

Meals on Wheels Volunteers, 99 and 85, fill a needed purpose

BY DEBBIE WACHTER
NEW CASTLE NEWS DEC 10, 2022

MEALS ON WHEELS FACING INFLATION CHALLENGES

For some seniors who live alone, a warm in-person hello, a hug, and a hot meal delivered to ...

Wallace King was 96 years old when he started delivering warm meals to seniors and others in need. Now, at the young age of 99, he's still at it, seeing how the needed service rewards him as much as the recipients of the food. King and Robert Foht, 85, who are next-door neighbors in New Wilmington, are paired up as volunteer delivery men for Meals on Wheels providing food to elderly, the infirmed and shut-ins who otherwise might not have a way get warm meals.

The two men team up every week and deliver lunches and dinners to people who are unable to leave their homes. "It's needed, it really is needed," Foht said. He's the driver and King is the delivery-man who knocks on people's doors. Their typical route is the Majestic apartments in downtown New Castle, Mahoningtown, the city's West Side and the apartments behind Walmart in Union Township. Foht boasts that between them, they have 185 total years of life, and each time they go out together, they reap the reward of making others feel good. Foht is the retired Lawrence County controller. King, a decorated World War II fighter pilot, is a retired CPA who founded the CPA firm of Hill, Barth and King some 75 years ago. King retired from the firm at age 61 and traveled a lot with his wife, Cynthia (Cyn). They moved from Sharon, because she was a Westminster College graduate and always wanted to live in New Wilmington.

When Cyn died 2 ½ years ago, King was left with a void, so he joined Meals on Wheels. That was after COVID hit. "Living alone, I felt I had time and nothing to do, and was looking for things to use my abilities," he said. Foht has been a volunteer for 12 years. The traveling pair enjoy their time together, and in helping others. "These people don't have any way to get out of their houses, and they have no one to talk to," Foht said of the food recipients. "This COVID has fouled things up. We used to be able to go in and sit down and talk to these people, but it's not that way anymore." The virus has forced them to leave the food in coolers outside of people's doors. "I hope we can get back soon to where we can talk to these people again," Foht said, "because a whole day goes by and they see no one. It's a necessary thing for a lot of people."

Foht joined Meals on Wheels as a delivery driver. One of his former employees, Emily Hassan, asked him to sit on the organization's board of directors, but he said he would rather deliver the food. "It's



NICHOLAS VERCILLA | NEWS

Wallace 'Wally' King knocks on the door of a Meals on Wheels recipient on his Wednesday route with Robert Foht.

been a good experience for Wally and I," he said. "We seem to think everybody lives like we do, but they don't. and we share the ages of all of these people." King noted that in the 2 ½ years he's been volunteering, three people on their route have died. "You get to know them, and it's kind of tough," he said. "There was one fellow who had a nice dog, and the dog always knew what day we were coming because Bob always gave it treats. "Everyone's unique and is a special person. It's nice to be out and to say hello and have a good day," King said. "It takes us just a couple of hours, then we stop and have lunch together. It's just a time to give something back to the community." They deliver to anywhere from seven to 12 people per day.

"It's just a way to interact with people," King said. "They're all unusual situations."

One condo on their route has a man and woman who are immobile and King walks in and puts the meals in the refrigerator for them. They have an Oriental cat, which some days is sitting at the door waiting for him, he said. The coolers outside the doors as a COVID protection are gradually disappearing, he said, and he usually knocks on the doors and hands the food to the people. Foht marvels at King's stamina. A plane that King was flying was shot down over Germany during the war, and they have some interesting conversations en route.

"The beautiful thing about Wally is that he remembers everything," Foht said. "His total recall is remarkable. I really enjoy his company." King still drives, and he walks about 20 miles a week.

"We have a good time and (Meals on Wheels) calls us all the time if someone begs off," Foht said. "This week we did Monday, Tuesday and Wednesday. It's rewarding. We both enjoy it."

"So many people are immobile," King added. "Just to see another person is probably a blessing for them. There are a lot of lonely people, and I'm fortunate to be able to do it and help someone else."

WISCONSIN COUNTY HIGHWAY ASSOCIATION

"Green Light Legislation Passes"



WCHA PRESS RELEASE FOR IMMEDIATE RELEASE:

Wisconsin County Highway Association (WCHA) Officials Remind Drivers to Drive Safely in Work Zones

and urges drivers to be aware of the upcoming winter conditions, noting that drivers should be aware of the use of fluorescent green warning lights on Municipal vehicles throughout Wisconsin.

Robbie Krejci P.E., St. Croix County Highway Commissioner and Chairman of the WCHA Legislative Committee, urges people to drive carefully in highway work zones as the Construction season comes to a close throughout Wisconsin. Krejci also reminds drivers that as the weather turns to winter, County priorities shifts to winter Maintenance activities. In the last legislative session, the legislature passed new lighting options for municipal vehicles, allowing the use of Fluorescent Green warning lights on Municipal vehicles. Krejci said "These new lighting options have proven to increase driver awareness significantly, creating a safer winter driving experience for the public, along with the safety of our operators clearing snow on roadways across the State".

This new Legislation is limited to municipal vehicles, and the public will begin to see these lights on many snowplows this winter season. Roland Hawk P.E. Wood County Highway Commissioner and President of the WCHA said " We want to thank the legislature and our Governor for their efforts in

passing this important piece of transportation safety legislation, which was created and supported by the WCHA" Hawk added "these lighting options will help drivers to distinguish between our operators attempting to clear the lanes of travel for the public and the private section plowing parking lots and driveways, creating a safer environment for all"

The WCHA urges drivers to watch for the new Green Warning Lights in combination with the traditional yellow warning lights helping drivers to be more aware of municipal vehicles working on the roadways, as the winter season in Wisconsin approaches, and as always please slow down and drive with care.

For added information or if you have questions contact

Daniel J. Fedderly P.E.;P.L.S., WCHA Executive Director

WCHA Chairperson:

Tim Kessler, Washburn County

WCHA President:

Roland Hawk P.E., Wood County

WCHA Vice-Chair:

Marv Thompson, Barron County

WCHA Secretary:

Robbie Krejci, P.E. St. Croix County

WCHA Past Chairman:

Roger TeStrote, Sheboygan County

WCHA Past President:

Jon Johnson, Eau Claire County

WCHA Treasurer: Jim Griesbach, Marathon County

SENIOR NEWS

Top 10 Healthy New Year's Resolutions for Older Adults

HealthinAging.org

Trusted Information. Better Care.

EXPERT INFORMATION FROM HEALTHCARE PROFESSIONALS WHO SPECIALIZE IN THE CARE OF OLDER ADULTS

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

EAT FRUITS, VEGETABLES, WHOLE GRAINS, FISH, LOW-FAT DAIRY AND HEALTHY FATS

In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program (choosemyplate.gov), and your healthcare provider, can help you make good choices.

Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

BE ACTIVE

Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Check with your insurance plan to see if you are eligible for the SilverSneakers program, which can provide access to local fitness centers.

SEE YOUR PROVIDER REGULARLY

You should schedule an annual Medicare wellness visit with your healthcare provider - around your birthday month to discuss health screenings and any changes in your advance directives. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

QUIT SMOKING

Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute's website (www.smokefree.gov) for resources. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

TOAST WITH A SMALLER GLASS

Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is no more than 14 drinks per week and for older women, no more than 7 per week.

GUARD AGAINST FALLS

One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

GIVE YOUR BRAIN A WORKOUT

The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or

take a course at your local community college — some offer free classes for adults 65 and older.

SPEAK UP WHEN YOU FEEL DOWN OR ANXIOUS

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

GET ENOUGH SLEEP

Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website (www.sleepfoundation.org) for more tips on how to sleep better.

RECONSIDER MULTIVITAMINS

Reconsider using vitamins or nutrition supplements, as many older adults do not need them. Consult your healthcare provider if you have any issues or concerns about your nutrition.



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DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. February 2020

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Billions Of Dollars in Everyday Aid Goes Unused

BY DONNA FUSCALDO, AARP
SEPTEMBER 21, 2022

FROM HEALTHCARE TO GROCERIES, THERE IS FREE MONEY OLDER ADULTS AREN'T TAPPING

Older adults leave billions of dollars in government aid on the table each year and do not even realize it. That money could go to cover utilities, rent, health care, prescription drugs, and groceries at a time when inflation remains stubbornly high.

Consumers are paying more for everything from eggs to prescription medicines. Several federally funded programs can prove effective in defraying some of those increases, yet they go unused year after year.

"Many older adults qualify for benefits they don't know can help them with everyday expenses," says Josh Hodges, chief customer officer at the National Council on Aging (NCOA). "Nationally, they are leaving billions of dollars on the table."

SNAP WOEFULLY UNDERUSED

Take the federal government's Supplemental Nutrition Assistance Program (SNAP). Formerly known as food stamps, this program provides eligible individuals with monthly benefits to purchase groceries at participating supermarkets and farmers markets. While nearly 26 million adults 50 and older were eligible for SNAP in 2018, AARP found that 63 percent (or 16 million) did not take advantage of this benefit. The numbers have not improved much since then.

"A lot of people think SNAP is for children or other folks," so they do not bother to apply, Hodges says. "The gap for older adults is valued at over \$6 billion a year." Those are benefits they qualify for but are not receiving.

HEALTH CARE HELP

Rising health care costs are adding more pressure to budget-conscious consumers. To help older adults cover health care expenses, the federal government operates the Medicare Savings Program, which helps pay eligible older adults' Part A and Part B deductibles, coinsurance and copayments. Older adults can save more than \$2,000 per year through this program, yet more than 3 million eligible adults 65 and older are not enrolled, leaving \$2.5 billion to \$6 billion in benefits unused each year, Hodges says.

The Low Income Subsidy for Medicare Prescription Drug Coverage, popularly known as Extra Help, is also underutilized. This program can cover monthly premiums, annual deductibles and copayments for Medicare prescription drug coverage. According to the Social Security Administration, Extra Help is worth around \$5,100 per year for eligible participants, yet Hodges' group found that about \$7.6 billion a year goes unused. "These are not dollars that will be used elsewhere," he says. "They are specifically targeted programs. You are not taking benefits away from people by using these services."

HELP IN PAYING YOUR UTILITY BILLS

Winter is around the corner, and with oil and natural gas prices still elevated, some older adults could be without heat during the colder months. As it stands, tens of millions of Americans are at risk of getting their utilities shut off because of big summer electricity bills — and potentially bigger winter heating costs. Yet the government's Low Income Home Energy Assistance Program (LIHEAP) is underutilized by older adults across the country. With this program, recipients get a one-time payment to help defray winter heating costs. The payment can be as high as \$1,400, although the average payment is \$500, according to the National Energy Assistance Directors Association (NEADA). Of the people eligible for this program, only about 17 percent get assistance, says Mark Wolfe, executive director at NEADA. The LIHEAP Clearinghouse website has a search fea-

ture to find state programs and apply for assistance. There is also a referral hotline: 866-674-6327.

WHAT SHOULD BE DONE?

With tens of billions of dollars in benefits left on the table each year, more outreach is needed from federal, state and local governments, nonprofits and community groups to ensure the money gets to all who need it. They need to do more to get the word out to older Americans, says Hodges. Then, too, applying for the various programs can be daunting. To ensure that applicants meet eligibility requirements, many programs require that they complete application forms and submit certain documents. Without access to the internet or a printer, and/or the ability to travel, completing these forms can be difficult. However, the programs do make a difference. In 2019, the U.S. Department of Agriculture found older adults living alone received an average of \$104 in SNAP benefits per month. Those with lower incomes received more.

WHAT BENEFITS ARE YOU MISSING OUT ON?

Finding out what benefits you are eligible for has gotten easier in recent years, with the government and nonprofits like the NCOA and AARP stepping up outreach. The NCOA runs Benefits Checkup, an online database of federal and local benefits available to older adults. People who prefer to talk to a human can call the NCOA's help line at 800-794-6559 to find out what benefits they are eligible for.

Most communities also have Area Agencies on Aging, which are funded by the federal government and help older adults perform assessments of their benefits or refer them to outside groups that can help. You can find an Area Agency on Aging via the Eldercare Locator or by calling 800-677-1116. In Washburn County, WI, the ADRC is your direct line for benefit eligibility. Contact our office at 715-635-4460 to make an appointment for your benefit review, options, and information to resources available locally.

CAREGIVER NEWS

Encouraging Quotes from Caring Bridge Staff



CARINGBRIDGE STAFF
07.30.20

It's no secret – caregiving can be a tough job. On the days when you're beyond stressed, you might feel completely alone. That couldn't be further from the truth. In the United States, 43.5 million caregivers are currently helping their loved ones. We asked wives, husbands, parents, and dear friends doing double duty as family caregivers to talk about the struggles—and gifts—of caregiving. Caregivers shared their words of wisdom that get them through even the darkest of days. Remember: you are never alone. Here are 10 of our favorite encouraging caregiver quotes:

“Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters.”

Amy Leigh Mercree

“Regardless of what challenge you are facing right now, know that it has not come to stay. It has come to pass. During these times, do what you can with what you have, and ask for help if needed. Most importantly, never surrender. Put things in perspective. Take care of yourself. Find ways to replenish your energy, strengthen your faith, and fortify yourself from the inside out.”

Les Brown

“There are only four kinds of people in the world: Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.”

Rosalyn Carter

“Being deeply loved by someone gives you strength while loving someone deeply gives you courage.”

Lao Tzu

“They may forget what you said, but they will never forget how you made them feel.”

Carl W. Buechner

“Caregiving often calls us to lean into love we didn't know possible.”

Tia Walker

“A good laugh and a long sleep are the two best cures for anything.”

Irish proverb

“My caregiver mantra is to remember: the only control you have is over the changes you choose to make.”

Nancy L. Kriseman

“To care for those who once cared for us is one of the highest honors.”

Tia Walker

“To love a person is to see all of their magic, and to remind them of it when they have forgotten.”

START A CARINGBRIDGE SITE

When you're going through a health journey, you have a lot on your plate. CaringBridge replaces the time-consuming task of sharing your health news over and over. It's a free, easy-to-use online journal for sharing health information with your family and friends. Don't go through your health journey alone. You can stay connected to friends and family, plan and coordinate meals, and experience love from any distance. All of this is ready for you when you start your personal CaringBridge site, which is completely free of charge, ad-free, private, and secure. Don't spend another minute alone!

<https://www.caringbridge.org/createwebsite>

We hope these heartfelt quotes serve as a reminder that you are truly not alone. And if you're feeling overwhelmed, check out our 25 tips to help caregivers practice self-care. It's important that you include yourself in the conversation of care, as well.

Caring for the Caregiver: 25 Ways to Care for Yourself

CARINGBRIDGE STAFF
10.24.19

It's an understatement to say that caregivers have a lot on their plates: assisting with personal care, transportation to doctor's appointments, food preparation, medication management...the list goes on. Hence the irony: who needs more care than a caregiver?

We know it can be difficult to find the time for self-care, but it's important to remember that your own wellness is still a priority. We also know caregivers

may be too burned out to think of exactly what they need, so we asked our community for suggestions.

HERE ARE 25 TIPS TO HELP YOU TRULY PRACTICE SELF-CARE:

1. Let Go of Guilt

First of all: know that you are worthy of care, and you do not need to feel guilty or selfish for that. Let go of the notion that putting yourself first is wrong – you're a human with needs, too.

“It might seem selfish to be a caregiver taking care of yourself first, but it was like what the flight attendants say: ‘Put your own oxygen mask on first.’ Then I was available to be a really supportive caregiver.”

2. Join a Caregiver Support Group

Without proper support, providing care can be lonely and isolating. Joining a group of people who share similar experiences can create a strong sense of community and help you feel less alone. There are multiple types of support groups available – both online and in-person. CaringBridge users shared 9 caregiver support groups that they've found to be helpful.

“Cocktails and Chemo is a wonderful organization that helps caregivers take care of their loved one with cancer.”

3. Stretch and Breathe

You don't need to join a yoga studio to know the benefits of breathing and a good stretch. Try these stress relief breathing techniques to help you use your breath for healing.

“Stand facing out a window. Take deep breaths, and slowly exhale. Then reach up to stretch, and then down to the floor. It's a small thing that might be refreshing.”

4. Get Some Laughs

Whether it's calling your funniest friend or watching a favorite comedian, it's important that you still get some regular chuckles. Laughter can improve your immune system, relieve pain and improve mood. It's no wonder they call it the best medicine.

5. Talk to Someone Once a Day

You should talk to at least one person other than your care recipient every day – staying social is extremely important for your health.

Have a few people you can trust on speed dial to call whenever you need to vent, or be distracted by a topic other than caregiving.

6. Get Rest

Getting the recommended amount of zzz's is important for everyone's general health, and especially so for people like caregivers who are undergoing additional stress.

Here are a few quick tips to get more restful sleep:

- Try to fall asleep and wake up at consistent times each day
- Reduce daytime naps
- Avoid intense movies or shows right before bed
- Take a relaxing bath or shower
- Avoid late meals or alcohol before bed

7. Prioritize Nutrition

When you're busy taking care of someone, it can be easy to turn to fast foods, which are often packed with added sugar or trans fats. These foods may contribute to heartburn, depression/anxiety and a weakened immune system.

With the ongoing stress of caregiving, good nutrition becomes critical to maintain your health and well-being. Here are a few tips for healthier eating:

- Eat several small meals per day. Five or six may be best.
- Include protein, vegetables, and healing fats (olive oil, butter, nuts, olives) at each meal and snack.
- Limit consumption of coffee, soda, and alcohol.
- Drink eight to ten glasses of water per day.
- Avoid processed sugar and carbohydrates. When you crave sugar, slice an apple and spread it with healthy peanut butter (no added sugar or fat).

Good nutrition is nourishing on many levels. Eating healthy will not only help you cope better in the short term it may also protect you from future health problems.

8. Ask for Help

Caregiving takes a village – trying to do it alone will lead to burnout. As a caregiver, you can create a simple list, calendar, or planner with a list of needs. Tell your community what you need and when. If this feels too forward, ask someone who cares about you to create one on your behalf. People truly want to help.

9. Start a CaringBridge Site

CaringBridge is a nonprofit social network dedicated to helping family and friends communicate with and support loved ones during a health crisis. CaringBridge can help caregivers receive the help they need as easily as possible.

For example, our on-site Planner helps you coordinate care and organize needs like bringing meals, rides to doctor appointments, or taking care of pets. CaringBridge also has a partnership to make it easier for families going through health journeys to get much-needed help with groceries and everyday essentials. If this sounds like it could be helpful, start a free site today. Don't go through your health journey

alone. You can stay connected to friends and family, plan and coordinate meals, and experience love from any distance. All of this is ready for you when you start your personal CaringBridge site, which is completely free of charge, ad-free, private, and secure. Don't spend another minute alone!

10. Don't Be Afraid to Say “No”

Caregivers often have a lot going on. Prioritize what's most important, and empower yourself to say no to something that just doesn't make the cut.

“I declined that extra invite, sidelined overstepping relatives, and skipped after-hours work events—so I could breathe and focus on what's really important in life.”

11. Ask for Flexibility at Work

It can become difficult to balance your work commitments when the role of caregiver is added to your life. Caregiving itself can become its own full-time job.

Consider sitting down with your team and explaining the situation. Work together to see if there are any areas you can have more flexibility, whether it be remote work opportunities or a shifting of work hours.

12. Spend Quality Time with Friends and Family

There's nothing better than spending face-to-face quality time with your favorite people. Surrounding yourself with the people who love you can provide healing and joy in a difficult time.

Most likely, your friends and family are willing to meet wherever is most convenient for you – don't feel guilty about asking them to come your way.

“When all the dust is settled and all the crowds are gone, the things that matter are faith, family, and friends.”

13. Take Time for Spiritual Practices/Meditation

Engaging in a particular spiritual practice or meditation is something you can do at any time to get a sense of peace. Meditation helps reduce anxiety and stress and can improve sleep. If you're religious, you can find comfort in your community/church, and also request that your loved ones help you start a prayer chain.

14. Keep a Gratitude Journal

Even on the days when nothing is going right, there are still things to be grateful for. Keeping a gratitude journal can actually help you rewire your brain to be more positive, and also give you a record to look back to when you're struggling to see the good.

Whether it's a physical book or a gratitude app, try regularly writing in your journal to make gratitude a habit.

15. Find Time for Exercise

Exercising doesn't have to mean spending hours at the gym – you can get a fun and effective workout at home, for free. There are many videos online that can help you with whatever kind of exercise you're interested in, such as yoga, weight training or dance.

You can also include the person you're caring for in these activities to enhance their health.

Keep in mind: A walk around the neighborhood still counts as exercise and can be a great way to relieve stress.

16. Reduce Caffeine Intake

Too much caffeine can cause irritability, sleeplessness, and anxiety, all of which caregivers don't need.

Reducing your caffeine intake may help you feel calmer and less jittery. Try to decrease your consumption gradually by having smaller cups of coffee, trying decaf, or switching to tea.

17. Listen to Music

Music is a free, enjoyable means to a happier life. The best part is, you can listen to it while doing pretty much anything – cleaning, driving, or cooking.

Try this list of songs scientifically proven to reduce stress.

18. Treat Yourself

Caregivers work hard, and they deserve to reward themselves for their efforts.

Reward yourself by ordering in your favorite meal, buying a new outfit that makes you feel confident, or taking a long bubble bath. What you choose as your treat is entirely up to you – don't feel pressured to conform to others' ideas of pampering. Ask yourself: what sounds good right now?

19. Make Time for Your Hobbies

Your hobbies contribute to your happiness, and many aren't time-consuming or costly.

Consider the activities you enjoy doing just for fun. Do you like gardening? Painting? Photography? Piano? Make a list of your favorite hobbies, and see which of them fit best into your lifestyle. Then, try to incorporate these interests into your daily or weekly routine.

20. Play with a Furry Friend

Animals – especially cats and dogs – can be an incredible support system during difficult times. If you already own a pet, take a few extra minutes to cuddle and play with them.

If you don't own a pet, you can ask a friend to bring theirs over for a visit, or take a day trip to the animal shelter. Just 10 minutes of petting an animal can lower your stress levels.

DIRECTOR NEWS

DIRECTOR NEWS



SUBMITTED BY
LINDA HAND
ADRC Director/
Aging Director

"Guide to Effective Advocacy", Aug 2017, (GWAAR)

What is Advocacy? Advocacy represents the strategies devised,

actions taken, and solutions proposed to influence decision-making at the local, state, and federal levels to create positive change for people and their environment. Everyone needs to be involved, and a single voice is a powerful tool.

Different types of advocacy:

- Individual Advocacy: Individual advocacy focuses on changing the situation of one person to protect his or her rights or to improve individual services. (Brain Injury Research Center Website)
- Systems Advocacy: Systems advocacy is an effort to change policies, rules, or laws which determine how services are provided. Systems advocacy works to change the situations of a whole group of persons who share a similar problem or to change a service system. (Brain Injury Research Center Website)
- Legislative Advocacy: The practice of attempting to persuade legislators to adopt a particular stance on an issue.

How to Achieve the Highest-Impact Being a successful advocate requires more than the occasional phone call or letter:

- Remember that your legislators and policymakers are real people, so work to create a lasting relationship with them.
- Remember to send thank-you cards after visiting with you or after positive action is taken, or acknowledge their good work in some sort of public forum.
- Never underestimate the power of a relationship or a personal story to influence!

As some of you may know, the Spooner Senior Center seniors, have been advocating to move from their present location at 402 Oak St., Spooner, WI to the vacated county Spooner Annex building located across from Economart at 850 W. Beaverbrook, Spooner. The county had planned on selling this building, but the seniors saw this as a possible one-time opportunity to acquire a more desirable space for local older adults to hold activities and enjoy

meals. With this request, comes a lot of organization, education, and mobilization. This proposal shows advocacy at its best, on the local level, empowering older adults to stand up for something that is not only important to them, but for future generations.

(GWAAR) Greater Wisconsin Agency on Aging Resources, Inc. is the organization which oversees and distributes the Older American's Act programming to Wisconsin Aging Units, including Washburn County. GWAAR is "helping Wisconsin leaders in aging succeed", serving 70 counties and 11 tribes throughout the state. One of the most important services that they provide is advocacy for the rights of older adults on all local, state, and national levels.



On September 7, 2021, Janet Zander, CSW, MPA Advocacy & Public Policy Coordinator for GWAAR, volunteered to assist the Spooner seniors by providing a free Advocacy training and discussion, following our regular committee meeting. We are planning another training in 2023.

Janet started out by giving an overview of how to move forward with an advocacy plan, focusing on:

- Why – Importance of the issue
- What – What change is needed?
- Who – Who can give you what you need?
- When and Where – the process
- How to be an effective advocate

During this training, Janet provided and explained the current and future aging population data and growth. The 2020 data showed that the Washburn County population age 65+ is at 27.4%, which ranks 66 in the state (ranks are low values 1 to high values 72), with the state average being at 17.5%. This data shows the aging population is much higher in Washburn than most counties of Wisconsin. By 2035, the population projections for Washburn County age 60+ will range between 41-51%, which is the demographic the Aging Unit serves. The impact of this "Aging Population" will mean:

- More people will be eligible and in want/need of services.
- There will be an increased need for health and long-term care, including home and community-based services and supports.
- Multiple chronic health conditions of residents living in Washburn County.
- There will be a higher probability of accessibility needs throughout our rural communities.

The participants were able to compile a list and

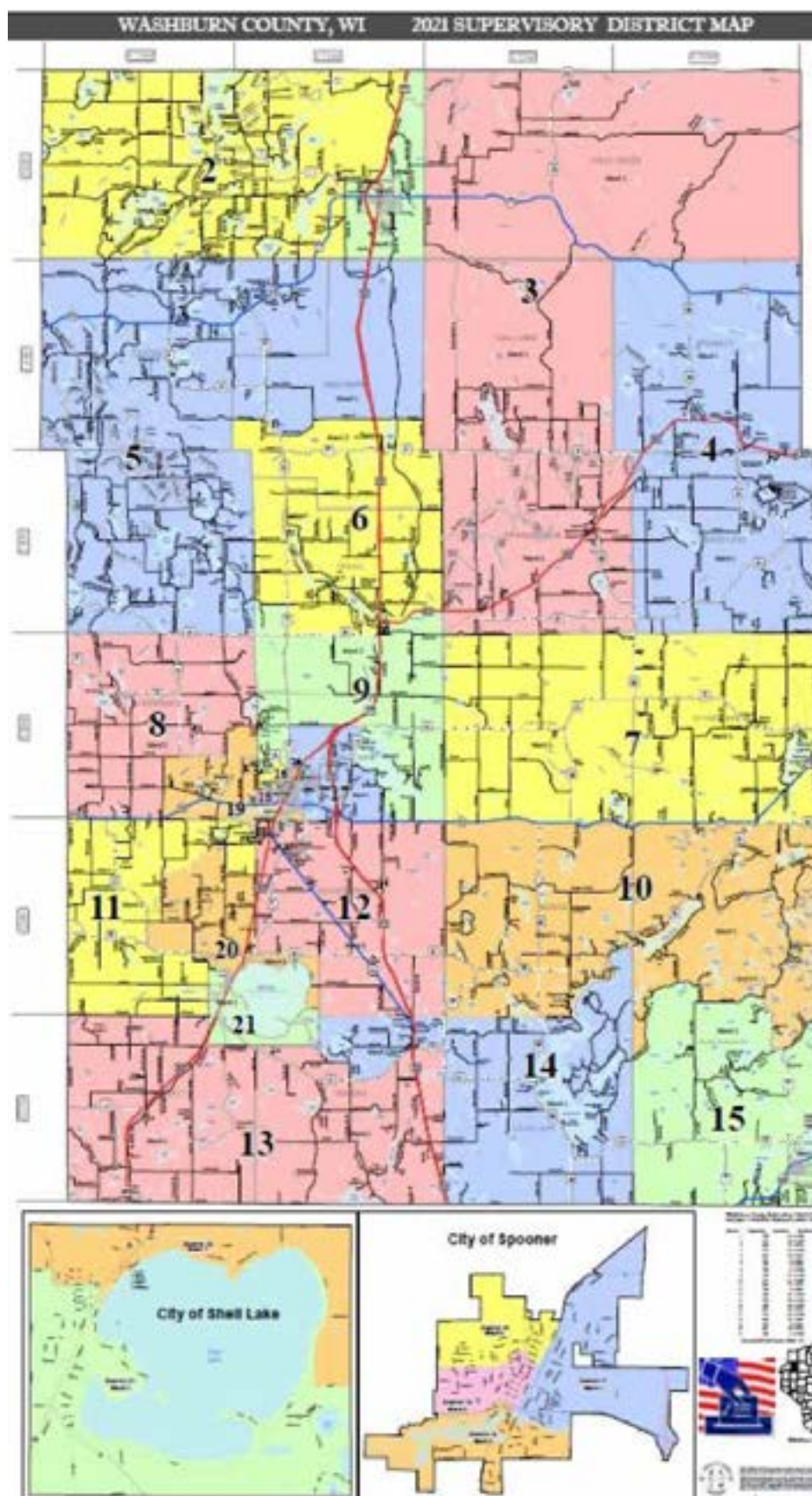
discuss what positive impacts that this move would make for the community. These are a few of the positives points discussed:

- Larger space with more capacity for multiple activities and meals
- Safer entry/exits
- Building all on one level
- Handicap Accessibility inside and outside
- Ample parking with multiple disabled spots
- Potential for an efficient commercial kitchen
- Storage space
- Outdoor green space
- Building centrally located near shopping
- Building located on bus route

Who? They are the decision makers, who will decide if the building should be used for this purpose or sold as originally planned. This is a county owned building, with committees comprised of County Board Supervisors, that would make the initial decisions if it should move on to the full county board for a vote. Currently, we are waiting to see if a grant will come through, which could provide funding for the remodeling of the building. These changes would need to take place, to convert it from office spaces to a senior community use kitchen, dining, and activity facility.

Janet stressed that it is important for advocates to know who your local representatives are and to make sure that they are contacting the right ones. Do they represent your district? Do you know what district you live in? Do they sit on the committees that will be making the decision for the subject that you are advocating for? A question was asked if it is best to contact local representatives by email, phone, or snail mail? Since the Spooner Senior Center is on a local and more personal level, it was suggested that a personal letter sent to the representative's mailing address. It is best to include a personal story of how this decision would affect the advocate, family member or friend, enhance local services, and benefit the community as a whole. This type of communication would have a lot more impact than a simple template email, used by everyone. Emails often get sent to junk mail and may not be checked on a daily basis. An in person conversation or phone call is also a more personable way to convey your advocacy purpose.

If you would like more information and/or to be included in future meetings/trainings, please complete contact our office. "Know your district representatives! It is always best to start by contacting your local representative for your district, rather than just randomly contacting any representative. They have your best interest at heart."



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SENIOR NEWS

Nutrition and Fall Prevention

SUBMITTED BY VALERIE VANDERBENT

Washburn County Nutrition Director

Did you know that certain foods can help improve your balance? The importance of a balanced diet is well known, but our diet can actually help decrease our risk for falls too. For Wisconsinites, this particular season can pose many fall hazards while navigating the outdoors. Icy driveways and sidewalks can be a true test of our balance. Give yourself an edge this winter by incorporating these five foods into your diet. They all contain resveratrol, an antioxidant shown to improve balance and motor coordination while increasing longevity.

Blueberries – Not only have studies found that blueberries improve balance, but they also have been shown to improve memory, fight cancer with their anti-oxidative properties, and reduce the risk of cardiovascular problems. Try enjoying these health-packed berries in a pancake, served on top of your favorite yogurt, or by themselves as a morning or afternoon snack!

Red Grapes – Resveratrol can be found in the skin of red grapes, along with other nutrients, such as vitamins B1, C, and K, manganese and potassium. Easily turn grapes into a healthy frozen snack by tossing them in the freezer. This simple move changes the texture, offering a naturally sweet frozen treat to munch on.

Cranberries – Cranberries are incredibly high in antioxidants, second only to blueberries, and are Wisconsin's official state fruit. Cranberries are commonly associated with the holidays, but these deli-



IMAGE SOURCE: iStock

cious and balance enhancing berries can be enjoyed year-round - frozen, dried, or in juice form.

Peanuts – A good source of healthy fats and protein while also providing balance-maintaining resveratrol. Add peanut butter to your toast in the morning, or to apples or celery as a healthy snack.

Dark Chocolate – Chocolate, specifically dark chocolate, is rich in resveratrol as well as a specific type of antioxidant called flavonoids. Flavonoids are

known for their anti-inflammatory and antihypertensive effects, which means adding dark chocolate to your diet can help with lowering your risk of heart attack and stroke while improving balance.

Reference: <https://www.onegreenplanet.org/natural-health/foods-that-can-help-improve-your-balance>

CAREGIVER FROM PAGE 9

21. Read Books

Reading can be very relaxing, and it can also be helpful to read books for caregivers that help you feel less alone in that role.

If you're looking for something that's not caregiving-related, this list of books you can't put down may be helpful as well.

22. Create Self-Love Mantras

A mantra is a word or statement repeated frequently to help focus the mind on a positive message. For caregivers, having a mantra on hand can help to refocus the mind and find the strength to continue on with your day.

Here are a few ideas for mantras for caregivers:

- I am worthy and deserving of love.
- Today I choose to be positive.
- I am a strong, good person.
- I am doing the best that I can.

23. Consider Professional Help

If needed, professional help can be an option to help you get proper mental health care. This kind of care can be expensive, but there are options that work for any budget: sliding scale therapy, apps and local support groups can all be of service.

24. Don't Make Self-Care Another "To-Do"

If certain aspects of self-care are truly not within your reach, skip them. Find a few things that work for you, instead of what others say you should do. Self-care should be something you look forward to and revel in, not dread.

25. Be Kind to Yourself

Lastly, please go easy on yourself. Take things one step at a time. Creating a self-care routine may be a trial-and-error process, so be patient and kind to yourself while you figure it out. The most important thing is that you simply start including yourself in the conversation of care.

Turkey Noodle Soup

PREP TIME 10 minutes • COOK TIME 1 hour

TOTAL TIME 1 hour 10 minutes

SERVINGS 8 SERVINGS

AUTHOR Holly Nilsson

This easy turkey noodle soup has tender turkey and vegetables with rotini noodles in a delicious tomato broth.

Ingredients

- 1 tablespoon olive oil
- 3 tablespoons butter
- 1 large onion diced
- 2 whole carrots sliced
- 4 celery stalks sliced
- 2 cloves garlic minced
- ¼ cup flour
- 2 teaspoons Italian seasoning
- 6 cups chicken broth low sodium
- 1 can petite diced tomatoes 14 ½ ounces
- 3-4 cups cooked turkey
- 6 ounces dry rotini noodles

Instructions

1. Cook onion, celery, carrots and garlic in olive oil and butter over medium heat about 5 minutes or until softened.
2. Stir in flour and seasonings. Cook 2 minutes.
3. Add broth, tomatoes and turkey. Bring to a boil, reduce heat and simmer covered for 35-40 minutes.
4. Remove cover and stir in rotini. Cook 15-20 minutes or until pasta is tender.

Nutrition Information

Calories: 221, Carbohydrates: 22g, Protein: 12g, Fat: 8g, Saturated Fat: 3g, Cholesterol: 38mg, Sodium: 737mg, Potassium: 347mg, Fiber: 1g, Sugar: 1g, Vitamin A: 2710IU, Vitamin C: 14.5mg, Calcium: 38mg, Iron: 1.4mg (Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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Turkey Noodle Soup <https://www.spendwithpennies.com/turkey-noodle-soup-with-broth/>



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