

## Updates to the 2023 Summer Senior Social Dinner Concert Series



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

Please join us on the beautiful shores of Shell Lake, WI, where we hold three summer senior social events in Washburn County. We

would like to invite local non-profit agencies and business sponsors to set up informational booths. For business that would like to participate, but are unable to provide a cash donation, maybe you would be willing to assist with the event and/or provide an in-kind donation. Please contact Linda or Valerie at 715-635-4460 for more information.



SUBMITTED PHOTO

The first concert featured Larry's Drifters on June 14, 2023. It was a sell-out evening with over 150 for dinner and hundreds at the concert. Thank you the City of Shell Lake for allowing use of this beautiful venue, Mike & Vicki Swan campground supervisors, Shell Lake High School student's current and past providing assistance with set-up Addyson Smith, Colton Marker, Pete Hampe, and Amelia Hampe, Shell Lake Lions for set-up & serving meals, Performance Food assistance of Chef's Julie Rose, Maxwell Mraz, and Ross Pulkrabek, Nathan's Famous Hot Dogs for the dogs, Valley Sweets for Cotton Candy, our staff/volunteers, and Celebrations Event & Party Rentals for the tents.

Each evening starts with a dinner served out of the Shell Lake Community Center from 4:30 p.m.-5:30 p.m. Seating will be available inside the Community Center, under the large tent by the Pavilion, or bring your lawn chair/blanket to enjoy an



SUBMITTED PHOTO

**WEDNESDAY, JULY 12, 2023**  
**Music on the Lake**  
**Menu: Build Your Own Burger w/Topping Bar, Baked Beans, Potato Salad, Fresh Fruit & Dessert - Ice Cream**  
**BAND: THE DEAN'S LIST BIG BAND**



SUBMITTED PHOTO

**WEDNESDAY, AUGUST 9, 2023**  
**Rockin' the Summer Night**  
**Menu: Pulled Chicken on a Bun, BBQ Sauce, Creamy Coleslaw, Chips, Fresh Fruit & Dessert**  
**BAND: 2nd TIME AROUND BAND**

outdoor picnic. The meal will be similar to Dining @ Five served at the senior meal sites, homemade and delicious! Each meal provides at least 1/3 of the daily amounts of nutrients needed to promote good health.

Participants are provided with an opportunity to contribute toward the cost of the meal, but no one (aged 60 or older) will be denied a meal regardless of their ability to donate. The meal is open to adults age 60+ and their caregivers, with a suggested contribution of \$6 for those 60+ and a charge of \$12 for those under 60. Pre-registration is required for the meal, by calling 715-635-4460, and the yearly congregate meal registration form will need to be completed for each person dining. There is a limit of 125 served, so please make your reservations early. If you cannot attend please cancel your reservations, since we always have a waiting list. Following the

meal, a FREE live music concert, open to the public, will be provided at the Shell Lake Pavilion from 5:30-7:30 p.m., with a dance floor installed at the front of the Pavilion. Bring your dancing shoes and be ready to boogie.

**FREE rides** will be available for Washburn County residents age 60+ and their caregivers. Call

Washburn County Transit at 715-635-4465 for a reservation. Our Mobility Manager Amber Anderson will assist you.

**2023-2025 STATE BUDGET UPDATE from Janet Zander, Advocacy & Public Policy Coordinator, Elder Law & Advocacy Center, [www.gwaar.org](http://www.gwaar.org) – June 16, 2023**



SUBMITTED PHOTO

Janet Zander

Late last night/early this morning, the legislature's Joint Finance Committee (JFC) voted on a budget motion (#109) related to 2023-2025 funding for the Dept. of Health Services (DHS). The motion was adopted 11-4. The motion includes the following increase in state general purpose revenue (GPR) funding:

- Aging & Disability Resource Centers (ADRCs) – Provides \$2.5 million in 2023-24 and \$5 million in 2024-25 to increase ADRC base allocations (Alternative #3 in Legislative Fiscal Bureau [LFB] Paper #425).
- Adult Protective Services (APS) – Provides \$1 million annually to increase funding for APS (a modified version of Alternative 2.a. in LFB Paper #427).
- Alzheimer's Family and Caregiver Support Program (AFCSP) - Provides \$250,000 annually and increase the amount of AFCSP funding DHS may provide to \$3 million annually (a modified version of Alternative A.2. in LFB Paper #430). The maximum income eligibility limit and caps on funding for goods and services for each person served remain unchanged.
- Home-Delivered Meal (HDM) Services – Provides \$225,000 annually to increase funding available for HDM. DHS is required to increase the state supplement to the home-delivered meal program by \$900,000 over the biennium ( I will be contacted the



PHOTO SUBMITTED

Pictured Washburn County residents: Husband and wife, Curt & Marge Johnson. By a fluke, they were photographed at different times by different photographers. Curt was photographed at the beginning of COVID with his horse by Lesa Ann Molitor Fine Art Photography as part of our healthy aging initiative. Marge was photographed on our charter bus trip to Duluth last winter as part of our vaccine grant by photographer Beau Petersen Photography and Video Productions. The pictures were placed next to each other, without staff knowing that they were related. Amber Anderson, our Mobility Manager, took the van to get Curt pictured with it, since they are neighbors. Marge came out and noticed she was in the adjoining picture. It sure is a small world, lol. As part of the "Live Well, Age Well" Washburn County initiative, along with funding from a vaccine grant, local residents are finding their pictures on Washburn County Transit vehicles, marketing materials, videos, and social media posts – *Living/Aging Well!*

## 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 Info
9:00 a.m.	Wednesday, July 5, 2023	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting.
10:00 a.m.	Tuesday, August 1, 2023	<b>Shell Lake Senior Center</b> 210 4th Ave., Shell Lake, WI • 715-635-8283	Lunch served at 12:00 noon.
9:00 a.m.	Tuesday, September 5, 2023	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	
9:00 a.m.	Tuesday, September 5, 2023	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	
9:00 a.m.	Tuesday, September 26, 2023 (Change Due to Budget)	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	The ADRC Governing Bd./Aging Citizen's Advisory Committee will meet directly following the ADS meeting.
9:00 a.m.	Tuesday, November 7, 2023	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	
9:00 a.m.	Tuesday, December 5, 2023	<b>Washburn County Board Room</b> 304 2nd Street, Shell Lake, WI • 715-635-4460	

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- Respiratory Therapy
- Visiting Specialists
- Rehabilitation Services
- Cardiac Rehabilitation
- Sleep Studies

June is

# ANNUITY AWARENESS MONTH

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**Lynn Ford**  
Certified Retirement Planning Counselor<sup>SM</sup>

**Tom Sutton**  
LPL Financial Advisor

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

SENIOR NEWS

# What would you do with another 7.5? Attitude is Everything



decline and its little wonder. From anti-aging skin creams to insulting greeting cards, we're bombarded with messages that both subtly and not-so-subtly tell us that aging is to be avoided. However, research has proven that people with positive attitudes toward growing older actually live longer - a whopping 7.5 years longer! Not only do they live longer, but according to Becca Levy, PhD, a researcher at the Yale School of Public Health, they better recover from illness and injury, have better memory and brain performance, and feel a greater sense of control over their lives. Not surprisingly, these people are also more likely to talk to a doctor about health problems, get preventive care such as blood pressure screenings and flu shots, and engage in health promotion programs.

"Attitude is everything," says Kris Krasnowski, executive director of the Wisconsin Institute for Healthy Aging - a non-profit organization that offers evidence-based health promotion programs throughout Wisconsin. "Feeling confident in your

ability to take care of yourself is a key factor in whether people take steps to stay well and that's where health promotion programs come in."

Now 89, Simonson maintains an active lifestyle - exercising daily, eating right, reading regularly, and socializing often. He agrees that how you feel about aging is important. "There's always something to look forward to," says Simonson, "I feel like I can take care of myself no matter what my age."

Learn more about health promotion programs by visiting [wihealthyaging.org](http://wihealthyaging.org).



PHOTO SUBMITTED

**Changing perceptions about growing older leads to greater longevity.**

**Bob Simonson**

Bob Simonson never thought much about what it would be like to be 'old'. "It was never on my mind," said the retired teacher and cross-country ski enthusiast. "I guess I had pretty good role models. My aunts all lived well into their 90's - one reached 104. They never slowed down much so I never really thought about aging as a negative."

For many people, aging is synonymous with



**ADRC of Washburn County Staff Contacts as of July 2023**

This is a list of our staff by position, with direct contact information. If they are unavailable to answer your call, please make sure to include a detailed message, which includes your full name, phone, and description of the information and services that you are seeking. If a staff member's message states that they are out of the office, you can still call our main number to see if another staff member can assist you at 715-635-4460.

**Anna Brown**  
Information & Assistance Specialist (I&A)  
715-635-4462  
**Nichole Caudill**  
Information & Assistance Specialist (I&A)  
715-635-4476

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

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

The EBS helps people ages 60+ navigate both private and public benefits, including Medicaid, Social Security, Medicare, prescrip-

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

[www.co.washburn.wi.us](http://www.co.washburn.wi.us)  
<https://adrcwashburncounty.org/>  
ADRC/Aging Director:  
Linda Hand

tion 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.

**Patryce Garcia**  
Dementia Care Specialist (DCS)/Caregiver Support Coordinator  
715-635-4477

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

**Valerie VanderBent**  
Nutrition Director  
715-635-4467

The Nutrition Director oversees the Washburn County Elder Nutrition Program, which provides congregate Meals and Home Delivered Meals through our sites.

**Washburn County Nutrition Site Mangers**

Kristi Shoop (Birchwood)  
Vacant (Minong)  
Char Jaeger (Shell Lake)  
Mary Lawson (Spooner)

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

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

**Washburn County Transit Drivers**

Kerry Moore • Dean Martin • Kathy Rowland

**Sheila Pierquet**  
Fiscal Assistant  
715-635-4463

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

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

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

SENIOR CENTER NEWS



PHOTO SUBMITTED

We would like to give a BIG Shoutout to our amazing Benefit Specialists at the ADRC of Washburn County, Kelly Weisenbeck-Elder Benefit Specialist and Ted Hampe-Disability Benefit Specialist. Thank you for all you do in Washburn County!

STATE of WISCONSIN



OFFICE of the GOVERNOR

*Proclamation*

WHEREAS older adults and adults with disabilities encounter challenges to their independence, choice, and financial security through predatory schemes and hardships in affording daily necessities; and

WHEREAS benefit specialists offer expert, confidential, and unbiased counseling and advocate for older adults and adults with disabilities in appealing adverse decisions and providing non-attorney representation at administrative hearings; and

WHEREAS Wisconsin ensures benefit counseling services are available through the aging and disability resource centers (ADRCs), county aging unit, and Tribal aging unit network, the Great Lakes Inter-Tribal Council (GLITC), and the Office for the Deaf and Hard of Hearing; and

WHEREAS in 2022, benefit specialists assisted over 46,000 older adults and adults with disabilities access programs and services available to them, thereby impacting the state and local communities with services valued at over \$224 million; and

WHEREAS by helping Wisconsinites access services and advocate for themselves and their loved ones, benefit specialists help mitigate the impact of systemic barriers and ensure that Wisconsin residents receive quality services that increase their health literacy and advance their quality of life; and

WHEREAS this week, the state of Wisconsin joins all Wisconsinites in recognizing and thanking elder and disability benefit specialists for the important work they do for communities and individuals across the state;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin, do hereby proclaim June 11 – 17, 2023, as

**ELDER AND DISABILITY BENEFIT SPECIALIST APPRECIATION WEEK**

throughout the State of Wisconsin and I commend this observance to all our state's residents.



IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 9<sup>th</sup> day of June 2023.

*Tony Evers*  
TONY EVERS  
GOVERNOR

By the Governor:

*Sarah Golewski*  
SARAH GOLEWSKI  
Secretary of State



# Surge of Unrequested and Unwanted COVID-19 Test Kits

On May 11, 2023, the COVID-19 public health emergency ended, and with that, Medicare stopped paying for over-the-counter tests (though it continues to cover those provided in a clinic, doctor's office, or other health care setting and processed by a laboratory).

The end of the public health emergency, unwittingly, initiated a surge of Medicare beneficiaries receiving test kits in their homes.

A recent NPR article pointed out that fraudsters are using testing sites, telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams. Fraudsters are offering COVID-19 services in exchange for personal details, including Medicare information. However, these services are unapproved and illegitimate.

These scammers take advantage of COVID-19-related needs and services to benefit themselves, putting beneficiaries at risk of potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft.

According to Ingrid Kundinger, Senior Medicare Patrol Project Manager, the toll-free Helpline in Wisconsin has had a significant increase in the number of calls related to unwanted tests kits. Medicare beneficiaries are receiving test kits that they did not order and do not want.

These are then billed to the beneficiary's account with Medicare often paying \$94.08 per test.

**NOTED CONCERNS**

**How did the scammer get my Medicare number?** A scammer may have obtained your number through a previous unscrupulous situation that you were unaware of, or it may have bought on the "dark web". You may never know how the number was obtained, but it can be used fraudulently again.

**How will I know if this happens again?** You will need to review your Medicare Summary Notices (MSN) or Explanation of Benefits (EOB) to know if your number has been used again by the fraudster. You can check your MSN or EOB online or when they are mailed (the MSNs are mailed quarterly).

**What do I look for on MSN or EOB?** When reviewing your statements, look for any tests or services that were not ordered by your health care provider, or that you did not receive. For a tutorial on how to read your MSN, go to Read Your Medicare Statements (smpresource.org)

**Do I need to get a new Medicare card?** You may need to contact Medicare to get a new number if your number has been used to falsely file claims to your Medicare account. You can call SMP at 888-818-2611 to discuss the process of requesting a new Medicare number.

**WHAT YOU CAN DO**

- Refuse the tests, if possible, return to sender.
- If it has already been delivered, call the supplier, and ask for a return label. (Do not return if there is a cost to you.)
- Be cautious of offers for "free" medical services.
- Contact Senior Medicare Patrol to talk about the steps you can take.

SENIOR NEWS



**Great Lakes  
Inter-Tribal Council, Inc.**  
Lac de Flambeau, Wisconsin

## Mino-Wiisini - Eat Fine Food

**Boozhoo – Hello!**

We have all heard the expression; “You Are What You Eat.” If that is true then right now I am a bag of Cheetos.

I am a senior and planning my meals for the week is everything. It is so important for me to plan what I am going to eat or I make bad choices and my tummy sometimes isn't happy. I know how I am and if I am tired and don't have a plan, sometimes I make bad choices. For me, its burgers and fries and not fish, venison, chicken, rice, and vegetables. Salads just don't make the cut when I don't have a plan. I can talk myself out of a salad real-quick.

**What I eat makes a difference because food...**

- Regulates Blood Sugar: Many seniors have diabetes, and even those who don't still need to watch their blood sugar levels.
  - Helps with Weight Management: So much emphasis is placed on the dangers of being overweight that the risks associated with weight loss in seniors are sometimes overlooked.
  - Keeps the Skin Strong: Proper intake of nutrients, especially vitamin C, zinc, and protein, are needed to keep the skin's integrity at it's strongest.
  - Strengthens the Immune System
  - Feeds the Brain for Better Cognitive Functioning: Some foods that are good for brain health include fish, nuts, fruits, vegetables, olive oil, and avocados.
  - Promotes Healthy Digestion
- Sources: multiculturalcaregiving.net, <https://www.health.harvard.edu>

Tribal Elders (55+) can schedule a meeting to talk about nutrition and diet by calling the St. Croix Tribal Aging and Disability Resource Specialist at 715-349-8554 Ext 5261

**Miigwetch - Thank you** for helping each other!

**Thomas Orput**  
St. Croix Elder Services  
Aging & Disability Resource Specialist

**Nicole Buck**  
Great Lake Inter Tribal Council  
Snap-Ed Nutrition Educator

# Do You Need A lift?

Did you ever think you would not be able to get into your house? In most cases you are young and healthy when you purchase a home. Things can change in an instant. An accident, medical condition or just getting older can be life changing. Stairs can seem like your enemy. If you have stairs to enter your



**Don Posh**

home, you may need a ramp. Sometimes certain home designs do not allow for a ramp to be built. According to safety rules by the Americans with Disabilities Act (ADA) for every foot of height the ramp should be 12 feet long. What happens when the top of the stairs is 6 feet above the ground level? That would equal a 60-foot ramp. In many locations, that just doesn't work. There are other ways to solve this. A lift may be just what is needed. Lifts are made for both indoor and outdoor use. A lift is like an elevator for personal use. There are also stair lifts that have a seat and you ride up or down an interior staircase. When there's a will, there's a way. If you find you are in a situation where you are in need of a ramp or a lift, contact indiGO to discuss your options.

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

Main office: 800-924-1220 V/TTY

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

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

Don Posh, Independent Living Specialist  
Direct: 715-919-4932  
Email: [don@indigowi.org](mailto:don@indigowi.org)  
Address:  
2911 Tower Ave, Suite 9, 54880  
Toll-free: 800-924-1220 V/7-1-1 Relay  
Fax: 715-392-4636  
Website: [indigowi.org](http://indigowi.org)



## TECH TUESDAYS

**Join us for Tech Tuesdays!**

Bring your Chromebook, laptop and phones.  
Questions about your email or other applications?  
We can help you get the most out of your devices.



**Tuesdays 4 - 5 pm Shell Lake Public Library**

### FRAUD FROM PAGE 4

**LEARN MORE ON HOW TO PROTECT YOURSELF**

- The Senior Medicare Patrol website: [www.smpwi.org](http://www.smpwi.org)
- Contact your local Aging and Disability Resource Center, ADRC. To find the office in your area, visit: <https://www.dhs.wisconsin.gov/adrc>

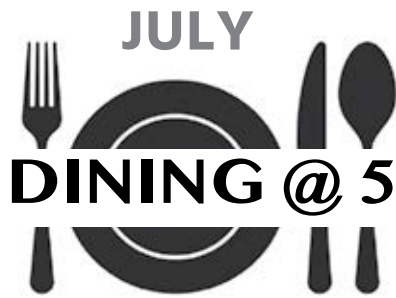
Wisconsin SMP is available for outreach events, educational sessions for beneficiaries, caregivers and professionals, workshops and exhibits at events. Please contact us at [www.smpwi.org](http://www.smpwi.org) for more information.

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. Please feel free to share this publication with others who may benefit from its contents.

TO CONTACT WI SMP  
Call: (888) 818-2611  
E-mail: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)  
Website: [www.smpwi.org](http://www.smpwi.org)  
Facebook:  
[@WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



**DINING AT 5**



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

**PLEASE MAKE RESERVATIONS**

**24 HOURS IN ADVANCE**

Minong: 715-466-4448

Shell Lake: 715-635-8283

Spooner: 715-635-8283

Birchwood: 715-354-3001

**MINONG MENU**

**MONDAY, JULY 3**

No Dining @ 5

**SHELL LAKE MENU**

**MONDAY, JULY 17**

Chicken Fajita Casserole • Cilantro Lime Rice  
Black Bean & Corn Bread  
Banana Split

**SPOONER MENU**

**MONDAY, JULY 24**

BBQ Chicken • Baked Beans  
Potato Salad • Salad Bar  
Mary's Choice Dessert

**BIRCHWOOD MENU**

**TUESDAY, JULY 25**

BBQ Ribs • Baked Potato • Sweet Corn  
Side Salad • Dinner Roll  
Kristi's Choice Dessert

# Can You Get Approved for Disability While Working?

To be eligible for disability benefits, a person must be unable to engage in substantial gainful activity (SGA). In 2023 SSA (Social Security Administration) has defined SGA as \$1,470.00 a month. A person who is earning more than that amount monthly is ordinarily considered to be engaging in SGA. If you believe you are disabled and earning less than \$1,470.00 (Gross) you may qualify for disability benefits. The Social Security Act specifies a higher SGA amount for statutorily blind individuals; Federal regulations specify a lower SGA amount for non-blind individuals. Both SGA amounts generally change with changes in the national wage index.

It is possible to be approved for disability while you are working. However, if the SSA determines that you

# JULY

LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Swedish Meatballs over Egg Noodles, Roasted Parmesan Cauli lower Apple Crisp <b>3</b>	<b>NO MEALS SERVED HOLIDAY OBSERVANCE</b> <i>4th of July</i> <b>4</b>	Hearty Lasagna Buttered Green Beans Cherr-ific Salad Applesauce <b>5</b>	Oven-Roasted Chicken w/Mushroom Gravy over Steamed Spinach Whipped Potatoes Cranberry Wild Rice Bread Apricots <b>6</b>	Chicken Taco Salad w/Black Beans, Tomato, Corn, Onion, Salsa, SC Corn Chips Peaches <b>7</b>
Glazed Baked Ham Scalloped Potatoes Honey Glazed Carrots WG Bread Pineapple <b>10</b>	Sweet & Sour Pork w/Stir Fry Veggies over Brown Rice Egg Roll Mandarin Oranges <b>11</b>	<b>CLOSED FOR DINE-IN</b> Tuna Macaroni Salad on Leaf Lettuce, WG Bread Three Bean Salad Creamy Coleslaw Melon Medley <b>12</b>	Broccoli & Chicken Fettuccini Alfredo Buttered Peas WG Garlic Breadstick Pears <b>13</b>	Loaded Chef Salad w/Ham, Egg, Cheese, Veggies, Dressing WG Dinner Roll Strawberry Shortcake <b>14</b>
Brat with Sauerkraut Whole Wheat Bun Baked Beans Mixed Fruit Cup <b>SHELL LAKE DINING @ 5</b> <b>17</b>	Fish Cakes w/ Lemon Dill Cream Sauce Boiled Red Potatoes Black Bean Salad WG Dinner Roll Apricots <b>18</b>	Ham & Cheese Baked Potato w/Cheddar, SC Roasted California Vegetable Medley WG Bread Pears <b>19</b>	Beef Stroganoff over WG Egg Noodles Asparagus Buttered Carrots Peaches Cook's Choice Cookie <b>20</b>	Grilled Chicken w/ Tomato Basil Spaghetti Walnut Caesar Salad WG Garlic Breadstick Fresh Fruit <b>21</b>
Cobb Salad w/Chicken, Bacon, Avocado, Egg, Veggies, Dressing WG Bread Honeydew <b>SPOONER DINING @ 5</b> <b>24</b>	Home-Style Meatloaf Whipped Potatoes Baked Bean Medley WG Dinner Roll Peaches <b>BIRCHWOOD DINING @ 5</b> <b>25</b>	Chicken Pot Pie Steamed Broccoli Buttermilk Biscuit Mandarin Oranges <b>26</b>	<b>SOUP &amp; SANDWICH DAY</b> Turkey & Swiss Sandwich w/Leaf Lettuce & Cranberry Mao on WG Bread, Tomato Basil Soup, Sour Cream Cranberry Bar <b>27</b>	Garlic Thyme Beef Roast w/Creamy Horseradish Sauce Mashed Potatoes Buttered Green Beans WG Bread Fresh Fruit <b>28</b>
<b>CLOSED FOR STAFF TRAINING NO MEALS SERVED</b> <b>31</b>	<b>July 12th Senior Summer Concert &amp; Dinner Event</b>		<i>Happy</i> <b>INDEPENDENCE DAY</b>	

• ALL MEALS SERVED WITH 1% MILK

• MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO FOOD AVAILABILITY

**FOR RESERVATIONS CALL:**

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

**EVERYONE IS WELCOME:** Those eligible to participate on a contribution basis include anyone age sixty and older. Suggested contribution is \$4.00 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$12 to participate.

are engaging in substantial gainful activity – earning over the income limit (\$1,470.00) then your disability claim may be denied.

Social Security rules on working while applying for disability or awaiting a determination are complex. While you may still qualify for disability benefits while working, the SSA might deny your disability application on the basis that you are not disabled.

There are many things to take into consideration before you file for disability benefits. Please contact the Aging and Disability Resource Center of Washburn County at 715-635-4460 so a Benefit Specialist can check in with you to help you determine whether you may be eligible for SSDI and/or SSI benefits.

## SENIOR CENTER NEWS AND EVENTS

**LINDA ROGERS**  
**FRIENDSHIP COMMONS**  
Shell Lake Senior Center

Summer has finally arrived and so have the all the beautiful birds. Unfortunately, the mosquitoes seem to be in abundance this year too. The flower gardens at the Center are looking really nice this year. We get to enjoy them all summer and enter them in the Washburn County Fair.

Memorial Day weekend was one for the record books this year with sunny skies and warm temperatures. It sure was nice to get outside and enjoy the sunshine. Do not forget about the Summer Senior Social Dinner Concert Series, which started in June. Always-good food and an evening of music in the park.

Some of our members took a day trip down to Pioneer Village for the strawberry festival and quilt show. In the past, we have enjoyed going pontooning on Spooner Lake and are hoping to do that again this year. It seems like summer is just not long enough to do everything that we would like.

Our painting classes are the first Monday of each month at 1:00 p.m. We have been getting some new people and everyone has a wonderful time. Joni is such a fun teacher and she encourages everyone to use their own ideas. It is such a fun way to spend an afternoon.

Call (715) 468-7491 for information about activities at our center. Call the Spooner Senior Center at (715)635-8283 to order meals for the Shell Lake Senior Center. For Meals on Wheels, delivery in Washburn County call Valerie VanderBent at (715) 635-4460.

### SHELL LAKE SENIOR CENTER

#### FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.635.8283

NUTRITION SITE MANAGER: CHAR JAEGER

CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tai Chi 10-11	4 <b>Happy 4th of July</b> <b>No Meals Served</b>	5 Wii Bowling & Games 9 Quilting 9 Congregate Dining 11:30 Smear & Games 1	6 Games 9 Congregate Dining 11:30 Cribbage 12:30-2:30	7
10 Tai Chi 10-11 Painting 1	11	12 <b>No Meals Served</b>  Wii Bowling & Games 9 Quilting 9 Smear & Games 1 pm	13 Games 9 Congregate Dining 11:30 Cribbage 12:30-2:30	14
17 Tai Chi 10 - 11 am  <b>DINING AT 5</b>	18	19 Wii Bowling & Games 9 Quilting 9 am Congregate Dining 11 Smear & Games 1	20 Games 9 Congregate Dining 11:30 Cribbage 12:30-2:30	21
24 Tai Chi 10-11 am	25	26 Wii Bowling & Games 9 Quilting 9 Congregate Dining 11:30 Smear & Games 1	27 Games 9 Congregate Dining 11:30 Cribbage 12:30-2:30	28

### CHICOG NEWS

**JOANN MALEK AND CATHY PEDERSON**

Reserve your spaces early for the next community event in Shell Lake, Wednesday, July 12. Call 715-635-4460 to pre-register for a build-your-own burger supper from 4:30-5:30 p.m. in the Shell Lake Community Center. Then walk to the band shell Pavilion, overlooking the lake to enjoy The Dean's List Big Band. To arrange FREE transportation for county residents age 60+, caregivers, and adults with disabilities from the Chicog Town Hall or another Washburn County location, talk with Amber Anderson, ADRC Mobility Manager, at 715-635-4465.

For summer reading, visit the Washburn County Bookmobile at the Town Hall parking lot on July 11th, between 11 a.m. and noon.

Walkabout meets every other Thursday during the summer. All are welcome. Bring your lunch to the Town Hall on July 13th and July 27th for a game of dominoes and great conversation.

Ride the Namekagon Transit bus to Spooner or Minong on Wednesdays, July 12th and July 26th. Approximate door-to-door pickup is 8:30 a.m. and return at 1:30 p.m. Call the Namekagon Transit Dispatcher at 715-634-6633, for rates and to reserve your trip.

For Pat Wilcox, the main role as Town of Chicog board Chairman has been that of caregiver. Personal relationships were key. This is a community built on caring. When Chicog Township was founded in 1901, a first priority was the establishment of a poorhouse. When there was a need, neighbors were there to help. Pat remembers that at the end of the week helpers were

SEE **CHICOG** PAGE 8

**WASHBURN COUNTY SENIOR CENTERS**

Valerie VanderBent - Nutrition Director -  
Email: vvanderb@co.washburn.wi.us  
ADRC of Washburn County  
(715) 635-4460 - Main • (715) 635-4464 Fax

**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) 466-4448  
Serving M-F, 11:30 am

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

**Spooner Senior Center**

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

**Washburn County Wellness Center 50+**

(COMING SOON!)  
850 W. Beaverbrook Avenue, Spooner, WI 54801

**Meal Cost:** We accept Food Share (Quest Card), Age 60 and Older suggested contribution of \$4.00. Under Age 60: Full cost of meals \$12.00. \*Caregivers Under Age 60 - Please contact the Nutrition Program Director at 715-635-4460. No eligible participant age 60+ will be denied a meal based on ability to contribute to the cost of the meal.

**Senior Center Activities:** All four centers allow participants numerous opportunities to gather with long-time friends and meet new ones. Please see enclosed activity calendars/news 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, please contact the Nutrition Program Director at 715-635-4460.

## SENIOR CENTER NEWS AND EVENTS

### CHICOG FROM PAGE 7



PHOTO SUBMITTED

#### Pat Wicox

expected to visit for Sunday dinner. What a fine, mutually pleasing way to reciprocate.

Pat's great-grandfather homesteaded here in the mid-eighteen hundreds. Growing up, Pat spent summers helping at his grandparents' farm. He says he knew from the age of three that he would one day live in Chicog. What he did not expect was that he would ever be involved with politics. "I detested politics!" It began with a petition he carried door to door,

a need to protect local water. As the community responded, he realized that politics is how we take care of each other.

Community service is hard work. Leaders have to do their homework. "I've learned, and I've had a lot of good help." Chicog has become a respected township, an example for other communities. "I leave proud of this town and of what WE have accomplished."

Pat's roots go deep. Though he has stepped away from his position as Chairman of the board, he plans to continue with the Fire Department and the committees he helped to establish. The Cemetery Board, Emergency Services Group, Angels on Our Shoulders, and Comprehensive Planning Committee. Pat will not leave his role as a caregiver for the Town of Chicog.

Thanks for reading the Chicog News.

#### CAROL ADDINGTON

Birchwood Senior Center

Happy Sprummer Y'all! That is what I call this season we are having as summer just started a few days ago but we have had it for over a month. I am not complaining, just coming up with a name for it. Hope all you Moms had a wonderful Mom's Day and all you Dad's too. Dad's day that is. Now that we are readying for the Birthday of our nation...I hope we can say that about that day



too. Talking about spring...I think those leaves and flowers actually exploded when they appeared. It was a little too dry for the lilacs so their color was a bit drab...but they sure smelled good!

I am so pleased to announce the recipients of our annual scholarships. They are Amberiel Jones and Jasmine Wainz. Congrats, to these girls who will hopefully stay in our community and use their gifts to benefit us all.

Laughing at your mistakes can lengthen your life. Laughing at your spouse's ...not.

Here we are into summer and more time to 'do' and I DO hope that you will put Senior Center on your list of plans, especially if you have not been in lately. Stop in and check the calendar. The table has mega pieces on what good things are available for you and activities that come up after I write this column. The coffeepot is always on, the fridge has many cool beverages, and Kristi is fun to visit with.

### MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: CHRIS CLOSE - 715.466.4448

PRESIDENT: JERRY SMITH - 715.338.2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30 Meal <b>DINING AT 5</b>	4 11:30 Meal 12 Wii Bowling 12:30 Farkle	5 7 Pocket of Prayer 9 Foot Care 11:30 Meal	6 11:30 Meal	7
10 11:30 Meal	11 9 Bridge 11:30 Meal 12 Wii Bowling	12 7 Pocket of Prayer 11:30 Meal 1 Board of Directors Meeting	13 11:30 Meal	14 11:30 Meal <b>Saturday 15th</b> 12 Potluck • 1 Bingo
17 11:30 Meal	18 11:30 Meal 12 Wii Bowling 12:30 Farkle	19 7 Pocket of Prayer 9 Foot Care 11:30 Meal	20 11:30 Meal	21 11:30 Meal
24 11:30 Meal	25 9 Bridge 11:30 Meal 12 Wii Bowling	26 7 Pocket of Prayer 11:30 Meal	27 11:30 Meal	28 11:30 Meal
31 11:30 Meal				

### BIRCHWOOD SENIOR CENTER

#### LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

Also, check that menu and stop for lunch (reserve 1st). You cannot even eat at home for five dollars and you do not have to fix it. You will definitely see old friends and probably meet a new on. Cannot beat that! In addition, that Dining at 5 is on Tuesday now so check that out. Always a nice crowd.

If common sense were lard...many people would not even be able to grease a pan. (You can tell how old that one is...is lard even a thing anymore?)

Medicare loses tons of \$\$ every year from scams and fraud. There are several sessions planned to inform you about how not to be a victim of this. There will be an information session at our center on Tuesday, August 8, 10:30 to 11:30am. Make a reservation for lunch and stay to talk about what you just heard. If you cannot make that, one you can go to the Spooner Senior Center the next day (9th) for the same info or Shell Lake at the Senior Social in the Park. Call ADRC for more info.

Instead of a sign that says, "Do not Disturb"...I need one that says, "Already Disturbed, proceed with caution!"

And of course. What we always look forward to, the annual Bluegill Festival right here in Birchwood July 14-16. Whatever your joy...you will probably find it there. Check all the crafts, activities and food and be sure to stop at our Bake Sale and Book Sale at the Center. I will be looking for you!

When a man says, he will do anything for a woman he means fight bad guys and kill dragons, not vacuum or wash dishes. (Sorry guys, equal time)

Well guys that is about all I have for you this month. I missed the potluck 'cuz I was in the hospital and didn't find any new info on the table in the center, so it's up to you to come on in and have a cup. Maybe sit on the deck and check out our amazing view and a block away our awesome Four Corners Emergency System Building. They will be having an open house at the Bluegill Festival. Another treat for you all. Have a wonderful summer! Lord willing, I will see you next month.

Remember when we could get up from a chair, without making sound effects? Oh, the Good Ole Days!



**SENIOR CENTER NEWS AND EVENTS**

# Cornhole Update in Washburn County



PHOTO SUBMITTED

Remember our article about Cornhole starting up at the Spooner Senior Center? After contacting the other sites, there was an interest for boards at each. Maybe some friendly competition may ensue across the county. We contracted the services of local students at the Northwood School District, located in Minong, Wisconsin. The school has created a student run business named Evergreen Enterprise. In the past, they made raised garden boxes for the Shell Lake Senior Center and have been commissioned to do several projects at the Minong Senior Center, which included new cabinets in the kitchen. This time we asked if they could replicate a design that Scott Verbeck of Hayward Lakes Cornhole had provided for professional Cornhole boards. They even modified a logo that we had used for our staff shirts to be on the board.

The project is completed and bags have been purchased. Each of our sites now has boards and bags, let the competitions begin!

Would you like to support a local business that is run by students learning a trade?

LIKE Evergreen Enterprise on Facebook: <https://www.facebook.com/EvergreenEnterprise18>

## 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

**CLAUDIA BROZ**  
**OUR NECK OF THE WOODS**  
Spooner Senior Center

Good news for all. The Washburn County Wellness Center 50+ is finally done. We cannot get in there yet, but it's coming. We are waiting for the furniture to be delivered and to get the kitchen appliances moved. During the process of moving the kitchen, the meals will be suspended. No details yet but at least we know it's happening.

Please call your Washburn County Supervisors and let them know you are in favor of turning the old Spooner Senior Center building into a Youth Center. Our kids have not have many places to hang out and the old building would be perfect for them to meet, hangout, play games, watch movies or even cook meals together. The possibilities are endless for them and a safe place is important. Having their own building will teach responsibility, community, sharing and so much more. Getting the old Senior Center building could be a legacy that we can provide for the kids that are in need of it now and in the future. Remember these kids are future voters and taxpayers.

If you have not seen, the pictures from the Fling into Spring Fundraiser go to the Spooner Senior Center page and the ADRC Washburn County page on Facebook. Good friends, good food, great music and lots of fun. If you missed that gathering, stay tuned for information regarding open house for the Washburn County Wellness Center 50+.

Happy Birthday to all of you that have a July Birthday! Anyone else out there having a birthday coming up? Please let me know so we can all celebrate you.

Chair Dancing Instructor Dawn been on vacation for June. Returning July 5th at 9:30 at the Spooner Senior Center. We sure miss her, class, and cannot wait for it to start again.

Do not forget about the fun activities that are going on right now...

Mahjong on Tuesday afternoon is at 1pm. 500 cards on Wednesdays at 1pm. Bridge Wednesdays at 1pm too. Thursdays its Hand and Foot Cards at 1pm. We hope to see you there. Another future activity that we hope to get going is Bean Bag toss or Cornhole. The boards have been delivered and are just waiting for a home. This is a very fun activity. Hopefully we can get a league together to compete with other Cornhole teams.

We are looking for cribbage players to get together on Monday mornings. If interested call Frank Hull at 612-703-1925. Lessons are available if you need them. All levels of players are wanted!

We also have a Lunch and Learn on the 4rd Wednesday of the month. Spooner Health teams up with us for great speakers.

The 3rd Friday of the month we team up with the Library for Senior Book Club.

The last Monday of the Month at 10am is the Spooner Senior Center Committee meeting. All are welcomed and we want any ideas you may have for activities you want to see happening at the Center. Remember we will have a larger building so we can add activities.

Do not forget to pick a month to host Dining at 5. Hosting this get together is more fun than work and greatly appreciated by all. Choose your month and your theme and have fun. For all details, call Lynn Beard at 715-520-3569. It is worth it.

Let me know by the end of July for anything you want posted in the Focus for August. The Focus comes out in the Weekender paper at the end of each month with news for the next month.

Good loyal friends mean as much as family, let them know

Until next, time...Claudia Broz from the Spooner Senior Center.

## HAPPY DAY CLUB

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

Also, the Dementia/Alzheimer's Day Respite Program's **CAREGIVER SUPPORT GROUP** meets on the first Monday of each month at 9 a.m. at Trinity Lutheran Church in Spooner. Please check out this very informa-

tive, 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. We would appreciate any amount you could send us at Alzheimer's Day Respite Program, PO Box 453, Spooner WI 54801. Thank you very much in advance if you can make a donation. If you have any questions regarding this, please call 715-416-2942.

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

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

*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 NEWS

For Immediate Release

Katie Rousonelos – katie.rousonelos@widma.gov – 608-242-3239  
Andrew Beckett – andrew.beckett@widma.gov – 608-242-3211

MADISON – As temperatures climb and the summer season begins, it's important to stay aware of the dangers of extreme heat. June 7 is Heat Awareness Day in Wisconsin and ReadyWisconsin is encouraging everyone to take steps to prevent heat-related illnesses or deaths.

"Heat can be very dangerous, so it's important to take precautions when temperatures rise," said Wisconsin Emergency Management Administrator Greg Engle. "Whether working, playing, or enjoying time outdoors, we need to take extra care on these hot days."

The combination of hot weather and high humidity can quickly cause heat-related illnesses, such as heat stroke or heat exhaustion. The National Weather Service (NWS) issues advisories for high heat to help warn people of potential dangers.

"The biggest issues arise from heat when it lasts for multiple days," said NWS Milwaukee Warning Coordination Meteorologist Tim Halbach. "Take some time now to help out neighbors who may need assistance. Pay attention to the latest forecasts to stay aware of future heat waves which could last for more than a day."

When hot weather and high humidity hit at the same time, people of all ages are at risk of getting heat-related illnesses such as heat exhaustion, stress, or stroke. In 2022, 14 heat-related deaths occurred in Wisconsin, according to preliminary data from the Wisconsin Department of Health Services (DHS). More than 700 Wisconsinites also visited emergency



rooms for heat-related illnesses last year.

"Extreme heat affects more Wisconsinites than any other natural disaster, and every single heat-related death is preventable," said Paula Tran, DHS state health officer. "That's why we and local partners are redoubling our efforts to find new ways to support people who are most at risk of getting ill during heat waves – those who are very young or old, living with existing health conditions, living with disabilities, or living, working, or active outdoors."

As Wisconsin's changing climate brings new and more unpredictable weather trends, health risks from heat are also changing. Across the state and especially in cities, overnight temperatures are getting hotter, so people without access to air conditioning or cool basements can't always rely on cooler nights to recover from hot days, according to Tran.

ReadyWisconsin and DHS recommend following these tips to beat the heat and stay safe during heat waves:

- Stay informed – Pay attention to local weather forecasts and extreme heat alerts.
- Find cool spaces – Remain inside air-conditioned buildings as much as possible during the hottest parts of the day. Call 2-1-1 to find an accessible cool place near you such as libraries or community centers.
- Stay cool at home – If you don't have

air conditioning or a basement, take a cool shower, soak your feet in cold water, or place a cool, wet cloth on your forehead. Keep your windows covered to avoid direct sunlight.

- Stay hydrated – Drink plenty of fluids and avoid alcohol, caffeinated and high-sugar drinks. Don't wait until you're thirsty to drink. Don't take salt tablets unless directed by a medical professional.
  - Avoid hot cars – Never leave a child or pet unattended inside a parked car. On an 80-degree Fahrenheit day, temperatures in a vehicle parked in direct sunlight can climb almost 20 degrees in just 10 minutes.
  - Keep pets safe – Limit their time outdoors and make sure they have access to fresh drinking water.
  - Stay aware – Watch for early signs of heat-related illnesses such as dizziness, headache, fatigue, and muscle cramps. Seek medical attention right away if symptoms worsen or you develop symptoms of heat stroke.
  - Check in with loved ones and neighbors during heat waves, especially if they last a few days.
- During periods of extreme heat, each NWS Forecast Office uses multiple tools to assess the potential for heat-related health issues. One of those tools is the Heat Index which measures how hot it really feels when relative humidity is factored in with the actual air temperature.

The NWS Forecast Offices uses these tools to issue the following heat-related alerts as conditions warrant.

- Excessive Heat Warning: An excessive heat warning is issued when the maximum heat index temperature is expected to be 105°F or higher and not go below 75°F for a Heat Index the morning before or after. Check in with loved ones and neighbors during heat waves, especially if they last a few days. If the maximum heat index will be between 100-104°F for four days in a row, a warning will be issued.
- Excessive Heat Watches: Heat watches are issued when conditions are favorable for an excessive heat event within the next one to three days.
- Heat Advisory: A heat advisory is issued when the heat index temperature is expected to be 100°F or higher. If the maximum heat index will be between 95-99°F for four days in a row, then an advisory will also be issued.
- Outlooks: The outlooks are issued when the potential exists for an excessive heat event in the next three to seven days.

Find more tips on preparing for heat waves at <http://readywisconsin.wi.gov> or preventing heat-related illnesses at <https://www.dhs.wisconsin.gov/climate/weather/heatillness.htm>.

For more tips on emergency preparedness, head to <http://readywisconsin.wi.gov>. You can also follow ReadyWisconsin on Facebook ([www.facebook.com/readywisconsin](http://www.facebook.com/readywisconsin)), Twitter ([www.twitter.com/readywisconsin](http://www.twitter.com/readywisconsin)), and Instagram ([www.instagram.com/readywisconsin](http://www.instagram.com/readywisconsin)).

Learn more about heat safety information and forecast tools at <https://www.weather.gov/safety/heat>

## American Rescue Plan Act Well Compensation and Well Abandonment Grants

### YOU COULD RECEIVE UP TO \$16,000

To replace, reconstruct, treat or abandon your well or water system

#### YOU MIGHT BE ELIGIBLE TO APPLY IF:

- You own a private well or non-community water system
- Your annual family or business income is \$100,000 or less
- Your well or water system is contaminated with nitrate, arsenic, fecal bacteria or PFAS
- You have not begun work on your well or water system yet.



FILE PHOTO

**APPLY BY DECEMBER 2024.  
TO LEARN MORE ABOUT ELIGIBILITY  
AND HOW TO APPLY:**

**VISIT: [dnr.wisconsin.gov/aid/WellCompensation.html](http://dnr.wisconsin.gov/aid/WellCompensation.html)  
OR: [dnr.wisconsin.gov/aid/WellAbandonment.html](http://dnr.wisconsin.gov/aid/WellAbandonment.html)  
CALL: 608-577-3583 OR EMAIL:  
DNRARPAWellGrants  
[@wisconsin.gov](mailto:@wisconsin.gov)**

The Wisconsin Department of Natural Resources provides equal opportunity in its employment, programs, services, and functions under an Affirmative Action Plan. If you have any questions, please write to Equal Opportunity Office, Department of Interior, Washington D.C. 20240.

**EAT WELL, AGE WELL**

**July - High Blood Pressure**

**Did you Know...**

- **Nearly half of all adults in the United States have high blood pressure. (60% of adults 65+ in WI)!**
- **Only about 1 in 4 adults (24%) with hypertension have their condition under control.**
- **High blood pressure was a primary or contributing cause of death in 2017 for more than 472,000 people in the United States. That's nearly 1,300 deaths each day.**

(Source: heart.org)

You probably know that you should limit salt and sodium intake to help control your blood pressure. But do you realize there are many foods you **CAN EAT** that are delicious and affordable that can help lower your blood pressure?

**The DASH Eating Plan "Dietary Approaches to Stop Hypertension."**

Features foods that are low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and low-fat dairy foods. The DASH eating plan includes whole grains, poultry, fish, and nuts, and has low amounts of fats, red meats, sweets, and sugared beverages. It is also high in potassium, calcium, and magnesium, as well as protein and fiber. Learn more at

<https://www.nhlbi.nih.gov/education/dash-eating-plan>

Many of you monitor your blood pressure at home, which is wonderful! Good for you to take control of your health.

**There are some tips on how to monitor it correctly, such as:**

- Don't smoke, exercise, or drink caffeinated beverages or alcohol within 30 minutes of checking your blood pressure.
- Sit calmly in a chair, with both feet flat on the floor and your back straight, and don't talk for at least 5 minutes before checking it.
  - o Think of your last doctor's visit, did they give you time to sit calmly and not talk for 5 minutes before they checked your blood pressure?

Find more tips at <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home> Learn more at [Heart.org/hbp](https://www.heart.org/hbp)

**Summer Vegetable Spaghetti**

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold so make the full amount and enjoy as leftovers. If you want to make a smaller batch, just cut the amounts in half. What a yummy way to enjoy fresh summer produce.

**Ingredients**

- 2 C yellow onions, peeled and cut into eighths
- 2 C chopped, peeled, ripe tomatoes
- 2 C thinly sliced yellow and green summer squash
- 1 1/2 C fresh green beans, trimmed
- 2/3 C water
- 2 Tbsp minced fresh parsley
- 1 clove garlic, minced
- 1/2 tsp chili powder
- 1/4 tsp salt and ground black pepper, to taste
- 1 can (6 oz.) no-salt-added tomato paste
- 1 lb. uncooked spaghetti
- 1/2 C grated parmesan cheese

**Directions**

1. Combine the first 10 ingredients in a large saucepan; cook for 10 minutes, then stir in the tomato paste. Cover and cook gently for 15 minutes, stirring occasionally, until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions. Drain well.
3. Serve sauce over spaghetti. Sprinkle parmesan cheese on top.

Recipe adapted from:

<https://healthyeating.nhlbi.nih.gov/RecipeList>

**TABLET & SMARTPHONE TRAINING**



Our tablet and smartphone training program is **FREE** for Seniors. It teaches the basics of using your device along with using email, YouTube, the Internet, online safety, taking pictures with the device's camera and more!

**Come learn valuable information for FREE!**

**Tablets can be borrowed to learn upon.**

**Ask TODAY for more information or call us at Neighbor to Neighbor.**

**RESPIRE CARE PROVIDER TRAINING (RCPT)**

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

When you have finished the RCPT, you'll receive a certificate of completion for seven hours. You will be offered the opportunity to be added

to the Wisconsin Respite Care Registry, available to primary caregivers to search for respite care providers in their community.

Contact Information

**RESPIRE CARE ASSOCIATION OF WISCONSIN**

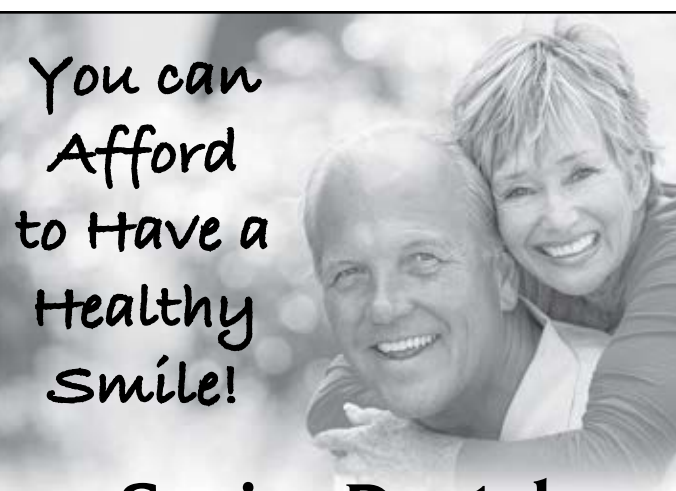
**1835 E. Edgewood Dr.**

**Suite 105 – 436**

**Appleton, WI 54913**

**info@respitecarewi.org**

**608.222.2033**



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**FARMERS' MARKET**

# Washburn County Senior Farmers' Market Nutrition Program



SUBMITTED PHOTO

In May, Washburn County announced its participation in the 2023 Senior Farmer's Market Nutrition Program. This program allows low-income seniors to apply for \$35.00 in vouchers, which may be used to purchase fresh fruits, vegetables, and herbs from participating Farmers Markets and Roadside Stands throughout the State of Wisconsin.

Eligible applicants must be age 60 or older (age 55 or older if Native American), be a resident of Washburn County, and have an income at/below 185% of the Federal Poverty Level (FPL). Applicants are not required to provide proof of income.

Eligibility forms can be completed at the ADRC of Washburn County 304 2nd Street, Shell Lake WI. We are also going to be planning additional distribution dates at our Washburn County Senior Centers. Please watch the Focus for Life and our Facebook page for these distribution dates.

We are truly excited to be a part of such an amazing program that is not only beneficial to our senior community, but also to our local farmers.

Please contact the ADRC of Washburn County at 715-635-4460 for more information.



Are you a Washburn resident age 60+? Do you like fresh produce? Do you or could you find access to visit a local Wisconsin Farmer's Market? You may be eligible for (7) \$5 Farmer's Market Vouchers at no cost to you. Not only will you benefit, but the local farmer's that you support by purchasing from them will also benefit! Contact the ADRC of Washburn County at 715-635-4460 or stop in between 8-4:30 M-F at 304 2nd Street, Shell Lake, and ask for Cassi. She will explain the program and assist you with the application.

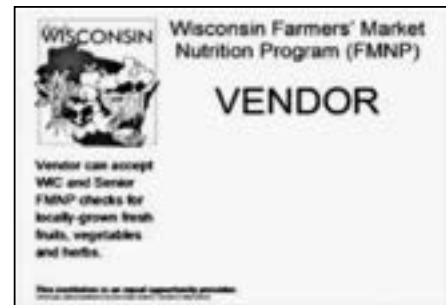
# Wisconsin Farmers' Market Nutrition Program (FMNP) coming to Washburn County!

The ADRC of Washburn County is very excited to announce that we will be starting the Senior Farmer's Market Voucher program this year. We are still in the process of training, but will be sending out more information soon.



### What is the Farmers' Market Nutrition Program?

The Farmers' Market Nutrition Program offers you an opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from certified farmers. Farmers' Market Checks are to be used June 1 - October 31. You can take your checks to any participating farmers' market or roadside stand. Nearly every county in the state has at least one participating market. You can even take your checks with you when you are traveling throughout the state! Go to an authorized market (you will be given a list by your agency) and look for this yellow sign:



If you are a Washburn County farmer that sells fresh produce at market or have a roadside stand, we encourage you register now to become a certified vendor. The process is simple and you will reap the rewards of providing produce to local seniors and reimbursement by the State of WI.

### Washburn County farmers should contact the Polk County WIC program coordinator

Kelly Catlin at email: [kelly.catlin@polkcountywi.gov](mailto:kelly.catlin@polkcountywi.gov)  
Polk County Health Department (Acting Agency) 100 Polk County Plaza Suite 180, Balsam Lake, WI 54810, Telephone: 715-485-8520

### WIC: Information for Farmers

The WIC Farmers Market Nutrition Program (FMNP) and Senior FMNP aim to help farmers. Each year, the FMNP gives checks to members of WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) and Seniors to spend at farmers markets. This helps bring new buyers to the market. It also boosts sales for local Wisconsin farmers.

### Apply to be an FMNP farmer: Who can join FMNP as a farmer?

To join FMNP as a farmer, you must grow one or more of the items you sell. These are called "homegrown products." With homegrown products, you must: Make sure they are on the Wisconsin WIC and Senior FMNP Approved Foods List. Sell them at an FMNP farmers market or farm stand. Grow them in Wisconsin or a farm within 50 miles of Wisconsin.

### What are FMNP approved foods?

The Approved Foods List has the foods members can buy with FMNP checks. FMNP foods must be:

Fresh fruits, vegetables, or herbs to eat. Grown in Wisconsin or at a farm within 50 miles of Wisconsin. You can sell foods grown in these states to the listed Wisconsin counties:

- Illinois—Grant, Green, Kenosha, Lafayette, Rock, and Walworth County
- Iowa—Crawford, Grant, and Vernon County
- Minnesota—Buffalo, Burnett, Douglas, La Crosse, Pepin, Pierce, Polk,

# 4th of July Fruit & Jello Cups

These red, white and blue fruit and jello cups are an easy 4th of July dessert! You only need 6 ingredients to make this patriotic dessert. Family friendly 4th of July jello shots or make boozy jello cups!

Total Time 1 hour 20 minutes

Servings: 6 servings

**INGREDIENTS**

- Strawberry Jello • Berry Blue Jello
- Water • Cool whip
- Blueberries • Strawberries chopped

**INSTRUCTIONS**

1. For each packet of jello, prepare using 1 cup of boiling water and 1 cup of cold water. You can easily double this recipe - for example if you only wanted to use strawberry jello, you can prepare both boxes of jello at one time in the small bowl, just double the amount of water added.

2. Pour the jello powder into a mixing bowl. Add in 1 cup of boiling water, and stir for 1-2 to dissolve the mixture. Add in 1 cup of cold water, and stir to combine. Evenly divide the jello mixture among the glasses or cups. I chose to fill my glasses halfway full. If you're using strawberry jello, place chopped strawberry pieces in each glass. If you're using berry blue jello, place blueberries in each glass.

3. Place the glasses in the refrigerator to set.

4. Before serving, place cool whip in a piping bag fit with a piping tip (I used wilton 2D). Pipe a layer of cool whip on top of the jello. Top each jello cup with either chopped strawberries or blueberries.

**NOTES**

How thick you make the layers will determine how many boxes of jello you'll need. From one box of jello I got about 4-5 jello cups. Equipment used: Libbey Just Desserts Bowls, 4th of July Firework Food Picks. How to Make Boozy 4th of July Jello Shots Simply replace the cold water with vodka.

**NUTRITION**

Calories: 164kcal | Carbohydrates: 35g | Protein: 3g | Fat: 2g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 6mg | Sodium: 159mg | Potassium: 43mg | Fiber: 1g | Sugar: 30g | Vitamin A: 66IU | Calcium: 42mg | Iron: 1mg  
Find more recipes at thefirstyearblog.com

**FARMERS FROM PAGE 12**

St. Croix, Trempealeau, and Vernon County Michigan—Florence, Forest, Iron, Marinette, and Vilas County

**How do I become an FMNP farmer?**

To join FMNP as a farmer, you must Contact your WIC office. Attend a training in person or by video

conference if: You are new to the program. You have broken FMNP rules before.

Read and sign an agreement. This confirms you know the program's rules. You cannot take FMNP checks until you finish these steps. Once complete, the state WIC office will send you:

A letter. It says that you are FMNP certified. A copy of the signed agreement. An FMNP sign to put up at the market. An FMNP stamp to add to all





checks you get from FMNP buyers.

A letter for the bank. It explains FMNP checks. A list of FMNP farmers markets. You can only take FMNP checks at approved FMNP markets. Renewing each year Farmers need to renew their farmer agreements every three years. You will get an email or regular mailing if you need to renew your agreement. You do not have to take the training again (unless you broke FMNP rules).





ADRC of WASHBURN COUNTY is OFFERING A NEW WELLNESS INITIATIVE

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[www.esmmweighless.com](http://www.esmmweighless.com)

Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

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

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

A new series begins each month. Contact the ADRC of Washburn County for more details.

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

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

To register, please contact Linda Hand at [lhand@co.washburn.wi.us](mailto:lhand@co.washburn.wi.us) or 715-635-4460

All participants must be 60+ years of age.

## FEED MY PEOPLE FOOD BANK AT SHELL LAKE LIBRARY

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

## DIRECTOR NEWS

### DIRECTOR NEWS FROM PAGE 1

LFB to clarify this requirement).

➤ Home and Community Based Services (HCBS) rate increase cost-to-continue – Provides \$43.7 million (\$17.2 million GPR and \$26.5 million Federal [FED]) in 2023-24 and \$182 million (\$71.5 million GPR and \$110 million FED) to fund costs associated with continuing the American Rescue Plan Act (ARPA) HCBS 5% rate increase from 4/01/24 – 6/30/25 for HCBS services provided under Family Care and IRIS (Alternative A.1. in LFB Paper #420).

➤ Family Care Direct Care Reimbursement – Provides \$12.9 million (\$5 million GPR and \$7.9 million FED) in 2023-24 and \$25.4 million (\$10 million GPR and \$15.4 million FED) in 2024-25 to increase the direct care and services portion of the Family Care managed care organization (MCO) capitation rates to fund long-term care services for individuals enrolled in Family Care (Alternative B.2. in LFB Paper #420).

➤ Personal Care Reimbursement – Provides \$12.9 million (\$5 million GPR and \$7.9 million FED) in 2023-24 and \$25.4 million (\$10 million GPR and \$15.4 million FED) in 2024-25 to increase Medicaid personal care reimbursement rates (Alternative C.3. in LFB Paper #420).

Additionally, the JFC added DHS and MCO reporting requirements. DHS will be required to include the following information, MCO executive leadership salaries and amounts retrieved by the state under the contractual risk corridors (a percentage of excess profits) in the public available financial summaries for the Family Care programs. DHS and Family Care MCOs are also required to track and annually report to JFC the total authorized and total provided care plan hours by service category and MCO.

Unfortunately, the following WAAN budget priorities in the DHS budget did not receive any additional funding:

- Life-span respite care grants, and
- Elder justice training grants, Guardianship Support Center, and guardian training support

To review all of the Legislative Fiscal Bureau's budget papers released to-date go to: [https://docs.legis.wisconsin.gov/misc/lfb/budget/2023\\_25\\_bienial\\_budget/302\\_budget\\_papers](https://docs.legis.wisconsin.gov/misc/lfb/budget/2023_25_bienial_budget/302_budget_papers)

The JFC budget motion #109 will be posted here

soon along with the other 2023-2025 budget motions previously passed.

While we didn't get everything older adults and family caregivers in your communities need, with your help our advocacy got the JFC to include funding for some very important WAAN budget priorities impacting programs and services for older adults and caregivers. The JFC has a few more budgets to complete before finalizing their 2023-2025 state budget. Once finalized, the budget must be passed by the full Assembly and Senate before being sent to the Governor for action. Stay tuned for additional updates and action alerts.

## USAgging Grant Announcement

The ADRC of Washburn County was recently awarded a \$262,000 grant from USAgging Aging & Disability Vaccination collaborative. This grant was approved for acceptance by the Washburn County Board on June 20, 2023. The funding will allow us to host events, conduct outreach and education to connect older adults and people with disabilities to several types of vaccinations over the summer, fall, and winter 2023 and spring 2024. The grant award includes over \$65,000 in incentives towards local Chamber Dollars. The incentive will be given to Washburn residents age 60+ and adults with disabilities, that participate in a vaccination event. There will be a limit of one (1) incentive per resident. This money can then be spent at any participating Chamber member that accepts these \$. By using Chamber Dollars, the funds will be put back into the local economy and support local businesses.

To get put on our email list for updates of these vaccine events, contact our office at 715-635-4460 or watch our Facebook Page at <https://www.facebook.com/AgWellLiveWellWashburnCounty>



## LAKELAND FAMILY RESOURCE CENTER'S BEACH BASH

July 13 • 4 PM - 7 PM  
SHELL LAKE BEACH  
SHELL LAKE, WI

For more information check out our Facebook Page or website!  
[Lakelandfrc.com](http://Lakelandfrc.com)

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Lakeland Family Resource Center  
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## Lemon Chicken Soup Recipe (Avgolemono)

This Keto Chicken Soup recipe is a healthy take on the classic Greek Avgolemono soup. Light, simple, and full of fresh flavor, and it has only 5.3g net carbs per serving.

Prep Time 10 minutes

Cook Time 20 minutes

Servings 4 servings

Ingredients

- 1 tbsp olive oil
- 1/4 cup chopped onion
- Salt and pepper
- 3 1/2 cups chicken broth
- 1 bay leaf
- 3 cups chopped cooked chicken
- 2 cups frozen cauliflower rice
- 1/2 cup lemon juice
- 1 large egg

### INSTRUCTIONS

1. In a large saucepan over medium heat, heat the oil. Add the onions and season lightly with salt and pepper. Sauté until the onions are translucent.
2. Add the broth and bay leaf and bring to a simmer, then add the chicken and cauliflower rice. Simmer for 10 minutes, until the cauliflower rice is just tender.
3. In a medium bowl, whisk together the lemon juice and the egg. Slowly ladle about 1 cup of hot broth from the soup into the lemon-egg mixture. Then slowly whisk the lemon egg mixture back into the saucepan.
4. Discard the bay leaf and adjust seasonings to taste. Serve with lemon slices and chopped fresh parsley or green onions.

### NOTES

Storage Information: Store this soup in a covered container in the fridge for up to 5 days. Reheat gently in the microwave or in a pan on the stove.

### NUTRITION

Serving: 2 cups | Calories: 230kcal | Carbohydrates: 6.7g | Protein: 33.9g | Fat: 6.5g | Fiber: 1.4g

By Carolyn Ketchum of All Day I Dream About Food



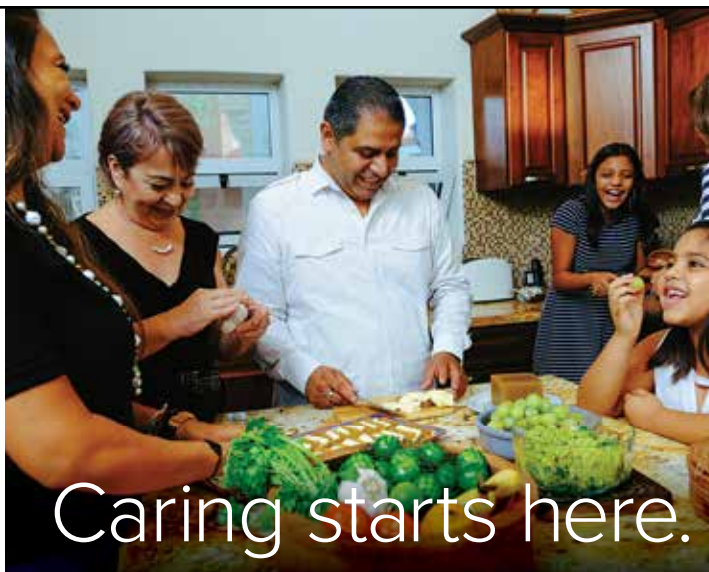
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[www.mychoicewi.org/SA](http://www.mychoicewi.org/SA)  
800-963-0035 TTY 711

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

DHS Approved 8/16/2021



# Medicare 101

Education for all Community Members

- New to Medicare?
- Nearing 65 and Thinking of Retiring?
- On Social Security Disability?
- Confused about Medicare Insurance Plans?



This Free Workshop Includes:

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

Registration is required as space is limited and light refreshments will be provided. To register or for more information call the Aging and Disability Resource Center at (715) 635-4460



Date: August 2, 2023

Time: 2:00 - 3:30 pm

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

**FREE EVENT**

Presented by:  
Kelly Weisenbeck  
Elder Benefits Specialist  
kweisenb@co.washburn.wi.us



## RESPITE CONNECTIONS



[www.respitecarewi.org](http://www.respitecarewi.org)

### 1. FAMILY CAREGIVERS CREATE A POST

Are you a family caregiver looking for a respite provider? Submitting a post on Respite Connections could help!

### 2. POST APPROVED BY RCAW STAFF

After submitting, an RCAW team member will approve and list your post to Respite Connections within 2-3 business days!

### 3. PROVIDERS SEARCH POSTINGS

Are you a family caregiver looking for a respite provider? Submitting a post on Respite Connections could help!

### 4. MAKE THE CONNECTION

Respite providers can search Respite Connections for jobs near them and contact families for an interview.

### 5. CREATE MEANINGFUL RESPITE

Finding a connection is just the beginning. Check out our website at [www.respitecarewi.org](http://www.respitecarewi.org) for ideas on creating meaningful respite.

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Join us for  
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Caregiver Coalition**

**WHEN:** The Third Tuesday of the Month  
from 2:30 to 3:30 PM

**WHERE:** Washburn County Health  
and Human Services Building  
304 2nd St., Shell Lake, WI  
ADRC South Conference Room

**WHY:** "Statistics have shown that nearly 1 out of every 4 households in the US is involved in caring for a person age 50 or older. Of older adults living in the community and needing long-term care, nearly two-thirds (64%) depended on family and friends (informal caregivers) as their only source of help. These numbers will continue to increase as 10,000 baby boomers turn 65 each and every day."

[GWAAR.org](http://GWAAR.org)

Please contact  
Patryce Garcia  
Dementia Care  
Specialist Coordinator  
at  
715.635.4477  
with questions



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