

# Focus for *Life*



A SPECIAL SECTION OF THE WEEKENDER NORTH

VOLUME 32 ISSUE 7

JULY 2024



## WISH OF A LIFETIME

SUBMITTED BY LINDA HAND

ADRC Director/ Aging Director



Hope your summer is ramping up with great activities and social outings. We understand that not all people have accessibility to making it out, so please keep Washburn County Transit in mind when needing to get somewhere. This service is

provided for all Washburn County residents age 60+ and adults with disabilities. Contact Amber Anderson, Mobility Manager, at 715-635-4465 to make your reservation.

The Mission of Wish of a Lifetime is to shift the way society views and values our oldest

SEE DIRECTOR NEWS PAGE 8



PHOTO SUBMITTED



The ADRC has formed a great partnership with Wish of a Lifetime from AARP <https://wishofalifetime.org/> On Valentine's Day 2024, our staff and volunteers were chosen to be part of the "Cupid Crew". They hand delivered over 600 fresh roses to Washburn residents, which was the highlight of the year for them, as they delivered much love and smiles throughout the county.

## TRANSIT DRIVER/BACKUP DISPATCHER FOR THE ADRC OF WASHBURN COUNTY

Accepting applications for a 32-hour-per-week driver to transport elderly and/or disabled citizens in and outside Washburn County to various destinations such as grocery shopping or doctor's appointments. Candidates should have experience working with older adults and/or people with disabilities. Must possess a high school diploma or equivalent, be certified or be willing to become certified in CPR, AED, and first aid, and be able to procure a Passenger Assistance Techniques Certification (PAT); have good communication skills and possess a valid Wisconsin Driver's license with a good driving record. This position will also act as a backup dispatcher for the Program Coordinator. Starting pay would be **\$15.73 per hour DOQ**. You may request an application by contacting the Washburn County Personnel Department at P.O. Box 337, Shell Lake, WI 54871, 715-468-4624, Fax 715-468-4628, email [adminper@co.washburn.wi.us](mailto:adminper@co.washburn.wi.us) or download an application from the Washburn County website at [www.co.washburn.wi.us](http://www.co.washburn.wi.us). Resumes will be accepted but will not take the place of a completed application. Recruitment will continue until the position is filled. EOE.



# NEIGHBOR TO NEIGHBOR

## TWENTY YEARS HELPING OUR GROWING SENIOR POPULATION

Neighbor to Neighbor, which began in 2004 as Faith in Action, is now in its 20th year of operation in Washburn County. During those two decades, according to the Aging and Disability Resource Center the county’s population of residents aged 60 and above has increased 60%, from 3,888 to 6,215. By 2040, this senior population will reach 7,440, an increase of more than 90%.

“With such a fast-growing senior population, our community needs an organization like Neighbor to Neighbor. Our mission is to assist Washburn County seniors and adults with disabilities to live independently in their own homes,” said Executive Director Kim Timmers. “We connect these people with our programs and volunteers, as well as other local resources. We are so grateful to have a large and expanding network of generous volunteers who provide our services at no cost to the recipients.”

### NEIGHBOR TO NEIGHBOR PROGRAMS:

**Grocery Grabbers** Schmitz’s Economart, and Neighbor to Neighbor have formed a partnership of free grocery delivery to homebound seniors. Employees and volunteers fill grocery orders every Tuesday morning and then other Neighbor to Neighbor volunteers deliver those orders to the recipient.

**Stock Boxes** This program offers free boxes of non-perishable food furnished by the Hunger Relief Federation of Wisconsin and distributed by Neighbor to Neighbor volunteers to lower-income seniors once a month.

**Food Pantry** Our volunteers provide free food delivery to seniors and adults with disabilities every week in partnership with the Washburn County Food Pantry.



PHOTO SUBMITTED  
Neighbor to Neighbor Volunteers

**Community Connections** We provide interactive, educational, and entertaining events to seniors, in our own facility or public facilities throughout the county.

**Caring Cards** Volunteers in our Caring Cards program create hand-made cards that are mailed to recipients and volunteers on special occasions. They also hold classes to make cards that participants can take home.

**Books on Rails** In collaboration with Spooner Memorial Library, we deliver books to homebound readers.

**Yard Cleanup** Volunteers and youth groups help seniors with free seasonal yard work.

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

## Don't Let Your Life Insurance Get Forgotten.

Call us today to rediscover your existing life insurance policy. Whether it's an update to your beneficiaries or revisiting your policy coverage, let's take another look at your insurance needs together.

### CALL OR VISIT TODAY!

715-635-3136

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



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



**David P. Ford**  
CERTIFIED FINANCIAL PLANNER™



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



**Tom Sutton**  
LPL Financial Advisor

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

## HEALTH FAIR WEEK

JULY 29 - AUGUST 2

8-10 AM | Main Conference Room

**FREE**  
CHOLESTEROL  
PROFILE AND  
BLOOD GLUCOSE  
SCREENING  
(No eating or drinking  
after midnight)  
Appointments available  
every 10 minutes from  
8-10 am.

**HEALTH  
INFORMATION**

- Advanced Directives
- Infection Prevention
- Family-Friendly Fitness
- Hydration
- Trauma Prevention
- Tobacco/Vape Cessation
- Poison Prevention
- Fall Prevention
- and more!

**APPOINTMENTS ARE REQUIRED**  
TO SCHEDULE YOUR APPOINTMENT: [SPOONERHEALTH.COM/HEALTHFAIR](http://SPOONERHEALTH.COM/HEALTHFAIR)



FOR MORE INFO: (715) 939-1512  
1280 Chandler Drive, Spooner, WI 54801  
[SpoonerHealth.com](http://SpoonerHealth.com) | (715) 635-2111

**INDIGO NEWS**

SUBMITTED BY **DON POSH**

IndiGO Your Allies for Independence

**WHAT IS INDEPENDENT LIVING?**



PHOTO SUBMITTED

**Don Posh**

There seems to be some confusion regarding independent living and assisted living. The differences are like night and day. In assisted living there is a facility, which assists residents that live in an apartment like setting, and the assistance is based on individual needs. Independent living is completely different. The main idea is to find the supports to keep an individual with a disability in their own

home or to age in place. An AARP study revealed 87% of seniors want to age in place and

avoid a nursing facility.

As we age there is a high percentage of chance we will acquire a disability. Many things that had been easy can become a barrier to independence. It may seem simple when you are able, but just getting in and out of a chair, into the bathtub or getting dressed can be a daunting task. This can mean that accommodations will be necessary to continue to live in our home. In independent living, we refer to accommodations as assistive technology. It sounds like something computer related, but more often than not, they are just gadgets to assist with a task. A cane assists with balance when walking, a sock puller or an extended shoehorn can assist when it is difficult to bend and put on our socks and shoes. On the other hand, there are things that more complicated like a power wheelchair. Actually, there are far too many devices to explain and that's a good thing. The good thing is there are always people innovating and creating to overcome obstacles and assist with independent living.

Indigo specializes in independent living and assistive technology. Please contact us if you

have any questions. You may also see me at the ADA celebration in Superior July 23, the ADRC Summer Concerts, and the Caregivers Conference in September.

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

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

Main office: 800-924-1220 V/TTY  
Our non-profit agency, indiGO, aims to empower individuals living with disabilities and we are available to assist ALL ages and disabilities. We are not a vendor and do not sell any products, but we are here as a resource.



**715-635-4460 and 833-728-3400**  
304 2nd Street, PO Box 316,  
Shell Lake, WI 54871

**HOURS: 8:00 a.m. - 4:30 p.m. M-F**  
[www.co.washburn.wi.us](http://www.co.washburn.wi.us)  
<https://adrcwashburncounty.org/>

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

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

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

**Anna Brown**  
**Information & Assistance Specialist (I&A)**  
715-635-4460

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

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

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

The EBS helps people ages 60+ navigate both

private and public benefits, including Medicaid, Social Security, Medicare, prescription plans, Food Share and many other options to help seniors.

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

A DBS assists people age 17 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) • Laura Gomez (Minong) • Char Jaeger (Shell Lake)  
Mary Lawson (Spooner)  
Jennifer Ganske (Spooner Cook)

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

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

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

**Noel Knoop**  
**Fiscal Assistant**  
715-635-4463

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

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

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

**OPEN POSITIONS AT THE ADRC: TRANSPORT DRIVER/BACK UP DISPATCHER**

TO APPLY: 715-468-4624, FAX 715-468-4628, EMAIL [adminper@co.washburn.wi.us](mailto:adminper@co.washburn.wi.us), or download application from the county website: [www.co.washburn.wi.us](http://www.co.washburn.wi.us)

**DIRECTOR NEWS** FROM FRONT PAGE

generations by fulfilling older adults' dreams and sharing their stories to inspire those of all ages. Their Vision is to envision a world in which society embraces aging and the inherent wisdom that accompanies it, where older adults are celebrated for their accomplishments and sacrifices, and where intergenerational connections are part of our daily lives.

Our staff recently attended a training to learn more about the process of listening to your stories, nominating local residents, and submitting wishes on your behalf with the hope of making some of your wishes come true.

Wish of a Lifetime funding is provided through generous donations, partnerships and volunteer-led fundraising efforts, so they are able to grant Wishes for hundreds of deserving older adults across the United States each year. Every dollar makes a difference, so even if you do not want to make a wish, you could provide donations to them, to help make a dream come true for another at <https://wol.aarp.org/site/Donation/grant-wish-change-life>

**HOW A WISH COMES TRUE**

Wish of a Life has a team of experienced Wish-granters based in Denver who make wishes happen all across the country! They enlist the help of businesses, organizations (ADRC of Washburn County), nominators and volunteers in hundreds of communities to participate and make each Wish a truly special experience,

With each wish granted, older adults across the country are reconnected with the communities, passions, and people they love, helping them to live more vibrant and purposeful lives. After their wish experience, over 90% of recipients reported increases in their quality of life and involvement in the world. Aging is universal and should be celebrated. But negative views of aging leave older Americans isolated with fewer opportunities to connect with their communities, purpose, and passions in life. Wish of a Lifetime has granted over 2,700 wishes in 50 states. The ADRC of Washburn County staff would like to nominate some of our Washburn County residents to join those numbers.

**WHAT IS A WISH OF A LIFETIME?**

A Wish of a Lifetime is life enriching and is born out of a compelling story. A Wish of a Lifetime holds value beyond a passing desire or casual thought – it is a dream, a lifelong goal, or a meaningful component to one's life that has been missing.

**WHAT TYPES OF WISHES WILL NOT BE GRANTED?**

- Financial Assistance (cash payment of bills,



STOCK PHOTO



PHOTO SUBMITTED



PHOTO SUBMITTED

- rent, taxes, etc.)
- Housing Assistance (home repair/modification, assistance moving, locating housing, etc.)
- Home Furnishings Technology (computers, phones, cell phones, TV's)
- Medical care or services
- Legal Services
- Vehicle (purchase, repair, modification)
- Potentially harmful or dangerous wishes
- Wishes on behalf of others under 65
- Assistance finding employment
- Wishes that extend beyond the life of Wish Recipient (funeral arrangements, headstones, etc.)
- Publishing Wishes (editing, distribution, or creation of printed materials)
- Continuous Wishes (Wishes for a pet, season tickets, etc.)

A note about travel: We do not send older adults on vacation. Travel must be purpose-driven, with a dream achieved during or as a result of the trip.

**WHAT IS THE APPLICATION PROCESS LIKE?**

Nominator (ADRC) or Applicant fills out and submits our Wish Application. Wish of a Lifetime will evaluate the wish to ensure it meets our criteria, and will contact you if the applicant or Wish does not meet the criteria or if it is not feasible. If the wish meets our criteria, a Wish of a Lifetime representative will call and interview the Nominator, then the Applicant to learn more about the Wish. Wish of a Lifetime's Wish Committee will make a final determination as to whether the wish will be granted. If declined, Nominator and/or Applicant will be notified

If approved, a Wish of a Lifetime representative will contact Nominator, Applicant to start the planning, and fulfillment process. Please note: With very few exceptions, we do not grant "surprise" wishes, where the older adult is unaware that the wish will be happening.

**WHAT ARE THE MINIMUM QUALIFICATIONS?**

Minimum age of 65. Reside in the United States and its territories. Unable to fulfill the wish on your own. Capable of experiencing the wish. Able to obtain approval from a doctor, if necessary.

**WHO PAYS FOR THE WISH?**

Wish of a Lifetime covers all reasonable costs associated with fulfillment of the wish. We do not provide first class accommodations unless such arrangements are required for health purposes. If your wish is approved, a Letter of Intent will be shared with you that outlines what Wish of a Lifetime expects to cover for the wish.

**WHO CAN COME WITH ME ON MY WISH?**

This depends on the type of wish you have. If your Wish involves overnight travel, WOL will cover expenses for the Wish Recipient and one companion. Other family members may travel with the Wish Recipient, but they are responsible for covering all of their own expenses. If your Wish is a single day outing, WOL will look into making reasonable arrangements for multiple family members or friends to accompany a Wish Recipient. Requests for multiple companions are dealt with on a case-by-case basis.

**WHAT IF I NEED A CAREGIVER?**

We understand that some Wish Recipients may need a caregiver on a Wish outing or overnight trip. In these circumstances, WOL will work with the recipient and their family to determine the proper party to provide care. This may be a family member, an in-home caregiver or nurse that the Recipient is acquainted with, or an outside caregiver for hire. WOL will work with the Recipient to provide the best possible solution for all parties involved.

*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

**DIRECTOR NEWS** FROM PAGE 8**HOW ARE TRAVEL EXPENSES HANDLED?**

Reimbursement: Wish Recipient and/or Participants will be reimbursed for meals according to our Per Diem allotment. Recipient and/or Participants must keep and submit itemized receipts in order to be reimbursed. Covered: Breakfast, Lunch, and Dinner while traveling. Pre-approved travel needs, i.e. taxi rides, bus fare, car rental, gas, etc. Not Covered: Alcohol, souvenirs, other incidentals

**EXAMPLES OF WISHES THAT HAVE BEEN GRANTED BY WISH OF A LIFETIME:**

Barbara Embarks on a Whale-Watching Adventure. "Wait till you see a whale—they're as large as a school bus!" These words from Barbara's beloved Uncle John have stayed with her for her entire life. As a young girl growing up on a



PHOTO SUBMITTED

rural farm in Wisconsin, Barbara's imagination was fueled by the experiences and stories of her favorite person. Her intrepid Uncle John had served on a World War II Army Carrier and had an undeniable zest for life. When he and his family would visit Barbara's family on the farm, "crazy Uncle John" would always get them into some hi-jinx, like chasing gophers. After he moved to Alaska, John wrote letters to Barbara, describing his adventures like whale watching and seeing glaciers the size of skyscrapers. Barbara remembers spending hours on the school bus re-reading her letters, looking out the window, and imagining the wondrous world beyond her gaze. "I was seven or eight years old," she said. "I rode the school bus every day. It never left me."

Reflecting on her past, Barbara understands how significant those letters were to her. They gave her a picture of life outside the farm and an escape from the challenges of her childhood.

As an adult, Barbara has expressed her deep affection for her uncle through acts of service for Veterans. For the last 16 years, she has spent countless hours volunteering at Fort Morgan Cemetery, attending the services of fallen Vet-

erans, and making baked goods from scratch to comfort people in need. She also makes monthly donations to support the work of Paralyzed Veterans of America, The VFW, St. Jude's Hospital, and programs providing dogs for Veterans—all while living on a fixed income.

Before focusing her energy on helping Veterans, Barbara was a caregiver for her husband for many years. When he was suddenly diagnosed with dementia, Barbara retired early to devote herself entirely to his care for almost three years. Following her husband's passing, Barbara's caregiving journey was not over. She learned that her brother had fallen gravely ill with pneumonia. Although they had been estranged for almost 40 years, Barbara remembered their pinky promise in childhood to always be there for each other in hard times. Barbara dropped everything to become her brother's caregiver.

When Wish of a Lifetime from AARP heard Barbara's story, we were honored to help her achieve a lifelong dream. And we knew where she could recapture her childhood sense of wonder again! Barbara, accompanied by her close friend Nancy, traveled to Alaska for the excursion of a lifetime. The true highlight of the trip came after they left the harbor. Barbara and Nancy eagerly boarded a Kenai Fjords cruise ship. They set off for incredible wildlife and glacier viewing in Kenai Fjords National Park, which covers over 1,000 square miles of land and water in Southcentral Alaska. And, just like her Uncle John had described, Barbara finally saw whales as big as school buses. "The whales were absolutely gorgeous," she said. "We saw four different kinds. The killer whales were beautiful and playful." When she returned home, Barbara was full of gratitude and felt rejuvenated by this once-in-a-lifetime experience. "It was the best trip I've ever had," she said. "This was something that I've been holding on to since I was seven years old. I couldn't even believe that it was me standing there, getting to enjoy that!"

Mike and John Reconnect at the Vietnam Veterans Memorial Wall. When Mike, age 74, reflects on his service in the U.S. Army, he remembers some of the most challenging times of his life in the jungles and battlefields of Vietnam. And throughout the most difficult moments, his friend John was by his side. "It is amazing how you can develop a friendship in a time of war and stress; that friendship is different than any other relationship," Mike explained. "You become bonded in such a way. Especially when you both try to keep each other alive." John, age 78, feels the same way. "When you are in a situation and a place like that, you make friends fast," he said. Both were assigned to the Army's 366th Aviation Support Detachment, 1st Aviation Brigade/ Mike and John quickly became best friends, looking out for each other however they could. On May 11, 1969, a large enemy force attacked their unit's post at the Oasis. They were vastly outnumbered and faced hundreds of attackers. Amidst the chaos of the battle, Mike witnessed a grenade explosion that wounded his Commanding Officer and another man. Without hesitation, Mike and John sprang into action. John provided cover while Mike ran across enemy fire to get the wounded men to safety. The pair helped administer first aid to the wounded soldiers



PHOTO SUBMITTED

and were able to defend their post successfully. After the battle, their unit was bestowed a Presidential Unit Citation for their extraordinary heroism in action that day. Mike was awarded a Silver Star for his gallantry in action, and John received a Bronze Star in recognition of his valor. Soon after, their unit became spread out. After leaving Vietnam, the two friends had no way to contact each other.

Many years later, John's phone rang. He heard a voice on the line say, "This might sound strange, but I am looking for a friend of mine who I served with in Vietnam 50 years ago." Hardly believing it could be true, John replied, "Mike, is that you?" Unbeknownst to Mike, John had also spent many years searching for him. Regardless of the time that had passed, the friends were connected by a bond that could outlast years of separation. When Wish of a Lifetime heard the story of these brave Veterans, we jumped at the opportunity to help them reconnect while also honoring their service. Mike, alongside his wife Jeniel, and John, accompanied by his wife Sandy, met in Washington D.C. to experience firsthand the monuments and memorials commemorating their service. The pinnacle of the trip was walking alongside the glistening names on the Vietnam Veterans Memorial Wall. Together, they searched until they found the names of their fallen brothers in arms who had perished during that fateful battle. Because names are listed chronologically by date of casualty, John and Mike could see their friends' names listed together, forever united on the Wall. "They are gone, and you are still here; it is emotional," John shared. "I think about it all the time that those four people are lost because of that night. And there are 58,000 other people on that wall."

Do you have a Wish that you dream of coming true? Submit your story for a chance of nomination to the staff of the ADRC of Washburn County. If your story is chosen for submission, you will be contacted by a staff member for an in person interview. Please send your story to:  
Nomination Wish of a Lifetime  
C/o ADRC of Washburn County  
P.O. Box 316  
Shell Lake, WI 54871

JULY					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
Swedish Meatballs over Mashed Potatoes, Roasted Parmesan Broccoli, WG Bread, Apple Crisp <b>MINONG DINING AT 5</b> 1	Hearty Lasagna Buttered Green Beans Fresh Garden Salad Whole Grain Breadstick Cantaloupe 2	Oven-Roasted Chicken with Mushroom Gravy over Steamed Spinach Whipped Potatoes Cranberry Wild Rice Bread, Apricots 3	<b>HOLIDAY OBSERVANCE</b> No Meals Served or Delivered 4	<b>HOLIDAY OBSERVANCE</b> No Meals Served or Delivered 5					
Glazed Baked Ham Scalloped Potatoes Glazed Carrots WG Bread Pineapple <b>SHELL LAKE DINING AT 5</b> 8	Tuna Macaroni Salad on Leaf Lettuce Three Bean Salad Creamy Coleslaw WG Bread Watermelon 9	<b>SPOONER, BIRCHWOOD &amp; MINONG SALAD BAR DAY</b> Loaded Chef Salad with Ham, Egg, Cheese, Veggies, Dressing, WG Bread Peaches 10	Broccoli & Chicken Fettuccini Alfredo Buttered Peas WG Garlic Breadstick Pears 11	Sweet & Sour Pork with Stir Fry Veggies served over Brown Rice Egg Roll Mandarin Oranges 12					
Brat with Sauerkraut Whole Wheat Bun Baked Beans Applesauce <b>SPOONER DINING AT 5</b> 15	Fish Cakes with Fresh Lemon Dill Cream Sauce Boiled Red Potatoes Black Bean Salad WG Bread Apricots 16	Ham & Cheese Baked Potato with Cheddar, S.C., Steamed Broccoli WG Bread, Pears <b>SENIOR SOCIAL DINNER &amp; CONCERT EVENT</b> 17	Beef Stroganoff over WG Egg Noodles Asparagus Buttered Carrots Peaches Cook's Choice Cookie 18	Grilled Chicken with Tomato Basil Spaghetti Walnut Caesar Salad WG Garlic Breadstick Strawberry Mousse 19					
Cobb Salad w/ Chicken, Bacon, Avocado, Egg, Veggies, Dressing WG Bread Honeydew 22	Home-Style Meatloaf Whipped Potatoes Baked Bean Medley WG Bread Peaches <b>BIRCHWOOD DINING AT 5</b> 23	Chicken Pot Pie Sweet Potato Wedges Buttermilk Biscuit Sour Cream Cranberry Bar 24	<b>SOUP &amp; SANDWICH DAY</b> Turkey & Swiss Sandwich with Leaf Lettuce & Cranberry Mayo on WG Bread, Tomato Basil Soup Crisp Grapes 25	Garlic Thyme Beef Roast with Creamy Horseradish Sauce Mashed Potatoes Buttered Green Beans WG Bread Fresh Fruit 26					
Pulled BBQ Pork on a Whole Grain Bun Red Potato & Herb Salad Baked Beans Fresh Apple 29	Old Fashioned Goulash Roasted Brussel Sprouts WG Garlic Breadstick Triple Berry Crisp 30	Roasted Pork Loin with a Mustard Sauce Roasted Cauliflower Glazed Carrots WG Bread Oranges 31							

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

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

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



**JULY DINING @ 5**

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

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**MINONG MENU**  
**MONDAY, JULY 1**  
*Traveling the World: Hawaii*  
Hawaiian Salad with Honey Lime Dressing  
Hawaiian Chicken Pineapple Kabobs on Top of Rice  
Sweet Roll • Coconut Cream Pie

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**SHELL LAKE MENU**  
**MONDAY, JULY 8**  
*4th of July Picnic*  
Hamburger with Cheese, Lettuce & Tomato • Potato Salad • Baked Beans Watermelon  
Triple Berry Pretzel Dessert

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**SPOONER MENU**  
**MONDAY, JULY 15**  
BBQ Chicken • Potato Salad  
Cowboy Beans • Dill Carrots  
Strawberry Pretzel Dessert

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**BIRCHWOOD MENU**  
**TUESDAY, JULY 23**  
BBQ Chicken & Ribs • Baked Potato  
Sweet Corn • Cornbread Muffin  
Fresh Salad Bar  
Kristi's Choice Dessert



**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidpreventionlifeline.org](http://suicidpreventionlifeline.org)

**988**  
SUICIDE & CRISIS LIFELINE

**QUICK DIAL**

**VOLUNTEERS NEEDED:**

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

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

**YOU GIVE US:**

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

**WE GIVE YOU:**

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

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

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

## SENIOR CENTER NEWS

### CAROL ADDINGTON

Birchwood Senior Center

June is busting out all over...well it really started in May, didn't it? Can you believe how green it is this year...so lush. I love it! Well I have loads of news for you. First of all, the winners of our 2 scholarships are Jon Wainz and Josh Weatherhead. Jon will attend Beloit College in Illinois for International Economics and will also play football. Josh is the Student Editor of the wonderful Birchwood News and will attend UWEC and then EC for a degree in writing/political science. We have all had the joy of seeing him in action over the years and he was quite delightful speaking at graduation as the Valedictorian. Charlotte Snarski and I presented the scholarships this year and we are all pleased with the choices the School Scholarship Committee made. Congrats to all Graduating Seniors whatever your school and plans are. May ALL your dreams come true!

\* Don't take life too seriously...nobody gets out alive anyway..

\* A new activity has been organized at the center and it has become very popular, Free Movie & Popcorn night. It will be held on the 3rd Thursday of each month at 6pm. The June movie is "Are you There GOD? It's me Margaret?" Come join your friends and bring a friend for fellowship and fun ... and if you

### BIRCHWOOD SENIOR CENTER LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

.....

have a movie you are dying to watch...request it. I can't remember the last time I went to a movie theatre...they play them way too loud and it's a long drive from here!

\* It's better to grow old with a sense of humor than to grow old with no sense at all... (Mr. Magoo)

\* The ADRC is coming to our Center on October 9 at 9am. Circle your calendar right now so you won't miss this opportunity. This is the organization that provides all of your governmental opportunities and info. It stands for Aging and Disability Resource Center. This is a County meeting so other seniors may be present. You may call 715-635-4460 for further info.

\* My idea of a Super Bowl is a toilet that cleans itself!

\* The Senior Farmer's Market Nutrition Program is available for all seniors living in Washburn County who are at 185% of the US Poverty level. They were at our center in June with info. If this is something you would like

more info about, call Cassi Feiertag at 715-635-4460.

\* Please be aware that our July monthly gathering which is usually on the 1st Thursday of the month, will be moved to July 11 at noon as the 1st Thursday is the 4th and we want you to be out having an awesome time on the lake or at the amazing annual parade in Mikana!! This is our annual picnic and if you have not come before, make this a must! Burgers, brats and beverage are provided. We ask that you bring a salad or dessert to share. Please plan to attend this fun event! We want to get to know you!

\* Finally, I think my winter fat is gone...now I have 'spring rolls'.

So that's it folks. Hope to see you at our annual amazing Bluegill Fest in July. A lot of activities, especially the softball tournaments and crafts. Bring the kids, mega fun stuff for them. See you there!

ps..Lots of news this month so we will pause the remembering until next month.



The ADRC of Washburn County is partnering with F.I.S.H. to provide a FREE special fishing event for Washburn County residents living with dementia.

**WHEN: July 31st • 10:00 a.m. - Noon**

**WHERE: Veterans Memorial Waterfront Park  
Hatchery St., Spooner, WI 54801**

#### PROVIDED FOR PARTICIPANTS:

- Equipment
- Support from a local volunteer
- Lunch of fish & Potatoes
- No License needed for the event

Space is limited and registration is required. Please contact **Patryce Garcia** at **715-635-4477** to register or for more information.

Bring a photo of your most famous "catch" if you have one. Make new friends as you reminisce about old times. Volunteer fishing anglers are available throughout the fishing season.



## SENIOR CENTER NEWS

**POLLY LEINWANDER**

**MASC President**

Minong Area Senior Center

**HELLO FROM THE MASC**

**MAY 6TH DINING @ 5: THEME WAS WILD**

**WEST DINING @ 5 SALOON PARTY**

**HOWDY PARTNER!**

Participants dressed for the occasion wearing their western gear, from cowboy hats & boots, to flannel shirts and jeans. One of the participants was dressed as the local sheriff - badge included. Great prompts were provided for picture taking, including an authentic horse saddle, bail of straw, picture frames with WANTED on them, and cowboy hats. The seniors were truly engaged with the Country Western theme and enjoyed having their pictures taken. Check out the bulletin board at the center - you might recognize pictures of some of the "Wanted People". Yes-Haw - WHO has more fun than the Seniors at the Minong Area Senior Center. A true Wild West dinner of BBQ shredded pork topped with cranberry coleslaw, loaded cowboy beans, tater tots and chocolate delight dessert was served.

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

Saturday, May 25th was one of several craft/bake sales we sponsor thru out the year. It was held in Henson's foyer. A big **Thank You** to Henson's and to all of the bakers and buyers that made this fundraiser a success. With the proceeds from these fundraisers we support various community programs including the Library, Comforts and High School Scholarships. This year we have awarded a \$1000 and two \$500 scholarships to local students continuing their education. The Minong Duplicate Bridge Club donates \$250 towards each \$500 scholarship. These fundraisers are essential and help to benefit our community.

July 5th is our next **Bake/Craft** sale fundraiser. We are in need of bakers. Please drop your baked items off at the center on Wednesday, July 3rd. We appreciate your support.

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

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

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

## MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: LAURA GOMEZ - 715.466.4448

PRESIDENT: POLLY LEINWANDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Strong Bodies 9 Congregate Meal 11:30 Mexican Train Domlnoes Noon <b>Dining @ 5</b>	2 Duplicate Bridge 9:30 Congregate Meal 11:30 Wii Bowling noon Farkle Noon	3 Pocket of Prayer 7  Congregate Meal 11:30	4 <b>4TH OF JULY HOLIDAY NO MEALS</b>	5 Bake/Craft Sale at Henson's 7:30  <b>4TH OF JULY HOLIDAY NO MEALS</b>
8 Strong Bodies 9 Congregate Meal 11:30 Mexican Train Domlnoes Noon	9 Duplicate Bridge 9:30 Congregate Meal 11:30 Wii Bowling noon Cards 12:00	10 Pocket of Prayer 7 Congregate Meal 11:30 MASC Board Meeting 1:30	11 Strong Bodies 9 Congregate Meal 11:30 500 Cards 12:30	12 "A Moment in Time" 10 Congregate Meal 11:30 <hr/> 13 POTLUCK - NOON Bingo - 1
15 Strong Bodies 9 Congregate Meal 11:30 Mexican Train Domlnoes Noon	16 Duplicate Bridge 9:30 Congregate Meal 11:30 Wii Bowling 12:00 Farkle Noon <b>Kelly Weisenbeck</b>	17 Pocket of Prayer 7 Congregate Meal 11:30 Footcare 8:30-11:30	18 Strong Bodies 9 Congregate Meal 11:30 500 Cards 12:30	19 "A Moment in Time" 10 Congregate Meal 11:30
22 Strong Bodies 9 Congregate Meal 11:30 Mexican Train Domlnoes Noon	23 Duplicate Bridge 9:30 Congregate Meal 11:30 Wii Bowling noon Cards 12:00	24 Pocket of Prayer 7 Footcare 8:30-11:30 Congregate Meal 11:30	25 Strong Bodies 9 Congregate Meal 11:30 500 Cards 12:30	26 "A Moment in Time" 10 Congregate Meal 11:30
29 Strong Bodies 9 Congregate Meal 11:30 Mexican Train Domlnoes Noon	30 Duplicate Bridge 9:30 Congregate Meal 11:30 Wii Bowling 12:00 Farkle Noon	31 Pocket of Prayer 7 Congregate Meal 11:30		

looking for more 500 card players on Thursdays 12:30-3:30.

**HIGHLIGHTS FOR JULY**

July 1st, Dine @ 5. Theme Hawaiian Luau.

Brain Boost games start at 4:00pm

July 5th, Bake/Craft sale at Hensons foyer. 7:30am

July 16th, Kelly Weisenbeck ADRC Elder Care Specialist

**WEEKLY/MONTHLY CALENDAR FOR JULY:**

Congregate meals Monday-Friday, 11:30am.

Need to register 1 day in advance. 715-466-4448

**MONDAY:** Mexican Train Dominos Noon-3:00pm weekly.

**TUESDAY:** Farkle: 12:00pm (1st, 3rd & 5th Tuesday's of the month)

Cards: 12:00pm (2nd & 4th Tuesday's of the month)

WII Bowling: 12:00pm every Tuesday

Duplicate Bridge begins. 9:30am

**WEDNESDAY:** Pocket of Prayer 7:00am

MASC Board Meeting: 1:30pm

(2nd Wednesday of the month).

Foot Care 3rd Wednesday of the month)

Call 715-466-4299 to schedule time.

**THURSDAY:** "500 cards" 12:30am-3:00pm

**FRIDAY:** "A Moment in Time". Minong history discussion & snacks 10:00am-11:00am

**SATURDAY:** 2nd Saturday each month

Potluck-noon, Bingo-1:00pm

Be Safe everyone and looking forward to seeing you at the center.

**WASHBURN COUNTY RESOURCES**



**LOCAL CRISIS 888.860.0373**

Washburn County	
Human Services	715.468.4747
Lakeland FRC	715.635.4669
ADRC	715.635.4460
Veterans (CVSO)	715.635.4470
Non-Emergency	
Law Enforcement	715.468.4700

**SUICIDE AND CRISIS LIFELINE**

988

Call or Text

Contact us: [www.healthywashco.org](http://www.healthywashco.org)



## SENIOR CENTER NEWS

### VERDELL PETTEY

WASHBURN COUNTY WELLNESS CENTER

50+ NEWS

Verdellpettey@gmail.com

**IN WINTER WE SIT IN THE HOUSE  
AROUND A BLAZING FIRE.**

**IN SUMMER WE SIT ON THE PORCH  
LIKE BIRDS ON A WIRE.**

Ever hear of porch rules from the 1950's? It was polite to call hello to passers-by you knew. It was up to them to stop or not. It was up to you to say "why don't you come up and sit for a bit?" An invite to the porch was not an invite to the house...it was a brief visit with no refreshments necessary. Dogs were allowed. Today I have no rules for my porch in Spooner (at least not yet anyway-HA) but seldom do people look up while talking on their cell phones as they walk past and cars whiz by.

What do the numbers 2920, 2710, 2690 and 2300 have in common? They are the four highest prize winning scores at a 500 card game at the senior center. We play at 1PM on Wednesdays. Show up 15 minutes early to sign in. We take turns bringing treats.

I'm dusting off my cowboy hat and boots and heading to the Shell Lake Pavilion on July 17th to dance to Larry's Drifters. Summer Senior Social Dinner Concert series, Music on the Lake, starts at 5:30-7:30PM. If you want to dine from the food trucks starting at 4:30, call 715-635-4460 to receive a meal token. A suggested donation of \$6-\$8 is for those age 60 and over. No one in that age group would be denied a meal if it's not affordable. Need a ride? Call 715-635-4465, Washburn County Transit for Washburn County residents 60+. It's free. Can't wait to see ya all there!

June 7th Friday Flicks at the center featured "Please Don't Destroy" and was attended by about 30 people. It was goofy, hilarious and brassy. Movies are free each month. Bring your own snacks starting at 1.

"Dining with Darrell" took him and Kathy Olson to our very own dining room one noon at the Spooner Center. He described Mary's roast turkey dinner as he rolled his eyes and licked his lips like he just had some of his mom's wonderful cooking. Call ahead at 715-635-8283 to register for dinner. Maybe even

### SPOONER SENIOR CENTER

WASHBURN COUNTY WELLNESS CENTER 50+

850 W. Beaverbrook Ave., Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00	2 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00	3 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00	4 <b>HOLIDAY OBSERVANCE NO MEALS CENTER CLOSED</b>	5 <b>HOLIDAY OBSERVANCE NO MEALS CENTER CLOSED</b>
8 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00	9 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00	10 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00	11 Mah Jongg 9:00 Games with Pat 10:00 Dining 12:00 Cards; Hand and Foot 1:00	12
15 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00 <b>Dining at 5:00</b>	16 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00	17 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00 AMVETS: 6:30 pm	18 Mah Jongg 9:00 Games with Pat 10:00 Congregate Dining 12:00 Cards; Hand and Foot 1:00	19 Savvy Seniors Book Club 10:30 Dining 12:00
22 SSCC Meeting 10:30 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00	23 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00	24 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00	25 Mah Jongg 9:00 Games with Pat 10:00 Congregate Dining 12:00 CARDS; Hand and Foot 1:00	26
29 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00	30 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00	31 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00		

meet Darrell.

Phil Ringlien shares another weather insight for us. He says, "A rainbow is a promise that the rain is over and the weather will be nice. Look for that pot of gold too." Stay cool as a cucumber Phil, maybe like the ones you planted! Thanks for the weather tip.

Dining @ 5 on June 17th featured beef stroganoff prepared by our own cooks, Mary and Jenny. "Top Chef" meals have ended and we are back to our original type meals for

seventy people. The TLC mocktail special was strawberry/banana. Hawaiian table decorations were furnished by Marie Zellmer and myself. Sign up in advance to dine by calling the Spooner center at 715-635-8283. If you would like to help volunteer to set tables and clean up tables, call me. We need a couple people each month. July is already assigned. Have some news to share, contact me before the first Friday of each month. Verdell Pettey 507-696-8263 Have a Happy 4th!

## SUPPORT FOR VETERANS

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

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

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

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential,

and you decide how much information to share.

• Support doesn't end with your conversation. Our responders can connect you with the resources you need.

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

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

- Dial 988 then Press 1
- Chat online at [VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat)
- Text 838255

- Scan the QR code to download Veterans Crisis Line resources

U.S. Department of Veterans Affairs



## SENIOR CENTER NEWS

### JUNE WILLIS FRIENDSHIP COMMONS

Shell Lake Senior Center

Happy Summer!!! Happy Fourth of July!!! We purchased our flowers locally at Indianhead Floral and they are flourishing at the Center. They add so much beauty to the landscape. We are going to have some lovely blooms to take to the Washburn County Fair, along with various paintings and projects from our members.

We have purchased a laptop and printer for use at the center. The folks at Staube Computers in Spooner were a big help in getting everything up and running. Our email address is: SLFriendshipCommons@gmail.com. Please feel free to contact us with any questions or concerns, or to sign up for upcoming events.

Local artist Joni Campbell who comes to our Center the first Monday of each month helped us paint beautiful masterpieces in June. We had the choice of painting a glass jar with the American Flag and fireworks or a glass jar with fireflies. If you would like to join us and paint your own beautiful picture, please contact us at the Center the week before to get on the list.

The first concert in "Welcome to Summer 2024" in June featured the Band of Ian and Sean Okamoto. In July it will be "Music on the Lake" with the Larry's Drifters Band. If you haven't attended either of these concerts you really should-the food is great and the entertainment wonderful!

If you are a member and would like to help in making decisions and being part of the planning process for any trips or events we are thinking of doing, please come to our monthly meeting held on the last Monday of the month at 12:30.

### SHELL LAKE SENIOR CENTER FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.468.4750

NUTRITION SITE MANAGER: CHAR JAEGER

CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Tai Chi 10-11 am Congregate Dining 11:30 Painting 1:00	2	Cribbage 9:30-11:30 Congregate Dining 11:30	3	Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	4	<b>4TH OF JULY HOLIDAY NO MEALS</b>	5	<b>4TH OF JULY HOLIDAY NO MEALS</b>
8	Tai Chi 10-11 am Congregate Dining 11:30 Painting 1:00	9	Cribbage 9:30-11:30 Congregate Dining 11:30	10	Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	11	Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	12	Congregate Dining 11:30
15	Tai Chi 10-11 am Congregate Dining 11:30  <b>Dining at 5:00</b>	16	Cribbage 9:30-11:30 Congregate Dining 11:30	17	Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	18	Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	19	Congregate Dining 11:30
22	Tai Chi 10-11 am Congregate Dining 11:30	23	Cribbage 9:30-11:30 Congregate Dining 11:30	24	Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	25	Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	26	Congregate Dining 11:30
29	Tai Chi 10-11 am Congregate Dining 11:30	30	Cribbage 9:30-11:30 Congregate Dining 11:30	31	Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	27		28	

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

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

## CHICOG NEWS

### JOANN MALEK CHICOG NEWS

Are you surprised to learn that the sport of water skiing began right here, on the calm waters of midwest lakes? Ralph Samuelson decided that if we can ski on snow we can ski on water. So he did. He built skis from pine planks, eight feet long and nine inches wide. In 1922, on the waters of Lake Pepin, he became the first known person to water ski.

Tommy Bartlett water skied just once, on his seventieth birthday. Long before that, in 1952, he founded the Tommy Bartlett Water Ski and Jumping Boat Thrill Show. Wisconsin became known as the "Show Ski Capitol of the World."

In August of 1960 the Min-AquaBats, the oldest water ski show club in the nation, hosted the first ever Wisconsin State Water Ski Championships. There were three events, slalom, trick, and jump skiing. That weekend bylaws were formulated for the Wisconsin Water Ski Foundation, with goals of promoting water skiing, water safety and good sportsmanship.

In the early seventies, Guy and Flossie Turley



PHOTO BY BILL D'ANDREA

moved to a Chicog lake from Griffith, Indiana. Newly retired, they came to assist daughter

Sandy and husband Homer with their resort on Rice Lake in Minong. They brought along Ole Red, a Boston Whaler with a seventy-five horsepower Johnson motor. As time went on Grandpa Turley patiently taught many beginners the skill of water skiing. A large chest freezer on the Turley screen porch held tubs of ice cream. New skiers were invited to choose their reward, a cone filled with the flavor of their choice.

"It takes a lot of falls to progress in the sport..." stated Karley Koehler, a competitive skier who began water skiing when she was two. Midwest patience, kindness and encouragement permeate the sport and make the falls less disappointing.

This patience is required of the boat driver as well as the hopeful skier. Don Turley continued in his dad's role. Many neighbors remember learning to water ski under Don's tutelage. School teachers in California, the family spent summer months in Chicog. Don taught shop, was an expert in various technical skills, and loved to putter in his garage. He designed a

## EATING WELL

# Is Corn Good for You?

## 5 Myths About Sweet Corn, Busted

**Many people wonder if corn is good for them. We bust some common myths about sweet corn and talk about the health benefits of eating it.**

By Laurie Herr Updated on June 13, 2024,  
Original reporting by Matthew Thompson  
Reviewed by Dietitian Elizabeth Ward, M.S., RDN

Few things say “summer” like a freshly picked ear of sweet corn, grilled to perfection and served up with a light smear of butter and a sprinkle of salt. Yet somehow, over the years, people began to question if corn is healthy. Rumors have sprung up about everything from how corn is grown to its nutrient content.

Here are five common corn myths, busted (spoiler alert: Corn is healthy when eaten in moderation!). Plus, we cover some of the health benefits of corn as well. Get ready to fire up the grill.

### MYTH NO. 1: SWEET CORN IS HIGH IN FAT

Fact: Some people think that corn is full of fat, but it is technically considered a low-fat food, coming in at around 1 gram of fat per ear, according to the USDA. And while the fat is a mix of saturated, monounsaturated and polyunsaturated fats, the polyunsaturated fat makes up almost half of corn’s total fat amount. Both polyunsaturated and monounsaturated fats have been shown to have heart-health benefits—so as long as you don’t drown your corn in butter, your ticker will be perfectly happy to have you noshing on an ear of sweet corn. You

may also get similar heart-health benefits with corn oil, according to a 2018 trial in *The Journal of Nutrition*.

### MYTH NO. 2: EATING CORN WILL MAKE YOU GAIN WEIGHT

Fact: Sure, you can load up that juicy corn on the cob with butter and other high-calorie toppings. But one plain ear of corn only has about 122 calories, according to the USDA—similar to an apple. And with nearly 3 g of fiber in one ear of corn, it can help you feel full longer, so you are less likely to overeat. Then there is corn’s resistant starch, a slow-to-digest type of carb that has been shown to help with weight control. Altogether, corn’s low-calorie and high-fiber content can help with weight loss when eaten in moderation, as long as you keep any high-fat toppings to a minimum.

### MYTH NO. 3: SWEET CORN IS HIGH IN SUGAR

Fact: Yes, corn is sweet for a vegetable—but there are only 5 g of natural sugar in a medium-sized ear of corn, per the USDA. An ear of sweet corn has less than a third of the sugar in a banana and only about one-fifth the sugar of a medium apple. Cup for cup, even beets have more grams of sugar than corn. In fact, corn is considered a low-glycemic food, partly thanks to its fiber content. Because it digests slowly, it will not cause an unhealthy spike in your blood sugar.

The high-sugar corn myth may be partly due to some long-standing confusion over products made from different varieties of corn. High-fructose corn syrup, dextrose, glucose and other sweeteners are derived from field corn, the virtually inedible commodity crop used to make everything from livestock feed to ethanol.

Those highly processed sweeteners are nothing like the natural sugars found in sweet corn, the vegetable you eat.

### MYTH NO. 4: CORN HAS NO HEALTH BENEFITS

Fact: Sweet corn has numerous health benefits. For starters, according to the USDA, sweet corn is loaded with lutein and zeaxanthin—two phytochemicals that promote healthy vision, according to a 2018 review in *Nutrients*. Besides helping with weight loss, the insoluble fiber in corn feeds good bacteria in your gut, which aid in digestion and help keep you regular. Throw in a healthy amount of B vitamins, plus iron, protein and potassium, and you have one sweet package.

### MYTH NO. 5: THE COOKING PROCESS ROBBS CORN OF ITS NUTRIENTS

Fact: Cooking sweet corn can boost its nutritional benefits, according to a 2018 review in *Food Science and Human Wellness*. This review also states that evidence shows that regularly eating corn, which is a whole grain, reduces the risk of developing chronic diseases, such as cardiovascular disease and Type 2 diabetes. It can also improve digestive health and may help prevent weight gain, as well as some cancers.

### THE BOTTOM LINE

Corn is a healthy vegetable with several potential health benefits, including eye and heart health. Adopting it as part of a healthy, varied diet will add nutrition and pleasure to your plate. If you have been avoiding it, it is time to make up with corn. Eat it directly off the cob or try it in Poblano Corn Casserole, Easy Corn Pudding or Slow-Cooker Corn Casserole.

### CHICOG NEWS FROM PAGE 14

slalom ski course using milk cartons painted yellow and skiers from around the lake honed slalom skills. Successful skiers often came away with paint chips on arms or legs.

Eventually the racers purchased an official slalom set which measured 850x75 feet and had six turn balls. Lake rules required that the course could not be left in the water, so every morning the slalom course was carefully put in place and every afternoon it was taken down. Almost two hours! Occasionally paying a fine seemed the better option.

Today’s slalom skiing, behind a boat with a 325 horse motor, is beautiful to watch. Skiers hold the handle of the rope with one hand and stretch across the water, almost lying flat as they pass around each turn ball, creating tall rooster-tails of spray. Don occasionally entered waterski tournaments. “I won” he announced to his family once. “I was the only one entered

in my age group! He’d be proud to watch my young granddaughters making expert slalom turns and winning state and U.S. regional competitions.

Some lake folks were unhappy with the disruptions that water skiing caused. In 1974, Clem Stutzman brought the concerns to the town board. This is when lake no-wake rules were adopted.

Don designed and built a double-decked pontoon that his grandchildren dubbed

Old Faithful. Folks of all ages loved jumping and splashing from high above the water. This distinctive watercraft, with a bald eagle painted on one side of the screen porch and American flag flying, was lead boat in the fourth of July boat parades initiated by Ed Brenner and Don in 1979. Generous and cordial, Don invited lake residents back to his home for annual pot luck picnics. Juice, sodas and a keg were the rewards rather than ice cream cones from the old chest freezer on the porch.

ONGOING thanks to Katy Larson and her colleagues at the Spooner Public Library. They do research on the topics of my Chicog columns and have found interesting pieces of Wisconsin history for me to include.

IF YOU have spent many years in Chicog Township I’d love to chat with you. [jojamailek@yahoo.com](mailto:jojamailek@yahoo.com)

NOTE: Summer Walkabouts have been cancelled. Weekly gatherings will resume in December, 2024.

### IMPORTANT JULY DATES

Wednesday 7/10, 6pm, monthly Chicog meeting  
Wednesdays 7/10&24 Namekagon Transit service

Wednesday, 7/24, 10:30-12, Books&Bread, Beaverbrook

Tuesday, 7/23, 11-1, Bibliodragon, town hall

Town Website:

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

## SENIOR NEWS

# How Can I Stay in My Home as Long as Possible?

**SUBMITTED BY****ANNA MARIE BROWN**INFORMATION & ASSISTANCE  
SPECIALIST

It is human nature to not think about things until it happens, especially not good things. Why think about what will happen to me if/when I need some help to stay in my home? Why think about needing help now... my health is good and I'm manag-



PHOTO SUBMITTED

**Anna Marie Brown**

ing just fine....

At a time of year when we celebrate independence, let's take some time to expand independence in our personal lives as well.

Information & Assistance Specialist are usually contacted when people need help yesterday or in the very near future. I receive few calls asking what kinds of things should be considered for the future should things not work out as we thought they would.

So, what can someone do to stay in their home as long as possible? Actually, there are several basic fundamentals to living independently:

**GOOD NUTRITION.** Eat nutritionally balanced meals and enjoy healthy snacks. Make use of resources to assure you are meeting this need such as Food Share,

congregate meals at senior centers or home delivered meals (Meals on Wheels), the UW Extension Nutrition Educator for advice, talk with your healthcare professional about what is right for you and your particular health situation. Stay abreast of the recommended daily allowances and try to adhere to them. (This is not to say people can't splurge once in awhile, but make adjustments that day in your food intake to accommodate for your "splurge".

**Hydration.** Are you drinking the recommended daily amount of water? (8-10 8-ounce glasses of water a day) Water has far too many benefits to mention, but to name a few: mental status/capacity, muscle and organ performance, and of course, it helps our skin, our first level of defense. If this is hard for you, talk with your primary care

provider about other ways/things you can do based on your individual health needs.

**EXERCISE.** Maintain your strength and abilities. If you have health issues, please talk to your healthcare provider about what's appropriate for you. If possible, participate in programs such as Stepping On and Walk with Ease. Exercise daily to raise your heart rate. Don't forget to exercise your mind also. Read. Do various types of puzzles. Play games. Learn new things. Change things up! Take a different way when you go somewhere. Do things with "the other hand". Your mind needs to stay active also. Explore and take on new ventures!

**HEALTH CARE.** Going to see your healthcare providers (i.e. doctors,

SEE **HOME** PAGE 17

## Balsamic Strawberry Caprese

<https://miarecipes.com>

PHOTO SUBMITTED

This Balsamic Strawberry Caprese is for anyone who appreciates the harmony of sweet and savory flavors. It is ideal for those who want a quick and easy recipe that does not sacrifice taste or presentation. Perfect for warm weather, this salad is not only delicious but also visually stunning, making it a great choice for entertaining. In addition, with a prep time of just 10 minutes, you can whip this up even on your busiest days. For the 4th of July, the addition of fresh blueberries would provide for a delish patriotic salad on the pontoon ride!

**FOR THE SALAD:**

3 cups strawberries, sliced  
1 cup mozzarella ciliegine, sliced into halves  
1/3 cup basil, chopped  
For the Vinaigrette:  
3 tablespoons balsamic vinegar  
1 tablespoon extra-virgin olive oil  
1 teaspoon honey  
Salt and pepper to taste

**STEP 1: PREPARE THE VINAIGRETTE**

In a small bowl, whisk together the balsamic vinegar, extra virgin olive oil, honey, salt, and pepper.

This simple yet flavorful vinaigrette will elevate the entire dish with its perfect balance of tangy and sweet notes.

**STEP 2: ASSEMBLE THE SALAD**

In a large mixing bowl, combine the sliced strawberries, halved mozzarella ciliegine, and chopped basil. Drizzle the prepared vinaigrette over the mixture and toss gently to ensure everything is evenly coated.

**Strawberry Alternatives:** If strawberries are out of season or you want to try something different, feel free to substitute them with other fruits like peaches, cherries, or even grapes.

**Cheese Choices:** While mozzarella ciliegine is perfect for this recipe, you can experiment with other soft cheeses like burrata or fresh goat cheese for a different texture and flavor profile.

**Herb Swap:** If you do not have basil on hand, fresh mint or arugula can be great alternatives, adding a unique twist to the salad.

**Balsamic Glaze:** For an extra touch of elegance, you can drizzle a balsamic glaze over the salad just before serving.

**Storing Leftovers**

This salad is best enjoyed fresh, but if you have any leftovers, store them in an airtight container in the refrigerator. The salad can last for up to two days, though the strawberries might start to release their juices, making the salad slightly soggy. To avoid this, you can store the components separately and combine them just before.

**Food and Drink Pairings**

This Balsamic Strawberry Caprese pairs wonderfully with a variety of dishes and beverages:

**Main Courses:** Serve alongside grilled chicken, fish, or a light pasta dish for a well-rounded meal.

**Wine:** A crisp white wine like Sauvignon Blanc or a light rosé complements the fresh flavors of the salad beautifully.

**Non-Alcoholic:** A sparkling water with a hint of lemon or a refreshing iced tea would be perfect to round out your meal.

HOME FROM PAGE 16



FILE PHOTO

dentists, optometrists) usually isn't one of people's top five things to do in life. However, it is important to complete at least annual physicals/exams to stay on top of things. It's just as important to complete any follow-up appointments. If you are in need of a ride, are over the age of 60 or disabled, and not eligible for Medicaid/Medical Assistance, contact our office about our transportation program.

**SOCIALIZATION.** Maintain or initiate your friendships. It's great to have someone to talk to and do things with. Volunteer – helping others in even little ways can mean a great deal to someone else, and provide that “warm fuzzy” feeling we all need. It also helps to contain costs and provide services that perhaps aren't offered elsewhere. Attend events. 'Tis the season – don yourself with sunscreen and bug repellent. (Don't forget your water bottle!) Attend our senior socials to enjoy camaraderie, music, and a meal. Live, love and laugh!

**LIVING IN A CLEAN ENVIRONMENT.** Maintain your health by living in a clean environment. No one expects your home to pass “the white glove test”. However, keeping your kitchen, bathroom and living area clean goes a long way in maintaining your health. If you are unable to clean your home, and don't have family who can assist you with this, please contact our agency about resources and options. (Our agency doesn't have a cleaning program.)

Senior Centers are great resources for many of these. Nutritionally balanced meals are served Monday through Friday. Check out the menu found in this paper and call to make your reservation 24 hours in advance. (If you are in need of a meal and are homebound, please contact our office.) Most centers have some type of exercise program happening on a weekly basis as well as other activities to engage the brain. Of course, socialization goes hand in hand with your visit to the center.

If you are doing all of these things, you're off to a great start. So, what's next????

**TALK** with your family or special ones about what you'd like/want for yourself down the road. Get your affairs in order. A vital component is to establish your Power of Attorney (POA) of Health Care and Power of Attorney of Finances and Property as no one (including family members) can make decisions for any adult without having legal documents/authority to do so. (If you would like a Do-It-Yourself packet for completing these, please contact our office.) Make sure your POA of Health Care is on record with your healthcare provider(s).

Talk with your family about what your plans are or what you perceive them to be and how you plan to accomplish this. If you are relying on children for assistance, talk with them about what are they willing and able to do to help you remain in your home.

If you have tried to plan ahead by saving money, obtaining long term care insurance, etc., that's great! Are you confident you will have enough to meet your needs in accordance with your choice? Have you included in your plan the cost of inflation? Have you researched the cost of the services you want? Are there viable providers in the area? How do you access those benefits? (If you have questions about long term care insurance, please contact our benefit specialists.)

If you'd like information about your options and assistance with planning for your future to remain in your home (or to address immediate needs), give us a call. It's another service provided by the Aging and Disability Resource Center. We are here to help! Meeting with a specialist is free of charge.

**Celebrate every aspect of your independence and work on it daily to assure it continues!**

**CAREGIVER CONNECTION EVENT**

Are you **interested in providing services** such as housekeeping, respite, personal care, lawn care, handyman work etc.?  
**Come meet with those who need your support!**

**Join us July 23rd at 5:00 PM**

**Washburn County Wellness Center 50+  
850 W Beaverbrook Ave, Spooner WI**

All are encouraged to bring a recent background check. If you do not have one complete, information on how to attain one will be available.



The Aging and Disability Resource Center of Washburn County does not sponsor or endorse ANY provider or caregiver.

**INDIGO EVENT**



Invites you to join the Celebration of The Americans with Disabilities Act (ADA) of 1990. This event celebrates our community and brings awareness about disabilities. The ADA is a civil rights law that prohibits discrimination based on disability.

**FREE EVENT! OPEN TO THE PUBLIC!**

Free refreshments will be served. Resource Fair for Disability related information. Purchase raffle tickets for prizes.

**SAVE THE DATE**

Date: July 23, 2024 • Time: 11:00 A.M. until 3:00 P.M.  
Location: UW Superior Yellowjacket Union Great Room  
1605 Catlin Avenue, Superior, WI 54880

For disability-related accommodation requests, contact Emma no later than two weeks prior to the event at [emma@indigowi.org](mailto:emma@indigowi.org)

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## SENIOR NEWS

# Proud to be a “Book Worm”

SUBMITTED BY  
**CASSI FEIERTAG**

Administrative Assistant

During a conversation last weekend I was asked if I prefer to spend my time watching television or reading a book. My response... Reading of course! This conversation got me thinking about how I became such a “book worm.” Some of my fondest memories of my childhood were sitting on my parents laps while they read to me. What was my favorite book you ask? It was called Little Bunny’s Magic Nose. It was about a bunny who could wiggle his nose and change the color of anything around him. He used his powers to change his friends pink and blue. As you can imagine, his friends weren’t very appreciative of their new fur color.

Once I learned to read I didn’t think life could get any better. I participated in the Books across America program, had a “wish list” for the scholastic book flier, and the book fair was something I always looked forward to. New book-mark day at our school library was also high up on the list of things I loved about Elementary School.

As I got older, my passion for reading stayed with me. I could



PHOTO SUBMITTED

often be found during lunch time sitting by my locker reading a good book. My mom and I shared a love of Danielle Steele novels. She would read a novel and then pass it on to me. My other outlet for getting new books to read was thrift-ing with my grandma. We would each purchase 3-5 books and when we were done reading them, we would switch. I guess you could say

I come from a long line of “book worms.”

I got to experience the joy of reading stories to children when I became an Aunt. My niece loved to sit on any available lap and listen to stories for hours. She would stack as many books as she could manage on your lap and climb on up. Her favorite was called My Rocking Horse. Upon reading this

book, around 100 times or so, my parents and I had it memorized. I’d like to tell you that the memorization has faded over the years but.... “I ride my rocking horse every day, he takes me to places far away.”

I have found that reading for me as an adult is a really good way to unwind after a busy day. It helps me focus my attention on something other than the craziness of everyday life. In the summer time, after the evening chores are done, I love to sit outside and read. There is no better setting than sitting in the sunshine, listening to the birds chirping, with my feet up reading a good book. My Danielle Steele days are behind me, but I love trying new authors and really enjoy a good mystery suspense novel. If you are a reader, I highly recommend you sign up for one of the local libraries summer reading programs. It is a fun way to promote our libraries and you have a chance to win some really great prizes. I will forever be grateful to my parents for reading to me as a child, because I know that is where my love of reading started. If you are ever looking for a book recommendation let me know, I’d be happy to help. I hope you enjoy your summer reading!



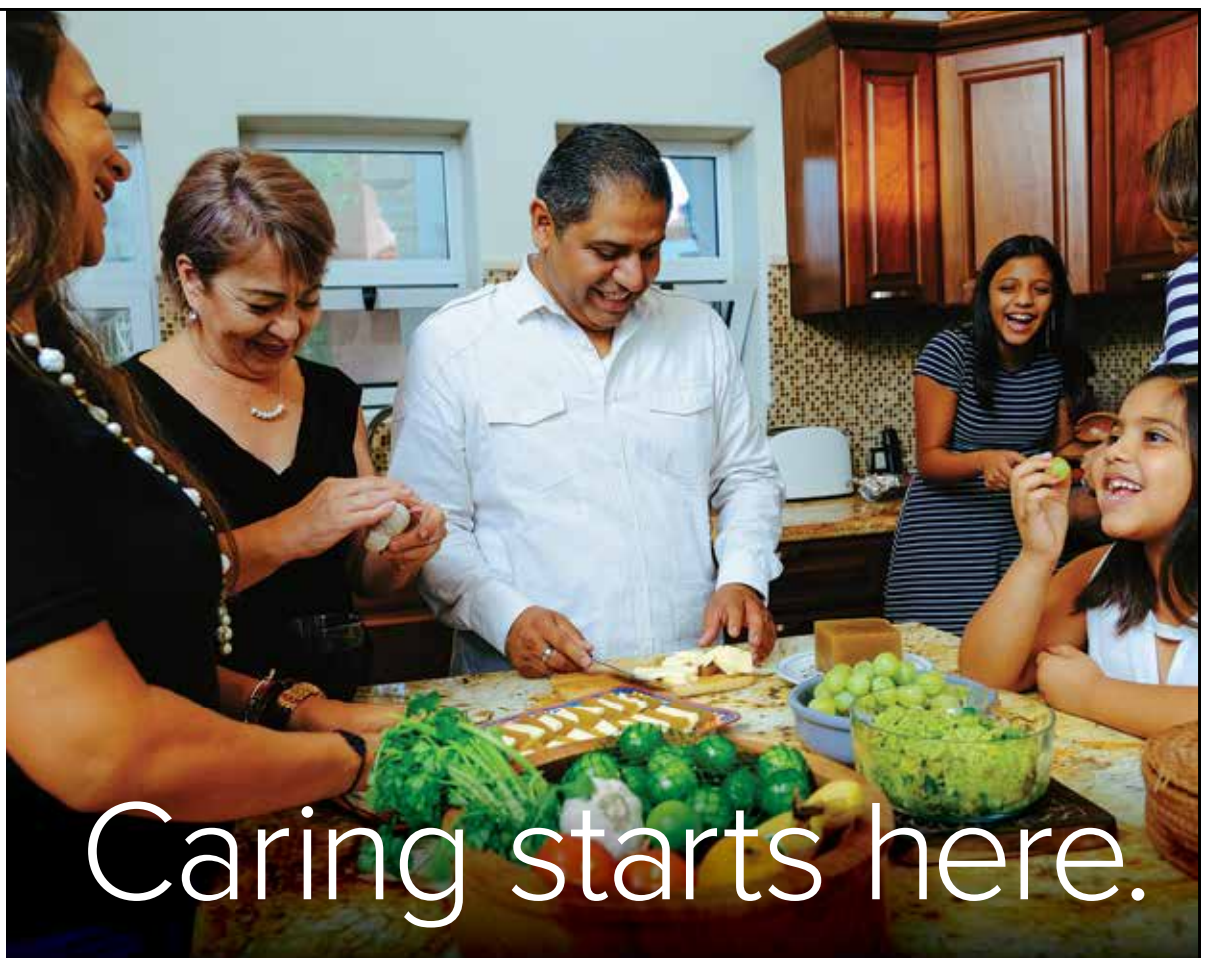
My Choice Wisconsin provides government-funded programs to frail seniors, adults with disabilities, individuals, and families.

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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



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# LUNCH & LEARN

## Register Now!

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Constitutional amendments will be on the ballot again in August. Changing our constitution is a big deal. Join us to learn what they're about. We will also talk about how the new maps may impact you, what else is on the ballot, and how you can be prepared.

June 25, 2024 | 12:00 - 12:45 PM via Zoom

Register at [bit.ly/DVCCConstitutionalAmendments](https://bit.ly/DVCCConstitutionalAmendments) or scan the QR code



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Stay tuned for future webinars!

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Visit us at [DisabilityVote.org](https://DisabilityVote.org) or email us at: [info@DisabilityVote.org](mailto:info@DisabilityVote.org)

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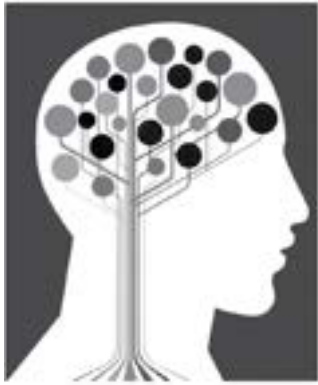
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**WHERE:** Washburn County Wellness Center 50+  
850 W Beaverbrook Ave.  
Spooner WI

**Attendance is FREE**  
(but space is limited)

Please call or email Patryce to register.

**715.635.4477**

[pgarcia@co.washburn.wi.us](mailto:pgarcia@co.washburn.wi.us)



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