

# Hello June and Welcome to the Summer Season!



## DIRECTOR NEWS - This month brought to you by Nutrition Director, Valerie VanderBent



The month of June brings beauty in all forms, from flowers to sunlight. There are many events that symbolize this time of the year. June is known as the time schools let out for summer, the mid-

point of the growing season between planting and harvesting, and the time of year when we get to experience the longest day of the year, June 21st. June is a time of awareness and celebration, with many official – and unofficial – holidays and observances.

This season is a good time to appreciate the great outdoors, with several holidays that will remind you to cherish and protect our planet. Celebrate nature with World Environment Day (June 5), World Oceans Day (June 8), and World Rainforest Day (June 22).

The first day of June marks National Trails Day and National Play Outside Day. It's the perfect occasion to take a trip to a local (or national) park. If you find it challenging to leave your home, contact the ADRC and request to take a virtual trip using the Virtual Reality goggles.

Here are more official – and unofficial – holidays and observances to celebrate this month:

- June 1:** National Trails Day, World Milk Day, National Play Outside Day, National Pen Pal Day
- June 2:** National Rocky Road Day, National Bubba Day
- June 3:** World Bicycle Day, Repeat Day
- June 4:** National Cheese Day (Go Wisconsin!), National Hug Your Cat Day, International Corgi Day
- June 5:** World Environment Day, Hot Air Balloon Day
- June 6:** National Gardening Exercise Day, World War II D-Day Anniversary,

## CELEBRATE MAKE MUSIC DAY WITH US AT THE WASHBURN COUNTY WELLNESS CENTER 50+ Come for Lunch and Stay for the Music!

We are excited to announce that **Gold Folk Band** will be providing music at the Washburn County Wellness Center 50+

following the lunch meal on **Friday, June 21**. Lunch is served at 12:00 p.m. and music will start at 12:30 p.m. We ask that you call 715-635-8283 to reserve your lunch one day in advance. We will be serving baked cod with sweet potato fries, sweet corn, whole grain bread, and a mixed berry crisp. Those eligible to dine on a contribution basis include anyone age sixty and better. The suggested contribution is \$6.00-\$8.00 per meal. No eligible person is denied service due to the inability to contribute. Individuals under the age of sixty may be served congregate meals only if the full cost of \$15.00 per meal is paid.

You are more than welcome to come to just enjoy the music.



SUBMITTED PHOTO

### National Drive-In Movie Day

- June 7:** National Chocolate Ice Cream Day, World Caring Day, World Food Safety Day
- June 8:** World Oceans Day, National Best Friends Day, National Dragonfly Day
- June 9:** National Strawberry Rhubarb Pie Day, National Meal Prep Day, Donald Duck Day
- June 10:** Ice Tea Day, National Herbs and Spices Day
- June 11:** National Corn on the Cob Day, Say "Hi" Day, National Making Life Beautiful Day
- June 12:** National Red Rose Day, Peanut Butter Cookie Day
- June 13:** National Sewing Machine Day, National Weed Your Garden Day
- June 14:** The U.S. Army Birthday, Flag Day, Monkey Around Day
- June 15:** World Elder Abuse Awareness Day, National Nature Photography Day, National Smile Power Day
- June 16:** Father's Day, Fresh Veggies Day, National Fudge Day
- June 17:** National Eat Your Vegetables Day

- June 18:** International Picnic Day, National Go Fishing Day, National Splurge Day, International Sushi Day
- June 19:** Juneteenth, World Sauntering Day
- June 20:** American Bald Eagle Day, Ice Cream Soda Day, Summer Solstice
- June 21:** Longest Day of the Year (Dementia Awareness Day, see Patryce Garcia's article to learn more!), National Daylight Appreciation Day, World Make Music Day, International Yoga Day
- June 22:** World Rainforest Day, National Chocolate Eclair Day, National Onion Ring Day
- June 23:** International Widows' Day, National Hydration Day, National Pink Day
- June 24:** Celebration of the Senses, Swim a Lap Day, International Fairy Day
- June 25:** National Catfish Day, Global Beatles Day
- June 26:** National Chocolate Pudding Day, National Coconut Day

## DIRECTOR NEWS

FROM FRONT PAGE

- June 27:** National Sunglasses Day, National Onion Day, Paul Bunyan Day, National Handshake Day,
- June 28:** Insurance Awareness Day, National Tapioca Day
- June 29:** Hug Holiday Day, International Mud Day, National Camera Day
- June 30:** International Asteroid Day, National Food Truck Day

## ABOUT MAKE MUSIC DAY

Source: Makemusicday.org

### HOW DID IT START?

It all started 42 years ago in France.

In 1982, Jack Lang and his staff at the Ministry of Culture dreamed up an idea for a new kind of musical holiday. They imagined a day where free music would be everywhere, all around each city: street corners, parks, rooftops, gardens, and store fronts.

And, unlike a typical music festival, anyone and everyone would be invited to join and play music, or host performances. The event would take place on the summer solstice, June 21, and would be called Fête De La Musique. (In French, the name means both “fes-

tival of music” and “make music”.) Amazingly enough, this dream has come true. The Fête has turned into a true national holiday: the country shuts down on the summer solstice and musicians take over. Almost 11% of French people (7 million people) have played an instrument or sung in public for the Fête de la Musique, and 64% of the country (43 million people) comes out each year to listen.

Four decades later, the holiday has spread throughout the world and is now celebrated in more than 1,000 cities in 120 different countries.

### HOW DID IT COME TO THE U.S.?

Seventeen years ago, the Fête de la Musique crossed the Atlantic with the debut of Make Music New York.

Starting as a grassroots initiative by a team of volunteers, the event quickly became a critical and popular success. Today, thousands of New York musicians – amateurs and professionals, of all ages and musical persuasions – perform in hundreds of free, outdoor concerts each June 21, earning praise for their “inspiring” (New York Times) and “thrilling” (New Yorker) performances.

In recent years, cities across the country have launched their own Make Music celebrations on June 21, making this musical holiday a truly national phenomenon.

On June 21, 2024, 117 U.S. cities organized 4,791 free concerts, with

The ADRC of Washburn County  
Proudly Presents  
**Sean and Ian Okamoto!**  
Wednesday June 19th



BRING A LAWN CHAIR OR BLANKET

RESERVATIONS BEGIN ON JUNE 3, 2024

Dinner from 4:30 pm - 6:30 pm  
(by reservation only 715-635-4460)  
provided by Cobblehaus Café and The Laughing Goat

MUSIC and DANCING 5:30 pm - 7:30 pm

60 and over: a suggested contribution of \$6.00 - \$8.00

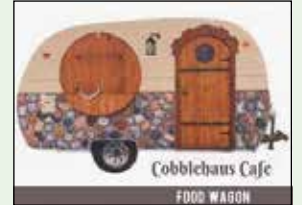
\*\*No one is denied service based on ability to contribute.

Those Under 60: a fee of \$15.00

JOIN US BY WEARING PURPLE FOR ALZHEIMER'S AND DEMENTIA AWARENESS!

Free transportation is available to Washburn County Residents 60+ and their caregivers. For more information,

call Amber at 715-635-4465.



**COBBLEHAUS CAFÉ MENU:**

**Dinner:** Rice Bowl Loaded with Tomatoes, Onions, Corn, Black Beans, Peppers, and Cilantro with your choice of protein (BBQ Pork or Chicken)

**Dessert:** Strawberry Shortcake

**Beverage:** Your Choice of Milk



**THE LAUGHING GOAT MENU:**

**Dinner:** Beef Korean Tacos, Cilantro Lime Rice, Asian Vegetable Medley

**Dessert:** Laughing Goat Special Dessert

**Beverage:** Your Choice of Milk

over 100 each in Cincinnati, Madison, New York, Philadelphia, and Salem OR...all on a single day.

In 2014, to coordinate and

expand their efforts, Make Music organizers from across North America founded the Make Music Alliance.

**SERVICES INCLUDE:**

- Appendix Removal
- Colonoscopy
- Diagnostic Laparoscopies
- Endoscopy
- Gallbladder Removal
- Hernia Repair
- Lesion Removals
- Port-a-cath placement
- Vein treatment
- Wound care
- and more!



No need to travel far FOR SURGERIES, WOUND CARE OR VEIN TREATMENT

Are you in need of general surgery, wound care or vein treatment? Get the care you need, close to home, with Spooner Health. Like a trusted neighbor, we're here to help you when you need us.



To learn more about healthcare services from Spooner Health, visit [spoonerhealth.com](http://spoonerhealth.com).

June is  
**ANNUITY AWARENESS MONTH**

**START PLANNING YOUR RETIREMENT INCOME STRATEGY**  
By taking the time now to plan your income, you can aim to ensure that you have enough income to last through retirement.

**CALL OR VISIT TODAY!**  
715-635-3136  
[www.davidpford.net](http://www.davidpford.net)

**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

**SENIOR CENTER NEWS**

# Social Security Reduces Automatic Overpayment Recovery Amount

SUBMITTED BY **KELLY WEISENBECK**  
Washburn County Elder Benefit Specialist

**By the GWAAR Legal Services Team**

The Social Security Administration (SSA) recently announced that starting March 25, 2024,



PHOTO SUBMITTED  
**Kelly Weisenbeck**

it will decrease the default overpayment withholding rate for Social Security beneficiaries to 10% (or \$10, whichever is greater) from 100%, to reduce the financial strain on people with overpayments. There will be limited exceptions to this new policy, such as when an overpayment resulted from fraud.

A short transition period will exist during

which people will continue to experience the older policy. Individuals placed in 100% withholding during the transition period should call SSA's national number at 1-800-772-1213 or locate the number of their local field office here: <https://secure.ssa.gov/ICON/main.jsp> to request a lower withholding rate.

The new policy applies to new overpayments. If beneficiaries have an existing overpayment with a withholding rate greater than 10% and would like a lower recovery rate, they should call SSA or their local field office to speak with a representative. If a beneficiary requests a rate that is lower than 10%, it will be approved so long as it allows the overpayment to be fully recovered within 60 months – a recent increase from the previous policy of only 36 months. If the beneficiary's proposed rate would extend recovery of the overpayment beyond 60 months, the beneficiary should fill out an SSA-634 Form, which provides information regarding the beneficiary's income, resources and

expenses, in order to help SSA make a determination.

In addition, individuals have the right to appeal the overpayment decision or the amount. They can also ask SSA to waive collection of the overpayment, if they believe it was not their fault and they cannot afford to pay it back. SSA will not pursue recovery while an initial appeal or waiver is pending.

Even if someone does not want to file an appeal or a waiver, they should still contact SSA if the planned withholding would cause a hardship. SSA has flexible repayment options, including repayments as low as \$10 per month.



**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 ½ - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

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

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

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

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

**Washburn County Nutrition Site Mangers**  
Kristi Shoop (Birchwood) • Laura Gomez (Minong) • Char Jaeger (Shell Lake)  
Mary Lawson (Spooner)  
Jennifer Ganske (Spooner Cook)

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

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

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

**POSITION OPEN FOR RECRUITMENT**  
**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:**  
**FISCAL ASSISTANT • TRANSPORT DRIVER/BACK UP DISPATCHER • ADRC SUB-COOK**  
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)

**RECIPE**

# Sweet and Savory Sweet Potato Salad

**SWEET POTATOES ADD SUBSTANCE TO POTATO SALAD**

Makes 6 servings

When warm temperatures arrive, few people want to spend extra hours in the kitchen whipping up elaborate meals. Many would rather be outside enjoying the great weather. That is why sandwiches, barbecues and picnic fare are so popular this time of year. What accompanies these outdoor foods? If you guessed salads, you'd be correct.

Potato salad, three-bean salad, coleslaw, and macaroni salad are go-to side dishes, which can be picked up at many grocery store deli counters. Yet, it is just as easy to make popular salads at home and have them chilled and ready for the next barbecue. Plus, homecooking makes it possible for recipes to be customized.

This recipe for "Sweet and Savory Sweet Potato Salad" from "Vegan Cooking for Beginners" (Publications International, Ltd.) from the PIL editors proves that russet, red or yellow potatoes are not the only ones that make delicious potato salads. Change the flavor profile and even the nutritional benefits with this sweet potato version.

**INGREDIENTS**

- 4 cups cubed, peeled, cooked sweet potatoes (about 4 to 6)
- 3/4 cup chopped green onions
- 1/2 cup chopped fresh parsley
- 1/2 cup dried tart cherries
- 1/4 cup plus 2 tablespoons rice wine vinegar
- 2 tablespoons coarse mustard
- 1 tablespoon extra virgin olive oil
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

**INSTRUCTIONS**

1. Combine sweet potatoes, green onions, parsley, and cherries in a large bowl; gently mix.

2. Whisk vinegar, mustard, oil, garlic, salt, and pepper in a small bowl until well blended. Pour over sweet potato mixture; gently toss to coat. Serve immediately or cover and refrigerate until ready to serve.

Note: You can cook the sweet potatoes in boiling water or in the oven.

*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

## ADRC of WASHBURN COUNTY is OFFERING A NEW WELLNESS INITIATIVE

# GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



### New series begins every Month



[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 call 715-635-4460**
- All participants must be 60+ years of age.

## WASHBURN COUNTY MEMORY CAFE

### WASHBURN COUNTY MEMORY CAFE

**WHEN:**

The Second Tuesday of every month

**TIME:**

2 PM - 3 PM

**WHERE:**

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

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



**CONTACT:**

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

**715.635.4477**

**INDIGO NEWS**

# Ergonomics for the Boat

SUBMITTED BY **DON POSH**  
IndiGO Your Allies for Independence

Ergonomics are generally applied to the workplace to increase efficiency and prevent injury. Adjusting the height of a work station to the person using it prevents physical stress and injury.



PHOTO SUBMITTED

**Don Posh**

With fishing, the ability to stay out just a little longer can be achieved by adding ergonomics. It is nice to have a padded seat in the boat. Just like a work station, the seat height is important. There are adjustable seat height pedestals that raise and lower the seat. It really comes in handy when using a foot control trolling motor. Having the seat adjusted to your needs will help to reduce stress on your back, hips and knees.

There are a variety of styles and manufacturers.

Prices start at \$22 - \$600

Another add on for the boat is armrests. This is helpful for those of us that throw lures, especially for the Muskie hunters. The stress of throwing heavy lures for hours at a time can cause upper back, neck and shoulder stress. The armrests take pressure off and provide comfort. There are few varieties of these available. Some seats are sold with armrests.

Prices begin at \$70.

Since writing this article last year I have made these changes to my own boat. My fishing partners as well as myself are older with the wear and tear of physical labor. We found the changes have resulted in the ability to remain out fishing longer and less pain following our excursions.

Fishing has no Boundaries has had many years of experience serving persons with disabilities with events and equipment. Beginning in 1988 in Hayward WI, the vision was to make the outdoors more accessible and inclusive. They are a great resource for equipment to allow one to fish despite a mobility or dexterity disability. As we age mobility and dexterity loss is common, but they do not need to be a barrier to our outdoor experiences. Fishing has no Boundaries can be reached at 715-635-3185 or on their website: fhnvinc.org

Coming up Locally, the Hayward Chapter of Fishing has no Boundaries annual fishing event on the Chippewa Flowage May 17 and 18. A dedicated group of volunteers assists attendees with all aspects of fishing. Pontoon boats are available with drivers to get you out on the water. There are also fishing events planned in various locations throughout the summer. So if you miss this one, connect with the phone number or through the website previously provided for a list of fishing opportunities.

Last but not least are ramps. There are ramps available to assist with boarding the pontoon. My research has found a ramp width should be a 32 inch minimum. This width will accommodate a wheelchair or walker safely. A ramp can make the difference between watching others on the lake or taking part with your friends and family to fish, or maybe just to enjoy being out on the water for a sunset cruise.

Reel em in!

**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. Alternate formats and accommodations are available by request.



**MEDICARE NEWS**

# Medicare to Cover Wegovy

By the **GWAAR Legal Services Team**

SUBMITTED BY **KELLY WEISENBECK**  
Washburn County Elder Benefit Specialist

The federal Food and Drug Administration (FDA) recently approved the drug Wegovy for reducing the risk of cardiovascular disease in people clinically diagnosed with obesity. The FDA approval means that



PHOTO SUBMITTED

**Kelly Weisenbeck**

the drug can now be covered under Medicare for people diagnosed with both obesity and cardiovascular disease. About one in four people diagnosed with obesity also have a diagnosis of cardiovascular disease, so the approval could make Wegovy available to some 900,000 Medicare beneficiaries, or about seven percent of the total Medicare population. Another 1.9 million Medicare participants may already have been eligible for coverage of Wegovy due to a diagnosis of diabetes.

Wegovy is one of a class of drugs known as semaglutides that have previously been approved by the FDA for treatment of obesity and diabetes. However, since 2003, federal law has prohibited Medicare from covering medications prescribed exclusively for weight loss. With the new FDA approval, at least a portion of Medicare participants may be able to benefit from the drug, though out of pocket costs are expected to range between \$325 and \$430 per year.

**FREE BRAIN HEALTH CHECK UP**

**Call today for a Free Brain Health Check up!**

Why get a free Brain Health Check up? You will receive:

- Immediate confidential results
- A Baseline Memory Measurement
- Information on treatable causes of confusion or memory changes
- Information on brain health
- Support for concerns
- Option for a medial referral

Your confidential screen can be done at home or at our office and will take about 10 minutes.

Contact your local ADRC to set up your **FREE** confidential memory screen today!

**715.635.4460**



**SENIOR FARMERS MARKET**

**Returning to Washburn County in June of 2024**

**SENIOR FARMER'S MARKET NUTRITION PROGRAM**

For more information please contact:

**Cassi Feiertag**  
**715.635.4460**



<b>JUNE</b>		<b>LUNCH &amp; HOME DELIVERED MEALS MENU</b>				
		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
		Basil Crusted Chicken Stewed Tomatoes Buttered Green Beans Whole Grain Bread Fresh Fruit <b>MINONG DINING AT 5</b>	Cheeseburger on WG Bun with Leaf Lettuce, Tomato, and Onion Potato Salad Pineapple	Strawberry Spinach Salad with Chicken Chick Pea & Cucumber Salad with Citrus WG Breadstick Honeydew	Shepherd's Pie Whipped Potatoes Roasted Brussel Sprouts Whole Grain Bread Mandarin Oranges	Waldorf Chicken Sandwich on WG Bread w/Leaf Lettuce, Creamy Tomato & Cucumber Salad Crisp Grapes
		Tater Tot Hot Dish with Beef, Peas, Carrots, Green Beans, and Corn, WG Garlic Breadstick Strawberry Shortcake <b>SHELL LAKE DINING AT 5</b>	Egg Salad Sandwich w/Leaf Lettuce on a Croissant Lentil & Black Bean Salad Watermelon	<b>SPOONER, BIRCHWOOD &amp; MINONG SALAD BAR</b> Beef Stroganoff w/Mushrooms over Egg Noodles Garden Salad Cinnamon Pears	Curry Chicken & Cranberry Wrap Marinated Vegetable Salad Carron Sticks Fresh Clementine Date Energy Bites	Honey Dijon Chicken Thighs Baked Potato Green Beans Whole Grain Bread Fresh Fruit Salad
		Roast Beef Sandwich with LTO and Horseradish Mayo on WG Bread Broccoli-Cauliflower Salad, Honeydew <b>SPOONER DINING AT 5</b>	Pulled BBQ Chicken on a Whole Grain Bun Baked Beans Creamy Coleslaw Applesauce	Sweet & Sour Pork w/Stir Fry Veggies over Brown Rice, Egg Roll, Peaches Cook's Choice Cookie <b>SENIOR SOCIAL DINNER &amp; CONCERT EVENT</b>	Swiss Steak Garlic Baby Reds Peas & Carrots Whole Grain Bread Pineapple	Baked Cod Sweet Potato Fries Sweet Corn Whole Grain Bread Mixed Berry Crisp
		Roasted Pork Tenderloin with White Wine Mustard Parsley Red Potatoes Roasted Broccoli Whole Grain Bread Apricots	Tuna Salad served with Leaf Lettuce on WG Bread, Three Bean Salad, Creamy Coleslaw, Grapes <b>BIRCHWOOD DINING AT 5</b>	Spaghetti with Meat Sauce over WG Noodles Buttered Green Beans WG Garlic Breadstick Cantaloupe	Porcupine Meatballs Mashed Potatoes Roasted Brussel Sprouts Whole Grain Bread Apple Crisp	Cowboy Bean Hot Dish Brown Rice Walnut Candied Squash Whole Grain Bread Pears

• 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.

## Dining at 5 BRAIN BREAK TRIVIA

Brain Breaks will take place at 4pm prior to the meal. Participants must be registered for Dining at 5 meal

**Minong: June 3rd**

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**Shell Lake: June 10th**

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**Spooner: June 17th**

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**Birchwood: June 25th**

June is Dementia Awareness Month! Please feel welcome to wear purple to this event and we will take a group picture. Contact Patryce Garcia with any questions. 715.635.4477



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: 715-635-8283 • Spooner: 715-635-8283  
Minong: 715-466-4448 • Birchwood: 715-354-3001

### MINONG MENU MONDAY, JUNE 3

*Traveling to Italy!*

Italian Spaghetti with Meatballs  
Fresh Salad Bar • Breadstick • Cannoli

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### SHELL LAKE MENU MONDAY, JUNE 10

Lazy Man Cordon Bleu  
Roasted California Blend  
Fresh Salad • Whole Grain Bun  
Char's Choice Dessert

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### SPOONER MENU MONDAY, JUNE 17

Beef Stroganoff • Mashed Potatoes  
Green Bean Almondine  
Fresh Garden Salad • Banana Split Fluff

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### BIRCHWOOD MENU TUESDAY, JUNE 25

Home-Style Lasagna • Garlic Brussel Sprouts  
Garlic Bread • Fresh Salad Bar  
Kristi's Choice Dessert

## VOLUNTEERS NEEDED!

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

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

**YOU GIVE US:**

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

**WE GIVE YOU:**

- A hot, nutritious lunch
- Equipment needed to keep food safe
- Mileage reimbursement
- A bunch of new friends and the best feeling of fulfillment

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

## SENIOR CENTER NEWS

### JUNE WILLIS FRIENDSHIP COMMONS

Shell Lake Senior Center

Happy June! We will be officially welcoming Summer later this month and we have been busy working on getting our flower gardens growing. All of our planters are filled with beautiful plants which will give us many beautiful flowers. It's always so exciting to see them start blooming with all the gorgeous colors.

We were happy to receive our lockable metal storage cabinets. It will allow us to not only secure our items but also free up space in the storage room for our cook to store her supplies.

Local artist Joni Campbell comes to our Center the first Monday of each month and helps us paint beautiful artwork. Members painted amazing dragon flies in May some of which will be showcased in our Center. We are displaying paintings over the kitchen opening for highlighting our members' artistic talent. 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.

We sure enjoyed the Eva Generosa concert at the Erika Quam Memorial theater last month. The Shell Lake Arts Center is doing a great job bringing wonderful entertainment to Shell Lake.

We are looking forward to attending the first concert in the 2024 Summer Senior Social Dinner Concert Series featuring Ian and Sean Okamoto. If you haven't attended any of these concerts in the past you really should-the food is great and the entertainment is wonderful!

If you are a member and would like to be help in making decisions and be 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.

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).



SUBMITTED PHOTO

## 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	2	3
3 Tai Chi 10-11 am Congregate Dining 11:30 Painting 1:00	4 Cribbage 9:30-11:30 Congregate Dining 11:30	5 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	6 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	7 Congregate Dining 11:30
10 Tai Chi 10-11 am Congregate Dining 11:30 <b>Dining at 5:00</b>	11 Cribbage 9:30-11:30 Congregate Dining 11:30	12 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	13 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	14 Congregate Dining 11:30
17 Tai Chi 10-11 am Congregate Dining 11:30	18 Cribbage 9:30-11:30 Congregate Dining 11:30	19 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	20 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	21 Congregate Dining 11:30
24 Tai Chi 10-11 am Congregate Dining 11:30	25 Cribbage 9:30-11:30 Congregate Dining 11:30	26 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	27 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	28 Congregate Dining 11:30

## 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.

## SENIOR CENTER NEWS

**POLLY LEINWANDER**  
**MASC PRESIDENT**

Minong Area Senior Center

**APRIL DINING @ 5**

**THEME: DINING LIKE THE STARS**

It was a star-studded evening April 1st at the Minong Area Senior Center. Guests entered thru the VIP door, walked the Red Carpet, and proceeded to their seats. They donned their sunglasses and listened to a recorded song-sung by our very own Star, Jan Mednick, a professional singer in the Chicago area, in her day. Our local talent is amazing. Dinner was being served and WHAT, Elvis Presley's favorite whipping cream pound cake with fresh berries appeared as the first entree? APRIL FOOLS! Our clever chef, Laura, fooled us all. We all enjoyed desert first, followed by the Jennifer Aniston Friendship Salad, Frank Sinatra's Peppers & Sausage and Patti Labelle's Mac n' Cheese.

An outside plaque was presented to Max & Sandy Ericson in appreciation of their many years of dedicated service, devotion, and commitment to the MASC. They were also given an achievement award. Thank You to Max & Sandy for their past and ongoing support of the MASC.

A toast was made: We not only dined like the stars, but we dined with the stars, because all of you are the Bright Shining Stars of the MASC. The evening ended with a game of bingo.

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

**April 20th** was Spring Clean Up Day at the center. So much was accomplished. Holes were dug and posts were secured to hang our new MASC signage board. The plaque for Max & Sandy Ericson was also affixed to the building. The yard was raked, windows washed, closets cleaned, dusting, ceiling tiles painted etc. and now, everything sparkles and smells fresh. Thank you to the numerous volunteers that donated their Saturday morning at the center, and shared their time and talent in accomplishing this. Without YOU, the VOLUNTEERS, this would not have happened.

**HIGHLIGHTS OF APRIL:**

**April 11th** was National Pet Day. Pictures of members pets are posted at the center. It's often been said pet owners resemble their pets??

Taste testing was April 19th. A variety of food was tested, with several of the favorites being the chicken, curry, cranberry on a tortilla and the grab and go nutrition ball.

**April 22nd**, Earth Day. Participants created plantable seed paper to be used in the Mother's Day Cards.

**April 25th**, Kelly Weisenbeck ADRC Elder Benefit Specialist, shared information on Senior Care. Kelly will be at the MASC the 3rd Tuesday, each month thru August, sharing various topics.

## 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
3 Strong Bodies 9 Congregate Meal 11:30 Mexican Train Dominoes Noon <b>Dining @ 5</b>	4 Congregate Meal 11:30 Wii Bowling noon Farkle Noon	5 Congregate Meal 11:30 Movie Matinee 12	6 Strong Bodies 9 Congregate Meal 11:30 500 Cards 12:30	7 "A Moment in Time" 10 Congregate Meal 11:30
10 Strong Bodies 9 Congregate Meal 11:30 Mexican Train Dominoes Noon	11 Congregate Meal 11:30 Wii Bowling 12:00 Cards 12:00	12 Congregate Meal 11:30 MASC Board Meeting 1:30	13 Strong Bodies 9 Congregate Meal 11:30 500 Cards 12:30	14 "A Moment in Time" 10 Congregate Meal 11:30 <hr/> 15 POTLUCK - NOON Bingo - 1
17 Strong Bodies 9 Congregate Meal 11:30 Mexican Train Dominoes Noon	18 Congregate Meal 11:30 Wii Bowling noon Farkle Noon	19 Footcare 8:30-11:30 Congregate Meal 11:30	20 Strong Bodies 9 Congregate Meal 11:30 500 Cards 12:30	21 "A Moment in Time" 10 Congregate Meal 11:30
24 Strong Bodies 9 Congregate Meal 11:30 Mexican Train Dominoes Noon	25 Congregate Meal 11:30 Wii Bowling 12:00 Cards 12:00	26 Congregate Meal 11:30	27 Strong Bodies 9 Congregate Meal 11:30 500 Cards 12:30	28 "A Moment in Time" 10 Congregate Meal 11:30

**HIGHLIGHTS OF MAY**

**May 9th**, the start up of 500 cards.

**May 18th**, Potluck/Bingo (normally the 2nd Saturday monthly, changed due to Mother's Day).

**May 21st**, Kelly Weisenbeck, ADRC, topic was Advantage plans vs traditional plans.

**May 22nd**, Soup/Salad Day. Board games 10:00am and continued after lunch.

**May 25th**, Craft and Bake Sale at Henson's. Fundraiser for MASC

**MONTHLY CALENDAR:**

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

715-466-4448

Monday: Strong Bodies 9:00am-10:00am. Mexican Train Dominoes 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

Wednesday: MASC Board Meeting: 1:30pm (2nd Wednesday of the month).

Foot Care (3rd Weds of the month) Call 715-466-4299 to schedule

Thursday: Strong Bodies 9:00am-10:00am.

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

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

Saturday: 2nd Saturday each month Pot-

luck-noon, Bingo-1:00pm

No confirmed start date for Duplicate Bridge as of now.

Be Safe everyone. Enjoy each day and see you at the center.

**WASHBURN COUNTY RESOURCES**



**LOCAL CRISIS**

**888.860.0373**

**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

It's time to grab those flip flops and sunglasses and head to the beach. My sunglasses have sunflowers on them. Shell Lake beach pavilion will host two fun evenings this month. June 19th Ian and Sean Okamoto will play a variety of music for all ages from 5:30-7:30pm. The concert is open to the public and is free. It's part of the summer senior social dinner concert series. Local food trucks will provide different dining options for seniors 60+ starting at 4:30pm. Call 715-635-4460 for dinner reservations. Suggested meal contribution is \$6-\$8. No one (age 60+) will be denied a meal if not able to pay. The Beach Bash and Health Fair is June 27th. It's sponsored in part by Spooner Health with food, music, booths and family activities.

The Farmers Market begins weekly starting June 8th near the center. When I was young, we had a huge garden on the farm. I remember the pressure cooker running full blast for days. Vegetables filled up the fridge, the kitchen counter - quarts of tomatoes had been canned and more tomatoes moved in! I had dreams of watermelon vines reaching out and wrapping their spiny little fingers around my neck. Cucumbers and zucchini played hide and seek with me while picking them. The pumpkins multiplied overnight. Why did we plant twelve hills instead of two? Mom used to say she liked having extra just in case and it was nice to have some to give away. BUT EVERYBODY ELSE HAS SOME TO GIVE AWAY! Luckily we did not run out of Kerr Lids.

"Dining with Darrell" takes us to Lona's Corner Cafe in Haugen. 60+ Breakfast Senior Dining has five menu choices. It's served Thursdays from 8-11am without reservations. Give what you can afford; \$8 is suggested. Darrell said "Lona's has served 4,127 meals and 714 older adults from March 2023 to February 2024. That's ALOTTA pancakes!" Our Own Dining @ Five has returned to regular dining this month at the center with the TLC Bar for the fun "Happy Hour." There was a substitute

**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
3 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00	4 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00	5 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00	6 Mah Jongg 9:00 Games with Pat 10:00 Dining 12:00 Cards; Hand and Foot 1:00	7 Dining 12:00 <b>FIRST FRIDAY FLICKS MOVIE 1:00</b>
10 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00	11 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00	12 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00 AMVETS: 6:30 pm	13 Mah Jongg 9:00 Games with Pat 10:00 Congregate Dining 12:00 CARDS; Hand and Foot 1:00	14 Dining 12:00
17 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00 <b>Dining at 5:00</b>	18 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00	19 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00	20 Mah Jongg 9:00 Games with Pat 10:00 Congregate Dining 12:00 CARDS; Hand and Foot 1:00	21 Savy Seniors Book Club 10:30 Dining 12:00 <b>MAKE MUSIC DAY - Live Music by Good Folk Band 12:30</b>
24 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00	25 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00	26 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00	27 Mah Jongg 9:00 Games with Pat 10:00 Congregate Dining 12:00 CARDS; Hand and Foot 1:00	28 Dining 12:00

for "L" last month as she got to attend her granddaughter's graduation. The substitute was "V", so it was the TVC bar! Our free movie pick for May First Friday Flicks was "Where the Crawdads Sing." It was a great movie; a romantic mystery/drama. Join us each month at 1PM.

I checked with Phil Ringlien for the monthly weather tip - "If morning dew on the grass, rain won't come to pass." It's good to keep

that in mind for yard work. I raked off my flower beds and accidentally disturbed some baby bunnies. I felt so bad as they fled their nest. Next day two of them returned so I placed a little dish of water and a couple carrot sticks in their nest for them. THEY WERE REALLY GONE AFTER THAT. Call me at 507-696-8263 by the first Friday of the month if you have any news to share.

## 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 your or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.
- Support doesn't end with your conversa-

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

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

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

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

U.S. Department of Veterans Affairs



## CHICOG NEWS

### JOANN MALEK CHICOG NEWS

The Midwest Crane Count, conducted each spring, is an educational and scientific survey to allow biologists to track the crane population. High school classes, 4-H kids, life-long birders, and first-timers settle in assigned locations to watch, listen and record nearby cranes. Judy Haseleu has coordinated this effort in our area for twenty-three years. She has participated in the count for close to half a century.

Judy and Don Haseleu began birding in 1964. It wasn't until 1973 that they saw their first Sandhill Crane. "It's a big bird!" quipped a fellow observer. Adult Sandhill Cranes stand five feet tall and weigh about 14 pounds. Sandhill and Whooping Cranes are the two crane species that migrate to Wisconsin for breeding each summer.

Cranes are among the most endangered families of birds in the world. Twelve of the fifteen species, including Whooping Cranes, are facing extinction. Baraboo, Wisconsin is headquarters for the International Crane Foundation, which works worldwide to conserve cranes and the ecosystems and flyways on which cranes depend.

In 1971 Ornithology students Ron Sauey and George Archibald of Cornell University envisioned an organization combining research, captive breeding and reintroduction, landscape restoration, along with education to safeguard the world's fifteen crane species. Thanks to an ICF reintroduction program, Whooping Cranes are nesting again in Wisconsin. For more information on ICF visit [www.savingcranes.org](http://www.savingcranes.org)

Sandhill Cranes may fly 300 miles in a day as they migrate to the midwest from their Florida wintering ground. When they begin migration, in February or March, their plumage is grey. Along the way they preen mud into their feathers for camouflage and protection while they nest.

Cranes are almost silent as they fly. In flight their necks are stretched out in front and their legs trail behind. Watching as they land is enchanting. They seem to pause mid-flight, then float gently down to the ground.

My stint on Saturday morning, April 13, along with thousands of others across the midwest, had me up and out long before my usual rising time. I parked the car in an open area on the edge of my assigned section hoping to view



PHOTO by JOHN THRASHER

a glorious sunrise. With windows open wide I relaxed in the driver's seat, reminding myself that I could safely close my eyes this time. I would have preferred a long walk along the quiet dirt road, but planners suggest the importance of staying still so as not to disturb nearby cranes. I listened for two hours. If there were any cranes around, I didn't detect a one. But don't you know, a pair flew alongside my car as I returned home.

#### IMPORTANT JUNE DATES

- Wednesday 6/5, 6pm, monthly Chicog meeting
- Saturday 6/8, 8-2, Town Clean-up Day, town hall
- Wednesdays 6/12&26, Namekagon Transit service
- Wednesday, 6/26, 10:30-12, Books&Bread, Beaverbrook
- Thursday 6/27, 11-3, Chicog

Walkabout, town hall  
(For summer, walkabouts will be held once a month)  
Thursday 6/27, 11-1, Bibliodrag-

on, town hall  
  
Town Website:  
[www.townofchicog.com](http://www.townofchicog.com)



If you have a long history in Chicog township, I'd like to chat with you. [jojmalek@yahoo.com](mailto:jojmalek@yahoo.com)

**SENIOR CENTER NEWS**

**CAROL ADDINGTON**

Birchwood Senior Center

Greetings y'all and do hope you have had a wonderful month of May flowers and awesome greenery. We got just the right amount of rain at the right time. Some wonderful students and a teacher from school came to my home and restored my yard to what it used to be before Covid. I got some grass seed and 'sowed' it and I am getting lovely green sprouts where I used to have grass before the gravel from my driveway took over. I hope some of you also took advantage of that offer from school. It was so welcome! Thanks kids, and staff!

\* Most people don't think I am as old as I am until they hear me stand up...

\* I have some wonderful news. A group of 'seniors' got together with our financial advisor and discussed our \$ condition. It was decided that we could give two scholarships again this year, because for the last few years we have been recipients of \$\$ from the Community Fund you all contribute to... thanks to you all for that! You will have to wait until next month to find out who won. We have turned that over to the school scholarship committee.

\* I have put a lot of thought into it and I just don't think being an 'adult' is going to work for me...

\* Our Dining at Five has been a full house this year and if you aren't joining us, now is

**BIRCHWOOD SENIOR CENTER  
LAKESIDE CENTER**

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

the time to put that on your 'to do' list. The meals are awesome and if you can't find it, just call the center. I promise you, you WILL be glad you did!

\* Unfortunately there is no lifeguard in the gene pool. Yes, I have used that before...

\* On May 9th a large group of 'seniors' gathered at the center for a meeting. We are a very unique center as most of our participants do not live in Washburn County. Most of us come from Barron County, but this center is within a few miles, where as the Barron Center is about 30 or so miles away. We are also active in the Birchwood community and pay our taxes to the Birchwood School. I live 2 miles from the center. I have walked it and biked it in the past and I have volunteered at the school for 30+ years. I also belong to a local church and sang in a local chorus in my younger years. It is my community. If you have not stopped in. Do so! The coffee pot is always on.

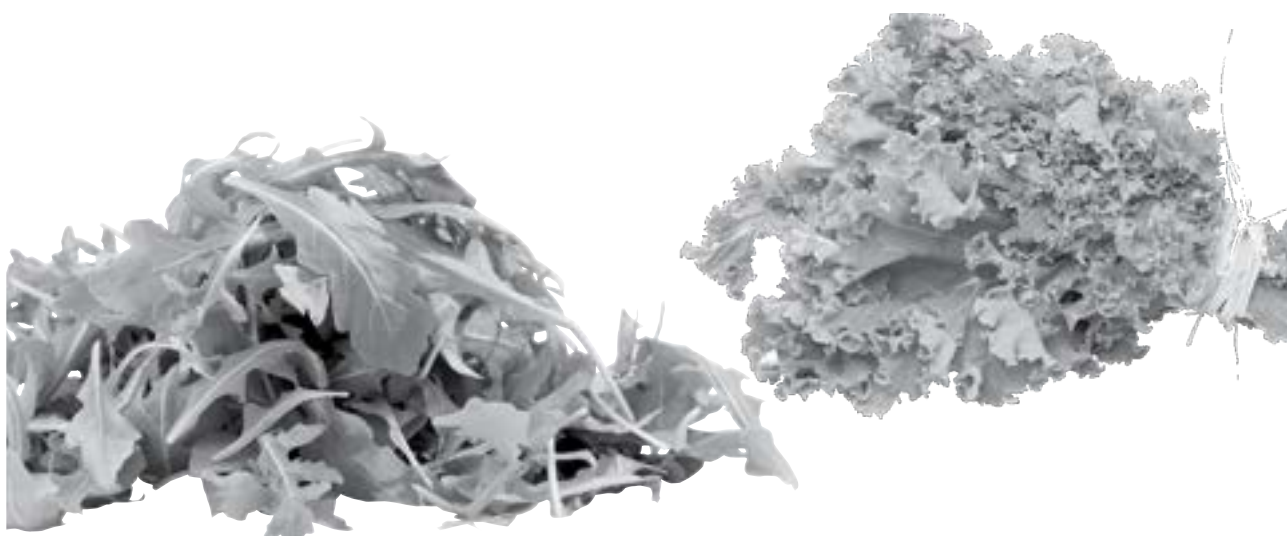
\* To Err is human. To blame it on someone else shows management potential!

\* REMEMBERING - 1970 Okay. I am going

to do this a bit...but as I read my book on the 70s...I am wondering how many of you really want to remember them. They were really U G L Y! For me at least as my girls were graduating and heading off to college and do you remember college in the 70s? And the hardest thing about the 70s..They're kind of happening again. Yes, history does repeat itself. What I am going to do is just list some words and hopefully you can forget or remember them as you wish. There is an awesome book I was given at Christmas that I have used for my 'remembering' with you...it is called "I Remember That!" by Bill O'Neill. It is a really great piece of history and goes thru the 90s. It has been a really good conversation piece around my house. Okay, here are the 'topics': Olympics in Munich - Bicentennial - OPEC (gas prices) - yellow ribbons on trees. We have come thru a lot and life IS good.. here in Birchwood...but life does go on and we can be thankful for each day we have right here... right! See you in June....Lord willing!

**EAT WELL, AGE WELL**

**EAT WELL, AGE WELL. June - Arugula and Kale**



**Did you Know...**

Not only the leaves, but the flowers of arugula are edible.

---

Unlike many veggies, cooking kale doesn't decrease any of its nutritional value.

June is Alzheimer's and brain awareness month! Arugula is a leafy green plant that is packed with vitamins, minerals, as well as antioxidants, molecules that fight free radicals in the body. Specifically, arugula is an excellent source of omega-3 fatty acids, as well as vitamins A and C, which may protect the brain from degenerative diseases such as Alzheimer's.

• Storage: Wrap the stems of bunched arugula with damp paper towels. Store both leaves and bunches in a plastic bag in the refrigerator for up to 2 days.

• Preparation: Carefully handle arugula to avoid bruising. It is crucial to wash the leaves thoroughly in cold water to remove any trapped soil or grit, and then dry them completely with a kitchen towel.

Kale comes in a variety of colors, flavors, and textures: redbor is characterized by its deep purple, curly leaves; red Russian has blue-green and purple leaves with a semi-sweet taste; and Siberian has large green leaves. It also contains a variety of nutrients including fiber, and folate, as well as vitamins K, C, and A.

• Storage: Kale can be stored for 5-7 days raw; cooked for 5 days; and frozen for 8 months.

• Preparation: Remove the stem from the center of the kale leaf. Chop or tear the kale into pieces. Larger pieces can be used for soups and stews, while smaller pieces are great for salads and pasta. Wash the kale thoroughly and massage it to make it more tender.

GWAAR NUTRITION TEAM  
BY EMMA JONES JUNE 2024

## SENIOR NEWS

# Ten Ways to Beat Social Isolation in Washburn County

SUBMITTED BY **WES WILSON**

Health and Wellness Educator  
UW Extension

Aging is a beautiful and natural stage of life. People over the age of 60 often experience life changing milestones such as becoming grandparents, retiring from and/or changing occupations, and finding new and exciting things that give life few meaning and purpose.



SUBMITTED PHOTO

Volunteer Gardening at Spooner Ag Station

According to the United States CENSUS Bureau, many Washburn County residents are now entering the second half of life with 52% over 50-years-old, and 38% clearing 60-years-old. Washburn County ranks higher than national averages for health outcomes and is especially treasured for its environmental health and natural resources. Washburn County Aging & Disabilities Resource Center (ADRC) among other partners like Washburn County Extension and local non-profits and libraries provide a vault of support and options for seniors.

Despite the support available, older people in the community are often faced with the very real challenges of rural life. In the 2022 Community Health Assessment 49% of respondents identified Mental Health (anxiety & depression) as a major health problem with access to mental healthcare (31%), limited transportation (24%), loneliness/isolation (23%), stigma/lack of knowledge about mental health (23%) and other

barriers as major social and environmental issues affecting health outcomes. The Wisconsin Department of Health Services also found that isolation and loneliness can have a strong impact on our physical and mental health with over 22% of adults over 65 rarely or never getting the social and emotional support they need. Likewise, the Center for Disease Control (CDC) found that social isolation & loneliness were associated with increased risk for dementia, stroke, heart-failure, and suicidal ideation. The National Institute on Aging also found that social connection has also been linked to increase positive health outcomes such as cognitive function, boosted mood, sense of mission and purpose and better abilities to manage stress.

**So how do you find meaning and connection while beating social isolation? Here are 10-tips to stay connected in Washburn County!**

## 1. Get Involved with Your Senior Centers:

The ADRC of Washburn County hosts seniors' centers in Shell Lake, Spooner, Minong, and Birchwood. Senior centers provide a social hub for residents over the age of 60. Though activities can be unique (yoga, crafting, cell-phone literacy, etc.) It's okay to show up alone, make a new friend and



SUBMITTED PHOTO

stay connected! All centers provide community resources and a place to share some food with other residents in a similar stage of life. Transportation services are available on a case-by-case basis for any Washburn County Senior (age 60+) and rides can be scheduled by calling Amber at 715-635-4465.

## 2. Take a Washburn County Extension Class:

Washburn County Extension offers a wide range of community education courses available to the public for free



SUBMITTED PHOTO

or a small, suggested donation. Classes can range from topics including food nutrition, youth leadership, parenting skills, couples' communication skills, connecting with positive emotions, and responding to emotional crisis. Extension also operates the Spooner Agriculture Station which offers opportunities connected with the community and with nature through gardening. Classes are often taught in-person or on zoom and may be offered throughout the region. Learn more about Washburn County Extension by calling 715-635-4444 or visit <https://extension.wisc.edu/>

## 3. Volunteer on Coalitions & Groups:

Washburn County is a center point for a wealth of social action and transformation. Recent research has shown volunteering can lead to more positive emotions, less stress, and can lead to



SUBMITTED PHOTO

increased social supports. If you have a heart that wants to build the community up in a meaningful sustainable way, consider volunteering for several coalition groups.

- 4H regularly seeks help from local volunteers who are interested in making a difference in youth and children and are passionate about helping them learn new

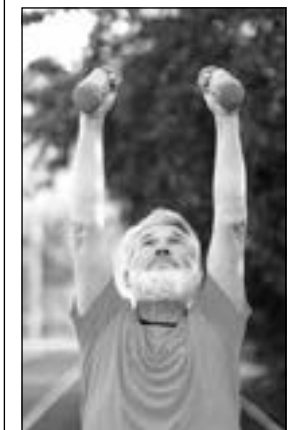
skills and gain new experiences.

- Healthy WashCo meets monthly and primarily focuses on AODA prevention & mental health in youth.
- The Caregiver Coalition provides education and support for caregivers in the community.
- Community First is led by local libraries and focuses on providing social awareness and support for nutrition and literacy.
- Books & Bread is hosted the fourth Wednesday of each month and provides food and books to any family requesting.
- Contact the ADRC of Washburn County to learn more about available volunteer opportunities. They are currently recruiting volunteers for: Meals on Wheels deliveries, assisting in the kitchen at one of their dining sites, transportation drivers for medical appointments, and leaders for upcoming classes. For more information, please call 715-635-4460.

There are many other ways to volunteer as well within the region. For more information about non-profits in the area contact the Spooner Area Chamber of Commerce at 715-635-2168 or visit <https://spoonerchamber.org/>

## 4. Boost Your Health with StrongBodies:

ADRC & Washburn County Extension are partnering to offer StrongBodies in-person at a variety of locations in 2024.



SUBMITTED PHOTO

StrongBodies is a free evidence-based program that lasts for 60 minutes x2 per week. The first class will be held at the Minong Senior Center Mondays & Thursdays, 9am – 10am. Enjoy the company of other residents while improving balance, cardio, and strength. Other possible locations in the future will include Hunt Hill (Long Lake), Jack Links Aquatic

# ISOLATION

FROM PAGE 16

Center (Minong), Birchwood Senior Center (Birchwood), and other locations too! FoodWise also offers StrongBodies virtually each Tuesday & Thursday from 9:00am – 10:00am. Consider joining one of the classes and connect with others who have the same goal. If you love to exercise and want to learn more or become a volunteer facilitator, please contact Wes Wilson – Wesley.Wilson@wisc.edu – (715)-635-4455.

**5. Stop by Hunt Hill for Events or Hiking Club:** Hunt Hill is a Wildlife & Audubon sanctuary located near Long Lake. The



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grounds are filled with accessible pathways to a wide range of nature and bird life as well as historical treasures of the preserve's humble beginnings. Hunt Hill offers many community programs and events geared at getting anyone of any age or stage to experience Wisconsin's beautiful natural resources. Hunt Hill offers a weekly hike club where participants engage hands on with nature, explore the hunt hill property, and connect with other outdoor enthusiasts. Check

out their Facebook Page for current happenings and events. You may also contact Hunt Hill Audubon Sanctuary at (715)-635-6543 or visit [www.hunthill.org](http://www.hunthill.org).

**6. Enjoy Breakfast with Lakeland Family Resource Center:**

Each month grandparents and other family members raising chil-



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dren & teens are invited to attend the Relatives As Parents (RAP) sessions hosted by Lakeland Family Resource Center. This is a great opportunity to connect with others who may be experiencing similar situations or challenges and are also learning how to raise children in today's world. The group completes a short lesson and gives plenty of time to enjoy a meal and company of other families. RAP sessions occur on the second (Birchwood Café) and fourth (Nick's Family Restaurant) Thursday of each month from 9:00am – 10:30am. For more information contact Kelley – (218)-409-7404 – [kelley@lakelandfrc.com](mailto:kelley@lakelandfrc.com)

**7. Visit a Church Service:**

Church communities can be a great way to expand your social environment and make connections



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with likeminded people. Washburn County is home to over 20 different church communities including denominations such as Catholic, Lutheran, Wesleyan, Baptist, Nazarene, and more.

**8. Play Pickleball with Friends at Jack Links Aquatic Center:**

Jack Links Aquatic & Activity Center is a fully equipped facility for improving health and fitness.



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The Center offers a range of fitness events and activities including Pickleball (Tennis type game); Pickleball is the fastest growing sport in America over the past 3 years. Pickle-Ball is offered Mondays, Wednesdays, and Fridays from 8am – 12pm. For more information call 715-972-8320.

**9. Catch a Concert at Shell Lake Arts Center:** Each month



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Shell Lake Arts Center offers a variety of shows, classes, and concerts which are open to the public. Are you interested in Performing Arts? For larger performances, the group often recruits volunteer actors from the community. For more information call 715-468-2414 or visit their website at <https://shell-lakeartscenter.org/>.

**10. Discover Your Local Library:**

Shell Lake and Spooner join 28 other regional libraries to make up the Northern Waters Library System. The system has access to thousands of resources including books, videos, and local research & history. Libraries are also leaders of community events hosting a variety of book clubs, wellness activities, and teaching events like birdwatching, wildlife tracking, and more.



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## SENIOR FARMERS MARKET NUTRITION PROGRAM



### VOUCHER DISTRIBUTION BEGINS JUNE 1ST!

The Senior Farmers Market Nutrition Program allows low income seniors to apply for \$45.00 in vouchers which can 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.

Stop into one of the listed distribution events or our office at 304 2nd Street in Shell Lake to learn about eligibility requirements. Vouchers will be distributed on a first come, first serve basis. For more information about the Senior Farmers Market Nutrition Program please contact Cassi Feiertag at 715-635-4460.

### Distribution Dates and Locations

Additional distributions may be added at a later date

**June 1 - September 30**  
ADRC of Washburn County  
304 2nd St., Shell Lake WI 54871  
\*While supplies last

**Monday, June 10**  
**10:30 am - 12:30 pm**  
Minong Senior Center  
700 Houston Ave., Minong WI 54859

**Monday, June 3**  
**10:00 am - Noon**  
Spooner Memorial Library  
421 High St., Spooner, WI 54801

**Thursday, June 13**  
**10:00 am - Noon**  
Shell Lake Library  
501 1st St., Shell Lake, WI 54871

**Thursday, June 6**  
**11:30 am - 1:30 pm**  
Lakewood Center for Seniors  
110 Euclid Ave.,  
Birchwood, WI 54817

**June 19, July 17 & August 21**  
**5:30 - 7:30 pm**  
Shell Lake Pavillion  
Shell Lake, WI 54871

**Open to Washburn County Residents 60+ (Native Americans 55+)**  
**Participants must be at 185% of the poverty level or below.**  
**Vouchers are distributed on a first come first serve basis.**

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

**ALZHEIMER'S/DEMENTIA AWARENESS MONTH**



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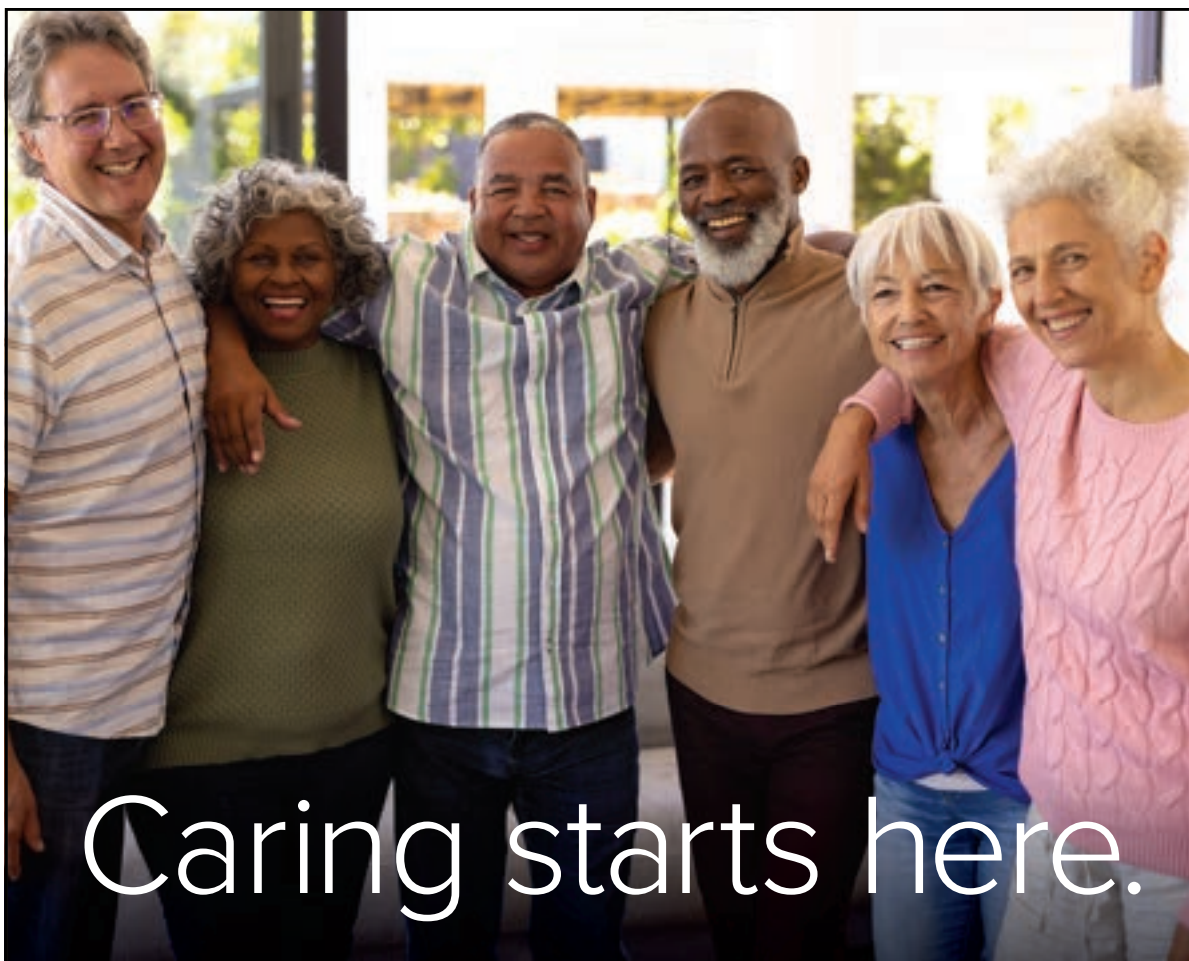
SUBMITTED BY **CASSI FEIERTAG**  
Administrative Assistant

June is Alzheimer's/Dementia Awareness month and I wanted to share a poem with you all. This is an awareness month that is very near and dear to my family as my grandmother was diagnosed with Alzheimer's in 2008. My family is very close and this news was very hard, but we stood by each other and by grandma as well. She had good days, and bad. On the bad days we all had to remember that it was the disease talking, not grandma. She found great joy in her family, especially her great grandchildren. My grandma passed away in November of 2017, but I will always be grateful for all of the amazing memories I have of my time with her. The words of this poem really get you thinking about your loved ones feelings and thoughts. If you know someone who has been diagnosed with Alzheimer's or Dementia, I hope you remember this poem during the difficult times and that it brings you some peace.

**Do Not Ask Me to Remember**

Do not ask me to remember,  
Don't try to make me understand,  
Let me rest and know you're with me,  
Kiss my cheek and hold my hand.  
I'm confused beyond your concept,  
I am sad and sick and lost.  
All I know is that I need you  
To be with me at all cost.  
Do not lose your patience with me,  
Do not scold or curse or cry.  
I can't help the way I'm acting,  
Can't be different though I try.  
Just remember that I need you,  
That the best of me is gone,  
Please don't fail to stand beside me,  
Love me 'til my life is done.

- Owen Darnell



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

# Beneficial Bites

Kale or borecole is a vegetable with green or purple leaves, in which the central leaves do not form a head. It is considered to be closer to wild cabbage than most domesticated forms of vegetables. The name borecole most likely originates from the Dutch boerenkool (farmers cabbage), whereas kale bears semblance to the Danish and Swedish kål and to the German Kohl (a general term for various kinds of cabbage). Some varieties can reach a height of six or seven feet; others are compact and symmetrical which is the best quality for eating. Most kale are either annuals or biennials.

During World War II, the cultivation of kale in the U.K. was encouraged by the Dig for Victory campaign. The vegetable was easy to grow and provided important nutrients to supplement those missing from a normal diet because of rationing.

Kale is very high in beta carotene, vitamin K, vitamin C, and rich in calcium. Kale is a source of two carotenoids, lutein and zeaxanthin. Kale, as with broccoli and other brassicas, contains sulforaphane (particularly when chopped or minced), a chemical with potent anti-cancer properties. In the Southern United States, kale is often served braised, either alone or mixed with other greens, such as collard, mustard, or turnip. Flavored kale chips have also been produced as a potato chip substitute.



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While visiting the Shell Lake Senior Center, local artist, Roger Nielsen took the time to draw portraits of three of our regular senior center attendees. Roger is one of our three featured artists at the Washburn County Wellness Center. To see more of his artwork, visit his website at [www.rogerhnielsen.com](http://www.rogerhnielsen.com). Thank you Roger for sharing your gift with all of us here in Washburn County.

## Seniors, We Appreciate Your Business! A local guide to shopping, services, dining & entertainment for our community's seniors



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## BRAIN HEALTH SCREENING



Join us this June at our weekly Brain Health Screening opportunities. A Brain Health Screen is a 10-15 minute assessment that can provide a baseline memory measurement.

**DATES/LOCATIONS:**

June 3rd • 2:00 PM  
**Minong Senior Center**

June 10th • 2:00 PM  
**Human Services Building**  
(Shell Lake)

---  
June 17th • 2:00 PM  
**Washburn County Wellness Center 50+ (Spooner)**

---  
June 25th • 2:00 PM  
**Birchwood Senior Center**

**WHY SHOULD I GET SCREENED?**

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

Contact **Patryce Garcia** with any questions OR to schedule an appointment.  
**715-635-4477**

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