

Celebrating the History of Washburn County



ADRC DIRECTOR NEWS

SUBMITTED BY

LINDA HAND

ADRC Director/
Aging Director

We recently installed a mural on the wall of the ADRC lobby, celebrating the history of Washburn

County and the people who make it such a wonderful place to live and work. The large mural features a large historical picture of a 4th of July celebration in front of the Washburn County Courthouse, taken some time in the late 1800's. Historical pop-out pictures include local residents enjoying activities, throughout the county. We then incorporated some of our most recent ADRC photoshoot pictures by Beau Petersen Photography, to show that no matter what the year, the people and places of Washburn County are resilient and vibrant as we all "Live Well, Age Well" in Washburn CountyW. Historical pictures provided by the Washburn County Historical Society.

This year will mark the start of the 250th Anniversary of the adoption of the Declaration of Independence. I can still remember the hype of the 200th in 1976. Wow, how time passes! Here is some history of the day, followed by an article and pictures provided by Adam Smith, Washburn County Veteran's Service Officer. Adam recently accompanied his father on the Veterans Honor Flight. What a great experience, for those veterans who served our country to uphold this declaration of 250 years ago. Thank you for your service.

<https://www.history.com/articles/july-4th>

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2025 is on Friday, July 4.

JOIN US ON JULY 23, 2025 FOR OUR 5TH ANNUAL SUMMER SOCIAL DINNER & CONCERT SERIES.

The July menu will feature a Walking Taco, Salad Bar toppings, Refried Beans, Spanish Rice, Fruit, and Tres Lectes Cake. Reservations will open at 8:00 a.m. on Tuesday, July 1st, no early birds. Meals are limited to the first 150 reservations.

We ask that if you are unable to come, please contact the office to cancel your reservation, as there will be a waitlist. Call 715-635-4460 to reserve your spot! Following dinner, the well-known 2nd Time Around Band will be rockin' the Shell Lake Pavilion stage on the beach of Shell Lake. Get ready for a great evening of food, fun, and fantastic music!

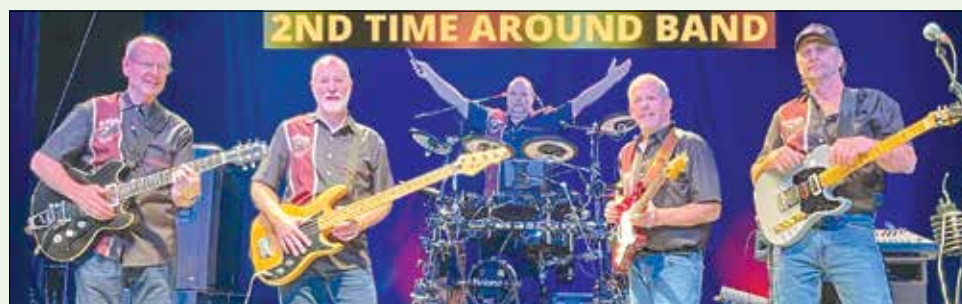


photo submitted by ADRC

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical.

By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the bestselling pamphlet "Common Sense," published by Thomas Paine in early 1776.

On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies' independence.

Amid heated debate, Congress postponed the vote on Lee's resolution, but appointed a five-man committee—including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York—to draft a formal statement justifying the break with Great Britain.

On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 "will be celebrated, by succeeding Generations, as the great anniversary Festival" and that the celebration should include "Pomp and Parade...Games, Sports, Guns,

Bells, Bonfires and Illuminations from one End of this Continent to the other."

On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

Fourth of July Becomes a Federal Holiday

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "The Star-Spangled Banner," the national anthem of the United States.

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UPDATE

Just a reminder that Patryce Garcia, Dementia Care Specialist and Caregiver Support Coordinator, will be out of office from June until September. If you are in need of support in these areas, please call 715-635-4460 and you will be directed to the right people. Thank you!

SENIOR NEWS

PLEASE SHARE YOUR STORIES
of how the ADRC of Washburn County services have helped you or a loved one.

If you are willing to share your experience, we are compiling local stories to submit to our local, state, and federal representatives.

In Wisconsin, ADRCs and the Older Americans Act (OAA) Aging programs coordinate to ensure that older adults and people with disabilities can access the full range of information and services available. The ADRC of Washburn County serves as a single entry point for rural older adults and people with disabilities. We assist residents to access benefits, long-term care, Dementia & Caregiver Support, Congregate & Home Delivered Meals, Elder & Disabled Transportation, Health Promotion programs, social opportunities, educational presentations, and the resources needed to remain living in their homes.

The WI Department of Administration, Washburn County Projected Total Population Age 60+ indicates a substantial increase in the aging



SUBMITTED PHOTO by PIXABAY

demographic that we serve. Washburn County data shows that in 2020, the 60+ overall population was 38%, with projections for 2030 at 44%, 2040 at 45%, and 2050 at 46%.

Your stories can be dropped off at any of our

senior centers in Birchwood, Minong, Shell Lake, Spooner Wellness Center 50+, and the ADRC of Washburn County in Shell Lake. You can also email us at adrc@co.washburn.wi.us or snail mail us at ADRC of Washburn County, P.O. Box 316, Shell Lake, WI 54871.

Local stories are the most meaningful to our representatives. These are real-life examples of how our programs impact the overall community.

Thank you for your continued support of our aging & disability services in Washburn County, Wisconsin.

Linda Hand
Director, ADRC of Washburn County



Our volunteers are the heart of our organization. Volunteers deliver meals and provide a daily safety check to homebound seniors, serve meals at our dining centers, assist in the kitchen, drive homebound to medical appointments/shopping, help out in our office, facilitate evidence based healthy aging programs, and so much more. Will you join us?

VOLUNTEER DRIVERS & KITCHEN ASSISTANCE DESPERATELY NEEDED

HIGHEST NEED:

Shell Lake: Meals on Wheels Drivers

HIGHEST NEED:

Minong: Kitchen Assistance

OTHER AREAS: Birchwood & Spooner
Always accepting applications for assistance.

Please contact the ADRC of Washburn County office at 715-635-4460 or stop by 304 2nd Street, Shell Lake, Monday-Friday from 8:00 a.m. to 4:30 p.m. for an application. Training is provided. Mileage reimbursement for drivers at the Federal rate. * All volunteers must pass a criminal background check prior to beginning to volunteer.

Offering Urological Care Close to Home

Christopher K. Tornehl, MD



Schedule an appointment today.
Call 715-835-6548.

FOOT & NAIL CARE SERVICES

for seniors and people with disabilities who live in Washburn County

at the Spooner Wellness Center by appointment only
(other locations coming soon!)

EVERY SERVICE INCLUDES:

- Warm soak
 - Nail trim & file
 - Callus reduction (foot)
 - Lotion
- All reusable tools are autoclave sterilized!

SERVICES ARE PROVIDED BY MELISSA:

- Licensed Practical Nurse (LPN)
- 16+ years of experience in long-term care facilities
- Dementia-care certified
- Insured

RATES:

- \$25 Fingernail Trim
- \$35 Foot Care and Toenail Trim

Cash or check only
Cannot bill insurance

Reimbursement programs may be available.

To learn more, contact the Washburn County Aging and Disability Resource Center (ADRC) at 715-635-4460

Call or text to schedule 715-645-2558

SENIOR NEWS

FRIDAY FACTS: Wellness Across the Dimensions

Practicing wellness outside of work is essential for recharging, preventing burnout, and improving overall quality of life. Here’s a variety of ideas across different wellness dimensions:

MENTAL & EMOTIONAL WELLNESS

- Practice mindfulness or meditation (even 5 minutes a day can help).
- Limit doom-scrolling—set boundaries around news or social media intake.
- Start a gratitude journal—note 3 good things daily.
- Try therapy or peer support groups, especially if your employer offers access.
- Read for pleasure, not just work—escape into a good book.

PHYSICAL WELLNESS

- Get regular movement: walking, biking, yoga, weightlifting, or dancing.
- Prioritize sleep—establish a consistent wind-down routine.
- Cook a new healthy recipe each week (or meal prep to make life easier).
- Stretch in the mornings or after shifts to ease body

- tension.
- Join a rec league or group fitness class for social motivation.

SOCIAL WELLNESS

- Make time for people who recharge you— even a quick coffee or check-in call.
- Volunteer in a cause you care about.
- Join a local club or hobby group (book club, hiking, gardening).
- Plan tech-free time with family or friends.

CREATIVE WELLNESS

- Try a new hobby like painting, woodworking, journaling, or photography.
- Learn something non-work-related—a language, instrument, or craft.
- Garden or do DIY projects—hands-on activities help ground the mind.

ENVIRONMENTAL & SPIRITUAL WELLNESS

- Spend time in nature—even a short walk can reset your nervous system.
- Create a calming home space with plants, candles, or decluttering.

- Reflect or journal on purpose and values— what gives your work/life meaning?
- Attend a faith-based service or spiritual group if that aligns with your beliefs.

FINANCIAL WELLNESS

- Set small financial goals (e.g., save \$10/week).
- Review your budget to reduce stress or work with a financial coach.
- Take a “no spend” day or week as a challenge.

Whatever wellness looks like for you, make space for it—you deserve moments that restore, recharge, and reconnect you to what matters most.

The Employee Achievement Program® Friday Facts is for informational purposes only. It does not diagnose problems or recommend specific treatment, and it’s not a substitute for your doctor’s care. This information provided to you by your EAP provider, REALiving®. For more information: [REALiving.com | info@REALiving.com](https://adrcwashburncounty.org/)



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

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

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

ADRC of Washburn County Staff Contacts

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.

Nichole Caudill & Bethany Miller - 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.

Tara Macone - 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 (Ted) 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.

Charlotte Jaeger - 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 Managers
Kristi Shoop (Birchwood) • Laura Gomez (Minong)
Hope Dodge (Shell Lake) • Jena Hammersberg (Spooner) • Patricia Love (Spooner Cook)

Amber Anderson – Administrative/Transportation Coordinator - 715-635-4465
Washburn County Transit provides medical, nutritional, and social rides for residents age 60+ and adults with disabilities.
Washburn County Transit Drivers
Fred Kosmach • Mike Schroeder Victoria Corton

Lana Balts - Fiscal Assistant
715-635-4463

Aging & Disability Services Committee
Joe Hoy – Chair
George Cusick – Vice Chair
Kasey King • Jocelyn Ford • Lolita Olson

ADRC Governing Board
Bob Olsgard - Chair
Danielle Larson • Char Snarski
Colleen Cook • Shell Lake Open Seat
Mark Van Etten • Mike Linton • Mike Schroeder
Anthony Vabilaitis

ACCEPTING APPLICATIONS FOR THE CITIZENS’ ADRC GOVERNING BOARD!
Please contact
LINDA HAND, ADRC DIRECTOR,
at 715-635-4460 for more information.

THE DYNAMIC DUO

Two Washburn County Residents Receive the Wisconsin Diehard Award

THE DYNAMIC DUO

No, we are not talking about Batman and Robin. We are talking about two Washburn County residents that received the Wisconsin Diehard Award for their advocacy and creating positive change for persons with disabilities and the elderly. The Awards went to Ben Barrett and Jeff Fox. These guys are not the suit and tie type, although they have met with WI and US Representatives, Senators and the Governor.

Severe accidents changed their direction in life. Ben and Jeff met at an event called Rendezvous in 1995. North Country Independent Living now indiGO, created the event to introduce people with disabilities to outdoor recreation. That was the beginning of an unplanned journey.

Through their experiences with navigating life with their disabilities and a constant, need to advocate for themselves they joined ADAPT, a grassroots disability rights organization. They joined the march from Philadelphia to Washington DC following the Olmstead Decision, which allowed the least restrictive environment for housing persons with disabilities. The march was to influence government to provide Home Based Community Services. The protests and congressional visits are what moved the government to implement necessary programs for people with disabilities to live independently. Independently! Not in a nursing home. This has had an effect on how the medical system works. The length of stay at a hospital has been shortened severely and patients often go back to their home with a home care team. People with disabilities could leave the nursing home and have in home assistance available. Benefits of home care are the savings of nearly 50% on patient care at home as compared to a nursing facility. People recover better at home rather than a hospital and

people with disabilities could live in the community, be employed and contribute as community members.

Back in Wisconsin, Ben and Jeff were appointed to the Governor's Council on Physical Disabilities. This advisory council provides guidance to the governor on issues that affect disabilities. They helped shape the way home care is provided in WI. They also worked on establishing the framework for the Aging and Disability Resource Centers (ADRCs). Following Hurricane Katrina and the losses of persons with disabilities and elderly, Ben and Jeff worked on emergency preparedness and toured the state presenting the information and providing Go Bags. The Go Bags were packed with the necessary information to survive emergencies. In Superior They advised Mayor Jim Payne on a home building project to incorporate universal design. No step entrances made the homes prepared for aging in place and framing in the shower/bath were prepared for installing grab bars. Ben and Jeff also became board members of indiGO helping to shape the direction of disability services in Northern WI.

COUNCIL ON PHYSICAL DISABILITIES

The Wisconsin Council on Physical Disabilities was created by the state legislature in 1989. Its mission, established by Wisconsin state statute 46.29(opens external link) is to:

- Develop and implement a state plan for services to people with physical disabilities.
- Advise and make recommendations to state agencies on relevant legislation.
- Promote public awareness about the abilities of and barriers to people with physical disabilities.
- Encourage the development of programs and policies that prevent physical disabilities.

- And submit recommendations in an annual report to the state legislature.

Please note: The Council on Physical Disabilities (CPD) values your input on program, policies, and legislation that impacts people with disabilities. The CPD works on and recommends changes in disability programs and policies. The CPD does not provide: financial assistance, direct service provision, oversight, legal advice, or enforcement of business, facilities, providers, or services in violation of the American with Disabilities Act (ADA).

CPD: JOIN THE COUNCIL

Together we can work toward a world where all persons with physical disabilities have access to the same life choices and opportunities as any other Wisconsin citizen.

The Council invites you to work with us to improve the lives of people with physical disabilities. We are seeking individuals, organizations, professional associations, providers, and others to become part of our network.

As a member, liaison, or community stakeholder attending out meetings, you can provide valuable information, advocacy for issues related to persons with physical disabilities, and much more.

You will receive periodic summaries about legislation, as well as links to information on physical disability issues.

Interested in participating as a member or as part of our network? Apply to serve (opens external link).

Please email Ashley Baker at Ashley.Baker@dhs.wisconsin.gov (opens external email) if you have questions or comments, or call us at 608-716-9212 (voice), TTY/TDD/Relay: WI Relay 711.

PROJECT SEARCH

Students Graduate from Project SEARCH at Rice Lake Weighing Systems

On Thursday, May 29, 2025, six local young adults with disabilities celebrated their accomplishments in a special graduation ceremony at Rice Lake's Project SEARCH program.

The graduation ceremony was the culmination of nine months of work for the participants in Project SEARCH, which is a job skills training program that utilizes internships for young adults with disabilities to learn employability skills. Throughout their time this year, participants had the opportunity to experience various jobs within the departments of Rice Lake Weighing Systems.

Currently two of the six participants have been hired in the community and are working part-time.

The other four participants are working with their job developers and team on job searches, submitting applications, and preparing for interviews with the goal of working at least sixteen hours a week in our local community.

Congratulations graduates! We are so proud of you. (In the photo, 2025 Project SEARCH Graduates, left to right: Conner Vincent, Jo Biondolillo, Joshua Holmstrom, Michael Skodowski, Nick Brown, and Josh Livingston.)

For more information about the program or to schedule a tour, please contact Nikki Deli (Instructor) at 715.575.1601 or nikki@venturesunlimited.org.

Nikki Deli
Project SEARCH Instructor
Rice Lake Weighing Systems
nikki@venturesunlimited.org
Classroom #: 715.736.6483
Google Voice #: 715.575.1601 (call/text)

Project SEARCH Rice Lake Area Facebook: <https://www.facebook.com/projectsearchricelake/>
Rice Lake Weighing Systems Website: <https://www.ricelake.com/project-search/>
Ventures Unlimited Website: <https://venturesunlimited.org/project-search/>

SENIOR NEWS

Am I a Safe Driver?

EVALUATING OLDER DRIVER SAFETY

Posted on Jun 04, 2025
National Aging and Disability
Transportation Center

Mobility is essential for ensuring independence and continued engagement of older adults in their communities. Deciding to give up the keys is a major life-changing event. The services discussed in this blog support older adults and their families who are struggling with the decision to give up the keys. Unfortunately, many older adults wait until they stop driving before trying public transportation, even though they could benefit from these services even as they continue to drive. Building connections between programs that support older driver safety and public transportation providers can help to ensure smoother transitions to non-driving and encourage older adults to begin using public transit or community transportation options sooner.

Driving is more than just a way to get around. It represents freedom, independence, and connection to the people and places that make life meaningful. Whether it's a weekly grocery trip, meeting a friend for coffee, going to a medical appointment or picking up a grandchild from school, driving is often central to our daily lives.

But sometimes, health changes—like a stroke, injury, or memory concerns—can make us wonder: Am I still safe behind the wheel? If you know someone who is asking this question, then you have the opportunity to help them explore their options and ensure they have the right support to stay safe and confident.

WHAT DOES "FITNESS TO DRIVE" MEAN?

Fitness to drive isn't just about passing a vision test or renewing a license. It's about making sure someone has the physical, mental, and sensory abilities to handle the complex demands of driving. This includes things like reaction time, attention, judgment, strength, and coordination—all of which can be affected by aging or medical conditions like arthritis, brain injury, Parkinson's disease, or dementia.

According to the Insurance Institute for Highway Safety, 87 percent of adults age 70 and older are licensed drivers. And drivers ages 65 and older



CREDIT: FITNESS TO DRIVE, COLORADO SPRINGS, COLORADO

now represent more than 22 percent of all licensed drivers. With so many older adults on the road, it's important to recognize that safety and independence can go hand in hand.

This is where occupational therapists (OTs) come in. OTs are healthcare professionals who help people do the everyday activities that matter to them, including driving.

COMPREHENSIVE ASSESSMENTS: HOW OT CAN HELP

When it comes to driving, OTs assess how an individual's health status and physical, visual, and thinking abilities impact their driving skills, helping them understand their strengths and identify areas of concern. In the context of fitness to drive, the OT conducts a comprehensive assessment. This can involve evaluating an individual's physical abilities (such as strength, range of motion, and coordination), cognitive skills (like attention, memory, and judgment), and sensory processing (such as visual and auditory processing). After the in-clinic testing, the OT driving specialist will complete a behind-the-wheel assessment in a vehicle that has a passenger brake. The last step is a consultation to discuss the results from the assessment and make a plan for the future.

OTs support the whole person, including families, to navigate tough decisions, help drivers understand their abilities and limits, and empower them to make choices that prioritize both safety and independence. Sometimes this means continuing to drive with the right supports or adaptations in place. Sometimes it means making the hard decision to hang up the keys. Either way, OTs walk alongside individuals and families with compassion and expertise.

COMMUNITY SUPPORT: WORKING TOGETHER FOR SAFER ROADS

Occupational therapy for driving is often a private pay service, as Medicare does not recognize driving as "medically necessary." In Colorado Springs, Colorado, a partnership between the local occupational therapy program and the Pikes Peak Area Agency on Aging (PPAAA) covers the driving evaluation cost for community members over the age of 60 with Older Americans Act funds. This fantastic partnership benefits the community as a whole, enables access to important driver safety services and allows people to maintain driving independence for better mental and physical health.

The Area Agency on Aging provides information on other services that may be needed, including access to transportation services as needs change over time. When individuals must make the difficult decision to give up their keys, the PPAAA provides assistance with identifying transportation alternatives. This partnership reflects a strong commitment to helping people stay safe, connected, and independent for as long as possible.

Changing driving habits does not mean someone has to lose their independence. By offering the right information and support, older adults and their families are empowered to make decisions that prioritize both their freedom and well-being.

Terri Cassidy, OTD, OTR/L, CDRS is an occupational therapist and the founder of Fitness to Drive (formerly Health Promotion Partners), which provides occupational therapy services for driver safety. Her current outreach includes programming and resources on the topics of older driver safety and driving with neurodivergence. Learn more about services at <https://www.fitnessdrive.org/> or contact her at Terri@fitnessdrive.org

Our Advanced
Technology
can
Revolutionize
Your Smile

Night Guards

Especially important for seniors to prevent tooth damage, jaw pain and even headaches. Don't wait for injury—take control of your dental health with a night guard today - get yours in just 2 appointments and take it home in a week or less!

For more information, please visit
GreenValleyDentalCare.com
or give us a call: **715-635-7888**

Senior Dental Savings Plan

NO INSURANCE? NO PROBLEM!

- Seniors 60 years & older eligible
- Includes 2 cleanings, most recommended x-rays and 3 exams per year
- No waiting period
- No monthly premiums or deductibles
- No yearly maximum

GREEN VALLEY DENTAL CARE

Paul A. Kloek, D.D.S.
W7154 Green Valley Rd.
Spooner, WI

JULY					LUNCH & HOME DELIVERED MEALS MENU
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Chicken Kabobs Asian Sesame Slaw Rice Pudding w/ Craisin Fortune Cookie Mandarin Orange	Baked Ham Roasted Sweet Potatoes and Broccoli Garden Salad Dinner Roll Pineapple	Bratwursts on WG Bun Cowboy Beans Potato Salad Apple Bars Watermelon	HOLIDAY OBSERVANCE No Meals Served or Delivered	
	1	2	3	4	
Tuna Macaroni Salad on Leaf Lettuce Three Bean Salad Cramy Coleslaw WG Bread Watermelon MINONG DINING AT 5	Beef Tips Over Mashed Potatoes Glazed Carrots WG Bread Pineapple	MINONG SALAD BAR DAY Loaded Chef Salad with Ham, Egg, Cheese, Veggies, Dressing WG Bread Peaches	Broccoli & Chicken Fettuccini Alfredo Buttered Peas WG Garlic Breadstick Pears	Pork Chops Roasted Cauliflower w/Red Peppers Company Potatoes Dinner Roll Orange	
7	8	9	10	11	
Brat Stew Over Brown Rice Creamy Coleslaw Apple WG Bread SHELL LAKE DINING AT 5	Fish Cakes with Fresh Lemon Dill Cream Sauce Boiled Red Potatoes Black Bean Salad WG Bread Approcots	SENIOR SOCIAL DINNER & CONCERT Ham & Cheese Baked Potato with Cheddar, S.C., Steamed Broccoli WG Bread Pears	Beef Stroganoff over WG Egg Noodles Asparagus Buttered Carrots Applesauce Cook's Choice Cookie	Grilled Chicken with Tomato Basil Spaghetti Walnut Caesar Salad WG Garlic Breadstick Staweberry Mousse	
14	15	16	17	18	
Cobb Salad w/ Chicken, Bacon, Avocado, Egg, Veggies, Dressing, WG Bread Honeydew SPOONER DINING AT 5	Home-Style Meatloaf Whipped Potatoes Baked Bean Medley WG Bread Peaches BIRCHWOOD DINING AT 5	SENIOR SOCIAL DINNER & CONCERT Chicken Pot Pie Sweet Potato Wedges Buttermilk Biscuit Sour Cream Cranberry Bar	SOUP & SANDWICH DAY Turkey & Swiss Sandwich with Leaf Lettuce & Cranberry Mayo on WG Bread Tomato Basil Soup Crisp Grapes	Garlic Thyme Beef Roast with Creamy Horseradish Sauce Mashed Potatoes Buttered Green Beans, WG Bread Fresh Fruit	
21	22	23	24	25	
Pulled BBQ Pork on a Whole Grain Bun Red Potato & Herb Salad Baked Beans Fresh Apple	Old Fashioned Goulash Roasted Brussel Sprouts WG Garlic Breadstick Triple Berry Crisp	Roasted Pork Loin with a Mustard Sauce Roasted Cauliflower Glazed Carrots WG Bread Oranges	Oven Roasted Chicken w/Mushroom Gravy Whipped Potatoes Steamed Spinach Cantaloupe		
28	29	30	31		
All meals served with 1% milk • Menu subject to change without notice due to food availability FOR RESERVATIONS CALL: Spooners 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.					



MINONG MENU
MONDAY, JULY 7th
4th of July Celebration
Build your own Hamburger, Potato Salad,
Apple Cranberry Coleslaw, Cowboy Beans
RED-WHITE AND BLUE Shortcake

SHELL LAKE MENU
MONDAY, JULY 14th
Let's Picnic
Chicken Waldorf Salad, on Cranberry Wild
Rice Bread, Summertime Macaroni Salad,
Broccoli-Cauliflower Salad,
Strawberry Shortcake

SPOONER MENU
MONDAY, JULY 21st
Summertime Picnic
BBQ Chicken, Potato Salad, Cowboy Beans,
Dill Carrots, Strawberry Pretzel Dessert

BIRCHWOOD MENU
TUESDAY, JULY 22nd
Hog Wild Picnic
Hamburger and Brats on a Whole Grain Bun,
Baked Beans, Potato Salad,
Fruit Salad, Ice Cream Sandwich

=====

Suggested Contribution 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: 715-445-0418 • Birchwood: 715-354-3001

DONATIONS NEEDED



ACCEPTING FLEECE DONATIONS
FOR THE WASHBURN COUNTYMEMORY CAFE

Drop off at any Washburn County Senior Center
OR ADRC office at 304 2nd St., Shell Lake, WI

Donations are going toward a group project benefitting animals and the humane society.
Donations will be accepted through the end of June or until there is enough for the project.
Please ensure all donations are clean and free from stains. **THANK YOU**

SENIOR CENTER NEWS

SPOONER SENIOR CENTER
WASHBURN COUNTY WELLNESS CENTER 50+
850 W. Beaverbrook Ave., Spooner | 715.635.8283

NUTRITION SITE MANAGER: JENA HAMMERSBERG
CO-CHAIRS: CLAUDIA BROZ • 651-354-7846 | LYNN BEARD • 715-520-3569

VERDELL PETTEY
WASHBURN COUNTY WELLNESS
CENTER 50+ NEWS
Verdellpettey@gmail.com

Did you know you can use summer to head outta winter! In this example, Mesa, AZ is the destination. MESA stands for “Moved - Escaped Snow Accumulations.” In 1996 Chuck and Sharol Lull retired, sold their Illinois home and bought a motorhome. They scanned the USA to get an idea of where they would enjoy a new home. Two and a half years later they found a 55 Plus Park in Mesa, Arizona and moved into a park model. Later they found a double wide trailer and this

would be their winter home. They still took trips with the motorhome. Sharon laughed as she remembered how the motorhome didn’t like going up hills! In 1998 they went as far north as Spooner and bought a small summer home on Big McKenzie Lake. The drive between homes took anywhere from 2 1/2 - 4 1/2 days, or a 3 1/2 hour flight. They are selling this summer home now and “heading outta winter” to Mesa. They look forward to the conveniences of all the stores within 5 miles; the activities of bunco, card games, jam sessions, exercise, pickle ball and swimming and of course warmer weather! The main hall offers music and plays. It’s no secret our senior center will miss this couple and all

the fun we have. We wish you well and keep smiling and laughing! Thank you for your story.

Thank you Colleen Cook for cleaning up the community garden beds of the planting boxes at our center. (Did you know that anyone can bring something to plant? You can help water and weed the beds and take veggies home.) Colleen noticed people coming into the center to see the movie “Arthur’s Whiskey.” It was our 1st Friday Flick in June. She dropped her garden gloves and watched the movie with us. She also attended the Sr. Nite Out on June 12th. It was Mexican food at LaAutentica in Rice Lake. Colleen is so outgoing and fun. She’s a great example to other seniors how to stay young meeting new people and encouraging others to join in.

Our Dining @ 5 June 16th featured Lemon Thyme Chicken by our new cook Jena Hammersberg and volunteers! Connie Halverson and Janette Reitzel did the table’s decor. Our Bingo players came at 3:30 and enjoyed a few games before dining.

OH WHAT A NIGHT! Larry’s Drifters hit the stage with their country western music June 18th at the Summer Social Dinner and Concert Series at the Shell Lake Beach. The TLC Bar from our center brought their famous non-alcoholic mocktails to the event. On July 23rd the Summer Social features the band “Second Time Around.”

“Reelin’ in the New Memories” took place near our center on July 8th. Washburn County residents living with dementia fished for free at the Veterans Memorial Waterfront Park. Thank you ADRC and volunteers for this event for our friends.

OH DEER! Somebody should have told a deer to use the crosswalk at the downtown Kwik Trip. Instead he jay walked into my car’s left headlight and I ran over him. All this on a late Friday afternoon with heavy traffic. I’m ok, my car can be repaired and I’m so thankful there wasn’t a chain reaction of accidents.

Be sure to enjoy the 4th of July and of course the Spooner Rodeo.

MINONG AREA SENIOR CENTER
700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: LAURA GOMEZ - 715-466-4448
PRESIDENT: POLLY LEINWANDER

POLLY LEINWANDER
MASC President
Minong Area Senior Center

Hello from the Minong Area Senior Center

Mother’s Day and Cinco de Mayo were jointly celebrated at the Minong Area Senior Center’s Dining At Five on Monday, May 5th. As guests signed in, Mother’s were given a colorful, handmade, paper carnation made from cupcake liners and a small Mother’s Day card. Guests then proceeded to have their pictures taken in front of the beautiful Mexican wall drop. The dinner was Beef Tamales with Mexican corn relish served on lettuce, with guacamole and sour cream, Spanish Rice and Refried Black Beans; it was certainly a tasty Mexican dinner, enjoyed by all. Dessert of Tres Leches Cake, which melted in your mouth, completed the dinner. Many Thanks to the ADRC Nutrition program, Laura for the outstanding meal, the kitchen staff and all the volunteers that made this night out special.

Our Memorial Day Bake Sale was a huge success due to all of the bakers and buyers. A Sincere Thank You to all of you who helped support our Bake Sale. We will be having our 2nd Bake sale of the year on Friday, July 4th. Once again we are asking for your support by donating a baked item or two. Please drop your items off at the Senior Center on Thursday, July 3rd.

Every year the Minong Area Senior Center donates money to some of the following: the Library, Comforts, the North Wood High School Scholarship Fund, the Children’s Annual Christmas Party, Christmas bags for the home-bound, and the Farm & Flea Market. We also have maintenance and repairs that are necessary to keep the Center a safe environment. This year the parking lot was seal coated and restriped. A new wall unit air conditioner was put in the kitchen. These expenses add up, but with the monies we make from our fundraisers, individual donations and the many hours of volunteer time and labor, we are able to accomplish all these. Thank You to everyone for

the part that you play in making our Center the place we all enjoy.

The Center is closed on Friday, July 4th in observance of Independence Day.

Saturday, July 12th is the monthly Potluck/Bingo. Potluck is at Noon followed by Bingo. Come and enjoy an afternoon of good food, socializing, and try your luck at bingo.

Wednesday, July 23rd is the Summer Social Dinner & Concert Series “Rock

n’ Roll Theme” at the Shell Lake Pavilion and Community Center. Reservations required. Call 715-635-4460.

Don’t forget that Foot Care is offered at the center the 3rd Wednesday of each month. Please call 715-466-4299 to schedule an appointment. Remember to check out the Farm & Flea Market - every Wednesday in Minong, till September 10th.

EMPLOYMENT OPPORTUNITY:
ADRC SUB-COOK

Washburn County is accepting applications for a Sub-cook to work at the Washburn County Senior Centers located in Spooner, Shell Lake, Birchwood, and Minong. Responsibilities include assisting or subbing for the Dining Site Managers with meal preparation, packaging Meals on Wheels, serving meals on-site, and clean-up. Up to 436 hours annually, starting rate of pay of \$14.47/hour, DOQ. Join us in our mission “To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security, to achieve maximum independence and quality of life”.

If you have additional questions about what the position entails, or would like a tour of the facilities, please contact the Nutrition Director, Char Jaeger at 715-635-4460. Download an employment application at the Washburn County website www.co.washburn.wi.us or contact the Washburn County Personnel Department at P.O. Box 337, Shell Lake, WI 54871 Ph. 715-468-4624, fax 715-468-4628 or by email at adminper@co.washburn.wi.us.

Resumes will be accepted, but will not take the place of a completed application. The position will be open until filled. EOE.

SENIOR CENTERS ACTIVITY CALENDARS

MINONG AREA SENIOR CENTER:**715.466.4448**
700 HOUSTON ST.
CONGREGATE DINING 11:30 AM (Need to register 1 day in advance)

TUESDAYS:
Bridge (2nd and 4th Tuesdays).....**9:00 AM**
Farkle (1st, 3rd & 5th Tuesday’s of the Month)**12:00 PM**
Cards (2nd & 4th Tuesday’s of the Month).....**12:00 PM**
Wii Bowling (every Tuesday).....**12:00 PM**

WEDNESDAYS:
Pocket of Prayer**7:00 AM**

SPECIAL HIGHLIGHTS:
FRIDAY, JULY 4: **Center is Closed**
MONDAY, JULY 7: **Monthly Dining at Five**
Need to register in advance. 715-466.4448
WEDNESDAY, JULY 9: **MASC Board Meeting**
SATURDAY, JULY 12..... **Monthly Potluck/Bingo**
WEDNESDAY, JULY 16 Foot Care**715.466.4299** Schedule Time

SPOONER SENIOR CENTER: **715.635.8283**
WASHBURN COUNTY WELLNESS CENTER 50+
850 W. BEAVERBROOK AVE. CONGREGATE DINING 12:00 PM

MONDAYS: Mexican Train Dominoes, TaiChi at **1:00 PM**
4th Monday of the month, Board meeting**10:30 AM**

TUESDAYS: Mah Jongg **1:00 PM**

WEDNESDAYS: Chair Dancing.....**9:30 AM**
500 Cards & Bridge.....**1:00 PM**

THURSDAYS: Mah Jongg**9:00 AM**
Games.....**10:00 AM**
Hand and Foot..... **1:00 PM**

FRIDAYS: 1st Friday of the month - First Friday Flicks (Movie) ... **1:00 PM**
JULY Movie “Lily”
Every 3rd Friday - Savvy Senior Book Club.....**10:30 AM**

BIRCHWOOD SENIOR CENTER: **715.354.3001**
110 EUCLID AVE.
BIRCHWOOD, WI CONGREGATE DINING 11:45 AM

MONDAYS: Yoga with Cathy **8:30 AM**
2nd MONDAY: Dining at 5.....**5:00 PM**
LAST MONDAY: Membership Meeting.....**12:30 PM**

TUESDAYS: Aerobics.....**8:30 AM**
Chair Exercise.....**9:00 AM**

WEDNESDAYS: Yoga with Cathy **8:30 AM**

THURSDAYS: Aerobics..... **8:30 AM**
Chair Exercise to video **9:15 AM**
Dominoes..... **12:30 PM**

SPECIAL HIGHLIGHTS:
TUESDAY JULY 8TH: Nimbles Craft Group.....**Following Lunch 12:30 PM**
THURSDAY JULY 17: Movie Night
(popcorn & beverage provided) **6:00 PM**
TUESDAY JULY 22: Dining at 5.....**5:00 PM**
WEDNESDAY JULY 23: ADRC Summer Concert at Shell Lake.

SENIOR CENTERS ACTIVITY CALENDARS

SHELL LAKE SENIOR CENTER: **715.468.4750**
FRIENDSHIP COMMONS
210 4TH AVENUE CONGREGATE DINING 11:30 AM

MONDAYS: Tai Chi.....**10:30 AM**
2nd MONDAY: Dining at 5.....**5:00 PM**
LAST MONDAY: Membership Meeting.....**12:30 PM**

TUESDAYS: Games.....**9:00 AM**
Cribbage **10:30 AM**

WEDNESDAYS: Games.....**9:00 AM**
Quilting.....**9:00 AM**

THURSDAYS: Games.....**9:00 AM**
Cribbage **12:30 PM**

CHICOG

IMPORTANT JULY DATES

WEDNESDAY, JULY 9 Monthly Chicog Meeting**6 PM**
WEDNESDAYS JULY 9 & 23 Namekagen Transit Service
THURSDAY, JULY 10 Bibliodragon Bookmobile **10:30 AM-12 PM**
THURSDAY, JULY 10 Summer Walkabout **11 AM - 3 PM**
WEDNESDAY, JULY 23 Books & Bread, Beaverbrook **10:30 AM - 2 PM**

CHICOG - THEN AND NOW

SUBMITTED BY **JOANN MALEK**

KIDNAP PART 2

Early on a January day in 1938, a line of six heavy cars was seen traveling north on Island Lake Road. In Spooner, a stranger ordered coffee and one hundred sandwiches at the Buckhorn Tavern. Owner Chuck Trudelle commented, “We knew something important was going on.”

John Henry Seadlund was guiding FBI Agents and director J. Edgar Hoover to the dugout pit where he had left the bodies of his partner, James Atwood Gray, and their kidnap victim Charles Sherman Ross.

Seadland, dubbed “the nation’s cruelest criminal, the most cold-blooded, ruthless and atrocious killer” Hoover had ever encountered, was born in Cable, Wisconsin on July 27, 1910. He worked as a miner and a logger but leaned toward a life of crime, stealing cars, robbing banks, including one in Milltown, even kidnapping. That victim, wife of a Wisconsin cafe owner, was released after a couple of days.

While hunting south of the Namekagon River Seadlund found an old well pit on the Gilbert Mack homestead in Chicog. He lined a hole 4’x8’x6’ with tarpaper and added rough lumber from a nearby abandoned log structure. Folks in the area realized he had been asking about a cabin, buying groceries, cutting pulpwood.

It was to this dugout that Ross was brought and held captive during the fall of 1937 while the kidnappers

carried out their ransom plan. Several cans of gasoline were stored in the pit, enough for a trip to Lake Geneva where Gray had agreed to release Ross.

After successfully collecting the \$50,000 ransom Seadlund returned to the hide-out. In the fray that developed he ended up killing both of the other men. He then traveled the country, dispersing a trail of greenbacks. A filling station attendant in Cameron, WI found one of the ransom bills, identified by the serial number. On January 14, 1938 Seadlund was apprehended at the Santa Anita racetrack. He confessed to the kidnapping, which had become a federal offense when Ross was taken across state lines.

Soon Seadlund was leading FBI agents, first to his hidden stash in Minnesota, and then to Chicog. But it was winter. Seadlund was confused by snow-covered trails and couldn’t find the sawdust pile near the pit. Sam Swonger was recruited, and was able to pinpoint an old sawdust mound where Jay Grimm once had a sawmill. The dugout was located and the two bodies were uncovered.

Sheriff Robert Willis and Coroner Harry Dahl, with their helpers, removed the bodies from the crypt, placed them in a box on Swonger’s bobsled and brought them to a hearse and to Dahl’s mortuary.

The son of an Ironton, MN miner was convicted of a capital offense due to the death of the kidnap victim. He pleaded guilty, preferring execution over a lengthy prison sentence. Jurors

SEE **CHICOG** PAGE 13

CHICOG - THEN AND NOW

CHICOG-THEN AND NOW

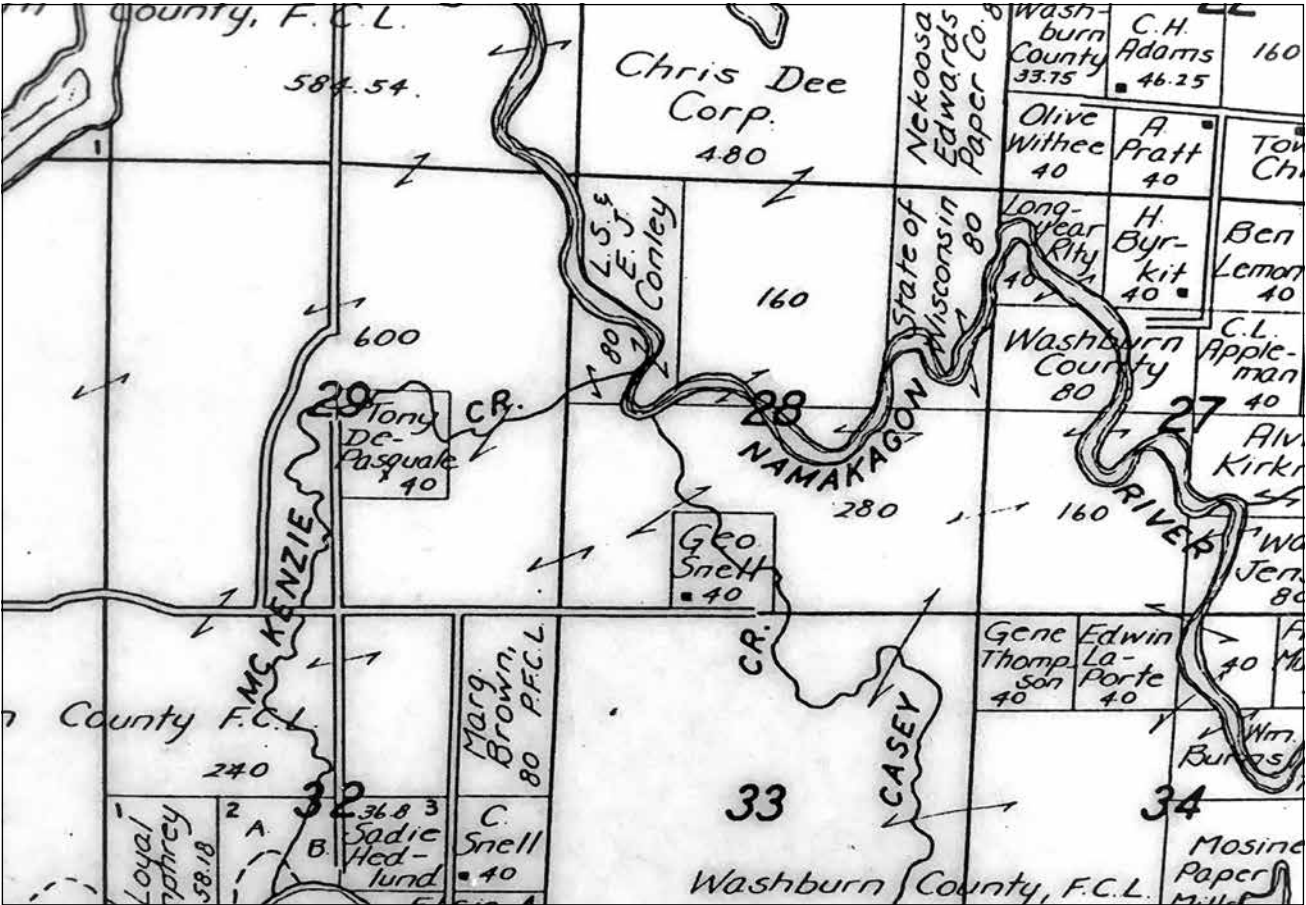
FROM PAGE 12

deliberated for just 90 minutes. Before his death Seadlund told an undertaker that he was sorry for what he had done.

The drama was front page news in the Spooner Advocate. The Superior Telegram scooped the story with a 7am EXTRA. It's reputed that thousands visited the hide-out and had their pictures taken standing or lying in the pit. There were some who wanted to buy the land and charge admission. Nearby neighbors made spending money by directing people to the trail or hauling them to the site. Entrepreneurs hoped to secure boards and reconstruct the crypt for the New York World's Fair, but the planks had been removed, either for evidence or by souvenir hunters. By and by the hole disappeared in jack-pine growth. Advocate editor Ed Bardill pleaded, "Let's forget it all."

Town Website: www.townofchicog.com
CHICOG FUN FEST: Saturday, August 23.
Thank you for reading Chicog-Then and Now

PHOTO SUBMITTED



2025 ADRC OF WASHBURN COUNTY COMMUNITY SERVICES & EVENTS CALENDAR

JULY
FRIDAY, JULY 4, 2025 – Holiday – ADRC and Washburn County meal sites closed.
MONDAY, JULY 7, 2025 – Alzheimer’s Caregiver Support Group led by the ALZ Asso. 9-10 a.m. Spooner Trinity Lutheran Church
MONDAY, JULY 7, 2025 - Minong Dining @ 5 4th of July Celebration: Build your own Hamburger, Potato Salad, Apple Cranberry Coleslaw, Cowboy Beans, & RED-WHITE AND BLUE Shortcake.
TUESDAY, JULY 8, 2025 – Reelin’ In the New Memories. Free fishing event for Washburn County residents living with dementia. Veteran’s Memorial Waterfront Park, Hatchery Street, Spooner, WI. Contact the ADRC office at 715-635-4460 to register or for more information.
WEDNESDAY, JULY 9, 2025 – Washburn County Caregiver Coalition, ADRC Office South Conference Room, 2:30-3:30 p.m. Public welcome to join!
FRIDAY, JULY 11, 2025 – Washburn County Transit Van Shopping Trip to Rice Lake, call (715)635-4465 for reservation, space limited. Washburn residents age 60+ & adults with disabilities.
MONDAY, JULY 14, 2025 - Shell Lake Dining @ 5 July 14th Let’s Picnic! Chicken Waldorf Salad, on Cranberry Wild Rice Bread, Summertime Macaroni Salad, Broccoli - Cauliflower Salad, & Strawberry Shortcake.
WEDNESDAY, JULY 16, 2025 – ADRC Committee Meeting 11:00 a.m. at the Birchwood Senior Center, 110 Euclid Ave., Birchwood, WI. Public is encouraged to attend. If joining us for lunch, following the meeting, please call (715) 354-3001 at least 24 hours in advance to reserve a spot.
WEDNESDAY, JULY 16, 2025 – ADRC Governing Board Meeting following the ADRC Committee Meeting at the Birchwood Senior Center, 110 Euclid Ave., Birchwood, WI. Public is encouraged to attend. If joining us for lunch, prior to the meeting, please call (715) 354-3001 at least 24 hours in advance to reserve a spot.
FRIDAY, JULY 18, 2025 – Washburn County Transit Van Shopping Trip to Rice Lake, call (715)635-4465 for reservation, space limited. Washburn residents age 60+ & adults with disabilities.
MONDAY, JULY 21, 2025 - Spooner Dining @ 5 Summer Time Picnic: BBQ Chicken, Potato Salad, Cowboy Beans, Dill Carrots, & Strawberry Pretzel Dessert.

TUESDAY, JULY 22, 2025 – Birchwood Dining @ 5 Hog Wild Picnic - Hamburger and Brats on a Whole Grain Bun, Baked Beans, Potato Salad, Fruit Salad, & Ice Cream Sandwich.

WEDNESDAY, JULY 23, 2025 – Summer Social Dinner & Concert Series “Rock n’ Roll Theme” at the Shell Lake Pavilion and Community Center. Featuring music by 2nd Time Around Band.

THURSDAY & FRIDAY, JULY 24 & 25, 2025 – ADRC Staff Resource Booth during the Washburn County Fair, in the Washburn County Wellness Center 50+ parking lot.
FRIDAY, JULY 25, 2025 – Washburn County Transit Van Shopping Trip to Rice Lake, call (715)635-4465 for reservation, space limited. Washburn residents age 60+ & adults with disabilities.

AUGUST
TUESDAY, AUGUST 12, 2025 – Memory Café, Tie Blanket Making, Trinity Lutheran Church Spooner 2-3 p.m.

WEDNESDAY, AUGUST 20, 2025 – Summer Social Dinner & Concert Series “Volunteer Appreciation Night” at the Shell Lake Pavilion and Community Center. Featuring music by Sean & Ian Okamoto.

SEPTEMBER
MONDAY, SEPTEMBER 1, 2025 – Labor Day Holiday – ADRC & Washburn County meal sites closed.
WEDNESDAY, SEPTEMBER 24, 2025 - Washburn County Caregiver Conference, Spooner Wellness Center 50+.

OCTOBER

NOVEMBER
WEDNESDAY, NOVEMBER 12, 2025, 5:30-8:30 p.m. – “Wine, Women, & Dementia”, Washburn County Wellness Center 50+, 805 W. Beaverbrook Ave., Spooner. This a movie screening of a road trip connecting the disconnected – because until there’s a cure there’s community. Hosted by the ADRC of Washburn County and the ADRC of Northwest Wisconsin.

SENIOR CENTER NEWS

BIRCHWOOD SENIOR CENTER
LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

.....

CHAR SNARSKI
Birchwood Senior Center

When we're young, anyone over 40 seems old. When we're 40, age 55 seems to be a LONG way off and what used to be the milestone of becoming a senior citizen. the oldest of this baby boomer generation of ours is 79 and the youngest group at age 61 has "finally arrived." I've often wondered about the legacy I'll leave or that of our generation as a whole.

We now find ourselves with way too many of our friends leaving us and experiencing less of our mobility or

independence. We may have arrived in either of these at earlier ages but as time moves forward, we find our group to be more all-encompassing. Perhaps it's time to view this status through a different lens: one that allows us to be more at peace with the gift of mentorship or wisdom that our younger folds can aspire to. After all, no matter what age you're at now, someone younger is watching how we cope with our journey of life in our "sunset years."

Having more years behind us than ahead forces a different vantage point. There are so many more memories of people we've worked with, chose to

spend time with or loved in the plethora of past relationships we've acquired. These years have racked up experiences that have shaped the legacy we'll leave whether we've been conscious of it or not. In essence, we've defined what has been most important to us all along. Our personalities, humor, words spoken - or not; how we've spent our money or time - whatever we defined as priorities is revealed at this stage of life. It can be a time of fulfillment or regrets. Wisdom and being grateful each day helps us recognize this and can serve as a model to others.

Life is busy; especially in our younger years when we're meeting deadlines, have kids to raise, careers to pursue and decisions both large and small in a time of chaos and growth. As elders, we find ourselves with more time to sort this out and be of service to anyone seeking advice on a variety of issues with a depth of experience to

match. Being "emotionally present" is a gift. It is the time we have to listen and share with those who trust us enough and openly believe we can help them find that inner peace within themselves. Our status as elders can provide this in ways unimaginable! Don't underestimate the difference you can make and the personal "gift" you can be for those who seek any form of advice. It's a NEED; yet often not realized by many. We are all uniquely different and have the potential to become the best version of ourselves. All it takes is for one person to believe in you, encourage you and reflect by example. As elders, we're all in this together! We're still needed to fulfill our purpose and help others do the same. The legacy we leave with a loving and "listening heart" can make all the difference. What will your legacy look like?

WASHBURN COUNTY SENIOR CENTERS

Char Jaeger - Nutrition Director
Email: cjaeger@co.washburn.wi.us
ADRC of Washburn County
(715) 635-4460 - Main

SENIOR CENTERS DINING
& ACTIVITIES

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

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

BIRCHWOOD SENIOR CENTER
110 Euclid Ave., Birchwood, WI 54817
715-354-3001 • Serving M-F, 11:45 am

MINONG AREA SENIOR CENTER
700 Houston Ave., Minong, WI 54859
715-466-4448 • Serving M-F, 11:30 am

SHELL LAKE SENIOR CENTER
210 4th Avenue, Shell Lake, WI 54871
715-468-4750 • Serving M-F, 11:30 am

WASHBURN COUNTY WELLNESS CENTER 50+
850 W. Beaverbrook Avenue,
Spooner, WI 54801 • 715-635-8283
Serving M-F, 12:00 noon
MEAL COST: We accept Food Share (Quest Card).
~ Those eligible to participate on a

contribution basis include anyone age sixty and older. Suggested contribution is \$6-\$8 per meal.
~ Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15 to participate.
*Caregivers Under Age 60 – Please contact the Nutrition Program Director at 715-635-4460. No eligible participant age 60+ will be denied a meal based on ability to contribute to the cost of the meal.

SENIOR CENTER ACTIVITIES: All four centers allow participants numerous opportunities to gather with long-time friends and meet new ones. Please see enclosed activity calendars/news for each site.

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

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

WASHBURN COUNTY TRANSIT

HAVE YOU
HEARD
ABOUT
WASHBURN
COUNTY
TRANSIT
VAN?

Have you seen it driving down the road or know a friend who has used this service?

We are ready to take you on your next shopping trip to the Wellness Center 50+ in Spooner, Washburn senior centers in Birchwood, Minong, and Shell Lake for lunch or activities, or to the library to get that book you have reserved!

We are very excited here at the ADRC of Washburn County and happy to see the great response we are getting in offering this service. The Transit Van is a great addition to our program and is getting people where they need to be at a great price. For \$5 roundtrip you can go to Rice Lake on Fridays! Our friendly driver will pick you up at your doorstep and bring you where you would like to shop in Rice Lake. When you return, if you need help bringing in your goodies, they are certainly willing to help carry your stuff to your house. These trips are popular so call the earlier the better to ensure a spot in the van. It has really become a social event for the residents that are regularly going. It is so nice to see people making friends along the way. For local Washburn County runs in the van, the cost is \$3 round trip. We still offer non-emergency medical trips for medical appointments, the van is geared toward social and shopping trips. Give a call if you need to get some groceries or have to get to the post office. While we still require a 48 hour notice, if you are in need of a prescription or groceries and I can make it work, I will get you there if I can. We have the same billing as the medical runs. I'll send you a statement at the beginning of each month and you can pop a check in the mail payable the ADRC of Washburn County. Call Amber Anderson, Washburn County Transit Coordinator, at (715) 635-4465, for more information or to reserve your seat on the van.

Thanks for all your support for our Transit program. We could not do this without our passengers and a great community. We are blessed to live where we do!



PHOTO SUBMITTED

SENIOR CENTER NEWS

Shell Lake Center Center Photos



PHOTO by Char Jaeger, Nutrition Director

New Indoor Welcome Banner



PHOTO by Char Jaeger, Nutrition Director

Shell Lake School District decorated bags for our Meals on Wheels recipients on Earth Day.



PHOTO by Char Jaeger, Nutrition Director

Shell Lake Senior Center new outdoor sign.



PHOTO by Char Jaeger, Nutrition Director

Shell Lake Seniors who planted the gardens.

SHELL LAKE SENIOR CENTER
FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.468.4750

NUTRITION SITE MANAGER: CHAR JAEGER
CO-PRESIDENTS: CONNEE BRABEC & SUE WORRE

JUNE WILLIS
Friendship Commons
Shell Lake Senior Center

Welcome July!! Summer is here and we will be celebrating our Great Country's Birthday on the 4th with family get-togethers, BBQs, camping and don't

forget the Fireworks!!!
Some of us attended the first of three scheduled Music in the Park events in June with another one coming this month. The food is always very tasty and the music and those folks dancing will lift your spirits.
We sold raffle tickets for our Gnomes for the Seasons quilt at Was-

burn County Dairy Breakfast on the 14th of June. We were very successful, selling all but one book of tickets. Raffle tickets are \$1 each or 6 for \$5. If you are interested in purchasing some, you can do so at the Shell Lake State Bank where the quilt is displayed. We will also have tickets available at the Washburn County Fair at the end of July. We were fortunate to meet some folks that were interested in coming to the center to join our Stitch and Chat quilting group which is held on Wednesdays from 9-11:30.

The Dairy Breakfast itself had a large crowd and as usual, the food was delicious. It would be wonderful to welcome more quilters.

Our potted flowers are looking gorgeous. Please swing by and take a look and perhaps join us for lunch.
We are still looking into some Summer adventures such as attending some plays at the Red Barn Theater in Rice Lake, perhaps visiting the Natural History Museum in Cable and going to events at the Pioneer Village in Cameron. We will keep you all posted.
Please call our Site Manager, Hope, at 715-468-4750 to order eat-in meals at the Shell Lake Senior Center. Make sure you order the day prior.
To order Meals on Wheels delivery in Washburn County, call Char Jaeger, Nutrition Director at 715-635-4460.

WASHBURN COUNTY MEMORY CAFE

SECOND TUESDAY OF
EACH MONTH

JULY 8
10 AM - 12 PM
**REELIN' IN NEW
MEMORIES**

Registration Required
Water Front Park
Hatchery Street, Spooner, WI

AUGUST 12
2 PM - 3 PM
TIE BLANKET MAKING

Trinity Lutheran Church
1790 Scribner St.,
Spooner, WI

Memory Cafe's are social gatherings where people living with memory changes are their caregivers can come together in a safe and supportive environment, share conversation over coffee, or participate in fun, simple activities with the group.

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





Adam and Dad

PHOTO SUBMITTED



Honor Flight

PHOTO SUBMITTED

DIRECTOR NEWS
FROM FRONT PAGE

**LOCAL VETERANS TAKE
PART IN HONOR FLIGHT
NORTHLAND**

SUBMITTED BY ADAM SMITH
Honor Flight Sponsor and
Washburn County VSO

On May 31st, Honor Flight Northland took flight out of Duluth, MN. Upon arrival and check-in at the Duluth Airport, Veterans, sponsors and volunteers were graciously welcomed by many area organizations showing their support for the area Veterans. While waiting in the terminal, coffee, juice, donuts, and breakfast sandwiches were provided to the 185 Veterans, sponsors, and volunteers. About an hour into flight, the Honor Flight staff came on the intercom to announce ‘mail call’. Similar to mail call in the military, names were shouted and letters were handed out to Veterans for them to read from family and friends. A couple hours after take-off, the Honor Flight landed at Ronald Reagan Washington National Airport in Arlington, VA. While in taxi to the terminal, the Veterans were honored with a water salute provided by the Airport Authority. As Veterans exited the plane and entered the airport, passengers awaiting their flights in the terminal, stood, erupted in applause, whistled and could be heard thanking Veterans for their service. On more than one occasion, Vietnam Veterans from the Honor Flight could be heard stating, “This is a much different reception than I got returning from Vietnam.” This display of gratitude continued throughout the airport as Veterans found their way

to the proper exit and boarded their assigned bus. From the airport, it was a quick bus ride across the Potomac River to the National Mall. The first stop was the WWII Memorial. From the WWII Memorial you could look up over the Reflective Pool and see the Lincoln Memorial, and in the opposite direction, the Washington Memorial. Another short ride ensued back across the Potomac to Arlington National Cemetery and the Military Women’s Memorial for lunch. From there a bus tour took place stopping at the Air Force Memorial, seeing the Pentagon, Capital, and White House. A stop at the Marine Corps War Memorial also took place to view and learn about the famous statue. In returning to Arlington National Cemetery, Honor Flight Members witnessed the Changing of the Guard as well as a Changing of the Wreath Ceremony. It was then back to the National Mall to tour the Vietnam War Memorial, Lincoln Memorial, and Korean War Memorial. Upon completion, it was one more trip back over the Potomac River to the airport. Upon arrival back in Duluth, Veterans were greeted with a Hero’s Welcome! Many Veteran Organizations, local law enforcement and emergency personnel formed a tunnel of cheers and thanks in showing their appreciation for the Veterans service. You could also hear the bagpipes playing each of the branches songs. As everyone proceeded down the stairs, you could see the reflection of the emergency lights, as cars were all in line and at the bottom of the stairs many family members showed up to greet their Veteran returning home at 10:00pm. Much applause and many shouts of ‘thank you’s could be heard. Tears could be seen from some family members excited to see their returning Veteran as well as some from Veterans whom were never afforded such a gracious ‘Welcome

Home’ upon their return from war. It was a day filled with much reflection as this was the first time many of these Veterans had been to Washington DC and had the opportunity to see their war memorial. Through Honor Flight Northland, Veterans were able to attend this daylong event with everything include at absolutely no cost. The trip is funded by gracious donors. The volunteers at Honor Flight Northland deserve a huge Thank You for all of the time and effort they put into making this trip such a wonderful, once in a lifetime experience.

A few local Veterans were fortunate enough to take part on this trip. Veteran Jim Giewedik would like to thank the Northland Honor Flight for the great experience and says it will be great memories for the rest of his life. He wishes that all Veterans could go on this flight. Veteran Bill Gordon shared, “It was all humbling. My one goal was to touch the Vietnam Wall to honor all that did not make it home. The reception at DC was great, but the arrival back at Duluth was even better. It has been 50 years of not knowing that people do care what we went through.” Veteran Jim Gunderson feels it was a privilege to be selected to go on this event. “Thank you to everyone who wrote letters to the Veterans for ‘mail call’ on the flight. Your support means more to us than you will ever know. Thank you to our family and friends who gave us a spectacular reception when we returned. Also a big thank you to all the Northland Honor Flight staff who made this event happen.”

Attending as a sponsor, I was able to participate in this trip alongside my father, Buck Smith. As he reminisced from the day he shared, “The reception we received from travelers upon arriving in DC and the Hero’s Welcome we received back in Duluth upon returning home are what I will remember

most. This was such a drastic difference from being spit on upon returning home from Vietnam.” Another local Veteran, John Pole, described, “The Changing of the Guard at the Tomb of the Unknown Soldier was very emotional and wonderful to see as was the World War II Memorial. The Wall was a little overwhelming with so many names and it was hard to take that all in from the time spent there when in service and with all the guys who served there that were on this trip. It was an honor to go, especially with my son Christopher.” Terry McNitt shared, “A few of my favorite sights from the day included the WWII Memorial, the Korean War Memorial, The Marine Corp War Memorial, and the Women’s Memorial. All of these were put together very nicely. The entire trip was nice and intriguing and we were treated like heroes the entire time.”

Veterans can apply for Honor Flight Northland by completing an application that can be found on their website: <https://www.honorflightnorthland.org/>

Currently WWII, Korean War, and Vietnam War Veterans are given priority, but all Veterans are eligible to apply.

To contact the Washburn County Veterans Service Office:
Email Address: vets@co.washburn.wi.us
Office Location: PO Box 317, 304 2nd Street, Shell Lake WI 54871
Phone Number: (715) 635-4470
Hours of Operation:
Mon. – Fri. 8:00 a.m. - 4:30 p.m.
Staff:
County Veterans Service Officer,
Adam Smith
Assistant CVSO, Bridget Daniels

Honor Flight Memories



PHOTOS SUBMITTED
Honor Flight

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ADRC OF WASHBURN COUNTY AND
ADRC OF NORTHWEST WISCONSIN

Wed, Nov. 12th
5:30 pm - 8:30 pm

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Dinner served at 5:30 and movie begins at 6:30

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for more information:
Lori.adrihan@wisc.edu
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KEY DETAILS



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Shell Lake High School Track

 **DAYS AND TIME:**
Tuesdays and Thursdays
June 10th - July 17th

 9 AM -10:15 AM

Includes lessons, walking, and guided warm-up/cool-down

For more information, contact:
Lori Adrihan, FoodWise Nutrition Educator
lori.adrihan@wisc.edu 715-635-4444



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Wednesday
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Attorney Polly Shoemaker
with GWAAR:
"Advance Directives: What They Are and Why You Need Them."



Mike Domke
Director of the Bureau of Consumer Protection:
"Common Scams and Fraud Targeting Seniors"



Don Posh
with Indigo and Patryce Garcia
with The Aging and Disability Resource Center of Washburn County:
"Music, Memory, and Emotions: How the power of sound affects us"

Breakout Sessions:

- Blake Reisted
Caregiver Improvisation
- Kristin Frane
Chair Yoga and Sound Bath
- Rhonda Swanson
Painting Self-Care



KEYNOTE SPEAKER Cori Marsh
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