

SENIOR NEWS

Final Summer Social Dinner & Concert Series



Photos submitted by ADRC

Join us on Wednesday, August 20th, for our final event of our 5th Annual Summer Social Dinner & Concert Series. That evening, we will be celebrating our awesome Volunteers! We hope you can join us.

**Dinner served from 4:30-5:30 p.m.
Concert from 5:30-7:30 p.m.**

Lamoureux Concessions will stay at the venue and will be open to the public to purchase their delectable food options.

The August menu will feature a famous Northwood's food truck. Lamoureux Concessions will be our featured food partner, who will be cookin' us up some

of their fabulous Chicken Wings. ADRC nutrition staff will be mixing up the homemade sides of Cowboy Beans, Potato Salad, Fresh Corn on the Cob & Fruit, topped off by the dessert of Lamoureux Mini Donuts. Reservations will open at 8:00 a.m. on Friday, August 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 Sean & Ian Okamoto, father/son duo, will entertain the audience at the Shell Lake Pavilion stage on the beautiful beach of Shell Lake, WI.

Get ready for a great evening of fantastic food, fun, and music!



1-on-1 Patient Care with Expert Physical Therapists

The skilled physical therapy team at Spooner Health is committed to helping you get back to the quality of life you deserve. With customized treatment plans to help you relieve pain, restore mobility, and rebuild your confidence, our team will help you meet your unique goals.



To book an appointment, call 715-939-1745.

FOOT & NAIL CARE SERVICES for seniors and people with disabilities who live in Washburn County

at the Spooner Wellness Center and Birchwood Senior Center
BY APPOINTMENT ONLY

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)
- 17+ 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

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



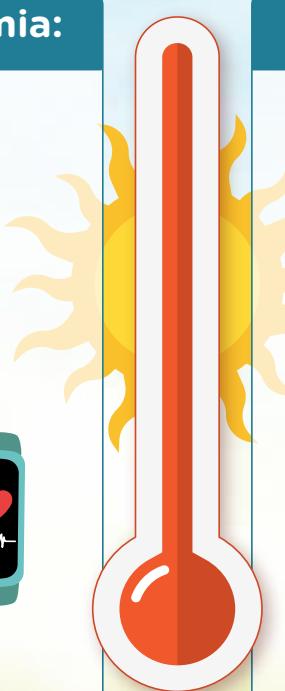
Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.



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.

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/

Theodore (Ted) Hampe - Disability Benefit Specialist (DBS) - 715-635-4466
A DBS assists people age 17 1/2 - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

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

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

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.

SENIOR NEWS



Photo submitted by Nichole Caudill, Information & Assistance Specialist, ADRC of Washburn County.

Left to Right – Dale and Mary with Kate Peck (rodeo committee), and Savanna Siwicki (Rodeo Princess), horse is Stella.

WASHBURN COUNTY MEMORY CAFÉ NEWS:

The Washburn County Memory Café has had a busy summer. The June outing was a trip to the Washburn County Fairgrounds for a meet and greet with the Spooner Rodeo Princess

On July 8th, the Memory Café hosted the annual Reelin' New Memories event at the Water Front Park in Spooner (*see photos below*). Patryce Garcia and Valerie VanderBent even showed up to visit the caregivers and participants with their babies. Thank

you to FISH "Friends Into Spooner Hatchery, the Wisconsin DNR, and Neighbor to Neighbor staff for volunteering your time, food, and expertise to assist with this greatly appreciated event!

Our August 12th project will be held at Trinity Lutheran Church in Spooner, where Tara Macone, ADRC Elder Benefit Specialist, will be teaching a Tie Blanket Making class from 2-3 p.m.

Contact the ADRC for more information on joining the Memory Café: 715-635-4460

WASHBURN COUNTY MEMORY CAFE

SECOND TUESDAY OF EACH MONTH

AUGUST 12TH • 2 PM - 3 PM:
Tie Blanket Making
Trinity Lutheran Church
1790 Scribner St., Spooner

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

**ACCEPTING FLEECE DONATIONS
for the Washburn County Memory Café**

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

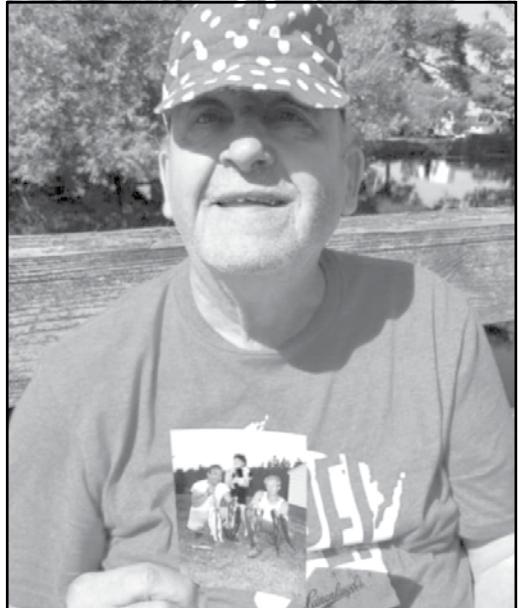
Donations are going toward a group project benefitting animals and the humane society.

Donations will be accepted until the end of the project.

Please ensure all donations are clean and free from stains.

THANK YOU!

Reelin' New Memories



DIRECTOR NEWS

FROM FRONT PAGE

in JAMA Neurology found that dementia risk more than doubled for adults previously diagnosed with depression.

9. Confusion about time and place. If someone forgets where they are, or can't remember how they got there, that's a red flag. Another worrisome sign is disorientation about time — for example, routinely forgetting what day of the week it is, says Jason Karlawish, M.D., a neurologist and professor of medicine at the University of Pennsylvania Perelman School of Medicine and codirector of the Penn Memory Center.

10. Difficulty with visual or perceptual tasks. Tripping over something because you don't recognize that it's in the way, or not being able to make sense of the time on a clock could be warning signs of dementia, Heidebrink says. Difficulty with balance, trouble reading and problems judging distance or distinguishing color and contrast can also be early indicators, the Alzheimer's Association says.

11. Financial missteps. Money problems may be one of the first noticeable signs of Alzheimer's disease and related dementias, according to the NIA.

"There's a lot of reasoning and memory that go into financial tasks, and so [money management errors] can certainly be an early way that people experience changes," Heidebrink says.

According to the NIA, signs of money problems can include difficulties with the following:

- Counting change
- Paying for a purchase
- Calculating a tip
- Balancing a checkbook
- Understanding a bank statement

12. Changes in judgment. People with dementia may experience changes in judgment and decision making that can affect everything from their appearance to their financial wellbeing, the Alzheimer's Association says.

A recent study led by researchers at the University of Southern California looked at brain images from 97 adults over the age of 50 and found that people who had brain changes associated with early stages of Alzheimer's were more vulnerable to financial scams. While not a single, definitive indicator, "assessing financial vulnerability in older adults could help identify those who are in the early stages of mild cognitive impairment or dementia, including Alzheimer's disease," researcher Duke Han said in a news release.

13. Misplacing things. We all lose our keys, reading glasses, that important piece of mail you meant to hold onto. But putting things in unusual places, or misplacing something and not being able to retrace your steps, can be an early warning sign of dementia, according to the Alzheimer's Association.

It's easy to lose track of things, especially when adjusting to a new routine, like retirement, Whitson says. What's

more concerning is if you find what you're looking for, but have no recollection of putting it there in the first place.

"If you're frequently finding that you just have no memory of being in that room with that [missing object], to me, that is more alarming, because that suggests that something with short-term memory is not registering," Whitson says.

14. Misusing items. Another subtle symptom "is not using things for their correct and intended purpose," Whitson says. For example, eating with a spoon when you would usually select a fork, or pouring wine into a beer glass.

15. Hallucinations. Delusions or hallucinations can be a symptom of dementia — "particularly visual hallucinations, like seeing people or animals that aren't there," Dickson says.

MOST COMMON TYPES OF DEMENTIA

These conditions are the leading causes of dementia. People can also have mixed dementia, a combination of two or more types, such as Alzheimer's and vascular dementia.

Alzheimer's disease. Alzheimer's is characterized by amyloid plaques and tangled fibers in the brain and by a loss of connections between nerve cells. Damage initially appears in the hippocampus, an area of the brain involved in memory formation, and gradually spreads. An estimated 7.2 million Americans age 65 and older are living with Alzheimer's disease, according

to a 2025 report from the Alzheimer's Association. By 2050, this number is expected to rise to 13 million, the same report states.

Vascular dementia. The second most common type of dementia results from damage to the vessels that supply blood to the brain. It tends to affect focus, organization, problem-solving and speed of thinking more noticeably than memory. It's estimated that 5 to 10 percent of people with dementia have vascular dementia.

Lewy body dementia. Abnormal protein deposits in the brain, called Lewy bodies, interfere with brain chemistry and lead to problems with behavior, mood, movement and thinking. More than 1 million people in the U.S. have been diagnosed with Lewy body dementia, according to federal statistics.

Frontotemporal disorders. Degenerative damage to the brain's frontal and temporal lobes is the most common cause of dementia in people age 65 and younger. Symptoms might include apathy; difficulty communicating, walking or working; emotional changes; and impulsive or inappropriate behaviors. According to UCSF Health, frontotemporal dementia affects an estimated 1 in 5,000 to 10,000 people.

Additional sources:
National Institute on Aging, Mayo Clinic

HAPPY DAY CLUB

ARE YOU A CAREGIVER FOR SOMEONE WITH MEMORY LOSS?

Let 'Happy Day Club' (an adult daycare program) help you! We meet every Monday and Thursday at Trinity Lutheran Church in Spooner WI from 9 a.m. to 2 pm.

Caregivers, you can leave your loved one with memory loss/dementia in a safe and fun environment so you can get some well-deserved free time. Those with memory loss/dementia can enjoy socializing, music and games, just to name some of the fun things that happen at Happy Day Club. The atmosphere is very relaxed and easy-going so folks can feel comfortable around one another. They can just be themselves.

Morning snacks and lunch are provided. We are staffed by one paid Director and a group of very well-trained and experienced volunteers. Happy Day Club is a nonprofit program that has been in existence for over twenty years, the only one in the Washburn County area! There is a \$30 daily fee. Financial help is available if assistance is needed.

Happy Day Club hopes you stop in for coffee and check our program out. Let us serve you on your journey with dementia. We are here to help.

Call us at 715-934-9279 or email happydayclub65@gmail.com.

Also, the Dementia/Alzheimer's Day Respite Program's CAREGIVER SUPPORT GROUP meets on the first Monday of each month at 9 a.m. at Trinity Lutheran Church in Spooner. Please check out this very informative, helpful and fun support group. We would love to have you join us! EVERYONE IS WELCOME TO ATTEND. Snacks and coffee available. Call 715-934-9279 or email happydayclub65@gmail.com with any questions you may have.

*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

AUGUST

LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sloppy Joes on Whole Grain Bun MINONG DINING AT 5 4	Salisbury Steak Mashed Potatoes Glazed Carrots Whole Grain Bread Mixed Berry Crisp 5	BBQ Chicken Parsley Baby Reds California Vegetable Blend Cornbread Cantaloupe 6	CLOSED FOR TRAINING No Home Delivery Meals 7	Black Bean and Beef Taco, Lettuce, Tomato, Onion, Cheese on Corn Tortilla Mexican Coleslaw Tres Leches w/Berries 1
Bratwurst on Whole Grain Bun, Kernel Corn Sweet Potato Puffs Berry Pretzel Dessert SHELL LAKE DINING AT 5 11	SALAD BAR DAY MINONG Strawberry Spinach Salad with Chicken WG Garlic Breadstick Carrot Sticks Honeydew 12	Baked Lemon Chicken over Herbed Lemon Brown Rice Green Beans Roasted Red Potatoes Apricots 13	Egg Salad with Lettuce on a Croissant Apple Cranberry Coleslaw Three Bean Salad Fruit Juice 14	Taco Lasagna Mexican Chopped Side Salad Whole Grain Bread Fresh Fruit Sour Cream Cranberry Bar 8
Chicken Tortellini Steamed Broccoli Garden Salad, Dressing, WG Garlic Breadstick Cinnamon Pear SPOONER DINING AT 5 18	Mongolian Beef over Cilantro Lime Rice Green Beans Almandine Honey-Soy Glazed Carrots Strawberry Shortcake 19	SENIOR SOCIAL DINNER & CONCERT Waldorf Chicken Sandwich on Whole Grain Bread, Chick Pea & Cucumber Salad with Citrus Applesauce 20	Roasted Sausage & Sprouts Buttered Peas Seasoned Potato Wedges Whole Grain Bread Fresh Orange 21	Home-style Meatloaf Mashed Potatoes Gravy Stewed Tomatoes Whole Grain Bread Pistachio Fluff Salad 15
Fish with Lemon Dill Sauce Sweet Potato Fries Creamy Coleslaw Whole Grain Bread Fresh Fruit Salad 25	Unstuffed Pepper Casserole Fresh Garden Salad Dressing, WG Bread Cantaloupe BIRCHWOOD DINING AT 5 26	Cheeseburger with Lettuce, Tomato, Onion on a Whole Grain Bun Baked Beans Potato Salad Peach Cobbler 27	Chef Salad with Ham, Egg, Cheese, Veggies, Dressing Whole Grain Breadstick Pudding Watermelon 28	Sliced Baked Ham Scalloped Potatoes Buttered Asparagus Whole Grain Bread Pineapple 22
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.				

**MINONG MENU****MONDAY, AUGUST 4th**

Mongolian Beef, Rice, Egg Roll
Steamed Broccoli
Fresh Strawberry Sago

SHELL LAKE MENU**MONDAY, AUGUST 11th**

End of Summer Picnic

Cheeseburger w/Lettuce and tomato
Coleslaw, Baked Beans, Fresh Fruit
Chocolate Cake

SPOONER MENU**MONDAY, AUGUST 18th**

Roasted Pork Loin
Mustard Dill Sauce, Sweet Corn
Cheesy Potatoes, Garden Salad
Dinner Roll, Lemon Cheesecake Bars

BIRCHWOOD MENU**TUESDAY, AUGUST 26th**

Mashed Potatoes w/ Gravy
Green Bean Almondine
Cranberry Spinach Salad
Fresh Bread, Banana Cake

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: 715-466-4448 • Birchwood: 715-354-3001

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 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

A DEAD WORM and a bent hook netted me the biggest bluegill of my life! His forehead above his eyes was so tall and huge it looked like a helmet. He was 9" long. I did not get his weight. What a thrill when he took the hook! I let my friend hang onto the pole for a minute so he could know what it was like to have a really big bluegill on the line! I jumped for joy, but was careful I didn't jump in the lake. Fishing is also fun from my paddle boat. I'm visible to traffic and I get a lot of honks and beeps. My solution to knowing who's honking is having them do a coded honk. Darrel and Kathy use 1 long and 2 short honks. HONNNNNNNK, Honk, Honk. More fishing was enjoyed on July 8th with "Reelin' in New Memories" sponsored by the ADRC. Citizens with cognitive changes and their caregiver fished and then ate fish. Thank you ADRC.

Tokojo Japanese Restaurant in Rice Lake hosted our July 10th Sr. Nite Out. It's easy to join each month. Just sign up at the center or text 715-520-3569.

A busy July made our 1st Friday Flick move to the 3rd Friday, July 18th (the July 4th and the Rodeo were on Fridays). Guess it should have been named "3rd Friday Flick" - that's a lot of "flicks" to keep up with. The movie

"Lilly" was shown.

Dining @ 5 on July 21st was a summertime picnic with BBQ chicken. And when Tom Haider wasn't making mocktails, he was calling Bingo. Thank you Tom for covering for Ed, Mary and Paula while they were on vacation. Barb and Mike assisted me with table decorations.

The 5th Annual Summer Social Dinner and Concert Series was held July 23rd. Walking tacos, mocktails and dancing to the "2nd Time Around Band" made for a perfect evening at the Shell Lake Pavilion. Music was also enjoyed at the Washburn County Fair, July 24-27. The "Dweebs" are a goofy, crazy dressed band and their style of 50-60s music is awesome. The "Memories" take you back to your high school days and "Blue Kanu", the feelin' good time couple are fun to listen to.

Bring a craft project and join us Friday mornings 10am-noon. It's a "Craft and Coffee" get together.

One last note....June 21st was "Make Music Day" around the world and here in Spooner. I only made it to 2 bands. "Better Together Band" played at the Canoe Museum. But they did not fit all together in the same canoe. HA. The Little Big Band sang and played in the movie theatre lobby with the doors open to the audience on the street. Their jazzy talent was so great. The couple "Sean and Ian" will provide the music on August 20th at our Summer Social and Dinner. Enjoy those garden goodies.

THE ADRC WOULD LIKE TO WELCOME PATRICIA AS OUR NEW COOK AT THE SPOONER WELLNESS CENTER 50+!



My name is Patricia Love, but most people call me Pat. I am looking forward to working with the ADRC at the 50+ Wellness Center in Spooner as a cook. I am looking forward to working with Jena and the rest of the staff.

I grew up in Cadott, Wisconsin, and then moved to Washington State, where I got married and we raised our two sons. My husband and I decided that it was time to move back to Wisconsin and start our next chapter in life.

During my spare time, I enjoy spending time with family and being outdoors, especially looking for agates. One big passion of mine is baking and cooking meals. I have 28 years of experience working in food service roles.

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

Monday, June 2nd, was Dining at Five, and the theme was "Father's Day". The tables were decorated with white table cloths, black placemats, and a small wood log holding a card saying "Happy Father's Day. The centerpieces were clear wine bottles filled with lit fairy lights. The main event at Dining at Five is always the food, and what a fantastic dinner was provided by the ADRC Nutrition Program, Laura, and her kitchen staff. It began with a dish of creamy coleslaw, followed by the main course of BBQ Ribs, Cheesy Reception Potatoes, Green Beans, and Corn Bread. The ribs were done to perfection, and the entire meal was amazing. The dessert of a Strawberry Ice Cream Sunday completed the fine Dining at Five dinner.

Birthdays for the month of June were acknowledged with a treat and the birthday song. While celebrating Father's Day, a special gift was given to each of them. Thank you to Laura and

her volunteers who made the special shirt/tie gift bags for all of the dads. The evening ended with our tradition of playing a game of bingo.

Thank you to the ADRC Nutrition Program, Laura and her kitchen staff, the decorators, and all of the volunteers who make this a special night out for many seniors.

Minong Summer Days are set for the weekend of August 8th -10th. There are numerous activities planned. Watch for more information on FB and the Advocate. The parade is Saturday, and the Minong Area Senior Center will be represented.

The monthly potluck/bingo at the senior center will be on Saturday, August 16th. Please note the date change due to Minong Summer Days the prior weekend.

Wednesday, August 20th, is the Summer Social Dinner & Concert Series "Volunteer Appreciation Night" at the Shell Lake Pavilion and Community Center. Music by Sean & Ian Okamoto.

Saturday, August 30th, is the senior center's last craft/bake sale for the year. It's the end of August, and the Labor Day Weekend Bake Sale is already.



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.

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
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SPECIAL HIGHLIGHTS:

MONDAY, AUGUST 4:	Monthly Dining at Five
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Need to register in advance. 715-466.4448

WEEKEND OF AUGUST 9:	Minong Summer Days
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WEDNESDAY, AUGUST 13:	MASC Board Meeting
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SATURDAY, AUGUST 16:	Monthly Potluck/Bingo
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WEDNESDAY, AUGUST 20: Foot Care	715.466.4299 Schedule Time
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SATURDAY, AUGUST 30:	Bake Sale at Henson's Foyer
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SPOONER SENIOR CENTER: 715.635.8283WASHBURN 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
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WEDNESDAYS:	Chair Dancing.....	9:30 AM
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THURSDAYS:	500 Cards & Bridge	1:00 PM
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	Mah Jongg	9:00 AM
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	Games.....	10:00 AM
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	Hand and Foot.....	1:00 PM
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	Craft and Coffee	10 AM - 12 PM
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	1st Friday of the month -	
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	First Friday Flicks (Movie)	1:00 PM
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	"The Last Rodeo"	
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EVERY 3rd FRI:	Savvy Senior Book Club.....	10:30 AM
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BIRCHWOOD SENIOR CENTER: 715.354.3001110 EUCLID AVE.
BIRCHWOOD, WI CONGREGATE DINING 11:45 AM

MONDAYS:	Yoga.....	8:30 AM
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2nd MONDAY:	Dining at 5.....	5:00 PM
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LAST MONDAY:	Membership Meeting.....	12:30 PM
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TUESDAYS:	Aerobics.....	8:30 AM
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	Chair Exercise.....	9:00 AM
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WEDNESDAYS:	Yoga.....	8:30 AM
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THURSDAYS:	Aerobics.....	8:30 AM
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	Chair Exercise.....	9:00 AM
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	Dominoes.....	12:30 PM
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Cribbage on hold until September**SPECIAL HIGHLIGHTS:**

TUESDAY AUGUST 5:	Book Club.....	3:00 PM
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TUESDAY AUGUST 12:	Nimble Craft Group..	Following Lunch 12:30 PM
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FRIDAY AUGUST 21:	Movie Night	6:00 PM
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(popcorn & beverage provided)

TUESDAY JULY 22:	Dining at 5.....	5:00 PM
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WEDNESDAY AUGUST 20:	ADRC Summer Concert	5:30 PM
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Featuring Sean and Ian Okamoto**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
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2nd MONDAY:	Dining at 5.....	5:00 PM
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LAST MONDAY:	Membership Meeting.....	12:30 PM
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TUESDAYS:	Games.....	9:00 AM
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WEDNESDAYS:	Cribbage	10:30 AM
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THURSDAYS:	Games.....	9:00 AM
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	Cribbage	12:30 PM
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CHICOG**IMPORTANT JULY DATES****WEDNESDAY, 8/13** Monthly Chicog Meeting 6 PM**WEDNESDAYS, 8/13 & 27** Namekagon Transit Service**THURSDAY, 8/14** Bibliodragon Bookmobile, Town Hall 10:30 AM-12**THURSDAY, 8/14** Summer Walkabout 11 AM-3 PM**SATURDAY, 8/23** Chicog Fun Fest, Town Hall NOON - 8 PM

(Cooking competitions, Meat Raffle, Auctions, Dunk Tank, Kids games, Food Truck, Cowboy Co. Band)

WEDNESDAY, 8/27 Books & Bread, Beaverbrook..... 10:30 AM - 2 PMTown Website: www.townofchicog.com**CHICOG - THEN AND NOW**SUBMITTED BY
JOANN MALEK

The Namekagon River spills out of Namekagon Lake, then meanders through the vast forests of north-western Wisconsin - and through our Chicog Township! - for 101 miles. At Riverside Landing in Danbury the Namekagon joins the Upper St. Croix, then flows along the Minnesota-Wisconsin border to Hastings. There it joins the Mississippi River and courses south to New Orleans and into the Gulf of America. Waters from Chicog end up in the ocean! A 9.9 mile stretch between County K Landing and Whispering Pines is considered one of the most beautiful sections of the Namekagon. Quiet. Canopied. Secluded.

In 1968, the Wild and Scenic Rivers Act created Wisconsin's Moving National Park. At the dedication President Lyndon Johnson stated, "In the past 50 years, we have learned - all too slowly, I think - to prize and protect God's precious gifts. Because we have, our own children and grandchildren will come to know and come to love the great forests and the wild rivers that we have protected and left to them..."

The flowing water is ever-changing. Sometimes

CHICOG - THEN AND NOW

CHICOG-THEN AND NOW

FROM PAGE 14



dle, paddle, paddle!" We had the thrill of chutes to dash through. There were bridges, railroad trestles, an old dam. Turtles sunning. Eagles soaring. Paddling companions chatting and laughing. Stands of tall white pines. Low brush and grasses. Bunches of blue flag iris, along with the pretty contrast of yellow flag iris. Too bad that these

bright yellow beauties are invasive.

Fellow paddlers chose words to describe our adventure on the Namekagon. Spectacular. Alive. Peaceful. Litter-free. Beautiful. A welcome and needed respite from the world of conflict. Calming. Energizing. Never the same. Sparkling, clear water. Travel/movement that feels right. Intimate. Frightening. A struggle. A time for bonding. Memories. A blessing. A curse if it's not used. Mortality, as we observed the death of Ash trees due to the tiny ash borer. Resource recovery when man-made structures are removed. Thankfulness for those who gave up their land to the park.

We inspire stewardship to ensure the rare ecological integrity of the rivers. Matthew Poppleton, Conservancy director, voices his hope that the St. Croix National Riverway continues to be an accessible, thriving watershed, preserved far into the future. We need to know and appreciate the Namekagon so we are moved to protect and preserve this valuable resource.

Thank you for reading Chicog - Then and Now



SUBMITTED PHOTO

2025 ADRC OF WASHBURN COUNTY COMMUNITY SERVICES & EVENTS CALENDAR

AUGUST

FRIDAY, AUGUST 1, 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, AUGUST 4, 2025 – Alzheimer's Caregiver Support Group led by the ALZ Asso. 9-10 a.m. Spooner Trinity Lutheran Church

MONDAY, AUGUST 4, 2025 - Minong Dining @ 5 Mongolian Beef, Rice, Egg Roll, Steamed Broccoli, & Fresh Strawberry Sago.

THURSDAY, AUGUST 7, 2025 – ALL ADRC staff training. Meal sites and the office closed.

FRIDAY, AUGUST 8, 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, AUGUST 11, 2025 - Shell Lake Dining @ 5 End of Summer Picnic: Cheeseburger w/Lettuce and Tomato, Coleslaw, Baked Beans, Fresh Fruit, Chocolate Cake.

TUESDAY, AUGUST 12, 2025 – Memory Café at the Trinity Lutheran Church in Spooner, where Tara Macone, ADRC Elder Benefit Specialist, will be teaching a Tie Blanket Making class from 2-3 p.m.

NO CAREGIVER COALITION MEETING IN AUGUST

WEDNESDAY, AUGUST 13, 2025 – Washburn County Caregiver Coalition, ADRC Office South Conference Room, 2:30-3:30 p.m. The public is welcome to join!

FRIDAY, AUGUST 15, 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, AUGUST 18, 2025 - Spooner Dining @ 5 Roasted Pork Loin, Mustard Dill Sauce, Sweet Corn, Cheesy Potatoes, Garden Salad, Dinner Roll, & Lemon Cheesecake Bars.

WEDNESDAY, AUGUST 20, 2025 – Summer Social Dinner & Concert Series "Celebrating our Great Volunteers!" at the Shell Lake Pavilion and Community Center. Dinner served from 4:30-5:30 p.m., Concert from 5:30-7:30 p.m. Menu: Lamoureux Food Truck Fabulous Chicken Wings, ADRC Nutrition Staff homemade Cowboy Beans, Potato Salad, Fresh Corn on the Cob & Fruit, topped off by the dessert of Lamoureux Mini

Donuts. Reservations will open at 8:00 a.m. on Friday, August 1st, with 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, Music by Sean & Ian Okamoto. The Lamoureux Concessions Food Truck will stay at the venue and will be open to the public to purchase their delectable food options.

THURSDAY, AUGUST 21, 2025 – Caregiver Walk & Talk at the Spooner Civic Center from 10-11 a.m.

FRIDAY, AUGUST 22, 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.

TUESDAY, AUGUST 26, 2025 – Birchwood Senior Center Dining @ 5 Meatloaf, Mashed Potatoes w/Gravy, Green Bean Almandine, Cranberry Spinach Salad, Fresh Baked Bread, & Banana Cake.

FRIDAY, AUGUST 29, 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.

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 is a movie screening of a road trip connecting the disconnected – because until there is 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

KRISTI SHOOP | PAT ZEMAITIS

Birchwood Senior Center

What's your story?...your reason for moving to Birchwood? How did you find this little gem of a 400-some population? The top reasons for people to relocate are: Job change, Family reasons, accounting for 26% of moves, Cost of living...mostly moving to an area of lower cost of living, Lifestyle changes...retirement, health needs, environment aligning better to their interests, Education, and commute. The trend in this area seems to be heavy in the lifestyle changes...wouldn't you

agree?

I recently visited Carol Addington. Carol was the author of this article for many years. She is living at Cambridge Assisted Living in Rice Lake and last month celebrated her 90th birthday. She has a familiar story for landing in Birchwood from St. Louis Park, MN. Her husband Bill was entertaining clients in the area, loved the area, and upon retirement, moved here with Carol. They built their home in the "Woods" edition on their own with some assistance from a local carpenter. The Birchwood school Superintendent at the time contacted them for help setting up a Community Ed program.

That was the beginning of many years of volunteering with that program, fundraising, Book Buddy, and singing with various groups. Carol says she loved living here and praises the Birchwood School for being such an excellent center for learning. This is a familiar theme of folks participating in activities at the Senior Center. We have a nice mix of long-established families, seasonal residents, and transplants from a huge variety of locations, calling this home year-round. Birchwood is a "melting pot" in Northwest Wisconsin...how fun!

A big thank you to Linda Hand, ADRC Director of Washburn County. She recently spent the day at the Birchwood Center, observing the flow and type of activities, talking with folks using the facility, and making notes on the condition of the building. It looks very promising that, come next October, we may see some nice changes. YAH!!!

Our aerobic and yoga, as well as chair exercise groups, have seen some great turnouts. Thanks again to Cathy and Sandi for all your expertise and time. Book Club is discussing the Book "I'll Push You", based on a true story of friendship and determination. We are working on a couple of other programs for August and September that aren't confirmed at this time...call the center or stop in to check.

And our lame senior humor: the older I get, the more I have in common with computers, we both start with lots of memory and drive, then we become outdated, crash unexpectedly, and eventually need to have our parts replaced.

Enjoy the rest of your summer. Any suggestions or comments are welcome. A smile or kind word is welcome no matter who you are...give generously!!!

Take care of yourself, Kristi Shoop
Pat Zemaitis

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

Happy August--known as the dog days of summer, when the weather is hot and the days are long. One of our co-presidents has had dog days for months. She purchased a puppy and

found out that she is too old to keep up with a puppy. Wish her luck!! It's the last month of summer vacation for students before school starts. Harvest also begins for some of the farmers' crops. August is National Peace Month, and the first US Census was recorded in 1790. According to the Farmer's Almanac, August 3rd is National Watermelon Day; the 10th is National S'mores

Day, and the 20th is World Honeybee Day!

The second Social Dinner and Concert was held in July, featuring the 2nd Time Around Band. The food was wonderful, and of course, the concert was well attended. The last event will be this month with Sean and Ian Okamoto performing.

We went to the Washburn County Fair, entering our beautiful flowers and our group quilt, Gnomes for the Seasons. Several of our Seniors entered their items, including paintings, flowers from home, a baby quilt, and a written article. We will be posting the results from the Fair on our Facebook page.

We will have Tommy Ray play his

music on a Wednesday in September. Details will be provided when the event is finalized.

We are still planning on some fun outings in September, looking into attending a play at the Red Barn Theater in Rice Lake, perhaps visiting the Natural History Museum in Cable, and going to the Bluegrass Festival, featuring multiple bands and workshops, 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.

SENIOR CENTERS DINING AND ACTIVITIES

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

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!

Have you ever heard of cooking fresh sweet corn in a cooler? It works! Here are directions on how to do it. This is a great idea for large groups, dinner on the pontoon, or camping.

<https://discover.hubpages.com/food/How-To-Make-Cooler-Corn-Step-By-Step-Guide>

HOW-TO-MAKE-COOLER-CORN-STEP-BY-STEP-GUIDE

Prep Time - 20 Min. | Cook Time - 20 Min. | Ready in 50 Min.
8-12 ears of corn (depending on size of cooler)

WHAT YOU'LL NEED

- Clean cooler (any size works, but don't use Styrofoam)
- 8-12 (or more) fresh ears of corn, depending on how big your cooler is

INDIGO NEWS

AMERICANS WITH DISABILITY ACT (ADA) 35 YEARS

SUBMITTED BY DON POSH

IndiGO Your Allies for Independence

July 26 will mark 35 years since the ADA was signed into law. The ADA is a comprehensive, far-reaching piece of civil rights legislation for people with disabilities. The intended outcome is equal access to the economic, social, educational, and environmental resources of American society.



PHOTO SUBMITTED

**Don
Posh**

The law says in essence, **disability is a natural part of the human experience** that in no way diminishes the right of individuals to: live independently, enjoy self-determination, make choices, contribute to society, pursue meaningful careers, enjoy full inclusion and integration.

The disability community is the most inclusive and diverse group that exists. It includes all races, religions, sexual orientations, political parties and crosses borders, it's worldwide. If you're not in the group, you can join at any time. An accident, medical diagnosis, being born or just getting old are some ways you may acquire a disability. It is estimated that 25% of the population has one or more disabilities.

Does the ADA affect you? Is it direct or indirect?

I'll give an example: My wife and I would occasionally go out for a meal with a neighbor. We had a local place that had stairs to enter. Under the law, the stairs were grandfathered in due to being built before the ADA had passed. The stairs were no problem until our neighbor acquired a medical condition, which she was unable to climb stairs. That location was no longer an option. What a shame, we really loved the atmosphere and the food. That was not only a disadvantage to us; it also cost the business customers.

Sometimes advances are taken for granted as they become commonplace. That doesn't reflect long hard advocacy battles. People put themselves on the front lines and went to jail for the greater good. Curb cuts allow for wheelchairs, but people that use a cane, a walker, push a baby stroller, people with vision loss, and people that use motorized transport devices use them. Automatic door openers are nice for when your hands are full. They assist those with canes, walkers and wheelchairs to get in and out. It is extremely difficult to push open a door while using a walker. Many bathrooms for public use in businesses have a heavy door. I have often had to go into the restroom with my father due to his walker, so I can assist with entering and exiting. All public transportation is required to be accessible. Namekagon Transit and Bay Area Rural Transit provide wheelchair access to their busses and allow for service animals. Accommodations for employment allow the use of assistive devices or workstation modifications to empower a person with disabilities to perform a work task despite their disability. The ADA also brought about more research into universal design. Universal Design is a concept that focuses on creating products and environments that are

SEE INDIGO PAGE 18

RECIPE: COOKING FRESH CORN IN THE COOLER

- Boiling water (about 2 quarts per 12 ears of corn)

INSTRUCTIONS

1. Shuck all the corn and rinse thoroughly.
2. Place the shucked corn inside the clean and sanitized cooler. It doesn't matter how you put it in, as long as the water can cover it.
3. Boil the water. You'll need about two quarts per 12 ears. Make sure the water is at a full boil before you pour it in.
4. Add water to cover all pieces of corn. Snap down the lid and let stand for 30 minutes, undisturbed.
5. Drain the water, either by dumping it out or through the drain spout.
6. Enjoy! With the lid on, the corn should stay hot for about 2 hours. Make sure people put the lid back after they take a piece.

INDIGO NEWS

INDIGO

FROM PAGE 17

usable by all people. I saw an example of that in an oven door. The door swung from the left or right, kind of like how you can choose which side of your refrigerator the door handle is located. So think of pulling a 20 pound turkey from the oven. You drop the door down and are blasted with heat. Next, you pull the oven grate out, bend over with the door in the way and lift that heavy roast from the oven. The side-opening door would work well for someone that uses a wheelchair or walker or anyone that uses an oven. Unfortunately, a side-opening oven is a special order and costs much more.

The ADA also led to the Olmstead Supreme court ruling in 1999. Out of Olmstead came home based community services. This worked well for hospitals. The length of a hospital stay was reduced when a patient could receive care and recover in the comfort of their own home. This saves money and recovery has better

outcomes. It also provides options other than a nursing home when you're getting older and need some assistance to remain in your home. The examples given are just a small part of what the ADA is responsible.

As the Americans with Disabilities ACT reaches 35 years, indiGO honors those that gave so much to bring this monumental legislation to fruition.

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.



THE DYNAMIC DUO

SUBMITTED BY DON POSH

IndiGO Your Allies for Independence

No, we're not talking about Batman and Robin. We're talking about two Washburn County WI 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 need to advocate, 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 is much shorter and patients often go back to their home with a 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.

Get on a waiting list **NOW
for your housing needs **LATER****

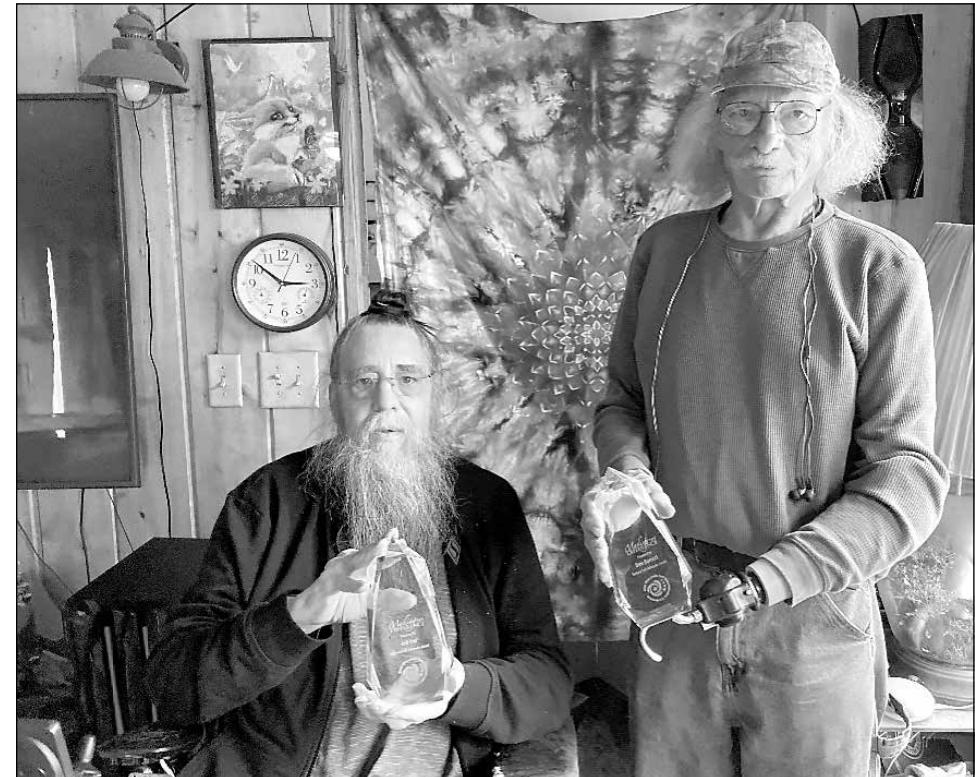
Washburn County Housing Authority
is accepting applications for their rental properties.
1 & 2 bedroom units

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

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



SUBMITTED PHOTO

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 provided necessary information to survive emergency evacuations. In Superior They advised Mayor Jim Payne on a home building project to incorporate universal design. No step entrances prepared the homes for aging in place and framing in the shower/bath were prepared for installing secure grab bars. Ben and Jeff also became board members of indiGO helping to shape the direction of disability services in Northern WI.

The ADA has 35 years of hard fought battles in the rearview, who will be the future? As the advocacy leaders of Independent Living age out, are you ready to step 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.



August FUN Days!

8-2: Coloring Book Day

Break out those colors and have fun!

8-8: Cat Day

A purr-fect time to celebrate our whiskered companions!

8-8 to 8-16: Elvis Week!

Put on your Blue Suede Shoes & get all Shook up as you celebrate the King of Rock' n Roll

8-16: Tell a Joke Day

Share your favorite, clean jokes to brighten someone's day.

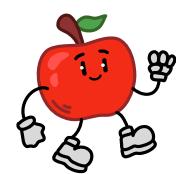
MORE AT: brownielocks.com

Hydration Tip:

August is Water Quality Month

It's a great time to consider getting your home's water tested - especially if you use a private well - to ensure it's safe for drinking, cooking, and staying hydrated through the summer heat.

Learn more at: <https://dnr.wisconsin.gov/topic/Wells/privateWellTest.html>



Take a Nourish Step!

August: Savor Summer: Health, Harvest, and Humor

August is packed with opportunities to nourish your body, connect with your community, and have a little fun along the way! As we celebrate **Immunization Awareness Month**, it's a great time to check in on your health and stay up-to-date on important vaccines. During National Farmers Market Week (August 3-9), enjoy the bounty of fresh, local produce while supporting your area growers. Find the farmers market near you and find out what is in season by month at <https://www.wifarmersmarkets.org/>

And don't forget to mark your calendar for a bit of summer humor on August 8, which is **National Sneak Some Zucchini Onto Your Neighbor's Porch Night**—a playful way to share the season's overabundance and build community spirit. While the tradition calls for a stealthy porch drop, a safer and more meaningful opportunity might be to knock on their door instead—offering not just the zucchini, but a friendly chat and maybe even your favorite zucchini recipe.

August 29th is More Herbs, Less Salt Day

Herbs are a wonderful way to add vibrant flavor and color to meals without relying on salt, fat, or sugar. They also make food more visually appealing and are a fun way to introduce you to new and exciting tastes. Get inspired and increase your **Sodium Awareness** at <https://food.unl.edu/food-calendar/august/more-herbs-less-salt-day/>

NOURISH Steps to Add More Herbs



Add fresh Basil
to pasta, pizza, or salads.

Stir fresh Mint
into water, tea, or lemonade.
Chop into fruit salads, yogurt, or grain bowls

Mix Rosemary
with potatoes or bread dough before baking. Add to grilled meats or vegetables. The smell is amazing!

***NOURISH stands for:** Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.

Presto Pesto! BASIL PESTO

Ingredients:

- 4 cups fresh basil, gently rubbed under cold running water
- 1/3 cup nuts (walnuts, pine nuts, almonds)
- 3 teaspoons garlic, minced
- 1/2 cup Parmesan cheese
- 1/2 cup olive oil
- Salt and pepper to taste



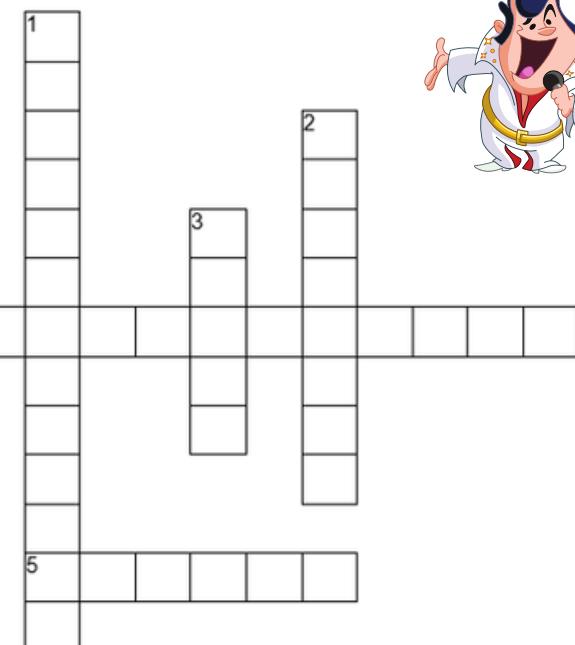
Directions:

- Wash hands with soap and water.
- Pat basil dry with a paper towel after washing. Place the basil and nuts in a food processor or blender. Pulse until combined.
- Add garlic and cheese to basil mixture and pulse until combined. Scrape down sides.
- While the food processor or blender is running, slowly add half of the olive oil.
- Stop and scrape down sides again.
- Restart and add remaining oil.
- Add salt and pepper, if desired.

Store leftover in the refrigerator or freeze for up to 3 months.

Recipe & Image from <https://food.unl.edu/recipe/basil-pesto/>

Try Your Hand at Elvis Trivia



Across

- The joint was jumping in this movie.
- Where was Elvis blue?

Down

- His first hit single in 1954.
- Viva _____
- Ain't nothing but a _____ dog.

Answer Key:

- That's All Right
- Las Vegas
- Hound
- Jailhouse Rock
- Hawaii



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free live concerts

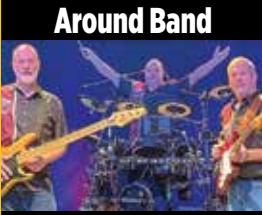
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with GWAAR:
"Advance Directives: What They Are and Why You Need Them."

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

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Cori Marsh
Aging Unit Supervisor with the Aging and Disability Resource Center of Rock County:
"Seriously, Go Ahead and Laugh"

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