

DIRECTOR NEWS

JOIN US!

Wednesday, October 22, 2025 for our Annual Charter Bus Trip!



**SUBMITTED BY
LINDA HAND**

ADRC Director/
Aging Director

The ADRC of Washburn County is excited to invite you to join us for a special day trip organized

by the ADRC of Washburn County Transit Program!

This opportunity is open to Washburn County residents age 60+, adults with disabilities age 18-59, and their caregivers. Priority is given to Washburn residents. If there are still seats available, there will be a waitlist for qualified non-residents.

The exciting day will be filled with great food and entertainment as we watch the classic musical, White Christmas! Enjoy a delicious lunch while taking in the lively performance that has captivated audiences for generations.

White Christmas revolves around two buddies, Bob Wallace and Phil Davis. After World War II, they become a popular song-and-dance duo and they decide to help their former commanding general by putting on a show at his struggling Vermont inn. Along the way, they meet two talented sisters, Betty and Judy Haynes, and love blossoms during the holiday season. White Christmas is a festive celebration of romance, friendship and the magic of Christmas.

This musical has a dazzling score brimming with iconic standards like "Blue Skies," "I Love a Piano," and the unforgettable title song "White Christmas." Overflowing with joy, this production is a heartwarming celebration of music, love, and the magic of the holiday season.

Grant funding is being used to cover the cost of the bus ticket. We do have a suggested contribution of \$50 to help go towards the cost of the show and lunch. There are 8 different lunch options included that you will be able to choose from upon arrival,

including gluten-free, vegan, and vegetarian options. Beverages such as coffee, tea, milk, and water are included in addition to the gratuity.

TRIP DETAILS

Destination: Chanhassen Dinner Theatre Showcasing White Christmas

Date: Wednesday, October 22, 2025

Departure Time: 8:00 a.m.

Pickup Location: Washburn County Community Services Building, 304 2nd Street, Shell Lake, WI 54871

Return Time: 6:05 p.m.

BRING A BUDDY!

We encourage you to bring a caregiver, friend, or family member along to share in the fun! Having a "buddy" with you can make this experience even more special.

CAREGIVER SUPPORT PROGRAM CAN ASSIST WITH THE COST

The Caregiver Support Program is a grant-funded program designed to enhance the lives of informal and family caregivers who are supporting people living in the community. For this trip, the Caregiver Support Program can help fund the suggested contribution of the ticket and transportation to and from the bus. Outside of this trip, this program can help fund many different things needed for keeping loved ones in the community safe, including Personal Emergency Response Systems, grab bars, respite options, and more. Give Patryce Garcia, Caregiver Support Specialist a call for more information at 715-635-4460.

PLEASE RSVP TO SECURE YOUR SPOT

If you have any questions or would like to make a reservation, please call the ADRC of Washburn County at 715-635-4460

We hope you can join us for this memorable evening of laughter, music, and camaraderie!

MEDICARE NEWS



PHOTO SUBMITTED

Tara Macone
Elder Benefit
Specialist (EBS)

**SUBMITTED BY
TARA MACONE**

Elder Benefit
Specialist (EBS)

MEDICARE OPEN ENROLLMENT PERIOD IS RIGHT AROUND THE CORNER... Are You Prepared?

*By Ingrid Kunding,
Wisconsin SMP Program
Director*

It's time to start thinking about Medicare's Open Enrollment Period(OEP). Medicare's OEP runs from October 15 to December 7, 2025, and is the time to review and make changes to your Medicare health or drug coverage. During this time, you can:

- Switch between Original Medicare and a Medicare Advantage Plan
- Join, drop, or switch a Part D prescription drug plan
- Review and update your current plan to meet your needs better. Changes that you make to your Medicare coverage will take effect on January 1, 2026. Even if you are satisfied with your current plan, coverage and costs can change each year. Comparing options could save you money or improve your benefits.

HERE ARE 5 SIMPLE STEPS TO HELP YOU PREPARE:

1. Review your current coverage.

Look at your current plan's Annual Notice of Change. This outlines changes in coverage, costs, or provider networks for the coming year. If you are unsure whether your current plan will still meet your needs, it's worth comparing.

2. Make a list of your current needs.

Consider what changed this past year – new prescriptions, doctors, or health concerns. Your coverage should fit your current health situation, not just last year's.

3. Compare plans in your area.

Use the Medicare Plan Finder at [Medicare.gov](https://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227) to see what plans are available in your area.

You can also contact your local Elder Benefit Specialist or Tribal Benefit Specialist in your county. For Washburn County residents age 60+, Tara Macone is the ADRC of Washburn County Elder Benefit Specialist. You can contact her to schedule an appointment at 715-635-4460. If you live in another county, you can search at <https://www.dhs.wisconsin.gov/benefit-specialists/counties.htm> or call your county Aging & Disability Resource Center office. These specialists can provide one-on-one support in reviewing your Medicare options. This program offers free, confidential, and

SEE **MEDICARE** NEXT PAGE

SENIOR NEWS

ADRC of Washburn County - Community Outreach



PHOTO SUBMITTED

On Wednesday, September 3, 2025, Tara Macone, Elder Benefit Specialist, and Patryce Garcia, Dementia Care Specialist/Caregiver Support Coordinator, visited the Long Lake Lutheran Church to give a presentation to the Women’s Group. Tara discussed Medicare and Social Security, while Patryce talked about her role at the ADRC. Patryce also plans a follow-up visit to deliver a Dementia Live presentation.

If you are a Washburn County organization that is interested in a presentation for your group, contact the ADRC at 715-635-4460 for more information.

MEDICARE
FROM FRONT PAGE

unbiased assistance – no sales, no pressure.

4. Be aware of costs beyond premiums.

Look at deductibles, copayments, drug formularies, and network restrictions. Consider that the lowest monthly premium is not always the most affordable plan overall.

5. Enroll by December 7.

Avoid last-minute issues by giving yourself time to make decisions and get support.

DON’T FALL FOR SCAMS
DURING OPEN ENROLLMENT

Unfortunately, scammers often take advantage of Medicare Open Enrollment by pretending to offer assistance while trying to gain access to your personal information. Stay safe by keeping these tips in mind:

- Medicare will never call or visit you to sell anything.
- If someone contacts you out of

the blue and asks for your Medicare number or other personal information, hang up or close the door.

- Be cautious of offers that sound too good to be true.
- “Free” services or gifts tied to enrolling in a plan could be a red flag.
- Don’t give out your Medicare or Social Security number to anyone except trusted professionals like your doctor, pharmacist, or Elder Benefit Specialist.
- Report any suspicious activities or suspected scams



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.



EARLY DETECTION IS YOUR BEST PREVENTION



Schedule your 3D mammogram today.
Learn more at [SpoonerHealth.com](https://www.SpoonerHealth.com) or
call 715-939-1594.

SEVERE WINTER WEATHER REMINDER

It’s winter weather season again! Snow is upon us, and we would like to remind everyone of the policy for Senior Dining and Home-Delivered Meals in the event of inclement weather. We value all of those who participate in our programs and want them to be safe on days that bring snow and ice.

Senior Nutrition Programs may be cancelled, and there will be no home-delivered meals if the roads are slippery or dangerous due to a snowstorm or freezing rain. There may be instances where some areas of the county are experiencing inclement weather and others are not, so the general rule of thumb is: “If the school in your area is closed, so is the nutrition site.” The ADRC of Washburn County Facebook Page will update information, tune into the local news channel, and view the school district’s website to check for school closures. Keep in mind that menus may have to be adjusted after any Nutrition Program closings, so food does not get wasted.

We encourage everyone to fill their cupboard and freezer with their favorite “emergency” foods and keep a manual can opener handy in case of a power failure. For tips on preparing for an emergency, take a look at the 72-Hour Disaster Supply Kit List.

As a reminder for those on the Home Delivered Meal Program, driveways and steps must be cleared of snow and ice so that the driver can deliver your meal safely. If it is not cleared of snow or ice and it is dangerous, the driver may not be able to give you your meal that day. If your driveway or road is not sufficiently plowed, call the Aging & Disability Resource Center at 715-635-4460 or your local meal site and tell us of your problem. This will save the volunteer driver a trip out on bad roads. **Have a Safe and Warm Winter!**

FLU VACCINE CLINIC

WALK-IN FLU VACCINE CLINIC
NO APPOINTMENTS NEEDED



You've Got This!

- Free Vaccinations
- FREE Transportation
- Brain Health Check-ups
- ADRC Resources & Info
- CODE RED Emergency Notification Registration
- Carbon Monoxide Education and Detectors
- Nutrition Education & Recipes
- Adaptive Aids Demo
- Drug Deactivation Kits

LUNCH SERVED AT NOON:

Polish Sausage, Butternut Mac 'n Cheese, Roasted Red Cabbage, Whole Grain Bread, & Sour Cream Cranberry Bar.

Reservations required at least 24 hours in advance. Age 60+ suggested contribution \$6-\$8 per meal. Under 60 are welcome, but must pay the full cost of \$15 to participate. Reserve lunch by calling 715.635.8283.

FLU VACCINE CLINIC & RESOURCE FAIR
WASHBURN COUNTY WELLNESS CENTER 50+
FRIDAY, OCTOBER 10, 2025
Hosted by Indianhead Medical Center
& ADRC of Washburn County


Vaccines Provided:

Fluad, preservative-free high-dose flu vaccine for age 65+

- Afluria, preservative-free influenza immunizations for individuals age 3 to 64 years old.
- Please bring a state ID card & your insurance card, or we will not be able to administer the vaccine.
- For those without insurance, regular flu shots will be \$40, and high-dose flu shots will be \$140. Please be prepared to pay by cash or check.

DATE: FRIDAY, OCTOBER 10, 2025
TIME: 9 A.M. - 1 P.M.
Location: Washburn Co. Wellness Center 50+
850 W. Beaverbrook Ave., Spooner, WI

FREE Transportation for Washburn County residents age 60+ and adults with disabilities 18-59. Call 715-635-4460 to schedule a ride.



Aging & Disability Resource Center
of Washburn County

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

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 Mickelson - 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)

VACANT – 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:

• Administrative/Transportation Coordinator • Part-Time Substitute Cook

VOLUNTEER OPPORTUNITIES FOR:

• Citizens’ ADRC Governing Board • Meals on Wheels Delivery Drivers • Kitchen Assistance at Meal Sites • Office Help • Health Promotion Leaders • Activity & Educational Presentation Facilitators

Do not hesitate to get in touch with Linda Hand, ADRC Director, at 715-635-4460 for more information.

SPooner 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 | MARIE ZELLMER

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

I talked to Mr. Lone Goose when I was on my paddleboat. He was perched on a log and seemed to “have missed the bus.” The DNR helped me understand that geese do not fly while molting, but he was swimming on the lake and grazing in my yard. I will not worry unless he is there when I ice fish. I could paint his feathers like a peacock and slip him into my friend’s pen of peacocks. I spent much time chasing geese off my yard in the summer, and now I’m not here for winter!

What an exciting way to start October! Several of us from the center have reserved a spot on the Duluth Fall Train Tour to Two Harbors on October 1st. My seat by the window on the dome car should give me a great view of Lake Superior. I wonder if the view works both ways up and back. I will ask the engineer! Two hours in Two Harbors for lunch and shopping sounds perfect. I sailed on Lake Superior in August with my family. The sailboat was named “Blondie”. We called my niece that as a child.

A tailgate party at the center is planned for Sunday, October 19. Vikings play at noon. Jenny and Dave’s famous grilled chicken (paid for from our senior center funds) will be served between games. Bring a dish to pass and join the fun. The Packer game is at 3:25.

Our bake sale was held 9/6/25 alongside the Farmer’s Market. Thank

you to all who contributed baked goods or helped with the sale. It had the best goodies ever. Nothing says lovin’ like something from the oven. Thank you, Sharon and Claudia, for doing it.

The monthly ADRC committee meeting was held at our center on 9/10/25. The public could attend. Some of us stayed for lunch. The committee travels to different Washburn County Centers during the year.

Lehman’s Supper Club hosted our Senior Nite Out on 9/11/25. To attend, sign up at the center or call or text 715-520-3569. We go somewhere different each month.

Our September Dining @ 5 event highlighted the fall colors and showcased excellent cooking. The tables were decorated with the fall colors of the Northwoods. Bingo started at 3:30. A dinner of Swedish Meatballs and the Mocktails were so enjoyable. The Traveling Mocktail Bar was a first summer success. They served at the Summer Dinner and Concerts series at Shell Lake. Thank you to Tom, Lynn, and Colleen for your hard work and to your helpers, Marie, Melissa, Barb, and Al. I just drank them!

We hosted the Washburn County Caregiver Conference on 9/24/25.

I hope everyone had a fun summer. Molly and the Danger Band ended summer on a happy note for me. The Potter’s Shed had many concerts this summer. Molly sang a song about having a good attitude and always wearing your “shiny shoes.” In other words, keep a positive attitude and wear a smile. I will be polishing my shoes.

ACTIVITIES CALENDAR:

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 Jongg9:00 AM
	Games.....10:00 AM
	Hand and Foot..... 1:00 PM
FRIDAYS:	Craft and Coffee 10 AM - 12 PM
	1st Friday of the month -
	First Friday Flicks (Movie) “F1” 1:00 PM
EVERY 3rd FRI:	Savvy Senior Book Club.....10:30 AM

Washburn County Transit News

CALL 715-635-4465 FOR RESERVATIONS

Serving Washburn County adults age 60+,
accompanying caregivers, and adults
with disabilities

The ADRC of Washburn County oversees the 85.21 DOT transportation program. We have drivers and vehicles that can pick you up at your home and transport you to and from your destination. Rides are available Monday-Friday from 8:00 a.m. to 4:00 p.m. We request that you make your reservations at least 48 hours in advance or as soon as you know you will need that ride. Our schedule fills up fast; we have limited vehicles and drivers. We ask that you share a ride with a friend if possible and bundle your stops in one day, in order to allow others the opportunity for transportation. Animals are not permitted in the vehicles. Please get in touch with the office if you have a certified service animal.

- Medical appointments in and out of Washburn County for Non-Medicaid enrollees (as they have a transportation benefit through the State of WI
- Shopping for groceries or other necessities
- Pharmacy, hardware, clothing, etc.
- Hairdresser
- Church
- Library
- Meal site or restaurant
- Social activities
- Visit a friend at their home or other location

THE ADRC HAS THREE TYPES OF VEHICLES AVAILABLE FOR USE.

1. We have easy-to-enter cars used for long-distance travel or short trips for one or two within Washburn County.
2. We have an ADA-accessible van for transporting people in wheelchairs.
3. We have a transit van used for transporting groups of up to 12 people. Do you have a qualified group of people interested in organizing a day trip together? This transit van is also utilized each Friday to take groups to Rice Lake on shopping trips, visiting various businesses throughout the town.

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 happy-dayclub65@gmail.com with any questions you may have.

SENIOR NEWS

The Importance of Sleep in Older Age

By the Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR) Legal Services Team

Sleep plays a vital role in our health and well-being, influencing everything from mood to cognitive function. As we age, our sleep patterns and needs evolve, making it crucial to prioritize and adopt healthy habits to promote better quality sleep for overall health and well-being. The National Sleep Foundation recommends that adults aged 65 and older aim for 7-8 hours of quality sleep each night. Despite the recommended guidelines, however, studies show that many older adults struggle to achieve sufficient sleep. Factors such as chronic health conditions, medications, and lifestyle habits can contribute to inadequate rest.

SEVERAL SLEEP DISORDERS COMMONLY IMPACT OLDER ADULTS, INCLUDING:

1. **Sleep Apnea:** Characterized by pauses in breathing during sleep, sleep apnea can result in fragmented sleep and various other health complications.
2. **Insomnia:** Chronic difficulty falling or staying asleep, which in turn can lead to daytime fatigue, irritability, and



PHOTO SUBMITTED

- impaired cognitive function.
3. **Restless Leg Syndrome:** This neurological disorder causes uncomfortable sensations in the legs, leading to an irresistible urge to move, which disrupts sleep.
4. **REM Behavior Disorder:** Characterized by the vivid acting out of

- dreams during sleep, this disorder may occur when the brain chemical that paralyzes the muscles during REM sleep does not function properly.
5. **Circadian Rhythm Sleep Disorders:** These disorders result in falling asleep and waking up earlier, due to a disruption in the daily sleep-wake cycle

- of the body's internal clock.
- TO FOSTER OPTIMAL SLEEP HYGIENE, OLDER ADULTS CAN ADOPT THE FOLLOWING STRATEGIES:**
1. Establish a consistent sleep schedule by going to bed and waking up at the same time each day.
2. Create a soothing sleep environment that's quiet, dark, and comfortably cool.
3. Engage in relaxation techniques, such as deep breathing or meditation, before bed to help ease the mind and prepare for sleep.
4. Limit caffeine and alcohol consumption, particularly close to bedtime, as they can disrupt sleep patterns.
5. Talk to your healthcare provider if you are experiencing trouble falling asleep or staying asleep, movement during sleep, or if you or your partner notices that you seem to stop breathing during sleep. Sometimes, these can be signs of an underlying medical condition that may require treatment. By understanding the significance of sleep, adopting healthy habits, and recognizing common sleep disorders that may warrant a conversation with a physician, older adults can enjoy the restful slumber they need to thrive.

FOOT & NAIL CARE SERVICES

Foot & Nail Care Services

for seniors and people with disabilities who live in Washburn County
at the Spooner Wellness Center 50+ 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 Tonenail 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

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.
77154 Green Valley Rd.
Spooner, WI

LUNCH & HOME DELIVERED MEALS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		CLOSED FOR NUTRITION STAFF TRAINING No Meals Served or Delivered 1	<i>Fall Celebration!</i> Chicken Wild Rice Soup, Dill Carrots Cranberry Wild Rice Bread Crisp Grapes Fall Celebration Cake 2	Salisbury Steak Mashed Potatoes & Gravy Buttered Green Beans Whole Grain Bread Apricots 3
BBQ Baked Chicken Roasted Red Potatoes Steamed Carrots WG Bread Fresh Apple MINONG DINING AT 5 6	Deluxe Pork Stew Stewed Tomatoes Whole Grain Bread Fresh Clementine Cook's Choice Cookie 7	Mediterranean Salmon over a Wild Rice Blend Roasted Broccoli Whole Grain Bread Cinnamon Roasted Pears 8	Egg Salad with Lettuce served on a Croissant Cucumber Chickpea Salad Bag of Chips Applesauce 9	Polish Sausage Butternut Mac'n Cheese Roasted Red Cabbage Whole Grain Bread Sour Cream Cranberry Bar 10
Hamburger Gravy Mashed Potatoes Harvest Roasted Vegetables WG Bread Fresh Pear SHELL LAKE DINING AT 5 13	Cabbage Roll Casserole Garlic Roasted Carrots Fresh Side Salad w/Dressing Pineapple Marble Rye Bread 14	Seasoned Baked Chicken Breast Cheesy Twice-Baked Sweet Potato WG Bread Green Beans Frosted Carrot Cake 15	Pork Chop Suey over Brown Rice Egg Roll Crunchy Asian Slaw Mandarin Oranges Fortune Cookie 16	Ham & Cheese Baked Potato Baked Bean Medley Steamed Broccoli Whole Grain Bread Peaches 17
California Chicken Sandwich, LTO & Mayo, Green Bean, Cranberry & Sunflower Seed Salad, Fresh Clemenntine SPOONER DINING AT 5 20	Hunters Stew served over Egg Noodles California Vegetable Medley WG Bread Black Bean Brownie BIRCHWOOD DINING AT 5 21	Tender Roast Beef Mashed Potatoes & Gravy Garlic Green Beans Whole Grain Bread Fresh Apple 22	White Bean, Sausage, Pumpkin Pasta Bake Broccoli & Cauliflower Whole Grain Breadstick Frosted Pumpkin Bar 23	Chicken Taco Salad with Romaine Lettuce, Tomato, Black Bean & Corn Salsa, Sour Cream Corn Chips Grapes 24
Glazed Ham Cheesy Potatoes Roasted Broccoli Whole Grain Bread Pineapple 27	BBQ Baked Ribs Mashed Potatoes & Gravy Glazed Carrots Coleslaw, WG Bread Strawberry Cheesecake Poke Cake 28	Pulled Pork Sandwich on a Whole Grain Bun Baked Beans Potato Salad Apple Walnut Crisp 29	Classic Chili Fresh Garden Salad served with Dressing Cornbread Muffin Apricots 30	Oven Roasted Chicken, Rice Pilaf Sweet Potato Buttered Peas Fresh Pears 31



Roast Beef and Thyme Gravy
Parsley Red Potatoes
California Vegetable Blend, Dinner Roll
Peach Cobbler w/Ice Cream

Green Beans, Caesar Salad
Breadstick, Pumpkin Dessert

Sauerbraten, Spatzle Dumplings
Red Cabbage, German Potato Salad
German Chocolate Cake

Roast Pork Loin
Parsley Baby Reds, Peas & Onions
Fresh Bread
Ice Cream w/Toppings

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

ELIGIBILITY: Must meet guidelines to qualify for Home Delivered Meals. For more details, contact the Nutrition Program Director at 715-635-4460.

October
FUN Days!

10/9:
Post Card Day

10/15:
"I Love Lucy" Day
Chat about your
favorite episodes.

10/23:
Johnny Carson's
Birthday
Reminisce about
the Tonight Show

10/31:
National
Knock, Knock
Jokes Day

MORE AT:
brownielocks.com



Take a NOURISH Step!

October: Food, Family & Stories:
Celebrating October Together

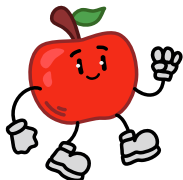
October is the perfect time to come together around the table! As we celebrate **Eat Better, Eat Together** Month, **Intergenerational** Month, and **Cookbook** Month, let's share healthy meals, swap favorite recipes, and pass down food traditions that nourish both body and connection. Check out our Eat Well, Age Well Cookbook

<https://gwaar.org/eat-well-age-well> and visit our **NOURISH**

Step website for recipes & cooking videos <https://gwaar.org/nourishstep> It's also **Pumpkin, Apple, and Corn Month**—the flavors of the season that inspire comforting meals and festive treats. Maybe you can visit a local orchard or make a recipe together. Some of my favorite and most cherished memories are cooking with my mom, grandma, and grandchildren.

With **National Storytelling Weekend** on October 3–5, it's the ideal moment to blend good food with great stories and create memories.

October is Pumpkin, Corn, and Apple Month!



Pumpkin boosts eye health and immunity with vitamin A, plus has fiber and antioxidants to keep you full and healthy. Corn is a good source of fiber for healthy digestion, B vitamins to keep your energy up, and lutein and zeaxanthin to help protect your vision. Apples have fiber for heart and gut health, along with vitamin C and antioxidants to give your immune system a boost. Plus, apples may help support healthy cholesterol and blood sugar levels. **Enjoy one every day!**

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

Simple Baked Apple Recipe

INGREDIENTS

- 1 Baking apple, such as Honey Crisp, Fuji, Pink Lady, or Granny Smith or your favorite!
- 1/2 to 1 tablespoon brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg, or to taste
- 1 teaspoon butter (Substitute light or whipped butter/margarine for fewer calories and less fat)

DIRECTIONS

- 1. Core apples, leaving the bottom intact.
- 2. Mix brown sugar, cinnamon, and nutmeg together in a bowl. Spoon half of the sugar mixture into each apple.
- 3. Put the butter on each top and place apples in a deep, microwave-safe dish and cover.
- 4. Microwave until tender, 3 1/2 to 4 minutes. Let apples sit for 2 minutes before serving.

NOTES

Increase Protein with nuts or seeds and/or increase potassium & fiber with dried fruit if you like.

Recipe adapted from:
<https://www.allrecipes.com/recipe/18389/microwave-baked-apples/>



Knock-Knock Jokes

- **Knock, knock!**
 - Who's there?
 - Orange.
 - Orange who?
 - Orange you glad it's almost Halloween?
- **Knock, knock!**
 - Who's there?
 - Pie
 - Pie who?
 - Pie really love you.



Ways to Use Leftover
Pumpkin Puree

- **Baking:** Add to muffins, quick breads, pancakes, or brownies for extra moisture and natural sweetness.
- **Smoothies:** Blend with banana, yogurt, and warm spices for a fall-inspired drink.
- **Soups:** Stir into creamy soups or chili for added richness and nutrition.
- **Oatmeal:** Mix into morning oats with cinnamon, nutmeg, and a drizzle of maple syrup.
- **Sauces & Dips:** Make a pumpkin pasta sauce or a spiced pumpkin dip for crackers and fruit.
- **Frozen Treats:** Combine with yogurt, spices, and a little sweetener for a pumpkin popsicle or frozen yogurt.

HYDRATION TIP: APPLE WATER OR TEA

APPLE-INFUSED WATER: Slice fresh apples and add them to a pitcher of water. Let it sit in the fridge for a few hours for a naturally sweet, refreshing drink. You can also add cinnamon sticks for extra flavor.

APPLE TEA: You can brew apple-flavored tea using dried apple pieces, apple tea bags, or by simmering fresh apple slices with cinnamon and a bit of honey. It's warm, cozy, and perfect for fall.



If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep

SENIOR CENTERS & CHICOG ACTIVITY CALENDARS

BIRCHWOOD SENIOR CENTER:
715.354.3001

110 EUCLID AVE., BIRCHWOOD, WI
CONGREGATE DINING 11:45 AM

MONDAYS: Yoga 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 8:30 AM
Cribbage 1:00 PM
THURSDAYS: Aerobics 8:30 AM
Chair Exercise 9:00 AM
Dominoes 12:30 PM
SPECIAL HIGHLIGHTS:
2nd TUES. OF MONTH Nimbles Craft Group (Following Lunch) 12:30 PM
3rd THUR. OF MONTH Movie Night 6:00 PM
TUES. OCTOBER 28: Dining at 5 5:00 PM

SHELL LAKE SENIOR CENTER:
715.468.4750

FRIENDSHIP COMMONS
210 4TH AVENUE, SHELL LAKE, WI
CONGREGATE DINING 11:30 AM

MONDAYS: Tai Chi 10:30 AM

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
SPECIAL HIGHLIGHTS:
MONDAY, SEPTEMBER 8: Painting (Open to Public) 1:00 PM
MONDAY, OCTOBER 13:
Dining at Five 5:00 PM
LAST MONDAY OF THE MONTH: Friends of the Center Meeting (Open to Public) 12:30 PM
LAST MONDAY OF THE MONTH: White Elephant Bingo (Open to Public) 12:30 PM

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
THURSDAYS: Cribbage 12:30 PM
SPECIAL HIGHLIGHTS:
1st MONDAY OF THE MONTH: Dining at Five Need to register in advance. 715-466.4448
MASC Board Meeting 2nd Wednesday monthly) 1:00 PM
Foot Care (3rd Wednesday monthly) Call 715.466.4299 to schedule
Potluck-Noon/Bingo-1:00 PM (2nd Saturday each month) Some exceptions but will be advertised if changed

CHICOG
IMPORTANT DATES

WEDNESDAY, 10/8
Monthly Chicog Meeting 6 PM
WEDNESDAYS, 10/8 & 22 Namekagen Transit Service
THURSDAY, 10/9 Bibliodragon Bookmobile, Town Hall 10:30 AM-12
THURSDAY, 10/9
Summer Walkabout 11 AM-3 PM
WEDNESDAY, 10/22 Books & Bread, Beaverbrook 10:30 AM - 2 PM
Town Website: www.townofchicog.com

ADRC OF WASHBURN COUNTY EVENTS CALENDAR

OCTOBER

Wednesday, October 1, 2025 – Annual Nutrition Staff Training – Nutrition sites closed, no Congregate dine-in or Home Delivered meals.
Friday, October 3, 2025 – Washburn County Transit Van Shopping Trip to Rice Lake. Call (715) 635-4465 for a reservation; space is limited. Washburn residents age 60+ & adults with disabilities.
Monday, October 6, 2025 – Alzheimer’s Caregiver Support Group led by the ALZ Asso. 9-10 a.m. Spooner Trinity Lutheran Church
Monday, October 6, 2025 - Minong Dining @ 5 Autumn Feast - Roast Beef and Thyme Gravy, Parsley Red Potatoes, California Vegetable Blend, Dinner Roll, & Peach Cobbler w/ Ice Cream.
Wednesday, October 8, 2025 – ADRC Committee Meeting 11:00 a.m. at the Washburn County Board Room, Shell Lake.
Wednesday, October 8, 2025 – ADRC Governing Board Meeting 12:30 P.M. at the Washburn County Board Room, Shell Lake.
Wednesday, October 8, 2025 – Washburn County Caregiver Coalition, ADRC Office South Conference Room, 2:30-3:30 p.m. The public is welcome to join!
Thursday, October 9, 2025 – Washburn County Transit Van Shopping Trip to Rice Lake. Call (715) 635-4465 for reservations; space is limited. Washburn residents age 60+ & adults with disabilities.
Friday, October 10, 2025 - Flu Vaccine Clinic & Resource Fair at the Washburn County Wellness Center 50+, 850 W Beaverbrook Ave., Spooner, 9:00 a.m. to 1:00 p.m.

Monday, October 13, 2025 - Shell Lake Dining @ 5 – Shrimp Tortellini, Green Beans, Caesar Salad, Breadstick, & Pumpkin Dessert.
Tuesday, October 14, 2025 – Memory Café at the Trinity Lutheran Church in Spooner.
Thursday, October 16, 2025 – Caregiver Walk & Talk at the Spooner Civic Center from 10-11 a.m.
Friday, October 17, 2025 – Washburn County Transit Van Shopping Trip to Rice Lake. Call (715) 635-4465 for a reservation; space is limited. Washburn residents age 60+ & adults with disabilities.
Monday, October 20, 2025 - Spooner Dining @ 5 - October Fest – Sauerbraten Spätzle Dumplings, Red Cabbage, German Potato Salad, & German Chocolate Cake.
Wednesday, October 22, 2025, ADRC Charter Bus Trip to Chanhassen Dinner Theatre “White Christmas”, 8:00 a.m. to 6:05 p.m., leaving from the Washburn County Community Services Building, Shell Lake—reservations required.
Tuesday, October 28, 2025 – Birchwood Senior Center Dining @ 5 Roast Pork Loin, Parsley Baby Reds, Peas & Onions, Fresh Bread, & Ice Cream w/ Toppings.
Friday, October 24, 2025 – Washburn County Transit Van Shopping Trip to Rice Lake. Call (715) 635-4465 to reserve; space is limited. Washburn residents age 60+ and adults with disabilities.
Friday, October 31, 2025 – Washburn County Transit Van Shopping Trip to Rice Lake. Call (715) 635-4465 to reserve; space is limited. Washburn residents age 60+ and adults with disabilities
Friday, October 31, 2025 – HAPPY HALLOWEEN

PRESENTED BY THE ADRC OF
WASHBURN COUNTY AND ADRC OF
NORTHWEST WISCONSIN

Wednesday, November 12th
5:30pm - 8:30pm

Washburn County Wellness Center 50+
805 W Beaverbrook Ave., Spooner

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

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SENIOR CENTER NEWS

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

Another Fine Dining at Five was held on Monday, August 4th, at the Minong Area Senior Center. Our theme this month combined Summer Time with a Mongolian menu. Guests checked in and seated themselves at the beautifully decorated tables. Table decorations included a variety of lavender, yellow, and pink tablecloths, preprinted placemats featuring various greens and flowers, a colorful “Summer Time” name tag, and a mint. The centerpieces consisted of beautiful

fresh flowers donated from one of our members’ gardens. Thank you, Mike! Before dinner, awards were given to the top three Walkathon winners. There was intense competition between first and second place, with Mike taking first, Max second, and Kirk third. Congratulations to everyone! Birthdays for the month were recognized with a treat from Laura, and everyone joined in to sing Happy Birthday. The delicious dinner of Mongolian Beef over Rice, an Egg roll, fresh steamed Broccoli, followed by a fresh Strawberry Sago dessert, was enjoyed by all. Thank you to the ADRC Nutri-

tion Program, Laura and her team of volunteers, the decorators, and everyone who makes this evening so special for all the seniors. We truly appreciate all that you do. The evening ended with a game of Bingo. The Senior Center would like to thank the Chamber of Commerce and all the volunteers who made Minong Days a special event for the community. A lot of hard work and dedication goes into making this event happen, and the community truly appreciates it. Additionally, a thank you is extended to the seniors, the motorcycle and garden tractor riders, and the high school students who carried the Minong Area Senior Center banner in the parade. Our last bake sale of the summer was on Saturday, August 30th. These fundraisers help us support many programs such as the High School Scholarship, Children’s Christmas Party,

Christmas gifts for the homebound, and donations to Comforts and the Library. We truly appreciate all of you bakers, buyers, and volunteers who have supported us through these bake sales. Without your support, we could not continue providing the programs that are important to this community. Saturday, October 11th, is Potluck/Bingo. Open to all seniors, whether an MASC member or not. Nominations for board members will be accepted from October 1st through October 31st. Open positions include: President (2-year term), Treasurer (2-year term), and five members at large (1-year term). Please contact any board member with your nominations. Please check Facebook and the Spooner Advocate for weekly news and updates about the Minong Area Senior Center. Be safe, everyone, and enjoy these beautiful fall days.

CHICOG - THEN AND NOW

SUBMITTED BY
JOANN MALEK

Guest columnist this month is Steve Loiselle. You may remember his Chicog News columns published weekly in the Advocate for several years.

Hunting. The sport of kings. And what better realm to practice it than Washburn County, the kingdom of Chicog. From an early age hunting has been a big part of my life. Growing up in Chippewa Falls, we almost always had Beagle hounds. My dad was an avid rabbit hunter, and I started tagging along long before I was old enough to carry a shotgun in the woods. Those hounds were very dedicated and tenacious and would never leave a hot trail until the game was harvested. More than once I folded up my hunting coat and left it in our parking area for the dogs to sleep on. In the morning they would be curled up on my coat and very happy to see me. I was always amazed that after chasing rabbits all day and half the night, they were still able to find the spot where the adventure had started.

When I began coming to Chicog people told me I should not run my dogs because most of the rabbits up here are snowshoe hares and they do not circle. Of course, I could not go out in the woods and leave my dog at the cabin - you know, the best friend thing and all - so off we’d go into the woods. In no time the dog was on a trail and as I listened, knew he just kept getting farther away. Pretty soon I could not hear him at all and thought I had lost him. But wait, I heard a hound baying. A long ways off but definitely my dog. And as I listened it came closer. Guess what? Snowshoes do circle. They just make a much larger circle than cottontails

My dad was part of a hunting camp that started in Winter, WI, but transferred to Chicog after the purchase of our cabin in 1962. This was a great bunch of guys who liked to hunt but loved to party. I guess I was probably about 13 years old when I came along for the first time. I wasn’t old enough to party with the guys, so I crawled into bed early and got up before daylight. I grabbed my red jacket (blaze orange wasn’t even a thing back then) and headed



PHOTO SUBMITTED
Steve Loiselle, Guest Columnist

out behind the cabin. I walked to the top of the ridge, found a suitable stump, and sat down to wait. Within an hour a deer came along and I shot it. Now what? I had never field dressed a deer before. In fact, I had never even seen it done. So I made sure the deer was dead and that I could find it again, then headed back to camp and woke everyone up to help process the animal and get it back to camp. That was my first deer and the start of a long and very enjoyable pastime. My wife Jean grew up in a family of bowhunters. That always intrigued me. When I was a freshman in college, a fellow in my dorm was going room to room with a bow and some arrows he wanted to sell. Here was my chance and I jumped at it. Once I had the equipment, I joined the Chippewa Bowhunters, the Wisconsin Bowhunters, and several archery clubs. Bowhunting became my passion and I actually made

my living in the archery industry for many years. I have bow hunted in Wisconsin, Minnesota, Iowa, Texas, Missouri. both Dakotas, Colorado. Montana, and probably a few other states. I also went on a trip to Africa with my son and harvested four African animals. I have become obsessed with bowhunting and have not shot anything other than small game with a gun in several years. There have been many memorable experiences from all these years in the woods. Two of the best would have to be the time the bear climbed up the tree that I was sitting in, and the time an owl landed about 16 inches from my head. If you have ever thought that the big bug-eyes of an owl are interesting and mesmerizing, you should look him in the eye from less than two feet away. I still get chills. I have several rules I try to live by. The first, and probably the most important, is never kill an animal you don’t intend to eat, unless it is a danger to you, your family, or your property. Also, a good clean kill is important. If you don’t have the right shot, wait. There will be other days and other opportunities. Over the years, several people have asked, “If I buy a hunting license, will you shoot a deer for me?” My answer, “No, but if you buy a license, I will take you hunting.” These are a few of my hunting experiences, and I am sure that anyone who spends any amount of time in the woods has many stories of their own to tell. Hunting truly is the sport of kings. And the best part is that any of us can be king any time we want, with a little effort.

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SENIOR CENTER NEWS

WASHBURN COUNTY WELLNESS
CENTER 50+
BIRCHWOOD

110 Euclid Avenue, Birchwood | 715.354.3001
NUTRITION SITE MANAGER: KRISTI SHOOP



PHOTO SUBMITTED

KRISTI SHOOP | PAT ZEMAITIS
Birchwood Senior Center

You may have noticed the new signs on the Birchwood Senior Center and the one by the road. After the ADRC held a Citizens’ Advisory Group meeting, also known as the ADRC Governing Board meeting, at the Center in July, it was decided to adopt the same model as the Spooner Senior Center by changing the name to Wellness Center 50+.

With the change, anyone age 50 and above is welcome to join the activities. If you are a caregiver under the age of 50 bringing a senior to an activity, you are also welcome. For the nutri-

tion program, anyone can purchase a meal for \$15. If you are 60 or older, the suggested donation is now \$6 to \$8 per meal.

There will soon be many updates to the Birchwood Center as well. Under the category of Capital Improvement in Washburn County’s budget for the upcoming year, we hope to see the replacement of several windows, a new roof, and bids are being reviewed for new flooring on the upper level. They are considering replacing the worn carpeting with a nonskid laminate surface in the future.

NEWS FLASH!

The ADRC of Washburn County was contacted by Barron Electric & Dairyland Power to coordinate a staff Service Day at the Birchwood Senior Center on Wednesday, October 1st. The Center will already be closed to the public that day because the nutrition staff will be in training. Please DO NOT worry if you see a flurry of activity, and please stay out of their

way, as those busy power company workers will be there to do some special sprucing up. More news will come next month!

We would love to create a website to improve communication for our members. If this interests you, please contact the Center and let us know. Additionally, we are always open to new ideas for activities or classes.

Our bridge and cribbage groups have resumed. In October and for the winter months, the book club will meet twice a month, with the second meeting being an open discussion of our favorite authors or reads. The book choice for October is the classic “Pride and Prejudice” by Jane Austen. All are welcome, even if you do not have a chance to read the monthly selection.

If you have questions, ideas, or suggestions, call the Center at 715-354-3001 or text Pat at 715-651-5134.

*Have a great day!!!
Kristi and Pat*

SOCIAL SECURITY NEWS

SOCIAL SECURITY ADMINISTRATION
IMPLEMENTS NEW ANTI-FRAUD MEASURES
TO ENHANCE TELEPHONE CLAIM PROCESSING



Resourced from the Social Security Administration

The Social Security Administration (SSA) recently announced the implementation of enhanced fraud prevention tools for claims filed over the telephone, further modernizing the agency’s services and strengthening program integrity. Effective April 14, 2025, SSA allows individuals to complete all claim types via telephone, supported by new anti-fraud capabilities designed to protect beneficiaries and streamline the customer experience.

The enhanced technology enables SSA to identify suspicious activity in telephone claims by analyzing patterns and anomalies within a person’s account. If irregularities are detected, the individual will be asked to complete in-person identity proofing to continue processing their claim. These advancements allow SSA to maintain the security of its services while continuing to expand access for customers who may be unable to file online or visit an office in person. The agency will continue to conduct identity verification for all in-person claims.

“We are modernizing how we serve the public – enhancing both security and accessibility,” said Leland Dudek, Acting Commissioner of Social Security. “These updates improve our ability to detect and prevent fraud while providing more flexible options for people to access their benefits.”

The updated policy reflects SSA’s broader commitment to customer service, program integrity, and responsible stewardship of taxpayer resources. SSA has worked around the clock to develop and deploy these improvements, driven by the return of employees to full-time in-office operations.

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

Wow, how quickly time is flying; hard to believe it’s October! Some trivia facts are: it’s the peak month for meteor showers, featuring the Orionids shower. It is also home to Halloween, Columbus Day or Native American Day, and the dedication of the Statue of Liberty. October is National Pizza Month, Popcorn Month, Pork Month, and Sausage Month. This month is famous for the beauty of autumn leaves, a major attraction for tourists in the Northeastern United States.

Town and Country Days were held in Shell Lake in September, and it was a grand celebration!

We enjoyed wonderful music from Tommy Ray in September and held the raffle drawing for our Gnomes for the Seasons quilt. The lucky winner was Terri Doke from Shell Lake.

We had a wonderful time watching Grease at the Chanhassen Theater in Minnesota. We rented a 22-passenger bus and invited other seniors in Wash-

burn County to join us.

We are planning a Christmas event in December at the Cumberland Community Theater on the 7th of December. We will post the details on our Facebook page, which is up and running. Thanks again to Diane for doing this for our Center,

We had hoped that painting with Joni Campbell would resume in September, but unfortunately, Joni suffered an accident and will be recovering for the immediate future. When she is able, we will post it on our Facebook Page.

We are starting White Elephant Bingo on the last Friday of the Month. A White Elephant means bringing something wrapped up to use as a prize. It doesn’t have to be new; just something you would be happy to part with. Join us for lunch at 11:30, and Bingo begins at 12:30.

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.

SHELL LAKE SENIOR CENTER GNOME QUILT DRAWING



PHOTOS SUBMITTED

Shell Lake Senior Center Gnome Quilt Drawing held at Town and Country Days. The lucky winner was Terri Doke from Shell Lake.

DISASTER PLANNING

Please take a moment to consider how prepared you, your family, and your elderly neighbors are at this time.

Is there more you can do ahead of disasters...” YES!

- **MAKE A PLAN**
- **BUILD A KIT**
- **CHECK IN WITH FAMILY & FRIENDS**

• Right now, are you ready for a **LONG-TERM POWER OUTAGE** – especially in the winter like we had a few years ago?

✓ Shelter in Place Kit/supplies? Generators? Alternate heating solutions?

• Do you have a **COMMUNICATIONS PLAN**?

✓ Does your family know how to find you if the cell phone system is down and not working?

✓ Do you have a meeting place predetermined so

that your family/friends know how to find you if you were suddenly evacuated from your home due to a wildland fire, hazardous material releases, or other unforeseen Disasters?

• **Have you registered or updated your contact information in Washburn County’s MASS NOTIFICATION SYSTEM**

CODE RED™

✓ Did you register with **CodeRED** years ago but have since changed your phone number, your physical or email addresses from the ones you registered with?

o If you do not remember, it would be a good thing to go to the Washburn County Website at: <https://co.washburn.wi.us/departments/emergency-management/codered-3/>

o RE-Register all your current information in CodeRED! It will not hurt anything in the system to re-input your information – in fact, it is better to do so than not.

✓ If you would like to learn more about what CodeRED is, please use this link, which brings up a video that our Public Health Partners have developed, which explains what CodeRED is and why it is essential to register:

<https://www.wevideo.com/view/3809823119> (copy and paste into browser if video does not automatically start after clicking on the link)

Carol Buck, CEM-WI
Washburn County Emergency Management Director
WI State Certified EM, PSAP Coord., PIO, TLO, & ICP/COMM Team Manager
PO Box 429 - 421 Hwy 63
Shell Lake, WI 54871

FIND YOUR FORTUNE.

A man and a woman are shown from the chest up, smiling broadly and celebrating. The man is wearing a light blue shirt and the woman is wearing a dark top. They appear to be in a casino setting, with blurred lights and other people in the background.

The logo for St. Croix Casinos features a green cartoon dinosaur with large eyes and a wide smile, wearing a black graduation cap. The dinosaur is positioned above the text "ST. CROIX CASINOS" in a bold, black, sans-serif font. Below this, the text "TURTLE LAKE • DANBURY • HERTEL" is written in a smaller font, followed by "THREE UNIQUE CASINOS" in a larger font, with a small black spade symbol at the end.

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