

DIRECTOR NEWS



THANKSGIVING

**“A time to give thanks for those who have
unselfishly given to others”.**



**SUBMITTED BY
LINDA HAND**

ADRC Director/
Aging Director

Barron Electric and
Dairyland Power, along
with nine of its member
cooperatives and the

Wisconsin statewide association, kicked off National Co-op Month with the 3rd annual Cooperative Day of Service on Wednesday, October 1, 2025. Approximately 150 volunteers joined forces to showcase their dedication to the Cooperative Principles, Concern for Community, and Cooperation Among Cooperatives, completing five service projects throughout their service territories. Barron Electric and Dairyland Power Cooperatives teamed up with the ADRC of Washburn County at their senior meal site in Birchwood, WI. With assistance from the Washburn County Maintenance Department staff, they knocked out several projects to include tree trimming/chipping, building washing, ADA ramp staining, and indoor wall painting. According to the participants, “It was a full day of teamwork, community care, and cooperative values in action”.

A huge **THANK YOU** to everyone who rolled up their sleeves to make a difference. #Cooperative-Month #DayOfService #StrongerTogether #CooperativeSpirit #CommunityCare



Washing Building



Deck



Staining Ramp



Painting Hall



Fixing Steps

DIRECTOR NEWS PHOTOS



Lower Level



Cutting Trees



Painting Downstairs



Cleared front kitchen side



Front with new sign



Fixing Steps

35th Annual

Love Light Ceremony

at Spooner Health

MONDAY, DECEMBER 1

2:00 PM

- LIVE MUSIC
- CEREMONY
- SILENT AUCTION
- REFRESHMENTS

PURCHASE A LIGHT:
(\$5 Minimum Donation per Light)

WHITE - In memory of someone
RED - In honor of someone
BLUE - For peace or for someone who has or is serving our country

Donations along with the information below may be dropped off or mailed to:
LOVE LIGHT PROJECT, Volunteers of Spooner Health
1280 Chandler Drive, Spooner, WI 54801
Proceeds will be used for Volunteers of Spooner Health projects.

PLEASE PLACE A LIGHT:

In Memory of _____

In Honor of _____

For Peace or Someone in Service _____

This gift is given by (optional) _____

**SPOONER LADIES NIGHT OUT
KICK-OFF LUNCHEON**
sponsored by the
ADRC of Washburn County

Salad bar luncheon available from 12:00-1:00 pm by reservation only, by calling 715-635-8283. A suggested contribution of \$6-\$8 for those age 60+ or \$15 fee for those under 60. From 1-2 pm, enjoy fun-filled games before hitting the streets of Uptown Spooner for shopping and adventures.

Transportation available for Washburn residents 60+ & adults with disabilities to luncheon, Uptown Spooner, and return home. A \$3.00 fee per person, round-trip. Call 715-635-4465 to book your ride.

A ticket will be given to registered participants who bring donations to our Food Pantry Donation Box, granting them entry to the Ladies Night Out grand prize drawings.

MONDAY

NOVEMBER | 24 | 12-2 PM

**SPOONER WELLNESS CENTER 50+
850 W. BEAVERBROOK AVE., SPOONER, WI**

WELCOME ANGIE HICKS



PHOTO SUBMITTED

Angie Hicks
Receptionist/
Transportation
Coordinator

Hi! My name is Angie Hicks. I am the new Receptionist/Transportation Coordinator for the ADRC of Washburn County. My husband of 14 years, Curt, and I built our home in 2012, where we live on 20 beautiful acres in the Northwest Spooner area. We spend our free time traveling and spending time with our family and friends. Any time we can be outdoors fishing, boating, swimming, or riding our UTV, we will take the opportunity. I also love to cook, especially when trying a new recipe. Fall is my favorite time of year to try new slow cooker recipes. I have spent many years providing excellent customer service to internal and external clients from both Retail and Corporate environments. When you call the ADRC general line for Washburn County, I'll be the friendly voice on the other end of the line. I can transfer you to the appropriate staff member, or I can handle all of your transportation needs. I'm excited to serve this community, and I look forward to speaking with you and meeting many new faces as I transition into this role.

WASHBURN COUNTY TRANSIT

WASHBURN COUNTY TRANSIT: CALL 715-635-4465 for Reservations
Serving Washburn County adults age 60+, accompanying caregivers, and adults with disabilities.

The ADRC of Washburn County manages the 85.21 DOT transportation program. We have drivers and vehicles available to pick you up at your home and take you to and from your destination. Rides are offered Monday through Friday from 8:00 a.m. to 4:00 p.m. We ask that you make your reservations at least 48 hours in advance or as soon as you know you'll need a ride. Our schedule fills up quickly; we have a limited number of vehicles and drivers. Please consider sharing a ride with a friend if possible and combining multiple stops into one day to give others a chance for transportation. Animals are not allowed in vehicles. If you have a certified service animal, don't hesitate to get in touch with the office for more information.

- 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, and other essentials.
- 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 people 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 used each Friday to take groups on shopping trips to Rice Lake, where they visit various businesses throughout the town.

BENEFIT SPECIALIST WANTED

EMPLOYMENT OPPORTUNITY:

ADRC of Washburn County Disability Benefit Specialist
Salary: \$48,630.40 - \$53,996.80 Annually
Location: Shell Lake - Government Services Building, WI
Job Type: Full-Time
Department: Aging & Disability Resource Center
Opening Date: 10/13/2025

POSITION

The purpose of this position is to serve as the community-level, frontline, primary service provider of the Disability Specialist Program; to assist persons aged 17-1/2 to 59 with developmental disabilities, physical

disabilities, or mental illness with information, assistance, and advocacy in obtaining or retaining public or private benefits, entitlements, and legal rights for which they are eligible. The work is performed under the direction and supervision of the ADRC of Washburn County Director, in close collaboration with the DBS program attorney, who provides substantive case oversight.

For application: <https://www.government-jobs.com/.../disability-benefit...>

If you have additional questions, contact the Washburn County Personnel Department at 715-468-4624, fax 715-468-4628, or by email at adminper@co.washburn.wi.us. Resumes will be accepted, but will not replace a completed application. The position remains open until it is filled. EOE.



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

Bethany Miller & Ted Hampe 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 understand your situation and work closely with you and your support network to determine the 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.

Vacant - 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)

Angie Hicks – 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 Schroeder

ACCEPTING APPLICATIONS FOR:
• **Disability Benefit Specialist • Substitute Cooks**

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

SPREADING JOY IS EASY WHEN YOU HAVE A CLASSIC CAR!
Some of us seniors joined together to display our classics at a car show at Dove Healthcare in Spooner this fall. The residents reminisced as they viewed the old cars - some residents even owned one like the one they saw! Speedometers that went to 120mph, wing windows, and a dimmer switch on the floor brought out a lot of “I

remember” comments. Special thanks to Tom Haider for bringing his 2025 Ford Dark Horse Mustang to give us a glimpse of a classic car of the FUTURE! VRM!! What a fun afternoon with lots of visiting and cold lemonade!
Our September Dining @ 5 honored Chuck and Sharon Lull. They had volunteered at our center since 1998. When we heard they were making Arizona their permanent home, we wished them the best with hugs and kisses. TWO SACKS OF KISSES....candy ones. Thank you so much for your wonderful example of volunteering. Remember, we need volunteers to

help organize activities. Become like Chuck and Sharon! Post-it notes were distributed for dinner attendees to jot down their suggestions. Some of the results included having coffee with our Dining @ 5 meals; the center should purchase food boxes to go, entertainment and dances, and get Verdell a cowbell to ring for announcements. Ding-DING-Ding.
What’s more exciting than a group of senior citizens with fun money? Thanks to a very successful bake sale and generous donations from individuals and businesses, we have secured the funds needed for additional activities. We paid for the BBQ chicken for a tailgate party in October; we purchased a new printer, and we will pay for a bus to Bentleyville (a Christmas light display in Duluth) on December 4th. Watch for the sign-up sheet at the center.
The Senior Night Out group met at the Social House for dinner in Hayward on October 9th. The sign-up sheet for this monthly outing is at the

center, or text 715-520-3569 to join us. Some of us carpool by meeting at the center for a ride.
Here’s something to consider: donate prizes for bingo. Also, please donate games (with no missing pieces) and drop them off in our library room. If you would like to help print posters on our new computer for our bigger events, please get in touch with me.
October Dining @ 5 menu of sauerbraten, spaetzle dumplings, red cabbage, German potato salad, and German chocolate cake was delicious. Table decorations for Halloween helped make a fun eating experience...”Pick Your Poison” placemats made you stop and think. On October 3rd, we enjoyed the movie “F1” on our big screen.
Hope you have a Happy Thanksgiving. I’m looking forward to Spooner’s Ladies Night Out on November 24th. It’s a festive gateway event to the holidays.

SHELL LAKE SENIOR CENTER NEWS

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 - Vice President
Friendship Commons
Shell Lake Senior Center

Happy November from the Shell Lake Senior Center, Friendship Com-

mons. I always like to include some trivia and interesting facts in my article, so here we go...All Saints Day is celebrated on November 1st. November’s birthstone is Citrine and Topaz, and the Chrysanthemum is the flower. It’s a wonderful time of the year with

the Thanksgiving Holiday, where we get together with family and friends and celebrate all our blessings. Veteran’s Day is also held in November, where we honor Veterans from all Services, who served and fought in wars and conflicts, to protect our Freedom.
On November 19th, 1863, President Abraham Lincoln delivered his famous Gettysburg Address, and on November 22nd, President John F. Kennedy was assassinated in Dallas, Texas.
We have been busy at the Center, continuing to work on our 36 Old Clucks and their Chicks quilt. Our blocks are together, and now it’s time to

start hand-quilting. We invite anyone interested to join our Stitch and Chat group. We meet on Wednesday mornings at 9:00 and quilt and talk until lunch is served at 11:30. We also play Scribbage and Smear and have a great time playing board games.
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 Charlotte Mickelson, Nutrition Director, at 715-635-4460.

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!

RECIPE



<https://www.mayoclinic.org/healthy-lifestyle/recipes/minestrone-soup/rcp-20049680>

Minestrone soup

Dietitian’s tip: Making soup from scratch allows you to control the sodium level. To make this plant-based, use vegetable stock.

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/3 cup chopped celery
- 1 carrot, diced
- 1 garlic clove, minced
- 4 cups fat-free, low-sodium chicken broth
- 2 large tomatoes, seeded

- and chopped
- 1/2 cup chopped spinach
 - 1 can (16 ounces or about 1 1/2 cups) no-salt-added kidney beans, drained
 - 1/2 cup uncooked whole-grain small shell pasta
 - 1 small zucchini, diced (about 1 cup)
 - 2 tablespoons chopped fresh basil

DIRECTIONS

In a large saucepan, heat the olive oil over medium heat. Add the onion, celery and carrots. Saute until softened, about 5 minutes. Add garlic and continue cooking for another minute. Stir in broth, tomatoes, spinach, beans and pasta. Bring to a boil over high heat. Reduce heat and simmer for 10 min-

utes. Add zucchini. Cover and cook for 5 minutes more. Remove from heat and stir in the basil. Ladle into individual bowls and serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

- Serving size: About 2 cups
- Calories200
 - Total fat4 g

- | | |
|-------------------------------|----------------------|
| Number of servings - Serves 4 | 5. Weight management |
| 1. Diabetes meal plan | 6. Low-fat |
| 2. DASH diet | 7. Plant-based |
| 3. Low-sodium | 8. Meatless |
| 4. Heart-healthy | 9. Healthy-carb |
| | 10.High-fiber |

- Saturated fat0.5 g
- Trans fat0 g
- Monounsaturated fat2.5 g
- Cholesterol0 mg
- Sodium98 mg
- Total carbohydrate30 g
- Dietary fiber11 g
- Total sugars5 g
- Added sugars0 g
- Protein11 g

EMPLOYMENT OPPORTUNITY

ADRC of Washburn County LTE Senior Dining Site Manager/Sub-Cook
Salary \$7,297.28 Annually

Location: Washburn County Senior Centers • Job Type: Casual / LTE

Department: ADRC of Washburn County • Opening Date: 10/02/2025

THIS IS A SHARED POSITION. 436 hours annually to be divided between candidates hired within this sub-cook list.

This position performs the duties as the Dining Site Manager / Cook in an LTE or Substitute manner when needed. Under the general direction and supervision of the Nutrition Program Director, the Dining Site Manager / Cook is responsible for coordinating the nutritional services for the dining site and preparing meals for the congregate and home-delivered nutrition programs. The Dining Site Manager/Cook actively supervises the safe and sanitary service of meals and all other

related nutrition program activities and performs related work as required by the State of Wisconsin Nutrition Services Aging Operations Manual. This position requires understanding and sensitivity to the needs of older Americans. Extensive knowledge of quantity and quality food preparation and sanitation is essential.

To apply, go to: <https://www.governmentjobs.com/careers/washburncowi?>

If you have additional questions about what the position entails or would like a tour of the facilities, please get in touch with the Nutrition Director, Char Mickelson, at 715-635-4460. Download an employment application from 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 replace a completed application. The position remains open until it is filled. EOE.

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 Wellness Center 50+
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.
7154 Green Valley Rd.
Spooner, WI

NOVEMBER					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
Sweet & Sour Pork with Stir Fry Veggies over Brown Rice Egg Roll Fresh Clementine MINONG DINING AT 5 3	Lemon Pepper Fish Garlic Baby Reds Whole Kernel Corn WG Bread, Crisp Grapes Chocolate Cake 4	Sausage & Squash Stew Autumn Harvest Apple Feta Salad Whole Grain Bread Apricots 5	Home-Style Meatloaf Mashed Potatoes & Gravy California Blend Veg. Three Bean Salad, Apple-Cinnamon Bread Pudding 6	Mozzarella-Mushroom Chicken Breast, Carrots Creamed Spinach WG Garlic Breadstick Baked Pears 7					
Seasoned Pork Chops Baked Potato Cranberry Spinach Salad, Whole Grain Bread, Peaches SPOONER DINING AT 5 10	HOLIDAY OBSERVANCE No Meals Served 11	Classic Italian Lasagna Steamed Broccoli Buttered Peas WG Garlic Breadstick Frosted Carrot Cake 12	Chicken and White Bean Chili, Fresh Garden Salad with Dressing, Broc-Cheddar Cornbread Fresh Orange 13	Cheeseburger on a Whole Grain Bun Sweet Potato Wedges Cucumber & Tomato Salad Pineapple 14					
Spaghetti & Meatballs Brussel Sprouts, Pears Whole Grain Bread SHELL LAKE DINING AT 5 17	Chicken Tortellini Pasta, Baked Autumn Squash Steamed Broccoli Whole Grain Garlic Bread Baked Apples 18	Beef Stroganoff over Egg Noodles Asparagus Buttered Corn WG Bread Fruit Salad Cook's Choice Cookie 19	THANKSGIVING DINNER Oven-Roasted Turkey Mashed Potatoes & Gravy, Stuffing, Green Beans, Cranberry Sauce, WG Bread, Pumpkin Bar 20	Brat served on a Whole Grain Bun, Baked Beans Marinated Vegetable Salad Applesauce 21					
Loaded Chef Salad with Ham, Egg, Cheese, Veggies, Dressing WG Garlic Breadstick Strawberry Shortcake 24	Baked Rosemary Chicken, Garlic Green Beans, Baked Sweet Potato, WG Bread, Cherry Cobble SHELL LAKE DINING AT 5 25	Cowboy Beans Walnut-Candied Squash California Blend Vegetables Whole Grain Bread Apricots 26	HOLIDAY OBSERVANCE No Meals Served 27	HOLIDAY OBSERVANCE No Meals Served 28					

SENIOR CENTERS DINING AND ACTIVITIES

Charlotte Mickelson - Nutrition Director
Email: cjaeger@co.washburn.wi.us
ADRC of Washburn County
(715) 635-4460 - Main • (715) 635-4464 Fax

SENIOR CENTERS DINING & ACTIVITIES

DINING: Congregate dining is available at four nutrition sites in Washburn County, Wisconsin: Birchwood, Minong, Shell Lake, and Spooner. Participants can enjoy affordable, nutritionally balanced meals in a welcoming environment, where they can socialize and participate in community activities.

SERVING TIMES: Serving hours vary by site. Call ahead to make meal reservations: Reservations are required 24 hours in advance at the following sites:

BIRCHWOOD WASHBURN COUNTY WELLNESS CENTER 50+
110 Euclid Ave., Birchwood, WI 54817
(715) 354-3001 • Serving M-F, 11:30 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 offer participants many chances to connect with longtime friends and make new ones. Please see the enclosed activity calendars/news for each location.

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



DINING @ 5

MINONG MENU
MONDAY, NOVEMBER 3rd
Home-Style Turkey, Mashed Potatoes/Gravy
Stuffing, Green Beans, Cranberries
Pumpkin Pie-Cinn. Whipped Topping

SHELL LAKE MENU
MONDAY, NOVEMBER 10th
Roasted Turkey, Mashed Potatoes w/Gravy
Stuffing, Individual Relish Trays
Cranberries, Blueberry Pie

SPOONER MENU
MONDAY, NOVEMBER 10th
Chicken Parmesan Served on a Bed of
Egg Noodles, Focaccia Bread, Roasted
Vegetables, Banana Cake with Cream
Cheese Frosting

BIRCHWOOD MENU
TUESDAY, NOVEMBER 25th
Tender Beef Roast, Mashed Potato/Gravy,
Roasted Broccoli, Fresh Baked Bread,
Cranberry Spinach Salad, Kristi's Choice
Dessert

=====

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



Older individuals with more positive self-perceptions of aging live **7.5 years longer** than those with a less positive perception of aging



asaging.org/ageism-awareness

NUTRITION PROGRAM NEWS

SUGGESTED CONTRIBUTION INCREASE ON JANUARY 1ST, 2026

SUBMITTED BY CHARLOTTE MICKELSON
Nutrition Director

Beginning January 1st, 2026, the suggested contribution for senior dining meals and home delivered meals will increase to a sliding scale, starting at \$7.00 up to \$9.00 per meal. The suggested contribution for the monthly Dining at 5 meal will increase to \$9.00 to \$11.00 per meal.

After careful consideration and consultation with the Aging and Disability Services Committee, it was decided to increase the suggested contribution. Our goal is always to find ways to reduce or maintain our costs without lowering the quality or nutritional value of our meals. Keeping the costs down allows us to be able to serve the increasing senior population within Washburn County. Our average cost to prepare, serve, package, and deliver is \$15.69 per meal.

Our meals are partially funded through federal legislation called the Older Americans Act. This is very important legislation that specifically says we cannot charge adults over the age of 60 for their meals and must offer older adults an opportunity to contribute toward the cost of their meals.

Twenty-six percent of the nutrition program revenues come from participant and community contributions, so they are very important to the sustainability of this program. All contributions are voluntary and are kept confidential regardless of amount. Nobody will be denied meals if they are unable or choose not to contribute. You may contribute more or less than the suggested amount. You may continue to contribute the same amount you have been. No matter what you contribute, you are always welcome to dine!

The purpose of the Senior Nutrition Program is to reduce hunger and food insecurity, to promote socialization of older adults, and to promote the health and well-being of older individuals. Everyone 60 years or better is welcome to participate in this great and valuable program in Washburn County.

For more information about senior dining, home delivered meals, or the increase in suggested contribution, please contact Charlotte Mickelson at 715-635-4460. Thank you for your support and understanding.

HAPPY DAY CLUB NEWS

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.

BRAIN HEALTH CHECK-UP

10-15 minute assessment. Completely free and 100% confidential.
All are welcome.

Shell Lake Public Library, 501 1st St., Shell Lake WI 54871
November 10th • 9:00 am - 1:00 pm
Reservations Suggested: 715-635-4477 • Walk-ins Welcome

INDIGO NEWS

Out to the Woods and Trails

SUBMITTED BY DON POSH
IndiGO Your Allies for Independence

Has your ability to walk prevented you from doing some things you used to enjoy like walking a trail or a beach this summer? With the end of summer, another beautiful season arrives. Fall is a great season to get outdoors and it’s the beginning of hunting season. The colors, the slowing down of tourist season and no mosquitos. For people with limited mobility getting out in the woods or sandy

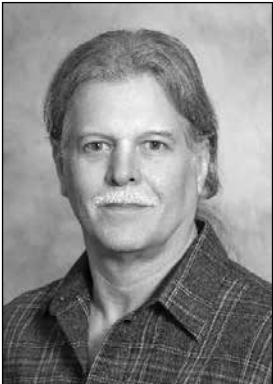


PHOTO SUBMITTED

Don Posh

beaches is just a memory, BUT it does not have to be! indiGO has a track chair. It’s like a power wheel chair with bulldozer type tracks to get you through rough terrain. The track chair we have is the “NT” model and is only 29 1/2” wide so it can take you almost anywhere! We also have accessories including a fishing rod holder, LED highlight, oxygen tank holder, back utility rack, and beverage holder. With these luxury features, you can enjoy outdoor activities, nature trails, and sporting events.

Armrests on the track chair adjust both up/down as well as in and out and they flip up to aid in transferring. The seat back cushion can be positioned up or down and the entire backrest can be moved forward and back. These unique adjustments are there to suit your individual needs.

Our track chair can be loaned out for a week at a time. We have an enclosed trailer with a 2” ball hitch. You will need to transport the trailer with you own vehicle to and from our Superior office. If you are interested in reserving the track chair, please contact indiGO. **1.800.924.1220**

indiGO is not the only place to enjoy a track chair. The WI DNR has them available at 3 State Parks, Minnesota DNR features Track Chairs at 24 State Parks, the Brill Area Sportsmans Club is another place in the local area and in Holman WI, contact the North American Squirrel Association. These are all free of charge. There are also rentals available in other locations around WI.

Enjoy your time outdoors; it doesn’t need to be just a memory!

Be well ***WE’RE ALL in this together!***

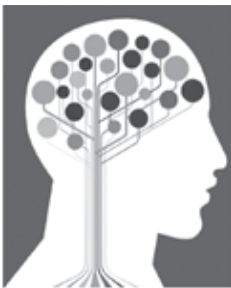
For more information on independent living contact: indiGO serving Douglas, Bayfield, Iron, Price, Sawyer, Washburn, and Burnett Counties including Tribal communities of Red Cliff, Bad River, La Courte Oreilles and St Croix. Main office: 800-924-1220 V/TTY

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.



Boost Your Brain and Memory

Boost Your Brain and Memory was designed to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory performance.



This program has 6 sessions.
WHEN: Tuesdays starting November 4th
11:00am - 12:00pm
WHERE: Spooner Wellness Center
850 Beaverbrook Ave., Spooner, WI 54801

Attendance is **FREE**,
(but space is limited)
Please call or email Patryce to register.
715.635.4477
pgarcia@co.washburn.wi.us



SENIOR CENTERS & CHICOG ACTIVITY CALENDARS

BIRCHWOOD SENIOR CENTER:
715.354.3001

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

MONDAYS: Yoga8:30 AM
2nd MONDAY: Dining at 5.....5:00 PM
LAST MONDAY:Membership Meeting12:30 PM
TUESDAYS: Aerobics.....8:30 AM
Chair Exercise.....9:00 AM
WEDNESDAYS: Yoga8:30 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 55:00 PM

SHELL LAKE SENIOR CENTER:
715.468.4750

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

MONDAYS: Tai Chi.....10:00 AM
TUESDAYS: Games.....9:00 AM
Cribbage.....10:30 AM
WEDNESDAYS: Games9:00 AM
Quilting.....9:00 AM
THURSDAYS: Games9:00 AM
Cribbage12:30 PM

SPECIAL HIGHLIGHTS:

MONDAY, SEPTEMBER 8: Painting
(Open to Public)1:00 PM

MONDAY, NOVEMBER 9:
Dining at Five 5:00 PM
SECOND WEDNESDAY:
Tommy Ray 10:30-11:30 AM
LAST MONDAY OF THE MONTH: Friends of
the Center Meeting (Open to Public) 12:30 PM
LAST MONDAY OF THE MONTH:12:30 PM
White Elephant Bingo (Open to Public)

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.....9:00 AM
THURSDAYS: Cribbage.....12:30 PM
FRIDAYS: TBD

SPECIAL HIGHLIGHTS:

1st MONDAY OF THE MONTH: Dining at Five
Need to register in advvance. 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
of the month) Some exceptions but will be
advertised if changed
SATURDAY NOVEMBER 22ND Fall Community
Get Together Fundraiser.....Noon

THURS. NOV. 27th & Fri. Nov. 28th
Thanksgiving Holiday..... Center Closed

SPOONER SENIOR CENTER:
715.635.8283

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

MONDAYS:

Mexican Train Dominoes, TaiChi1:00 PM
4th Monday of the month,
Board meeting.....10:30 AM
TUESDAYS: Mah Jongg1:00 PM
WEDNESDAYS: Chair Dancing9:30 AM
500 Cards & Bridge.....1:00 PM
THURSDAYS: Mah Jongg9:00 AM
Games10:00 AM
Hand and Foot.....1:00 PM

FRIDAYS:

Craft and Coffee10 AM - 12 PM
1st Friday of the month - First Friday Flicks
(Movie) **“Thursday Murder Club”**1:00 PM
EVERY 3rd FRI:
Savvy Senior Book Club.....10:30 AM

CHICOG IMPORTANT DATES

WEDNESDAY, 11/12 Monthly Meeting 6 PM
WEDNESDAYS, 11/12&26
Namekagen Transit Service
THURSDAY, 11/13 Bibliodragon Bookmobile,
Town Hall10:30 AM-12
SAT, 11/22 Hunters Feed, Town Hall 5-8 PM
WEDNESDAY,11/26 Books & Bread,
Beaverbrook.....10:30 AM - 2 PM
Town Website: www.townofchicog.com

ADRC OF WASHBURN COUNTY EVENTS CALENDAR

NOVEMBER

Monday, November 3, 2025 – Alzheimer’s Car-
egiver Support Group led by the ALZ Asso. 9-10
a.m. Spooner Trinity Lutheran Church
Monday, November 3, 2025 - Minong Dining @
5: Home-Style Turkey, Mashed Potatoes/Gravy,
Stuffing, Green Beans, Cranberries, Pumpkin Pie
w/Cinnamon Whipped Topping.
Friday, November 7, 2025 – Washburn County
Transit Van Shopping Trip to Rice Lake. Call (715)
635-4465 for a reservation; space is limited. Wash-
burn residents age 60+ & adults with disabilities.
Monday, November 10, 2025 - Shell Lake Dining
@ 5: Roasted Turkey, Mashed Potatoes W/Gravy,
Stuffing, Individual Relish Trays, Cranberries, &
Blueberry Pie.
Friday, November 11, 2025 – **CLOSED for Vet-**
erans Day – ADRC & Meal Sites, No Meals Deliv-
ered.
Wednesday, November 12, 2025 – ADRC Com-
mittee Meeting 1:00 p.m. at the Washburn County
Board Room, Shell Lake.
Wednesday, November 12, 2025 – Washburn
County Caregiver Coalition, ADRC Office South
Conference Room, 2:30-3:30 p.m. The public is
welcome to join!

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.
Friday, November 14, 2025 – Washburn County
Transit Van Shopping Trip to Rice Lake. Call (715)
635-4465 for a reservation; space is limited. Wash-
burn residents age 60+ & adults with disabilities.
Monday, November 20, 2025 - Spooner Dining @
5: Chicken Parmesan Served on a Bed
Egg Noodles, Focaccia Bread, Roasted Vegetables,
Banana Cake with Cream Cheese Frosting.
Thursday, November 20, 2025 – Caregiver Walk
& Talk at the Spooner Civic Center from 10-11
a.m.
Friday, November 21, 2025 – Washburn County
Transit Van Shopping Trip to Rice Lake. Call (715)
635-4465 for a reservation; space is limited. Wash-
burn residents age 60+ & adults with disabilities.
Monday, November 24, 2025 - Spooner Area
Chamber of Commerce Presents Ladies Night Out!
Join us at the Spooner Wellness Center 50+ for a
kick-off luncheon for the night. A delicious salad
bar luncheon will be available from 12:00 pm to

1:00 pm by reservation only. To make a reserva-
tion, please call 715-635-8283. A suggested con-
tribution of \$6.00 - \$8.00 for those over age 60 (no
one will be denied a meal based on their inability
to contribute). There will be a \$15.00 fee for those
under age 60. Join us from 1:00 pm to 2:00 pm
for an hour of fun-filled games before hitting the
streets of Uptown Spooner for an evening of shop-
ping and adventure. Transportation will be avail-
able via Washburn County Transit for Washburn
residents aged 60+ and adults with disabilities.
There will be a \$3.00 fee per person, round-trip. A
ticket will be given to registered participants who
bring donations to our Food Pantry Donation Box,
granting them entry to the Ladies Night Out grand
prize drawings.
Tuesday, November 25, 2025 – Birchwood Senior
Center Dining @ 5: Tender Beef Roast
Mashed Potato w/Gravy, Roasted Broccoli, Fresh
Baked Bread, Cranberry Spinach Salad, &
Kristi’s Choice Dessert.
Thursday, November 27, 2025 – **CLOSED for**
Thanksgiving – ADRC & Meal Sites, No Meals
Delivered.
Friday, November 28, 2025 – **CLOSED for**
Thanksgiving – ADRC & Meal Sites, No Meals
Delivered.



PowerUP is an exercise group for people with Parkinson’s disease and other neurological disorders such as stroke, ataxia, or MS. The purpose of the group is to help individuals maintain the physical movement needed for speech and mobility so that they can function more safely and independently, improving quality of life.

The group is also open to family members who wish to learn more.

What you may experience at PowerUP:

- Exercises to get moving and learn for home use
- Balance therapy activities

WHEN:
Second Wednesday of the Month
11 a.m. to 12:30 p.m.

WHERE:
Lower Level Classrooms A&B,
Spooner Health

CONTACT:
Spooner Health Rehabilitation
Services
715.939.1745

- Games & activities to help engage and promote mobility
- Snacks and fellowship with other people in similar situations
- Guest speakers sharing information on power mobility, planning for future, speech therapy, chair yoga, medication management, etc.

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

Happy Fall to everyone. As I’m writing this article, it is 68 degrees and a beautiful, sunny fall day. “My favorite time of the year.” Hope you all are enjoying this gorgeous weather.

Monday, September 8th, was our Dining at Five, and the theme was a tailgate party, and what a party we had! As guests entered, dressed in their favorite team attire, they viewed the lit patio lights on the ceiling and the hanging inflatable footballs. The tables were decorated with preprinted touchdown tablecloths and a quart jar painted to resemble a football. Fresh flowers were in each quart jar.

The food was planned for a tailgate party. The bratwursts with the topping bar and sweet potato puffs were a real hit. Everyone enjoyed their individual fresh relish trays with veggies, dip, and fruit. No one could resist the chocolate brownie and ice cream dessert.

We incorporated a half-time show in our tailgate party. Each of the seven tables selected a person from their table who represented the best dressed for the event. Our ref Laura then asked everyone to cheer for these seven people, and the one receiving the loudest applause was the final winner. Each of the seven winners received the table centerpiece from their table, and the final winner also received a gift card from Wendy’s restaurant.

Birthdays for the month were acknowledged with a

treat and the birthday song. The evening ended with our signature bingo game.

We want to thank the Aging and Disability Resource Center Nutrition Program for their support in the Dining at Five event, Laura, our site manager, cook and event planner, and the kitchen volunteers, Martha, Kirk, and Kelton; Max for calling bingo each month, Also thank you to the Sunday decorators: Judy, Julie, Kathy and Polly, all of the guests that come each month and anyone I might have missed. Without all of you, this monthly, fun-filled evening would not be possible.

Our yearly Chanhassen bus trip was on Wednesday, September 10th. Everyone enjoyed the day trip and seeing “Grease”. Next year’s trip is already being planned, and the show will be “Guys and Dolls”. Thank you to the organizers for this trip, Joyce, Lynne, and Tess. It is appreciated.

At our September monthly board meeting, ABATE (A Brotherhood Against Totalitarian Enactment) presented a check for \$2,080 to the Minong Area Senior Center. For the past 10-plus years, ABATE has been doing a Fun Run fundraiser for our senior center. They also run many other charitable events. We sincerely appreciate this donation and all the support you give to our center. In recognition of the donation from ABATE, a Thank You plaque from the Minong Area Senior Center was presented to Cindy Brandan, Rick Brandan, and Mike Sinks, members of ABATE.

On September 23rd, Donna Perkins and Audrey Simon, employees of the Gordon Correctional Center, brought beautiful handcrafted items to the center. These wood items were made by the inmates and are being donated to use for our Fall Community Get Together silent auction. A sincere thank you goes out to the Gordon Correctional Center. Also, a thank you goes to Donna, Audrey, Nancy Ahlert, and the inmates for their generous donation, time, and for organizing this event.

Monday, November 3rd, is Dining at Five, and also voting day for Minong Area Senior Center board members. Positions open include President, Treasurer (2 year terms) and 5 members at large (1

year term). Voting is open to all 2025 paid members. Voting time is between 11am and 5pm)

The monthly potluck/bingo regularly scheduled for the 2nd Saturday of the month is cancelled for November. This is due to our Community Get Together Fundraiser happening on Saturday, November 22nd.

Please join us on Saturday, November 22nd, for the Community Get Together Fundraiser. There will be food, bingo, a silent auction, a basket raffle, and the drawing for the big-ticket prizes.

The cost of the Big Tickets is as follows: 1 ticket for \$5 and 6 tickets for \$25. The Big-Ticket prizes include:

- 1st place \$500 to Henson’s County Foods,
- 2nd place \$250 to Henson’s County Foods,
- 3rd place four flex tickets for Lucius Woods Performing Arts Center,
- 4th place \$100 cash.

This is our largest yearly fundraiser for the Senior Center and is always a Fun day. Bring a friend, enjoy the food, Bingo, and take a chance by purchasing a ticket or two for the Big Ticket; start your Christmas shopping early with all the great silent auction items or the baskets we have. Looking forward to seeing YOU there!

Until next month, Be Safe!

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MEDICARE OPEN ENROLLMENT

Be Prepared for the Medicare Open Enrollment Period

By the GWAAR Legal Services Team
(for reprint)

Every year Medicare has an Open Enrollment Period (OEP) from October 15 to December 7. During this time period, you may change your Medicare enrollment. The list below outlines the changes available during OEP.

- 1) You can join a new Medicare Advantage Plan or Part D prescription drug plan;
- 2) Switch from Original Medicare to Medicare Advantage; or
- 3) Switch from Medicare Advantage to Original Medicare (with or without a Part D plan).

Understanding what Original Medicare covers is essential in helping you decide and compare the coverage options for Advantage Plans. You can use the Medicare & You Handbook found at <https://www.medicare.gov/publications/10050-medicare-and-you.pdf>.

Before OEP, there are a few things to do. In September, if you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will receive an Annual Notice of Change (ANOC). The ANOC

will have information about changes to coverage, benefits, costs, and service areas that your plan intends to make in the upcoming year. It's essential to review this document so that you understand what your plan will offer, enabling you to make a better-informed decision about whether it meets your needs. If you have questions about the notice, please contact your plan directly.

You can start by creating a list of essential features that you want your medical insurance plan to include. This list could help you determine whether you plan to travel and need your insurance coverage to be broader, whether your favorite provider is in-network, or if the closest pharmacy is in-network. These types of answers can help narrow down the type of plan you want and identify specific elements you would like to have included in your plan. It is also important to have a list of prescriptions you take and the providers you would like to continue seeing. These lists will help you narrow down your plan comparison and ultimately save you time when comparing plans.

Then, starting in October, you can begin to compare plans. It's important to take the time to review

your options to ensure that you get the most out of your Medicare benefits. A video is available below on how to use the Plan Finder tool to find and compare plans. During this time, you can also find more information about Medicare and your options at <https://www.medicare.gov/medicare-and-you>. The Medicare & You handbook provides a wealth of information about Medicare, including enrollment procedures, your rights, and protections under the Program.

Enroll before December 07, 2025 in the plan that best fits your health coverage needs. Once you have enrolled, your plan coverage will begin January 1, 2026. If you didn't enroll in a new plan, any changes to your current plan will take effect on January 1, 2026. If you aren't happy with the choices that you made during OEP, you can make changes. From January 1 to March 31, 2026, you can drop your Advantage Plan and switch to another Advantage Plan or switch to Original Medicare. If you switch to Original Medicare, you will be able to join a Medicare drug plan or Part D plan. If you make a change, your coverage will start on the first day of the month following enrollment.

CHICOG - THEN AND NOW

SUBMITTED BY
JOANN MALEK

Chicog neighbor Steven Loiselle has written a second column for our enjoyment during this autumn hunting season:

When I began bow hunting you were allowed to harvest a bear with a big game license. Now you need a bear license. Though I spent a lot of time in northern Wisconsin woods I never ran across any bears. Eventually I understood the sport and the rules a little better. Hunters weren't just stumbling across bears, they were hunting over bait. It turned out these were not outlaws but pioneers in our sport.

During my college years the nearest tract of woods large enough to hold a decent bear population was the Chippewa County Forest. I did a little research on bear baiting and made the 48-mile round trip every day for four weeks. When opening day came around, I was set up and ready to hunt. The 272 pound bear came in to the bait just as I hoped he would, but because I was hunting with arrows I needed him to give me the ideal angle. This took about 3½ hours, but when he turned to leave I had my shot. We found him about 80 yards away. This was the start of an obsession, and since then I have harvested 11 black bears with my bow and arrows, most of them in Chicog township.



PHOTO SUBMITTED

Steve Loiselle, Guest Columnist

Interestingly enough, the first black bear I ever saw alive in the woods was at the bow range. When I came up to the shooting stakes on target 27 he was standing nearby. He saw me coming, walked to the end of the course and disappeared into the woods.

Several times I've been reluctant to leave my stand because there were bears between me and my vehicle. They eventually walk off and I leave with no issues.

When I climb into a tree, I usually tie my bow to a rope attached to my belt so I have both hands free to climb. Once I am settled with bow in hand, I throw the rope over a limb to get it out of my way. On one occasion I missed the limb so the rope hung down to the ground. Rather than pull it up and

try again, I just let it hang, thinking it wouldn't be an issue. Of course, a bear came along and decided to play with the rope. I didn't want him to take it and maybe get tangled up in it. That was when I realized that I had a bigger problem: That rope was still tied to my belt!

On another occasion I was sitting on a hillside near an oak ridge, waiting for deer to come and feed on acorns. When I heard something walking in the dry leaves, I thought 'super buck' was coming, so I froze and hoped for a good shot at a big deer. Then I heard scratching sounds and the tree started to shake. When I peered over the edge of my stand, a bear was about halfway up to where I was sitting. Thankfully, when we made eye contact he went

back down and walked away. There was only one occasion when I was a little worried about my safety. I had set up near the edge of a field, hoping to catch a nice buck coming out to feed. Instead, two adult bears came from back in the woods, walked right up to where I sat and started wrestling. I would not call it fighting because there was no snarling or growling. After a few minutes, they climbed a tree about 20 yards from the one I was in and continued wrestling about 20 feet off the ground. I found this interesting, but not particularly scary. After a few minutes they came down that tree and walked closer to me. They played a little more on the ground, then climbed the tree right next to mine and resumed the wrestling match on a branch about ten feet from me. Now it was scary! After a while they came back down on the ground and resumed being bears. They are cute when they aren't ten feet away. I waited for them to walk away and then I got down and beat it to my truck. I am sure it was the fastest exit I ever made from the woods in all the years I have hunted.

I will continue to bow hunt and bear hunt for as long as I am physically able, and I am sure the stories will continue to occur. Good hunting to all of you!

Thank you for reading Chicog-Then and Now

Town Website:
www.townofchicog.com

CAREGIVER CONFERENCE HELD ON SEPTEMBER 24TH



COMMUNITY COMES TOGETHER FOR CAREGIVER CONFERENCE ON SEPTEMBER 24TH

SUBMITTED BY **PATRYCE GARCIA**
Dementia Care Specialist/Caregiver Coordinator

On September 24th, 2025, more than 50 caregivers, professionals, and community members gathered for a day of support, learning, and connection at the annual Washburn County Caregiver Conference.

This year's Conference featured a dynamic lineup of guest speakers who addressed key topics relating to common scams, Advanced Directives, how the power of sound affects us, and our care partners. Attendees also had the opportunity to choose between Caregiver Improvisation, Self-Care Painting, or Chair Yoga/Sound Bath for their breakout sessions. These breakout sessions were chosen for their ability to showcase how self-care looks differently for everyone. Our Keynote Speaker, Cori Marsh, is the Aging Programs Supervisor for Rock County. Cori offered our caregivers laughter and food for thought in their caregiving journey in her presentation "Seriously, Go Ahead and Laugh".

This year's event reinforced the importance of community in sustaining caregivers and highlighted the ongoing need for education, recognition, and emotional support in this vital role.

Thank you to all who attended this year, and we hope to see you all again next year!



PHOTO SUBMITTED
Patryce Garcia

PHOTOS SUBMITTED BY ADRC

A man and a woman are smiling and celebrating, with the man holding a large check. The background is a blurred casino floor.

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The logo for St. Croix Casinos, featuring a green cartoon dinosaur with its mouth open, showing its tongue. The text "ST. CROIX CASINOS" is written in a bold, sans-serif font.

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