

Focus for *Life*



A SPECIAL SECTION OF THE FOUR SEASONS/ WEEKENDER NORTH

VOLUME 34 ISSUE 3

MARCH 2026



 Full of Luck 
& Love

In partnership with
Backyard Garden and Floral
and Subaru Share the Love
The Washburn County ADRC Cupid Crew
distributed carnations to Home Delivered Meal participants and
residents over 60.



PHOTOS SUBMITTED

MAH JONG LESSONS

**MAHJONG LESSONS
offered at
SPOONER WELLNESS CENTER**



PHOTO SUBMITTED

MahJong classes are being offered starting in March at the Spooner Wellness Center. 2 week lessons, 2 days a week. Please call 715-520-3569 if interested.

Women's Wellness Night

Join us at Spooner Health for a **FREE** night to celebrate women's health and learn more about the many services available in our area.

Tuesday, March 24, 2026 | 4PM - 7PM
Cafe, Classrooms, & Main Conference Room

Educational Presentations • Women's Health Tables • Prize Drawings
Free Blood Pressure Checks • Hands-Only CPR Basics
Advance Directive Planning • Schedule Your Mammogram
Appetizers, Desserts, & Refreshments

To learn more call (715) 939-1736
or visit SpoonerHealth.com

WELCOME JACKIE COFFEE

Help us welcome our new ADRC Disability Benefit Specialist, JACKIE COFFEE! She's going on a tour (with other ADRC staff) of various Washburn County locations.



Dates & Times

- 3/17/26 - Hilltop Manor, 814 Elm St., Spooner, WI • 11 am to 12 pm
- 3/17/26 - Washburn County Wellness Center 50+, Spooner, WI
1 pm to 2 pm
- 3/18/26 - Schricker Manor, 1403 Scribner St., Spooner, WI
11:30 am to 12:30 pm
- 3/19/26 - Goslin Court, 713 N Summit St., Spooner, WI • 12 pm to 1 pm
- 3/20/26 - West Side Manor, 313 5th Ave., Shell Lake, WI • 11 am to 12 pm
- 3/23/26 - Shell Lake Senior Center, 210 4th Ave., Shell Lake, WI
11 am to 12 pm
- 3/24/26 - Birch Haven Manor, 305 West Elm Ave., Birchwood, WI
11 am to 12 pm
- 3/24/26 - Birchwood Senior Center, 110 Euclid Ave., Birchwood, WI
1 pm to 2 pm
- 3/25/26 - Acorn Apartments, 405 2nd St., Minong, WI • 10 am to 11 am
- 3/26/26 - Shell Lake Shores, 843 N. Lake Drive, Shell Lake, WI
11 am to 12 pm
- 3/27/26 - Minong Senior Center, 700 Houston Ave., Minong, WI
11 am to 12 pm

QUESTIONS? Call the ADRC at 715-635-4460

LET US KNOW:

We are looking for ideas for this year's activities; we would like to get a group together for activities

Would you be interested in:

- Going to Chippewa for Trolley Rides or North Shore Train rides
- Going to Summer Activities in Hayward
- Lake Cranberry Fest or Warrens
- Christmas Light Tours- Duluth or Chippewa
- State Parks-waterfalls
- Supper Club or Dining out at different restaurants

These are just a few ideas that have been mentioned to us, if you have any other ideas, please let us know, or if you would be interested in some of these.

Thank You,
Charlotte Mickelson
Nutrition Director-Washburn County ADRC
You can contact me, Char Mickelson at 715-635-4467
Or Lynn Beard at 715-520-3569

DRIVERS NEEDED



PHOTO SUBMITTED

Washburn County Transit is in need of volunteer drivers for the Transportation Program of the Aging and Disability Resource Center of Washburn County, Wisconsin.

Washburn County Transit provides transportation for anyone over the age of 60 and/or who has disabilities.

We provide transportation to

non-emergency medical appointments, local shopping trips, and other social activities.

If you are interested in learning more about our program and how you can become a volunteer and make a difference within our community, please contact Angie at the Washburn County ADRC 715-635-4465.

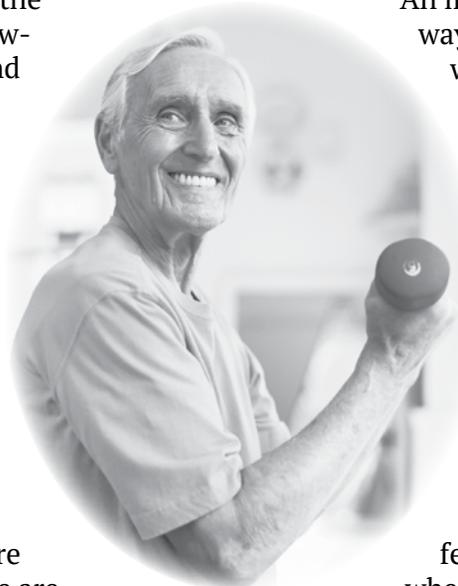
STAYING FIT IN THE WINTER

How To Stay Fit When It's Too Cold to Exercise Outside

By the *GWAAR Legal Services Team*
(for reprint)

Wisconsinites love to get outside and exercise, no matter the weather. Sometimes, however, it's just too cold and slippery to risk working out outdoors. This year we have experienced arctic air, heavy snowfalls, and lots of ice in our beautiful state. Exercise improves cardiovascular health, boosts mood, helps us sleep better, and strengthens our bodies, so it is important to keep it up even in a winter as severe as this one. Luckily there are a few simple adjustments that Wisconsinites can make to their workout routine to keep up their fitness during the cold months.

Video platforms like Youtube offer guided indoor routines for many different forms of exercise that would typically be performed outside, such as walking, jogging, and biking. Just search for what you normally do and add the keyword "indoor," such as "indoor walking work-



out" or "indoor gentle aerobics." You can even narrow your results by adding your desired time, intensity, and impact levels to the search.

An indoor bike is a great way to keep up your fitness while you wait for warmer weather to bike outside on your favorite path. Some indoor bikes come with built-in entertainment like the Kindle app, where you can find books on exercise, or even just books to keep you entertained while you pedal.

If you are a fan of pickleball, many gyms offer indoor pickleball courts where you can practice with friends or join a pick-up game.

You don't need any equipment or technology to get a great indoor workout in, however. Bodyweight exercises like pushups, planks, sit-ups, and squats will keep you agile and toned.

Whatever you decide to do, make sure you stay safe. Start slowly and talk to your doctor before starting any new exercise routines you are unsure about, or if you feel pain or imbalance. (FILE PHOTO)



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 | adrcwashburncounty.org

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.

Jackie Coffee - 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.

Travis Fontaine - Community Health Worker • 715-635-4469 Provides support to nutrition program to homebound Seniors and partners with community support groups.

Tara Macone - Elder Benefit Specialist (EBS) • 715-635-4478 The EBS helps

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) • Vacant (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

ACCEPTING APPLICATIONS FOR• Substitute Cooks VOLUNTEER OPPORTUNITIES FOR:

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

SENIOR CENTERS & CHICOG ACTIVITY CALENDARS

BIRCHWOOD SENIOR CENTER: 715.354.3001

BIRCHWOOD - WASHBURN COUNTY
WELLNESS CENTER 50+
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

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: Quilting/Games..... 9:00 AM
 Smear 12:00 Noon
THURSDAYS: Games 9:00 AM
SPECIAL HIGHLIGHTS:
OPEN TO THE PUBLIC - PLEASE JOIN US!
Second Monday of the Month:
 Tommy Rae Performs..... 10:30 AM
Second Wednesday of the Month:
 Tommy Rae Performs..... 10:30 AM

Last Monday of the Month:
 Friends of the Center Meeting 12:30 PM
Last Friday of the Month:
 White Elephant Bingo 12:30 PM

SPOONER SENIOR CENTER: 715.635.8283

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

MONDAYS:
 Mexican Train Dominoes, TaiChi 1:00 PM
 4th Monday of the month,
 Board meeting..... 10:30 AM
TUESDAYS: Mah Jongg 1:00 PM
 Ukelele Class 3:00 PM
WEDNESDAYS: Chair Dancing 9:30 AM
 500 Cards & Bridge..... 1:00 PM
THURSDAYS: Mah Jongg 9:00 AM
 Hand and Foot Cards..... 1:00 PM
FRIDAYS:
 Crafts and Coffee 10 AM
FRI. MARCH 6 First Friday Flick 1 PM
 "SONG SUNG BLUE"
EVERY 3rd FRI:
 Savvy Senior Book Club..... 10:30 AM
4TH MONDAY OF THE MONTH:
 Senior Center Board Meeting

MINONG AREA SENIOR CENTER: 715.466.4448

700 HOUSTON ST.
CONGREGATE DINING 11:30 AM
(Need to register 1 day in advance)

MONDAYS: w1st Monday unless it falls on a
 holiday, Dining @ 5. Need to register in ad-
 vance 715-466-4448.
TUESDAYS:

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
 Foot Care, Call 715-466-4299 to schedule a time.
THURSDAYS: Cribbage..... 12:30 PM
FRIDAYS: TBD
SATURDAYS: 2nd Saturday each month (some
 exceptions - will be advertised if changed)
 Potluck..... NOON
 Bingo..... 1:00 PM
MARCH HIGHLIGHTS:
MON March 2: DINING @ 5
 TBD.....
**Hoping to have the 3rd Annual Saturday
 Breakfast by the POP** (open to the entire com-
 munity)
WED MARCH 11: Minong Area Senior Center
 Board Meeting..... 1:00 PM
SAT MARCH 14: St Patrick's
 Potluck/Bingo NOON
****As of preparing this in February, discus-
 sions are ongoing to bring back Bridge. TBD**

CHICOG IMPORTANT DATES

WEDNESDAY, 3/11 Monthly Meeting 6 PM
WEDNESDAYS, 3/21 & 25
 Namekagen Transit Service
THURSDAY, 3/12 Bibliodragon Bookmobile,
 Town Hall (Bookmobile routes are cancelled
 when there's a "feel like" temperature of 20
 degrees or lower) 10:30 AM-12
WEDNESDAY, 2/25 Books & Bread,
 Beaverbrook..... 10:30 AM - 2 PM
THURSDAYS, Weekly Walkabout
 Pot Lucks, Town Hall 10:30-2:30
Town Website: www.townofchicog.com

MINONG SENIOR CENTER NEWS

MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER:

VACANT - 715-466-4448

PRESIDENT: POLLY LEINWANDER

KIRK WALTERS
Board Member at Large
 Minong Area Senior Center

Greetings from the Minong Area Senior Center:

A change to our Focus articles for this year is that the Board Members are asked to each write an article. Perhaps, tell you a little about themselves, and how they came to the MASC. I was going to tell you about my exciting exploits as a cowboy, astronaut, and a secret agent. Unfortunately,

I was told it could not be fiction! Seriously though, I will share a brief biography. I was born in Eau Claire and graduated from high school in Menomonie, Wisconsin. My grandparents and later my family and I vacationed here since the 1950s. So, we have seen many of the changes to Minong over the years. My father was a disabled Veteran and both parents moved up here permanently to a log home they built off of Little Sand Road in 1983.

I spent at least half my adult life

outside of Wisconsin. I went into the U.S. Coast Guard after graduation and served two terms. I was stationed in, lived in, or traveled in about 30 states. Been to a half dozen foreign countries including working in South Korea for 3 years. I have had jobs in many fields, but most were office jobs or cooking in restaurants & as a camp cook Birch Trail – right here in Minong.

As to how I came to the Senior Center: My father had passed away and my mother was living alone here. She moved into the Village. I was staying up here temporarily (having graduated from U.W. Whitewater) when my younger brother Karl passed away suddenly. I stayed here with my mother Winnifred (Winnie) until her passing. A few weeks up here

has turned into 25 years.

I started coming to the Senior Center with Winnie. Later I was asked to stand in for a few months for a "snowbird" on the board one year. I have been on and off the board for years since. Life takes many twists and turns like a river. Sometime you don't make decisions; the waters just take you there!

I am currently a Board Member At Large, on the Maintenance Committee, a Kitchen Volunteer, and operate the MASC Facebook Page.

I hope that anyone that is a senior (no, you do not need to be 80 to enjoy yourself here) considers attending your Senior Center. If you haven't tried it you may like it!

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
 CHAIR: LYNN BEARD • 715.520.3569 | CO-CHAIR: CLAUDIA BROZ • 715.466.1018

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

I tried my best not to let the freezing cold and snow this winter bother me. I wrote secret messages to the neighbors on my frosty windows; clicked my ice cleats on the sidewalk; listened to my car's backup camera as it beeped (it thought the frozen slush on the lens was an object); and made happy faces on dirty cars in the parking lot. I'm so appreciative of my neighbors who cleared my driveway of snow. Of course the city snowplow always comes afterwards. An unknown person removed my frozen snow

plow ridge with some sort of a skid loader. It made it much safer than revving up my engine to jump the ridge and slide into the garage and perhaps through the garage.

You can hear a pin drop at the senior center now. It may be several pins dropping as we play Wii Bowling on Tuesdays. Sign up sheet is at the center. We start at 10AM.

We have a nice new digital sign in the window that says SPOONER SENIOR CENTER.....SPOONER SENIOR CENTER.....SPOONER SENIOR CENTER over and over again. Can't miss our building now.

What are you doing Friday mornings? Do you like donuts? Do you like coffee? Do you like to visit,

work on a craft or do a game? We gather at 10am to do whatever we like but mostly eat donuts. Drop by.

Phinn's Prime Bar in Trego hosted our Senior Nite Out February 12. We were happy to welcome the new restaurant owners to our neighborhood, a short drive from Spooner.

February was a good time to take in a good movie. So we did - twice! (Not the same movie - ha). February 6th we watched "Nuremberg" and February 20th "Eleanor the Great" and had a little pizza on the side with Eleanor. Watch FB or check on the center's bulletin board for upcoming movie information.

Some of us had our portraits drawn by students at the Shell Lake Library February 10th. It was designed to enable the young and old to interact. I definitely want young people to realize that aging is only in numbers and you can still have fun and enjoy life. We'll try and display some of these young artists' artworks. I already

requested brown hair instead of silver hair on my portrait!.

There is a craft sale planned at the center this month. More details will be available but it's open to seniors at no charge. Set up your vendor table and sell. What you make you keep. Contact Claudia Broz at 715-466-1018 if you are interested. The sale will be open to the public.

Lastly, the fortune cookies were so enjoyed at January's Dining @ 5. A friend next to me couldn't read his cookie as he just had an eye exam. I volunteered to read it for him. "You will need to give the person on your left (ME) \$500 in order to have a Happy New Year." He didn't believe me and said it was a misprint. That cold evening was enjoyed only by about 60 people as some had to cancel because of the weather. But it was cozy inside and we enjoyed bingo, Claudia Place's 50/50 raffle and Gary Murphy's raffle for a beautiful coffee table he made. Thank you!!

SHELL LAKE SENIOR CENTER NEWS

SHELL LAKE SENIOR CENTER
FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.468.4750

NUTRITION SITE MANAGER: HOPE DODGE
 CO-PRESIDENTS: CONNEE BRABEC & SUE WORRE

JUNE WILLIS - Vice President
Friendship Commons
 Shell Lake Senior Center

Welcome to March, the Unpredictable Month of Spring Weather. Will it come in "like a lion and go out like a lamb" or "in like a lamb and out like a lion"? It's the Month for International Women's Day on March 8th, St. Patrick's Day on the 17th and the Spring Equinox on the 20th. A couple of March historic moments are the Ides of March on the 15th and Alexander Graham Bell's first phone call on March 10th in 1876!! Can you imagine a world without telephones? We also have "March Madness" and of course Mardi Gras celebrations.

As always, we would love to have you come and join us at the Center for some of our activities such as Tai Chi, games, quilting, cards, and

wonderful lunch meals.

We have some special events every month such as Tommy Ray and his guitar with us on the second Wednesday of the month; he entertains us from 10:30-11:30 and plays many wonderful tunes, so familiar to our age group and he also takes requests. We also have white elephant bingo on the last Friday of the month at 12:00.

Our quilting continues on the "36 Old Hens and their Chicks" every Wednesday morning at 9:00. After lunch at 11:30, we play Smear with lots of laughs-it's so much fun! You are always welcome to come join the game!

Our monthly meeting is held on the last Monday of the month at 12:30. We'd love to have you join us for lunch and stay for our meeting.

If you would like to have lunch,

please call our Site Manager, Hope at 715-468-4750 to schedule; remember to order the day prior. To

order Meals on Wheels delivery in Washburn County, call the Nutrition Director at 715-635-4460.

*Our Advanced
 Technology
 can
 Revolutionize
 Your Smile*



Night Guards

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

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

Senior Dental Savings Plan

**NO INSURANCE?
 NO PROBLEM!**

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

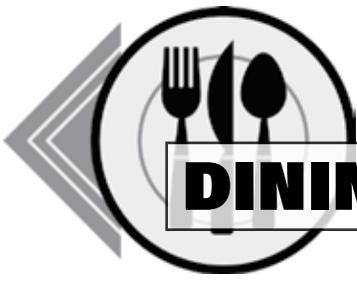


GREEN VALLEY
 DENTAL CARE

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

DINING

MARCH		LUNCH & HOME DELIVERED MEALS MENU		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MINONG DINING AT 5 Cowboy Bean Hot Dish, Brown Rice Baked Squash Kernel Corn Peaches 2	Glazed Baked Ham Scalloped Potatoes Brown Sugar Glazed Carrots WG Bread Pistachio Fluff 3	Salmon with a Lemon Dill Sauce, Roasted Vegetables Dill Cucumber & Tomato Salad, Cantaloupe Whole Grain Bread 4	Salisbury Steak Mashed Potatoes Creamed Spinach Whole Grain Bread Baked Apples & Pears 5	Lemon Thyme Cod over Rice Pilaf Sweet Potato Wedges, Broccoli Cauliflower Salad Brownie with P.B. Frosting 6
SHELL LAKE DINING AT 5 Pulled BBQ Pork on a Whole Grain Bun Potato Salad, Baked Beans Broc-Cheddar Cornbread Fresh Apple 9	Chicken, Vegetable, & Dumpling Soup Garden Salad with Dressing WG Dinner Roll Ambrosia Salad 10	Shepherd's Pie topped w/ Whipped Potatoes California Blend Veggies, W/G Bread, Fresh Fruit Blueberry Crisp 11	Roasted Pork Loin with a Mustard Sauce Cheesy Twice-Baked Sweet Potato Asparagus WG Bread Oranges 12	Tuna Casserole Green Beans Fresh Cucumber Salad Buttermilk Biscuit Cook's Choice Fruit 13
SPOONER DINING AT 5 Turkey Pot Pie Roasted Squash Whole Grain Roll Baked Apple Dessert 16	St. Patrick's Day Lunch Irish Beef Stew Roasted Cabbage, Marble Rye Bread, Shamrock Salad Fruit Salad, Mint Brownie 17	Waldorf Chicken Salad on WG Bread with Leaf Lettuce, Carrot Sticks Black Bean & Lentil Salad Crisp Grapes 18	Sweet & Sour Pork served with Stir Fry Vegetables over Brown Rice Egg Roll WG Bread Mandarin Oranges 19	Baja Bean Tacos Spanish Rice Mexican Coleslaw Clementine Strawberry Shortcake 20
Chicken Caesar Salad Marinated Vegetable Salad Whole Grain Garlic Breadstick, Honeydew Lemon Bar 23	BIRCHWOOD DINING AT 5 Baked Pork Chop w/ Apple Chutney Sauce Roasted Broccoli, Italian White Bean Salad, WG Bread, Cinnamon Apples 24	Honey Dijon Chicken Thighs Baked Potato Buttered Carrots Whole Grain Bread Pears 25	Garlic Rosemary Beef Roast with Beef Gravy, Mashed Potatoes, Green Beans, WG Bread Cherry Cheesecake Delight 26	Vegetable Lasagna Romaine Salad with Italian Dressing WG Garlic Breadstick Peaches & Cottage Cheese 27
Loaded Chicken Burrito Bowl over Brown Rice Black Bean & Corn Salsa Tropical Fruit Salad 30	Brat on Whole Grain Bun Sweet Potato Puffs Potato Salad Yogurt Parfait w/ Berries 31			



DINING @ 5

MINONG MENU
MONDAY, MARCH 2
 TO BE DETERMINED

SHELL LAKE MENU
MONDAY, MARCH 9
 Corn Beef and Cabbage
 Baby Red Potatoes
 Carrots with Pearl Onions, Irish Soda Bread
 Andes Mink Cupcakes

SPOONER MENU
MONDAY, MARCH 16
 Caramelized Onion & Beef Gratin'
 Buttered Peas, Dinner Salad, Dinner Roll
 Chocolate Mint Dessert

BIRCHWOOD MENU
TUESDAY, MARCH 24
 Corned Beef & Cabbage
 Rosemary Garlic Potatoes
 Zucchini Cheddar Herb Bread
 Garden Salad, Kristi Choice Dessert

=====

Suggested Contribution is \$9.00 - \$11.00
 Cost: \$16.00 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

SENIOR CENTERS DINING AND ACTIVITIES

Charlotte Mickelson - Nutrition Director
 Email: cmickels@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 \$7-\$9 per meal.** ~ **Individuals under the age of sixty are welcome, but must pay the full meal cost of \$16 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.

CHICOG - THEN AND NOW

SUBMITTED BY
JOANN MALEK

Early on they were called snow buggies. Or motor toboggans. In 1917 the term “snowmobile” was copyrighted.

The snowmobile was invented in Wisconsin. I was pretty excited when I found the listing that read “Chicog (Sayner) WI”. Our little Chicog?! But I cannot find anything that connects these two towns. Carl Eliason (1899-1979) was from Sayner, WI in Vilas County. He patented his design for a snow buggy in 1927.

Eliason loved the out-of-doors, loved Wisconsin winters. But it was difficult for him to move in the snow with snowshoes or skis because of a chronic foot condition. After two years of experimentation he completed construction of a motorized toboggan in 1924. He used a small gasoline-powered liquid cooled marine engine, bicycle parts, Model-T components, mounted on a long toboggan with skis in front for steering. He was called a pioneer, a visionary. His motor toboggan was the first to be propelled by an endless moving track system with cleats and slide rails, a floating suspension and a liquid-cooled power unit.

Eventually Eliason produced eight or nine units per year, making improvements as he worked so no two were exactly the same.

Actually Wisconsinites were experimenting with over-snow vehicles before 1900. Bicycles on runners with gripping fins. Steam-propelled sleighs. Snow sleighs wind-powered by a propeller. Converted Model-T Fords with rear tractor treads and skis in front. An unusual snow biting screw auger structure. Some folks have contested the designation of Carl Eliason as the inventor of the snowmobile. In 1991 he was inducted into the Snowmobile Hall of Fame for his role in creating the modern snowmobile.

Beginning in 1927, Eliason built forty motorized toboggans in his Sayner shop. When he received a large order from Finland he negotiated to have Eliason machines built by Four Wheel Drive (FWD) in Clintonville, WI. These were the first mass-produced snowmobiles sold to the general public. FWD filled orders from the US military and the WI Conservation Department. In 1947 production was moved to the Canadian subsidiary in Kitchener, Ontario. Eliason Motor Toboggans remained in production until 1965, the longest continuous production of any brand of snow machine. Polaris Industries of Roseau, MN used design principles of the Eliason K-12 when they began production in 1955.

The 1970's were considered the golden age of the snowmobile. Over 120 companies were building snowmobiles. Manufacturers of cars, boats, motorcycles, tractors, retailers like Sears and Montgomery Wards, all jumped on the bandwagon. I've recently learned that in the small town of Forest Lake, MN the Muscat Corporation produced 200 units of the Muscaro sled during the years that we lived and raised our family nearby.

Winter, 2026 only three companies are build-



SUBMITTED PHOTO

ing snowmobiles: Arctic Cat. Polaris. Ski-Doo.

Snow machines provide winter mobility for many professions, recreation for the rest of us. “I like going fast across the lake” agree my teen granddaughters. “Go slower” was surely my mantra years ago on a day ride behind son Nathan in Yellowstone Park.

Thousands of miles of trails across the country bring riders into the beauty of winter wonderlands. Friend MaryAnn remembers the excitement of a moose running beside her snowmobile along a Montana trail. Son Peter loved the joy of riding along trails from our Forest Lake home to our cabin in Chicog, and then far into northern Wisconsin. Washburn County Forestry grooms and maintains trails in our area, and publishes updated trail reports.

Eagle River, WI is recognized as the snowmobile capital of the world, a 20-mile trail ride from Sayner, the birth place of today's snowmobile.

*Thank you for reading
Chicog-Then and Now*

Town Website:
www.townofchicog.com

Do you have stories to tell about Chicog-Then? I'd like to listen.

Call or text me at
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Take a NOURISH Step!

March into Wellness: Overview of Type 1 and Type 2 Diabetes



Did you Know?

Type 1 is a lifelong autoimmune disease that prevents your pancreas from making insulin.

Type 2 is largely linked to insulin resistance & lifestyle changes can be powerful.

What is the difference between Type 1 and Type 2 Diabetes?

Type 1 Diabetes

- **Diagnosis:** Usually diagnosed in childhood, but this condition can present at any age.
- **How Insulin Is Affected:** In Type 1 diabetes, the beta cells of the pancreas do not produce insulin, which leads to unhealthy blood sugar levels.
- **Cause:** An autoimmune condition that often appears early in life.
- **Management:**
 - Balanced eating patterns help normalize blood sugar levels, blood pressure, cholesterol, and body weight.
 - Insulin dosing is often required to manage blood sugar levels.
 - Work with care providers such as your doctor, dietitian, and diabetes educator to manage dietary patterns and insulin.



Type 2 Diabetes

- **Diagnosis:** Type 2 diabetes develops gradually. It is diagnosed using the following blood tests.
 - A1C of 6.5 or higher
 - Fasting plasma glucose test of 126 mg/dL or higher on two tests
 - Random blood sugar test of 200 mg/dL or higher
- **How Insulin is Affected:** The body isn't able to use insulin well, and eventually can't make enough of it.
- **Cause:** Genetics play a role, and the risk increases with age, extra weight, and low physical activity
- **Management:** Requires reducing carbohydrate intake, reducing sugar intake, and eating 3 meals a day with fruits, vegetables, protein and fiber.

Importance of Hydration

Dehydration raises glucose concentration in the blood, so be sure to hydrate throughout the day.

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

Keep taking NOURISH Steps and learn more about
type 1 & type 2 diabetes at:
American Diabetes Association

<https://www.heart.org/en/health-topics/diabetes/diabetes-tools--resources>

DEMENTIA FRIENDLY TRAINING



PHOTO SUBMITTED

**BIRCHWOOD SENIOR CENTER
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UNDER
CONSTRUCTION**

BIRCHWOOD SENIOR CENTER
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WILL BE **CLOSED MARCH 18-23**
FOR REMODELING OF THE KITCHEN

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AT 5.

Wits Workout: Brain health with a bit of fun

What do **social connection** and **intellectually challenging activities** have in common?



Brain health of course!



Join us for Wits Workouts:
A social gathering with brain games and activities.
All ages welcome

Each month offers a new and exciting theme:
join us as you are able!

10:00 am

Shell Lake Senior Center
1st Tuesday of the month

Spoooner Wellness Center
3rd Tuesday

Minong Senior Center
2nd Tuesday

Birchwood Senior Center
4th Tuesday

Please call **Patrice Garcia**
to register at least one week
in advance.
715.635.4477



INDIGO NEWS

CABIN FEVER

SUBMITTED BY **DON POSH**

IndiGO Your Allies for Independence

It's that time of year. As winter gives us all it's got, we're for the most part stuck inside. Thus, we tend to experience cabin fever. The medical term is Seasonal Affective Disorder, which is a temporary depression. If you're feeling blah and unmotivated this could be the reason. It's quite common and I get it too.



PHOTO SUBMITTED

Don Posh

So, what do we do to get out of that rut? We can't just sit here for a couple more months and wait. Time is one of the most precious gifts we have. Do we choose to use it to our advantage or just waste it? Planning gives the feeling of hope and something to look forward to. We can plan vacations, visiting friends and family, what vegetables or flowers we should plant, where we would like to fish, maybe some different lakes, concerts, county fairs and all those good things that happen in the summertime. Projects: this may be a good time to paint that room that has needed it for quite some time, rearrange the furniture or change the pictures on the wall. Maybe we can do

pre-spring cleaning so when spring gets here, we're spending our time enjoying spring.

I wonder if the ancients were aware of cabin fever when they designed calendars. They only put 28 days in February so we could hurry up and get it over with. Then we can March into spring!

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.



HAPPY DAY CLUB

You're Invited to an
OPEN HOUSE
for the
HAPPY DAY CLUB

March 9, 2026 | 10:00 a.m. – 2:00 p.m.

Trinity Lutheran Church, Spooner (Scribner Street)

The Alzheimer's Day Respite Program, also known as the Happy Day Club. The Program is a welcoming place where caregivers can bring their loved one for socialization, fun, and engaging activities in a safe, supportive setting. While participants enjoy meaningful interaction, caregivers receive important respite time for personal needs, appointments, or simply a chance to rest and recharge. There is real peace of mind in knowing that your person is being well cared for by trained and compassionate volunteers, and caregivers often feel less alone through shared understanding and connection with others on a similar journey.

You are invited to drop in for a few minutes—or longer if you'd like—anytime between 10:00 a.m. and 2:00 p.m. on March 9, 2026, for an Open House at Trinity Lutheran Church in Spooner on Scribner Street. This Open House is an easy, informal opportunity to learn about the program, see the space, and meet the people who make the Happy Day Club such a caring and supportive environment.

During your visit, you can:

- Learn more about how the Alzheimer's Day Respite Program supports both participants and caregivers
- Tour the facility
- Meet staff, volunteers, and other community members
- Ask questions in a relaxed, no-pressure setting

In addition to the respite program, caregivers are invited to find ongoing encouragement through the monthly caregiver support group, held on the first Monday of each month at 9:00 a.m. This group offers a welcoming place to share experiences, gain support, and connect with others who truly understand the caregiving journey.

Whether you are a caregiver, family member, or simply someone interested in learning more, you are welcome to attend. Stop in, say hello, and learn more about how the Happy Day Club supports individuals and caregivers in our community. If you have any questions please feel free to call 715-934-9279.

We look forward to welcoming you.

HOW SOCIAL SECURITY DETERMINES DISABILITY

By the GWAAR Legal Services Team
(for reprint)

If you've applied or thought about applying for Social Security disability benefits, you may have heard about the five-step process the Social Security Administration (SSA) uses to decide whether someone is disabled. Understanding how SSA makes disability determinations can help you understand why a claim was approved or denied. Read on to learn more about the process.

STEP 1: ARE YOU WORKING?

Social Security first looks at

whether you are working and earning over a certain monthly amount. If you are earning too much, SSA usually decides that you are not disabled. If you are not working or earn below the limit, SSA will send the application to the Disability Determination Bureau (DDB) for the remaining steps.

STEP 2: IS YOUR CONDITION SEVERE?

Next, the DDB looks at your medical conditions. To qualify, your condition must be serious enough to limit your ability to do basic work activities, such as standing, lifting, remembering instructions, or concentrating. If the condition is not considered severe, the claim

is denied. If it is severe, the DDB continues to Step 3.

STEP 3: IS YOUR CONDITION ON SSA'S LIST?

SSA has a list of medical conditions that are considered automatically disabling. If your condition meets or equals one of these listings, you are determined to be disabled. If it does not, the DDB will move on to the next step.

STEP 4: CAN YOU DO YOUR PAST WORK?

At this step, the DDB reviews the jobs you have done in the last 15 years. They decide whether you can still do any of that work based on your medical limits. If you can still perform your past work, your claim

is denied. If you cannot, the DDB goes to the final step.

STEP 5: CAN YOU DO ANY OTHER WORK?

Finally, the DDB looks at whether you can do any other type of work that exists in the national economy. They consider your age, education, work experience, and physical or mental limitations. If SSA decides you cannot adjust to other work, you are found disabled. If they decide you can work, the claim is denied.

For more information, please see: <https://www.ssa.gov/benefits/disability/qualify.html>.

VALENTINES DAY

ST FRANCIS DE SALES CATHOLIC CHURCH , THANK YOU FOR MAKING OUR SENIORS VALENTINES DAY SPECIAL.



SUBMITTED PHOTO by CHAR

JOIN NORTHERN LIGHTS CHOIR!



SUBMITTED PHOTO

WHO: Anyone living in the community who enjoys singing, including those living with dementia and their care partners. You do not need a music background. You do not need to live in Shell Lake. If you can make the drive, we invite you to attend.

WHAT: Northern Lights Choir is a community choir that has been specifically designed to foster friendships and create a safe, supportive community for people living with dementia and their care partners through the shared joy of music. Northern Lights is a member of the Giving Voice Network, an initiative that is supporting choirs like this across the globe.

WHEN: Spring session rehearsals are held each Tues-

day from 10:00 am - 12:00 pm, February 3 - April 21, and include time for singing and socializing. The session ends with a concert on Saturday, April 25, 2026.

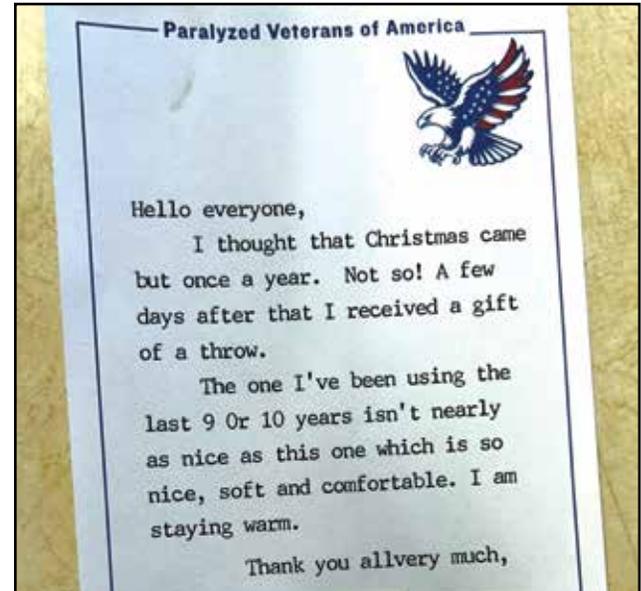
WHERE: The Shell Lake Arts Center Erika Quam Memorial Theatre, 605 1st St., Shell Lake, WI, 54871. This location has a small parking lot in the back, street parking, a side alley entrance ramp for wheelchairs and walkers, and main floor accessible bathrooms.

COST: No cost! FREE!

HOW: Sign up by sending an email to nlcinfo@shelllakeartscenter.org. You can also sign up at any of our Tuesday rehearsals.



KUDOS to you all that took the time to donate a blanket during our SHARE THE LOVE blanket drive. We would love to share with you the impact that a new blanket has had on one of our Home Delivered Meal Participants. Every little bit helps so much. Thank You all, Washburn County ADRC, Nutrition Program



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