

## SAVE THE DATES: SUMMER SOCIAL DINNER AND CONCERT SERIES

Located at The Shell  
Lake Pavillion  
Public welcome!

Registration by phone  
begins the 1<sup>st</sup> of each  
month  
Digital registration opens  
3 days earlier

June 17<sup>th</sup>  
**Larry's Drifters**

July 15<sup>th</sup>  
**2nd Time  
Around Band**

August 19<sup>th</sup>  
**Sean and Ian  
Okamoto**



Age 60+ & Caregiver Dinner

Suggested contribution

**\$9-\$11**

Dinner: 4:30-5:30 pm

Music: 5:30 pm- 7:30 pm



Scan to register  
here:



### NEW FACE AT THE MINONG AREA SENIOR CENTER



PHOTO SUBMITTED

**Joleen Anderson**  
Minong Area Site  
Manager and Cook

Hello, my name is Joleen Anderson, the new face at the Minong Area Senior Center. As site manager and cook, I look forward to serving your meals. I am happy to be a part of the Washburn County ADRC. Originally from, Cedar Rapids, Iowa, and have lived in the Spooner, WI area since 1996. I have a 19 year old son that is currently in Basic Training for the US Army as an Infantryman. Some of you may remember my dad, Jim Anderson, he retired from Washburn County Maintenance Dept. in 2009. I really enjoy cooking and am excited to share my love for it with our Home Delivered Meal program and Congregate/Dine in's. In my free time, I enjoy my house plants, loving up my dog and cat, reading a good book and in the summer months, tending to flowers and plants, kayaking and just enjoying the outdoors in general.

TAI CHI AT SPOONER WELLNESS CENTER

# Tai Chi for Better Balance

## *Evidenced-based program now available in Spooner*

Have you even wondered what “Tai-Chi” is? Tai Chi is an ancient art than encompasses mind, body and spirit. Tai Chi has been shown to help improve balance, stamina, flexibility, posture, calmness, muscular strength. In a group setting it provides an accepting non-judgmental social setting where like-minded people can come together to play (Tai Chi participants are called players).

In my journey of teaching **Tai Chi for Healthy Aging** to seniors I’ve used several different forms and styles of Tai Chi, such as Tai Chi for Arthritis Part 1 & 2, Tai Chi for Diabetes, Seated Tai Chi for non-ambulatory participants and Tai Chi for Fall Prevention. I’m authorized to teach a new program called **Tai Chi for Better Balance**, which teaches slow, graceful, and rhythmic movements paired with natural breathing. This program has been shown to improve health, balance and even to prevent falls!

**Tai Chi for Better Balance** is evidence based and developed by the Oregon Research Institute. It



**Tai Chi for Better Balance Program Information:**

**LOCATION:**  
**Spooner Wellness Center**  
**850W Beaverbrook Ave. Spooner WI**

10 weeks, 1 session per week  
**Starting April 13, 2026 - June 15, 2026**  
**1:00 - 2:00 pm**

FILE PHOTO

has also been recommended by the Center for Disease Control and Prevention as an effective fall prevention program in older adults.

The Tai Chi style that you will learn is the “Yang Style” which is

the most popular style practiced in the world. During the 10-week program you will learn weight bearing and non-weight bearing stances, as well as proper body alignment and coordinated move-

ments conducted in a continuous circular flowing motion.

This class is designed for all levels of experience, even those who have never tried it before! Adaptations can be made if you rely on a wheelchair or can’t stand for long periods of time. The classes will be taught in one hourly session per week with a break built in. Your experienced instructor for these classes is Donald W. Ross, Certified Tai Chi instructor.

As a participant you will receive the Participants Manual containing information on Tai Chi, as well as photos of all eight forms broken down into sequential steps

As for any exercise class I strongly recommend that you contact your health care provider if you have any health concerns.

The suggested donation for this 10 week program is \$25.00 dollars due on the first day of class. To sign up for **Tai Chi for Better Balance** or if you have any questions, please call Don Ross @ 715-520-8121

### *Outpatient Care*

### *Right In Your Neighborhood*



**Save the travel time and stay close to home for care.**

**OUR SERVICES INCLUDE:**

Physical Therapy • Occupational Therapy  
 Speech Therapy • Infusion Services  
 Diagnostic Imaging • Respiratory Therapy  
 Nutrition Services



**Spooner HEALTH**  
*Your Neighbor in Health*

Visit [SpoonerHealth.com](http://SpoonerHealth.com)  
 or call 715-635-2111

**SHELL LAKE SENIOR CENTER**  
 presents

## **WHITE ELEPHANT BINGO**

Last Friday of Every Month  
 RSVP required for Lunch at 11:30 am

BINGO TO FOLLOW LUNCH

**COME JOIN US FOR LUNCH AND STAY FOR THE FUN**  
 715-468-4750



## MAHJONG LESSONS

# MAHJONG LESSONS OFFERED AT SPOONER WELLNESS CENTER



SUBMITTED PHOTO

MahJong classes are being offered at the Spooner Wellness Center. Please call 715-520-3569 if interested.

## SPOONER LIBRARY EVENTS

# SPOONER LIBRARY MAY EVENTS

Tuesdays (12th, 26th) Teen VR (@ the Oak), 4:30-5:30pm  
 Wednesdays (6th, 13th, 20th, 27th) Story Hour, 10:00-11:00am  
 Some Thursdays (14th & 28th) Click & Learn, 10:00am-2:00pm  
 Fridays (8th, 22nd) Homeschool Hangout, 10:30am-12:00pm

4th: Cookbook Club: Star Cookbook Wars, 5:45-6:30pm  
 8th: Poetry Workshop, 2:00-3:00pm  
 12th: Writer's Group, 9:00-10:00am  
 13th: Truck Party & Story Time (WC Hwy Dept, Hwy H), 10:00-Noon  
 14th: Strong Passwords, 2:30-4:00pm  
 14th: Mischief Makers-Macrame Keychain, 5:00-6:30pm  
 15th: Savvy Seniors Book Club (@ Wellness Center), 10:30-11:30am  
 16th: Tai Chi: Moving For Better Balance, 10:00-11:00am  
 16th: Tai Chi For Kids, 11:00am-12:00pm  
 16th: Bingo & Books, 4:00-5:30pm  
 19th: CLOSED FOR INVENTORY  
 20th: The Dock Book Talk (@ The Dock), 1:30-2:30pm  
 23rd-  
 25th: CLOSED FOR MEMORIAL WEEKEND  
 26th: Accessible Libraries Forum, 5:30-7:00pm  
 27th: Books & Bread (Church of the Nazarene), 10:30am-12:00pm  
 28th: Walking Book Club, @ City Park, 8:00-9:00am  
 28th: Stephanie Landsem, Author Visit, 2:00-3:00 pm  
 30th: Summer Reading Kickoff, 10:00-11:00am  
 30th: Movie Ratatouille, 4:00-6:00 pm

Upcoming in June: Our Summer Reading Program begins, find us at Family Fest, Artificial Intelligence program, Nintendo Switch Party, "The Librarians" screening and conversation, "Read the Rails" scavenger hunt, music and ukulele programs, America @ 250 community conversation, and a petting zoo.

Katy Larson, Outreach Librarian



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](http://www.co.washburn.wi.us) | [adrcwashburncounty.org](http://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 Fountaine - Community Health Worker • 715-635-4469** Provides support to nutrition program to homebound Seniors and partners with community support groups.

**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) • Joleen Anderson (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 • Office Help
- Drivers • Kitchen Assistance at Meal Sites
- 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 11:30 AM

**MONDAYS:** Yoga ..... 8:30 AM  
**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  
**4TH TUES. OF MONTH:** Dining at 5 ..... 5:00 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 ..... 10:30 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  
Cribbage ..... 12:30 PM  
**SPECIAL HIGHLIGHTS:**  
**OPEN TO THE PUBLIC - PLEASE JOIN US!**  
**1ST MON. OF MONTH:**  
Painting with Joni ..... 12:30 PM  
**2nd MON. OF MONTH:** Dining at 5 ..... 5:00 PM  
**2ND MON. OF MONTH:**  
Tommy Rae Performs ..... 10:30 AM

**2ND WED. OF MONTH:**  
Tommy Rae Performs ..... 10:30 AM  
**LAST MON. OF MONTH:**  
Friends of the Center Meeting ..... 12:30 PM  
**LAST FRI. OF 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  
**TUESDAYS:** Wii Bowling ..... 10:00 AM  
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  
First Friday Flick - MAY 1 "THE SENIOR" ..... 1 PM  
**SPECIAL HIGHLIGHTS:**  
**3RD MON. OF MONTH:** Dining at 5 ..... 5:00 PM  
**4TH MON. OF THE MONTH:**  
Senior Center Board Meeting  
**EVERY 3rd FRI:**  
Savvy Senior Book Club ..... 10:30 AM

### MINONG AREA SENIOR CENTER: 715.466.4448

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

**MONDAYS:** 1st Monday unless it falls on a holiday, Dining @ 5. Need to register in advance

715-466-4448.  
**2nd TUESDAY** Wits Workout ..... 10:00 AM  
**TUESDAY** Senior Fit (DVD) Exercise ..... 10:30 AM  
(Except 2nd Tuesday - Wit Workout in Session)  
Farkle (1st, 3rd & 5th Tuesday's) ..... 12:00 PM  
Cards (2nd & 4th Tuesday's) ..... 12:00 PM  
Wii Bowling (every Tuesday) ..... 12:00 PM  
**WEDNESDAYS:** Pocket of Prayer ..... 9:00 AM  
MASC Board Meeting (2nd Tuesday) ..... 1:00 PM  
Foot Care, Call 715-466-4299 to schedule a time/location  
**THURSDAYS:** TBD  
**FRIDAYS:** TBD  
**SATURDAYS:** 2nd Saturday each month (some exceptions - will be advertised if changed)  
Potluck ..... NOON  
Bingo ..... 1:00 PM  
**APRIL HIGHLIGHTS:**  
**MON MAY 4:** ..... DINING @ 5  
**TUES. 5th, 19th, 26th:**  
Senior Fit Exercise ..... 10:30 AM  
**SAT MAY 9:** Potluck/Bingo ..... NOON  
**TUE MAY 12:** Wits Workout ..... 10:00 AM  
**WED MAY 13:** MASC Board Mtg. .... 1:00 PM  
**FRI MAY 22:**  
Bake Sale at Henson's - Bakers Needed!  
**THURSDAY CRIBBAGE** is on hiatus until FALL

### CHICOG IMPORTANT DATES

**WEDNESDAY, 5/13** Monthly Meeting ..... 6 PM  
**WEDNESDAYS, 5/13 & 27**  
Namekagen Transit Service  
**THURSDAY, 5/14** Bibliodragon Bookmobile,  
Town Hall ..... 10:30 AM-12  
**WEDNESDAY, 5/27** Books & Bread,  
Beaverbrook ..... 10:30 AM - 2 PM  
**THURSDAYS, 5/17 & 14** Weekly Walkabout  
Pot Lucks, Town Hall ..... 10:30-2:30  
**SATURDAY 5/23** Craft Fair,  
Town Hall ..... 9:00 AM - 3:00 PM  
**Town Website:** [www.townofchicog.com](http://www.townofchicog.com)

## 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

It's May, the month when we honor our Moms on Mother's Day, the 10th of May. It is also the month we remember and honor our loved ones, both civilian and military on Memorial Day.

After the Leprechauns came and took back all the green clovers and

gold coins, we have our Center looking wonderful for Spring.

We hope to have our May flowers planted and blooming this month and hope you will come and see how beautiful they are.

We are looking forward to the Summer Concert series starting in June down at the beach. It is always so nice to have a great meal and listen to wonderful music.

We are continuing quilting on our "36 Clucks and Their Chicks" and having some great chats-we'd love to have you join us at 9:00 on Wednesdays.

We continue to have Tommy Ray perform on the second Wednesday of the month. He plays a wide selection of music and even take requests. It would be wonderful if you could join us.

If you would like to come for lunch, please call Hope our Site Manager at 715-468-4750 to order lunch at the Shell Lake Senior Center the day before. To order Meals on Wheels delivery, call the Nutrition Director Charlotte Mickelson at 715-635-4460.

## MINONG SENIOR CENTER NEWS

### MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER:  
 JOLEEN ANDERSON - 715-466-4448  
 PRESIDENT: POLLY LEINWANDER

.....

#### BETTY GLASER

**Secretary**

Minong Area Senior Center

I am just not old enough. Silly excuse for a woman in her seventies to not attend events at the local Senior Center. But that was always my answer. I am Betty Glaser, Secretary on the board for the Minong Area Senior Center. I've lived in this area since 2003 when my husband retired from the BNSF railroad in St. Paul, MN. His family has had land here since the 1950s, and we have often enjoyed our vacations meeting family at the old home, camping, swimming, fishing and hunting on the property and around the surrounding lakes. He has many childhood friends who still live here and are now our neighbors.

Our lives together began in Hudson, WI in 1967, when my roommate and I advertised in the local paper for a commuter ride to our jobs at the Great Northern building in St. Paul. My now husband, Frank answered that ad. Frank was newly discharged from the Airforce and worked on the opposite side of the same building for the Northern Pacific Railroad. Over a few months, we became a couple and were married about a year later. The next year, the two railroads merged into the BNSF, and our adventure really began. We transferred to Havre, MT as a young couple, taking us away from our parents and siblings and into a life where we learned to rely on each other and take on new adventure.

Over our married life of 58 years, we lived in Montana where we adopted our son, and in Fort Worth, TX where we adopted our daughter. After 8 years, we again were on the move, this time to Glasgow, MT, where our children experienced their first cold and snow. After too short a time span of a couple years, we were sent to Kansas City, KS where we stayed for eight more years.

Life goes on, and we found ourselves making full circle in 1990, transferring back to the St. Paul office of BNSF. Our children were grown, and we were a couple again. I acquired a job at the Children's Hospital in St. Paul as a medical secretary. It was nice to be back with siblings and parents close by, but life had certainly changed for us all.

Now, we are again transferred, but this time to a place we dreamed of living in permanently. Our home is on some of the family acreage we have always come to. We enjoy living out in the country, watching the wildlife and change of seasons. For the years we were able, we had a large garden, chickens, rabbits, and of course the harvest from hunting and fishing that Frank enjoys.

We have grandchildren who also have enjoyed visiting us here, allowing us to share what we love. And, yes, I eventually got over my age difference from all the other people who enjoy attending events at the Senior Center. I love baking and cooking for bake sales and potluck dinners. My husband enjoys playing cribbage, and we get together with friends as often as we can for Bingo and games. The nice thing about the Senior Center is that friends are there, whether you've met before or not. I've gotten to know so many more people just like myself and found that we have a lot in common. We share our enjoyment of reading, quilting, crafting, gardening and helping each other. It is great talking about the latest project and figuring out how to make the Center a better place.

Our most recent news is that we have a new cook, after months of being without one. I attended a congregate meal today. I met Joleen and enjoyed her delicious roast beef and mashed potato dinner. The dessert was wonderful, as well. Jolene was very friendly, and I feel assured she will do a good job for our center and will be a great asset. I look forward to getting to know her and enjoying her meals in the future.

I hope to soon see you there, as well.

## 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

It's May and the songbirds are so enjoyable.....just like the movie Song Sung Blue. This movie was shown twice at our senior center. It was so good the first time, Lynn and Tom showed it a second time a couple weeks later. Maybe you saw it both times like me! Our new TV and sound system made it easy to hear the wonderful music and watch a superb performance of Hugh Jackman and Kate Hudson. Anyone who likes Neil Diamond's songs would agree. Remember to join us 1st Fridays of the month at 1pm for a free movie....no sign up necessary,

Thank you to Spooner Health for hosting the Women's Wellness Night March 24th. Educational presentations included Advance Directive Planning; Hands-only CPR Basics; OT, PT, Speech Therapy; and "How Alcohol May Cause Cancer." The youth of The Oak:Washco Youth Center prepared the alcohol/cancer display. It was done so well and the kids were eager to share all the information they had compiled. The Oak is in our old senior center building. That space is used by up to 25 youth at a time for leadership programs, socialization and structured activities. They feel they are out-growing the building just like us seniors did.

A group of 20 plus people headed to the 5 O'Clock Supper Club at 5 o'clock (of course) to dine together for our Sr. Nite Out, April 9th. It's near Cumberland on Granite Lake. It offered a diverse menu of steaks and seafood in a cozy nautical decor.

What goes so well with a springtime game of bingo? Strawberry shortcake! and that's just what we with our Dining @ 5 ham dinner, April 20th. There was an abundance of neat bingo prizes as I witnessed Mary and Paula shopping one day for them! Paula also created our table settings for us. Good job gals.

We had a great turn out of people at our last board meeting, March 23. We are all volunteers and it means so much to have more people helping make our center run smoothly. Did you know that 37 percent of Washburn County residents are over age 60? We have a lot of work to do to make our four senior centers available to them in this county. We meet on the 4th Monday of the month at 10:30am in Spooner.

The Shell Lake Pavilion Dance dates were posted by ADRC. The following bands are scheduled: June 17th, Larry and the Drifters; July 15th, 2nd Time Around and August 19th, Sean and Ian Okamoto. See you on the dance floor....cha-cha-cha.

Unfortunately the publishing deadline for my article is before the ADRC Prom at our center April 23rd. I'm excited to have such an event take place here. The ad for it encourages Prom attire but although I still have my Prom dress, it shrunk in the dryer. (HA) Marvelous Mocktails will be available with snacks and the "Home Again Band" will round out the perfect evening. (probably won't need any parents to chaperone except for Tom's!)

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

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

*Schricker Manor & Goslin Court (Spooner)  
West Side Manor (Shell Lake) • Birch Haven Manor (Birchwood)*

**Call for details: 715-635-2321**



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



**DINING**

<b>MAY</b>				
<b>LUNCH &amp; HOME DELIVERED MEALS MENU</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
				Egg Salad with Lettuce on a Croissant Apple-Cranberry Coleslaw Carrot Sticks Crisp Grapes <b>1</b>
<b>MINONG DINING AT 5</b> Chicken Enchilada w/Black Bean, Tomato & Corn Salsa Refried Beans WG Bread Mandarin Oranges <b>4</b>	Loaded Chef Salad w/Ham, Egg, Cheese, Veggies, Dressing WG Bread Cottage Cheese Fruited Jell-O <b>5</b>	Roasted Turkey Breast, Mashed Potatoes & Gravy Buttered Peas Cranberry Wild Rice Bread Peaches <b>6</b>	Porcupine Meatballs Stewed Tomatoes Asparagus WG Breadstick Pears, Walnut Fudge Brownies <b>7</b>	Seasoned Baked Chicken Breast Baked Sweet Potatoes Brussel Sprouts Cornbread Muffin Apricots <b>8</b>
<b>SHELL LAKE DINING AT 5</b> Chicken Alfredo w/Mushrooms Steamed Broccoli WG Breadstick, Pears Sour Cream Cranberry Bars <b>11</b>	Sloppy Joe's WG Bun Baked Beans Creamy Coleslaw Carrot Sticks Crisp Grapes <b>12</b>	<b>Brunch for Lunch</b> Spinach & Cheddar Egg Bake, Diced Potatoes, Sausage Links, WG Bread Fresh Apple V8 Vegetable Juice <b>13</b>	Roasted Pork Loin with an Apple Glaze Parsley Buttered Reds Roasted Beets WG Bread Fresh Clementine <b>14</b>	Beef Tips & Gravy Mashed Potatoes Roasted California Vegetable Medley WG Bread Apple Crisp <b>15</b>
<b>SPOONER DINING AT 5</b> California Chicken Sandwich with Lettuce, Tomato & Onion Sweet Potato Wedges Pineapple <b>18</b>	<b>BIRCHWOOD DINING AT 5</b> Hearty Italian Lasagna, Walnut Caesar Salad Three Bean Salad WG Garlic Breadstick Honeydew <b>19</b>	Braised Chicken Parsley Red Potatoes Glazed Carrots WG Bread Strawberry Shortcake <b>20</b>	Salisbury Steak Mashed Potatoes and Gravy Green Beans WG Bread Peaches Cook's Choice Cookie <b>21</b>	<b>COOK'S CHOICE</b> <b>22</b>
<b>MEMORIAL DAY HOLIDAY OBSERVANCE</b> No Meals Served or Delivered <b>25</b>	Brat on a WG Bun with Sauerkraut Baked Beans Herb Potato Salad Chocolate Pudding & Strawberries <b>26</b>	Chicken & Vegetable Stir Fry over Brown Rice Egg Roll Mandarin Orange Fluff <b>27</b>	<b>SOUP &amp; SANDWICH DAY</b> Tomato & Basil Soup Turkey & Swiss with Lettuce, Tomato & Cranberry Mayo on WG Bread Crisp Grapes <b>28</b>	Baked Cod w/Lemon Dill Sauce Baked Potato & Sour Cream Side Salad w/ Dressing, WG Bread Cantaloupe <b>29</b>



**MINONG MENU  
MONDAY, MAY 4**

Tender BBQ Ribs, Au Gratin Potatoes, Baked Beans, Corn Bread Apple Crumble Dessert

**SHELL LAKE MENU  
MONDAY, MAY 11**

Baked Pork Chop, Mashed Potatoes/Gravy  
Asparagus, Strawberry-Spinach Salad  
Dinner Roll, Hope's Choice Dessert

**SPOONER MENU  
MONDAY, MAY 18**

Baked Cod, Rice Pilaf, Steamed Broccoli  
Garden Salad, Whole Grain Bread  
Chocolate Chip Bars

**BIRCHWOOD MENU  
TUESDAY, MAY 19**

*Kick Off Summer*

Hamburger or Bratwurst Potato Salad  
Apple-Cranberry Coleslaw, Whole Grain Bun  
Brownie Bite w/Chocolate Ice Cream

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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**

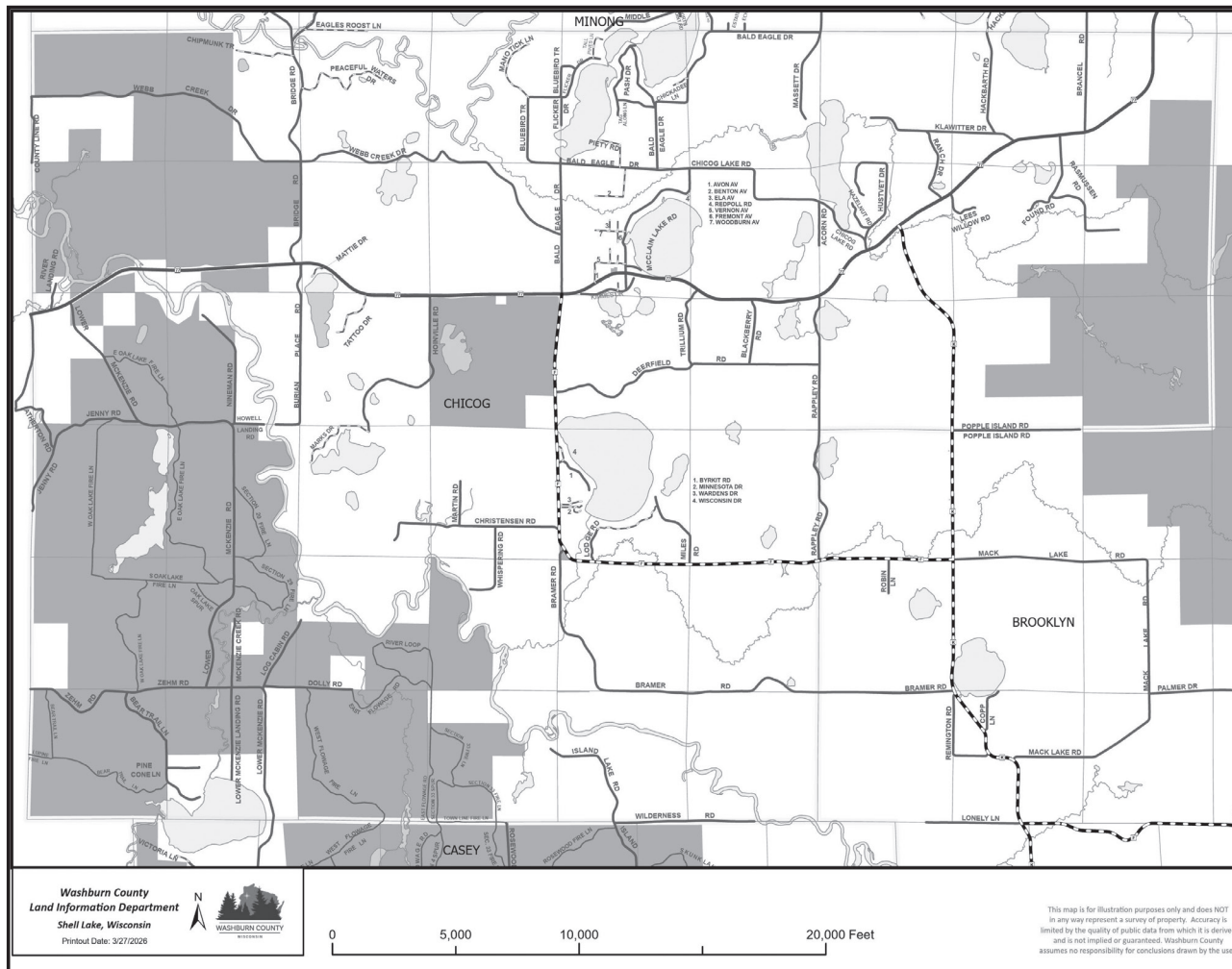
**DINING:** Congregate dining is available at four nutrition sites in Washburn County, Wisconsin: Birchwood, Minong, Shell Lake, and Spooner. Participants can enjoy affordable, nutritionally balanced meals in a welcoming environment, where they can socialize and participate in community activities. 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



SUBMITTED

**SUBMITTED BY  
JOANN MALEK**

The sun was shining at noon on Easter Sunday, 2026, and I was overjoyed to be back in my kayak. Actually, my corner of the shoreline was iced in, but the brilliant blue MOVING water covering most of the lake was calling to me. I found a shallow moat along my shore and with muck boots, my icebreaker kayak and a sturdy paddle I was able to get to the beautiful open water.

I love Wisconsin! The gently rolling hills that make up our topography. The many and varied lakes. These are products of glaciers that covered our land for fifteen thousand years. Es- kers, which are defined as long ridges of gravel. Drumlins, which are hills made up of sediment. Kettle-holes. All reflect the action of glaciers.

Some ten thousand years ago, as the glaciers receded, winds carried seeds from other parts of the world. Grasses, plants and some small trees grew, though soil was poor and temperatures were low. Thousands of years later temperatures were rising, soils were improved, and larger seeds were able to take root. Eventually Wisconsin became a never-ending forest.

Natural disturbances to these forests through the centuries included fire and windthrow. What a glorious word! Windthrow is defined as the uprooting or overturning of trees by strong winds. I picture huge trees pulled from the ground, roots and all, then tossed aloft by the wind.

Manmade disturbances may have been even

more drastic. From the late 1800s into the early 1900s, massive clear cutting took place in our woodlands. Wisconsin led the nation in timber production. By 1915 forests were gone. Intense slash fires followed logging devastation, killing seedlings, saplings and crucial soil organic matter.

Eventually, federal and state governments lured settlers to convert lost forestland to farmland. That effort failed in the northern half of state, but Wisconsin State Legislature introduced two new laws. The Forest Crop Law was a forestry incentive program to encourage sustainable land management through reduced property taxes. The County Forest Reserve Law allowed counties to acquire tax delinquent lands and establish county forest reserves. Langlade County Forest was the first, established in 1928. Today county forests comprise 42% of the public land in Wisconsin, some 2.41 million acres in thirty counties. In Chicog, 9,180 acres are designated Washburn County Forests.

In 1963 a new County Forest Law provided the basis for a permanent program of county forests. This law recognizes the concept of multiple use to assure maximum public benefits, protect public rights, interests, investments and to compensate counties for public uses, benefits, privileges. Counties are to provide for optimum production of forest products, recreational opportunities, wildlife, watershed production, stabilization of stream flow.

The county pays \$0.63/acre annually for lands enrolled in the county forest program. Timber sale is a primary objective. The county is required to pay a minimum 10% of gross timber sale revenue to the township annually. These monies have benefited the town of Chicog, allowing the move of our town hall

from an old school building into a modern meeting/ fire/road maintenance facility without heavy reliance on property tax increases,

Forests change constantly. Precipitation and temperatures continue to vary as they have for thousands of years, though recent trends clearly indicate warmer conditions. What is causing these changes? Fire suppression may favor invasions of moisture-loving forest plants into drier sites. Overabundant deer are limiting regeneration. Trees that once were allowed to grow to majestic proportions are now felled after 40-100 years.

UW-Madison botany researchers state that iconic forests have changed in substantial and surprising ways over the past half century. Pines, hemlocks, birches and red oaks have declined substantially. Maples, ashes and cherry trees are more abundant. Plants in the under- story are less diverse.

I do love our woods, and I love having pile- ated woodpeckers for my neighbors. Naturalist Emily Stone notes: Unlike many birds, popu- lations of pileated woodpeckers have been in- creasing since 1966 due to the regrowth of large trees and the conversion of some large trees into food-rich snags.

I love Wisconsin!

**From librarian Katy Larson:**

the bookmobile is still off the road. We don't have information on when the manufacturer will determine the necessary recall repair.

**Thank you for reading Chicog-Then and Now**

Town Website: [www.townofchicog.com](http://www.townofchicog.com)

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

Call or text me at (612) 250-0301.

# Take a NOURISH Step!

## May: Spring Into Healthy Meals: Plan for Every Day, Even Sick Days



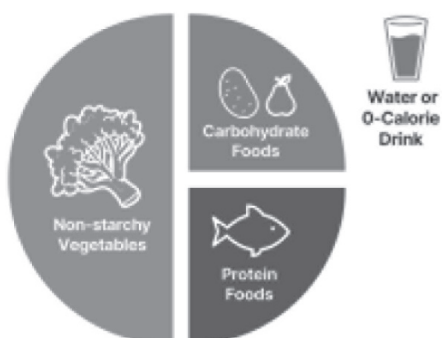
### Did you Know?

Skipping meals can increase blood sugar for some individuals.

#### Why Regular Meals Maintain Stable Glucose

- The foods you eat play a major role in managing blood sugar levels
- Eating at regular times and giving your body two to three hours between meals will help stabilize blood sugars
- Healthy snacks can help you manage hunger and normalize blood sugars in between meals. Snacks should include protein and fiber such as:
  - Fruit and cheese or nuts
  - Hummus with carrots or celery
  - Nut butter with apple slices
- Follow the Diabetes Plate below to create healthy balanced meals that help stabilize blood sugars

<https://diabetesfoodhub.org/blog/create-your-plate-simplify-meal-planning-diabetes-plate>



#### Diabetes Sick Day

- When sick with things like colds or the flu, your body is under extra stress, which can raise blood sugar levels.
- Having diabetes does not make you more likely to get sick, but it does raise the chances of getting seriously sick.
- When sick, be sure you are getting enough water. If you're having trouble keeping water down, have small sips every 15 minutes throughout the day.
- Being sick can make it hard to eat. Having simple carbs on hand (ex: regular soda, Jell-O, or popsicles) to help keep your blood glucose up if you are at risk for low blood sugar levels.

### Importance of Hydration



Extra hydration is needed during illness to prevent dehydration.

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

#### Build-a-Sick-Day Kit Checklist

- A glucose meter
- Extra batteries
- Supplies for your insulin pump or continuous glucose monitor
- Ketone test strips
- A week's worth of glucose-lowering medication (don't store longer than 30 days before use)
- Glucose tabs or gels
- Flu or cold medications that won't disrupt your diabetes management

Keep taking NOURISH Steps and learn more about A1C at:

<https://www.cdc.gov/diabetes/living-with/managing-sick-days.html>



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

GWAAR Nutrition Team. UW Health Interns  
Trinity Manzke & Molly Ross 5/2026

## SEVERE WEATHER AWARENESS

### HOW TO PREPARE FOR SEVERE WEATHER

**Washburn County Emergency Management**  
Shell Lake, Wisconsin

#### SEVERE WEATHER AWARENESS

Washburn County Emergency Management encourages residents to prepare for severe weather.

Wisconsin averages approximately **23 tornadoes each year**, and be weather aware provides an opportunity for residents, schools, businesses, and communities to review safety plans and practice what to do when severe weather strikes.

#### ABOUT TORNADO DRILLS

During the drill times, Wisconsin's NWS offices will conduct **NOAA Weather Radio** tests that can be heard if you are actively listening to those devices or have one programmed to activate on test alerts. Local media outlets may also participate on the air or over social media. **Washburn County will test outdoor warning sirens during drill times.**

The tornado drill **will not activate the Emergency Alert System (EAS)** used by television, radio stations, or mobile devices. Those systems are tested at other times throughout the year.

#### RECENT SEVERE WEATHER IN WISCONSIN

- Severe weather can occur at any time, and recent years have shown how unpredictable storms can be:
- **2025:** Wisconsin experienced 39 tornadoes.
  - **2024:** 45 tornadoes were recorded, one of the highest yearly totals on record.
  - **2023:** A storm system produced a dozen tornadoes in southern Wisconsin.
  - **2022:** 28 tornadoes were confirmed across the state.
  - **2021:** Wisconsin recorded 41 tornadoes, including 17 during one storm event.

#### STAYING WEATHER-AWARE

Washburn County Emergency Management encourages residents to stay informed during severe weather season by:

- Checking weather forecasts regularly
- Enabling **Wireless Emergency Alerts (WEA)** on mobile devices
- Keeping a **NOAA Weather**

**Radio** in the home

- Monitoring trusted weather sources and local alerts

#### TORNADO SAFETY TIPS

If a tornado warning is issued or a tornado is approaching:

- Go to a **basement or designated storm shelter** and get under a sturdy table or stairs.
- If no basement is available, move to a **small interior room on the lowest floor** away from windows.
- Cover yourself with blankets, pillows, or other protective materials.
- If you live in a **mobile home**, move to a nearby sturdy building or designated shelter.
- If outdoors, seek shelter in a sturdy building as quickly as possible.
- **Do not shelter under an overpass.**

#### BUILD AN EMERGENCY KIT

Residents are encouraged to prepare a basic disaster kit that includes:

- A **seven day supply of water and non-perishable food**
- A change of clothing and blankets or sleeping bags
- A **first aid kit and necessary medications**
- A battery-powered **NOAA Weather Radio**
- Flashlights, a portable radio, and extra batteries
- Supplies for infants, older adults, individuals with disabilities, and pets

More information on emergency preparedness and building disaster kits can be found at ReadyWisconsin or the Emergency Management Webpage at [www.co.washburn.wi.us](http://www.co.washburn.wi.us)

Washburn County Emergency Management encourages everyone to take part in the statewide tornado drills and use Severe Weather Awareness Week as an opportunity to review emergency plans and ensure households are prepared.

Thank you for doing your part in Emergency Preparedness of your home/business & community!

Carol Buck  
cbuck@co.washburn.wi.us  
715-468-4730

## WITS WORKOUT

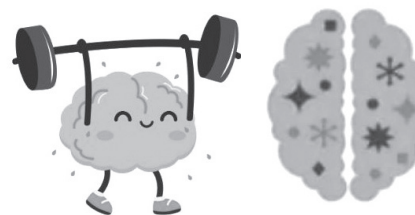
### BRAIN HEALTH WITH A BIT OF FUN

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
- **Minong Senior Center** - 2nd Tuesday of the month
- **Spooner Wellness Center** - 3rd Tuesday of the month
- **Birchwood Senior Center** - 4th Tuesday of the month

Please call Patryce Garcia to register in advance.  
715-635-4477



*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](http://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



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

INDIGO NEWS

# I CAN'T GET IN MY BATHTUB

SUBMITTED BY **DON POSH**

IndiGO Your Allies for Independence

Getting in and out of the bathtub can be challenging. You may be considering a walk-in tub or a whole bathroom remodel. There are plenty of bath remodel companies advertising their products and services. Be wary of any attempt to tell you that Medicare will cover the cost. Medicare

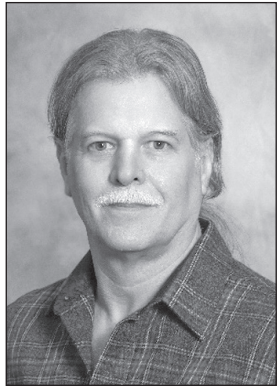


PHOTO SUBMITTED

**Don Posh**

does not cover bathroom remodels. For many, the cost of remodeling or replacing a bathtub is out of reach. For some people a bath is preferred over a shower as the soaking can relieve painful joints and muscles. It can be helpful to have grab bars installed to assist entering and exiting the tub. With each bathroom design being unique, something that works for one may not work for another. There are devices that can assist if the strength is not enough to do this on your own. A Bath Lift Chair is a rechargeable battery controlled Assistive Technology Device that may be the answer you're looking for to safely access your bathtub.



SUBMITTED PHOTOS

ing the tub. With each bathroom design being unique, something that works for one may not work for another. There are devices that can assist if the strength is not enough to do this on your own. A Bath Lift Chair is a rechargeable battery controlled Assistive Technology Device that may be the answer you're looking for to safely access your bathtub.

Bath Lift Chairs allow the individual to transfer from outside the tub safely and be gently lowered down into the tub and back up when bath is finished. The device is equipped with a rechargeable battery with a watertight hand control that floats.

Some models have a backrest that reclines. There are a variety of manufacturers and prices begin at \$299 online or may be available locally at medical equipment retailers.

There is another option available. It is a bathtub cutaway kit which allows you to convert your existing tub into a walk in shower or bath.

The kit requires cutting out a section of the tub and installing an insert. The most critical is accurate measuring. Bathtubs are not all the same. Some are much deeper than others. So, before ordering, be sure you have measurements handy. This can save lots of frustration.

Depending on the skill level of the installer it appears that the job will be at most 1 day. Bathtub cutaway kits are available at homebuilder retailers, Menards, Home Depot, Lowes or may be available at your local homebuilding center. Kits are also available online. Some models have a door available so the tub can be used for a bath as well as a shower. Prices start at \$360.

***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.



## MEDICARE 101

Please join us at the ADRC, 304 2nd St., Shell Lake, WI 54701 TO LEARN ABOUT MEDICARE

**\* FREE EVENT \***

Call **715-635-4478**

to Reserve Your Spot.

**TUESDAY, MAY 26th**

**10:00 AM - 11:30 AM**

COFFEE & SNACKS WILL BE PROVIDED

Are you turning 65 soon?

---

Has it been 24 months since your disability benefits began?

---

Do you want to know more about Medicare for yourself or a loved one?

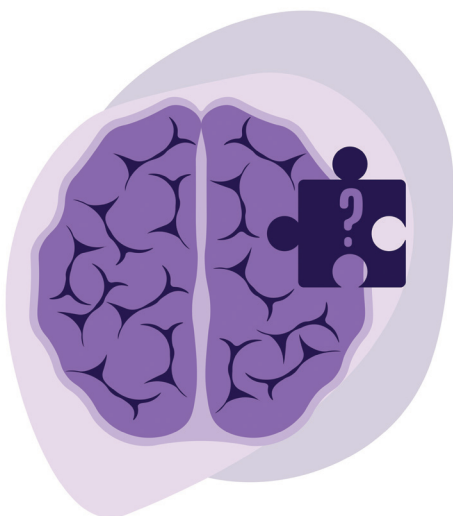


**PRESENTED BY:  
TARA MACONE  
ELDER BENEFIT  
SPECIALIST**



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**When: June 3rd**

Time slots from  
10:00 AM - 12:00 PM

**Where:**

Shell Lake Library  
501 1st St., Shell Lake, WI

Call **Patryce Garcia** to register for a time slot  
**715-635-4477**



**DEMENTIA Live**  
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**BRAIN HEALTH**

**Brain Health  
Checkup**

A brain health check up is a short, convenient assessment to offer:

- Immediate confidential results
- A Baseline Memory Measurement
- Information on treatable causes of confusion or memory changes
- Information on brain health
- Support for concerns

**WHEN:**

**Shell Lake: June 2nd**

**Minong: June 9th**

**Spooner: June 16th**

**Birchwood: June 23rd**

Contact  
**Patryce Garcia**  
to sign up  
**715-635-4477**  
Walk-ins welcome!

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FORTUNE.**



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[www.regionalhospice.org](http://www.regionalhospice.org)

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[www.th-glenview.org](http://www.th-glenview.org)

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