

Focus for *Life*

VOLUME 34 ISSUE 8

ADRC
Aging & Disability Resource Cen
of Washburn County

A SPECIAL
SECTION OF THE
FOUR SEASONS/
WEEKENDER
NORTH

AUGUST 2026

Summer Fun



ADRC NEWS

Volunteering

TED HAMPE

Director of Unit on Aging/ADRC

When I first started coming to Washburn County 28 years ago. I would pass the sign welcoming me to vacation land. I would be greeted by pristine lakes, winding rivers and the mixture of pines and hardwood trees. Like the terrain of Washburn County, the people come from wide arrays of locations and demographics. Those whose families home-steaded the rural landscape and others that fell in love with the area and created their dream retirement home. These diversities open many possibilities to support one another.

In August we honor our volunteers. The ADRC/Unit on Aging of Washburn County has numerous types of volunteers. This list includes home delivered meal drivers, liaisons at our Senior Centers, those that teach classes and others that work at Dining at Five events. These individuals encompass the true meaning of being a volunteer. Some-one who offers their time, energy and skills to perform a service, or task without expecting financial expectation. The volunteers that support these programs are the core of the ADRC and Unit on Aging. Having grown up in a rural community I understand that we rely heavily on family and friends. As we grow older our needs, wants and desires change. Participating at your local senior/wellness center can help fulfill many of voids that we encounter as our family dynamics change. I encourage you to think of ways that volunteering in your community can help sustain your ever-evolving needs. I hope anyone that is able is open to volunteering in their community or joining the local senior center. It is my hope that those desiring to be more active can be good stewards of our programs. Encouraging others in the community to have a meal for congregate dining, be part of our summer road trips series, taking classes or joining Trekking with Travis events. Please reach out to the ADRC office 715-635-4460 to learn more about events and volunteering opportunities. Please join us at our last summer concert on 8/19/26 at the Shell Lake bandshell to hear Sean and Ian Okamoto and partake in the dinner at the Shell Lake Community Center as we honor our current volunteers.

SHELL LAKE QUILTERS

Shell Lakes' Young CHICKS

Are Working Hard on Their Quilting Project





SUBMITTED PHOTO

"36 Old Clucks and Their Chicks"



Stronger Healing Starts Here

WOUND CARE YOU CAN TRUST

Our wound care expert is trained in the latest techniques to help you heal better and get back to living your life to the fullest. As a partner in your health journey, Nicole also provides education and prevention strategies to support you in your healing.



Schedule an appointment with Nicole Perkins, APNP Wound Care Specialist today. Call 715-939-1751 or visit [SpoonerHealth.com](https://www.SpoonerHealth.com).

RESOURCES



LOCAL CRISIS

888.860.0373

Washburn Co. Human Services 715.468.4747	ADRC 715.635.4460 Lakeland FRC 715.635.4669	Veterans (CVSO) 715.635.4470 Non-Emergency Law Enforcement 715.468.4700
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988
Suicide and Crisis Lifeline

911
Emergency Only

211
Resource Hotline



Aging and Disability Resource Center
of Washburn County

DRIVERS NEEDED

**VOLUNTEER
DRIVERS
NEEDED!**



WASHBURN COUNTY
TRANSIT



Washburn County Transit provides transportation for anyone over the age of 60 or people with 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 to make a difference in your community, please contact Angie at the Washburn County ADRC. **715-635-4465**.

SPOONER LIBRARY EVENTS

SPOONER LIBRARY AUGUST EVENTS

Mondays, Wednesdays, and Fridays - American Mahjong Class 101, 10am-12pm
Learn how to play on Mondays; play on Wednesdays and Fridays.
13th: Mischief Makers, Kinusaiga Fabric Art, 5-6:30pm
21st: Savvy Seniors Book Club (@ Wellness Center), 10:30-11:30am

Find all of our programs at spoonerlibrary.org/events. There is something for everyone, every week!

Katy Larson, Outreach Librarian

MEDICARE 101

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

*** FREE EVENT ***

Call **715-635-4478** to Reserve Your Spot.

TUESDAY, AUGUST 25th
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



Aging and Disability Resource Center
of Washburn County



Aging & Disability Resource Center
of Washburn County

715-635-4460 and 833-728-3400
304 2nd Street, PO Box 316, Shell Lake, WI 54871
HOURS: 8:00 a.m. - 4:30 p.m. M-F
www.co.washburn.wi.us | adrc@co.washburn.wi.us
715-635-4460
Ted Hampe - Director

Bethany Miller - Information & Assistance Specialist (I&A) - 715-635-4462 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: George Cusick – Chair
Jocelyn Ford – Vice Chair • Kasey King • Angela Pank • Joe Hoy

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: Yoga8:30 AM
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
4TH TUES. OF MONTH: Dining at 55:00 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
Smear12:00 NOON
THURSDAYS: Games9:00 AM
Cribbage.....12:30 PM
SPECIAL HIGHLIGHTS:
OPEN TO THE PUBLIC - PLEASE JOIN US!

2nd MON. OF MONTH: Dining at 5.....5:00 PM
2ND WED. OF MONTH:
Tommy Rae Performs.....10:30 AM
LAST FRI OF MONTH:
White Elephant Bingo12:30 AM

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
TUESDAYS: Wii Bowling10:00 AM
Mah Jongg1:00 PM
Ukelele Class3:00 PM
WEDNESDAYS: Chair Dancing9:30 AM
500 Cards & Bridge.....1:00 PM
THURSDAYS: Mah Jongg9:00 AM
Hand and Foot Cards.....1:00 PM
FRIDAYS:
Crafts and Coffee10 AM
First Friday Flick -
"THE SHEEP DETECTIVES"AUG. 7, 1 PM
SPECIAL HIGHLIGHTS:
3RD MON. OF MONTH: Dining at 55:00 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 hol-
iday, Dining @ 5. Need to register in advance
715-466-4448.
2nd TUESDAY Wits Workout.....10:00 AM
1st, 3rd & 5th TUESDAY Farkle12:00 NOON
2nd & 4th TUESDAY Cards12:00 NOON
Every TUESDAY Wii Bowling.....12:00 NOON
WEDNESDAYS: Pocket of Prayer...12:00 NOON
2nd Wed. MASC Board Meeting1:00 PM
Foot Care, Call 715-466-4299 to schedule.
THURSDAYS:
Aug. 20 Monthly Cribbage.....12:30 PM
FRIDAYS: TBD
SATURDAYS: 2nd Saturday each month (some
exceptions - will be advertised if changed)
Potluck.....NOON - Bingo follows
AUGUST HIGHLIGHTS:
MON. AUG. 3: ..Dine @ Five, Reservations Req.
SAT. AUG. 8: Potluck & Bingo.....NOON
TUE. AUG. 11: Wits Workout.....10:00 AM
WED. AUG 12: MASC Board Mtg.....1:00 PM
SAT. JULY 11: Potluck/Bingo... Noon - 1:00 PM
WED. AUG. 20: Summer Concert @ Shell Lake
Pavillion.....Info: Call ADRC 715-635-4460

CHICOG IMPORTANT DATES

WEDNESDAY, 7/8
Monthly Meeting6 PM
WEDNESDAYS, 7/8 & 22
Namekagen Transit Service
THURSDAY 7/9 Books & Bread,
Beaverbrook.....10:30 AM - 2 PM
Town Website: www.townofchicog.com

BIRCHWOOD WELLNESS CENTER NEWS

• Birchwood Wellness Center was able to host the Washburn County ADRC Committee meeting, several members of the summer road trip event and a cooking class with UW Extension educator.

• Watch for signs for tentative closure dates for renovations to the center in the coming weeks. These renovations include new windows, roof and landscaping.

• Upcoming news on 8–12-week Tai Chi classes coming to the Birchwood Center. These classes will be conducted on Wednesday afternoons. These classes with be run by a certified Tai Chi instructor Don Ross.



Minong and Shell Lake Seniors visit Birchwood Center for Summer Road Trip.

SUBMITTED PHOTO

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

DAVID STABENOW
MINONG SENIOR CENTER NEWS
MASC Board Member at Large

Good day to one and all! My name is David Stabenow and I am a member of the Minong Area Senior Center. I am also a member of our Senior Center Board. I was born and raised in Eau Claire, Wisconsin where I worked 42 years at Lyman Lumber. I retired in 2010 and we moved into our family home on the Minong Flowage in 2012.

Over the last 14 years Minong is my home community. I am very proud to live in the beautiful valley Minong is part of. The families here volunteer for many of the opportunities for caring and sharing of their gifts for each other. The people at Library, Food Bank, Senior Center, Firefighters, EMTs; all brothers and sisters that care for each other.

It is very easy to understand how we have been blessed. What a wonderful place to grow older together.

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

August is here!! It's the peak of the "dog days" of Summer, being the final transition before Autumn. It is special for being the month of harvest abundance. It is also a great time for stargazing as the annual Perseid meteor shower, one of the brightest of the year, usually occurs between 11-13 August. One interesting thing about this month is the uniqueness of having 3 birthstones: sardonyx, spinel, and the one most familiar to us, the vibrant and beautiful peridot. This is one of the only gems that can be formed both in the earth's mantle and inside fallen meteorites.

We missed our opportunity to see "Guys and Dolls" in July so are very excited and thankful to the ADRC for sponsoring a trip to the Chanhassan Theater in September. Quite a few of us are planning to attend.

Quilting continues on the "36 Old Clucks and Chicks". We have completed the blocks and will be working on the hand quilting around the edges.

We entered quite a few of our beautiful flowers in the Washburn County Fair and received many ribbons on them.

This month is the last of the Summer Concert Series. Looking forward to having dinner from 4:30-5:30 at the Community Center and then enjoying the music of Sean and Ian Okamoto from 5:30-7:30 on Wednesday, August 19th.

We continue to plan for events at Pioneer Village in Cameron and hope to do a riverboat lunch cruise down the St. Croix.

Just a reminder that Dining at Five is held on the second Monday of the month where Hope always provides a wonderful meal and some fun in a welcoming atmosphere.

Call (715-468-4750) to order eat-in meals at the Shell Lake Senior Center. Please make sure you order the day prior.

To order Meals on Wheels delivery in Washburn County, call Char Mickelson, Nutrition Director at (715-635-4460).

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 WAS AN ALL NIGHT CROAK! Our boat was parked under my window for a few nights. I could hear this frog singing a VERY loud "plunk" like the pluck of a loose or out of tune banjo string. Did he just move here to date another frog? When the outboard cover was removed for servicing, there the frog was, all curled up. He even made us jump when he leaped to freedom. "Jeremiah was a bullfrog. Was a good friend of mine!"

Twisted Oak Farmstead hosted our crafting group on June 19th. Wool crafting is very unique and touring this farm of sheep was very interesting. We even got to pet the babies. Lynn had us over for coffee and treats after the tour. We all agreed it is a very special place.

Did you get to attend any of the "Make Music Day" music in June? We enjoyed the "Better Together Band" that played at the canoe museum. They loaned us cowboy hats to wear as they sang a fun country western song. We pretended to ride a horse from our chair. Thank you for your music!

Larry's Drifters played June 24th at the Shell Lake Beach Pavilion. It was sponsored by the ADRC. It was the first time I danced in the rain. The inclement weather reduced the attendance, only 90 meals were served before the dance. We snuggled in one end of the pavilion, the band was in the other end. Since there were only a few dancers, the band got to know us quite well and even asked how long we've been married. My dance partner told them we weren't married but I added we'd been married but not to each other! "Oh" the band said, "there's a country western song about that!" HA that made everyone laugh. Thank you ADRC for making a fun evening while battling the weather.

Our First Friday Flick was the enjoyable movie, "Remarkably Bright Creatures." Sally Fields starred in it and has aged so gracefully, just like us. All you have to do is show up for movie time at 1 PM, first Friday of the month.

Our Sr. Nite Out group dined at Turtleback in Rice Lake, July 9th. We had Greenside Tables and music by Knuckleheads Duo. Remember to sign up at the center or call Lynn at 715-520-3569 to join us the second Thursday evening each month. Any suggestions for other restaurants to visit would be welcomed.

Dining @ 5 July 20th featured Chicken and BBQ ribs, a great summertime menu. Thank you Cathy and Darrell for setting/decorating the tables. Our June Dining @ 5 honored our "Fathers of the Bride," and there were a lot of them....including one in a wedding in a few weeks for his youngest daughter. We share so many life events with others our age at the center. It's truly an amazing place.

Mark your calendars for Sept. 24th at 4pm for our chicken BBQ potluck and dance music by Larry Rysavy. A \$5 donation is requested. A sign up sheet will be available at the center.

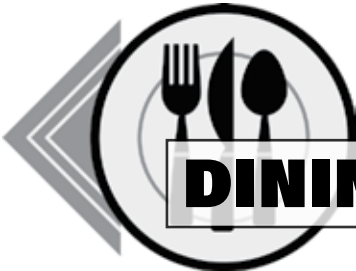
If you would be interested in playing cribbage, call Connie at 612-210-5641 to possibly start a group. Chess will start on Sept. 9th, 6-9pm. Call Larry at 507-581-2857 to join. The 500 card club was greeted a couple weeks ago by Ted Hampe, our new ADRC Director. He likes 500 cards and will make more time to join us next time. Even though he played a lot in college, he'll be up against some real pros at the center!!

DINING

AUGUST

LUNCH & HOME DELIVERED MEALS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sloppy Joes on Bun, Baked Beans Tomato & Cucumber Salad Crisp Grapes MINONG DINING AT 5 3	Salisbury Steak Mashed Potatoes Glazed Carrots Whole Grain Bread Mixed Berry Crisp 4	BBQ Chicken Parsley Baby Reds California Vegetable Blend Cornbread Cantaloupe 5	Pork Chop Suey Brown Rice Egg Roll Crunchy Asian Salad Mandarin Oranges Fortune Cookie 6	Taco Lasagna Mexican Chopped Side Salad Whole Grain Bread Fresh Fruit Sour Cream Cranberry Bar 7
Bratwurst on Whole Grain Bun Kernel Corn Sweet Potato Puffs Berry Pretzel Dessert SHELL LAKE DINING AT 5 10	Strawberry Spinach Salad with Chicken WG Garlic Breadstick Carrot Sticks Honeydew 11	Baked Lemon Chicken over Herbed Lemon Brown Rice Green Beans Roasted Red Potatoes Apricots 12	Egg Salad with Lettuce on a Croissant Apple Cranberry Coleslaw Three Bean Salad Fruit Juice 13	Home-style Meatloaf Mashed Potatoes Gravy Stewed Tomatoes Whole Grain Bread Pistachio Fluff Salad 14
Chicken Tortellini Steamed Broccoli Garden Salad Dressing WG Garlic Breadstick Cinnamon Pear SPOONER DINING AT 5 17	Mongolian Beef over Cilantro Lime Rice Green Beans Almandine Honey-Soy Glazed Carrots Strawberry Shortcake 18	SENIOR SOCIAL EVENT Waldorf Chicken Sandwich on Whole Grain Bread, Chick- pea & Cucumber Salad with Citrus Applesauce 19	Roasted Sausage & Sprouts Buttered Peas Seasoned Potato Wedges Whole Grain Bread Orange 20	Sliced Baked Ham Scalloped Potatoes Buttered Asparagus Whole Grain Bread Pineapple 21
Fish with Lemon Dill Sauce Sweet Potato Fries Creamy Coleslaw Whole Grain Bread Fresh Fruit Salad 24	Unstuffed Pepper Casserole Fresh Garden Salad Dressing, WG Bread Cantaloupe BIRCHWOOD DINING AT 5 25	Cheeseburger with Lettuce, Tomato, Onion on Whole Grain Bun, Baked Beans, Potato Salad Peach Cobbler 26	Chef Salad with Ham, Egg, Cheese, Veggies, Dressing, Whole Grain Breadstick, Pudding Watermelon 27	BBQ Ribs Mashed Potatoes and Gravy Roasted Brussels Cornbread Orange 28
Chicken Breast Mixed Vegetables Buttered Baby Reds Dinner Roll Mandarin Oranges 31				



DINING @ 5

MINONG MENU
MONDAY, AUGUST 3

Spaghetti w/Italian Meat Sauce
Corn, Ceaser Salad
Breadstick, Cake

SHELL LAKE MENU
MONDAY, AUGUST 10
END OF SUMMER PICNIC

Cheeseburger w/Lettuce, Tomato
& Pickles, Asian Coleslaw
Sweet Potato Wedges, Hope’s Classic Dessert

SPOONER MENU
MONDAY, AUGUST 17
ULTIMATE SALAD BAR

A large assortment of Proteins, Vegetables,
Topping HOMEMADE DRESSINGS,
Build you own Sundae Bar

BIRCHWOOD MENU
TUESDAY, AUGUST 25

Meatloaf, Mashed Potatoes & Gravy
Peas and Carrots, Ceasar Salad
Fresh Bread, Kristi’s 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 avail-
able at four nutrition sites in Wash-
burn County, Wisconsin: Birchwood,
Minong, Shell Lake, and Spooner.
Participants can enjoy affordable,
nutritionally balanced meals in a wel-
coming environment, where they can
socialize and participate in communi-
ty activities.
SERVING TIMES: Serving hours vary

by site. Call ahead to make meal res-
ervations: 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 par-
ticipate 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. All
meals served with 1% milk.**
*Caregivers Under Age 60 – Please
contact the Nutrition Program Di-
rector 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 as-
sures 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 commu-
nity 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 Nutri-
tion Program Director at 715-635-
4460.



WE ARE IN BRAT SEASON- SO A LITTLE JOHNSONVILLE TRIVIA

How crazy is this, Johnsonville brats are sold in almost as many countries as the number of people who live in the WISCONSIN town it’s named after.

Number of countries that eat Johnsonville brats- 45

Number of people who live in Johnsonville, WI-65

The unincorporated community of Johnsonville- located right next to Sheboygan Falls, the OFFICIAL headquarters of the sausage company- is where Johnsonville founder Carl Hirsh grew up!

The town has no stop signs or sidewalks and just ONE ROAD, surrounded by farm fields as far as the eye can see.

CHICOG - THEN AND NOW

SUBMITTED BY
JOANN MALEK
WITH GUEST WRITER STEVE LOISELLE

Billiards began as a lawn game similar to croquet, back in the 15th century. When the game moved indoors, a wooden table was topped with green cloth, simulating grass, and had a bank around the edges. The term “billiard” is French, taken from the word “billart,” a wooden stick, or “bille,” a ball.

The wooden stick had a large head on one end. When the ball landed near a bank players would turn the “mace” around and strike the ball with the handle, called a “queue,” meaning tail. A leather cue tip was added in the 1800s allowing players to apply side-spin, topspin, even backspin to the ball. A “bank shot” is one in which the ball is made to rebound from an edge. A “carom” is the act of hitting two object balls in one stroke with the white cue ball.

The word pool indicates a collective bet or ante. In the 19th century a “pool room” was a betting parlor for horse racing, with pool tables installed for passing the time between races. Eventually the name pool became attached to pocket billiards. The game of pool evolved throughout the world with many flavors: varying table sizes, different numbers of pockets, and a variety of balls required (from 3 to as high as 22)

Steve Loiselles writes: Back when I was a young lad a recreation center for teenagers was opened in downtown Chippewa Falls. No alcohol or tobacco was allowed but there were plenty of pinball machines, dartboards, and other ways for young people to spend their time and stay out of trouble.

My family had a woodworking shop and I would go there after school to sweep the floor and run the sawdust up the chute. It didn’t pay much but I always had a few nickels in my pocket for the machines and I actually got pretty good on them.

There were a couple of pool tables in the back room. Though it was never a rule, most of us assumed that this room was for older, high school aged kids, so we stayed out. Eventually the day came when there was no one using the tables. “Here is our chance. Let’s do it.” So we rented a table for an hour or two, and I got hooked on pool. After that we just got in line and took our turn whenever we could get an empty table.

During my college years we had pool tables in



SUBMITTED

the dorm so I continued to feed my mania for pool. When I went to work for a living I traveled a lot and ate most of my meals in places where there were pool tables.

Then I got married and moved into an old country school house that had been remodeled and made livable, and so ended my love affair with a pool table. I didn’t pick up a cue stick in many years until one day when I was sitting at Pappy’s. A friend of mine, Jerry Brovan, was tending bar and said, “Come on and shoot a game of pool with us.” I laughed. “Jerry, I haven’t shot a game of pool in 25 years.” He responded that it didn’t matter, they just needed a fourth person.

We have all heard the old cliché about riding a bike. Well, I became a believer that day. As it turned out, it was getting really close to the start of pool league and Pappy’s needed players. Some of their team just happened to be in the bar that day, and by the time I left the bar I had agreed to give it a try. I have been on that team ever since. I am not sure when that was but my guess is somewhere around 20 years ago.

During that time span we have been in the Webb Lake Men’s Pool League with about 8 to 10 other teams. Although these guys are first and foremost my opponents, over the years many of them have also become my friends. Our matches can become very competitive but they are also friendly and in good spirits. Add that to the friendship that was formed over the years between my teammates and I, and I would have to say that being on the pool team has

been a big part of my life here in Chicog. I plan on shooting pool for Pappy’s as long as I am able, and hope that our team will continue to be successful.

GO, PAPPY’S
Stop in and watch the competition some Thursday night during the cold months. Strike up a game for a dollar a round. At Pappy’s, tables are free on Tuesdays. Perhaps, like Steve, you’ll find that the old cliché about riding a bike holds true for you. Maybe you’ll even find a place

Do you have stories to tell about Chicog-Then? I’d like to listen. Call or text me at (612) 250-0301.

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SSI/SSDI?

When considering applying for Disability there are two federal programs that individuals can apply for when they become disabled and are unable to work.

Figuring out the difference between these two programs can often be confusing. Here are some basic similarities. Both programs — Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) — are funded by the federal government to provide financial support for individuals who are disabled for 12 or more months. In both programs you are required to prove that you cannot work because of a physical or mental condition. For both programs, you must also show that your condition is expected to last for at least 12 months or result in death.

So, what is the difference between SSDI and SSI? The major difference between SSDI and SSI is the non-medical proof (Assets and Income) you must show to qualify.

SSDI is a federal insurance program of the government that is funded by your payroll taxes. That means if you are working and paying taxes, you are paying into this federal insurance program. Your eligibility for SSDI is based on whether you have worked enough time and paid enough into the system. Generally, if you have worked for 5 of the past 10 years as of the date of onset of disability, you will qualify for SSDI. Younger claimants need to work for less time to become insured by SSDI. Your benefit amount is based on your earnings. By and large, the more you earn, the more benefits you will receive if you qualify for SSDI.

SSI is a needs-based program of the government administered by the Social Security Administration (SSA). To qualify, SSA will evaluate your financial situation, and not your previous work. SSA will assess your financial situation by examining your assets and determining how much SSI benefit you are eligible for based on any income you receive.

In certain circumstances you can receive benefits under both SSDI and SSI. This generally occurs when you apply for and qualify for both programs and your SSDI benefits are under the SSI benefit amount you would be eligible for. As a result, it is generally a good idea for claimants to apply for both SSDI and SSI at the initial stage of the application process to ensure receipt of the maximum benefits.

For help with a Social Security claim or questions on when you should apply, please consult your local Aging and Disability Resource Center or your local Social Security Administration office. Working with ADRC benefits specialist for Social Security considerations can be beneficial because they provide individualized guidance navigating the application process that may interact with employment and other assistance programs. Please call 715-635-4460 to set up your individual appointment.

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10:00 AM

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- 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



EDWARD ELLIOTT PLAQUE



SUBMITTED

The Elliott Family would like to Thank Washburn County Maintenance Department and the ADRC/Aging and to all that had a part in replacing their fathers plaque.

“During the span of 50 years our father spent a lot of time going to town, county, district & state meetings. He always had Washburn County in his heart, especially the elderly. He was one of those who lobbied in Superior for the first Nursing Home in Washburn County, here in Shell Lake. The first shovel full of soil turned over was done by our father for the home. That is where he passed away in 1995.

May the future of Washburn County be a place where people like to live.”

Thanks again,
The family of Edward Elliott
Charlotte Thompson, Beverly Burnill, Loren & Dixie Elliott

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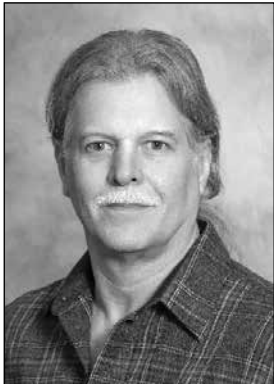


PHOTO SUBMITTED
Don Posh

As we celebrate the passing of the ADA (Americans with Disabilities Act) we should look into the history of what it took to get it passed. From Ed Roberts, Judy Huemann and Justin Dart to the gang of 19, it took a village as they say. There were many actions and advocacy events over many years that led to the ADA becoming law. Today there are still battles to be fought. Some want to cut Social Security and Medicaid. There is also the care-giver crisis. How can you become an advocate? It is

really simple to start. Become familiar with your state and federal representatives, their phone numbers, their emails and address. Next contact them on the issue that concerns you, even if they do not agree with your position or are from the political party which is opposite of your own. Be respectful; you can be stern in your advocacy, but using profanity or name calling gets you nowhere! Every time a constituent contacts their representative it is counted to determine the demand for action. It's a numbers game! You should also receive a response. It may not be the answer you want, but it does give you information of the position your representative is taking. It can be to your advantage to write or email. You can share your position and the response on social media in writing. The response may inspire your social media friends to advocate as well. This year will be the 36th anniversary of the Americans' with Disabilities Act.

indiGO will host a celebration August 6, 11AM – 3PM at the Superior High School, 2600 Catlin Ave. Superior WI 54880

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SENIOR NEWS

PREVENTING HEAT EXHAUSTION AND HEAT STROKE – RECOGNIZING THE WARNING SIGNS

By the GWAAR Legal Services Team (for reprint)

As the temperature rises, so does the risk of heat-related illnesses like heat exhaustion and heat stroke. Recognizing the warning signs and understanding the differences between these conditions can help keep you safe and healthy all summer long.

HEAT EXHAUSTION

Heat exhaustion occurs when the body overheats, often due to strenuous activity in hot, humid weather. Symptoms include:

- Heavy sweating
- Cold, pale, and clammy skin
- Muscle cramps
- Fast, weak pulse
- Fatigue, weakness, or dizziness
- Headache
- Nausea or vomiting
- Dark urine or decreased urination

If left untreated, heat exhaustion can escalate to heat stroke, so it is essential to seek shade, rest, loosen your clothing, and hydrate immediately, when you first experience symptoms. Get medical help right away if you are throwing up, your symptoms worsen, or your symptoms last longer than one hour.

HEAT STROKE

Heat stroke is more severe and occurs when the body's temperature rises to 103°F or higher. It can cause damage to the brain, kidneys, and muscles. Warning signs include:

- High body temperature
- Headache
- Dizziness
- Nausea
- Hot, dry, damp, or red skin
- Rapid heartbeat
- Confusion, agitation, or unconsciousness
- Seizures

Heat stroke is a medical emergency and requires immediate medical attention, so call 911 if you suspect someone is suffering from this life-threatening condition! In addition, move the person to a cool place, and help lower their body temperature by putting cool cloths or ice on them. Do NOT give the person anything to drink unless they are fully awake and alert and sitting completely upright. Otherwise, doing so could cause them to choke and aspirate.

PREVENTION IS KEY

To avoid heat-related illnesses, on hot, humid days, be sure to stay hydrated, wear light-colored and breathable clothing, and take breaks in cool, shaded areas. Additionally, never leave children or pets in hot cars. Be sure to also check on neighbors at high risk, such as the elderly or those with chronic health conditions. If you or someone you know is at high risk and is living in a home without air conditioning, be sure they at least have a fan. In addition, on very hot days, suggest they go to a local shelter that has air conditioning. Most communities offer shelters with air conditioning where high risk individuals can go to stay cool on particularly hot days.

CONCLUSION

Knowing the signs of heat exhaustion and heat stroke and taking steps to prevent them can make all the difference when it comes to enjoying a safe and healthy summer. Remember to stay cool, stay hydrated, and stay informed.

HOW TO PROTECT YOURSELF FROM IDENTITY THEFT

By the GWAAR Legal Services Team (for reprint)

The news is full of stories of data breaches at retailers, insurance companies, and other organizations that have access to consumers' personal information. It's important to protect yourself from individuals looking to use your personal information to commit fraud. They may try to open new accounts in your name, access your bank accounts, or use your credit cards. This can happen if someone has access to any combination of the following information: name, address, date of birth, social security number, ATM pin, bank account number, credit card number, or Medicare number.

You might not realize that you were a victim of identity theft until you look at your financial statements or a credit report and see charges you didn't make or accounts you don't remember. Here are some steps you can take to prevent an identity thief from getting ahold of your personal information.

- Don't carry your Social Security card with you or use your social security number as a password for anything.
- If you don't need to save them, shred bills, bank statements, receipts, credit card offers, and any other items that have your personal or financial information. (SEE NEXT PAGE)

SUMMER ROAD TRIP

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(FROM PREVIOUS PAGE)

- If you're going out of town, have the post office hold your mail.
- Never give out personal information unless you have initiated contact.
- Sign up for the Do Not Call Registry at <https://www.donotcall.gov/> or by calling 1-888-382-1222 (TTY: 1-866-290-4236) from the phone you're registering.
- Stop pre-approved credit card offers by using the Opt Out website at www.optoutpre-screen.com or by calling 1-888-567-8688.
- Check your bills, bank statements, and Medicare summary notices as soon as you get them to make sure there are no unauthorized charges. If there are, report them right away.
- Make sure you have updated antivirus protection, spyware protection, and a firewall on your computer.
- Check your credit report at least once a year. Many financial institutions recommend checking your credit report more often, like

once every three months. You can get a free credit report every week at <https://www.annualcreditreport.com/index.action>.

If you see anything out of the ordinary on your financial statements or credit reports, no matter how small, you should take action immediately.

- Tell your bank that your identity was stolen even if your bank accounts haven't been accessed and your ATM card wasn't used. Your bank can reopen your accounts with new numbers and give you a new ATM card with a different number and PIN.
- Contact your credit card company if someone has opened a new credit card in your name.
- Report the theft to police. Your local police department has to prepare a police report even if the identity theft happened somewhere else. Make sure you get a copy of the report for yourself.
- Tell the Department of Motor Vehicles if your driver's license or ID card was stolen.

- Consider putting a fraud alert on your credit report by contacting one of the three credit reporting agencies: Transunion (1-800-680-7289), Experian (1-888-397-3742), or Equifax (1-800-525-6285). Once you place an alert with one of the agencies, that agency will send your request to the other two. Fraud alerts are free, and an initial fraud alert will last for one year. A fraud alert requires businesses to take extra steps to verify your identity before opening an account for you.
- Consider putting a security freeze on your credit report. A security freeze is free and will remain in place until you release it. In order to request a freeze, contact each of the three credit reporting agencies.
- File an identity theft complaint with the Bureau of Consumer Protection. You can file a complaint by obtaining a complaint form online at www.datcp.wi.gov or by calling 1-800-422-7128.

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