

Focus for *Life*



A SPECIAL SECTION OF THE FOUR SEASONS/ WEEKENDER NORTH

VOLUME 34 ISSUE 7

JULY 2026

Summer is Here!



Looking forward to seeing you at the ADRC summer events!



SHELL LAKE FLOWER GARDEN



Stop in and check out the **BEAUTIFUL FLOWERS** at the **SHELL LAKE SENIOR CENTER**

Thank you Ladies, for the beautiful garden!

Spoooner Health Health Screening Week



FREE Health Screenings

for Cholesterol Profile, Blood Glucose Levels, Blood Pressure, and Pulse Ox

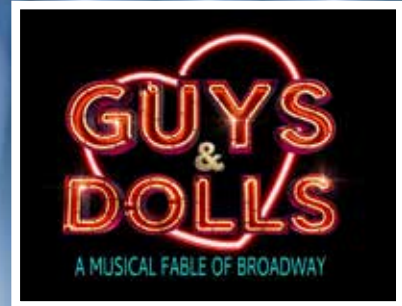
AUGUST 3 - 7
8AM - 10AM

Spoooner Health,
Main Conference Room

Appointments are required
To schedule your appointment, visit spooonerhealth.com/healthfair or call (715) 635-2111.



1280 Chandler Drive, Spooner, WI 54801
(715) 635-2111 | SpooonerHealth.com



ADRC OF WASHBURN COUNTY CHARTER BUS TRIP

DESTINATION:
Chanhassen Dinner Theatre - Dinner Show, Guys & Dolls

DATE:
Wednesday, September 9th 2026

BUS ARRIVAL: 8:05 am - 8:10 am
DEPARTURE TIME: 8:24 am
PICK-UP LOCATION: Washburn County Service Center
304 2nd Street, Shell Lake
RETURN TIME: Around 6:00 pm

This is a wonderful opportunity for Washburn Co. Residents aged 60 and over, adults with disabilities, and their accompanying caregivers to enjoy a day out with transportation, lunch, and theatre for just \$50 per person. It's a great way to socialize and enjoy some entertainment without the hassle of organizing the logistics yourself. If you're interested in participating and meet the eligibility criteria, be sure to reserve your spot before it fills up. If you're a qualified non-resident, don't worry - there's a waitlist option available for you. Don't miss out on this chance to make new memories and enjoy a day of fun and relaxation!



Registration begins July 22nd.
A link will be added to Facebook for your convenience, or you may call the ADRC at **715-635-4460**

DRIVERS NEEDED



VOLUNTEER DRIVERS NEEDED!



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 JULY EVENTS

- July 9 & 23:** Click & Learn Tech Help, 10:00am-2:00pm
- July 3rd:** History on Wheels: Cruise The Decades, 3-5pm
- July 17th:** Savvy Seniors Book Club (@ Wellness Center), 10:30-11:30am
- July 23rd:** Avoiding Scams, 2:30-4:00pm

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, JULY 29th

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



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

Ted Hampe - Director

Bethany Miller - Information & Assistance Specialist (I&A) - 715-635-4460 Our I&A staff provide support to all adults regarding the needs of persons with disabilities, older adults, and their caregivers, and they explore what programs or services meet those needs. They take the time to 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 Olgard - 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!**
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 Bingo **12:30 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, 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 - "REMARKABLY BRIGHT
 CREATURES" **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 hol-
iday, 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.
THURSDAYS: TBD
FRIDAYS: TBD
SATURDAYS: 2nd Saturday each month (some
exceptions - will be advertised if changed)
 Potluck **NOON**
 Bingo **1:00 PM**

JULY HIGHLIGHTS:

- FRI. JULY 4:** **No Meals/Meals on Wheels**
MON. JULY 6: Dine @ Five, Reservations Req.
WED. JULY 8: MASC Board Mtg. **1:00 PM**
SAT. JULY 11: Potluck/Bingo... **Noon - 1:00 PM**
TUE. JULY 14:
 Wits Workout **10:00 AM/Cards Noon**
WED. JULY 15: Summer Concert @ Shell Lake
 Pavillion **Info: Call ADRC 715-635-4460**
THU. JULY 23:
 Monthly - Summer Cribbage **Noon**

CHICOG IMPORTANT DATES

- WEDNESDAY, 7/8**
 Monthly Meeting **6 PM**
WEDNESDAYS, 7/8 & 22
 Namekagen Transit Service
THURSDAY 7/9 Books & Bread,
 Beaverbrook **10:30 AM - 2 PM**
Town Website: 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

Happy Fourth of July! Happy 250th Birthday to our great country, the United States of America! A few Historic Milestones happened this month-- Astronaut Neil Armstrong became the first person to walk on the moon on July 20th, 1969; in 1984 President Ronald Reagan designat-

ed July as National Ice Cream Month. Also, July 2nd is observed globally as World UFO Day to commemorate the Anniversary of the 1947 Roswell incident, and last but not least, the hot, sultry "Dog Days of Summer" begin in early July.

Since we were unable to attend the musical "Guys and Dolls" at Chanhassan Dinner Theater in the Twin Cities in June, we are hoping to make the trip this month.

We were saddened to lose one of our quilters in June; she will be sorely missed. Quilting continues on the "36 Old Clucks and Their Chicks". We are still meeting at 9:00 on Wednesday at the Center and always welcome new quilters to join us.

Our flowers are looking beautiful. We were able to paint our large flower pots using a donation from the Shell Lake Lions Club--thank you so much! Swing by and take a look and then stay for lunch.

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

.....
JOYCE PALUCCI

Finance Officer

MINONG AREA SENIOR CENTER NEWS

Happy 250th Anniversary of the signing of the Declaration of Independence! Although the signing didn't occur until August 1776, Congress formally adopted the finalized wording on July 4, 1776. So that is the date we celebrate.

Speaking of dates, when did the Minong Area Senior Center group begin? The original group began in 1965 with 25 Senior Citizens. The Pastor of the Lutheran Church, Pastor Olson invited a group of Senior Citizens to meet in the Minong Village Hall. This group then formed the Minong Senior Citizens Organization; elected officers and our club was formed. Lydia Yeager was elected President, but according to memos she deferred to "Charley" Dickson who remained in the position until 1981.

It was Charles Dickson who worked tirelessly in putting together all the pieces to procure grant funding, property and erecting a building.

Here is an excerpt taken directly from a funding request written by

Charles on September 24, 1978: (including his punctuation)

"A little History on our Club.how we originated, how we have been functioning, and in some way show our need of a Senior Center.

We originated about ten years ago when the Federal Government started giving help to counties to get Senior Centers started. Our county called a meeting of all Seniors of the county and explained the procedure and started a Senior Club in four areas of the County, Spooner, Shell Lake, Minong & Birchwood. We were one of the satellites receiving one fourth of the Counties contribution. We obtained permission to use the Village Hall as a meeting place, our share of the Counties money was used to purchase coffee Maker, Coffee servers and card tables, as well as permission to build a cupboard to store them in as that was the condition that we received them. We started with 25 members, we have grown to approximately 70 members today and a Nutrition Program farmed out to Restaurants which we are outgrowing. I believe you are now able to see our need of a Senior Center."

Thanks to Charles Dicksons efforts begun in 1978 the Minong Senior Citizens Club received \$44,700.00 in funding and in August 1979 ground for broken for construction of the Minong Senior Citizens Center and the center was officially opened January 1, 1980. I found some old notes that stated "However, since Meals on Wheels had operated all over town, the center was opened around Thanksgiving in 1979. They used picnic tables, boxes etc. to accommodate the people who ate the nutrition meals."

We've come a long way. Thank you Charles Dickson! It would have been nice to know you but your legacy lives on.

Happy Independence Day everyone!

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

Can you dig it? Have you ever bent your shovel? My old shovel had years of history before bending, even moving with me to Spooner. A new shovel reminds me of some of my former digs; digging for worms, trapping pocket gophers, digging potatoes, moving a rock, planting new shrubs and thinning out perennials. I recently witnessed another bent shovel at my friend's home. Her neighbor borrowed her small gardening shovel and bent it. In her demise, she offered to trade her new gardening shovel set for the damaged set. My friend graciously declined but shared she needed help weeding her flower garden. It looked so nice when she got done. It's a bent shovel with a happy ending!

Summer is for road trips. ADRC is encouraging you to try a meal at all 4 Washburn County Senior Centers. You get a signed card at each site and when you have all four, you are entered in a drawing. This goes until Labor Day. I think Darrell will know the way. Be sure to call ahead to the centers to register for the meal. You will know when you arrive at

our center - thankful for our new directional signage...banners that say "Spooner Senior Center" along the Hwy 63 route.

Please call 715-635-4460, ADRC, if you know of a resident in our county dealing with dementia and likes to fish. There's a free fishin' and fish fryin' event on July 8th, 10-noon at Spooner's Memorial Park. You can help too and share their joy in that first catch.

Keep an eye out for activities. The Community Health Worker at ADRC had several events in June. "Trekking with Travis" included Bird Watching Bingo, Journaling the Outdoors and Canoeing 101. He's able to transport a few people to more events in July if you call him and meet at the Washburn County Service Center. He's open to your ideas for outings. Examples would be getting a few girlfriends together to attend music in a park somewhere, some evening; a few guys going to a car show. There's room for about seven in the van. You can reach Travis at 715-635-4469. Check him out on the ADRC Facebook page also.

Our Sr. Nite Out at the Haugen Creamery June 11th was attended by our pizza lovers. Thank you for such a nice evening on the patio.

Our Fine Dining evening June 15th celebrated the wedding month and honored the "father's of the bride." Wedding bells rang. Bingo was played and a dinner of chicken Pasta Primavera, salad and dump cake was served. It's ironic we served dump cake celebrating weddings? Anybody ever get dumped on their wedding day? HA?

July is a fun month in Spooner; 4th of July; the rodeo and parade on July 11th; the Washburn County Fair and the ongoing 250th Anniversary of the USA. Be sure to enjoy all the new flags downtown thanks to the anniversary committee! You can also catch me "On the Dock of the Bay" (Yellow River) as I fish and visit with Big Snappy. He's a big boy snapping turtle.

SHELL LAKE (FROM PREVIOUS PAGE)

Looking forward to going to the Park for the second of the Summer Concert Series events this month.

Also planning other Summer adventures such as perhaps attending a play at the Red Barn Theater in Rice Lake, and events at the Pioneer Village in Cameron. We'll keep you all posted.

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 Wash burn County, call Char Michelson, Nutrition Director at (715-635-4460).

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

DINING

JULY					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
									
		Baked Ham Roasted Sweet Potatoes & Broccoli Garden Salad Dinner Roll Pineapple	Bratwursts on WG Bun Cowboy Beans Potato Salad Apple Bars Watermelon	HOLIDAY OBSERVANCE No Meals Served or Delivered					
Tuna Macaroni Salad on Leaf Lettuce Three Bean Salad Coleslaw, WG Bread Watermelon MINONG DINING AT 5	Beef Tips over Mashed Potatoes Glazed Carrots W/G Bread Pineapple	Loaded Chef Salad with Ham, Egg, Cheese, Veggies, Dressing WG Bread Peaches	Broccoli & Chicken Fettuccini Alfredo Buttered Peas WG Garlic Breadstick Pears	Pork Chops Roasted Cauliflower W/Red Peppers Company Potatoes Dinner Roll Orange	6	7	8	9	10
Brat Stew over Brown Rice Creamy Coleslaw Apple, WG Bread SHELL LAKE DINING AT 5	Fish Cakes with Fresh Lemon Dill Cream Sauce Boiled Red Potatoes Black Bean Salad WG Bread Apricots	SENIOR SOCIAL DINNER & CONCERT Ham & Cheese Baked Potato with Cheddar, S.C., Steamed Broccoli; WG Bread Pears	Beef Stroganoff over WG Egg Noodles Asparagus Buttered Carrots Applesauce Cook's Choice Cookie	Grilled Chicken with Tomato Basil Spaghetti Walnut Caesar Salad WG Garlic Breadstick Stawberry Mousse	13	14	15	16	17
Cobb Salad w/ Chicken, Bacon, Avocado, Egg, Veggies, Dressing, WG Bread, Honeydew SPOONER DINING AT 5	Home-Style Meatloaf Whipped Potatoes Baked Bean Medley WG Bread Peaches	Chicken Pot Pie Sweet Potato Wedges Buttermilk Biscuit Sour Cream Cranberry Bar	Soup & Sandwich Day Turkey & Swiss Sandwich w/Leaf Lettuce & Cranberry Mayo on WG Bread, Tomato Basic Soup Crisp Grapes	Garlic Thyme Beef Roast with Creamy Horseradish Sauce, Mashed Potatoes Buttered Green Beans; WG Bread Fresh Fruit	20	21	22	23	24
Pulled BBQ Pork on a Whole Grain Bun Red Potato & Herb Salad, Baked Beans Fresh Apple	Old Fashioned Goulash, Roasted Brussel Sprouts; WG Garlic Breadstick; Triple Berry Crisp BIRCHWOOD DINING AT 5	Roasted Pork Loin with a Mustard Sauce Roasted Cauliflower Glazed Carrots, WG Bread Oranges	Oven Roasted Chicken w/ Mushroom Gravy, Whipped Potatoes Steamed Spinach Cantaloupe	Black Bean & Beef Taco Lettuce, Tomato, Onion, Cheese, Corn Tortilla, Mexican Coleslaw, Berries and Yogurt	27	28	29	30	31



DINING @ 5

MINONG MENU
MONDAY, JULY 6
Pork Chop w/Mushroom Gravy
Rice Pilaf, Green Beans
RED-WHITE AND BLUE Shortcake

SHELL LAKE MENU
MONDAY, JULY 13
Chicken Waldorf Salad,
on Cranberry Wild Rice Bread
Summertime Pasta Salad;
Broccoli-Cauliflower Salad; Patriotic
Fruit Kabobs; Hope's Choice Dessert

SPOONER MENU
MONDAY, JULY 20
Chicken & Ribs; Potato Salad, Baked Beans
Coleslaw; Tembleque
(Coconut Pudding Dessert)

BIRCHWOOD MENU
TUESDAY, JULY 28
Lasagna; Parmesan Asparagus
Strawberry Spinach Salad
Garlic Breadstick; Kristi's Dessert

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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,
Spoonerville, 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. All meals served with 1% milk.**

*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

Louie and Jackie Columbus



SUBMITTED

Kim Timmers, Director - Neighbor to Neighbor

SUBMITTED BY JOANN MALEK

Chicago and Chicog are unlikely neighbors. Yet there are many connections. Let's start with their similar names. Both words come from the Algonquian language family. Both words have to do with odor.

John Chicog is likely the namesake of our township. He was chief of the Ojibwe tribe residing on the west side of Lake Chicog in the early 1900s.

The origin of the word Chicago dates back to the Miami - Illinois tribes that populated that area in the 1600s. It may represent the distinctive garlic-like scent of the wild leeks that grew along the banks of the river. French explorer Robert La Salle used the word "Chicagou" for this place.

Chicagoan Don Buchner retired to Chicog after a lifetime of family vacations in the area. His parents honeymooned here. His albums were filled with photos of the fish they caught.

Louie and Jackie Columbus grew up and built their careers in Chicago. Jackie Caccioppo was four years old when she first came to Wisconsin with parents Jack and Dorothy, and brother Ronnie. The Marsala family, cousins from Rockford, IL, owned a resort on Lower Kimball Lake. The Caccioppo family would travel north to vacation in one of their cabins.

Eventually Jack and Dorothy purchased a home on Highway 77, then in 1980 moved to the house on F across from the cemetery. There was a barn for the horses, Lady and Curly. Dorothy loved to ride and encouraged Jackie to join her. "I was terrified," says Jackie. "Rocky was our wonderful collie shepherd. We'd get out to swim and he'd herd us like sheep." Her father worked on local road crews. Dorothy was the pizza maker at Sleepy Eye Resort, Minong. Jackie's parents and brother are buried in the Chicog cemetery.

Louie and Jackie visited her parents in Chicog

several times each year. They would come north to camp, canoeing and fishing the Namekagon River and nearby lakes. After retirement in 2014 they became residents of Chicog and active community participants. Both joined Pat Wilcox as founding members of Angels on our Shoulders, AOS, the formalized version of Chicog folks helping neighbors in times of need.

Jackie determined that she could assist folks with housekeeping. She knocked on doors in the Minong Acorn Apartments and began cleaning the homes of several elderly residents each month. Soon she was helping with laundry, giving haircuts, even planning parties. And talking. "I once stayed for six hours."

Eventually AOS became affiliated with Faith in Action in Spooner. Now renamed Neighbor to Neighbor, this non-profit organization has become a vital network of volunteers, donors and sponsors working together to assist seniors and adults with disabilities to live independently in their homes.

Louie serves on the Neighbor to Neighbor board, and works to pair volunteers with folks needing assistance. He helps with transportation, delivers stockboxes, does yard work, and visits people.

Several volunteers would visit Midge Grosskreutz regularly, enjoying games of cribbage while listening to her stories and memories. She was able to stay in her own home until her death at 101. "We organized a card shower for her hundredth birthday," remembers Louie. "The best part of volunteering is that the people I meet become friends."

Perhaps you'd like to support Neighbor to Neighbor and help keep it viable. Join more than 65 volunteers, expediting friendly phone calls or visits, delivering food or library materials, driving, or filling other needs. Volunteers are screened and trained, protected by liability insurance. Maybe you'd like to make a donation or attend the fundraiser dinner at Hunt Hill on Thursday, 9/24/26. For more information, contact director Kim Timmers at (715) 635-2252

or stop in at the pleasant Spooner office, 407 North Front Street, Suite 2.

Taking the first step to volunteer can be challenging. But asking for help may be even more difficult. The friendly people at Neighbor to Neighbor will guide you to the answers you need and the assistance you request. They are prepared and ready to offer support...and hope.

Chicago, too, has organizations to assist folks who choose to age in their own homes. Village to Village Network, a world-wide community-based, nonprofit organization, has supported the creation of several Villages in the greater Chicago area, with the goal of enabling older adults to enjoy a rich, independent and healthy quality of life in their homes and communities.

In many ways, Chicog and Chicago are neighbors.

NAMAKAGON TRANSIT offers low-cost door-to-door transportation from Chicog/Minong to Spooner twice a month. Washburn County ADRC helps support this service. Dial (715) 634-6633 for information and to schedule your rides.

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

Thank you for reading Chicog-Then and Now
Town Website:

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INDIGO - YOUR ALLIES FOR INDEPENDENCE

ACCEPTANCE

SUBMITTED BY

DON POSH

IndiGO Your Allies for Independence

This is a tough one! Even though we have been taught to accept so much since childhood.



PHOTO SUBMITTED

Don Posh

acquaintances as the clock keeps ticking towards

The acceptance that there is no Santa Claus. We learn that there are winners and losers as we play games and enter sports competitions.

As we age acceptance often doesn't come so easily. The issues are so much bigger. After the diagnosis there's a point of reflection: can I be my worst enemy? Our habits and vices can have devastating consequences. We experience so much loss of family, friends and ac-

our own individual expiration date. There's also loss of a job, career, marriage, home...the list goes on. I know this is heavy, but the truth isn't always so pretty. When that accident or diagnosis creates a disability the shock and trauma often follow. We may scream and cry, get angry, depressed, shut down our family and friends. We all experience a life-changing events and everyone has their own way of responding.

Working for indiGO has taught me so much. As I went through my training I was introduced to the legacy of the father of independent living Ed Roberts. At age 14 he was paralyzed by Polio. His trauma led him to attempt to kill himself. He said it is difficult to kill yourself in a hospital designed to keep people alive. He tried to starve himself to death. When he entered the hospital, he weighed 120 pounds. He was down to 50 pounds not expected to make through the night. The following morning, he decided to live. It appears that was his acceptance. He went on to change the world for accessibility for people with disabilities. His story is amazing. There is a 60 Minutes interview available online for a little context. I have seen some amazing people that have accepted their disability following the

initial trauma. The acceptance of "it is what it is" allows them to move forward.

The philosophy of Independent Living is about what you can do despite your disability. It doesn't help to focus on what you can't do. You can't move forward while living in the past. Acceptance carries you into the future.

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.



MENTAL HEALTH

By the GWAAR Legal Services Team (for reprint)

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

When it comes to mental health and others, what we say and how we listen matters. Here is some advice on how to help someone open up about their mental health:

- **LISTEN ATTENTIVELY.** Listening attentively involves your full focus and consideration. Listen for what the person is telling you, but also what their body language might be telling you. If you are able to refer back to something they said later on, it not only shows you were listening, but that you care about the person and what they've shared with you. Make sure to put away all distractions (phone, games, etc.) and face the person you're speaking with. Look at them as they talk to you. Nod your head in understanding when appropriate, and gently inquire about something they brought up.

- **ASK OPEN-ENDED QUESTIONS.** Make sure the conversation is not full of questions the other person can answer with a simple yes or no. Instead, open up a space for understanding by asking open-ended questions like: "How have you been feeling lately? What have you been doing to cope? What do you



MENTAL HEALTH

want to do about that?" You can also express your concern and encourage the person to talk about what's going on by offering caring statements like: "You seem to be a bit quiet these days. What's been on your mind?" or "You don't seem like yourself lately. Is anything going on?"

- **DON'T ASSUME OR MAKE JUDGMENTS.** Opening up and reaching out for help can be difficult. If you make assumptions and judgments in response, it can make it even harder for people to express themselves. Don't assume how a person feels, what they need, or what's going on with them. Instead, ask gently for clarification when you need some. If your friend or loved one tells you things that make you uneasy, or that you might not agree with, do your best to set aside all judgment. Expressing warm-hearted concern and offering support should always be the goal.

- **FIND A WAY TO HELP OR GET HELP.** Sometimes, you might be able to directly help the

person you're concerned about. Maybe all they needed was to vent or have someone to talk to and help sort out their feelings. For some people, it might be helpful to send them positive text messages throughout the week or a brief telephone call whenever you get the chance.

However, there are some cases in which the ways you can help are limited. If a person is suicidal, for example, then you need to get help from those more equipped to handle the situation. Ask your friend or loved one if they want to get help, and offer them the resources to do so. Assure them there's nothing wrong with getting the help they need and that by doing so, they've taken the first step to feeling better. Sometimes, just hearing this will help lift some weight off their shoulders. Offering to take your friend or loved one to these helpful spaces, or to find the proper assistance, can go a long way.

SOME TIPS FOR SUPPORTING POSITIVE MENTAL HEALTH INCLUDE:

- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Eating healthy foods
- Developing coping skills
- Getting professional help if you need it

Full article, as well as information on how to become a "Safe Person" available at: <https://www.dhs.wisconsin.gov/mh/phlmhindex.htm>

SENIOR FARMERS MARKET NUTRITION PROGRAM

Farmers' Market Nutrition Program

By the GWAAR Legal Services Team (for reprint)

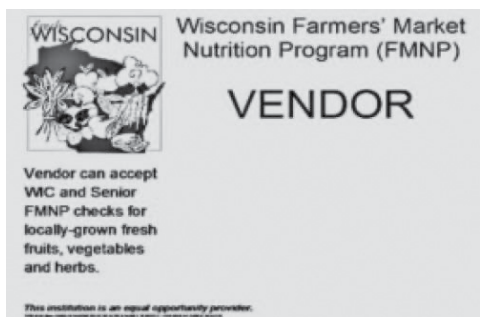
One of the great aspects of living in Wisconsin is the many farmers markets. Wisconsin has some of the very best farmers markets in the country. Wisconsin farmers markets bring together local farmers, artisans, and communities. Shopping at farmers markets enables you to support the local economy, help the environment, and buy nutritious healthy food.

For those older adults unable to afford farmers markets, a government program may help them to buy food at farmers markets. The program is the Senior Farmers' Market Nutrition Program (Senior FMNP). The requirements for this program are the following:

- One person in a household must be age 60 or older. Native Americans may participate at age 55 or older.
- The household must meet income eligibility requirements. An applicant's gross household income (i.e. before taxes are withheld) must be no more than 185 percent of the U.S. Poverty Income Guidelines. This means:

Household Size ...	2026 Monthly gross household income cannot exceed
1.....	\$2,461
2.....	\$3,337
3.....	\$4,212

The full list of participating counties, along with the contact person for the county official running the program in each county, is available



at: <https://www.dhs.wisconsin.gov/wic/fmnp/senior-counties.pdf>.

Once someone gets a Senior FMNP check, the participant should be aware about the following additional things:

- **The check must be used from June 1 through October 31.**

◊ Only at a participating farmers market or a road-

side stand in

Wisconsin. A participant cannot use a check at a grocery store. Nearly every county has at least one participating market. A participant does not have to live in the county she uses the check. So, a participant who lives in Dane County could use her check at a farmers market in Door County. Participants should receive a list of participating farmers markets and the participant should look for vendors at these markets that have the following yellow sign:

- **To purchase fruits, vegetables, and fresh-cut herbs.**
 - ◊ If for example a participant wants to buy apples and the apples are less than the check, the vendor will not give change.
 - ◊ If for example a participant wants to buy apples and the apples are more than the check, the participant can make up the difference with cash or another check.
- **The checks are distributed:**
 - ◊ Beginning June 1.
 - ◊ On a first come first serve basis and each county only has a limited amount of available checks. Once a county runs out of money an eligible participant living in that county will not be able to get a check.

TREKKING WITH TRAVIS

Join Community Health Worker, Travis, for these FREE Events!

What to expect:

- No experience needed
- Call to Register
- Transportation is available
- Must be 60 or older

Nature Journaling



When: June 19th
Where: Hunt Hill Nature Center (Transportation available!)

Canoeing 101

When: June 25th or July 22nd
Where: Hunt Hill Nature Center (Transportation available!)



Island City Music

When: July 7th 6pm-8pm
Where: Tourist Park in Cumberland



Featuring the band Balterdash!

Call Travis to register or with questions 715-635-4469



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



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W7154 Green Valley Rd.
Spooner, WI



Take a NOURISH Step!

July: Grill, Picnic, Enjoy - Count Your Carbs with Ease



Did you Know?

Carbs come from more than bread and pasta - fruit, milk, and beans count too.

What are carbs?

Carbohydrates (carbs) are important for providing our bodies with energy and are found in a variety of foods including breads, pastas, fruits, vegetables, milk, and beans.

Why Should I Count Carbs?

Carbs that we eat are broken down into sugars (glucose) in the body to be used by our cells for energy. After a meal, blood sugar levels increase, and insulin works to keep levels from going up too high. Because insulin does not work as well when we have diabetes, eating consistent amounts of carbs at meals (45-60 grams per meal) can help manage blood sugar levels.

Simple versus Complex Carbs
Focusing on complex carbs such as whole

grains, brown rice, beans, potatoes, and fruit and limiting simple carbs like juice, soda, cakes, and candy can help keep blood sugar levels stable throughout the day.

Simple Verses Complex Carbs

Focusing on complex carbs such as whole grains, brown rice, beans, potatoes, and fruit and limiting simple carbs like juice, soda, cakes, and candy can help keep blood sugar levels stable throughout the day.

Food Categories

At a meal, aim for 45-60 grams of carbs.

The following servings of foods contain

15 grams of carbs:

- 1 slice of bread/ 1 tortilla
- 1 small apple, orange, or banana

- ½ cup granola or cooked cereal
- 1/3 cup pasta or rice
- 10 oz. milk
- 1/2 cup cooked beans/corn/green peas
- 1/2 cup cooked/1 cup raw vegetables

Label Reading

- Start by looking at the serving size, the nutrition information is based on this amount. Above the serving size, you'll see the "servings per container," which tells you how many servings are in the whole package.
- The total carbohydrate amount on a Nutrition Facts label includes sugar, starch, and fiber. When counting carbohydrates, check the total grams listed. There is also a breakdown of each type of carbohydrate below that number.

Importance of Hydration

Water helps buffer carb absorption and lowers glucose spikes.

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

If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 6/2026



FAMILY

CAREGIVER

VOICES



JULY 30th 2026

11:30 am - 2:30 pm

SPOONER HIGH SCHOOL

801 CTH A

Spooner, WI 54801

CALL 715.635.4477
OR SCAN TO REGISTER



Join us and let your voice be heard!

Burnett, Polk, St. Croix, Washburn, Douglas, and LCO tribes/counties have collaborated to bring candidates and representatives to our community so that they may hear the needs of The Family Caregiver.

This event will consist of a free luncheon and a short caregiver documentary followed by YOU (family caregivers telling your stories and bringing awareness to their experiences in our rural area.

REPRESENTATIVES & CANDIDATES ATTENDING:

- Angie Sapik
- Chris Armstrong
- Duke Tucker
- Eric Severson
- Fred Clark
- Ginger Murray
- Niina Baum
- Oliver Carranza
- Tom Tiffany

REELIN' IN NEW MEMORIES

Reelin' In New Memories

The ADRC of Washburn County is partnering with F.I.S.H. to provide a FREE special fishing event for Washburn County residents living with dementia.



Bring a photo of your most famous "CATCH" if you have one. Make new friends as you reminisce about old times.

Volunteer fishing anglers are available throughout the fishing season.

WHEN

JULY 8th 2026 • 10:00 AM - Noon

WHERE

**Veterans Memorial Waterfront Park
Hatchery St., Spooner, WI 54801**

PROVIDED FOR PARTICIPANTS

- Equipment
- Support From a Local Volunteer
- No License Needed for the Event
- Lunch of Fish and Potatoes

Space is limited and registration is required. Please contact The ADRC office at **715-635-4460** to register or for more information.



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