Focus for Life

ADRC Aging & Disability Resource Center of Washburn County

A SPECIAL SECTION OF THE FOUR SEASONS/ WEEKENDER NORTH

VOLUME 34 ISSUE 11

NOVEMBER 2026

Fall Fun!



Adventures with Anne
Artisian Well Tour

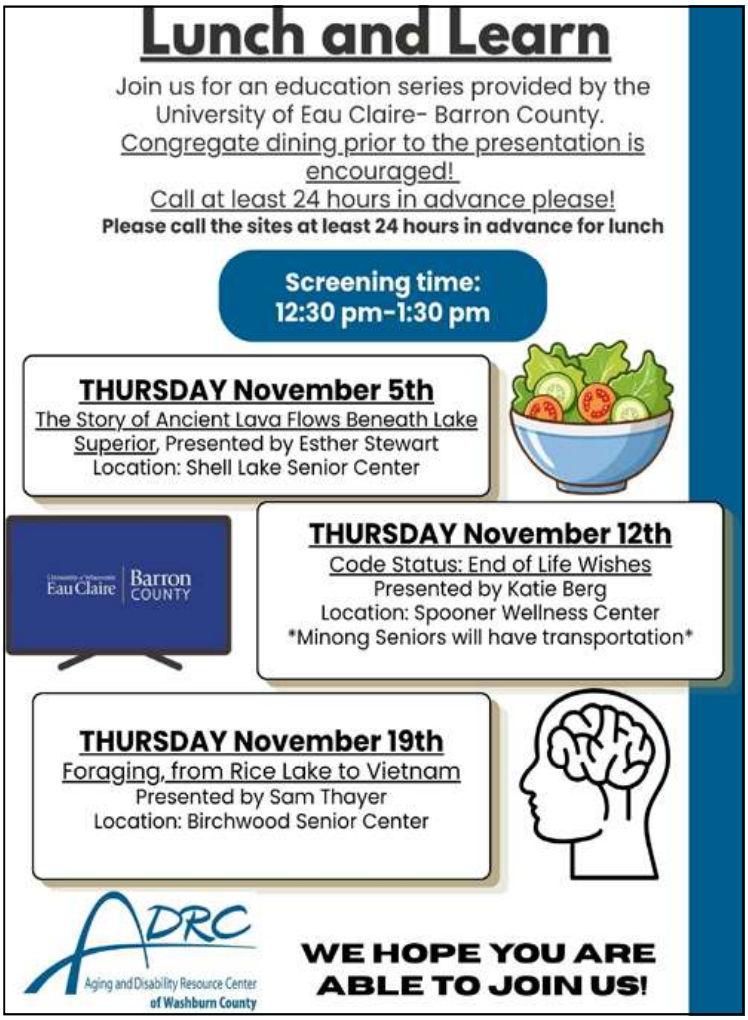


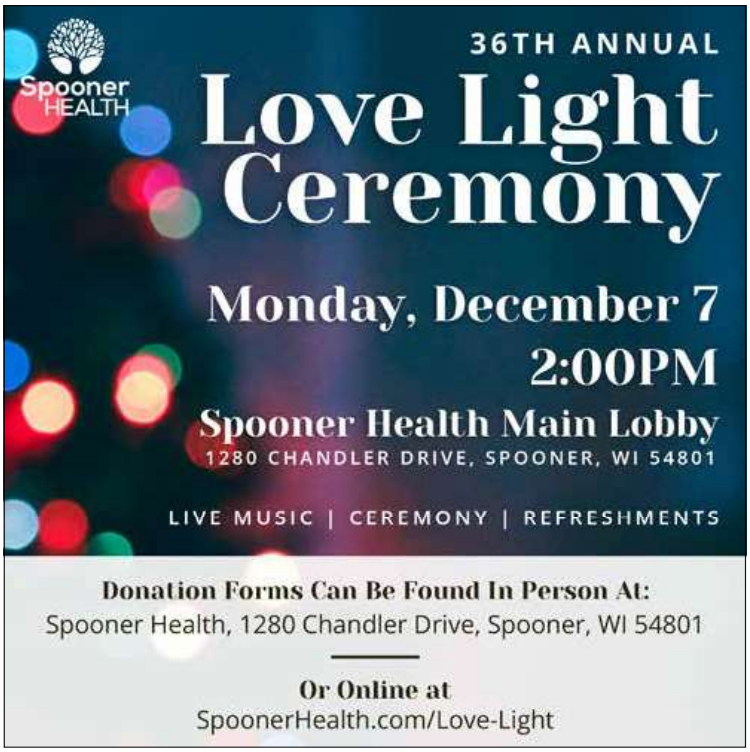
Caregiver Conference 2026
ADRC Staff with Former Governor
Marty Schreiber



Guys and Dolls
Chanhassen Trip

ADRC NEWS





GLOWING GALS!



PHOTO SUBMITTED

Kristi, Birchwood; Pat, Spooner; Char, Nutrition Director; Jena, Spooner; Hope, Shell Lake; Joleen, Minong (Site Managers)

Our Nutrition Programs team took part in our Annual Regional Staff Training held at the LCO College in Hayward, WI.

We all **GLOWED** a little crazy. Very excited to share with you what we learned. Stop in and see us at the meal sites to find out what is in our future.

BIRCHWOOD EVENT

Please join us at the

BIRCHWOOD SENIOR WELLNESS CENTER
TUESDAY, NOVEMBER 3RD @ 3:00P.M.

Lexie Schwartz will be with us to share a bit about her career in emergency services but will also introduce us to the children's books that she has authored.



PHOTO SUBMITTED

Lexie Schwartz is a nurse, EMT, mom, and author from Bloomer, WI who has spent the past 15 years working in emergency services as a first responder, EMT and RN on the Bloomer Ambulance and in an Emergency Department. She is married to her husband, Mark, who runs the ambulance and works as a firefighter in Bloomer and a paramedic. Together they have 3 children who have had the privilege of growing up learning about emergency services and all things "helpers".

Throughout her career, Lexie has been able to work alongside many of the everyday helpers the children meet in **The Litter Helpers** series. She created these books to give kids a fun and comforting introduction to emergency services, the people who work in these careers, and the important ways they help their communities.

More than anything, Lexie hopes her stories encourage children to be brave, be kind, ask questions, and discover that they can be helpers, too. She hopes the series might even spark an interest in a future career helping others.

The Little Helpers is especially close to Lexie's heart because the family at the center of the stories is inspired by her own real-life family. Jack, Ben, Debbie and the other characters are based on her family and friends, with their personalities, curiosity, humor, and adventures woven into the stories.

By combining her experiences as a mom with her years in emergency services, Lexie hopes to make unfamiliar places and situations feel a little less scary - and show children that wherever they go, helpers are all around them.

DRIVERS NEEDED

ADRC Aging and Disability Resource Center of Washburn County

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 bedome 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 NOVEMBER EVENTS

10th: Memory Cafe (@ Trinity Lutheran Church), 2:00-3:00pm
11th: Herbs with Annie: The Art of Holiday Seasonings, 5:00-6:00pm
20th: Savvy Seniors Book Club (Wellness Center), 10:30-11:30am
28th: Movie Crafternoon, You've Got Mail, 4:00-6:00pm

Find all of our events at spoonerlibrary.org/events and Facebook.

Katy Larson, Outreach Librarian

OPEN ENROLLMENT

MEDICARE OPEN ENROLLEMENT OCTOBER 15 - DECEMBER 7

Now is time to prepare and inform yourself about your Medicare Coverage for next year.
- **Update your medication list**
- **Watch for important mail**
- **Review your healthcare needs (clinics, pharmacy & doctors)**
- **Gather Medicare Information**

Please call one of our Benefit Specialist to set up a phone or in person interview. 715-635-4460

ADRC 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 - 715-635-4462 and Travis Fountaine - 715-635-4469 Information & Assistance Specialists (I&A) . 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) - 715-635-4476 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.

Anne Bethke - Community Health Worker • 715-635-4461 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

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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 - WELLNESS CENTER 50+
110 EUCLID AVE., **BIRCHWOOD, WI**
CONGREGATE DINING 11:30 AM

MONDAYS: Yoga ..... **8:30 AM**
EVERY OTHER MONDAY, Bridge ..... **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 ..... **NOON**
SPECIAL HIGHLIGHTS:
Nimbles Craft Group (to be announced later)
NOVEMBER 3: Book Club w/Guest Speaker
NOVEMBER 24: Dining at 5 ..... **5:00 PM**
NOVEMBER 19 Movie Night ..... **6:00 PM**
CLOSED FOR THANKSGIVING

SHELL LAKE SENIOR CENTER:

715.468.4750
FRIENDSHIP COMMONS
210 4TH AVENUE, SHELL LAKE, WI
CONGREGATE DINING 11:30 AM

MONDAYS: Tai Chi ..... **10:00 AM**
TUESDAYS: Games ..... **9:00 AM**
Cribbage ..... **10:30 AM**
WEDNESDAYS: Quilting/Games ..... **9:00 AM**
Smear ..... **12:00 NOON**
THURSDAYS: Tai Chi ..... **10:00 AM**
Cribbage ..... **12:30 PM**
SPECIAL HIGHLIGHTS:
OPEN TO THE PUBLIC - PLEASE JOIN US!
2nd MON. OF MONTH: Dining at 5 ..... **5:00 PM**
LAST WED. OF MONTH:
Friends of the Center Meeting ..... **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**
Cribbage ..... **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**
TaiChi ..... **1:00 PM**
FRIDAYS:
Crafts and Coffee ..... **10 AM**
First Friday Flick -
"PRESSURE" ..... **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**
1st, 3rd & 5th TUESDAY Farkle ..... **12:00 NOON**
2nd & 4th TUESDAY Cards ..... **12:00 NOON**
Every TUESDAY Wii Bowling ..... **12:00 NOON**
WEDNESDAYS: Pocket of Prayer ... **12:00 NOON**
2nd Wed. MASC Board Meeting ..... **1:00 PM**
Foot Care, Call 715-466-4299 to schedule.
EVERY THURSDAY Cribbage ..... 12:30 PM
FRIDAYS: TBD
NOVEMBER HIGHLIGHTS:
Please refer to the weekly Advocate articles and Facebook for current information.

CHICOG IMPORTANT DATES

WEDNESDAY, 11/11
Monthly Meeting ..... **6:00 PM**
WEDNESDAYS, 11/11 & 25
Namekagen Transit Service
THURSDAY 11/12 Bibliodragon
Bookmobile? ..... **10:30 AM - 2:00 PM**
(Hopefully the auto repairs will soon be complete.)
SATURDAY, 11/21
Hunters Feed, town Hall ..... **5:00 - 8:00 PM**
Town Website: www.townofchicog.com

SENIOR CENTER NEWS

BIRCHWOOD SENIOR CENTER
WELLNESS CENTER 50+
110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

PAT
Birchwood Senior Center

Where is everyone going? It's time to head for warmer climates for MANY of our friends. To them, I say…adiós, arrivederci, au revoir, auf Wiedersehen!!!. Anyway, have a great time and don't forget the sunscreen! We will miss you. And…pencil me in for a short visit around mid-January…that's a joke!

Seriously, the four seasons are a healthy part of living in Wisconsin.

The cyclical nature of seasons encourages us to plan, adapt, and overall become more mindful.

Each season offers its own challenges and rewards.

At this writing, it's a gorgeous fall day. The trees seem alive with those vibrant crimson, amber, and russet colors. The air is crisp and so fresh. You can see the hand of the Almighty Artist everywhere.

Winter is right around the corner and has its own beauty and challenges. Are you ready? I don't mean, did you have your furnace inspected, bring out the winter boots, or find someone to plow the drive. Are you ready for disappearing daylight hours, less time outdoors**,** and the difficulties of travel or for many…more time alone?

We talk a lot about how maintaining social connections is linked to better mental health, lower stress**,** and improved physical well-being. It's not just a feeling…it is research-based. An article from the American Psychological Association recently states that people consistently underestimate how much OTHERS value being reached out to, especially when it's unexpected. This could be part of your mindful day…reaching out in whatever mode works. It is healthy for you, encourages gratefulness**,** and makes someone else feel better.

That brings us to the Senior Wellness Center. A reminder that you

SEE **BIRCHWOOD** NEXT PAGE

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

ONE LEAF AT A TIME. Watching the leaves turn color is captivating in the fall season. But have you ever watched ONE leaf at a time turn color? (sorta like watching paint dry.) That's what I saw as I slowly recovered from being ill and rested in my recliner next to a picture window. OH-THERE TURNS A RED LEAF! OH-THERE TURNS A YELLOW LEAF! Finally after several days, I could be out of the house and enjoy the full color of all the trees. OH-THERE GOES SUMMER!!!!

Our sympathy goes out to the Minong Sr. Center in the temporary loss of the use of their facility. Fortunately, the fire was brought quickly under control. Thankfully our center can be used for some of their activities. We appreciate our Minong seniors and wish them the best as they work to re-open.

Come play games with us on November 11th. We'll start with a potluck lunch at noon (cause we're really good at potlucks). Bring your favorite game or we can join the 500 card players, bridge players as well as other games that we have available.

As December approaches, we plan to bag goodies for our Meals on Wheels recipients. Please make note of the Artisan Winter Market at the Spooner Roundhouse. Our center will have a bake sale there December 12th from 9-1PM. Make your favorite Christmas goodies and make our bake sale a great fundraiser. Our Christmas party on the 17th of December will feature appetizers (bring some to share like you do a potluck) and enjoy music by Blu Kanu. OH-THERE TURNS AN ORANGE LEAF!

Reviewing some of our previous activities, it was great to hear how much our Flip Flop Chicken potluck and music was appreciated September 24th. A person from Assisted Living came and really loved the good food, fellowship and dancing with everyone. He was so excited to join other seniors and meet new friends. Our center did a good job reaching out to our community!! His sister made sure he had a ride. Senior Nite Out was held October 8th at The Still. About 50 people enjoyed their good food. If you need a ride for Senior Nite Out, call 715-520-3569. Here's a tip about more good food. Our Dining @ 5 October 19th included beef tips with gravy (awwwwww gravy) while the potatoes did the mash, "The Monster Mash" and the cake spiced things up! OH-THERE TURNS A BROWN LEAF. Then there was "Smarty Pants" October 29th at our Halloween Party. They are a talented music duo that created a rocking dance floor with costumed dancers. BYOL Class (bring your own leaf) took place October 23rd. It was a silk scarf dyeing class using leaves. This class was in addition to the activities posted so it's important to check FB for spontaneous events as more seniors are sharing more ideas.

As I finish this article, ALL THE LEAVES HAVE TURNED. We look forward to the next season of snowy days and warm friendships at the center. Happy Thanksgiving.

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 November, the month of Thanksgiving, when family and friends get together for a wonderful turkey dinner and everyone around the table says what they are thankful for. November is the start of the "Holiday Season". Veteran's Day and Remembrance Day are on November 11th, where we honor military veterans and those who died in service to our Country. November is also Native American Heritage month in the United State, where we celebrate their history and culture.

Did you know that on November, 26th, 1922, King Tut's sealed tomb was discovered by a British archaeologist? Also, November's birthstone is the Topaz (symbolizing strength) and the birth flower is the chrysanthemum which represents cheerfulness.

Our quilt, "36 Old Clucks and Their Chicks" was purchased. We now have a vintage quilt we will be hand quilting, so we will be meeting at 9:00 on Wednesdays to quilt and chat. When that is complete, we will be starting our next quilt. Over the last few months, we have lost three treasured friends who were also our quilting partners. If you quilt or would like to learn we would love to have you join us!

One of our Center friends was chosen as the grand prize winner for the Summer Road Trip. The prizes were amazing and we would like to thank the ADRC for putting the contest together. Also, a big thank you to all the businesses who donated the wonderful prizes.

Our "White Elephant Bingo" is going over very well and friends from other Centers are coming to play. It's the last Friday of the Month at 12:00. Bring a wrapped item and join us-we'd love to have you.

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).

BIRCHWOOD (FROM PREVIOUS PAGE)

are invited 5 days a week to dine with a few other folks…some maybe friends…others new acquaintances. The meal starts at 11:30 at the Center. This past week a friend and I did just that. The food was delicious.

I did not know 2 of the other guests and only a bit about 2 others. It took about 3 minutes for a lively conversation to happen. We learned that one gentleman built mandolins and he and his wife were active in Rendezvous across the state…another played a variety of stringed instruments and had a band…and on and on. Give congregate dining a try!

Other great news from Washburn Co. ADRC is the addition of Anne Bethke to the staff as Community Worker. She is on fire to get the over-55 population engaged in fun and educational opportunities.

Watch for her postings on their Facebook page. Anne lives outside Birchwood…that's a plus for us!

OUR LAME SENIOR HUMOR:

At dinner, one man says, "Last night we went out to a new restaurant and it was really good." The other asks the name of the restaurant. The first man says, "What's the name of that flower you give to someone you love…the one that's red and has thorns?" The other says, "Do you mean a rose?" "Yes, that's the one." He turns to the kitchen and yells, "Rose, what's the name of that restaurant we went to last night?"

Try to be an ENCOURAGER…there are plenty of critics already!

Don't forget to exercise your right to vote on November 3rd.

Take Care, Pat

DINING

NOVEMBER

LUNCH & HOME DELIVERED MEALS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sweet & Sour Pork with Stir Fry Veggies over Brown Rice, Egg Roll Fresh Clementine Minong Dining at 5	3 Lemon Pepper Fish Garlic Baby Reds Whole Kernel Corn WG Bread, Crisp Grapes Chocolate Cake	4 Sausage & Squash Stew Autumn Harvest Apple Feta Salad Whole Grain Bread Apricots	5 **** Home-Style Meatloaf Mashed Potatoes & Gravy California Blend Veg. Three Bean Salad, Apple-Cinnamon Bread Pudding	6 Mozzarella-Mushroom Chicken Breast, Carrots Creamed Spinach WG Garlic Breadstick Baked Pears
9 Shell Lake Dining at 5 Seasoned Pork Chops Baked Potato Cranberry Spinach Salad Whole Grain Bread Peaches	10 Classic Italian Lasagna Steamed Broccoli Buttered Peas WG Garlic Breadstick Frosted Carrot Cake	11 **Holiday Observance** No Meals Served 	12 Chicken and White Bean Chili, Fresh Garden Salad with Dressing Broc-Cheddar Cornbread Fresh Orange	13 Cheeseburger on a Whole Grain Bun Sweet Potato Wedges Cucumber & Tomato Salad Pineapple
16 Spaghetti & Meatballs Brussel Sprouts, Pears Whole Grain Bread Spooner Dining at 5	17 Chicken Tortellini Pasta Baked Autumn Squash Steamed Broccoli Whole Grain Garlic Bread Baked Apples	18 Beef Stroganoff over Egg Noodles, Asparagus Buttered Corn WG Bread, Fruit Salad Cook's Choice Cookie	19 **Thanksgiving Dinner** Oven-Roasted Turkey Mashed Potatoes & Gravy Stuffing, Green Beans, Cranberry Sauce WG Bread, Pumpkin Bar	20 Brat served on a Whole Grain Bun, Baked Beans Marinated Vegetable Salad Applesauce
23 Cowboy Beans Walnut-Candied Squash California Blend Vegetables Whole Grain Bread Apricots	24 Baked Rosemary Chicken Garlic Green Beans Baked Sweet Potato WG Bread, Cherry Cobbler Birchwood Dining at 5	25 Loaded Chef Salad with Ham, Egg, Cheese, Veggies, Dressing WG Garlic Breadstick Strawberry Shortcake	26 **Holiday Observance** No Meals Served 	27 **Holiday Observance** No Meals Served 
30 Seasoned Chicken Breast Sauteed White Beans w/ Garlic, Sage, & Tomatoes Carrots, WG Bread Pears				

DINING @ 5

MINONG MENU
MONDAY, NOVEMBER 2
Mexican Baked Chicken, Spanish Rice
Refried Beans, Side Salad
Apple Tortilla Dessert

SHELL LAKE MENU
MONDAY, NOVEMBER 9
Roasted Turkey, Mashed Potatoes w/Gravy, Stuffing, Green Beans
Dinner Roll, Hope's Choice Dessert

SPOONER MENU
MONDAY, NOVEMBER 16
Homestyle Baked Chicken, Mashed Potatoes, Gravy, Dressing, Green Beans
Dinner Roll, Pumpkin Bars

BIRCHWOOD MENU
TUESDAY, NOVEMBER 24
Beef Tip, Mashed Potatoes, Gravy, Brussel Sprouts, Fresh Baked Bread
Cranberry Spinach Salad
Kristi's Choice Dessert

Suggested Contribution is $9.00 - $11.00
Cost: $16.00 for anyone under 60 years old.
PLEASE MAKE RESERVATIONS
24 HOURS IN ADVANCE
Shell Lake: 715-468-4750 • Spooner: 715-635-8283
Minong: 715-466-4448 • Birchwood: 715-354-3001

SENIOR CENTERS DINING AND ACTIVITIES

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

SENIOR CENTERS DINING & ACTIVITIES

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

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

BIRCHWOOD WASHBURN COUNTY WELLNESS CENTER 50+
110 Euclid Ave., Birchwood, WI 54817
(715) 354-3001, Serving M-F, 11:30 am

MINONG AREA SENIOR CENTER
700 Houston Ave., Minong, WI 54859
(715) 466-4448, Serving M-F, 11:30 am

SHELL LAKE SENIOR CENTER
210 4th Avenue, Shell Lake, WI 54871
715-468-4750, Serving M-F, 11:30 am

WASHBURN COUNTY WELLNESS CENTER 50+
850 W. Beaverbrook Avenue,
Spooner, WI 54801, (715) 635-8283
Serving M-F, 12:00 noon

MEAL COST: We accept Food Share (Quest Card). ~ Those eligible to participate on a contribution basis include anyone age sixty and older. **Suggested contribution is $7-$9 per meal.**
~ Individuals under the age of sixty are welcome, but must pay the full meal cost of $16 to participate. 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.

SPOONER 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

POLLY LIENWANDER
MINONG SENIOR CENTER NEWS
MASC Board President

I hope everyone has been enjoying the past and future Focus articles written by board members of the Minong Area Senior Center. They took the challenge, and have shared information about themselves or history of the Minong Area Senior Center or community, and have been doing a fantastic job.

Onto what's happening at the Minong Area Senior Center. On Friday September 25th there was an electrical fire in the kitchen at the center. Many thanks to Joleen (our cook) who smelled smoke, called 911 and used the fire extinguisher. Due to her quick response and the promptness of the Minong Fire Department the fire was contained in the kitchen. Thank You, from all of the seniors at the Minong Area senior Center, to Joleen, the Minong Fire Department and Fire Chief Todd Conaway for being our Heroes.

Currently all weekly activities have been scheduled at different locations. Thank you to the businesses, churches and all involved in accommodating us during this temporary transition.

The Aging Disability Resource Center has been working with us to ensure programs they offer are continued during this time. High priority is given to the Meals on Wheels program, which the meals are being made at the Shell Lake Senior Center and then delivered to Minong for the volunteer drivers to deliver. Congregate meals are offered at the Birchwood, Spooner and Shell lake centers. The ADRC transit van is available to pick you up and bring you back to Minong if you would like to attend a congregate meal at another center, Please call Ann at 715-635-4461 to schedule.

The October Dining @ 5 for the Minong Area Senior Center was moved to the Spooner Senior Center on October 5th. Thank You to the Spooner Senior Center, Ted, Char and everyone at the ADRC for being there for us during this time. We sincerely appreciate your support. November Dining @ 5 date and location to be announced.

October started our annual membership drive. Per board decision the annual membership was increased to $10 per person. The membership application form is found on the back of our newly designed tri-fold brochure. Check out our new brochure and become a member of the Minong Area Senior Center!

Voting and the Fall Community Get Together which are scheduled for November are currently planned to be held at the center. Due to the circumstances of the fire and if we need to move these events to another facility, we would advertise this in the weekly Advocate and Facebook. Again, thank you for your patience and understanding during this process.

There is no Potluck/Bingo in November.

Happy Thanksgiving to each and everyone of you!

CHICOG - THEN AND NOW

SUBMITTED BY
JOANN MALEK

Another fact, another innovation: Wisconsin was the first state in the nation to develop Aging and Disability Resource Centers (ADRC).

In 1998 the Department of Health Services piloted ADRCs in nine WI counties, to provide resources that would help folks age safely in their own homes. By 2013 WI ADRCs were expanded to cover all 72 counties plus 11 federally recognized Tribal Nations. The federal government used this design as a blueprint to launch a nationwide initiative.

In recent years the Washburn County ADRC has evolved from a passive information source to an active community health hub. Along with basic intake and help with Medicaid applications staff have been hired to fill specialized care roles, including dementia, elder and disability benefit specialties. Besides offering access to medical appointments, transportation grants administer trips for social events to help combat isolation. Ted Hampe, ADRC Director/Aging Director, tells me that they continue to look to the future, to adapt to the needs and interests of next generations.

Chanhassen is a long way from Chicog. I couldn't help but wonder why the ADRC of Washburn County chose to travel so far for this annual fall outing. Angie Hicks, transportation coordinator, responded: "This is the trip people request. And the theater is wheel-chair accessible."

The cost of two sleek Korbussen coaches is covered by a transportation grant. Four years ago we traveled to Duluth, to enjoy dinner and an evening touring Bentleyville, with ride home guided by a full moon. Since then, Washburn County groups have been fed and entertained at Chanhassen Dinner Theatres, the largest professional dinner theatre company in the US. All costumes, sets and properties are built on-site for this year-round theater, celebrating 57 years.

Rachel Nau and I boarded bus 2 in Shell Lake at 8am on Wednesday, September 9. On our arrival at Chanhassen 2-1/2 hours later, we were warmly welcomed by a theater representative. Soon we were seated at our designated table, neatly packed onto one of several tiers in a space that seats 500. I was glad that there were sturdy handrails on the many short flights of stairs.

Lunch was served at noon. Our discounted tickets included choice of a nice variety of entrees. I had not remembered that there are also many add-on possibilities, from upgraded meals to appetizers, beverages, and yummy desserts.

Guys and Dolls - A Musical Fable of Broadway - began at 1pm. It was delightful. The band in the rafters above the stage provided excellent accompaniment for the lively songs. The play's director is a noted choreographer, so it was not surprising that the dancing was spectacular. To my untrained observation, three of the singers were truly amazing.

Desserts for those who had ordered were ready to be served at the 2:30pm intermission. Everything about the crowd-handling was done smoothly and efficiently. The staff were friendly and kind.

We travelled home through city rush hour traffic. I finally reached my cabin at the cusp of darkness. I was glad that Angie had scheduled this trip early in the fall, before daylight savings time ended. It had been a long day.

The drive to Chanhassen is one many local seniors probably wouldn't attempt on their own. For some, this trip may be their biggest outing of the year. Thank you, ADRC, for making such a special adventure possible.

CHICOG HUNTERS FEED - Saturday, November 21, 5-8pm: Enjoy roast turkey/ham dinner with all the fixings, including real mashed potatoes, Betty's homemade Wisconsin cranberry sauce, and pie for dessert. Take-out meals are available. Chicog Town Hall

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:
www.townofchicog.com

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

ADVENTURES WITH ANNE



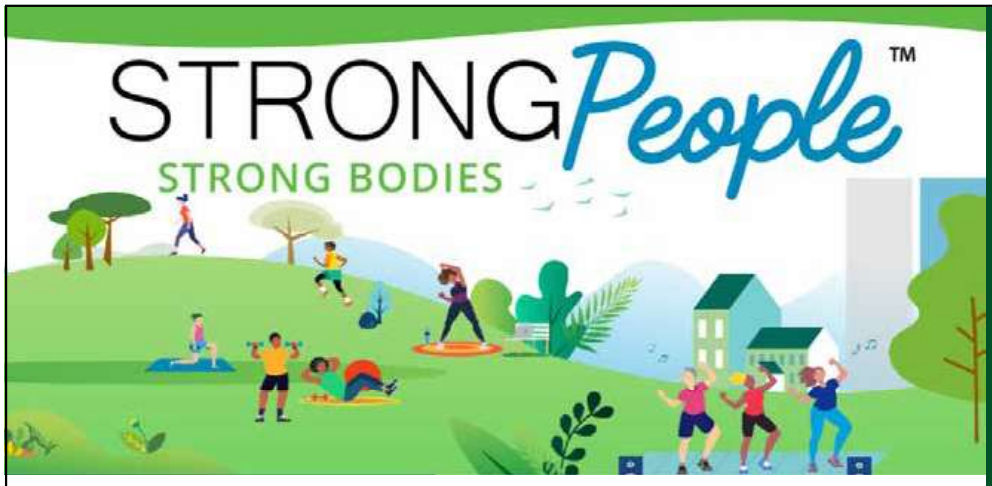
ADVENTURES WITH ANNE



We are excited to offer Washburn County senior men the opportunity to gather and learn from area experts at **12:30 PM** on the **second Friday of each month.**

The inaugural briefing will take place Friday, November 13th at the Spooner Senior Wellness Center

and feature Amos Melton from the Wisconsin Department of Natural Services. Future briefings may be at an area place of business or at another senior center.
Please join us!



Join us for strength training classes! These classes are designed for mid-life and older adults and include progressive resistance training, balance training, and flexibility exercises.
Classes are trice weekly for 8 weeks.

Contact: Andrea Gardner, Nutrition Educator 715-651-1086

Spooner HEALTH

FALL STRONGBIDIES CLASS AT SPOONER HEALTH -CLASSROOMS

Dates: October 21 - December 18
Time: Mondays, Wednesdays and or Fridays 10:00 - 11:15
Calendar to be given at 1st session
(2 sessions a week on Monday, Wednesday and Friday)

HOW TO SIGN UP:
Online Registration:
https://docs.google.com/forms/d/e/1FAIpOLS2mofY9RDRzNy69orMroBHzswluRoehehM8FXJITDsuNf0g/viewform?usp+=header

OR SCAN QR CODE

INDIGO - YOUR ALLIES FOR INDEPENDENCE

VOTING

SUBMITTED BY **DON POSH**
IndiGO Your Allies for Independence

Every election we are told this is the most important election ever! They said that last election. Truthfully every election is important. We select the individuals we feel will best support our concerns about the future of our country, state, county and local municipality. Often it appears as though we are being told what we should be concerned about instead of asked. Our representatives are tasked with representing us, their constituents, but it doesn't seem as though they're listening. There are no more town halls to voice our concerns. Recently, debates have been cut down to only one! Just one to decide which candidate will best represent us. Representatives from the two major parties sneak into town to invitation only events and leave the rest of us out.

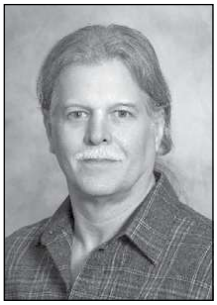


PHOTO SUBMITTED
Don Posh

It is difficult to get a true understanding of what to expect from a candidate once they are elected. So many trigger words like freedom, taxes, economic opportunity, reducing healthcare costs, opportunity and so on. I looked at some candidate websites and wow! Everything they say would be great, but once elected those promises fade.

Why are candidates avoiding talking about Social Security? We have heard for years that the social security trust fund is running out of money and cuts may be coming soon. I began paying into social security on my 16th birthday. My dad told me what it was all about when I got my first paycheck with all the taxes deducted. It was for when I got old and couldn't work anymore. Back then there was no such thing as a 401K. Many retirees depend on social security. How could our elected representatives just throw it out there that the program may be cut by 30% in just a few years? Oh yes, they vote on their own salary increases while cutting ours.

There have also been legal challenges to aging in place and community living while promoting institutions (Assisted living or nursing home care). Home care is far less expensive than institutions. Why would our government want to take away home care?

Mail in voting is another hot button issue. Many of us boomers get to a point where we can't safely drive. This can be for a variety of reasons. So, mail in ballots allow us to vote without the complications of transportation to the polls.

These issues are personal. I suppose for me, I see the way our neighbors struggle with these issues. It's my job to help. Be aware of how candidates would respond to your personal issues before you vote.

When in doubt, leave it blank. There are 3 referendums on the ballot this election. Please be aware the wording is generally made confusing. If you haven't had the opportunity to fully understand the objective of the referendum, leave it blank. You can leave any part of the ballot blank if you are unfamiliar with the position the candidates have. This way you are not voting against your own interests.

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.

indiGO™ Your Allies for Independence

WITS WORKOUT

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 are 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
Postponed
Spooner Wellness Center
3rd Tuesday
Birchwood Senior Center
4th Tuesday

ADRC Aging and Disability Resource Center of Washburn County

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** 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

GV DC
GREEN VALLEY DENTAL CARE
Paul A. Kloek, D.D.S.
W7154 Green Valley Rd.
Spooner, WI

ADVENTURES WITH ANNE



PHOTO SUBMITTED

Hello! My name is Anne Bethke and I am excited to be the ADRC's new Community Health Worker.

I hope to continue Travis Fountaine's good work of offering opportunities for seniors that promotes engagement in our wonderful community.

Most recently, I have enjoyed being a guest teacher in the Rice Lake School District and an elementary Special Education teacher in the Birchwood School District. Prior to that, I was the Disability Benefit Specialist at the Washburn County ADRC, so it feels a bit like returning home! It is the same great organization that I am happy to once again be a part of!

I am originally from Minnesota but am pleased to call the north woods of Wisconsin home since 2013. The theater of seasons invites us all to enjoy outdoor activities and my husband and I certainly do! Gardening in the summer is a favorite pastime while winter finds us on the groomed trails enjoying snowmobiling. We have a Dalmatian named Ruby and she makes sure we get out to enjoy daily walks, too!

My phone number at the ADRC is 715/635-4461. Please let me know if there are particular activities you might be interested in exploring and I will attempt to make them feasible!

ADVENTURES WITH Anne

FALL COLORS AND ARTESIAN WELLS

On October 9th, Adventures With Anne found a fun group of seniors exploring the fall colors and two Washburn County artesian wells! The sky was blue, the fall foliage outstanding and the crystal-clear water so refreshing! First stop was the artesian well that is a part of the Beaver Brook Wildlife Area. The well sits just off Hwy B near Hwy 53 and is enjoyed by many throughout the year. After filling our gallon water bottles, the group next traveled on to the artesian well that is located on Long Lake Road near the north end of Long Lake. We then traversed along Sissabagama Road and Hwy F and then Hwy 48 into Birchwood, while stopping at the Birchwood Senior Wellness Center for a quick break before traveling via beautiful Hwy's D and M back to Shell Lake. Everyone agreed it was a worthwhile afternoon and a perfect time of the year to experience the glory of nature!

BIRCHWOOD AREA UTV TRAIL RIDE & LUNCH

On Friday, October 16th fifteen -adventurous seniors departed from the Birchwood Senior Wellness Center for a 1-hour UTV trek through the woods on trails maintained by the Birchwood Bobcat Riders, Birchwood's UTV/ATV & Snowmobile Club. Volunteer drivers, some of whom are club members, generously donated their time and machines to support this trip before the snow flies and the trails close. Some participants had owned machines at one point in their life and were excited to now be chauffeured, while others had always wanted to experience the trails, but the opportunity had not presented itself. It was great to enjoy the entire experience with such a thankful group of participants! Birchwood Senior Wellness Center's site manager, Kristi Shoop, prepared an excellent lunch upon our arrival back at the center and, I believe, it is safe to say that there were many smiles shared aboard the van on the return trip back to Shell Lake!



PHOTO SUBMITTED

ANNE'S SURVEY

YOUR HELP IN COMPLETING THIS SURVEY IS APPRECIATED! WE WOULD LIKE TO MAKE CERTAIN WE ARE PROVIDING ACTIVITIES THAT ALL WASHBURN COUNTY SENIORS MAY ENJOY!

1. What type of activity do you most enjoy?
1=Best 2=okay
3=least important
Please rate each option.

- Exploring new places ____
- Local community events ____
- Mostly indoor activities ____
- Crafts ____
- Games ____
- Wellness ____
- Social ____

2. What time of the day do you prefer to particiapte in activities
1=Best 2=okay
3=least important
Please rate each option.

- Morning ____
- Early Afternoon ____
- Late Afternoon ____
- Evening ____

3. What would make it easier for you to participate in activities?

_____
_____
_____
_____

4. How often do you presently participate in activities? Check one please.

- Daily ____
- A few times per week ____
- Once per week ____
- Monthly ____

5. My idea of fun is:

_____
_____
_____
_____

6. Would you appreciate a home visit or phone call to discuss ADRC services?

- Yes ____
- No ____

Please provide name & phone number if responding "yes"

_____

_____

Thank You!

ADVENTURES WITH ANNE

The Senior Road Trip was a huge SUCCESS!



June Willis
1st Place

This wouldn't have been possible without a huge response from Washburn County Businesses. We want to THANK YOU!

- Blue Gill Bar
- Hensen's Foods
- Link Ford
- Uniquely Yours
- Stanberry Rail
- Back-Yard Floral & Gift
- The Lunchbox
- Carribean
- Hemp & Home
- The Potter's Shed
- Bloom
- Kwik Trip
- Chaotic Juju
- Sather's Jewelry
- Seams Like Quilting
- Mayana Chocolates
- Riverstreet Family Restaurant



Sue Lindenfelser
3rd Place



Barb Keelan
2nd Place







Seniors, WE APPRECIATE YOUR BUSINESS!

A local guide to services, health & housing for our community's seniors



















