

SUMMER'S LAST STAND

We, here at the ADRC of Washburn County were honored to have many of our volunteers and partnering organizations at our last Summer Concert of the year.

These folks continue to support their community through Meals on Wheels deliveries, volunteer transportation, dining site support and more!

If you are interested in volunteering with the ADRC, please contact us at
715.635.4460



Drivers are great people!

- Mark M, Spooner

**Please enjoy these messages
of gratitude from the
participants of the ADRC
nutrition program.**

**From the staff of the ADRC,
Thank You for all that you do!**

The word "Amazing" pretty much sums up any comment I have to say and all they do for others.
-Greg T, Earl

My stainless-steel cookware, which I really like, is becoming very heavy to handle. The meals & the good drivers are very much appreciated.
-Charlotte T, Shell Lake

Shout out to the great staff and deliverers!
Thank you. You are kind and greatly appreciated!
-Linda M

Best drivers in the World. Made sure I was okay "in person" and are friendly and caring- Great at opening jelly jars.
-Beverly C., Spooner

I've been at my mom's several times when meals arrive and all the drivers are very friendly and ask my mom by name and how she's doing. They're not here very long, but my mom and I much appreciate a quick little visit and a few kind words!
-Steve B- son of Bernadean B, Shell Lake

They were just terrific; always greeting me by name and asking about my health. The food was always good and the hot food was hot and the cold food was cold. Everything just as it should be.
-Robert L

I have 3 Amazing Drivers & they are kind, reliable and funny & bring joy to my life! I feel extremely blessed having them volunteer their time to deliver my meals! They are very friendly & even my dog, cricket, loves them! I feel they are all good people and I truly appreciate them. Thanks from my old heart!
-Linda A, Spooner

What a wonderful group of people they are! I couldn't ask for anything better. They are always so nice and friendly.
-Lucille K, Birchwood

ADRC NEWS



RESOURCES

SCAN ME

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

The Days Are Getting Shorter

SUBMITTED BY TED HAMPE
ADRC Director/Aging Director

Recently I have been waking up earlier than usual with busy brain. My head spins with thoughts of things I meant to do all summer and need to complete before the cold arrives. People frequently call our office in a panic when the first snow comes. There are many things we as Northern Wisconsinites must think about that other parts of the country don't. Here are the top 15 things that I think of while getting ready for winter in the 715-area code.

- Does my car have adequate tires to travel safely on slippery roads?
- Is my propane tank full? Do I need to pre-buy propane?
- Did I cut or purchase enough wood for the cold months?
- Do I have working smoke and carbon monoxide detectors?
- Will my car start with the current battery this winter?
- Have I harvested enough items from my garden to stock my shelves?
- What is my plan for snow removal?
- Has someone checked my furnace in the past year?
- Have I serviced my snowblower?
- Do I have ice scrapers in every car?
- Is my neighbor willing to help shovel my walkway?
- Do I have a food/water supply for myself and animals to last 48 to 72 hours in case of a weather event?
- Do I have enough medications if I can't get to the pharmacy?
- Is my gas can full for my snowblower or generator?
- Can I charge my phone if I don't have electricity?

Hopefully this list will jog your memory of things to do prior to winter. October is a great month to take care of these final projects. My favorite task is cutting and splitting wood. This brings great memories of my youth cutting wood with my father and uncle. Always a good outdoor project that allows us to experience nature and fill the basement with wood. Hopefully you and your family have time to experience some of the leaves and your favorite outdoor activities this fall. Please reach out to the ADRC for any questions or needs regarding your fall list of concerns.

Stronger Together

EARLY DETECTION IS YOUR BEST PREVENTION



SCHEDULE YOUR 3D MAMMOGRAM TODAY.

Your health is important to you and to your family. Our 3D mammograms can help find cancer before you experience symptoms. Early detection can save lives, so make your appointment today.



Spooner HEALTH
Your Neighbor in Health

Learn more at [SpoonerHealth.com](https://www.SpoonerHealth.com) or call 715-939-1594 to schedule a screening.

WITS WORKOUT

BRAIN HEALTH WITH A BIT OF FUN

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

Brain health of course!

Join us for Wits Workouts: A social gathering with brain games and activities. All ages welcome. Each month offers a new and exciting theme: join us as you are able!

10:00 AM

- **Shell Lake Senior Center** - 1st Tuesday of the month
- **Minong Senior Center** - 2nd Tuesday of the month
- **Spooner Wellness Center** - 3rd Tuesday of the month
- **Birchwood Senior Center** - 4th Tuesday of the month

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



Aging and Disability Resource Center
of Washburn County

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 OCTOBER EVENTS

- 1st, 15th, & 29th: Click, Digital Navigator Tech Help, 10am-2pm
8th: Mischief Makers, Sassy Shelf Sitters, 5-6:30pm
14th: Herbs with Annie, Scary Good Syrups, 5-6pm
16th: Savvy Seniors Book Club, 10:30-11:30am @ The Washburn County Wellness Center 50+
21st: The Dock Book Talk, 1:30pm @ The Dock
Find all our events at www.spoonerlibrary.org/events

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

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



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 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 Meeting12:30 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
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 -
"REMINDERS OF HIM" 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
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
SATURDAYS: 2nd Saturday each month (some
exceptions - will be advertised if changed)
Potluck.....NOON - Bingo follows
OCTOBER HIGHLIGHTS:
MON. OCT. 5: ... Dine @ Five, Reservations Req.
SAT. OCT. 10: Potluck & Bingo.....NOON
TUE. OCT. 13: Wits Workout 10:00 AM
WED. OCT. 14: MASC Board Mtg.....1:00 PM
NOVEMBER HIGHLIGHTS:
MON. NOV. 2:.. Dine @ Five, Reservations Req.
SAT. NOV. 21:.....Community Get-Together
Everyone Invited

CHICOG IMPORTANT DATES

WEDNESDAY, 10/14
Monthly Meeting 6 PM
WEDNESDAYS, 10/14 & 28
Namekagen Transit Service
THURSDAY 10/8 Bibliodragon
Bookmobile? 10:30 AM - 2 PM
(Hopefully the auto repairs will soon be
complete.)
Town Website: www.townofchicog.com

NOVEMBER ELECTION INFORMATION

Voting in Wisconsin’s November 2026 Elections

By the GWAAR Legal Services Team
(for reprint)

Wisconsin’s general election is on November 3, 2026. Online registration is available up to 20 days before the election you wish to vote in. Otherwise, you can register in-person up to and including the day of the election. To register in-person, you must bring a driver’s license or state-issued identification card AND a proof of residence document such as a utility bill with your name and address on it. More information on what qualifies as a proof of residence document is available here: <https://elections.wi.gov/resources/voter-guides/proof-residence-por-vs-proof-identification-poi>. Then, you only need your driver’s license or state-is-



sued identification card to get your ballot – either absentee or at your polling location.
You can register to vote, or if you are already registered, you can check your registration status here: <https://myvote.wi.gov/en-us/>. On this site, you may also request an absentee ballot, find out your polling location, see what is on

your ballot, and more. If you do not have access to a computer or the internet, you can call or visit your city or municipal elections clerk for assistance.
If you need assistance to vote due to a disability, you have rights. First, all Wisconsin voters are eligible to request a mail-in absentee ballot for any reason. You may also indicate that you are indefinitely homebound or in an institution due to age, illness, or disability and receive mail-in ballots for every election going forward.
All polling places must have accessible voting equipment and must honor any request to vote curbside in your vehicle. If you need additional accommodations, you may request them from your municipal clerk. For more information on disability voting rights, visit: <https://disability-vote.org/>.

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

JUDY MULLIKIN
MINONG SENIOR CENTER NEWS
MASC Board Member at Large

GGreetings Focus readers,
My name is Judy Mullikin. I have been a member for many years. I be-

came a board member soon after joining. I have chaired most the fund-raisers throughout the years.
wI was born and raised in Spooner and Shell Lake. I married at a young age and moved with my husband Don to Waukesha, WI. A few years later we move from the city living to a small town. We found out we weren't City People. We ended up in East Troy, WI; 30 miles west of Milwaukee. There we raised two boys and a girl: Steve, Julie, and Tim. We built a new home there on the edge of town. Our children graduated there.
Later we were asked to help Don's ill parents. We decided we were the only ones in his family that were able to help. So up we came; back to God's County
Happy Fall to all!

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

MELTED LOON!! While I was winding down the garden harvest, I decided to make pickles. My kitchen smelled wonderful with cucumbers, dill, vinegar, and spices UNTIL I laid my loon potholder on my glass top stove burner. The melted loon smell took over the pickle aromas immediately, but the pickles are delicious. The garden boxes at the center produced very little this year. The hot weather and lack of rain took a toll.
Our bake sale was held September 5th on Labor Day weekend. Thank you to all the great bakers, volunteers and customers for making it a huge success. The proceeds from the bake sale is enough to fund three different social events this fall and winter that will include music. (If you don't understand the relationship between music and movement, watch us dance when the music starts!) The events are Flip Flop Chicken/Music (held September 24th); Halloween Potluck/Music October 29th and a Christmas Party December 17th with music. There's another bake sale

in the planning with Christmas goodies on December 12th. We are also planning our Christmas treats for the meals on wheels recipients.
Senior Nite Out took us to the Longbranch Restaurant in Minong on September 10th. We're always open to suggestions for places to try with this group, usually around 25 people. Contact Lynn at 715-520-3569. Any interest in making "Senior Nite Out" take place for "Senior Lunch Out" during the winter? It seems we had a western theme in September with dining at the Longbranch Saloon, our western Flip Flop Chicken with Larry Rysavy's music and the western decorations at our Dining @ 5 on September 21st. Jena and Pat served up stuffed pork chops followed by a fall apple dessert. Guess the apples "falled" from the tree for this dessert (Hee-haw).
I noticed how many of us have attended recent funerals, showing our support as our friendships age. We are a special community, and our togetherness is so important in all circumstances. While we feel a loss, we can carry on remembering these special people from our senior center. Even Dolly Parton's passing resonates with our fleeting youth.
A recent conversation at a senior center asked, "how much time do you have for activities?" One response was from a recent retiree as "about 20 years!" Thanks to Kevin McMulline and Joel Walinski we are happy to add chess to the list of our activities. They are also known as the Wisconsin Chessheads (spell check wants to call them cheeseheads) and welcome any level of players Wednesdays 6-9PM at our Spooner senior center. They have chess sets and boards available. Contact Joel at 507-581-2857 for more details, Thanks to Connie Halvorson, we've added cribbage also to our activities. Connie's group meets on Mondays at 1PM and she can be reached at 612-210-5641.

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

October, Autumn's Golden Month has arrived with lots of fun things happening! Think of crisp weather, harvest festivals, and colorful Autumn foliage. There will be lit, carved Jack-o-Lanterns on many porches, and the little ghosts and goblins will be arriving at your doorsteps early on the evening of October 31st singing "trick or treat" and hoping for some Halloween candy to fill their buckets.
Oktoberfest, the famous beer and traveling fun fair festival is held in Germany starting in September and ending the first part of October.

Did you know that on the 12th of October 1492, Christopher Columbus made his first landfall in the Americas? On a much more serious note, October is known as Breast Cancer Awareness Month.
Several of our seniors went to see the musical "Guys and Dolls" at Chanhassan Dinner Theater in the Twin Cities in September. Thank you to the ADRC for setting up the trip.
Tommy Ray still comes on the 2nd Wednesday of the month to play his wonderful music. He even takes requests and performs from 10:30 to 11:30. Come join us and stay for lunch.
Our quilt, "36 Old Clucks and Their Chicks" is complete. We are trying to determine what we are going to do with it. We hope to start on our next quilt soon, but until then continue to come to the Center at 9:00 to play games and just enjoy each other's company!
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 Michelson, Nutrition Director at (715-635-4460).

OCTOBER

MONDAY

TUESDAY

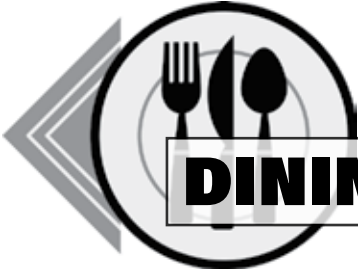
WEDNESDAY

THURSDAY

FRIDAY

LUNCH & HOME DELIVERED MEALS MENU

			<i>Fall Celebration!</i> Chicken Wild Rice Soup; Dill Carrots Cranberry Wild Rice Bread; Crisp Grapes Fall Celebration Cake 1	Salisbury Steak Mashed Potatoes & Gravy Buttered Green Beans Whole Grain Bread Apricots 2
BBQ Baked Chicken Roasted Red Potatoes Roasted Broccoli WG Bread Fresh Apple MINONG DINING AT 5 5	Deluxe Pork Stew Stewed Tomatoes Whole Grain Bread Fresh Clementine Cook's Choice Cookie 6	CLOSED FOR NUTRITION STAFF TRAINING No Meals Served or Delivered 7	Egg Salad with Lettuce served on a Croissant Cucumber Chickpea Salad Bag of Chips Applesauce 8	Polish Sausage Butternut Mac 'n Cheese Roasted Red Cabbage; Whole Grain Bread Sour Cream Cranberry Bar 9
Hamburger Gravy Mashed Potatoes Harvest Roasted Vegetables; WG Bread Fresh Pear SHELL LAKE DINING AT 5 12	Cabbage Roll Casserole Garlic Roasted Carrots Fresh Side Salad w/ Dressing Pineapple Marble Rye Bread 13	Seasoned Baked Chicken Breast Cheesy Twice-Baked Sweet Potato WG Bread Green Beans Frosted Carrot Cake 14	Pork Chop Suey over Brown Rice Egg Roll Crunchy Asian Slaw Mandarin Oranges Fortune Cookie 15	Ham & Cheese Baked Potato Baked Bean Medley Steamed Broccoli Whole Grain Bread Peaches 16
California Chicken Sandwich, LTO & Mayo; Green Bean, Cranberry & Sunflower Seed Salad Fresh Clementine SPOONER DINING AT 5 19	Hunters Stew served over Egg Noodles California Vegetable Medley WG Bread Black Bean Brownie 20	Tender Roast Beef Mashed Potatoes & Gravy Garlic Green Beans Whole Grain Bread Fresh Apple 21	White Bean, Sausage Pumpkin Pasta Bake; Broccoli & Cauliflower Whole Grain Breadstick Frosted Pumpkin Bar 22	Chicken Taco Salad with Romaine Lettuce Tomato, Black Bean & Corn Salsa Sour Cream Corn Chips Grapes 23
Glazed Ham Cheesy Potatoes Roasted Broccoli Whole Grain Bread Pineapple 26	BBQ Baked Ribs Mashed Potatoes & Gravy; Glazed Carrots Coleslaw; WG Bread Strawberry Cheese-cake Poke Cake BIRCHWOOD DINING AT 5 27	Pulled Pork Sandwich on a Whole Grain Bun Baked Beans Potato Salad Apple Walnut Crisp 28	Classic Chili Fresh Garden Salad served with Dressing Cornbread Muffin Apricots 29	Oven Roasted Chicken Rice Pilaf Sweet Potato Buttered Peas Fresh Pears 30



DINING @ 5

MINONG MENU

MONDAY, OCTOBER 5

German Feast

Brat and Sauerkraut Bake
Gurkensalat (Cucumber Salad)
Dinner Roll; German Chocolate Cake

SHELL LAKE MENU

MONDAY, OCTOBER 12

Chicken Thighs over Wild Rice
Butternut Squash; Garden Salad
Dinner Roll; Pumpkin Dessert

SPOONER MENU

MONDAY, OCTOBER 19

Beef Tip with Gravy
Mashed Potatoes
Corn; Garden Salad; Dinner Roll
Spice Cake

BIRCHWOOD MENU

TUESDAY, OCTOBER 27

Chicken Tortellini; Garden Salad
Peas & Carrots; Garlic Breadstick
Fruit Skewers; 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

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

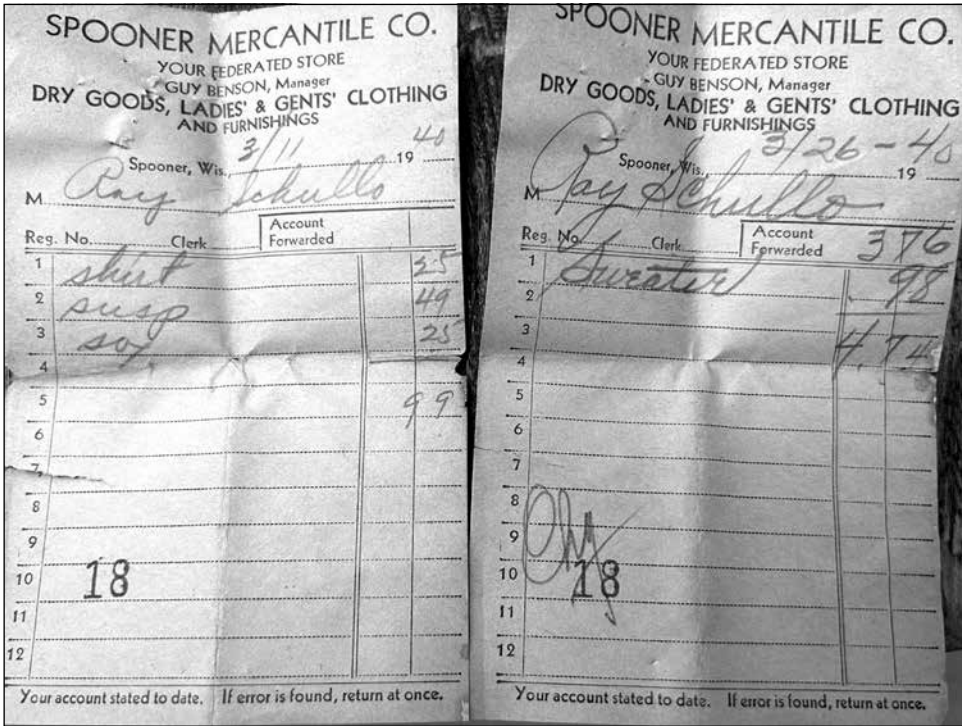
(Quest Card). ~ Those eligible to participate on a contribution basis include anyone age sixty and older. **Suggested contribution is \$7-\$9 per meal.**
~ **Individuals under the age of sixty are welcome, but must pay the full meal cost of \$16 to participate. All meals served with 1% milk.**
*Caregivers 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.

CHICOG - THEN AND NOW



Spooner Mercantile Receipts from 1940

SUBMITTED

SUBMITTED BY
JOANN MALEK

Credit cards have certainly changed the way we do business. Wasn't it just the other day that I was writing checks to pay for groceries at Economart? Of course there was one time when I had to leave a grocery cart full of food and drive the twenty miles home to retrieve a forgotten checkbook. But only once.

Barry and Barb Benson recall store credit at the Spooner Mercantile, with no interest charges! They tell me that each month they would tally customer bills and send out more than three hundred statements.

People paid what they could, when they could. They say that only a few bills were never paid.

The Spooner Mercantile, on the corner of Walnut and River Streets, was established in 1915 by grandfather, Guy Benson. The store was half the size of the present establishment and stocked clothing for men, women and children, overalls, woolen hunting clothes, bed and table linens, sewing patterns and bolts of fabric. Guy had his desk on one of the catwalks that extended from the second story balcony. His brothers opened Benson Mercantiles in Shell Lake and Rice Lake, neither of which are still in operation.

Guy Benson was an active citizen of the community. He served on the Spooner school board, including a

term as president. He was mayor of Spooner and then a Wisconsin state legislator. He supported anti-gambling bills because he observed railroad men lose entire paychecks, with nothing left for their families.

Anna Benson boarded elementary school teachers in second story rooms of their home, and took in sewing. She started the Spooner Women's Club, where "everybody who was anybody" was a member.

Of course we know that Spooner was a railroad town. In its heyday, up to one hundred trains passed through every 24 hours. The hotel across the street welcomed visitors year-round. The Mercantile stocked a full line of OshKosh clothing for railroad workers. An estimated 300-400 Spooner residents were employed by the railroad.

Son Frank Benson bought the Spooner store in 1946. He also started Spooner Sportswear in the building that was once the Spooner hotel. He purchased the large sewing equipment and taught himself to design patterns. The ladies "ranch" pants manufactured there were sold to stores across the country. Each year ranch pants of gold fabric were made for the Spooner Rodeo royalty.

When the shoe store next door closed, the Mercantile expanded to nearly double in size, and they added shoes to their merchandise. A television was placed in the dividing archway, for many years the only one in the downtown area. Townsfolk would gather there when



Spooner Mercantile Today

SUBMITTED

the time, perched alongside on that tall stool.

The Spooner Mercantile is a treasure trove of antiques. Pine Bough yearbooks from Spooner high school, 1954 to 1992, arranged on a small desk. A variety of unique wire clothes hangers. Beautiful rosemailing. Wooden toys. A doll house with tiny furniture. Old posters. The lovely bench built by Gary Murphy. A glassfront display case showcasing pieces brought in by long-time customers.

When I asked Barb and Barry, two of four children born to Frank and Myra Benson, whether they had always hoped to take over the family store, they each answered with a resounding "No!" But these days you will probably see family members from the next generations working with their

always helped me shape the column for the better. We lost Michael on 8/27/26. I'll miss his wise editing guidance - and his friendship.

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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FAMILY CAREGIVER ADVOCACY DAY

Family Caregiver Advocacy Day



SUBMITTED PHOTOS



SPOONER, WI –

Over 50 Family caregivers across Burnett, Polk, St. Croix Chippewa Tribe, Washburn, Douglas, and the Lac Courte Oreilles (LCO) Tribes/counties were able to attend The Family Caregiver Advocacy Day on Thursday, July 30, 2026, at Spooner High School.

The event featured a free luncheon, a short caregiver documentary, and an open forum where 18 family caregivers shared their stories, helping raise awareness and encourage supportive policy solutions. Issues that were spoken about ranged from the daily chaos of caregiving to the matter of trying to travel while having a disability.

REPRESENTATIVES AND CANDIDATES IN ATTENDANCE:

- Angie Sapik
- Chris Armstrong

- Duke Tucker
- Fred Clark
- Ginger Murray
- Paul Johnson

REMINDER:

A family caregiver is anyone—family member, friend, or neighbor—who provides unpaid support to an older adult, a person with dementia, and/or someone living with a disability or chronic health condition. Caregivers often assist with daily tasks, transportation, medical needs, emotional support, and advocacy, playing an essential role in keeping loved ones safe and connected in their homes and communities.

If you or anyone you know is a caregiver, please reach out to your local ADRC for caregiver resources and support!

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

By the GWAAR Legal Services Team
(for reprint)

The Wisconsin Department of Children and Families notes that an estimated 1 in 3 women and 1 in 4 men have experienced some form of physical violence from an intimate partner. While physical abuse can include things like pushing, hitting, pinching, etc., it can also include forcing alcohol or drug use or denying medical care.

Domestic abuse is about power and control. It doesn't just include physical abuse, but also emotional abuse, sexual abuse, economic abuse, psychological abuse, and cultural and identity

abuse. <https://dcf.wisconsin.gov/domesticabuse>

Domestic abuse can occur throughout the span of a relationship. Late onset domestic violence can be spurred by events like a disability, the strain of retirement, sexual changes, and changing roles within the family.

Domestic violence is an underreported crime, and this may be especially true in later years. Some generations may feel shame or reluctance to bring attention to private matters. Fear of being alone also factors into whether to seek help. Additionally, warning signs of domestic abuse among an older population can be hard to discern as they can occur for non-abuse reasons as well – confusion, frequent and/or severe injuries.

If you or someone you love is suffering from domestic abuse, here are some resources to reach out to:

End Domestic Abuse Wisconsin is the statewide membership organization representing domestic abuse victim service providers and survivors.

<https://www.endabusewi.org/get-help/>.

The National Resource Center on Domestic Violence is a comprehensive source of information for those wanting to educate themselves and help others with the many issues related to domestic violence.

<https://www.nrcdv.org/>

INDIGO - YOUR ALLIES FOR INDEPENDENCE

SO FAR AWAY

SUBMITTED BY DON POSH

IndiGO Your Allies for Independence

A lifetime of work and play takes its toll on our bodies which can be a barrier to our ability to complete tasks that we've taken for granted for so long. The ability to bend and flex becomes an obstacle to daily life. The floor seems so far away when you need to put on socks and shoes. The last thing we want to do is to ask for help!



PHOTO SUBMITTED

Don Posh

So, how do we maintain or regain our independence? We do it by using Assistive Technology. Assistive Technology sounds like another computerized headache. But the term is for a broad range of devices that help

people with disabilities overcome barriers in life. Examples of common devices are hearing aids, glasses, canes and walkers.

What Assistive Technology is available to help with putting on socks and shoes? We'll start with socks. A device called a Sock Aid or Sock Puller is a simple device that allows a person to put their socks on. The device has cord leads that allow for the device to be dropped to the floor while hanging on to the cord so the foot can be directed into the device and when the cord is pulled the sock is left on the foot. These devices are low tech, and the cost is near \$10. For compression socks there are different styles of sock aids with costs from \$15-\$70. Now let's move on to shoes. Shoes can be put on more easily with extended shoehorns which are 18-24 inches long. Prices range \$5-\$25. Ok now that the shoes are on, how do I tie them? Well, if you don't have slip on shoes, this creates another barrier. For this we use elastic shoelaces. This is an inexpensive way of converting tie on shoes to slip-ons. The prices for elastic shoelaces start at \$4 and up to \$12.

Where do I get these devices? Like so many

aspects of our life have moved to the internet, so have medical supplies. You can view different models, instruction videos and a huge selection to choose from. If you do not have internet access or are not comfortable with online searching and ordering, local pharmacies and medical supply retailers may stock these items. A local business may help you order through their suppliers if they do not stock the particular item you're looking for.

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.



HANDWASHING TIPS AND TRICKS

By the GWAAR Legal Services Team (for reprint)

As summer draws to a close, and the fall and winter seasons start to creep up on us, it's a good time to remind ourselves about proper handwashing techniques. Washing your hands can help prevent you from getting sick and missing out on fun fall and winter festivities.

Many illnesses, including respiratory and gastrointestinal infections, are spread through person-to-person contact or contact with contaminated surfaces. Germs might spread from you or to you if you touch any part of your face with unwashed hands, prepare food or drinks with unwashed hands, or cough or sneeze onto your hands and then touch someone else or a common surface.

According to the CDC, some of the most important times to wash your hands are:

1. Before, during, and after preparing food
2. Before and after eating food
3. Before and after caring for someone at home who is sick with a gastrointestinal infection
4. Before and after treating a cut or wound
5. After using the toilet
6. After changing diapers or cleaning up a child who has used the toilet

7. After blowing your nose, coughing, or sneezing
8. After touching an animal, animal feed, or animal waste
9. After handling pet food or pet treats
10. After touching garbage

While washing your hands may seem intuitive, it's more involved than you think! The CDC recommends a five-step process:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or an air dryer.

It might be helpful to print out these instructions and put them in bathrooms at your workplace, place of worship, or home.

Don't want to hum the "Happy Birthday" song? Anything that lasts 20 seconds will do! For example, some people sing the chorus to Dolly Parton's 'Jolene', while others recite the Lord's prayer twice.

Don't have immediate access to

running water? You can use hand sanitizer as a backup. It might be helpful to keep hand sanitizer in your car and/or purse, so you always have it on hand. Just make sure it contains at least 60% alcohol and that you get between your fingers and under your nails, like

you would with regular soap and water.

For more information, visit:
<https://www.cdc.gov/clean-hands/about/index.html>
<https://www.dhs.wisconsin.gov/disease/handwashing.htm>

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Take a NOURISH Step!

October: The Role of Fiber In Diabetes



Did you Know?
Increasing fiber by just 5 grams/day can improve blood glucose.

What is Fiber?

Fiber is a nutrient found in plant foods such as fruits, vegetables, whole grains, and beans. Fiber is important for bowel health and promotes regular bowel movements. Consuming a diet rich in fiber offers numerous health benefits, including managing cholesterol levels, maintaining a healthy weight, and regulating blood sugar levels.

How much fiber should you eat?

- Women 50+ should aim for 22 grams/day
- Men 50+ should aim for 28 grams/day



Common food sources of fiber with serving sizes

- 1 cup raspberries (8 grams of fiber)
- 1 medium apple (5 grams of fiber)
- 1 medium banana (3 grams of fiber)
- 1 cup green peas (9 grams of fiber)
- 1 cup broccoli (5 grams of fiber)
- 1 baked potato with skin (4 grams of fiber)
- 1 cup of oatmeal (4 grams of fiber)
- 1 slice whole wheat bread (2 grams of fiber)
- 1 cup black beans (15 grams of fiber)



Fiber can...

Slow Digestion:

- Soluble fiber dissolves in water and forms a gel-like substance in your stomach, slowing down digestion.

Control Blood Sugar:

- The body doesn't absorb and break down fiber, meaning it doesn't cause a spike in blood sugar like other carbs do.

Soluble Fiber

- Soluble fiber plays a role in slowing digestion and controlling blood sugar.
- Soluble fiber is found in apples, bananas, oats, peas, black beans, lima beans, Brussels sprouts, and avocados.

Insoluble Fiber

- Insoluble fiber does not dissolve in water and usually remains whole as it passes through your stomach. This keeps your gut healthy.
- Insoluble fiber is found in whole wheat flour, bran, nuts, seeds, and the skins of many fruits and vegetables.

Importance of Hydration

Fiber needs water to work effectively.

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



For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Trinity Manzke & Molly Ross 10/2026



HIGH FIBER CHILI

(8 Servings)

INGREDIENTS

- 1 medium sweet potato, peeled and diced
- 2 cans (15 ounces each) black beans, drained and rinsed
- ½ cup quinoa
- 2 ½ cups water or low-sodium vegetable broth
- 2 cans (14.5 ounce) diced tomatoes
- 1 medium onion, chopped
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tablespoon cumin
- 1 Tablespoons chili powder
- ¼ teaspoon salt
- 1 medium bell pepper, chopped (any color)

DIRECTIONS

- Lightly grease the inside of the slow cooker.
- Combine all ingredients except the

bell pepper in the slow cooker and mix well.

- Cover and cook on LOW for 5 to 6 hours or HIGH for 2 to 3 hours or until potatoes are soft.
- Stir in the bell pepper and cook for 10 to 15 minutes. Taste and adjust seasonings to your liking.
- Empty slow cooker and refrigerate or freeze leftovers within 2 hours.

CARBOHYDRATE & FIBER CONTENT

35g total carbs 12g protein

Keep taking NOURISH

Steps and learn more about fiber at:

<https://www.cdc.gov/diabetes/healthy-eating/fiber-helps-diabetes.html>
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>



FILE PHOTO

BIRCHWOOD WELLNESS CENTER UPDATES



SUBMITTED PHOTOS

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FLU VACCINE INFORMATION

By the GWAAR Legal Services Team (for reprint)

Influenza, aka ‘the flu’, is a serious disease. Thankfully, you can protect yourself and others by doing one simple thing - getting vaccinated!

The Center for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get a flu vaccine every year (with some exceptions). The vaccine is especially important for people 65 years and older, those with asthma, heart disease, or diabetes, and people who’ve had a stroke, etc. These individuals have a higher risk of developing serious complications from the flu, including being hospitalized. While every flu season is different, a typical flu season will see millions of diagnoses, hundreds of thousands of hospitalizations, and tens of thousands of deaths.

The vaccine is the best way to prevent getting the flu and reduce the likelihood of serious complications if you do. Unfortunately, only about half of Americans get their flu vaccine each year!

LET’S ADDRESS SOME COMMON MISCONCEPTIONS ABOUT THE FLU:

1. It’s not just a stomach bug. Many people



believe that the flu vaccine is for stomach flu – a stomach bug that causes nausea, vomiting or diarrhea. However, the flu vaccine protects against influenza – a respiratory disease that can cause fever, chills, cold-like symptoms, and muscle aches. The worst cases of flu occur when it gets in your lungs, which can lead to complications like pneumonia.

2. Don’t delay. The CDC recommends that people get their vaccines in September or October. It takes about two weeks for the vaccine to build full immunity. Delaying the flu vaccine could mean putting your health at risk as flu season begins.

3. Get your vaccine every year. The virus that causes influenza changes over time, and the

vaccine is changed each year to keep up with it. Just because you got the vaccine last year, doesn’t mean you’re protected from the flu this year. Additionally, the protection you receive from vaccination declines as you get older, so by getting the vaccine annually, you’re giving yourself the best protection possible.

This year, protect yourself, your friends, your loved ones, and your community by getting vaccinated. You can get your vaccine at your local pharmacy, such as Walgreens or CVS, or at your primary care doctor’s office or another health clinic.

The flu vaccine is covered by Medicare Part B. If you have Original Medicare, you will not pay any out-of-pocket costs for vaccines covered by Part B if your provider accepts assignment. If you have a Medicare Advantage Plan, it must cover the influenza vaccine without applying deductibles, copayments, or coinsurance if you meet the criteria for coverage and see an in-network provider.

For more information, visit: <https://www.nia.nih.gov/health/immunizations-and-vaccines/vaccinations-and-older-adults>
<https://www.cdc.gov/flu/prevention/misconceptions.html>

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