

Would you be willing to “Share the Love” with a homebound senior in Washburn County this holiday season?



The Meals on Wheels America logo and ‘Together, We Can Deliver’ are trademarks of Meals on Wheels America and are used under license.

SUBMITTED BY LINDA HAND
ADRC Director/ Aging Director



Are you an individual, family, organization, church, or business that would be interested in pitching in or provide a donation? If so, please keep reading to see how you could help us make a difference in the lives of our homebound seniors

in Washburn County.

The ADRC of Washburn County is a proud member of Meals on Wheels America. Each year, Meals on Wheels America, in partnership with Subaru of America, Inc., holds the Subaru Share the Love® Event. This year it will run from November 21, 2024, to January 2, 2025. During this time, Subaru and its retailers will donate a minimum of \$300 to charity, like Meals on Wheels, for every vehicle leased or sold. Participating event members are given a portion of the proceeds from those funds collected for Meals on Wheels in Wisconsin.

Over the last 16 years, through the Subaru Share the Love® Event, Subaru and their participating retailers have donated more than \$288 million to charity, with customers choosing between four national charities and nearly 2,300 hometown charities.

ASPCA

Subaru has supported more than 134,000 animals. A leading voice for animals for over 150 years, the ASPCA works to protect, rescue, and care for vulnerable animals nationwide.

MAKE-A-WISH®

More than 3,600 wishes have been granted by Subaru and their retailers. Make-A-Wish creates life-changing wishes for children with critical illnesses. Research shows that granting wishes can improve children’s quality of life and improve health outcomes.

OPEN ENROLLMENT ASSISTANCE:

We know you all miss Kelly right now, but the good news is, we have hired a new Elder Benefit Specialist who will be starting training soon. Until trained and certified to take appointments, we are referring Washburn County residents to contact the State of WI Medigap Helpline for assistance with your Medicare Plans and Medicare Part D Prescription Drug Plans.

Need assistance with your Medicare Plan? Contact the State of WI Board on Aging & Long Term Care Medigap Helpline, “The Wisconsin SHIP”.

MEDIGAP HELPLINE: 1-800-242-1060 • BOALTCMedigap@wisconsin.gov

**MEDIGAP PART D & PRESCRIPTION DRUG HELPLINE
1-855-67PARTD - (1-855-677-2783) • BOALTCRXHelpline@wisconsin.gov**

OR THE NATIONAL HOTLINE AT:



SHIP
State Health Insurance Assistance Program

Navigating Medicare CONTACT SHIP State Health Insurance Assistance Program (SHIP)

Call 1-800-242-1060 | TTY 711

Website <https://www.dhs.wisconsin.gov/benefit-specialists/medicare-counseling.htm>

Facebook Find on Facebook

1-855-677-2783 Wisconsin Medigap Part D and Prescription Drug Hotline

1-800-926-4862 (Part D Assistance for people with disabilities)

NATIONAL PARK FOUNDATION

More than 400 national parks have been protected with the help of Subaru. The National Park Foundation works to protect wildlife and parklands, preserve history and culture, educate youth, and connect people everywhere to the wonder of parks.

MEALS ON WHEELS AMERICA

The ADRC of Washburn County and those we serve have benefited from the Subaru Share the Love® Event for 6 years. Throughout the country, more than 4.6 million meals have been donated and delivered. Subaru is the largest automotive donor to Meals on Wheels®. Meals on Wheels provides nutritious meals, much-needed human connection, and fosters independence for seniors and people with disabilities.

So how have we “Shared the Love” in the past and how can you get involved? Here are some examples since 2018 of the ways local individuals, organizations, and businesses have gotten involved.

2018 – \$6,299.01, \$4,825.01 Subaru Revenue and \$1,474.00 from local business donations.

Donation from the Realtors Association of Northwestern Wisconsin - staff and volunteers distributed over 240 emergency Nutrition kits

of shelf-stable meals in case of a power outage with funds they received from the Share the Love Campaign Realtors donation.

2019 – \$4,247.61 Subaru Revenue.

Spoooner Senior’s hand-sewn and stuffed Christmas Stockings, 2nd, 3rd, and Middle School students decorated cookies, 5th graders and Cub Scouts made cards, and other donations included Hot Coco Packages, Gift Bags, and Homemade Cards from local students.

2020 - \$4,614.10 Subaru Revenue.

This was a challenging time since we had been shut down from COVID, but we were still delivering meals to the homebound. Now our deliveries included deliveries to all Washburn County seniors 60+ in need of meals, since our senior centers were closed to congregate dining and many seniors were confined to their homes. Roundman provided Thanksgiving Dinner to all of our participants and volunteer drivers.

2021 – \$2,923.24 Subaru Revenue.

Due to COVID, we recognized that the local caregivers needed special attention: Caregiver Packages, Gift Cards, and Thanksgiving Dinner from Roundman to all participants.

DIRECTOR NEWS

FROM FRONT PAGE

2022 – Revenue received from local donations: \$12,394.50 and \$3,947.33 Subaru Revenue

Birchwood Senior Bake Sale, Roundman Thanksgiving Dinner, Share the Love Cards from Spooner 5th Graders, and Share the Love Charter Bus Trip to Duluth.

2023 – \$3,333.12 Subaru Revenue.

In 2023, families and our local senior center participants came together to give back to the community, by volunteering their time and money to provide special gift packages to our Meals on Wheels recipients. In Minong, special activities were held at their center, inviting the community and Meals on Wheels recipients to attend. Businesses throughout the country had

staff volunteer work time, to create handwritten Letters of Love, which were then distributed to members, such as the ADRC of Washburn County, who then in turn had our volunteer drivers deliver them with a hot meal to our Meals on Wheels recipients. Once again, Round Man in Spooner sponsored a lavish Thanksgiving Dinner, which was Packaged with Love and then delivered to Meals on Wheels recipients in the Spooner area.



PHOTO SUBMITTED

Round Man Brewing Co. in Spooner, has been cooking up, packaging, and donating Thanksgiving dinners to Meals on Wheels recipients of the Spooner Area for several years!



PHOTO SUBMITTED

Holiday Messages of Love were handmade cards that we received from national business employees through Meals on Wheels America. These cards were distributed to 155 Washburn County homebound seniors.



PHOTO SUBMITTED

The Spooner area seniors used the new Wellness Center 50+ to set up a production line for assembly of the "Love Bags" they sent out to our Meals on Wheels recipients.



Last year our drivers delivered "Cheer Bags" to all of our Meals on Wheels recipients that were packaged with love by a local family.



PHOTO SUBMITTED

We would LOVE to collaborate with other Washburn County restaurants to provide holiday meals to our participants! Please contact Valerie VanderBent, Nutrition Director at 715-635-4460 to find out more of how you could help in your communities of Washburn County.



Early Detection of Breast Cancer Can Save Lives



1 in 8 women are diagnosed with breast cancer over the course of a lifetime.

We know early detection is key to becoming a survivor and living a long, healthy life. That's why Spooner Health wants to help women stay on top of their health with 3D mammography screening technology.

Learn more at SpoonerHealth.com or call 715-939-1594 to schedule a screening.



Greetings! My name is **Tara Macone** and I am your new ADRC of Washburn County Elder Benefit Specialist. I live in Shell Lake with my husband, three children, two cats, and one foreign exchange student. I have lived here for 18 years and I love this community dearly. It is a great honor to serve in this position and I am looking forward to getting started, once completing the required training. My family and I love playing board games, hosting family and friends for parties, and traveling around our great country to experience and enjoy its beauty. I am a part of the Shell Lake PTA and love being involved in school and community events.



SHIP HELP

Medicare Insurance Violations

You are most likely receiving mail from different insurance companies about their plans. You can use this marketing information to compare your options. Although companies can send you mailings, you should know that they must follow certain rules when marketing their plans. These guidelines are in place to protect you from aggressive or misleading sales and enrollment tactics. Your SHIP is here for you! You can contact your SHIP for any Medicare-related questions or concerns you have. www.shiphelp.org



If you think you have experienced marketing violations, you should report them.
shiphelp.org

WALK AND TALK

**STARTING IN NOVEMBER:
 THURSDAYS
 10:00 AM
 Spooner Civic Center**

WALK AND TALK Caregiver Support Group

Current and former caregivers are invited to connect on the upstairs track for a stroll and a snack. The third Thursday of the month will include a brief discussion or presentation followed by time to walk and talk.

If you are in need of respite resources or have any other questions, please reach out to
Patryce Garcia: 715-635-4477
pgarcia@co.washburn.wi.us
 NO REGISTRATION NECESSARY



Email or call Patryce to be sent reminder emails.



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
<https://adrcwashburncounty.org/>

Linda Hand, ADRC/Aging Director
 715-635-4460

ADRC of Washburn County Staff Contacts as of NOVEMBER 2024

This is a list of our staff by position, with contact information. If they are unavailable to answer your call, please make sure to include a detailed message, which includes your full name, phone, and description of the information and services that you are seeking. If a staff member's message states they are out of the office, you can still call our main number to see if another staff member can assist you at 715-635-4460.

Anna Brown
Information & Assistance Specialist (I&A)
 715-635-4460

Nichole Caudill
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 get to know your situation, and collaborate with you and your support network on next steps.

Tara Macone
Elder Benefit Specialist (EBS) In Training
Unable to take appointments
 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.

Theodore (Ted) Hampe
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.

Valerie VanderBent
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 Mangers

Kristi Shoop (Birchwood) • Laura Gomez (Minong) • Char Jaeger (Shell Lake)
 Mary Lawson (Spooner)
 Jennifer Ganske (Spooner Cook)

Amber Anderson
Mobility Manager
 715-635-4465

Washburn County Transit provides medical, nutritional, and social rides for residents age 60+ and adults with disabilities.

Washburn County Transit Drivers
 • Dean Martin • Mike Schroeder
 • Victoria Corton

Lana Balts
Fiscal Assistant
 715-635-4463

Cassi Feiertag
Administrative Assistant
 715-635-4460

Aging & Disability Services Committee
 Joe Hoy - Chair • George Cusick - Vice Chair
 Kasey King • Jocelyn Ford

ADRC Governing Board
 Bob Olsgard - Chair
 Open Seat • Danielle Larson
 Colleen Cook • Char Snarski • Kathy Fabert
 Mark Van Etten • Mike Linton • Mike Schroeder

WASHBURN COUNTY HEALTH AND SAFETY FAIR

SUBMITTED BY **CASSI FEIERTAG**

Administrative Assistant

On Thursday, October 10th the Washburn County Wellness Center 50+ housed the Washburn County Health and Safety Fair. This is the first Health Fair that has been hosted by Washburn County since the Covid Pandemic. Information Stations were set up by local agencies such as Embrace, Neighbor to Neighbor, Happy Day Club, Washburn County Public Health, Spooner Memorial Library, Wild Rivers Habitat for Humanity, Spooner Health



PHOTO SUBMITTED

Cassi Feiertag

System, Healthy WashCo, the ADRC of Washburn County, The Spooner Seniors, and North Lakes Community Clinic. Locked medication boxes, nightlights, and tick kits were just some of the amazing items that were offered. North Memorial Ambulance was on site offering free blood pressure checks and staff from Indianhead Medical Center provided a walk in flu vaccine clinic where an estimated 41 vaccines were administered to people from our surrounding communities. Indianhead Community Action Agency was also on site offering \$25.00 gift cards to those age 55 and older who received their flu vaccination.

Many great connections were made with not only with those in our community, but also with the agencies that were present. Thank you to everyone that helped make this event such a great success.



PHOTOS SUBMITTED

WASHBURN COUNTY ADRC/AGING MEETING CALENDAR 2024

The ADRC Committee usually meets the 1st Tuesday of each month in the County Board Room at 9:00 a.m., unless noted (*).

Alternative locations allow representatives to visit rural meal sites and meet the participants during the Spring/Summer months. We have changed some other dates due to conflict with

other county meetings/events/holidays.

We encourage committee members and the public to join us for lunch, while at the meal sites. There is a suggested donation for those 60+ and a charge for those under age 60. Please make reservations if having lunch at one of our meal site meetings at least 24 hours in advance. If you are in need of transportation or accom-

modations, please contact the ADRC office at 715-635-4460. These are all open meetings and the public is highly encouraged to attend.

2024 ADRC Governing Board – Meets Quarterly, following the scheduled ADRC Committee Meeting. Months scheduled January, April, July, and October.

Time	Date	Location	Other Information
9:00-10:30 a.m.	Wednesday, November 6 2024*	Washburn County Board Room 304 2nd St., Shell Lake, WI • 715-635-4460	*Election Day is November 5th
9:00-10:30 a.m.	Tuesday, December 3 2024	Washburn County Board Room 304 2nd St., Shell Lake, WI • 715-635-4460	
9:00-10:30 a.m.	Tuesday, January 7 2025	Washburn County Board Room 304 2nd St., Shell Lake, WI • 715-635-4460	*ADRC Governing Board Meeting 10:30-11:30 a.m.

INDIGO NEWS

ADHD

SUBMITTED BY **DON POSH**

IndiGO Your Allies for Independence

OCT. IS ADHD AWARENESS MONTH

What do we know about ADHD (Attention Deficit Hyperactivity Disorder)? Apparently, it has been around for a long time, but did not receive much recognition until the 1980s. As I think back to my school years, kids were punished! Stand in the corner, move the desk out in the hall, sent to the principal's office, and even feel the swats from the board of education. A variety of drugs were introduced in the 80s to assist with behavioral issues related to ADHD.



PHOTO SUBMITTED

Don Posh

ADHD is not a childhood problem that goes away as you age. If you have it, it is with you for life. Many adults do not know they have it. From the Mayo Clinic Adult ADHD symptoms may include:

- Impulsiveness
- Disorganization and problems prioritizing
- Poor time management skills
- Problems focusing on a task
- Trouble multitasking
- Excessive activity or restlessness
- Poor planning
- Low frustration tolerance
- Frequent mood swings
- Problems following through and completing tasks

- Hot temper
- Trouble coping with stress

These symptoms may occur occasionally in our lives. Stress in can create temporary symptoms. If the symptoms are persistent, you may want to consult your physician. On the other hand, a friend in his early 60s was told by his doctor that he had ADHD and could be helped with medication. My friend declined stating that he had made it this long without medication so why start now.

Finally, many successful people use their ADHD as a superpower. Here is a short list.

- Albert Einstein, Theoretical Physicist
- Will Smith, Actor
- Michael Phelps, Olympian
- Jim Carrey, Comedian
- Ryan Gosling, Actor
- Pete Rose, Athlete
- Paul Orfalea, Kinko's Founder
- Richard Branson, Business Mogul

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.



HAPPY DAY CLUB

The Dementia/Alzheimer's Day Respite Program – HAPPY DAY CLUB - located in Spooner (Trinity Lutheran Church) has openings for Alzheimer's and other dementia afflicted people! Please call 715-416-2942 with any questions you may have regarding our Program. Happy Day Club Is a very fun, respectful and stimulating program for those with dementia who attend the program, PLUS makes a great respite break and get-away time for overwhelmed caregivers. Please call us or feel free to visit us at any time for more information regarding our program. The program is open every Monday and Thursday from 9 to 2 p.m.

Also, the Dementia/Alzheimer's Day Respite Program's CAREGIVER SUPPORT GROUP meets on the first Monday of each month at 9 a.m. at Trinity Lutheran Church in Spooner. Please check out this very informative, helpful and fun support group. We would love to have you join us! EVERYONE IS WELCOME TO ATTEND. Snacks and coffee available. Call 715-416-2942 with any questions you may have.

Of note, our wonderful Alzheimer's Day Respite Program/Happy Day Club subsists on donations and grants, plus the nominal fee our clients pay. We are in need of donations of any amount at this time. We would appreciate any amount you could send us at Alzheimer's Day Respite Program, PO Box 453, Spooner, WI 54801. Thank you very much in advance if you can make a donation. If you have any questions regarding this, please call 715-416-2942.

Also we are in need of volunteers to help with our amazing Happy Day Club Program. We are open on Mondays and Thursdays from 9 until 2 pm. Any hours you are willing or able to help with this very fun program are available. We would love to meet you. For more information on this great volunteer opportunity, please call Susan at 715-416-2946.

SOCIAL SECURITY NEWS

SOCIAL SECURITY ANNOUNCES 2.5 PERCENT BENEFIT INCREASE FOR 2025

Press Release
Thursday, October 10, 2024
For Immediate Release
Mark Hinkle, Press Officer
press.office@ssa.gov

Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025, the Social Security Administration announced today. On average, Social Security retirement benefits will increase by about \$50 per month starting in January.

Over the last decade the COLA increase has averaged about 2.6 percent. The COLA was 3.2 percent in 2024.

Nearly 68 million Social Security beneficiaries will see a 2.5 percent cost-of-living adjustment (COLA) beginning in January 2025. Increased payments to nearly 7.5 million people receiving SSI will begin on December 31, 2024. (Note:

Some people receive both Social Security benefits and SSI).

"Social Security benefits and SSI payments will increase in 2025, helping tens of millions of people keep up with expenses even as inflation has started to cool," said Martin O'Malley, Commissioner of Social Security.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$176,100 from \$168,600.

Social Security begins notifying people about their new benefit amount by mail starting in early December.

This year, for the first time, Social Security beneficiaries will receive a newly designed and improved COLA notice that makes it easier for customers to find the information they need most. The simplified COLA notice is now only one page, uses plain and personalized language, and provides exact dates and dollar amounts of a person's new benefit amount and any deductions.

Individuals who have a personal my Social

Security account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message--such as their COLA notice--waiting for them in my Social Security.

People will need to have a personal my Social Security account by Nov. 20 to see their COLA notice online. To get started, visit www.ssa.gov/myaccount.

Information about Medicare changes for 2025 will be available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, the 2025 benefit amount will be available via my Social Security's Message Center starting in late November. Those who have not opted to receive messages online will receive their COLA notice by mail in December.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor's Bureau of Labor Statistics.

NOVEMBER					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
				Tater Tot Hot Dish with Beef, Peas, Carrots, Green Beans, and Corn Whole Grain Bread Banana Pudding Parfait					1
Sweet & Sour Pork with Stir Fry Veggies over Brown Rice, Egg Roll Fresh Clementine MINONG DINING AT 5	Lemon Pepper Fish Garlic Baby Reds Whole Kernel Corn WG Bread Crisp Grapes Chocolate Cake	Sausage & Squash Stew Autumn Harvest Apple Feta Salad Whole Grain Bread Apricots	Home-Style Meatloaf Mashed Potatoes & Gravy California Blend Vegetables Three Bean Salad Apple-Cinnamon Bread Pudding	Mozzarella-Mushroom Chicken Breast Carrots Creamed Spinach WG Garlic Breadstick Baked Pears	4	5	6	7	8
HOLIDAY OBSERVANCE No Meals Served	Seasoned Pork Chop Baked Potato Cranberry Spinach Salad Whole Grain Bread Peaches	Classic Italian Lasagna Steamed Broccoli Buttered Peas WG Garlic Breadstick Frosted Carrot Cake	Chicken and White Bean Chili Fresh Garden Salad with Dressing Broc-Cheddar Cornbread Fresh Orange	Cheeseburger on a Whole Grain Bun Sweet Potato Wedges Cucumber & Tomato Salad Pineapple	11	12	13	14	15
Spaghetti & Meatballs Brussel Sprouts Pears Whole Grain Bread SHELL LAKE & SPOONER DINING AT 5	Chicken Tortellini Pasta Baked Autumn Squash Steamed Broccoli Whole Grain Garlic Bread Baked Apples	Beef Stroganoff over Egg Noodles Asparagus Buttered Corn WG Bread Fruit Salad Cook's Choice Cookie	Thanksgiving Dinner Oven-Roasted Turkey Mashed Potatoes & Gravy Stuffing; Green Beans Cranberry Sauce WG Bread Pumpkin Bar	Nutrition Staff Training - CLOSED FOR CONGREGATE DINING	18	19	20	21	22
Loaded Chef Salad with Ham, Egg, Cheese, Veggies, Dressing WG Garlic Breadstick Strawberry Shortcake	Baked Rosemary Chicken Garlic Green Beans Baked Sweet Potato WG Bread Cherry Cobbler BIRCHWOOD DINING AT 5	Cowboy Beans Walnut-Candied Squash California Blend Vegetables Whole Grain Bread Apricots	HOLIDAY OBSERVANCE No Meals Served	HOLIDAY OBSERVANCE No Meals Served	25	26	27	28	29

• ALL MEALS SERVED WITH 1% MILK
• MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO FOOD AVAILABILITY
FOR RESERVATIONS CALL:

**Spooner Wellness Center: 715-635-8283 • Shell Lake Senior Center: 715-468-4750
Birchwood Senior Center: 715-354-3001 • Minong Senior Center: 715-466-4448**

EVERYONE IS WELCOME: Those eligible to participate on a contribution basis include anyone age sixty and older. Suggested contribution is \$6.00 - \$8.00 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15.00 to participate.



**NOVEMBER
DINING @ 5**

Suggested donation is \$8.00 - \$10.00
Cost: \$15.00 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

**MINONG MENU
MONDAY, NOVEMBER 4**
Chicken Stuffing Bake; Mashed Potatoes and Gravy; Green Beans
Laura's Choice Dessert

**SHELL LAKE MENU
MONDAY, NOVEMBER 18**
Stuffed Chicken Breast; Wild Rice Casserole
Garlic Green Beans; Fresh Dinner Rolls
Char's Choice Dessert

**SPOONER MENU
MONDAY, NOVEMBER 18**
Creamy Herb Pork Chop served on a bed of Cranberry-Almond Wild Rice
Green Bean Almondine; Fresh Side Salad
Pumpkin Cheesecake

**BIRCHWOOD MENU
TUESDAY, NOVEMBER 26**
Baked Salmon Fillet; Mushroom Wild Rice
Garlic Brussel Sprouts with Bacon
Fresh Baked Bread; Garden Salad
Kristi's Choice Dessert



**DAYLIGHT
SAVING
TIME ENDS**

at 2:00 a.m. on Sunday, November 3rd,
when we "Fall Back" and gain an extra
hour of sleep.

VOLUNTEERS NEEDED:

- Would you like to do something meaningful to give back to the community?
- Do you like helping people in need?
- Would you like to make people smile?

Make a difference! Become a Home Delivered Meals Volunteer Today!

YOU GIVE US:

- One day per week (approximately 3 hrs.)
- Compassion for people in need
- You own transportation

WE GIVE YOU:

- A hot, nutritious lunch
- Equipment needed to keep food safe
- Mileage reimbursement

- A bunch of new friends and the best feeling of fulfillment

If interested in volunteering for meal delivery, please contact Valerie at the Aging and Disability Resource Center at 715-635-4467

SENIOR CENTER NEWS

VERDELL PETTEY

WASHBURN COUNTY WELLNESS CENTER
50+ NEWS

Verdellpettey@gmail.com

The season of potlucks has begun! We had a potluck at the center for the tailgate party September 6th. The serving table hosted several crock pots and warming roasters for the BBQ chicken. When the electricity went off, so did the big screen TV that was airing the game. More panic took place over the blank screen than the cooling crockpots!! Flipping the circuit breaker and unplugging some pots, brought the game back to the screen just in time. You could say it was almost a BAD luck potluck. There will be more games to watch at the center, with an occasional pizza party. There is no charge. Donations are welcomed. You can check on Facebook, or the bulletin board at the center or call Lynn at 715-520-3569 for big screen game activity. Doors open half an hour before game time.

Our first Seniors Night Out took us to SALS in Barronett on 9/26/24. Twelve people met at the restaurant for an enjoyable evening of socializing, good food and a wonderful waitress. Next Night Out was 10/24/24 at Summers on Long Lake. The sign-up sheet is at the center or call Lynn. We need more suggestions of places to go, maybe even for lunch during the winter. Meal assistance is available to make it affordable to join us.

Thank you to Beautiful Hearts Rescue and Leading Edge Veterinary Clinic for keeping our beloved companions healthy. A free pet vaccination clinic was held 10/6/24 to local residents 60+ for their cats and dogs.

The transit van will shuttle ladies from our center on 11/25/24 for Spooner businesses' Ladies Night Out. You can meet at the center from 12-2pm that day, have lunch, mocktails and enjoy games. No sign up is required. When you take the van to go shop, it eliminates a parking problem and the van has LOTS of room for all your shopping bags.

First Friday Flicks took us to the moon! We watched the movie "Fly Me to the Moon" 10/4/24. No sign up is required to come, just bring your snack. Beverages available in the coffee room for \$1.

A Health and Safety Fair was held 10/10/24 by Washburn County. You can still apply for a \$25 gift card for the flu shot, and \$25 for the Covid-19 shot if you received these shots somewhere else. Indianhead Community

SPOONER SENIOR CENTER

WASHBURN COUNTY WELLNESS CENTER 50+

850 W. Beaverbrook Ave., Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON

CO-CHAIRMEN: CARYL LIGLER | 715-635-8215 and LYNN BEARD | 715.520.3569

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Dining 12 pm First Friday Flicks 1 pm
3 PACKER GAME 3:25 pm	5 Dining 12 pm Mah Jongg 1 pm	6 Chair Dancing 9:30 am Dining 12 pm 500 & Bridge 1 pm	7 Mah Jongg 9 am Games 10 am Dining 12 pm Hand and Foot 1 pm	8 Dining 12 pm
4 Dining 12 pm Cribbage, Mexican Train 1 pm; Tai Chi 1pm				
11 VETERAN'S DAY Dining Site Closed No Meals Served or Delivered	12 Dining 12 pm Mah Jongg 1 pm	13 Chair Dancing 9:30 am Dining 12 pm 500 & Bridge 1 pm AmVets Monthly Meeting 6:30 pm	14 Mah Jongg 9 am Games 10 am Dining 12 pm Hand and Foot 1 pm	15 Savvy Seniors Book Club 10:30 am Dining 12 pm
17 PACKER GAME 12 pm	19 Dining 12 pm Mah Jongg 1 pm	20 Chair Dancing 9:30 am Dining 12 pm 500 & Bridge 1 pm	21 Mah Jongg 9 am Games 10 am Dining 12 pm Hand and Foot 1 pm	22 Nutrition Staff Training - CLOSED FOR CONGREGATE DINING
18 Dining 12 pm Cribbage, Mexican Train 1 pm; Tai Chi 1 pm				
24 PACKER GAME 3:25 pm	26 Dining 12 pm Mah Jongg 1 pm	27 Chair Dancing 9:30 am Dining 12 pm 500 & Bridge 1 pm	28 HAPPY THANKSGIVING Dining Site Closed No Meals Served or Delivered	29 HAPPY THANKSGIVING Dining Site Closed No Meals Served or Delivered
25 10:30 am SSCC Mtg. Ladies Night Out Luncheon 12 pm Trivia & Tai-Chi 1 pm				

Action Agency provides the NCOA application packet. Call them at 715-532-4222. Be sure to have a copy of your shot receipts to include in the application. The gift cards are for local businesses.

October Dining @ 5 served a Cozy Autumn Meal, highlighted by beef stew in a bread bowl. Halloween decorations, witch's brew mocktails and Bingo added to the evening of FUN! Thank you to Ed and Mary Schmocker for volunteering for the bingo game. We continue to need volunteers each month to set tables with placemats, napkins, silverware and small decorations. Reimbursement is available for supplies. Call Verdell at 507-696-8263. We are working on having special music before our December dining evening.

The American Vets are holding their

Christmas party at the center on December 8.

"Dining with Darrel" takes us to the Birchwood Senior Center. There he enjoyed a nice salad bar, beef stir fry, rice, and an eggroll. He calls ahead to register for the meal. Wonder if he "stirred things up" at the stir fry (he likes to joke and laugh....such fun).

Lastly, the Boy Scout Camp weather rock is swaying. It's a rock hung outside in a teepee frame. You can tell what the weather is doing just by looking at the rock. It was swaying - it was windy! Have you noticed how the squirrels are burying nuts? They seem to be digging deeper and deeper this year. Sometimes all I see are their tails pointing straight up without much else showing. Have a Happy Thanksgiving.

UCLA RESEARCH ON TAI CHI

Credit: Unsplash/CC0 Public Domain® Provided by Medical Xpress

New research led by UCLA Health confirms that both tai chi and cognitive behavioral therapy can reduce insomnia in breast cancer survivors but also may provide additional health benefits by reducing inflammation and bolstering antiviral defenses.

Chronic insomnia is one of the most prominent symptoms experienced among cancer survivors and poses significant health concerns,

including the risk of inflammatory disease that could increase the risk of cancer recurrence.

"Tai chi can be readily provided in community settings, with minimal cost, and can treat insomnia in adults, older adults and cancer survivors," said Dr. Michael Irwin, the studies lead author and professor at UCLA Health's Department of Psychiatry and Bio-behavioral Sciences. "Further, tai chi, as compared to cognitive behavioral therapy, has an additional advantage in reducing inflammation in breast cancer survivors."

The study relied on blood samples taken from breast cancer survivors from a 2017 study, also led by Irwin, that examined the effectiveness of tai chi versus cognitive behavioral therapy in insomnia treatment and remission. Blood samples were collected from 2008 to 2012 from the 90 participants from the Los Angeles area prior to treatment and a 2-,3-,6- and 15-month intervals. Researchers evenly split participants to either undergo weekly tai chi or cognitive behavioral therapy sessions lasting 120 minutes for a three-month period.

SENIOR CENTER NEWS

JUNE WILLIS FRIENDSHIP COMMONS Shell Lake Senior Center

Hello November! It's the final month of the Fall Season and we are looking forward to the upcoming holiday, Veteran's Day which honors our Nation's military, both past and present. It is a time to reflect on the sacrifices made by our service members, so please remember to thank a Veteran.

Of course, we also have the wonderful holiday of Thanksgiving this month. A time for families and friends to gather, fellowship, and make memories. Think of all the wonderful food that will be prepared; turkey and dressing, potatoes and gravy, yams, green bean casserole, and cranberries, not to mention the wonderful pumpkin and pecan pies, and all the individual family favorites! Just the thought is making my mouth water already!!

Our quilters, The Stitch and Chat group are very close to completing our "Gnomes for all Seasons" quilt which we will be raffling off. Look for it to be displayed at the Shell Lake State Bank in Shell Lake.

We had a choice of painting either a cute little witch or scarecrow for our monthly painting class in October.

Our PO Box at the Shell Lake Post Office is PO Box 8 if you wish to reach us via mail. Our email address is: SLFriendshipCommons@gmail.com. Please feel free to contact us with any questions or concerns, or to sign up for upcoming events.

Call (715-468-7491) for information about activities and (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 Valerie VanderBent, Nutrition Director at (715-635-4460).

SHELL LAKE SENIOR CENTER FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.468.4750

NUTRITION SITE MANAGER: CHAR JAEGER
PRESIDENT: JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				¹ Congregate Dining 11:30
⁴ Tai Chi 10-11 am Congregate Dining 11:30 Painting 1:00	⁵ Cribbage 9:30-11:30 Congregate Dining 11:30	⁶ Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	⁷ Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	⁸ Congregate Dining 11:30
¹¹ CENTER CLOSED Happy Veteran's Day!	¹² Cribbage 9:30-11:30 Congregate Dining 11:30	¹³ Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	¹⁴ Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	¹⁵ Congregate Dining 11:30
¹⁸ Tai Chi 10-11 am Congregate Dining 11:30 DINING @ 5	¹⁹ Cribbage 9:30-11:30 Congregate Dining 11:30	²⁰ Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	²¹ Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	²² Nutrition Staff Training - CLOSED FOR CONGREGATE DINING
²⁵ Congregate Dining 11:30 Membership Meeting 12:30	²⁶ Cribbage 9:30-11:30 Congregate Dining 11:30	²⁷ Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	²⁸ CENTER CLOSED Happy Thanksgiving!	²⁹ CENTER CLOSED Holiday Observance

CHICOG - THEN AND NOW

JOANN MALEK CHICOG - THEN AND NOW

WE HAVE a new name! Hope you like it. "IT'S A GREAT way to be neighborly," quipped Jerry Brewer. "No one can turn down fresh vegetables." He used to bring garden produce around to share with folks he knew, and with others he had not yet met. One nameless fellow was never home when he stopped but vegetables were left anyway. After several years the two finally crossed paths and Jerry was thanked with a huge hug.

Jerry Brewer was born in Aberdeen, Mississippi, "which is a lot like this area," he says. He and wife Velma met in Kenosha when they were in the ninth grade. They were celebrating their fifty-ninth wedding anniversary on the day I stopped to talk with them.

Velma (Bard) Brewer was born in Chicog. William and Mary Frances (Nelson) Mack were her great-grandparents. Mack Lake bears their

name. Across from their farm was the small Mack Lake Store and Tavern on the lake with a large pavilion to the side. Fourth of July dances on the pavilion were the big event of the year. "Grandma would sew them each a new dress, or they might even get new shoes." Euen Pierce, grandson to William Mack, was caller for the circle two-step, a combination of

two-step and square dance. "He travelled all over calling square dances, singing, and playing his harmonica. Even in Nashville."

Velma's grandparents were Gilbert and Ettie Mae (Stoneback) Mack. Her parents were Ernest and Phoeby (Mack) Bard. "Every house was a relative."

"The Chicog cemetery is filled with

family members. Gilbert and Ettie had ten children, all but three are there in the cemetery. Russell and Harry were their babies! Grandpa made their tombstones and hand-carved the names." Earliest date of death in Chicog Ceme-



PHOTOS SUBMITTED

SHIP is a free counseling service for Medicare-eligible individuals and their caregivers. You can access SHIP anytime, including during Medicare's Open Enrollment and the months before you enroll in Medicare. Contact your SHIP for one-on-one assistance with reviewing health or prescription drug plan options.

Visit www.shiphelp.org



SENIOR CENTER NEWS

POLLY LEINWANDER

MASC President

Minong Area Senior Center

MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: LAURA GOMEZ - 715.466.4448

PRESIDENT: POLLY LEINWANDER

HELLO FROM THE MASC,

It was another memorable Dining @ Five, Monday evening, September 9th. As we continue to travel the world of fine cuisine, this month was Mexico, and a true Mexican Fiesta it was. Guests entered the well-lit dining room which included patio lights strung across the ceiling, tables decorated with large paper flowers (made by Laura), and fresh produce of various peppers and tomatoes (donated by members) were the centerpieces. A colorful tablecloth added to the atmosphere along with individual FIESTA place cards and a piece of de la Rosa candy. A southwestern style wall drop along with sombreros were provided for pictures. Guests enjoyed Mexican Street taco's, Street Corn, Spanish Rice, Refried Beans and the rave of the evening was the Tres Leche Cake topped with fresh whipped cream and a strawberry. A cookie was given to all present celebrating a September birthday. The evening ended with a game of bingo. We are grateful to the ADRC Nutrition Program, Laura, our 5 star chef, the kitchen staff and the volunteers who help with the decorating, to make this a true Dining @ Five experience and a monthly social event that our seniors look forward to. Gracias!

On Wednesday, September 18th, during the Minong Area Senior Center's monthly board meeting, ABATE (American Brotherhood Against Totalitarian Enactments) presented the center with a check for \$2,325. ABATE has been a generous donator to our center for the past 11 years and also to other entities in our community. THANK YOU ABATE! We sincerely appreciate your generosity and support.

On October 9th, the ADRC held its monthly meeting at the Minong Area Senior Center. The Aging & Disability Resource Center

(ADRC) supports many programs to help older adults, people with disabilities, caregivers, and more. A list of some of the programs they support include: the nutrition program, (congregate meals and home delivered meals), dementia support, disability assistance, elder care benefits, and caregiver support. Their agenda is full and always of interest. We appreciate all that you do.

September - October is our Annual Membership Drive for 2025. The dues are \$5 per person which helps to support the center and gives you voting rights for board members. Member ship cards will be available at the center, handed out at various activities and a limited number will be mailed. Please consider becoming a member.

Monday, November 4th is Election Day for board members of the Minong Area Senior Center. Vote at the center between the hours of 11am to 5pm.

Our big "Fall Community Get-Together" and fundraiser is happening on Saturday, November 23rd, noon - ? Free Food at Noon. Bingo Bash at 1pm. Gift Certificates, Silent Auction ends at 3:30. 50/50 Drawing. If you have not purchased tickets for the raffle there is still time. \$5 per ticket or 6 for \$25. Great prizes: 1st Prize: \$500 gift certificate to Henson's Country Foods, 2nd Prize: \$250 Gift Certificate Henson's Country Foods, 3rd Prize: Lucius Woods Flex Tickets, 4th Prize: \$100 Cash.

Please check the Spooner Advocate, "Minong Area Senior Center News", for weekly updates.

Stay Healthy and get vaccinated!

Highlights for November:

- Nov 4th Dining @ Five.
Voting for MASC board members
11am to 5pm
- Nov 9th Potluck/Bingo Noon
- Nov 13th MASC Board Meeting 1:30pm
- Nov 23rd Community Get-together Noon to ?
- Nov 28th Thanksgiving Center Closed
- Nov 29th Center closed

Weekly/Monthly Calendar:

Congregate meals Monday-Friday, 11:30am. Need to register 1 day in advance. 715-466-4448

- Tues: Duplicate Bridge 9:30am (2nd & 4th Tuesday)
Farkle: 12:00pm (1st, 3rd & 5th Tuesday's of the month)
Cards: 12:00pm (2nd & 4th Tuesday's of the month)
WII Bowling: 12:00pm every Tuesday
- Weds: Pocket of Prayer 7:00am
MASC Board Meeting: 1:30pm
Foot Care 3rd Wednesday of the month) Call 715-466-4299 to schedule time.
- Thurs: Cribbage 12:30
- Sat: 2nd Saturday each month (some exceptions but will be advertised if changed) Potluck-noon, Bingo-1:00pm

See you at the center!

SENIOR CENTERS DINING & ACTIVITIES

Valerie VanderBent - Nutrition Director
Email: vvanderb@co.washburn.wi.us
ADRC of Washburn County
(715) 635-4460 - Main • (715) 635-4464 Fax

SENIOR CENTERS DINING & ACTIVITIES

DINING: Congregate dining is provided at four nutrition sites in Washburn County, Wisconsin: Birchwood, Minong, Shell Lake, and Spooner. Diners can partake of low-cost, nutritionally balanced meals in a warm atmosphere where they can enjoy being with other people and gain access to social activities.

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

BIRCHWOOD SENIOR CENTER

110 Euclid Ave., Birchwood, WI 54817
(715) 354-3001 • Serving M-F, 11:45 am

MINONG 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 W&TH, 12:00 noon

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 \$6-\$8 per meal.

~ Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15 to participate.

*Caregivers Under Age 60 – Please contact the Nutrition Program Director at 715-635-4460.

No eligible participant age 60+ will be denied a meal based on ability to contribute to the cost

of the meal.

SENIOR CENTER ACTIVITIES: All four centers allow participants numerous opportunities to gather with long-time friends and meet new ones. Please see enclosed activity calendars/news for each site.

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: Guidelines must be met to qualify for Home Delivered meals. For more information, please contact the Nutrition Program Director at 715-635-4460.

ADRC of WASHBURN COUNTY is OFFERING A VIRTUAL WELLNESS INITIATIVE

GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



NEW SERIES BEGINS EVERY MONTH

Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

ADRC of Washburn County is covering the full cost of the program, \$220, for Washburn County Residents. A suggested contribution of \$25 made payable to ADRC of Washburn County is appreciated.

Eat **Smart** | Move **More**
Weigh Less[®]
Online

ADRC
Aging and Disability Resource Center
of Washburn County

To register,
please call
Cassi at
715-635-4460

All participants must be 60+ years
of age.

www.esmmweighless.com

CHICOG FROM PAGE 12

-tery burial records is 1907.

Before the cemetery, the dead might be buried anywhere. Jerry tells of a huge tamarack, “as big around as this kitchen table” in the middle of the family farm field. When it was taken down Phoeby Bard was quite angry. “You don’t understand. There were two graves under there.”

“Folks didn’t have anything. They would come to Kenosha to make some money but they wouldn’t last a month. They’d come back happy to be here and have something to eat. Their heartstrings were back in this country.”

“The deer weren’t so plentiful then,” wrote Gilbert Mack, Jr. “Sharing a deer was necessary as families needed the meat. Deer would be hung in a tree for the winter as refrigeration wasn’t available. When you needed some you took a saw and got a hunk.” Eventually game laws were established but game warden, Ed Nelson, didn’t always pursue the law because he understood hunger.

Ice blocks were cut from Mack Lake, covered

with sawdust and buried, ready to be moved to little home ice boxes. Sometimes food was chilled in Stunce Brook.

Looking back, in 1970, Grandma Ettie penned: “The people here...visited their neighbors, went to each other’s house for dinner after church. If anyone wanted to build a house they had a building party. Usually had a keg of beer and also had meals. If an old person needed wood, they got together and cut them a pile. Horse and buggy days were slow and harder to do, but if you met a friend on the road you usually stopped and passed the time of day. One went to town and they always bought a few things for their neighbors. It was a slower world but more friendly.”

Chicog folk are neighborly. Velma wrote: “Country people with country beliefs. Be proud of it. I am.”

OCTOBER FOLLOW-UP from Gary Bergh of South Twin Lake, who has been coming to Chicog since he was ten: “I believe it was Elsie Dahlgren’s father who mowed parts of Middle Lake. This took place during the dust bowl years of the 1930s. All the lakes were very low at the

time.”

“As to the issue of the damming of the channel between North and Middle lakes, I will tell you this well-kept secret. Frank Tascione, previous owner of Watson’s Resort, and my dad took out the dam. When the owner replaced it with a 2ft culvert, Tascione reported this to the DNR. They dynamited, and replaced with the current 6ft culvert.”

TELL ME MORE of the old Chicog stories!
jojamalek@yahoo.com

IMPORTANT NOVEMBER DATES

Wednesday 11/13, 6pm,
monthly Chicog meeting
Wednesdays 11/13&27,
Namekagon Transit Service
Saturday, 11/23, 5-8pm,
Hunter’s Feed, town hall
Tuesday, 11/26, 11-1, Bibliodragon, town hall
Wednesday, 11/27, 10:30-12,
Books&Bread, Beaverbrook
Town Website: www.townofchicog.com
Thank you for reading Chicog-Then and Now

VOLUNTEERS NEEDED



Our volunteers are the heart of our organization. Volunteers deliver meals and provide a daily safety check to homebound seniors, serve lunch at our dining centers, assist in the kitchen, drive homebound to medical appointments/shopping, help out in our office, facilitate evidence based healthy aging programs, and so much more. Will you join us?

VOLUNTEER DRIVERS & KITCHEN ASSISTANCE DESPERATELY NEEDED



HIGHEST NEED BIRCHWOOD AREA - Meals on Wheels Drivers
HIGHEST NEED MINONG - Kitchen Assistance

OTHER AREAS SPOONER & SHELL LAKE - Always accepting application for assistance.

Please contact the ADRC of Washburn County office at 715-635-4460 or stop by 304 2nd Street, Shell Lake, Monday-Friday from 8:00 a.m. to 4:30 p.m. for an application.

Training is provided. Mileage reimbursement for drivers at the Federal rate. * All volunteers must pass a criminal background check prior to beginning to volunteer.

SSVF



Supportive Services for Veteran Families program is on a mission to help end veteran homelessness

The SSVF program provides temporary financial assistance and case management to help veterans and their families find or keep safe, stable housing or emergency housing.

The SSVF program proudly serves the following counties:

- Ashland
- Iron
- Rusk
- Bayfield
- Langlade
- Sawyer
- Burnett
- Marinette
- Taylor
- Clark
- Menominee
- Vilas
- Douglas
- Oconto
- Washburn
- Florence
- Oneida
- Forest
- Price

If you or someone you know is a veteran experiencing homelessness, call us today at 715-532-4222

1000 College Avenue, West Ladysmith, WI 54848
<https://www.indianheadcaa.org/ssvf/>

VOLUNTEER FACTS

Volunteering in your community offers a wide range of benefits, both for the individuals and causes you support and for your own well-being.



HEALTH AND WELL-NESS BENEFITS

• **Improved Mental Health:** Volunteering reduces stress, anxiety, and depression by providing a sense of purpose and connection.

• **Physical Activity:** Many volunteer activities involve movement, boosting your physical health.

• **Cognitive Stimulation:** Engaging in problem-solving and learning new skills keeps your mind sharp.

PERSONAL GROWTH AND DEVELOPMENT

• **Skill Development:** Volunteering helps you learn new skills or enhance existing ones, contributing to personal and professional growth.

• **Increased Self-Esteem:** Making a positive impact builds self-confidence and life satisfaction.

• **Sense of Purpose:** Volunteering provides a meaningful way to contribute to society, leading to a more fulfilling life.

SOCIAL AND PROFESSIONAL BENEFITS

• **Building Connections:** Volunteering connects you with people from diverse backgrounds, expanding your social network and strengthening community ties.

• **Career Opportunities:** It can enhance your resumé, offer networking opportunities, and help you explore new career paths.

COMMUNITY IMPACT

• **Making a Difference:** Your efforts directly contribute to the betterment of your community.

• **Inspiring Others:** Your involvement can encourage others

to take action,

amplifying the positive impact.

Volunteering is a fulfilling activity that enhances your health, fosters personal growth, and strengthens your community. Double the fun by having friends or loved ones join when serving alongside you!

If you need a little boost to get yourself going, consider utilizing your free professional coaching sessions. You will learn a lot about yourself through the process and can feel confident moving forward to help others!

*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

MEDICARE INFORMATION

Medicare's Open Enrollment Period

Aug 22, 2024 | Shea Corti

https://www.shiphelp.org/about-medicare/blog/medicares-open-enrollment-period?fbclid=IwY2xjawF2Ny1eHRuA2FlbQlxMAABHUY9aXEhP4C5TVvEzBv4IYon52JIBkoP7IHqIp-E-WxlaPi0-1qF3lX9BQ_aem_IKARWABHWc08t0r3jNzrQ

Medicare's Open Enrollment, also known as the Annual Election Period, is the time of year when you can make changes to your Medicare coverage. This period runs from October 15 through December 7, and any changes you make will take effect on January 1. Let's review some steps you should take during Open Enrollment:

FIRST, KNOW THE CHANGES YOU CAN MAKE DURING MEDICARE'S OPEN ENROLLMENT.

During Open Enrollment, you can make certain changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage. You can make as many changes as you want during this period, but only your last coverage choice will take effect in January. The changes you can make include joining a new Medicare Advantage Plan or Part D prescription drug plan, switching from Original Medicare to a Medicare Advantage Plan, and switching from a Medicare Advantage Plan to Original Medicare.

If you are switching to Original Medicare, note that you may have limited options for purchasing a Medigap policy to help with your out-of-pocket costs. Medigap purchasing rules can vary by state, so contact your State Health Insurance Assistance Program, or SHIP, to ask about state-specific Medigap rights. Use our online SHIP Locator or call 877-839-2675 (and say "Medicare" when prompted) to find your local SHIP.

Before making a decision about your 2025 coverage, consider the Medicare health and drug plan options in your area. You may be able to receive the same or better health or drug coverage at a more affordable price. For example, even if you are satisfied with your current Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that offers the same health or drug coverage at a better price.

SECOND, REVIEW YOUR CURRENT MEDICARE HEALTH AND DRUG COVERAGE.

Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year; there could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

You receive a lot of mail during Medicare's Open Enrollment, so it is important to know which mailings include information about your current coverage. No matter how you receive your Medicare coverage, you should consider your access to health care providers and pharmacies you want to use, your access to benefits and services you need, and the total

costs for insurance premiums, deductibles, and cost-sharing amounts.

If you have Original Medicare, visit www.Medicare.gov or read the 2025 Medicare & You handbook to learn about Original Medicare benefits for 2025.

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change, or ANOC, and Evidence of Coverage, or EOC. These notices list any changes for your plan in 2025. Pay special attention to any changes in the plan's costs, the plan's benefits and coverage rules, and the plan's formulary. The formulary is the list of drugs your plan covers. Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes, you can change plans.

THIRD, KNOW HOW TO MAKE CHANGES TO YOUR MEDICARE HEALTH AND DRUG COVERAGE.

You can use services provided by the government to make Medicare coverage changes. Call 1-800-MEDICARE to make changes by phone or visit www.Medicare.gov to compare options and enroll in some plans online. You can also contact plans directly to learn about the services they cover or to enroll.

Confirm everything that a plan tells you before making a final decision and get everything in writing. Before joining, call your doctors to make sure that they are in the provider network for the plan you want to join.

If you want one-on-one help reviewing your options or making changes, contact your SHIP.

SHIPs are funded by the government to provide trusted, unbiased Medicare counseling. Use our online [SHIP Locator](#) or call 877-839-2675 (and say "Medicare" when prompted) to find your local SHIP.

FINALLY, PROTECT YOURSELF FROM MARKETING VIOLATIONS AND FRAUDULENT ACTIVITIES.

During Open Enrollment, there is a higher risk than usual for fraudulent activity. Medicare has rules about how plans can and cannot communicate with you to market their insurance products. Plans are allowed to send you mail and emails but are not allowed to call or visit you in person without your permission. Watch out for people who pressure you to join their plan, tell you they represent Medicare and want to offer free services, or inform you that you will lose your Medicare benefits unless you sign up for a certain plan. Before you enroll in a plan, make sure you understand what the plan covers and whether it covers the drugs you need. Contact a plan directly to learn about the services it covers and get everything in writing.

STILL HAVE QUESTIONS?

Your SHIP is here for you! You can contact your SHIP for any Medicare-related questions or concerns you have. SHIP counselors are government funded to provide trusted, unbiased Medicare counseling at no cost to you. (Depending on your state, your SHIP may go by another name.) Use our online [SHIP Locator](#) or call 877-839-2675 (and say "Medicare" when prompted) to find your local SHIP.

Washburn County Wellness Center 50+
850 W. Beaverbrook Avenue, Spooner, WI 54801

LADIES NIGHT OUT

MONDAY, NOVEMBER 25 • 12:00 PM - 2:00 PM

**A Delicious salad bar luncheon will be available from
12:00 pm - 1:00 pm by reservation only.**

To make a reservation, please call 715-635-8283.

Suggested Contribution of \$6.00 - \$8.00 for those over age 60
(no one will be denied a meal based on their inability to contribute)
\$15.00 fee for those under age 60.

**Join us from 1:00 - 2:00 pm for an hour of fun filled trivia before hitting the streets
of uptown Spooner for an evening of shopping and adventure.**

Transportation will be available via Washburn County Transit for Washburn County residents age 60+ and adults with disabilities. There will be a \$3.00 fee per person round trip.

To reserve your seat on the Transit Van,
please call
Amber Anderson
at 715-635-4465.



MEDICARE OPEN ENROLLMENT INSTRUCTIONS

Medicare's Open Enrollment Period



Medicare's Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. The last change you make will take effect on January 1. Take action during Medicare's Open Enrollment to make sure your coverage will meet your needs in 2025.

MAKING CHANGES DURING MEDICARE'S OPEN ENROLLMENT

The changes you can make include:

- Joining a new Medicare Advantage Plan or Part D prescription drug plan
- Switching from Original Medicare to Medicare Advantage
- Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)

Call 1-800-MEDICARE (633-4227) or visit www.Medicare.gov to make changes.

REVIEW YOUR COVERAGE FOR 2025

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will be covered next year and that your providers and pharmacies will still be in the plan's network.

ORIGINAL MEDICARE:

Visit www.Medicare.gov or read the 2025 Medicare & You handbook to learn about Medicare's benefits for the upcoming year.

MEDICARE ADVANTAGE OR PART D PLAN:

Read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).

ENROLLMENT PERIOD

Considerations when choosing a new plan

Ask yourself the following questions before choosing a Part D drug plan:

- Does the plan cover all the medications I take?

- Does the plan have restrictions on my drugs?
- How much will I pay for monthly premiums and the annual deductible?
- How much will I pay at the pharmacy (copay/coinsurance) for each drug I take?
- Is my pharmacy in the plan's preferred network? Can I fill my prescription by mail order?
- What is the plan's star rating?
- If I have other drug coverage, will the Medicare drug plan work with this coverage?

Ask yourself the following questions before choosing a Medicare Advantage Plan:

- How much are the premiums, deductible, and coinsurance/copay amounts?
- What is the annual maximum out-of-pocket cost for the plan?
- What service area does the plan cover?
- Are my doctors and hospitals in the plan's network?
- What are the rules I must follow to access health care services and my drugs?
- Does the plan cover additional benefits not covered by Original Medicare?
- What is the plan's star rating?
- Will this plan affect any additional coverage I may have?

You can use **Medicare's Plan Finder tool** to compare plans. Access Plan Finder by going online to www.Medicare.gov/plan-compare or by calling **1-800-MEDICARE (1-800-633-4227)**

PROTECT YOURSELF FROM MARKETING VIOLATIONS AND MISLEADING MARKETING

During Open Enrollment, health insurance companies try to reach people in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. The Centers for Medicare & Medicaid Services (CMS) has rules for marketing Medicare Advantage Plans and Part D plans, though. These rules protect Medicare beneficiaries from aggressive or misleading marketing. Knowing

the rules and red flags can help you make the best choices for yourself during Open Enrollment.

WATCH OUT FOR PEOPLE WHO:

- **Ask for your Medicare number, Social Security number, or bank information, especially before you decide to enroll.** Someone can use this information to enroll you in a plan without your permission.
- **Say they represent Medicare.** Plans are never allowed to suggest they represent or are endorsed by Medicare or any other government agency. They cannot use the Medicare name or logo on their marketing materials.
- **Send you unsolicited text messages or phone calls.** Plans must provide you with the option to opt out of communications about Medicare products. It must be done annually and in writing.
- **Pressure you with time limits to enroll in their plan.** You can use the entire Open Enrollment Period to make your decisions. You will not receive extra benefits for signing up early for a plan, and you will not lose your Medicare coverage if you don't pick a plan.

• **Offer you gifts to enroll in their plan.** Gifts must be given to everyone at an event regardless of their enrollment choice, and cannot be worth more than \$15.

You should report potential marketing violations to your local Senior Medicare Patrol (SMP) or State Health Insurance Assistance Program (SHIP). Your local SMP or SHIP can help you review the incident, report it to the correct authorities, and continue spotting marketing violations.

MEDICARE'S OPEN ENROLLMENT PERIOD

Where can I go for more help?
State Health Insurance Assistance Program (SHIP): Contact your SHIP if you have questions about any notices you receive or have experienced a potential marketing violation. SHIP counselors can help you review your options and pick a plan that meets your needs. SHIP counselors provide trusted, unbiased, and individualized Medicare counseling. Contact information for your local SHIP is on page 18.

SEE **MEDICARE** PAGE 18

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SENIOR NEWS

Something to be Thankful For

**SUBMITTED BY
CASSI FEIERTAG**

Administrative Assistant

The month of November reminds us of all the things we are thankful for. During this time of year I see



PHOTO SUBMITTED

Cassi Feiertag

many of my friends and acquaintances participating in a 30 days of thankfulness challenge. If you don't know what I'm talking about, this challenge starts on November

1st and participants have to acknowledge one thing a day that they are thankful for. I haven't participated in this challenge myself, as I believe that there is always something to be thankful for.

It has always amazed me as we have gotten older how the things we are thankful for have matured and changed. When you're little your thankfulness is for a new toy or game, getting a lollipop at the doctor office, having someone



PHOTOS SUBMITTED

push you on a swing, or being able to spend five more minutes at the beach even though your parents said you could only swim for an hour. During our teenage years it was things like being allowed to go to the Friday night football game, new clothes for school, being allowed to stay out half an hour past curfew, or being given spending money so you could go to the mall with your friends. As an adult you are thankful for a finding a \$5.00 bill in the dryer on laundry day, kindness from a stranger, being able to give a helping hand to someone in need, some quiet time

to do a crossword puzzle or read a book, relationships new and old, and so many other things.

One of the things in my life I will always be the most thankful for is my relationship with my parents. My mom is the only person I will watch Dirty Dancing with (she doesn't care that I re-watch the final dance scene at least five times) and my dad is my favorite fishing/target practice buddy. My parents are a listening ear when I need to talk, shoulders for me to lean on when I need I need strength, and my forever best friends. My younger self didn't appreciate my parents

the way they deserved to be appreciated, but I am making up for that in my adult years.

I would love to hear some of the things that you are all thankful for. Is it a quiet walk down a dirt road, a favorite card game, a telephone call from someone you haven't heard from recently, or a meal that you didn't have to prepare? There are so many things to be thankful for every single minute of every day. I hope you are presented with many opportunities this November to be thankful.

MEDICARE FROM PAGE 17

Senior Medicare Patrol (SMP): Contact your local SMP if you believe you have experienced a potential marketing violation. SMP team members can help you to prevent, detect, and report potential Medicare fraud, errors, or abuse.

LOCAL SHIP CONTACT INFORMATION:

Toll-free phone number:
877-839-2675
(To connect with your SHIP, say "Medicare")

Online SHIP Locator:
www.shiphelp.org

LOCAL SMP CONTACT INFORMATION:

Toll-free phone number:
877-808-2468
(To connect with your SMP, say "Medicare Fraud")

SHIP Technical Assistance Center:
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info@shiphelp.org
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Patryce Garcia: Dementia Care Specialist/
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EAT WELL, AGE WELL. Brussels Sprouts



IMAGE by Alexander Fox | PiaNet Fox from Pixabay

Did you Know...

1 cup of Brussels Sprouts contains 3 grams of fiber, 3 grams of protein, only 26 calories, and more than 4 times the vitamin C than an orange!

I must admit, I was not a fan of these “mini cabbages” when I was younger, but they are now one of my favorite foods. Why? Because I learned about roasting them! They taste completely different in my opinion when you change the way you prepare them. The recipe on this page shows you how to pan-fry these powerhouse veggies. Be sure not to overcook them, they will turn olive green and have an unpleasant sulfur odor.

Select: Choose firm sprouts that are about the same size, so they cooking evenly (Or you can cut them into similar sizes). Avoid wilted or blemished sprouts or those with yellow leaves. They are in season between Oct. and Dec. so

they should be reasonably priced.

Storage: Refrigerate in an open or perforated plastic bag in the veggie drawer. They will keep up to 10 days but are best quality if you eat them sooner.

Preparation: Always wash fresh produce under cool running water. Remove the outer leaves and trim the stem even with the bottom leaves.

As stated, they are an excellent source of vitamin C that can help our bodies fight infections and stay healthy, especially now that winter and flu season are upon us. You can also shred them and add them to salads, coleslaw, and soups!

GWAAR NUTRITION TEAM
BY PAM VANKAMPEN, RDN, NOVEMBER 2024

Roasted Brussels Sprouts

INGREDIENTS

- 2-3 cups Brussels sprouts, trimmed and cut in half lengthwise.
- 1 TBSP Oil
- Salt, pepper and seasoning of your choice.
- 1 tsp Lemon Juice, honey, maple syrup or balsamic vinegar
- Dried Cranberries (optional)

INSTRUCTIONS

1. In a large bowl toss spouts (and dried cranberries) with oil and seasoning.
2. Line baking sheet with foil or parchment paper and spread in a single layer.
3. Roast at 400 degrees F for 20-30 minutes, stirring once after 15 minutes.
4. Once they are lightly browned and tender crisp, remove from oven and drizzle with lemon juice, balsamic vinegar, honey, or maple syrup.

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