



12 West Humbird Street • Rice Lake, Wisconsin 54868



Seniors,

We are now into the second month of 2021 and not much has changed so far. We are all hopeful for the vaccine and the lifting of restrictions. We are desperate to reopen the center and bring everyone back in together. We need to be patient and open slowly and safely. Tax help and Rosemaling will be resuming in February and hopefully other classes soon after. As for the nutrition program, I have no information on when it will be safe to gather inside the center for meals. The Center is looking into offering the Community Breakfast again in March or April as a take out. Remember we do still offer the Grab and Go Monday through Friday. I wish I had better news to share but we are still waiting for mass vaccinations and for Covid 19 to give up it's grip on the country.



**Mission Statement:** "The Senior Citizens of the Rice Lake Area Inc exists to provide a place for all people fifty-five and over to enjoy programs and resources which promote participation, support and education in ways that encourage continued growth as active and needed citizens.

# 12 West Information



## Contact Us

Center Address 12 W. Humbird St  
 Rice Lake, WI 54868  
 Center Phone 715-234-7224  
 Nutrition Phone 715-234-7227  
 Fax 715-736-2197

## Email

tami@ricelakeseniorcenter.org  
 diane@ricelakeseniorcenter.org

Open 8am to 4pm Mon–Fri

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## Corrections

As always, the editors apologize for any errors or omissions on the current and previous issues of 12 West. Please inform the office of any mistakes you find.

Answer on page 14



In the big picture, find these objects.





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Once again Old Man  
Winter is taking up  
residence here in

Wisconsin. If the weather is dangerous Meals on Wheels and the Grab & Go may be cancelled. Be sure to listen to WJMC radio or website to see if we are serving. Or call 715-234-7224 to see if we answer. Sometimes we can't even get to the center to answer the phones.

## Grab and Go

Grab & Go continues as the pandemic drags on. We are still in limbo of when the center can open safely. We plan to keep providing curbside meals as long as necessary. Please continue to call in

by noon the day before to reserve. When lining up to pick up your lunch please line up on the south side of Humbird Street after 11:45am. You will check in at the first person and then pull forward to have your meal delivered right to your car. Cost per meal is \$4.00 if 60 years old (Suggested donation) or over, Cost is \$9.00 if under 60. We do ask you to fill out a registration form your first visit. So give the program a try by calling 715-234-7224 to get a monthly menu, reserve a meal or for more information. We look forward to hearing from you!

Amy, Joe, Diane, Greg & Tami

I love being married.  
It's so great to find  
one special person you  
want to annoy for the  
rest of your life.



# Important Information



## Rosemaling

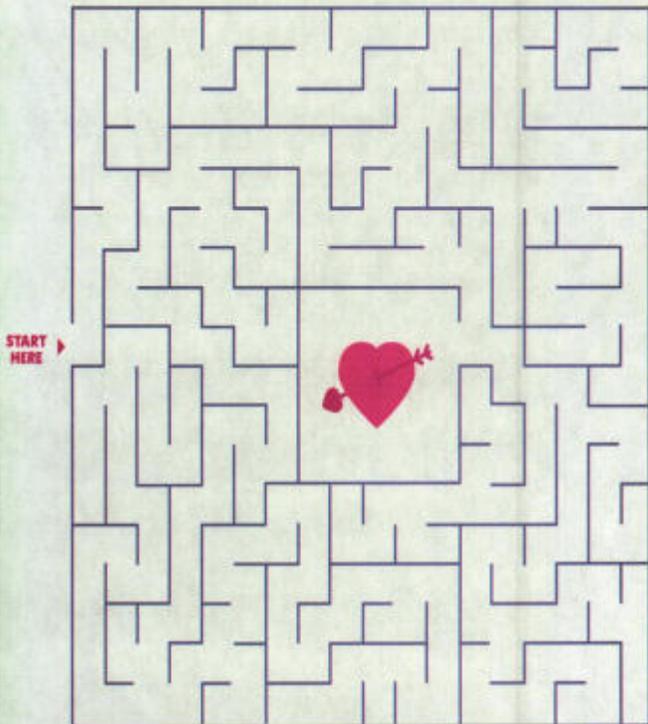
**Rosemaling will restart on Monday February 1st at 12:30pm and Wednesday February 3rd at 12:30pm All Covid 19 restrictions will still be followed.**

Answer on page 14

## VALENTINE'S DAY MAZE

Find your way through the maze to reach the heart in the center.

*Happy Valentine's Day!*



## Beneficial Bites

### Nuts about Walnuts

February, 2021

*Presented by: The Aging and Disability Resource Center*

Walnuts don't fall from the tree, because they are part of the tree nut family! This family also includes Brazil nuts, cashews, macadamia nuts, pecans, pine nuts, and pistachios. There has been so much research that proves walnuts bring get health benefits when included into the diet. That is, if you're not allergic to them!

Even though walnuts are higher in calories due to their fat content, about one ounce is the recommended daily serving size which equals about 14 walnut halves. However, be aware that it may be easy to eat more than 14 halves, because they do taste great!

One of the more well-known benefits of eating walnuts includes it being a great resource of Omega-3 fatty acids, which isn't easy to come in the typical "America Diet." Research has shown that adequate intake of Omega-3 fatty acids can help with a wide variety of cardiovascular functions such as blood pressure. Omega-3s can also help to lower triglycerides, slow the development of plaque build-up in the arteries, and reduce heart attack and stroke risk.

Walnuts are harvested in December, but are available all year. China is presently the largest commercial producer of walnuts in the world, with about 360,000 metric tons produced each year. The United States is second, with about 294,000 metric tons of production – with 90% of them being grown in California. Did you know shelled walnuts should be stored in the fridge in an airtight container since they are extremely perishable? They can last up to 6 months in the fridge, or one year in the freezer.

In 2021, Beneficial Bites is trialing a virtual presentation and cooking demonstration. You will be able to watch a recorded version of this on our Facebook page and our ADRC website. The February date this will be released will be announced soon, so stay tuned! Remember, we have included all of the walnut presentation information and recipes on our website for you to read and try on your own. Maybe you even want to include it into your cooking at home? Please visit [www.adrcconnections.org](http://www.adrcconnections.org) and click on the Programs and Nutrition tabs to find the Beneficial Bites information at your fingertips. You can find past topics here as well. Hopefully, we can resume in-person sessions in the near future! Thank you for understanding!

## Beneficial Bites



## Walnuts



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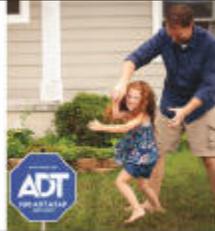
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FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>



For ad info. call 1-800-950-9952 • [www.lpiseniors.com](http://www.lpiseniors.com)

The Senior Center of the Rice Lake Area Inc., Rice Lake, WI

A 4C 02-0933

# Thank You!

The Senior Center is looking for donations to help ease the budget

Some items we could use are,

Stamps

Copy Paper

Kleenex

Business Sized Envelopes

Liquid Soap Refills

\$\$Money\$\$

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

— Edith Sitwell

## Donations

Gargulaks

Jill Deitz

Shirley Berghold

Adele Burden

Chris Payson

Money

Money

Money

Face Masks

Money

Answer on page 14

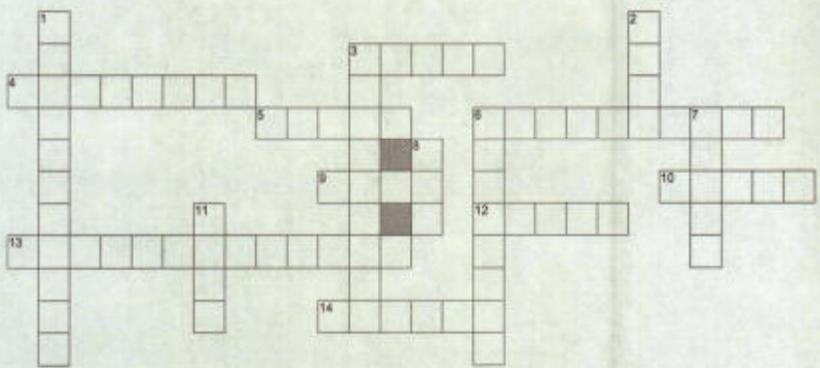
**Support Your Center**

**We are taking 2021 memberships \$15.00 Check or Cash Stop in or mail in**



Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Valentine's Day Crossword

**HORIZONTAL**

- Shoots arrows at people.
- The month of Valentine's Day.
- Cupid shoot this and people fall in love.
- Valentine's Day is also time for...
- Valentine's Day is the day of
- Kids love Valentine's Day because they want to eat a lot of
- Favorite flower for Valentine's Day.
- The name of this holiday is
- Expression often said on Valentine's Day "Be \_\_\_\_\_"

**VERTICAL**

- Heart shaped candy with words
- Many people send one to a friend on Valentine's Day.
- "Kisses" is one kind of this type of candy.
- Valentine's Day is celebrated this day of the month.
- Symbol of love.
- Favorite Valentine's Day color.
- A present.

FRIENDSHIP	CUPID	CANDY	RED
HEART	BE MINE	CHOCOLATE	GIFT
FOURTEEN	FEBRUARY	SWEETHEARTS	CARD
ARROW	VALENTINE'S DAY	LOVE	ROSES

# Recipes of the Month

## POTATO CRAB CAKES

Printed from COOKS.COM

6 oz. frozen hash brown potatoes with onions  
2 (8 oz.) pkgs. Louis Kemp chunk imitation crab meat, finely chopped  
2/3 c. mayo  
1/2 c. bread crumbs  
1/4 c. parsley, chopped  
1/4 c. chopped red pepper  
2 eggs  
1 tbsp. lemon juice  
1/4 tsp. pepper  
1/2 c. oil  
Remoulade sauce (recipe follows)  
Prepare potatoes according to package directions. Drain and pat dry. Place potatoes in large bowl, add crab meat, mayo, bread crumbs, parsley, red pepper, eggs, lemon juice and pepper. Shape into 8 patties, place on waxed paper lined tray. Cover, chill for 2 hours. Heat oil in large skillet over medium high heat. Add patties. Cook until browned on both sides, about 10 minutes. Serve with sauce.  
4 servings.

### REMOULADE SAUCE:

1 c. mayo  
1/2 c. barbeque sauce  
2 tbsp. horseradish  
2 tbsp. capers  
1/2 tsp. lemon juice  
Stir together the above ingredients. Cover and chill.

## EASY CRAB SALAD

Printed from COOKS.COM

1 box small sea shell pasta  
2 pkg. imitation crab meat  
1 bunch green onions  
4 stalks celery  
1 1/2 c. mayonnaise  
4 tbsp. lemon juice  
black pepper  
Cook pasta until tender and drain. While pasta is cooling, cut green onions and celery into very small pieces. Chunk crab meat into bite-size pieces. Mix pasta shells, onions, celery and crab together. Add lemon juice and mayonnaise and mix thoroughly. Sprinkle with black pepper. Refrigerate until cool and serve with crackers. Recipe is easily doubled or tripled for large groups.



Answer on page 14

# VALENTINE'S DAY

## ♥ WORD SCRAMBLE ♥

1. MARDIER \_\_\_\_\_
2. QUTBOUE \_\_\_\_\_
3. OOLTCCHEA \_\_\_\_\_
4. PDUCI \_\_\_\_\_
5. WRSLEFO \_\_\_\_\_
6. AETRH \_\_\_\_\_
7. NORMCEA \_\_\_\_\_
8. WREHTTESAE \_\_\_\_\_
9. ELVNATEIN \_\_\_\_\_
10. OESRS \_\_\_\_\_
11. GHU \_\_\_\_\_
12. LEVO \_\_\_\_\_



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**- CHARLES M. SCHULZ**

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Answer on page 14

# Community Breakfast

We are thinking of restarting our Sunday Community Breakfast in March or April. At this time we are looking at doing a takeout breakfast somewhat like the Grab & Go is done except it would run through the alley. The meal would be somewhat like the offerings in the past but portioned out with everything that is being offered each month. Customers would just pull up pay and receive meals. We would appreciate your ideas. Call us at 715-234-7224 between 8:30am and 1pm Monday through Friday.

## VALENTINE'S DAY

### WORD SEARCH



- |              |            |           |
|--------------|------------|-----------|
| ADMIRER      | BE MINE    | BOUQUET   |
| CANDY        | CHOCOLATE  | CUPID     |
| FALL IN LOVE | FEBRUARY   | FLOWERS   |
| GIFT         | HEART      | HUG       |
| I LOVE YOU   | KISS       | LOVE      |
| PINK         | RED        | ROMANCE   |
| ROSES        | SWEETHEART | VALENTINE |



"Wherever you go, no matter what the weather, always bring your own sunshine."

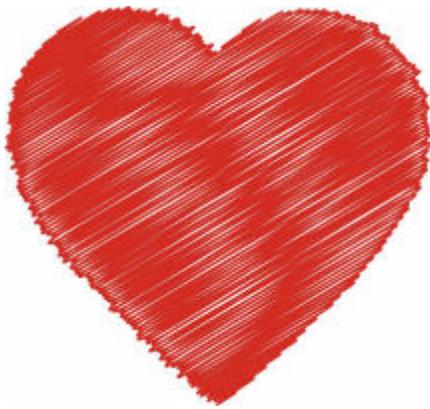
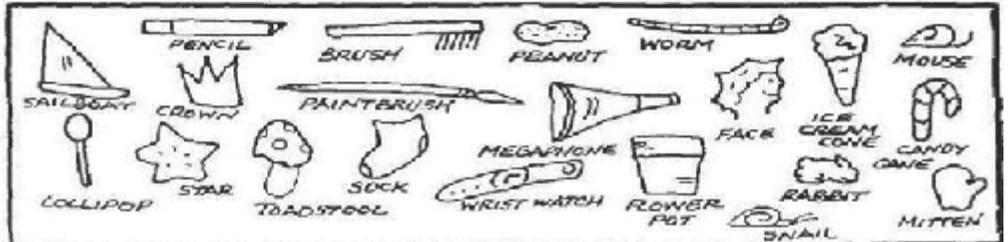


Anthony J. D'Angelo

# For the Fun of it

Answer on page 15

**LOVE DOES NOT  
MAKE THE  
WORLD  
GO ROUND  
LOVE IS WHAT  
MAKES THE RIDE  
WORTHWHILE**





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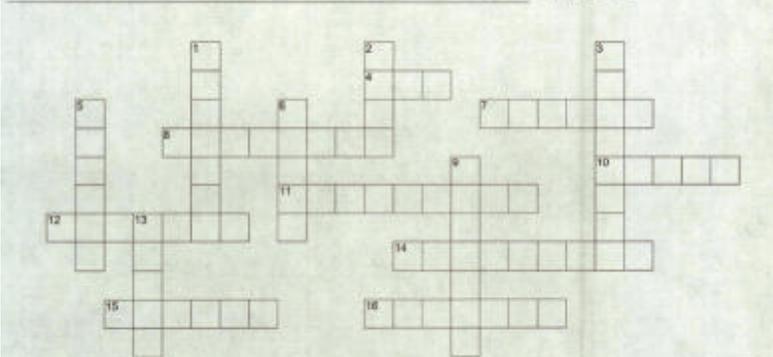
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The Senior Center of the Rice Lake Area Inc., Rice Lake, WI

C 4C 02-0933

Answer on page 15

## ALASKA CROSSWORD



### ACROSS

4. Alaska's most valuable export.
7. Capital of Alaska.
8. Famous sled dog race in Alaska.
10. Round hut made of snow blocks.
11. Alaska was a \_\_\_\_\_ before it became a State in January 3, 1959.
12. Percentage of Alaskans who are Native Americans.
14. Where Alaska is situated in North America.
15. Country that lies between Alaska and the lower forty-eight states.
16. Form of transportation.

### DOWN

1. Bay where oil was first found in Alaska.
2. Mineral resource that caused a rush to Alaska.
3. Moving masses of ice.
5. Country from which the USA bought Alaska.
6. Famous siberian husky sled dog who led his team on the 1925 serum run to Nome, in which diphtheria antitoxin was transported.
9. Is also a significant part of the economy, other than oil, natural gas, and fishing industries.
13. Alaska is about twice as big as this state.

BALTO	PRUDHOE	TOURISM	IGLOO
JUNEAU	CANADA	FIFTEEN	TERRITORY
OIL	GOLD	TEXAS	DOGSLED
NORTHWEST	GLACIERS	IDITAROD	RUSSIA



## COMMODITY SUPPLEMENTAL FOOD PROGRAM

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THURSDAY FEBRUARY 18<sup>th</sup>  
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FRIDAY FEBRUARY 19<sup>th</sup>  
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RICE LAKE

**FOOD ORDERS MAY BE PICKED  
UP AT EITHER LOCATION**

**PARTICIPANTS MUST BE  
ENROLLED IN THE PROGRAM  
PRIOR TO PICKING UP A FOOD  
ORDER.**

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**715-537-6225.**

"There's one good thing about snow, it makes  
your lawn look as nice as your neighbor's."  
Clyde Moore:

# AARP TAX PREPARATION IN 2021

This has been a crazy year due to Covid-19, and many things have changed. The tax preparation process has also changed a lot for 2021 (2020 Returns). This change in procedure is to ensure both volunteers and taxpayers stay safe.

**WARNING:** Because of the significant changes in the process, many less returns will be completed this year. We are sorry we cannot accommodate everyone, but it is just not going to happen this year. We will prepare as many as we can do safely.

**This year there will be no appointments made over the telephone.** To have your taxes prepared, you will be required to come to the main entrance (office) of the Rice Lake Senior Center to pick up a packet of materials which will need to be completed before your appointment. When you pick up your packet, you may make an appointment to have your taxes completed.

At the time of your appointment, return to the Rice Lake Senior Center. If this is a married couple, both will need to be present at this appointment. Your temperature will be checked, you will sign in, and your paperwork will be reviewed. **Face masks are required**, and a plexiglass shield will separate the taxpayer from the volunteer tax preparers. All of your documents will be scanned and saved to the tax computers. You will then be able to sign out and leave, taking all of your documents with you. The goal is that no one will be there longer than 30 minutes, so it is important that you complete the paperwork ahead of time.

When your tax return has been completed, you will be contacted for a time to return to sign and pick up the completed copy. Again, both persons of a married couple must be present to sign the tax return. This will probably be 2-3 days after your first appointment. Only after this step is complete will your tax return be filed.

**REMEMBER: HERE ARE THE REQUIREMENTS FOR YOUR APPOINTMENTS TO HAVE YOUR TAX RETURN COMPLETED:**

A Mask will be required.

Your temperature will be taken and must be less than 100 degrees.

You will need to sign in and out of the building.

The Intake Booklet (in the packet of materials) must be completed.

Form 14446 (in the packet of materials) must be completed and signed. This gives us permission to scan your documents.

Social Security cards for everyone are required.

Married filing jointly requires both persons to be present.

Senior Center office open 8:30am until 1pm Monday through Friday.

**“One can follow the sun, of course, but I have always thought that it is best to know some winter, too, so that the summer, when it arrives, is the more gratefully received.”**

**“To shorten winter, borrow some money due in spring.”**

W. J. Vogel



# VALENTINE'S DAY

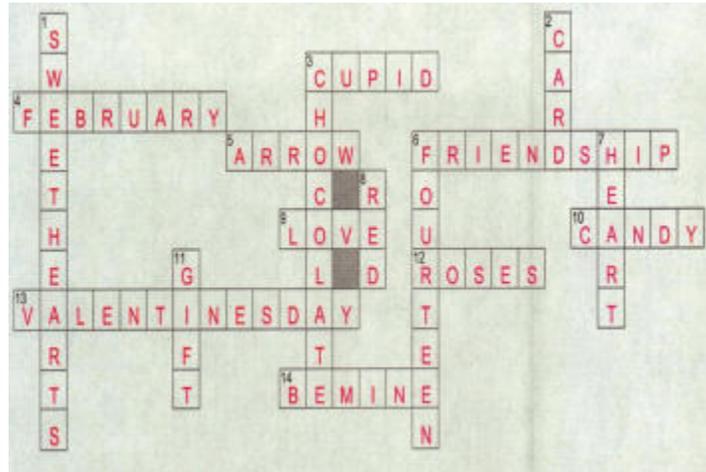
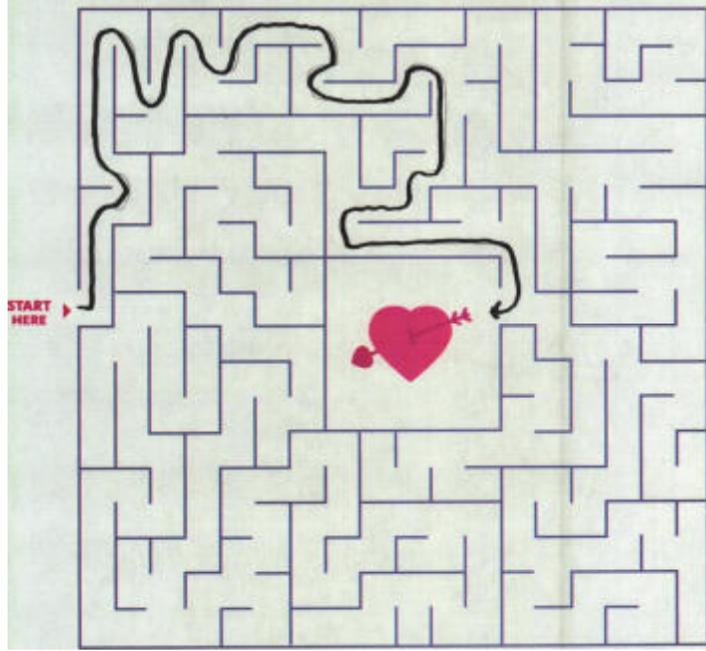
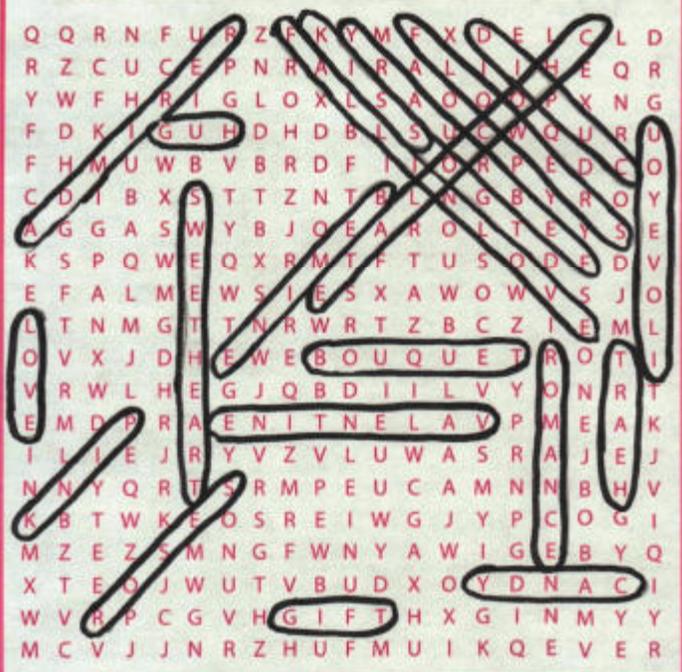
## ♥ WORD SCRAMBLE ♥

1. MARDIER Admires
2. QUTBOUE bouquet
3. OOLTCHEA Chocolate
4. PDUCI Cupid
5. WRSLEFO Flowers
6. AETRH Heart
7. NORMCEA Romance
8. WREHTTESAE Sweetheart
9. ELVNATEIN Valentine
10. OESRS Roses
11. GHU Hug
12. LEVO Love



# VALENTINE'S DAY

## ♥ WORD SEARCH ♥



# When will COVID-19 vaccine be available for different groups?

From Wisconsin Department of Health January 8th, 2021

We are in Phase 1A of the vaccine prioritization guidelines. Right now, in the early weeks of Phase 1A, the few doses we have are available to frontline health care providers and skilled nursing facility staff and residents. As vaccine supply increases, other health care personnel and long-term care facility residents and staff will be offered COVID-19 vaccination. We expect that it will take several months to vaccinate everyone eligible in Phase 1A.

Beginning January 18, 2021, police and fire personnel will be eligible to receive the COVID-19 vaccine. Local health departments (LHDs) will be leading the coordination for the vaccination of police and fire personnel, as well as Emergency Medical Services and unaffiliated health care providers in their jurisdictions. Local health departments will work in partnership with local vaccinators, including health care systems and pharmacies. To ensure everyone that is eligible for a vaccine has access to a provider, DHS will work alongside LHDs in coordinating with police and fire associations.

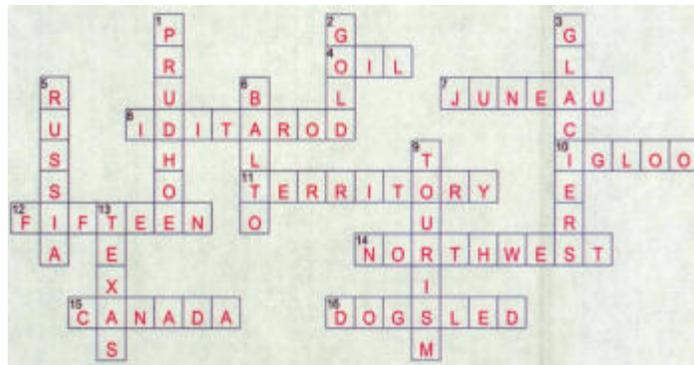
After we get more vaccine supply and vaccinate those in Phase 1A, we anticipate that Phase 1B may include persons aged 75 and older and non-health care frontline essential workers. Then we anticipate in Phase 1C, persons aged 65-74, persons aged 16-64 with high-risk medical conditions, and essential workers not included in Phase 1B will start receiving COVID-19 vaccine. This information is subject to change based on further guidelines and vaccine supply.

While you are waiting for your turn to get the vaccine, there are a few things you can do.

Learn more about the COVID-19 vaccine on the CDC's website(link is external) and become a vaccine advocate for your friends and family.

Bookmark this website and check back in a few weeks as we update information frequently.

It is important to continue wearing masks, physical distancing, washing our hands, and getting tested and isolating if you have signs and symptoms of COVID-19. If we continue to use all these COVID-19 precaution tools, we stand the best chance of getting our families, communities, schools, and workplaces “moving forward” sooner.



**Board Meeting**  
**Wednesday, February 10th at 10am**

\$4.00 Suggested Donation 60yrs and over

\$9.00 Under 60yrs

## Barron County Grab & Go and Meals On Wheels Menu – February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak Baked Baby Reds Steamed Broccoli <b>Three Cheese Bread*</b> Apple Pie Bar	2 Baked Ham Mashed Sweet Potato Cheesy Cauliflower <b>Spinach Asiago Bread*</b> Pineapple Chunks	3 Pineapple Pepper Chicken served over White Rice Oriental Cabbage Salad Egg Roll Fruited Jell-O	4 Smothered French Onion Pork Chop Mashed Potatoes Steamed Corn <b>Swedish Rye Bread*</b> Cook's Choice Pie	5 <b>Slippery Hill* Entrée</b> Salad with HB egg, black beans, tomatoes, cucumbers, cheese Vegetable Medley Soup Bread Stick, Cookie
8 Traditional Spaghetti w/ Meat Sauce Green Beans <b>Italian Parmesan Bread*</b> Chilled Pears	9 Savory Chicken and Dumpling Soup Turkey & Cheese on <b>4-Grain Walnut (BB) Bread* +</b> Yogurt & Fruit Parfait	10 Sloppy Joe on a <b>Whole Wheat Bun*</b> Baked Beans Coleslaw Warm Spiced Apples	11 Cabbage Roll with beef and rice Peas and Pearl Onions <b>Sourdough Bread*</b> <i>Carrot &amp; Walnut Cake w/ Cream Cheese Icing(BB)+</i>	12 Boiled Kielbasa Homemade Macaroni and Cheese Brussel Sprouts <b>Honeywheat Bread*</b> Fresh Banana
15 Loaded Beef and Bean Chili Cheese & Crackers <b>Vienna Bread*</b> Fruit Juice Sweet Heart Cake	16 Meatloaf Mashed Potatoes Stewed Tomatoes <b>Bacon, Onion, Cheese Bread</b> Peanut Butter Bar+	17 Classic Baked Tuna Noodle Casserole w/ Peas <b>Pesto Bread*</b> Fresh Grapes Mint Brownie	18 <b>Kitchen Kleen*</b> Loaded Baked Potato with diced ham, broccoli, cheese <b>Whole Wheat Roll*</b> Peaches	19 Baked Fish <b>Chieftain Rice Blend*</b> Glazed Carrots <b>Peppercorn Dill Bread*</b> Fruit Cobbler
22 Chicken Cashew Stir Fry over Brown Rice + Oriental Vegetables <b>Whole Wheat Roll*</b> Mandarin Oranges	23 Swedish Meatballs served over Egg Noodles Buttered Beets <b>Marble Rye Bread*</b> Vanilla Pudding	24 Egg Salad Sandwich on Croissant <i>Spinach Salad w/ Strawberries &amp; Candied Walnuts (BB)+</i> Assorted Ice Cream	25 Country Baked Ham Butter Beans Sonoma Vegetable Blend <b>Sun-Dried Tomato Bread*</b> Oatmeal Raisin Cookie	26 Seafood Alfredo served over Whole Wheat Noodles Steamed Broccoli <b>Pumpnickel Bread*</b> Lemon Bar



**Beneficial Bites  
for February:  
Walnuts**

\*Indicates a locally grown/produced menu item; specialty breads are baked at the local Barron Bakery

+Indicates Nuts (any kind) in menu item

Finalized: 1/5/2021

Menu is subject to change