



Serving Polk & Burnett Counties and the
St. Croix Chippewa Indians of Wisconsin

The Voice

FREE please take a copy

The First Macy's Thanksgiving Day Parade

As the United States prospered during the Roaring Twenties, so did New York City's iconic department store—Macy's. After going public in 1922, R. H. Macy & Co. started to acquire competitors and open regional locations. Macy's flagship store in Manhattan's Herald Square did such a brisk business that it expanded in 1924 to cover an entire city block stretching from Broadway to Seventh Avenue along 34th Street.

To showcase the opening of the "World's Largest Store" and its 1 million square feet of retail space at the start of the busy holiday shopping season, Macy's decided to throw New York a parade on Thanksgiving morning. In spite of its timing, the parade was not actually about Thanksgiving at all but the next major holiday on the calendar—Christmas. Macy's hoped its "Christmas Parade" would whet the appetites of consumers for a holiday shopping feast.

At 9 a.m. on the sunlit morning of November 27, 1924, Macy's gave the children of New York a particularly special Thanksgiving treat as a police escort led the start of the parade from the intersection of 145th Street and Convent Avenue. The early-morning start time of "Macy's Christmas Parade" overlapped with many church services, but it gave spectators plenty of time to make it to the afternoon's big football game between Syracuse and Columbia universities at the Polo Grounds.

Macy's had promised parade-goers "a marathon of mirth" in its full-page newspaper advertisements. While the parade route may not have extended over 26 miles, its 6-mile length certainly made for a long hike for those marching from Harlem to Herald Square. The spectators who stood four and five people deep, however, could watch it all in just a matter of minutes since the modest street pageant stretched the length of only two city blocks.

To match the nursery-rhyme theme in Macy's Christmas window display in 1924, floats featured Mother Goose favorites such as the Old Woman Who Lived in a Shoe, Little Miss Muffet and Little Red Riding Hood. Macy's employees dressed as clowns, cowboys and sword-wielding knights. A menagerie of animals on loan from the Central Park Zoo—including bears, elephants, camels and monkeys—offered a circus-like atmosphere as four bands provided the soundtrack to the festive march. Bringing up the rear of the parade was a float bearing the guest of honor—Santa Claus—sitting in his reindeer-driven sleigh on top of a mountain of ice.

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<https://www.history.com/news/the-first-macys-thanksgiving-day-parade>



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Aging and Disability Resource Center of Northwest Wisconsin

Contact Information:

Toll-Free: 877-485-2372

Email: adrc@co.polk.wi.us

Website: www.adrcnwwi.org

Balsam Lake

Polk Co. Government Center
100 Polk County Plaza #60
Balsam Lake, WI 54810
Phone: 715-485-8449
Fax: 715-485-8460

Siren

Burnett Co. Government Center
7410 County Road K, #180
Siren, WI 54872
Phone: 715-349-2100
Fax: 715-349-8644

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Account Clerk	Angie Heyer
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Tracy LaBlanc
Barb Behan
Jennifer Bearhart

Next Meeting:
*** meeting dates,
times and locations
are subject to
change**

Polk County Aging Advisory

Rose Kromrey	Next Meeting: November 16th, 2021.
Elaine Boucher	Polk County Government Center
Philip Everhart	9am
Tracy LaBlanc	
Laurel Park	

Burnett County Aging Advisory

Dorothy Richard	Next Meeting: November 18th, 2021
Gary Lundberg	Burnett County Government Center
Gladys Beers	1:30pm
Sharon Rochel	

Burnett County Nutrition Council Meeting:
Date and Time: TBD
Location: TBD

ADRC of Northwest Wisconsin Office Hours:

Monday-Friday, 8:30am-4:30pm

Offices Closed on Veteran's Day and Thanksgiving



ADRC Nutrition Program: A fresh start to nutrition

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ADRC Dining Site Locations

A & H Senior Center.....	715-635-7199
Grantsburg Senior Center	715-463-2940
Siren Senior Center	715-349-2845
Webster Senior Center	715-866-5300
Amery Congregational Church	715-268-6818
Milltown Community Center.....	715-825-5025

Serving Times: Mon, Tue, Thurs & Fri at 11:30am

Cost and Details:

60 Years of Age and Older: \$4/meal donation.

General Public: \$10/meal

Please contact your ADRC Dining site for reservations or cancellations at least 24 hours in advance. Menu is subject to change without notice. Bread and milk offered with all meals.

November 2021 Menu for ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hunter's Stew Boiled Potatoes Dill Carrots Warm Scalloped Apples Wheat Roll	2 Oven Roasted Chicken w/Mushroom Gravy Whipped Potatoes Swiss chard Whole Wheat Bread Peach Cobbler	3 All Meal Sites Closed	4 Pasta Bolognese Penne Pasta Peas WW Garlic Bread Mandarin Oranges	5 Bell Pepper Cod Lemon Rice Spanish Beans Whole Wheat Bread Pineapple
8 Hearty Sausage & Winter Squash Stew Great Northern Beans Whole Wheat Bread Pear	9 Swedish Meatballs Egg Noodles Roasted Parmesan Cauliflower Pumpkin Bars	10 Cook's Choice	11 Meal Sites Closed 	12 Lemon Thyme Cod w/Dill Sauce & Coleslaw Brown Rice Pilaf Green Peas Apple Slices
15 Chicken Pot Pie w/Potatoes Peas & Carrots Garden Salad Pears	16 Herb Poached Salmon Grilled Asparagus Winter Squash Wheat Roll Fresh Berries	17 All Meal Sites Closed	18 Zesty Taco Bake Spanish Rice Roasted Corn & Black Bean Salsa WW Tortilla Chips Mandarin Oranges	19 Roasted Pork Loin Apple Glaze Baked Potato Roasted Broccoli Whole Wheat Bread Peaches
22 Basil Crusted Chicken Bow Tie Pasta Stewed Tomatoes Dill Cucumber Salad Garlic Bread Melon	23 Roast Turkey & Gravy Mashed Potatoes Green Bean Casserole Cranberry Sauce Pumpkin Pie	24 All Meal Sites Closed	25 Meal Sites Closed Thanksgiving 	26 Meal Sites Closed Thanksgiving
29 Meatball Marinara Spaghetti Caesar Salad Garlic Bread Grapes	30 Roasted Pork Loin w/Mustard Sauce Roasted Potatoes Glazed Carrots Whole Wheat Bread Lemon Bar	ADRC congregate meal sites are still closed. Meals are available for pick up or delivery. Contact your meal site for details and for a meal.		

St. Croix Chippewa Indians of WI Elder Dining



St. Croix Tribal Center

715-349-2195

24663 Angeline Avenue,
Webster, WI 54893

<https://stcroioxojibwe-nsn.gov/>



Danbury Nutrition Site

30335 W. Minerva Dam Road
Danbury WI 54830
715-656-3227

Sand Lake Nutrition Site

4460 Highway 70
Webster WI 54893
715-349-2849

November 2021 Danbury and Sand Lake Meal Sites Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Noodle Soup Cooks Choice Sandwich Fruit Salad	2 Swedish Meatballs Mashed Potatoes Gravy Mixed Vegetable Chocolate Cake	3 Pork Loin Gravy & Stuffing Squash WW Dinner Roll Apple Crisp	4 Cooks Choice Hotdish	5 Sausage Gravy over Biscuits Oven-Roasted Potatoes Peas and Carrots Cookie
8 Split Pea Soup w/ Ham Egg Salad on Bun Molasses Cookies	9 Lasagna Broccoli Garlic Bread Dessert	10 Wild Rice Hotdish Carrots Cornbread Applesauce	11 <i>Closed for Veteran's Day</i> 	12 Chicken Caesar Salad Wrap Vegetable Pumpkin Bars
15 Vegetable Beef Barley Soup WW Dinner Roll Summer Sausage Cheese Slices Cookies	16 Pulled Pork on Bun Oven-Roasted Potatoes Salad Dessert	17 Roast Turkey Mashed Potatoes Gravy Green Beans WW Dinner Roll Cake	18 Pastie Meat pie Swiss Veggie Bake Seasonal Fruit	19 Sausage Sandwich Peppers, Onions, and Cheese Creamed Peas Cookies
22 Chili Tossed Salad Fry Bread Apple Crisp	23 Breakfast for Lunch	24 <i>Closed for Thanksgiving</i>	25 <i>Closed for Thanksgiving</i> 	26 <i>Closed for Thanksgiving</i>
29 Italian bean Soup Cheesy Bread Dessert	30 Loose Meat Sandwich Coleslaw Potato Chips Cookie	St. Croix Tribal Sites will be closed to congregate dining again until further notice. Meals are available for carry-out.		



ADRC Social Transportation

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The ADRC Van & Minibus are both wheelchair accessible

The van can accommodate 3 to 5 people

The bus can accommodate 8 to 10 people



The cost is usually \$1.00 per trip; however, the cost may increase to \$2/trip when there are parking fees. Please pay the driver at time of service. We accept CASH ONLY.

Calendar of trips is subject to change!

Trips will be advertised on the ADRC of NW WI website at www.adrcnwwi.org and the ADRC newsletter "The Voice".

Seating can be reserved by calling the ADRC at least 5 days in advance at: 877-485-2372

ADRC SOCIAL TRANSPORTATION SCHEDULE

Find the county you live in for which scheduled trips are available for you. The DRIVER scheduled for your trip will call you to let you know what time they will arrive at your house to pick you up.

Wednesday, November 3, 2021

10:00 AM – 4:00 PM

Burnett County Shopping: Rice Lake, WI. Stopping at Hobby Lobby, Walmart, and ALDI's.

Thursday, November 4, 2021

7:00 PM

Ole'&Lena's "Thanksgiving Family" Play: St. Croix Falls Theatre.

CANCELLED

Friday, November 5, 2021

10:00 AM – 3:00 PM

Polk County Shopping: Amery, WI. Stopping at Dick's, Save-A-Lot and Family Dollar.

Tuesday, November 9, 2021

10:00 AM – 2:00 PM

Polk County Shopping: St. Croix Falls, WI. Stopping at Walmart, Menards, and Marketplace.

Friday, November 12th, 2021

10:00 AM – 3:00 PM

Polk County Shopping: Across the Border in Cambridge, MN and North Branch, MN

Monday, November 15th, 2021

9:30 AM–1:30 PM

Polk County Trip: Burnett Dairy in Grantsburg, WI

Thursday, November 18th, 2021

10:00 AM–3:00 PM

Polk County Shopping: Rice Lake, WI. Stopping at Hobby Lobby, Walmart, and ALDI's.

Tuesday, November 23rd, 2021

10:00 AM–3:30 PM

Polk County Shopping: St. Croix Falls, WI. Stopping at Walmart, Menards, and Marketplace.

Wednesday, December 1st, 2021

10:00 AM–4:30 PM

Polk County Shopping: Oakwood Mall in Eau Claire, WI

Transportation Continued...

Friday, December 3rd, 2021

10:00 AM – 2:00 PM

Polk County Shopping: St. Croix Falls, WI. Stopping at Walmart, Menards, and Marketplace.

Saturday, December 4th, 2021

10:00 AM–4:00 PM

Burnett County: Christmas at the Fort. Meeting at the Webster Senior Center.

Friday, December 10th, 2021

8:30 AM – 2:30 PM

Burnett County Shopping: Rice Lake, WI. Stopping at Hobby Lobby, Goodwill, Walmart, and ALDI's.

Saturday, December 11th, 2021

11:00 AM–5:00 PM

Polk County Holiday Boutique at Dancing Dragonfly Winery

Monday, December 13th, 2021

5:00 PM–9:00 PM

Burnett County Christmas Light Tour at Sam's Christmas Village in Somerset, WI

Wednesday, December 15th, 2021

9:30 AM – 3:00 PM

Polk County Shopping: St. Croix Falls, WI. Stopping at Walmart, Menards, and Marketplace.

Thursday, December 16th, 2021

10:30 AM – 3:00 PM

Polk County Shopping: Rice Lake, WI. Stopping at Hobby Lobby, Goodwill, Walmart, and ALDI's.

Tuesday, December 21st, 2021

5:00 PM–9:00 PM

Polk County Christmas Light Tour at Sam's Christmas Village in Somerset, WI

Wednesday, December 22nd, 2021

10:00 AM–2:00 PM

Burnett County Shopping: Oakwood Mall in Eau Claire, WI

Tuesday, December 28th, 2021

9:30 AM–2:30 PM

Polk County Shopping: St. Croix Falls, WI. Stopping at Walmart, Menards, and Marketplace.

Please contact Cheryl Bereiter if you are interested in joining one of our trips.

Call 877-485-2372 to reserve your spot.

Volunteer Drivers Needed!

If you...

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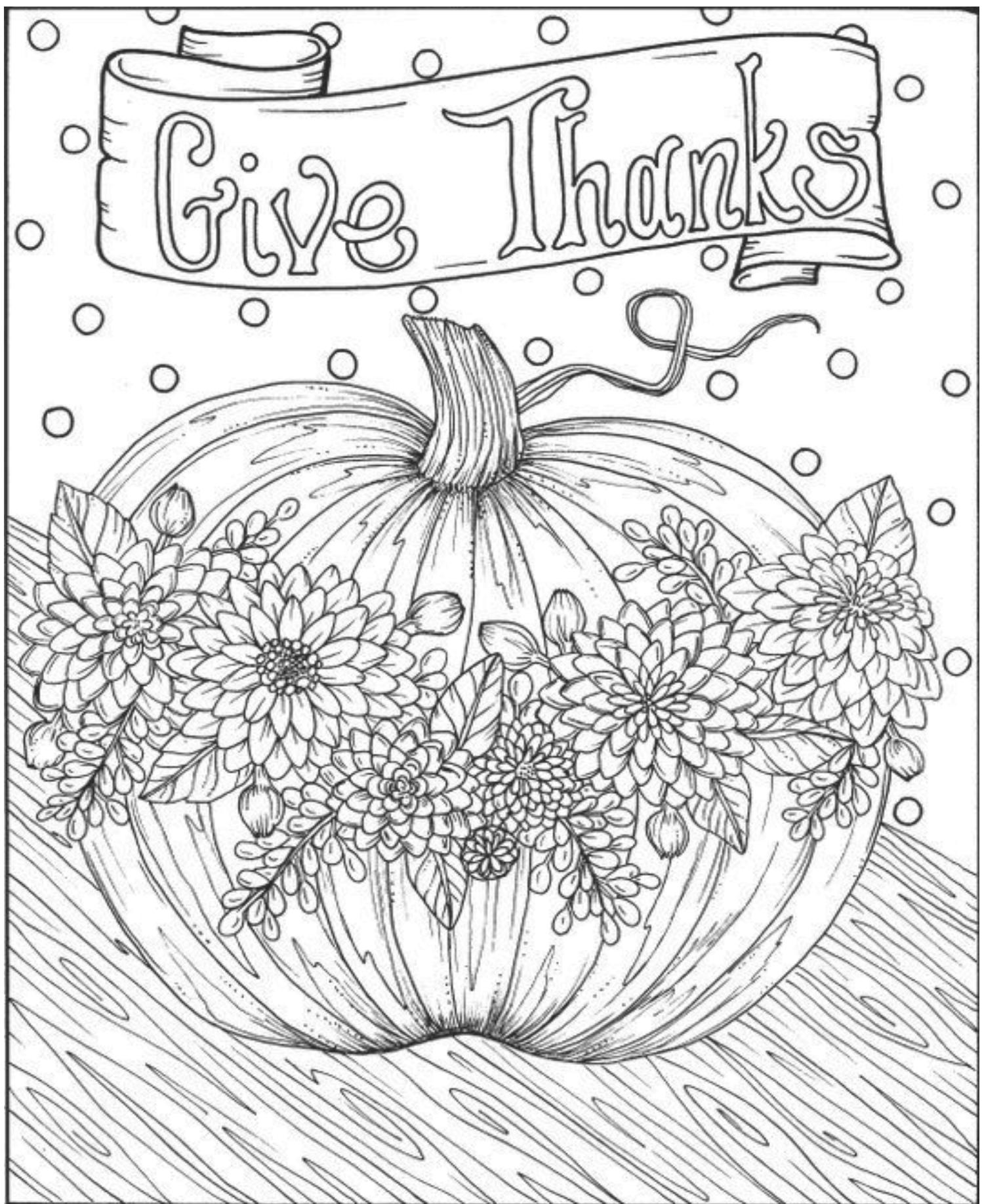
WE WANT YOU!

The ADRC of Northwest WI desperately needs volunteer transportation drivers. Drivers provide transportation for older adults and adults living with disabilities to non-emergency medical appointments and other essential transportation needs. Volunteer drivers are reimbursed at the current IRS rate.



Coloring

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Celebrate Family Caregivers

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent's house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don't recognize their own worth.

Let's Celebrate Caregivers this month! Here are some simple things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello. You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers' needs are forgotten. Listen to them without judging or advising. An opportunity to share feelings openly and in confidence can be a great help and comfort.
3. Offer to help. Instead of telling them to call if they need something, be more persistent in offering your help. Try this. "I am going to help you. Do you want me to bring a meal or a mop?" Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.
4. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one. Even if they say no, being asked will help them see they are still included.
5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the ADRC of NW WI to find out the various types of support that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them.
7. Check in regularly. A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them, and sometimes hearing about someone else's life gives them a break.
8. If you are comfortable, offer to care for their loved one for an hour or two so they can get a break.

Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!

Jane Mahoney

Older American's Act Consultant at Greater Wisconsin Agency on Aging Resources



Front Page Continued

By noontime, the parade finally arrived at its end in front of Macy's Herald Square store where 10,000 people cheered Santa as he descended from his sleigh. After being crowned "King of the Kiddies," Kris Kringle scaled a ladder and sat on a gold throne mounted on top of the marquee above the store's new 34th Street entrance near Seventh Avenue. With a bellow from his trumpet, Santa sounded the signal to unveil "The Fair Frolics of Wondertown," the Christmastime window display designed by artist and puppeteer Tony Sarg. As soon as the police lowered their crowd-control lines, children rushed to the 75-foot-long window to see the miniature Mother Goose marionette characters on moving belts frolicking in their own parade in front of a castle-like façade.

Although the parade garnered only two sentences the following day in the New York Herald—the same amount of ink given to the charity dinner and screening of the "The Ten Commandments" for the prisoners at the Sing Sing correctional facility—it proved such a smash that Macy's announced in a newspaper advertisement the following morning that it would stage the parade again the following Thanksgiving. "We did not dare dream its success would be so great," stated the advertisement.

Macy's Christmas Parade quickly became a New York holiday tradition to the joy of nearly all except the zoo animals, who did not revel in the six-mile journey, and the marchers treading carefully in their wake. The roars and growls from the tired animals frightened young spectators, so they were replaced by less-surly and more-obedient character balloons, which quickly became the parade's signature attractions after the debut of a helium-filled Felix the Cat, designed by Sarg, in 1927.

While the route has been scaled back to a length of two-and-a-half miles, the size of the parade itself has blossomed with dozens of balloons, marching bands, celebrities and cheerleaders. Although it is now called the "Macy's Thanksgiving Day Parade," Santa Claus remains the show-stopper, and his arrival in Herald Square still heralds in the Christmas season in New York.

NEVER MISS A NEWSLETTER!

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Home Energy Plus Program

Home Energy Plus includes the Wisconsin Home Energy Assistance Program (WHEAP) and Weatherization Assistance Program (WAP). WHEAP provides assistance for heating costs, electric costs, and energy crisis situations. WAP helps renters and homeowners reduce their energy consumption. Operating with federal and state funding, the programs provide energy assistance payments to over 200,000 households and weatherization services to over 6,000 households in Wisconsin each year.

WHO IS ELIGIBLE FOR ENERGY ASSISTANCE AND WEATHERIZATION ASSISTANCE?

Your household may be eligible for the Wisconsin Home Energy Assistance Program (WHEAP) and Weatherization Assistance Program (WAP) based on a number of factors. If your household gross income is less than the amount shown on the following chart, you may be eligible for a benefit or services. Please contact the Polk County Energy Assistance Hotline number at 715-485-8480 to find out how to apply. By speaking with the intake worker, you will be informed of your option(s) on how to apply based on previous year's application. You may also apply online for WHEAP benefits: www.energybenefit.wi.gov. If you receive voice mail, please leave your name and phone number and our intake worker will return your phone call.

Household Size	One Month	Annual Income
1	\$2,490.08	\$29,881
2	\$3,256.33	\$39,076
3	\$4,022.50	\$48,270
4	\$4,788.67	\$57,464
5	\$5,554.83	\$66,658
6	\$6,321.00	\$75,852
7	\$6,464.67	\$77,576
8	\$6,608.33	\$79,300

WHAT IS THE WISCONSIN HOME ENERGY ASSISTANCE PROGRAM AND HOW DOES IT WORK?

WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs, but the payment is not intended to cover the entire energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the household's energy supplier.

WHAT TYPES OF FUEL ARE ELIGIBLE TO RECEIVE ASSISTANCE?

Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, if you qualify, energy assistance is available. Your household may also be eligible to receive a payment for non-heating electric energy costs through funding provided by Wisconsin's Public Benefits Program.

IF YOU CURRENTLY DO NOT HAVE HEAT OR MAY BE DISCONNECTED

Crisis assistance is available if you have no heat, have received a disconnect notice from the vendor, or are nearly out of fuel and are unable to purchase more. WHEAP agencies provide a 24-hour crisis phone number to help with emergencies that occur after business hours.

Non-emergency/Proactive crisis services include providing information on how to reduce fuel costs, counseling on budgeting and money management, payments to a fuel supplier, and co-pay agreements. To speak with the Polk County WHEAP Intake Worker, please contact 715-485-8480.



Home Energy Plus Program

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FURNACE/BOILER REPAIR AND REPLACEMENT

WHEAP emergency heating system assistance can provide services to eligible homeowners if the furnace or boiler stops operating. Heating system assistance includes payment for repairs or in some situations your residence may qualify for a total replacement of a non-operating system. Call Polk County's WHEAP hotline number at 715-485-8480 immediately if you are experiencing a no heat situation.

WISCONSIN WEATHERIZATION ASSISTANCE PROGRAM

The Weatherization Assistance Program helps homeowners and renters reduce energy consumption while increasing comfort in their homes. Weatherization improvements may also make your home environment healthier and safer. Improvements are installed by the local weatherization agency in your area.

If your residence qualifies for weatherization services, you may receive one or more of the following energy efficiency measures: +insulation; +sealing air leaks; +heating system update; +energy-saving products.

OTHER ENERGY RESOURCES

Focus on Energy

1-800-762-7077

www.focusonenergy.com

Keep Wisconsin Warm/Cool Fund

1-800-891-WARM (9276)

www.kwwf.org

Heat for Heroes

1-800-891-9276

www.heat4heroes.org

Submitted by Diana Peterson, Economic Support Manager

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Aging & Disability Resource Center, Balsam Lake, WI

B 4C 02-1017

I Have Something to Tell You

How to Disclose or React to a Dementia Diagnosis

Laurie Waters and Dawn Helms became fast friends 16 years ago when Laurie moved from Bridgewater, Massachusetts, to the Clover, South Carolina, neighborhood Dawn called home. They bonded instantly, in particular over a love of football, and soon became inseparable.

"Laurie helped bring up my boys," says Dawn, 53. "She's just the best neighbor you could ever have." "I can't say enough about Dawn," adds Laurie, 56. "I'll do anything to help her out, and she'll do anything to help me out. I love her to death. She's my sister from another mister."

About five years ago, Laurie began experiencing a variety of memory issues. However, it was an unrelated health scare in 2017 that led to testing that confirmed her younger-onset Alzheimer's diagnosis.

Laurie received compassion and support from her husband, Ricky, as well as her two daughters. Given their close relationship, Laurie knew she'd confide in Dawn. When she did, Dawn was emotionally devastated but reacted with unconditional acceptance.

"It was difficult because of all the unknowns," Dawn says. "I didn't know what was going to happen next or how long Laurie was going to remember me."

The decision to disclose a diagnosis of Alzheimer's to family and friends is a personal one that can come with risks and worry. While it's normal to experience fear or discomfort about sharing this information, doing so is an important step for a person living with the disease to cope with the oncoming challenges and start their life post-diagnosis.

Fear of stigma, misunderstanding

Stigma and misconceptions about Alzheimer's can often make people hesitant to disclose they're living with the disease. Denial is also a common response to news of any serious illness, since it can provide distance from overwhelming feelings. For instance, a member of Laurie's family accused her of lying about her condition. People living with dementia also may encounter a dilemma whether to reveal their diagnosis at work, as issues of job security or discrimination may arise.

"Some relationships may be tested by sharing a diagnosis, while other relationships may be strengthened," says Monica Moreno, Alzheimer's Association senior director of Care and Support. "Family and friends may react with comments like, 'But you seem fine' or 'You're too young to have dementia.' These reactions reflect the person's need for more time or education before they can respond in helpful ways. Talking openly with those you trust is a powerful way to educate them about the disease and to engage their support."

'Real friends will stay'

Moreno suggests giving family, friends and co-workers more time if their initial reaction is unsupportive.

"It can hurt to realize that some family and friends you thought would be there for you can't meet your expectations," Moreno says. "They may have discomfort about your diagnosis, as it stirs up fears about their own futures. People who can't be a part of your support circle now may join later. If longtime friends shy away, remember your best and real friends will stay with you."

Kindred spirits Laurie and Dawn have not let the sobering news impact their friendship.

"I'm a realist. I know what's coming," says Laurie, who serves on the Alzheimer's Association National Early-Stage Advisory Group to help raise awareness of the disease. "But while I'm here, I'm going to enjoy myself. I'm living my best life."

"You have to keep going," Dawn says. "I hope to share a scrapbook with Laurie, or a video, so I can say, 'That's us.'"



I Have Something to Tell You

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Make a Difficult Conversation Easier

Moreno offers suggestions on how to disclose a diagnosis of a serious disease like Alzheimer's, as well as how to react to the news.

Disclosing a Diagnosis

- Carefully decide who you want to know about your diagnosis. This may immediately include select family members and friends. Later, you may want to widen your circle by sharing with an employer or colleagues.
- Let them know you're still you. Even though you're living with Alzheimer's or another dementia, who you are and what has made you close to each other is unchanged.
- Be open and direct. Engage people in discussions about Alzheimer's and the need for prevention and better treatment.

Reacting to a diagnosis

- Thank the person living with Alzheimer's for having the courage to share their diagnosis with you.
- Stay in touch. It shows you care about the person and what they're going through.
- Educate yourself. Learn as much about the disease as possible, and offer to help in any way you're comfortable and capable.

<https://www.alz.org/news/2021/something-to-tell-you>



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Aging & Disability Resource Center, Balsam Lake, WI

C 4C 02-1017

Planning Ahead for Open Enrollment 2021

In the past, you have contacted a Benefit Specialist at the Aging and Disability Resource Center (ADRC) of Northwest Wisconsin to assist you in reviewing your Medicare health insurance coverage options.

Medicare Part D Plans and Advantage Plans are contracted with Medicare on a yearly basis, from January thru December. Each year these plans can make changes to their coverage. Those changes can include, but are not limited to, monthly premiums, covered medications, copays, pharmacy networks, and coverage areas. Each Medicare Part D plan is required to send an Annual Notice of Change to each of their members outlining the changes for the upcoming contract year. If you are currently enrolled into a Part D Plan, please watch for this information coming from your plan late September to Early October.

Each year from October 15th through December 7th, during Medicare's Open Enrollment Period, you have the opportunity to review and change your Medicare Part D Plan or Advantage Plan to be effective the following year. For most people, this is the only time of year you may be able to change your plan. People have saved hundreds of dollars a year by reviewing, comparing, and switching to different plans. If you are happy with your plan's changes, you don't need to do anything. As long as you don't make any changes to your enrollment, your coverage will automatically switch to the new coverage effective January 1st. If you would like to switch plans you can contact the plan of your choice, either online or by phone, between the dates of October 15th through December 7th.

Medicare Supplements or Medigap Policies are not affected by this enrollment period. Similarly, those on SeniorCare are not affected by Medicare's Open Enrollment Period. A renewal notice will be sent in the mail by SeniorCare when the renewal is due. If you are on SeniorCare and have had medication changes, you might want to check on the cost of other Medicare plans to see if SeniorCare is still the best option for you.

This letter is to inform you that our process to help you review plan options is changing. We will still be assisting clients, however due to Covid-19 restrictions, all appointments will be by phone, email or virtual. For limited critical situations, in-person appointments may be considered on a case-by-case basis. If you would like our assistance in reviewing your insurance coverage, please call for an appointment. Spots are limited and are not guaranteed. If you need additional help, please call 800-Medicare for assistance.

If you would like to do your own online search, you can contact our offices and request information for instructions on creating a myMedicare online account (if you don't already have one) and instructions on how to review and compare your own plan. You can also go to <https://medicare.gov> and follow the prompts.

Thank you,
Karen Nichols, EBS for Burnett County
Kayli Williamson, EBS for Polk County



2022 Medicare Open Enrollment Screen Form

All information provided is kept strictly confidential.

If spouses are seeking screening for Part D, each needs to complete a separate form.

Important: Please fill out form as complete, accurate and legible as possible.

Name: _____

Phone Number: (____) _____ Email (optional): _____ County: Polk or Burnett

Street Address: _____ City: _____ Zip Code: _____

Date of Birth: _____ Marital Status: Married Widow Single

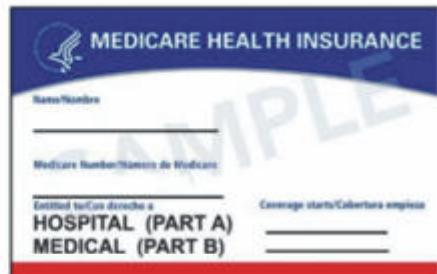
Have you met with a benefits specialist before? Yes or No

Please Fill in Medicare Information Below

Medicare Number: _____

Hospital (Part A) Start Date: _____

Medicare (Part B): Start Date: _____



Have you created a MyMedicare Account? If not, see separate instructions included in mailing. MyMedicare Account must be created prior to submitting this form

User Name: _____

Password: _____

Name of current Part D Plan: _____

Cost of Drug plan per month: \$ _____

Do you have a health plan? Yes or No

Name of Current Health Plan OR Supplement Policy: _____

Are you enrolled in Medicaid? Y N

Do you have VA Drug Coverage? Y N

Are you enrolled in Seniorcare? Y N

Do you receive Extra Help (LIS)? Y N

Have you qualified for Medicare Savings Program? (Program that pays Medicare Premium) Y N

Do you have coverage through Employer Health Insurance? Y N

Due to Covid-19 restrictions, all appointments will be by phone or virtual. For limited critical situations, in-person appointments may be considered on a case by case basis.

Next Page →

Open Enrollment Screening Form

#1 Pharmacy Choice: _____ City: _____
#2 Pharmacy Choice: _____ City: _____

Please attach a CURRENT list of prescription medications OR list current medications below. *INCLUDE ALL MEDICATIONS- Including inhalers, injections, etc.

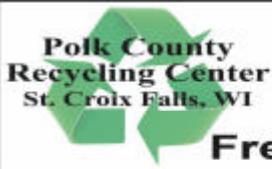
Attach separate sheet of paper if additional space is needed

*****If interested in completing a Benefits Check up with a Benefits Specialist, please contact our office. We are unable to complete such during Open Enrollment, but would be happy to set an appointment for a later date. *****



Odds N' Ends

Page 17



Free Bin Drop-Off:

	COMBINE: Glass / Aluminum / Plastic #1 & #2 / Tin ONLY Aerosol & Bottles, Cans, & Jar Food Containers
	PAPER: Mail / Office / Newspaper / Magazines
	CARDBOARD: Brown Cardboard / Paper Bags / Cereal / Cake Boxes / Manilla File Folders

2021 Recycling Center Fee Items
 Hwy 8 East of St. Croix Falls / 1302 208th St.
Hours Call 715-483-1088 or Online:

www.co.polk.wi.us/recycling

	Appliances: \$18/Each Unless listed different on website
	Tires: 30¢/lb \$2/Rim
	Bulbs: \$1/Fluorescent \$5/HID,UV,Broken \$4/LB Ballasts
	Oil Filters:
	Mattresses: \$20/Each

Electronics:
45¢/lb

Confidential Shredding:
15¢/lb

Latex Paint:
\$1/container less than 1 Gal.
\$2/1-Gal. container
\$5/5-Gal. container

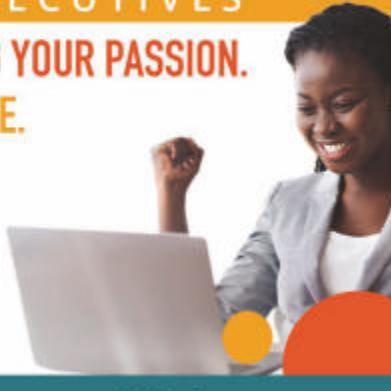
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Veterans Day Crossword**Veterans Day 11th November**

AMERICANS
COURAGE
HOLIDAYS
MEMORIAL
PARADE
PRIDE
RESPECT
SOLDIER
WARS

ARMISTICE
HERO
HONOR
MILITARY
PEACE
REMEMBER
SACRIFICE
THANKS
WOODROW WILSON

CHARACTER
HISTORY
MEDALS
NOVEMBER
POPPY
REMEMBRANCE
SERVICE
VETERANS





Sudoku

Sudoku #961 (Easy)

3	5	6		
			4	
				2
7		4	1	5
	4		1	3
3		9		6
9	2	8	5	1
1		7		9
7	6		2	5

Sudoku #959 (Medium)

		5	1	9		3
7						
		4	6			1
2	7				8	5
		4				
3			5		4	
			7			9
3		9		2		
				1		

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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Eat Well, Age Well

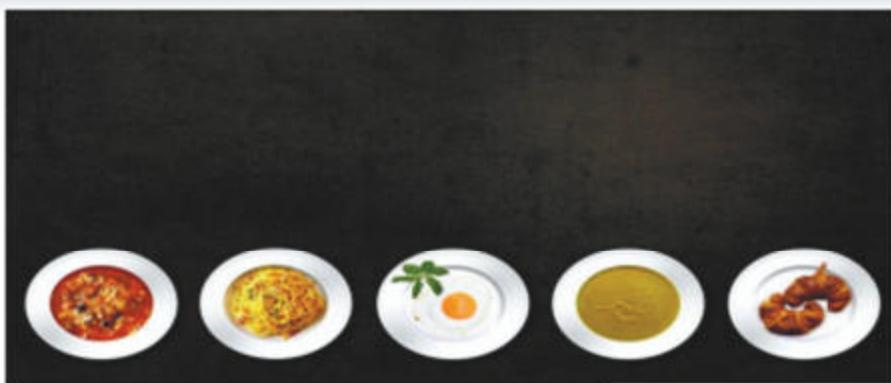


Photo Courtesy of Pixabay.com

EAT WELL, AGE WELL.

FAD DIETS

Has it ever seemed like there new diet coming out each week claiming to be the latest and greatest for weight loss? Unfortunately, this is a common trend among Americans today. Diet culture has infiltrated almost every media outlet and does not discriminate. Your age, ethnicity, or socioeconomic status does not exclude you from being targeted by diet companies and products. Diet culture is the practice of demanding a change in our values and beliefs to fit a societal expectation. This practice can be disguised in many ways. A few examples include eating only a few foods or eliminating groups of foods, claiming a food is a "superfood," or promising quick results like weight loss. It is important to be educated on diet culture, so you do not fall into the trap of predatory marketing.

Here are some indicators of a fad diet or a diet you should avoid:

1. A diet that excludes or severely restricts a macronutrient group such as fat or carbohydrates.
2. A diet that encourages extreme caloric restriction.
3. A diet that promotes excessive physical activity.
4. A diet that promises quick and unrealistic results.
5. A diet that advertises weight loss greater than 2 pounds per week.

WEEKLY CHALLENGES

FIND AN EXAMPLE OF DIET CULTURE IN YOUR FAVORITE MAGAZINE OR MEDIA OUTLET.

READ AN ARTICLE OR BLOG POST ABOUT DIET CULTURE.

ENJOY A NUTRITIOUS MEAL THAT HAS ALL FOOD GROUPS

SET S.M.A.R.T. (Specific, Measurable, Attainable, Relevant, Timely) GOALS WHEN IT COMES TO YOUR HEALTH.

**Ingredients:**

- 1 Mahi-Mahi filet
- 2 corn or flour tortillas
- ½ cup shredded lettuce
- ½ avocado
- ¼ cup plain Greek yogurt
- 1 Tbsp water
- ¼ tsp paprika
- Pinch of crushed red pepper
- Pinch of salt or salt-free blend

Baked Mahi-Mahi Tacos**Directions:**

1. Bake the thawed Mahi-Mahi filets at 350 degrees for about 30 minutes (or until flaky).
2. While the fish filets are baking, mix the Greek yogurt and water in a bowl.
3. Place shredded lettuce, baked fish filet (sliced), and avocado in each tortilla.
4. Drizzle the yogurt and water mixture over each taco.
5. Top each taco with paprika, crushed red pepper, and salt.
6. Enjoy!

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Speaking Respectfully about Disability

When talking to and about individuals with disabilities, it is important to use language that reflects dignity and respect.

People with disabilities are people first, just like everyone else.

Therefore, it is always best to address them by their names.

Use People First Language

Utilizing People First Language (PFL) is a way to emphasize the person, not the disability they live with.

Examples of People First Language include saying:

- “Person with a disability” instead of “disabled person” or “handicapped person”
- “Person who uses a wheelchair” instead of “crippled” or “confined to a wheelchair”
- “Person who is blind” instead of “the blind”

Be Aware of Outdated Language

The language surrounding disabilities has changed over time. Although some words and phrases have been commonly used in the past, they can be disrespectful towards people with disabilities and should be avoided. Some words and phrases to avoid using include:

- Handicap/Handicapped. Instead, when referring to accommodations for people with disabilities, use the term “accessible.”
- Differently-abled/Special Needs. Both of these terms are euphemistic and it is typically more appropriate to say “disability” or “person with a disability.”
- Cripple/Crippled. Instead, use the term “person with a physical/mobility disability.”
- Retard/Retarded. Instead, use the term “person with a cognitive/developmental disability.”

Avoid Adjectives that Limit and Alienate

Again, it is important to remember that people with disabilities are people first. Avoid using these words to describe people with disabilities:

- Limited
- Abnormal
- Impaired
- Afflicted
- Poor/Unfortunate





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G 4C 02-1017

As A Native American, Here's What I Want My Fellow Americans To Know About Thanksgiving

Native Americans don't just live on reservations, we live in cities, and we live internationally. I grew up in the Silicon Valley of California. I was born in the city and have lived here my whole life, as an "Urban Native." My grandfather moved to California from Mohawk territory in the 1950s after he served in Korea, and we have all lived in Sunnyvale ever since.

The challenges I grew up around were different from my Oyaté (family) out on the reservations. It is easier to lose our sense of culture living among so many established settler communities. If I didn't find my community, my Native family or my traditional support, I'd get swallowed up by colonialism.

As a child, Thanksgiving was for me what it is for most children — a day when you spend time with family, talking or thinking about what you're thankful for. You color some turkey pages and then you eat a lot of food. My family worked really hard to keep the narrative of the dinner between Indians and Pilgrims out of it. The only time I was exposed to this story of a dinner between Pilgrims and Indians was when I was in elementary school. Growing up in an established settler community like the Bay Area, I was not given much perspective on the holiday. I was told: "This dinner happened. Here, wear this paper feather headdress and let's eat some cookies bought at Safeway."

As my younger brother and I grew into adults, we both dove headfirst into learning as much as we could from our elders about our cultures. That desire really intensified after I gave birth to my first child. The need to pass down traditional knowledge grew from that awakening into motherly responsibility. We wanted to honor our ancestors with respectful knowledge and practice. I am Lakota and Mohawk, two very different cultures, so there was much to learn and many opinions that came with it.

I became heavily involved with the Bay Area Native community and attended powwows and ceremonies in San Francisco and San Jose. I talked with as many elders as I could find. I researched my own history as well as my tribal nation's history and its governments. A side effect to gaining more of that traditional knowledge was fighting the anger that came creeping in along with it.

I found myself dwelling on the pain of what I learned. I became angry and bitter during the holiday and ashamed to celebrate with my family when Thanksgiving rolled around. I especially struggled with this anger around the Thanksgiving holiday when I worked as a resource aide in an elementary school.

I remember the first time I saw a small kindergarten boy walk out of his classroom at the end of the day wearing a feather headdress made from construction paper. It was November, and I had been working at the elementary school for only two months when I saw him come skipping down the hallway with his backpack, purple and green cut feathers flapping back and forth across his blond head.

I froze. It had been years since I was in elementary school myself, and I had completely forgotten about this approach to celebrating Thanksgiving in our schools. I felt sick; I distinctly remember looking at the faces of the parents around me thinking, "Is no one else upset by this?"

This happened to be the same time as the protests at Standing Rock, and all of the violence my friends went through was a stark contrast to this skipping boy. Here I was sneaking out on my breaks to watch my friends at Standing Rock get sprayed by ice cold water, beaten by police officers, thrown in dog kennels and bitten by security dogs, all while praying and wanting clean water, while another generation of children was being shown that dressing up as an "Indian" was fine on Thanksgiving. I realized the holiday was lifted on some imaginary pedestal as a day of peace between two worlds, when historians know the truth to be violent.

At a Veterans Powwow in 2016, I expressed this anger and pain to an elder. This elder was a veteran and was attending the powwow specifically to participate in the "Wiping of Tears" ceremony. This is a healing ceremony that veterans participate in when healing from trauma or post-traumatic stress disorder. It's part of

their recovery from war and from service, and it addresses the release of a lot of anger. This elder took my hand while I waited with them for the ceremony and offered an opinion to me that challenged the anger I had developed for the Thanksgiving holiday. The elder said, "You can choose how you feel about this day, but it is a choice. Either let the day claim you, or choose to reclaim it."

Aging & Disability Resource Center of Northwest Wisconsin



I can remember being taken aback by that statement. Can I choose to reclaim this holiday? Doesn't that dishonor my relatives who have died because of those who came here as Pilgrims? Or maybe I dishonor them by holding on to anger.

So what could I do, or bring to my family, that would reclaim the day in a way that was both healing and power-giving? My family decided that we would spend the day celebrating the survival of our culture, our language, our foods. This was a decision I made for myself personally. There are also ceremonies — like the Sunrise Ceremony on Alcatraz Island — within the Bay Area Native community that help embrace healing on Thanksgiving.

The ceremony has many powerful speakers all focused on the positive reclamation and healing of the day. Last year at the ceremony, I happened to be standing beside former NFL player Colin Kaepernick, only realizing it after the sunlight began to illuminate those around me. He was there to observe and learn.

There was a moment after the ceremony when the two of us were walking through some of the restricted area on Alcatraz to see a mural painted by Alcatraz occupiers in the 1970s. He asked me what my opinion was on Thanksgiving, and the holiday in general. The only answer I could give him on that walk echoed the words of the elder that challenged my own feelings the year before: "I can choose how I feel about this day, but it is a choice. I can either let the holiday claim me, or choose to reclaim it."

If I could ask one thing from my non-indigenous fellow Americans when it comes to Thanksgiving, I would ask that you refrain from teaching the romanticized version of the holiday. Read to your children about what it means to be thankful, what it means to heal and be a family. Learn as a family about the tribal nation that is local to where you live. Take time during dinner to recognize whose traditional lands you give thanks on. Take this holiday into your own hands and understand that not every Native will have good feelings about this day. We can all choose how we feel about this holiday, but it is always our own choice.

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Aging & Disability Resource Center, Balsam Lake, WI

H 4C 02-1017

Local Library Updates

Amery Public Library

715-268-9340, www.amerylibrary.org

Mon-Thurs 9am-6pm, Fri/Sat 9am-1pm. Curbside

Only. **Library Home Services:** You are

eligible for free monthly delivery of library materials if you are not able to visit the library due to advanced age or a temporary or long-term illness or disability. Call to learn more.

Balsam Lake Public Library

715-485-3215, www.balsamlakepubliclibrary.org

Mon-Thurs 10am-6pm, Fri 10am-4pm,
Sat 10am-1pm.

Clear Lake Public Library

715-263-2802, www.clearlakelibrary.org/

Mon/Tues 9am-7pm, Wed 10am-7pm,
Thurs/Fri 9am-5pm.

Centuria Public Library

715-646-2630, www.centurialibrary.org/

Mon-Fri 12am-6pm, Sat 10am-12pm.

Dresser Library

715-755-2944, www.dresserpubliclibrary.org/

Call for appointment. Mon/Wed/Thurs 10am-7pm, Tues/Fri 10am-5pm, Sat 10am-1pm.

Frederic Public Library

715-327-4979, www.fredericlibrary.org

Mon-Fri 9am-5pm, Sat 9am-12pm.

Grantsburg Public Library

715-463-2244, www.grantsburglibrary.org

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Larsen Public Library

715-866-7697, www.websterlib.org

Open Mon-Fri 10am-4pm. 30 min limit. Curbside available. WiFi available in parking lot 7am-9pm.

Wisconsin Public Library Consortium provides free access to e-books and e-audio books and now e-Magazines. Mail-A-Book Program is for Burnett County residents living in an area without a local library, or who can't use a public library because of disability or travel limitation.

Wisconsin residents who have reading disabilities as certified by a competent authority are eligible for free library services from the Wisconsin Talking Book and Braille Library. Eligible individuals may also borrow amplifiers, headphones, and pillow speakers. Materials and equipment are provided free of charge via postage-free mail to where you are living.

Luck Public Library

715-472-2770, www.luckpubliclibrary.org/

Mon-Thurs 11am-7pm, Fri 11am-5pm,
Sat 10am-1pm.

Milltown Public Library

715-825-2313, www.milltownpubliclibrary.org

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Tues/Thurs 12pm-7pm, Sat 10am-2pm.

Shell Lake Public Library

715-468-2074, www.shelllakelibrary.org/

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St. Croix Falls Public Library

715-483-1777, www.stcroixfallslibrary.org

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Spooner Memorial Library

715-659-0621, www.spoonerlibrary.org

Mon-Thurs 8am-8pm, Fri/Sat 8am-4pm.

Wilberg Memorial Public Library in Osceola

715-294-2310, www.osceolapubliclibrary.org/

Mon/Tues/Wed/Fri 10am-5pm,
Thurs 12pm-7pm. Curbside: Sat 10am-1pm.



Senior Center Updates

Page 27

Amery Area Community Center

715-268-6605

New hours: 8:00am-3:00pm

We are Now accepting any rentals at this time
and the Fitness Center is NOW OPEN.

Like us on Facebook!

November 2021:

Coffee Club- Mon-Fri from 8-11 am

500 Card Party-2nd & 4th Tuesdays at 6 pm

Mahjong- Every Monday at 12:30pm and Friday
at 9:00 am

B-I-N-G-O- 2nd & 4th Fridays at 1:00 pm

Pool Tournament- Tuesdays & Thursdays at 9:00
am

Low Impact Aerobics- M/W/F at 9:00 am

Bridge- Wednesday at 12:30 pm

Line Dancing- M/W/TH-10:00 am

Polish Poker-Every Friday at 9:30 am

Hand & Foot Cards-Thursdays at 1:00pm

Stamping & Scrapping-1st & 3rd Tuesdays at
5:30 pm

Quilting-Tuesdays at 9:00 am

Medicare Seminar-Tuesdays at 1pm

Foot Care Clinic Wednesday November 4th,
starting at 9am.

Amery Area Community Center closed November
25th and 26th for Thanksgiving.

Milltown Senior Center

715-825-2315

Open Monday and Wednesday 10:30am-1pm.

Luck Senior Center

715-472-8285

Open on Wednesdays 9:30am-3:30pm

Serving Lunch

Webster Senior Center

715-866-5300

Bingo: Wed 12:30pm

Pool: Thurs (Call for time)

Siren Senior Center

715-349-7810

Mahjong: Mon 1pm

Wii Bowling: Tues 9am

Dime: Tues 1pm

500 Samba: Wed 1pm

Game Day: Thurs 1pm

Spades: Fri 1pm

St. Croix Valley Senior Center

715-755-3364 or 715-483-1901

- Sunday Potluck 12:30pm
- 500 Cards 1:15pm (Call for day)
 - Mahjong Wed 12pm
 - 500 cards Thurs 6:00pm
 - Bridge Friday 10:00am

Special events are at a fee by the hour

Book Now

St. Croix Falls, WI

Osceola Senior Center

715-294-4566 or 715-417-1227

- Tai Chi, Qi Gong: Mon/Wed/Fri 9am-10am. Walker and Wheel Chair Accessible. Virtual or in-person. * Qigong & Tai Chi breathing and stretching exercises are walker and wheelchair accessible.
- Available on-line via Zoom. Contact Roger at rmussell@att.net or call (312) 524-3934.
 - 3-13 Cards: Tues 12:30pm-4pm
 - 500 Cards: Thurs 12:30pm-4pm
- Osceola Writer's Group: 2nd Thurs of the month 5pm-7pm
- North Country Spinners & Weavers: 2nd Sat of each month 10am-2pm
- River Valley Stitchers and Quilters: 3rd Sat of each month 10am-2pm
- Osceola Senior Citizens Club Potluck and meeting: 1st Wed of the month 12pm-3pm. Open to all 55+.

Contact Senior Centers for the most up to date information

Nutrition Program Needs



Are you looking for a part-time job?

Do you want a job where you have weekends off?

Do you want to make a difference in the community?

The ADRC of Northwest WI currently has numerous positions open in our Nutrition program.

Meal Site Aide

This position assists with preparing and providing meals at the local Nutrition Program. Our meal sites offer meals on Monday, Tuesday, Thursday, and Friday. Ideal part-time work for someone interested in only mornings with typical hours of 7:00 am – 12:00 pm. Openings at meal sites in Amery, A&H, Grantsburg, and Webster.

Meal Site Cook

Do you enjoy cooking and working with recipes to create delicious meals? If you have previous experience in the foodservice or catering industry, please consider applying for this opportunity! The meal-site located at the Amery Congregational Church in Amery, WI offers meals on Monday, Tuesday, Thursday, and Friday. Ideal part-time work for someone interested in only mornings with typical hours of 7:00 am – 12:00 pm.

Meals on Wheels Volunteer Drivers

Picking up meals at a central location and delivering them along a pre-determined route directly to the homes of older adults in your area. Drivers are reimbursed for mileage. Meal sites include A&H, Amery, Grantsburg, Siren, Webster, and Milltown.

Meal Site Volunteers

Assisting in packaging food for delivery and other duties around the kitchen.

Call 877-485-2372 to learn how to apply



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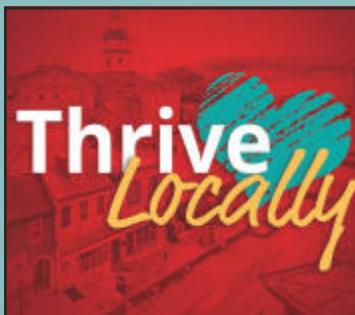
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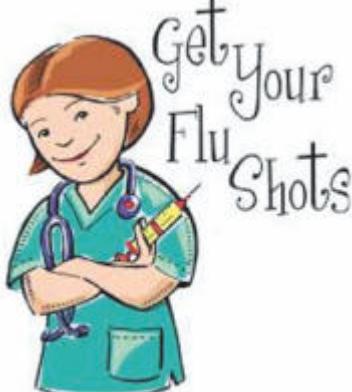
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2:30 PM to 6:30 PM

EVERY WEDNESDAY

9:00 AM to 12:00 PM

Saturday October 16th

9:00 AM to 12:00 PM

Saturday November 13th

9:00 AM to 12:00 PM



Game Answers

EPSRAWZENQVZCWNOWLPP
 SCEOACAVZGVTEVZDORTF
 DONARSAMERICANSQQTID
 MALACEZZZPRATUPURXDG
 EMIDREHQSWNPAYQMKVEW
 BUKRIBNOSLIWNWORDOOWV
 YNWDOEMSYADILOHGLPP
 EYPOUMRERVRBVAIGELT
 SERVICEEMEBEWTBDBCM
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 UAQSAEELCOBETMFISSRNS
 SWCRLMODDUQVNNTKPIBS
 BKAREAPPLRBORANENNMDH
 YHWRIPIPDOXACNRACVBRAY
 CPVVPEAEQGNYHTJEUARI
 HONORLIZMESSTUNNFHD
 KKDPQTCAAXGZUVWIJPF
 MIGKTHKHBNWUPENKLWYA
 DIDVDZKUAUYOND
 FQZXDN

Sudoku #961 (Easy)

2	4	3	5	6	9	8	7	1
1	6	7	2	8	4	9	3	5
9	5	8	7	1	3	4	6	2
6	7	9	3	4	1	2	5	8
8	2	4	6	5	7	1	9	3
3	1	5	9	2	8	6	4	7
4	9	2	8	3	5	7	1	6
5	8	1	4	7	6	3	2	9
7	3	6	1	9	2	5	8	4

Sudoku #959 (Medium)

6	4	5	1	9	7	3	2	8
7	1	3	8	2	5	9	4	6
8	9	2	3	4	6	5	7	1
2	7	6	4	1	9	8	5	3
5	8	4	6	7	3	1	9	2
9	3	1	2	5	8	4	6	7
1	5	8	7	6	4	2	3	9
3	6	9	5	8	2	7	1	4
4	2	7	9	3	1	6	8	5



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