



1805 N. 16th Street, Superior, WI 54880
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NOVEMBER-DECEMBER 2021



Celebrating National Family Caregiver Month
You Don't Have to Care Alone!

November is National Family Caregiver Month, a time to recognize the many hard working and devoted people who make it their mission to keep a loved one happy and safe. In honor of those caring for loved ones, Senior Connections along with the Aging and Disability Resource Center for Douglas County, and the Caregiver Coalition of Douglas County are offering a complimentary caregiver's kit. To receive your kit and learn about other resources that are available for caregivers, please contact Luann at Senior Connections, 715-394-3611.

~Image of the complimentary caregiver's kit is in the corner below~



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FROM THE DESK OF THE EXECUTIVE DIRECTOR



Summer is but a distant memory, and fall appears to have zoomed right by us as well. The weather is getting cooler, and the white stuff will be here to stay before we know it. Now is the time, if you haven't already, start thinking about ensuring you've winterized your vehicle (or had it winterized) and have winter gear in your car in case of an emergency.

Overall, things haven't changed too much at the Agency regarding COVID-19 protocols. We did open our meal sites in October and that has been going well for the most part and we are continuing to offer to-go meals as well, home delivered meal drivers are very busy ensuring all participants get a warm meal each day and our transportation drivers keep vehicles clean and safe for all riders. Luann, our Deputy Director is busy with facilitating and participating in all her Evidenced-Based Programming as she does the majority of classes online. Laura, our EBS (Elder Benefit Specialist) is busy during the Medicare Open Enrollment period from Oct 15th - Dec 7th helping those enroll or change plans.

We received a \$2,500.00 donation from Graymont in Superior to put towards our Nutrition Program, this is an annual donation we receive from them, and we are very grateful for their continued partnership!

We have been notified that those receiving rides with our Transportation Dept by MTM (Medical Transportation Management) will be changing to Veyo beginning November 1st. Participants will be notified by Veyo and given any information needed to continue scheduling their rides during this transition. All other riders will have no change.

At this time, Campus Café will remain closed until further notice. We were hopeful to open in January 2022 but it looks like we may have to push it back to fall 2022. Stay tuned for further developments.

To my fellow Veterans, thank you for your service as we observe Veteran's Day on November 11th (Remember our office is closed on Thursday Nov 11th and there will be no meal or transportation service as well).

Our office will be closed for Thanksgiving, November 25, 26 and Christmas, December 23, 24 as well as New Years December 31.

A happy holiday season to you all!

Dale Johnson, Executive Director



CAREGIVERS CORNER



Caregivers Month offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

Douglas County has a number of activities and programs to help support caregivers.

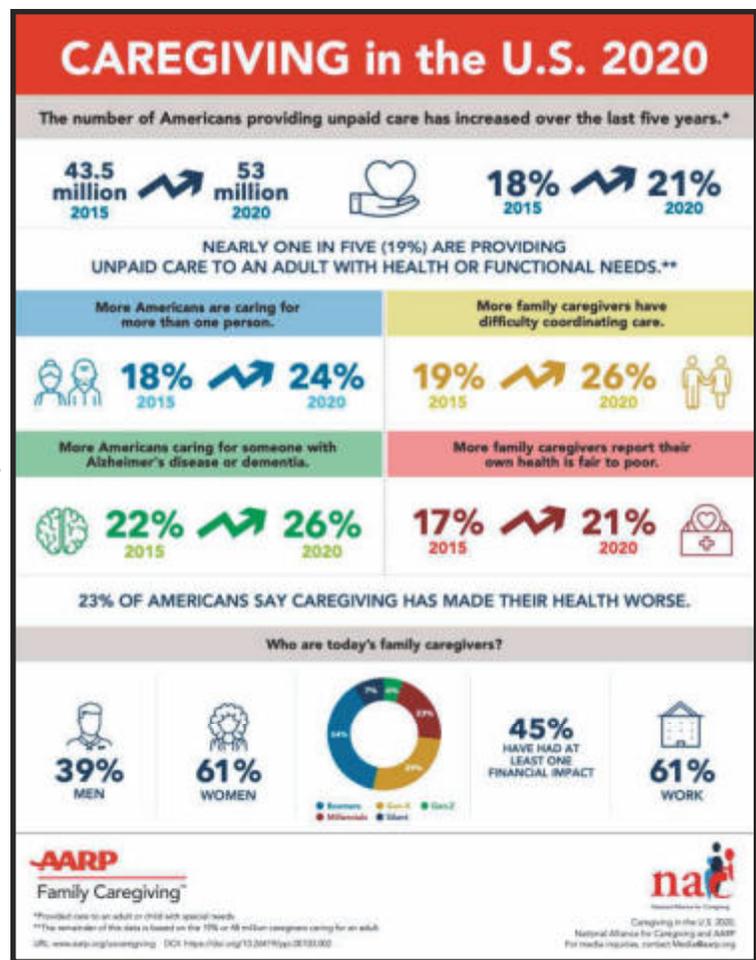
Caregiver Conversations is held every third Wednesday of the month from 1pm-2pm at the United Presbyterian Church 229 N 28th Street Superior. Facilitated by staff from the Aging & Disability Resource Center and Senior Connections, it provides education, support, and resources in a safe and confidential setting.

Dementia Friendly Business/Community Training is offered by the Douglas County Caregiver Coalition. It includes education on what is dementia and strategies to help individuals and their caregivers with the diagnosis and to remain active, safe, and independent in their community. To schedule free training, contact the Aging & Disability Resource Center for Douglas County, 715-395-1234.

Alzheimer’s Family Caregiver Support Program – coordinated by the Aging & Disability Resource Center of Douglas County, 715-395-1234.

The National Family Caregiver Support Program – coordinated by Senior Connections, 715-394-3611.

Both programs provide information, assistance, education, and support. They can help caregivers connect to other local and online resources.



CAREGIVERS CORNER

COVID-19 and Booster Update from the Center for Disease Control (CDC) as of Thursday, October 21, 2021



For individuals who received a **Pfizer-BioNTech or Moderna COVID-19** vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

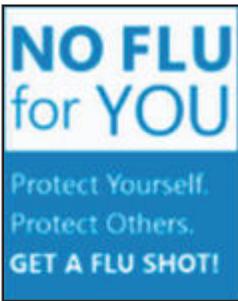
- **65 years and older**
- **Age 18+ who live in long-term care settings**
- **Age 18+ who have underlying medical conditions**
- **Age 18+ who work or live in high-risk settings**

For the nearly 15 million people who got the **Johnson & Johnson COVID-19 vaccine**, booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago.

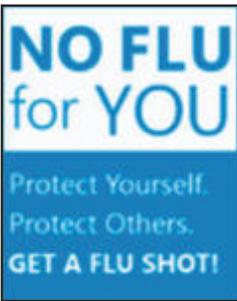
There are now booster recommendations for all three available COVID-19 vaccines in the United States. Eligible individuals may choose which vaccine they receive as a booster dose. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC’s recommendations now allow for this type of mix and match dosing for booster shots.

Millions of people are newly eligible to receive a booster shot and will benefit from additional protection. However, today’s action should not distract from the critical work of ensuring that unvaccinated people take the first step and get an initial COVID-19 vaccine. More than 65 million Americans remain unvaccinated, leaving themselves – and their children, families, loved ones, and communities– vulnerable.

Available data right now show that all three of the COVID-19 vaccines approved or authorized in the United States continue to be highly effective in reducing risk of severe disease, hospitalization, and death, even against the widely circulating Delta variant. Vaccination remains the best way to protect yourself and reduce the spread of the virus and help prevent new variants from emerging. *CDC 10/21/21*



Senior Connections urges individuals to contact their local health care provider or pharmacy for additional information or questions regarding COVID-19 booster shots. Also, don't forget your flu shot!



CAREGIVERS CORNER



Nurse's Honor Guard

A tribute to nurses at the end of life's journey is now available locally. The Nurses Honor Guard offers the Nightingale Tribute and a final call to duty in a brief ceremony remembering and honoring a life dedicated to caring for others. To arrange a tribute for your loved one, talk to your clergy or funeral home director. To volunteer with the Nurses Honor Guard of the Twin Ports, please contact Northern Waters Parish Nurse Ministry, 715-817-7635 or nurse@nwpm.org

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REPORT suspicious claims or activities

Toll-free Helpline:
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Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Senior Connections, Superior, WI

A 4C 02-1028

UWS-CONTINUING EDUCATION



Coffee Break with UW-Superior's Continuing Education

Grab a cup of coffee or tea and learn with us!

For our most recent Coffee Break Course, we received a sneak peek into a tour of the Fairlawn Mansion by the Executive Director of Superior Public Museums, Megan Meyer. During her tour, she told us about the Pattison family, some local history, and some Victorian-Era Superstitions.

A Victorian superstition we all know is that 13 is an unlucky number, but if you count the rosettes around the ceiling in the sitting room of Fairlawn Mansion, there are 13 rosettes. So, either the Pattisons didn't believe in superstitions, or they figured once the 13 rosettes were up, that they would just live with the bad luck. However, the Pattisons did have a lot of good luck, so it's likely that the rosettes didn't influence anything.

During the Victorian era, there was a fascination with death and the afterlife, so much so, that Victorians would even hold seances in their home! Superstitions around death were very common during this time period. When someone would pass away, they would make sure to cover all portraits of them in a black cloth. So, the portraits hanging in the home, such as Martin's, would've been covered after his passing, as well as portraits of other family members when they passed away. They would have held the funerals in the home and carried the bodies out feet first because they wanted to make sure that the souls would not come back into the home.

It was common for Victorians to light candles during events, the number three candles were only lit during weddings, otherwise it was unlucky to light candles in odd numbers. We've all heard of the lucky by having something new, something borrowed, and something blue, especially during weddings, this belief also started during Victorian times. Many superstitions you think of today likely started during the Victorian times.

We highly encourage you to go and visit Fairlawn, learn some more of the stories and the history of Fairlawn and hear how much the caretakers absolutely love this mansion.

If you'd like to learn more about this topic, you can email us at conted@uwsuper.edu!

We continue to be interested in hearing from you: what topics and learning experiences would be helpful for you now? Let us know by writing us by email conted@uwsuper.edu or a letter to the University of Wisconsin – Superior, Center for Continuing Education (Old Main 100), P.O. Box 2000, Superior, WI 54880.

CONGREGATE MEALS

Our Senior Congregate Meal Sites are Now Re-open in the Following Locations:

- Lew Martin Senior Center, Superior, WI
- Phoenix Villa Apartments, Superior, WI
- Holy Assumption Parish, Superior, WI
- Amnicon Town Hall, Wentworth, WI
- Solon Springs Community Center, Solon Springs, WI
- Gordon Town Hall, Gordon, WI



*Brule, Wisconsin and Campus Cafe UWS meal sites are **not** open at this time.*

Please call Senior Connections at least **24 hours in advance** to reserve a meal or to cancel, (715) 394-3611. \$4.00 suggested donation per meal. "To-go meals" will be available for pick-up if desired. Please let your Site Operator know in advance if you are ordering a "to-go" meal.

COVID-19 SAFETY PROCEDURES: In order for the meal sites to remain open, the following safety procedures must be followed at all sites: 6 foot social distancing, mask wearing when not eating or drinking, use of hand sanitizer before and after eating, if not feeling well then please stay home.

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Feeling Bombarded by Celebrity Commercials?

Here are a few things to know before you call...

Ingrid Kundinger, Wisconsin Senior Medicare Patrol Project Manager



If you watch television, you have probably seen the commercials for Medicare insurance. Some of these commercials feature famous athletes delivering “important information if you are on Medicare”. Other commercials might make you feel like you are missing out on all sorts of benefits that you are entitled to. Are you nodding your head right now because you’ve seen these types of commercials?

These types of commercials are intensifying due to Medicare’s Open Enrollment Period which is October 15 – December 7, 2021. This is the time of year that Medicare health and drug plans can make changes each year – things like cost, coverage, and what providers and pharmacies are in their networks. October 15 – December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. Television commercials will try to entice you with additional benefits or make you feel like you are missing out. Be careful and do your homework to make sure that you understand what benefits and plans are available to you where you live.

Here are a few important things to know before you make the decision to call the number on the TV screen:

While the commercials use the word Medicare, the red, white, and blue colors and images of a Medicare card, the telephone numbers that are displayed on these commercials are NOT Medicare, but rather a licensed insurance agent or broker. The fine print on the bottom of the TV screen, which is almost impossible to read, states that these plans are not affiliated with any government program or agency.

The benefits that are mentioned (eyeglasses, hearing aids, rides to appointments, etc.) are benefits that MAY be offered with certain Medicare Advantage plans. Medicare Advantage plans vary greatly from state to state, and even county to county, so it is important to do your homework. In some cases, there are additional costs associated with these benefits or eligibility guidelines that must be met to qualify. It is not a “one size fits all” type of option.

Some commercials mention that you may qualify for up to \$144 added back to your Social Security every month. Be careful as there are conditions that apply to this statement. This rebate is something that you may be eligible for IF you purchase a Medicare Advantage plan AND live in a certain area of the country. It is important that you understand if you live in an eligible area of the country or zip code.

The commercials may also state that you may qualify for a zero-dollar premium or mention available benefits at no additional cost. Again, there is fine print for these types of situations that you need to be aware of. Zero-dollar premium plans may also have co-payments and coinsurance that can apply. And again, these types of

ELDER BENEFIT SPECIALIST

What's the bottom line? By responding to the TV commercials, you may end up with a Medicare Advantage plan that is not available in your area, does not include your preferred health care provider, or has costs that you were not anticipating. And since the new plan doesn't go into effect until January 1, 2022, you may not find out these things until it's too late.

So, what can you do to make sure that you understand all your options?

Do your homework and become an informed consumer. Make sure that you understand the differences between Medicare Part A, B, C, and D and other plans available such as Medigap. Yes, it can be complicated, but there are available resources across the state of Wisconsin that provide unbiased information, at no cost to you.

Important Resources for Wisconsin Medicare Beneficiaries:

Benefit Specialists at local Aging and Disability Resource Centers (ADRCs) and aging units in every county and tribe offer benefits counseling. For contact information, visit <https://www.dhs.wisconsin.gov/benefit-specialists/index.htm> or call 608-266-2536.

Contact Medicare directly by calling (800-633-4227) or visiting <https://www.medicare.gov/>.

The Medigap Helpline (800-242-1060) is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long term care insurance and related topics.

The Wisconsin Medigap Part D and Prescription Drug Helpline (855-677-2783) is a toll-free helpline that answers questions from Wisconsin residents age 60 and over about Medicare Part D and other prescription drug coverage options.

The Disability Drug Benefits Helpline (800-926-4862) is a toll-free helpline operated by Disability Rights Wisconsin that helps people who have Medicare due to a disability with questions about prescription drug coverage.

Office for the Deaf and Hard of Hearing (video phone: 262-347-3045) provides outreach and individual counseling in American Sign Language.

[Wisconsin Judicare, Inc. \(800-472-1638\) provides outreach and benefits counseling to Native American Medicare beneficiaries.](#)

The Wisconsin Senior Medicare Patrol (888-818-2611) is a toll-free helpline for Medicare beneficiaries and their families to call to report suspected Medicare fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, abuse, and errors; **DETECT** potential fraud, abuse, and errors; and to **REPORT** your concerns. SMP helps educate and empower Medicare beneficiaries in the fight against health care fraud. SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. SMP can also provide information and educational presentations, virtually and in-person, when it is safe for everyone.

The Wisconsin SMP is located at the Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR). The Wisconsin SMP can be reached toll-free at (888) 818-2611, by email at smp-wi@gwaar.org, or online at <https://gwaar.org/senior-medicare-patrol>.

TRANSPORTATION (55 YEARS OF AGE & OLDER)

715-394-3611
Ask for Liz!



Call Liz at Senior Connections to get to your destination safely. We drop you off at the front door of your destination and pick you up when your appointment is over.

We eliminate the hassle of paying for parking and the worry about walking long distances.

Available to those 55 & over, and for persons with disabilities.

Senior Connections transportation is very reliable! Please call at least 24 hours in advance to book your ride.

>Superior, WI rides are \$6.00 one way.

>Duluth, MN medical rides \$9.00 one way (pricing for rides outside of downtown Duluth will vary)

>Outside of the City of Superior, the price is \$2.00 per mile and then reverts to the regular pricing for Superior or Duluth.

>Superior, WI rides consist of non-medical and medical appointments.

DATES & EVENTS

November & December Holidays/Events

- ◆ November 7th, Daylight Savings Time Ends
TURN CLOCKS BACK
- ◆ November 11th, Veteran's Day
- ◆ November 25th, Thanksgiving Day
- ◆ December 25th, Christmas Day
- ◆ December 31st, New Years Eve

Senior Connections—CLOSED DATES:

November 11, 25, 26 & December 23, 24, 31

Meals on Wheels Participants

It is very important to keep our food safe so that it does not have the potential to make someone sick. Senior Connections staff **MUST** deliver meals into the hands of the recipient, a caregiver, or another person designated by the recipient. Leaving meals outside, in coolers, or otherwise unattended areas is prohibited. We must keep your food safe!



ATTENTION ALL MEALS ON WHEELS-HOME DELIVERED MEAL RECIPIENTS

In the coming weeks, your home meal delivery person will bring you a 3-day supply of shelf stable meals.



GRAYMONT

Shelf stable meals are an excellent way to provide a nutritious meal in a situation where a regular meal is not an option. Shelf stable meals are to be used during bad weather, or other emergency situations when home delivered meals cannot be delivered. These meals do not require refrigeration and can be consumed at room temperature if needed. The meals should be consumed by the "use by date."

This 3-day supply of shelf stable meals is being provided to you thanks to a generous donation from Graymont in Superior, WI.



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Senior Connections, Superior, WI

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Winter Olympics

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Word List:

ATHLETES	BIATHOLON	BOBSLED	BRONZEMEDAL
CEREMONIES	CHAMPION	COLDWEATHER	COMPETITORS
COUNTRIES	CURLING	DOWNHILL	FIGURESKATING
FLAGS	GOLDMEDAL	HOCKEY	HOST
ICE	LOSERS	LUGE	MOGULS
NATIONALANTHEM	NORDIC	OLYMPICS	PODIUM
SHORTTRACK	SILVERMEDAL	SKELETON	SKIJUMP
SLALOM	SNOW	SNOWBOARDING	SPEEDSKATING
SPORTS	TEAMSPORTS	TELEVISION	TORCH
UNITEDSTATES	WINNERS	WINTER	WORLDRECORDS

INCLEMENT WEATHER POLICY

If the School District of Superior closes due to weather conditions (e.g. snow or low temperatures) Senior Connections will also close. **No meals will be delivered on those days (at any location or home-delivered) and our offices will be closed.** Please make sure you have food on hand in the event of a closing. All closings are posted online at www.seniorconnectionswi.org

If you dine at a rural meal site and the school district in which that site is located closes due to weather conditions, the site will be closed on that day. **If you live in a rural school district (e.g. Maple, Solon Springs) and that district closes there will be no home delivered meals that day.** Gordon meal site & Gordon area home-delivered meals could be affected if either Solon Springs or Minong (Northwoods) school districts close.



The Aging & Disability Resource Center of Douglas County is the first place to go with your aging & disability questions.

Services include:

- Information and Assistance
- Long Term Care Options Counseling
- Disability Benefits Counseling
- Elderly Benefits Counseling
- Health & Wellness

All Services are free of charge.

M-F 8am-4:30pm or by appointment

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Senior Connections, Superior, WI

D 4C 02-1028

Make Celebrations Fun, Healthy and Active!

Holidays are a time to enjoy friends, family and food. If we're not careful, it also can be a time for over-eating and weight gain. Eating healthy and being physically active can help us avoid those extra pounds and be a fun part of holiday parties and events.

Include all five food groups in your menu. Use ChooseMyPlate.gov for ideas on adding whole grains, vegetables, fruits, fat-free or low-fat dairy, and lean protein.

Shop smart and eat smart. Save money by offering food that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

Try out some healthier recipes. Find ways to cut back on sugar, salt, and fat as you prepare your

favorite recipes.

Savor the flavor. Avoid overeating by taking the time to pay attention to the taste of each bite of food.

Make moving part of every event. Dancing, moving and playing active games add fun to any gathering. Give gifts that encourage others to be physically active.

Set an example for healthy habits. Keep in mind that children follow what the adults around them do—even at parties.

Source: Make Celebrations Fun, Healthy and Active, Choose My Plate 10 tips Nutrition Education Series



Skillet Lasagna

A popular family favorite made easy!

- 1/2 pound ground beef
- 1/2 onion, chopped (about 1/2 cup)
- 3 cups spaghetti or pizza sauce (24 ounces)
- 2 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 1 cup water
- 8 ounces egg noodles
- 1 package (10-ounce) chopped spinach, thawed
- 1 container (12 ounces) low fat cottage cheese
- 1/2 cup mozzarella cheese, shredded

1. Cook ground beef and onion in a large skillet or electric fry pan. Drain grease.
2. Add spaghetti sauce, garlic, and water to skillet. Bring to a boil. Add uncooked noodles. Stir and cover with lid. Turn down the heat and cook 5 minutes.
3. Add thawed spinach to the skillet. Cover and simmer 5 minutes.

Spoon cottage cheese over the top. Sprinkle with mozzarella cheese. Put the lid on and let it heat another 5-10 minutes until heated through and noodles are tender.

Source: Iowa State University Extension

GIFT CERTIFICATES AND DONATION FORM

Gift certificates are now available for purchase at Senior Connections!

They can be purchased at our main office in any amount. The gift certificates can be used for Meals (Congregate, Meals on Wheels, Campus Café) or Transportation. Call (715) 394-3611 or stop in to pick one up at 1805 N. 16th Street.

GREAT GIFT IDEA!



DONATION DESIGNATION FORM FOR SENIOR CONNECTIONS

1805 N. 16th Street
Superior, WI 54880
715-394-3611



I want to help Senior Connections of Douglas County continue its effective community service to older adults and individuals with disabilities and their families.

Please designate this donation:

In Memory of _____

or In Honor of _____

and notify _____

Address _____

Please make checks payable to:

Senior Connections

1805 N. 16th Street

Superior, Wisconsin 54880

Your Gift is deductible to the extent provided by law.



1805 N. 16th Street, Superior, WI 54880

Place Stamp Here

Senior Connections offices are located at 1805 N. 16th Street, Superior, WI 54880



The mission of Senior Connections is to provide advocacy and services to the aging of our community which promote health, dignity, honor and independence.

In doing so, we will efficiently provide access to low cost transportation, nutritious meals, and other services designed to sustain our citizens in their communities.

Senior Connections will continually assess the needs of the elderly within the County and utilize available resources to provide needed services.

www.seniorconnectionswi.org

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