



Newsletter Highlights

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**Aging and Disability Resource Center
(ADRC) of the North**

Monday-Friday, 8:00 am to 4:00 pm

1-866-663-3607

Website: <https://adrc-n-wi.org/>

We assist individuals age 60+ as well as adults with disabilities and family members, friends, caregivers and professionals working with these populations.



Extension

**UNIVERSITY OF WISCONSIN-MADISON
BAYFIELD COUNTY**

The Extension Bayfield County office is open :

Monday – Friday, 8 AM – 4 PM,

715-373-6104 ext 0

Website: <https://bayfield.extension.wisc.edu/>



As I write to you, I think of the recently fallen leaves. They were sprinkled on the ground like colorful confetti flung at a celebration. As I walked through the woods I was awestruck by the brilliant colors on display and smiled quietly with the beauty around me.

Yes, it is a time for tucking things in and preparing for yet another season of change. We do that here in the ADRC office, too! The Elder Benefit Specialist has been busy behind the scenes preparing for another Open Enrollment Period for Medicare Part D. Drivers delivering Meals on Wheels are scheduling to get the snow tires on their vehicles. ADRC staff are fielding calls and assisting people with resources to help make it through the winter and beyond.

Recently, I read an article shared with me by a colleague. It was from The Washington Post, and it covered the topic of “pandemic flux syndrome” (not a clinical term). Unlike the changing of seasons we are currently experiencing, the pandemic is referred to as a “prolonged liminal state” we have been going through for the past 18 months. Increased anxiousness, sadness, fatigue, along with an urge to make dramatic changes are reported as symptoms. While these indicators are signs that our nervous system is trying to cope, they also indicate our nervous system is overwhelmed.

So, to end on a good note, we need to continue to move forward. We need to work through what pounds us on a day-to-day basis. We need to talk with one another, and not just ask the cliché question: How are you today? Do your best to continue to adapt and reach out for support when you need it.

In good health,

Carrie Linder

Carrie Linder, CSW
Aging & Disability Services Manager



CELEBRATE FAMILY CAREGIVERS

Jane Mahoney, Older American's Act Consultant Greater Wisconsin Agency on Aging Resources



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 their 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 if that is a problem. 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. Help them contact the ADRC of the North (1-866-663-3607) to find out the various types of support that are available.

6. 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. If you are comfortable doing so, 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!



Learn About Making Decisions As A Family



Family members sometimes disagree about how to support an older relative.

Families can avoid or reduce conflicts by:

- Asking older family members about their needs, wishes and priorities
- Asking older family members about their financial and legal plans
- Explaining why they are asking and how they will use the information
- Discussing concerns, tasks and plans with everyone involved
- Sharing information and making decisions together
- Taking turns helping or splitting up tasks
- Asking trusted friends, community leaders or counselors to guide big or difficult family discussions

Common sources of tension when helping older family members include:

- Feeling that others aren't doing their fair share
- Feeling left out, unappreciated or taken advantage of

- Not feeling listened to
- Resentment towards "favorite" family members
- Concerns about safety or finances
- Disagreements about how to balance safety and independence
- Expecting women to help more than men
- Stress about balancing work, family and other responsibilities

Families can more easily work through disagreements if family members:

- Say what they have seen or heard that concerns them
- Share concerns without blaming or attacking others
- Ask about and try to understand others' points of view
- Are open to new information and different perspectives
- Are aware of how they and others respond to stress
- Manage stress by taking care of themselves
- Try not to take things personally
- Avoid bringing up old arguments
- Are aware of and try to avoid difficult family patterns like old arguments

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COVID-19 Consumer Scams

As the COVID-19 pandemic continues to impact the United States, the FCC has learned of scam text-message campaigns and robocalls that prey on virus-related fears.

Bad actors are trying to capitalize on the rollout of COVID vaccines. Anyone calling or texting and asking



you to pay for a vaccine is a scammer. [Get tips to avoid these scams.](#)

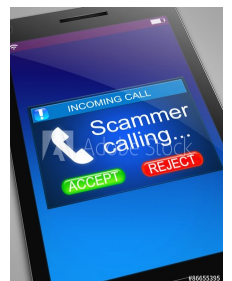
COVID-19 text scams may falsely advertise a

cure or offer bogus tests. [Learn more and see examples of scam texts.](#)

Robocall scams have focused on health and financial concerns connected to COVID-19.

[Learn more and listen to actual scam audio.](#)

Fraudsters are trying steal insurance information, money or both. [Get tips to avoid offers for bogus COVID-19 antibodies tests or pharmacy scams.](#)



(Continued on page 9)

Discussing Concerns About Financial Exploitation

Talking about financial exploitation can feel like you're questioning the older adult's abilities or other people's intentions. However, talking and taking action are necessary to protect older adults' resources, health and well-being.

You can start by discussing how common financial exploitation is and how the older adult can guard against it. For example:

- "I just learned that at least five percent of older adults have been victims of financial exploitation?"
- "Financial exploitation can happen to anyone. One study found that people who had been exploited were actually more financially savvy than non-victims."
- "Sales calls can be really annoying. Can I help you sign up for the 'do not call' list?"
- "Can I look to see what security and malware protection is on your computer?"
- "With more people coming into your home to help now, do you keep financial information and valuables locked up?"
- "Could I help check references for those home repair contractors?"
- "How often do you look at bank and credit card statements? Do you want to sign up for free credit check reports?"

If you have concerns about the people around the older adult or concerns that certain things the older adult does might increase the risk of financial exploitation, say so. It can help to:

- **Be specific:** "You're so nice you have trouble

hanging up on or saying no to pushy salespeople. But that's exactly what scammers count on."

- **Be supportive:** "I'm worried because I know lots of people target older adults, and financial exploitation can be really serious. Do you have any concerns? What can I do?"
- **Make clear you're not judging the older adult:** "You do a great job managing finances and I understand these security measures might feel over-the-top. Are you willing to try them out?"
- **Focus on other people's behaviors:** "It bothers me when Fred pushes you to do things for him. How do you feel about it? Have you talked with him?"
- **Stress how sophisticated scams can be:** "Scammers come up with new approaches all the time, using technology, targeting people and playing off their hopes or fears."

If the older adult or you suspect financial exploitation, report your concerns. You don't need proof. Local law enforcement or adult protective services will investigate.

Most cases of financial exploitation aren't reported, often because people are embarrassed or don't want to turn in someone they know. If the older adult is reluctant to involve authorities, point out that filing a report might keep other people from becoming victims. The report could also help the older adult recover stolen money or property.

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Resources for Mental Wellbeing

Taking care of yourself, your friends, and your family can help you cope with life changes and adversity.

Social Isolation resource guide: <https://www.bayfieldcounty.org/640/Whats-New-in-Aging-Disability-Services>

Resilient Wisconsin: <https://www.dhs.wisconsin.gov/resilient/understanding-resilience.htm>

Crisis Line: <https://www.bayfieldcounty.org/1026/Crisis-Line> Please call 1-866-317-9362 to access this free service.

What is Music & MemorySM?

Music & MemorySM is a program for people living with a wide range of cognitive and physical challenges. When someone you love struggles with Alzheimer's, dementia, Parkinson's or another form of cognitive or physical impairment, it can be a tremendous challenge to communicate and find ways to help him or her rediscover pleasure in the world. Personalized music can bridge that gap and enable you to reconnect with one another.

There is an increase of individuals with dementia being cared for at home, where personalized music provides important benefits to the person with dementia as well as their family caregivers. Everyone's response is unique, and your loved one's ability to benefit from personalized music will depend in large part on his or

her cognitive impairment. But chances are good that she or he will find more pleasure in life once again, and that you will gain a peaceful, relaxing way to renew your relationship.

Participating in the Music & MemorySM Program:

- ◆ Provides enjoyment to people with dementia.
- ◆ Enhances engagement with family and friends, fostering a calm social environment.
- ◆ Reduces reliance on anti-psychotic and anti-anxiety medications.
- ◆ Improves staff engagement and morale.
- ◆ Reduces agitation and sun-downing.
- ◆ Reduces the use of bed and chair alarms.

If you know someone with memory loss, they could benefit from the healing power of music. Our team has been trained to develop a personalized playlist that will offer the powerful benefits that music has to offer.

To learn more about MUSIC & MemorySM at home, or if you, or someone you care for, are interested in participating in the program, contact

the Aging and Disability Resource Center of the North at 1-866-663-3607.



Senior Care Co-op Feasibility Study



CORE Community Resources, a non-profit established in 2006 to support seniors in Bayfield County, is exploring an expansion of services to include a co-op model of community-based supportive services to help people continue to live in their homes as they grow older.

In cooperation with UW-Extension, a feasibility study will be initiated over the next few months with opportunities for community participation.

If you would like to be a part of this important study, please contact CORE at director@corecr.org or call 715.779.3457

To learn more about CORE Community Resources, see their website: <https://www.corecr.org/>

What is Alzheimer's Disease?

Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks.¹

**1 IN 9 PEOPLE AGE 65 AND OLDER HAS
ALZHEIMER'S DEMENTIA - THIS IS MORE THAN
6 MILLION AMERICANS¹**

**ALZHEIMER'S KILLS MORE THAN BREAST
CANCER AND PROSTATE CANCER COMBINED¹**

HOW CAN YOU HELP?

- EDUCATE YOURSELF ABOUT ALZHEIMER'S
- LEARN THE 10 EARLY SIGNS OF THE DISEASE
- BECOME A DEMENTIA FRIEND TODAY!

For more information and
Alzheimer's support, contact
the ADRC of the North at:
1-866-663-3607

Brought to you by the Ashland, Bayfield and Iron County
Dementia and Caregiver Network

A.A. (2021). Facts and figures: Alzheimer's Disease and Dementia. Retrieved October 5, 2021, from <https://www.alz.org/alzheimers-dementia/facts-figures>.

Remember to Make Time For a Memory Screening



Since 1983, the month of November has been known as Alzheimer's Awareness Month. According to the Alzheimer's Association, in 1983 there were less than two million people with the disease. Through the years, that number has grown to more than five million.

During the month of November, Memory Screening events are typically scheduled throughout the nation. Memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. Memory screening is not used to diagnose any illness and does not replace consultation with a qualified physician or other healthcare professional. It can establish a brain health baseline and indicate whether an additional checkup is needed.

Memory Screens are available year-round by request from the ADRC of the North. Typically, Memory Screens are done face-to-face in a private setting; only the individual being screened, and the screener are present. It consists of three short tasks that look for any indicators of possible changes in memory. It only takes 10-15 minutes and the results are confidential. There is no cost for this service and participants can receive a copy of the screen results to bring to a healthcare professional for follow-up and/or inclusion in medical files. Remote screening options are available if there are concerns with meeting face-to-face.

If you have questions about Memory Screenings or to request an appointment for a memory screen, call the ADRC of the North at 1-866-663-3607.

Get a Free COVID-19 Vaccine.

Help Stop the Spread.

One of the most effective ways to stop the spread of COVID-19 is to get vaccinated. The good news is the vaccine is safe, effective, and free. You do not need an ID or insurance to get it.



COVID-19 vaccines are safe, effective, free, and widely available. Everyone ages 12 and older is recommended to get a COVID-19 vaccine to help protect themselves and others from COVID-19.

On August 23, the U.S. Food and Drug Administration (FDA) has approved the first COVID-19 vaccine. The vaccine has been known as the Pfizer-BioNTech COVID-19 Vaccine and will now be marketed as Comirnaty (koe-mir'-na-tee), for the prevention of COVID-19 disease in individuals 16 years of age and older. The vaccine also continues to be available under emergency use authorization (EUA), including for individuals 12 through 15 years of age and for the administration of a third dose in certain immunocompromised individuals.

Booster doses

A “booster dose” is a supplemental vaccine dose given to people when the immune response to a primary vaccine series is likely to have decreased over time. The primary COVID-19 vaccination series continues to be highly effective at reducing severe disease, hospitalization, and death caused by COVID-19. However, experts are beginning to see that protection against mild to moderate disease can fade over time. The booster dose is intended to boost your immune system for better, long-lasting protection.

Who should get a booster dose?

Those who are at highest risk for COVID-19 and have received the two-dose series of Pfizer vaccine are recommended to get a booster dose of Pfizer vaccine to help increase their protection against COVID-19. Many of the people that are now eligible for a booster dose completed their initial vaccine series early on in the vaccination rollout.

COVID-19: Find a Vaccine Appointment

Your medical provider can assist you with obtaining a vaccination. Also, the many area pharmacies have indicated they currently are taking appointments for people wanting to get a COVID-19 vaccination. Individuals can also go online and [Visit Vaccines.gov](https://www.vaccines.gov)



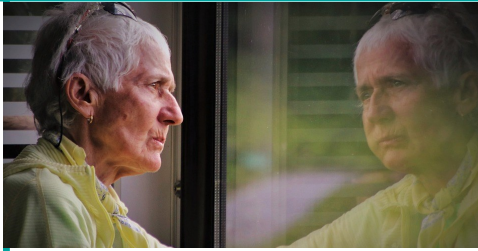
ENJOYING THIS ISSUE? WANT MORE?

If you are enjoying this issue and looking forward to the next issue, please contact Theresa LaChappelle, Office Manager, Extension Bayfield County at 715-373-3285 or at theresa.lachappelle@wisc.edu to be added to our mailing list to receive future newsletters.



NCOA's Aging Mastery Program® Addresses COVID-19 Social Isolation Issues

Program that has empowered 22,000 older adults to age well pivots to virtual format



Arlington, VA (August 3, 2020) – The [Aging Mastery Program®](#) (AMP), a comprehensive and fun approach to aging well developed by the National Council on Aging (NCOA), is addressing social isolation issues among older adults during the COVID-19 pandemic. The workshop, which has empowered more than 22,000 older adults to age well, is now being offered virtually at nonprofit organizations nationwide.

The Aging Mastery Program is an innovative, 10-part program that focuses on key aspects of aging well, including health, finances, relationships, personal growth, and community involvement. Two peer-reviewed studies and self-reported data from participants have shown that graduates increase their physical activity levels, healthy eating habits, use of advanced planning, social connectedness, and participation in evidence-based health programs.

"We are extremely grateful for our 600 community partners who run the program and the many organizations that have sponsored the Aging Mastery Program over the years," said Susan Stiles, PhD, NCOA Senior Director, Product Development and Strategy. "Right now, with physical distancing a

priority, it's more important than ever to have programs like Aging Mastery that help people feel less socially isolated and more connected to one another. We value the commitment, ingenuity, and support of these community-based organizations as they continue to serve vulnerable older adults now and as they pivot to a virtual environment."



"Initially, I was doubtful that the virtual Aging Mastery Program sessions could be as effective and interactive as an in-person class. However, I was pleasantly surprised to find that not only were the videos, workbook, and expert speakers engaging, but these stimulated participants to discuss their impressions, share their experiences and learn from each other in a virtual environment." said Bonnie Ackerman, a graduate from Columbus, Ohio.

Among the 600 sites offering the Aging Mastery Program prior to the pandemic were senior centers, religious organizations, nonprofits, and community-based organizations that serve older adults. The emergence of COVID-19 has meant that many of these centers have had to shut their doors temporarily. Still, at least 75 sites continue to offer

classes virtually—both online and via telephone with more making plans to convert in-person class to virtual ones.

"We started the Aging Mastery Program in 2013 to empower older adults to make the most of their gift of longevity. The program's growth and expansion to a virtual environment shows that older adults are looking for trusted information and are able to embrace virtual technology," said Stiles.

[Learn more about the Aging Mastery Program on our website.](#)

About NCOA

The National Council on Aging (NCOA) is the national voice for every person's right to age well. We believe that how we age should not be determined by gender, color, sexuality, income, or zip code. Working with thousands of national and local partners, we provide resources, tools, best practices, and advocacy to ensure every person can age with health and financial security. Founded in 1950, we are the oldest national organization focused on older adults. Learn more at www.ncoa.org and @NCOAging.

© 2021 National Council on Aging, Inc.

UW-Madison, Division of Extension will be offering the [Aging Mastery Program®](#) (AMP), again in 2022.

For more information or to get on the mailing list

Contact

Tracy.Henegar@wisc.edu

or check our website

[Extension Bayfield County](#)

Save Yourself Money with Medicare – Take Action Now!

Medicare open enrollment runs from October 15- December 7 each year. All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period. This is the time of year to find out if your current plan will cost you more, or less, than other Part D plans in 2022. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better and likely save you more money.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Bayfield County can also receive free, unbiased assistance with plan comparisons from the Elder Benefits Specialist at the ADRC of the North- Bayfield County Branch: Marianne Johnson at 1-866-663-3607 ext 221.

Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance call the ADRC of the North- Bayfield County Branch through Marianne Johnson at 1-866-663-3607 ext 221.

Assistance is also available through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline : 1-800-242-1060
- Disability Drug Helpline : 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline :
1-855-677-2783

 Aging & Disability Resource Center of the North
1-866-663-3607



Marianne Johnson
Elder Benefits Specialist Bayfield County
1-866-663-3607 ext 221.
Marianne.johnson@bayfieldcounty.wi.gov

(Continued from page 3) COVID-19 Consumer Scams

Contact tracing scams are on the rise. [Find out more about contact tracing and how to protect yourself.](#)

Coronavirus scammers are targeting older Americans. [Get information to share with seniors and their families.](#)

Tips for Avoiding COVID-19 Scams

- Do not respond to calls or texts from unknown numbers, or any others that appear suspicious.
- Never share your personal or financial information via email, text messages, or over the phone.
- Be cautious if you're being pressured to share any information or make a payment immediately.
- Scammers often [spoof phone numbers](#) to trick you into answering or responding. Remember that government agencies will never call you to ask for



personal information or money.

- Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren't hacked.

If you think you've been a victim of a coronavirus scam, contact law enforcement immediately. File coronavirus scam complaints online with the [Federal Trade Commission](#).

For more information about scam calls and texts, visit the [FCC Consumer Help Center](#) and the [FCC Scam Glossary](#).

The FCC has continued to process informal consumer complaints throughout the pandemic. [View data](#), by category, for informal consumer complaints related to COVID-19 and the Keep Americans Connected Pledge. Learn more about the FCC response to the pandemic at [fcc.gov/coronavirus](https://www.fcc.gov/coronavirus).

Article from <https://www.fcc.gov/covid-scams>

How Isolation and COVID Make Seniors More Vulnerable to Fraud and Exploitation

By: Shana Siegel

We have long known that seniors are more vulnerable to financial abuse. The COVID pandemic has only amplified this problem due to the increased social isolation and stress it has wrought. Perpetrators look for opportunities when their victims are most vulnerable. The death or incapacity of a spouse, health challenges, diminished capacity, and social isolation all increase susceptibility to fraud and exploitation. Unfortunately, this pandemic has increased each of these risk factors.

Seniors in Isolation Due to COVID



As we all have less social contact, many seniors are increasingly turning to technology as a social outlet. Individuals who knew to limit phone interactions with potential scammers may find themselves willing to engage in conversations just to have some personal contact. In addition, seniors are increasingly using online shopping and banking but may not have the technology savvy to protect themselves. In addition, criminals are quite adept at mining obituaries and social media to gather information to target their victims.

Families can ameliorate these factors by remaining as connected as possible with their loved ones. Whether through phone, email, or Zoom, nothing beats direct communication to alleviate isolation. You can also educate yourself about the latest scams and share that information with older family members. Research has shown that individuals who have heard about a scam are substantially less likely to fall victim to it.

Vulnerability to Fraud and Exploitation

There are many common warning signs that an individual is vulnerable to, or a victim of, financial exploitation:

- ◆ A new or quickly intensified relationship with a family member, friend, or caregiver
- ◆ Increased dependence on that individual to handle tasks the senior previously handled independently
- ◆ New suspicions or paranoia about a close loved one the senior always trusted in the past
- ◆ Increased voluntary isolation from family (i.e., change in communication level or patterns)
- ◆ Sudden or unexplained changes in spending habits, accounts, or financial institutions
- ◆ Unexplained checks, transfers, or credit card use
- ◆ Missing checks, statements, or other financial records
- ◆ A lack of knowledge about their own finances or inability or unwillingness to explain the changes described above



If your loved ones show any of these signs, you may wish to discuss these changes with them. But, be aware that overly confrontational tactics can backfire, as the perpetrator often primes the victim to be suspicious of family.

SQUASH

Did you know???

It's that time of year when fall & winter squash abounds. Squash is ready to be harvested in the fall, and is a thick-skinned, tough fruit which is very high in beta-carotene, which provides about 50 percent of the vitamin A in the American diet. Squash also contains vitamin C, potassium, fiber, and omega-3 fatty acids.

Health Benefits

- ♥ May reduce risk of heart attack and stroke
- ♥ Lowers cholesterol levels
- ♥ Has anti-inflammatory properties
- ♥ May reduce risk of cancer
- ♥ Helps keep things moving in your digestive system

Interesting Facts

- ☼ Squash is officially a fruit
- ☼ Pumpkins were once recommended as a cure for freckles and snake bites.
- ☼ The English word squash comes from askutasquash, a combination of Native American words, which means raw or uncooked.
- ☼ In early colonial times, pumpkin was used in the crust, not in the filling for pies.
- ☼ Squash seeds can be eaten directly, ground into paste, or pressed for vegetable oil.
- ☼ The smallest squash is usually the tastiest.



Recipe: Roasted Squash Breakfast

Eat Well, Age Well Cookbook Volume 1

Ingredients:

- 1 ½ c. butternut squash cut down the side of the squash in 1/3 inch slices
- 2 tbsp. extra-virgin olive oil
- ¼ tsp. freshly ground black pepper
- ½ tsp. salt
- Eggs (1 for each circle squash)
- Shredded cheese (optional)
- Salsa or sriracha sauce



Directions:

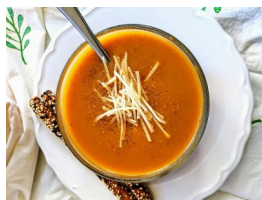
1. Preheat oven to 425 °F
2. Place olive oil on a plate and coat the squash on both sides and season with black pepper and salt on all sides
3. Bake for 15 to 20 minutes. Remove pan and allow to cool for 1 to 2 minutes
4. In the same pan, crack an egg into each of the hollow squash centers
5. Put back into the oven 425 °F and bake for another 15 minutes
6. Remove and top with cheese and bake until melted
7. Serve hot with salsa or sriracha sauce on a spinach bed, toast, or a plate

Recipe: Golden Squash Soup

Barron County, WI - Nutrition Education Program

Ingredients:

- 1 (2 - 3 lbs.) butternut squash, peeled & cut ½" pieces
- 2 TBSP unsalted butter
- 1 medium onion, chopped
- 6 cups low-sodium chicken stock
- Nutmeg
- Salt and ground black pepper



Directions:

1. Cut squash into 1-inch chunks.
2. In a saucepan melt butter.
3. Add onion & cook until translucent, about 8 minutes.
4. Add squash & stock.
5. Bring to a simmer & cook until squash is tender, about 15-20 minutes.
6. Remove squash chunks with slotted spoon and place in a blender & puree.
7. Return blended squash to saucepan.
8. Stir & season with nutmeg, salt, and pepper.
9. Serve.

University of Wisconsin-Madison
 Division of Extension Bayfield County
 Courthouse, PO Box 218
 Washburn, WI 54891



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Twitter! <https://twitter.com/BayCoExtension>

Instagram! <https://www.instagram.com/bayfieldcountyext/?hl=en>



Find us on Facebook!

Search in Facebook for

Aging and Disability Center of the North - Bayfield County

This newsletter and past issues are also available on the Extension Bayfield County website at:

<https://bayfield.extension.wisc.edu/family-living/aging-and-caregiving/>

What would you like to learn? Is there a topic about aging or family caregiving or finances that you'd like us to cover in an upcoming newsletter? If so, please contact:

- ◆ Tracy Henegar at 715-395-1426 or tracy.henegar@wisc.edu for aging and family caregiving topics
- ◆ Mary Johnson at 715-373-3294 or majohnson45@wisc.edu for financial topics

Editors: Tracy Henegar, Marianne Johnson, Theresa LaChappelle, Carrie Linder

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