

## Community Food Resources

### Senior Dining Centers

Age 60 & Over or Disabled:

Suggested Donations \$3.50

Under Age 60: Full cost of meals \$8.75

Food Share (Quest Card) accepted

No eligible participant will be denied a meal based on ability to contribute to the cost of the meal.

Under age 60 or disabled, please contact the Nutrition Program Coordinator at 715-635-4460

Reservations are required 24 hours in advance and may be made at the following centers:

### ***Birchwood - "Lakeside Center for Seniors"***

110 Euclid Avenue, Birchwood  
Serve at 11:30 a.m. Monday-Friday  
715-354-3001

### ***Minong - "Minong Senior Center"***

700 Houston Street, Minong  
Serve at 11:30 a.m. Monday-Friday  
715-466-4448

### ***Shell Lake - "Friendship Commons"***

118 4th Avenue, Shell Lake  
Serve at 12 p.m. Monday-Friday  
715-468-4750

### ***Spoooner - "Our Neck of the Woods"***

402 Oak Street, Spoooner  
Serve at 12 p.m. Monday -Friday  
715-635-8283

### **Rise n' Dine Breakfast Program**

Age 60+

At Schmitz's Economart

Suggested donation \$3.50

Tuesdays & Thursdays, 7-11 a.m.  
715-635-4460

### **Nutritional Supplements (Ensure)**

Nutritional supplements are available in a variety of flavors at the ADRC office.  
715-635-4460

## Community Food Resources

### FoodShare Wisconsin (Quest Card)

1-888-283-0012 or <https://access.wisconsin.gov/>

### FoodShare Outreach Specialist

Screening and application assistance  
715-496-3121

### WIC-Women, Infant and Children

Nutrition Program

Pregnant or breastfeeding women and children up to age 5 who are income eligible  
715-635-4400

*School age children may be eligible for free or reduced price school meals. Apply each school year.*

*During summer months, meals for children under 18 years may be offered during summer school at a school or other location.*

### Birchwood Food Pantry

(Birchwood area & in a 20 mile radius)

113-115 S. Main Street, Birchwood  
1st & 3rd Saturday of the month, 10:30 a.m.-1:30 p.m.  
1st & 3rd Monday of the month, 10:30 a.m.-1:30 p.m.  
715-416-3139

### COMFORTS Food Pantry

405 N. Main Street in Minong  
1st Thursday of month, 2-4 p.m.  
2nd Wednesday of month, 9:30 a.m.-12 p.m.  
3rd Friday of month, 9:30 a.m.-12 p.m.  
4th Friday of month, 2:30-5 p.m.  
715-466-1066  
715-520-0989 (Emergencies)

### Gordon Area Food Pantry

9709 E. County Road Y, Gordon  
(Near Gordon Town Hall)  
Every Wednesday 9 a.m. -12 p.m.  
715-376-4798

## Community Food Resources

### Washburn County Food Pantry

1649 Cottonwood Street, Spooner  
Tuesday 9-11 a.m.  
Thursday 1-3 p.m.  
715-205-3273

### Indianhead Community Action Agency

Fridays & Saturdays, 9 a.m.-12 p.m.  
110 N. Industrial Drive, Shell Lake  
715-532-4222

### Ruby's Pantry (\$20)

Spoooner Area School District Vocational Building  
780 Elm Street, Spoooner  
2nd Saturday of the month  
Doors open at 8 a.m., Distribution 9-10:30 a.m.

### Community Meals (Free)

*Open to all. Share a meal and friendship!  
Registration not required.*

### St. Francis De Sales Catholic Church

First Thursday of the month, 4-6 p.m.  
409 N. Summit Street, Spoooner, WI  
715-635-3105

### United Methodist Church Community Table

Third Wednesday of the month, 4-6 p.m.  
312 Elm Street, Spoooner, WI  
715-635-3227

### First United Pentecostal Breakfast

Fourth Saturday of the month, 7-10 a.m.  
337 Greenwood Avenue, Spoooner, WI  
715-635-8386

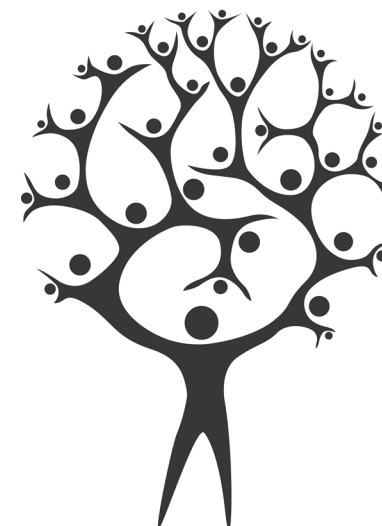
### St. Albans Table Community Dinner

Last Wednesday of the month 4-6 p.m.  
220 Elm Street, Spoooner, WI  
715-635-8475

## A Pocket Guide to:

- Education and Employment
- Health Services
- Community Food Resources
- Government and Community Services
- Housing

Washburn County, Wisconsin



Prepared by,

**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
Washburn County



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## Medical Services

### Emergency Numbers:

Call **9-1-1** for Help in an Emergency

### Poison Control Number

1-800-222-1222

### Emergency Suicide/Mental Health

1-888-552-6642

### Hospitals

*Indianhead Medical Center*  
113 4th Avenue, Shell Lake  
715-468-7833

*Spoooner Health*  
1280 Chandler Drive, Spooner  
715-635-2111

### Medical Clinics

*Essentia Clinic-Spooner*  
715-635-2151

*Marshfield Clinic-Spooner*  
715-635-3127 / 715-236-8200

*Northlakes Clinic, Minong*  
715-466-2201

*Northlakes Dental Services, Birchwood*  
715-354-3369

*Shell Lake Clinic*  
715-468-2711

*Stone Lake Medical Clinic*  
715-865-6510

*Rice Lake Area Free Clinic*  
(Open Every Tuesday 5-9 p.m.)  
715-736-3733

### Health Insurance Marketplace

Applying for health insurance

[healthcare.gov](http://healthcare.gov)

1-800-318-2596

## Community Services

### Washburn County Health & Human Services

715-468-4747

### Washburn County Mental Health Crisis Line

1-888-860-0373

### Washburn County Health Department

Application assistance for BadgerCare+, and  
Foodshare by appointment 715-635-4400

### Home Heating Fuel/ Energy Assistance

715-468-4747

### Child Care Assistance or provider lists

715-468-4747 & 1-800-733-KIDS

### Child Support

715-468-4747

### Aging and Disability Resource Center (ADRC)

Elderly & Disability Benefit Specialists,  
Information & Assistance Specialist,  
Transportation Coordinator,  
Caregiver Support  
715-635-4460

### Transportation

#### Need a ride?

Namekagon Transit  
Spoooner and Shell Lake  
715-634-6633  
Option 2 (Please leave a message)  
Cell: 715-558-3590

## Housing

### Albans Homeless Shelter/Salvation Army

715-635-3742

### Benjamin's House Emergency Shelter

715-736-2437

### Salvation Army Elizabeth Home of Hope

Women and children transitional housing  
Must pass background check  
715-634-1050

### Washburn County Housing

715-645-0406

## Community Services

### Veterans Service Office

715-635-4470

### Home Weatherization Assistance

715-265-4271, Extension 1137

### Faith in Action

Elderly and Disabled Adult Support  
715-635-2252

### Gardening and Farming Resources

University of Wisconsin Extension Area  
Agricultural Agents  
715-635-3506 or 1-800-528-1914

### Well Water Test Kits

University of Wisconsin-Extension  
850 W. Beaverbrook Avenue, Spooner  
715-635-4444

### Embrace

Domestic & Sexual Violence Advocacy  
and Prevention  
715-635-5245  
24/7/365 Crisis Line:  
1-800-924-0556

### Birth to Three Program

Child development screening and more  
715-468-4747

### Lakeland Family Resource Center

Where families connect, play, grow.  
715-635-4669

### Washburn Christian Outreach

"An Ecumenical Partnership Caring  
for Those in Need"  
715-468-1043

[WCOwashburnco@gmail.com](mailto:WCOwashburnco@gmail.com)

### North Country Independent Living

Empowering People with Disabilities  
Integrated Employment, Transportation,  
Accessibility, Personal Care  
1-800-924-1220

## Education / Employment

### Washburn County Adult Literacy

Call or text Marsha at 715-651-7868

### Workforce Resource

Offers employment services to low-  
income Washburn County population  
**FSET Program**, (Lori McFaggan)  
715-232-7380, Extension 251  
**W2 Program** (Sally Schrader)  
1-877-711-9390, Extension 2510

### WITC

Help with GED or HSED  
1-800-243-9482, Extension 5308

### Northwest Wisconsin Concentrated

#### Employment Program

#### Wisconsin Job Center

Assists in job seeking  
715-635-2175

### SER National (Over Age 55)

715-939-1400

### UW-Eau Claire Barron County

715-234-8024

### Wisconsin Indianhead Technical

#### College (WITC)

715-468-2815

### Wisconsin Division of Vocational

#### Rehabilitation

Employment help for people with  
disabilities  
1-877-387-3879

### University of Wisconsin—Extension

Free Financial Coaching & Education  
Parenting Education  
Nutrition Education  
4-H/Positive Youth Development  
Natural Resource Education  
715-635-4444