

# Groceries to You! launched

KAO STAFF REPORT

A new program is now available for older adults who find shopping for groceries a challenge.

Beginning in September, the program, called “Groceries to You!” will bring groceries to homebound residents of the International Falls area, according to Koochiching Aging Options which is initiating the program.

“We’ve been testing out Groceries to You this summer,” said Douglas Skrief, executive director of Koochiching Aging Options. “One participant had tears in her eyes when she told a volunteer how grateful she was to receive her grocery order at home. The excitement of both participants and volunteers has inspired us to open up the program to a limited number of new participants. We plan to increase the program as needed.”

Participants, aged 60 and over, are asked to pre-register for the program before Sept. 1. Once signed up, they will be sent instructions. They can then call in an order to Groceries to You! on Tuesday mornings with delivery occurring the following day. Participants must be at home to receive the order and must send a payment for the groceries to the store within one or two days of delivery. Participants are also asked to contribute to the program as “The managers and staff at Stewart’s SuperOne and Miner’s County Market



Vicki Davis and Tom Hablett shopping at Miner’s County Market. Once a week volunteers shop for and deliver groceries to homebound individuals in the International Falls area.

have been great,” said Skrief about International Falls merchants participating in the program. “We are also looking for more volunteers interested in shopping and delivering,” said Koochiching Aging Options Program Specialist Leslee Loop. “It’s

a once a week commitment of a couple hours. Our volunteers helping with this summer’s pilot program have been wonderful and tell us they are having a fun time helping out their community.” The program will train



CONTRIBUTED PHOTOS

Volunteers for Groceries to You! include Betsy Brokaw who is pictured shopping at Stewart’s SuperOne.

volunteers who have passed a background check. Limited mileage reimbursement will be offered. Volunteers are encouraged to apply by Aug. 30.

Those interested in more information may call at 283-7030 or stop at the organization’s office at 1000 Fifth Street.

Kabetogama Community Garage Sale

STARTING FRIDAY, AUGUST 23<sup>RD</sup>  
9AM – 3PM

Antiques, Collectibles,  
Fishing Tackle, Gun Cabinet,  
Furniture & Much More....  
Numerous Multi Family Sales.....  
Lots of Stuff  
You Can't Live Without.....  
Maps available at Gateway  
at 8am 8/23  
Lunch Specials  
& Great Door  
Prizes!!

AT GATEWAY

Customer Appreciation Sale!

15% OFF

TY'S Tree Service  
International Falls, MN

- Fully Insured
- Free Estimates

Ty Stolp  
Ph: 218-285-7599  
Cell: 218-324-2985

For a limited time only!

AUCTION!

HUTCHINSON LUMBER  
6445 HWY. 73 NORTH  
FLOODWOOD, MN.  
WEDNESDAY, AUGUST 28 10:00 AM.  
LOCATED: From Floodwood on US Hwy. 2, take 73 north 4 miles.  
COMPLETE SAWMILL FEATURING: Cleereman Mill; Cornell gang saw; Hermine gang rip; Meereen Johnson gang rip; Go Fast resaw; Vertical band resaws; log decks; Board transfers; Roll cases; Chip Pac; Blowers; Vibratory conveyors; All electrical.  
PALLET EQUIPMENT: Notchers; Pallet Chief nailers; Stackers; Package saw; Dismantlers; nailing tables.  
FILE ROOM & SHOP EQUIPMENT & MISC.  
YARD EQUIPMENT: Hood 7000 loader w/ trailer; 2 – Clark C500 forklifts; A.C. 708C & Case 310B rough terrain forklifts; Cat. TB50 forklift; 3-Chip van trailers.  
Internet bidding available at Proxibid.com.  
Call for Brochure or Visit [www.wausaunauctioneers.com](http://www.wausaunauctioneers.com)  
TERMS: 10% Buyers Premium. Cash or Certified Funds. Visa or Master Cards w/ 4% fee. Checks Must have Bank Letter. Items sold “As Is Where Is” without warranty or guarantee.

Wausau Auctioneers

SALES CORP

P.O. BOX 1311 • WAUSAU, WI • 54402-1311  
PHONE: (715) 536-1955 • (800) 432-1922

Auctioneer:  
Carl Theorin  
#02-62

www.ifallsjournal.com • www.ifallsjournal.com • www.ifallsjournal.com

Set Pain Straight  
with *QUALITY*  
Chiropractic Care

- All Chiropractic Needs
- Massage by Marie Milan
- Acupuncture for: Shingles, Fibromialgia, Arthritis, Chronic Pain, Insomnia, Hot Flashes/Night Sweats

CHIROPRACTIC  
UP NORTH

DR. GORDON ROUTIER  
MARIE MILAN, C.M.T.  
2205 2nd Ave. West  
Int'l Falls, MN • 218-283-9000

STOP IN AND  
CHECK OUT OUR  
DAILY SPECIALS!

PIZZA BARN

Pizza • Tacos • Subs • Soups

Monday-Friday 9am-7pm  
Saturday 11am-7pm – Sunday Closed  
1111 3<sup>rd</sup> St., Int'l Falls  
283-3400

Forestland Sales & Service

HEAT UP  
MINNESOTA  
[heatupminnesota.org](http://heatupminnesota.org)

1919 Main Ave.  
Int'l Falls, MN • 283-9372  
[www.shannonsinc.us](http://www.shannonsinc.us)

100 Furnaces  
Absolutely FREE!  
Spread the Word!

Call Mark at Shannon's for more info.

- Tell your friends to visit [www.heatupminnesota.org](http://www.heatupminnesota.org)
- Help a family in need  
“feel the warmth”

Minnesota Lennox Dealers -  
“Neighbors Helping Neighbors”

I WANT YOUR  
Unwanted or broken  
gold & silver jewelry.  
Come on in and see Rob today!

283-4701 324 3<sup>rd</sup> St., Int'l Falls  
Celebrating 30 Years!

BRANSON  
PUTS THE SHOW IN  
SHOW ME STATE

Shows:

- Dolly Parton Dixie Stampede
- Todd Oliver Show
- Titanic
- Six
- Neil McCoy Show
- Oak Ridge Boys
- Cassandre' Paygood
- Showboat Branson Belle Dinner Cruise
- Shoji Tabuchi

Date: October 20-26, 2013  
Time: TBD  
Cost:

- Single Occupancy \$1196.00
- Double Occupancy \$989.00 per person

Sign up and full payment due by September 10, 2013

Includes: Transportation, Motel, Shows, Continental Breakfast, and 6 meals

Call Today: 218-377-4343  
WWW.VOYAGEURCHARTER.COM

Rainy Lake Medical Center  
Diabetes Support Group

\*

Sessions will be held in September and December.

Session 3: Tuesday, September 10  
Time: 6:30-7:30pm (doors open at 6pm)  
Where: RLMC Clinic Community Room

Topic: *The Ups and Downs of Living with Diabetes*  
Speaker: Pamela Bechik LPCC,  
Behavior Health Care Coordinator

Please call 283-9431 if you plan to attend, space is limited.

Rainy Lake  
MEDICAL CENTER  
In association with Essentia Health

Clinic Campus • 2501 Keenan Drive • 218-283-9431  
[RainyLakeMedical.com](http://RainyLakeMedical.com)