



County Administration Newsletter

Vision & Stewardship

Issue 79

March 2021

Administration



Spring is a time for renewal, rebirth of life, and growth. As the days grow longer and sun stronger, I look forward to summer BBQ's, the smell of campfires, and the sounds of summer sports. This spring also marks the opening of our Government Center. Closed for the better part of a year due to Covid-19, I am looking forward to our doors being opened to the public. As public servants we chose this profession to help others, build our communities, and provide service to fellow residents. Necessary as it was to ensure vital services would not be disrupted, keeping our doors locked hit at the heart of why I chose this profes-

sion. Thankfully, we found new ways to serve our public using technology and pre-set appointments, however it just didn't feel the same as the personal contact we have now come to cherish.

As we re-open to the public, I want to thank the public for understanding the challenge we faced and continue to as Covid-19 restrictions ebb and flow. I want to thank our staff for the excellent work they performed from their homes, delivering services in ways we had never thought possible. And finally, I want to thank our County Board. If not for their leadership and vision, we would not have had the hardware and tools necessary to quickly move into remote service delivery. Unlocking our doors on April 1st, we look forward to seeing our public once again within our buildings. Knowing the threat of Covid-19 remains, we will continue to social distance, wear masks, and clean our work and public spaces to keep us all safe.

A photograph of a field of yellow daffodils in full bloom under a bright blue sky with a sun flare. The flowers are in the foreground, and the background is a soft-focus field of more flowers.

**Spring Is The
Season For Rebirth,
Renewal, And
Regrowth**

Happy Spring!

-Nate

Health & Human Services

March is recognized as National Social Work Month. Each year, the National Association of Social Workers (NASW) presents a theme to acknowledge the work performed by professional social workers. This year, the theme is **“Social Workers Are Essential”**. As we’ve seen, need does not stop in the face of a global pandemic and our social work staff have continued to serve our community despite incredible circumstances.

Maybe this past year more than ever, we have come to recognize those professions and individuals that are necessary for our communities to remain resilient and supported. Many people have experienced various forms of crisis over the past year, whether that is due to financial hardship, social isolation, emotional stress, or medical needs. While those performing social work in our community are adept at assisting others through life’s many changes, this last year has presented a significant challenge to those providing this direct service to our community.

At Burnett County, there are numerous social workers at work in our community to overcome obstacles and challenges affecting the populations we serve. On any given day, a social worker may help protect a child being abused, coordinate treatment services for those struggling with addiction, implement a safety plan with a suicidal individual, assist a homeless person in finding shelter, or help isolated elderly individuals connect with others. We often work with the most vulnerable and marginalized populations in our community to develop their full potential and promote a healthier community.

Within Burnett County, social workers are employed in the Behavioral Health Unit, Aging & Disability Resource Center (ADRC) and the Children & Families Unit. While each unit experiences its unique challenges and rewards, all social workers share a common core of values including service, competence, integrity, social justice, dignity and worth of people, and the importance of human relationships. These values guide our practice and interactions with individuals, groups, and the broader community.

In an ever-changing world that continues to present increasingly complex issues, social workers must constantly evaluate and adapt their practice to best meet the needs of those they serve. The work is demanding and often goes unrecognized. Please help us in thanking the incredible group of people employed in case management and social work positions by Burnett County:

ADRC

Nancy Anderson
Barb Engelhart
Laura Neve

BEHAVIORAL HEALTH

Tessa Anderson
Stephanie Bachmann
Tracy Gifford
Byron Hopke
Samantha Hughes
Katie Kerce
Angel Morgan
Kari Wojtysiak
Rena Wright

CHILDREN & FAMILIES

Tammy Hopke
Holly Jensen
Inger LeClair
Brittany Leidall
Alanna Pahos
Tracy Peetz
Ashley Schmidt

MANAGEMENT

Allison Fern



COVID Vaccine Info #2



LATEST
COVID-19
INFORMATION
UPDATE

Last month's newsletter touched on how COVID vaccines were allocated and distributed in the state of Wisconsin and the current groups that were eligible to receive the vaccine. This month we will talk about several changes that have been made with eligible groups, the new Johnson & Johnson vaccine and the new recommendations for fully vaccinated people.

Just as a reminder, the COVID-19 vaccine is being distributed to Wisconsin residents in a phased approach. Vaccine supply is still limited and vaccinations are targeted to specific groups of people with a higher risk for COVID-19 infection. **The state asks that if you are able to work from home or do not have to interact with the public, please let your fellow Wisconsinites that have a higher risk of exposure to COVID-19 get vaccinated first.** You might also be asking why we are starting new groups when we have not finished others. This is because it is very important that we vaccinate as many people as possible as quickly as possible. By starting groups while finishing others, we can make sure that no vaccine goes to waste and those who are at risk have the best chance of getting a vaccine sooner.

As of March 15, 2021, the **currently** eligible groups in priority order are:

- Frontline health care personnel
- Residents and staff in skilled nursing and long-term care facilities
- Police and fire personnel, correctional staff
- Age 65+
- Educators and regulated child care
- Individuals enrolled in Medicaid long-term care programs
- Some public facing essential workers
- Non-frontline essential health care personnel

For a more detailed breakdown of the above groups, go to:

www.dhs.wisconsin.gov/covid-19/vaccine-about.htm or www.burnettcounty.com

Continued from Page 3

A recent update for the next eligible groups will **begin on March 22nd, 2021** for individuals age 16 and older with certain medical conditions known to be associated with an increased risk of severe illness from COVID-19. The decision is based on recommendations from the CDC and supported by Wisconsin's medical experts. **Eligibility includes an extensive list of medical conditions. For a complete list, go to the above listed websites.** Here are just a few examples listed:

- Asthma (moderate-to-severe)
- Cancer
- Chronic kidney disease
- COPD
- Heart conditions
- Hypertension or high blood pressure
- Weakened immune system
- Obesity
- Pregnancy
- Type 1 or 2 diabetes

Depending on vaccine supply, DHS anticipates that Wisconsin will be able to **open eligibility to all individuals age 16 and over starting around May 1st, 2021.** Continue to check www.burnettcounty.com for the latest eligible groups and where you can go to get vaccinated.



Information on the Janssen (Johnson & Johnson) COVID Vaccine:

On February 28th, 2021, the Johnson & Johnson COVID-19 vaccine obtained an Emergency Use Authorization (EUA). The J & J vaccine is somewhat different than the Pfizer or Moderna vaccines in that it is a "viral vector." Viral vector vaccines use a modified version of a different virus (**NOT** the COVID-19 virus) that delivers important instructions to our cells to trigger our immune systems to produce antibodies to what it thinks is an infection. This teaches our bodies to fight any future infection of virus that causes COVID-19. **Vector vaccines do NOT give a person COVID-19 or other infections. They do NOT affect or interact with our DNA in any way.** Another difference with the J & J vaccine is that it is a "one and done" vaccine. There is no need to return to a vaccine site a month later to receive a second dose. This could be a real plus for a significant amount of people who may have difficulty returning for a second dose. Efficacy rates are 72% reduced risk of moderate to severe disease of COVID-19, reduced risk of severe illness by 86% and reduced risk of hospitalizations and death by 100%. Common side effects are the same as the other COVID vaccines such as: pain, redness, or swelling at the injection site. General side effects include: tiredness, headache, muscle aches, fever, chills and nausea.

Continued on Page 5

Continued from Page 4

New CDC/DHS Guidance for Fully Vaccinated Individuals:

People who are fully vaccinated against COVID-19, meaning it has been two weeks or longer since they have finished their vaccine series, are now able to engage in some social situations.

These include:

- Visiting with other fully vaccinated people indoors without wearing masks or physical distancing.
- Visiting with unvaccinated people from a single household who are all at low risk for severe COVID-19 disease, indoors without wearing masks or physical distance. (Yay for Grandma & Grandpa!)
- Not having to quarantine and test following a known exposure, if not experiencing symptoms.



It continues to be important that fully vaccinated people in public spaces follow public health guidelines that include wearing masks and physically distancing.

As of March 15, 2021, 21.6% (1,258,563) of Wisconsinites have received at least one dose of the vaccine. 22.2% (3,428) of Burnett County residents have received at least one dose of vaccine and 11.5% (1,778) have completed their vaccine series.

It has been exciting to finally see the light at the end of the tunnel with the development of three vaccines now and hopefully greater vaccine supplies. We can all do our part by getting vaccinated when it's our turn. Until then, continue using public health measures and getting tested for COVID-19 if you feel ill. We just may be celebrating special events this summer with our friends and family once again!

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

Continued on Page 7

Continued from Page 6

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

 Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

ADRC of Northwest Wisconsin

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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Land & Water Conservation

INVASIVE ZEBRA MUSSELS FOUND IN AQUARIUM MOSS PRODUCTS



March 3, aquatic invasive species coordinators across the country received notification from the U.S. Geological Survey about the concerning report that invasive zebra mussels had been found in aquarium moss products.

Within 24 hours, aquatic invasive species program staff from several states confirmed finding zebra mussels in supplies of moss balls distributed as Mini Marimo Moss Balls (SKU 5292944) and Marimo Moss Balls (SKU 5164031) at local Petco and PetSmart stores. Reports indicate that other brands including Betta Buddies and Shrimp Buddies products also may contain the invasive mussels.

Marimo moss is a form of algae from Northern Europe and Asia, and marimo moss balls are a popular aquarium plant used to generate oxygen and remove nitrates from tanks.

Consumers should note that potentially infested products have been sold online as well as through retail outlets. It is not clear how long these products have been on the market or what other brands may be infested.

Zebra mussels are considered an invasive species and are listed as an injurious species under the federal Lacey Act. They are extremely efficient filter feeders that can negatively affect aquatic ecosystems, clog water intake pipes and be a nuisance to boaters and swimmers.

If contaminated moss balls are not properly disposed of, or if tanks that held them are not properly decontaminated, there is a risk of zebra mussels being released into waterways.

If zebra mussels are found on any moss balls in containers or in aquariums, infested moss balls and packaging should be frozen for 24 hours, boiled for one full minute, or submerged in bleach or vinegar for 20 minutes before double-bagging, sealing and disposing in the trash.

The DNR recommends that tank water from aquariums holding infested moss balls be decontaminated by removing plants and pets, adding 1/10 cup bleach to every gallon of water and allowing at least 10 minutes of contact time before draining.

Please be careful of any plant or animal that is purchased for your aquarium. Studies have shown that there is a serious threat from invasive species either directly from sales or inadvertently attached to a native plant. Never release or flush **any** aquarium products. This is a critical pathway to invasive species outbreaks.

For more information please contact the Burnett County AIS Coordinator, Thomas Boisvert, at 715.349.2109 or tboisvert@burnettcounty.org

Sheriff's Office

On Thursday, March 4, Charvey Spencer of Frandsen Bank & Trust presented Sheriff Tracy Finch and Chief Deputy Jameson Wiltrout with an Autel EVO II Dual drone. Representatives from Maverick Drone Systems of Savage, MN were on hand and provided a demonstration of the drone's capabilities. Some features of the drone include: Infrared and thermal imagine, 40 minutes flight life, 5.5 mile transmission range, weatherproof, and real-time video display. The drone will be utilized county wide for all emergency services.



We would like to thank Frandsen Bank & Trust for this very generous donation, and Maverick Systems for the demonstration. Also, we would like to say thank you to Burnett County Law Enforcement Citizen's Auxiliary for their continuous fundraising efforts. With funds raised over the past year, we will be able to send at least 8 people to drone operator training. Lastly, thank you to the community for your continued support.

County Clerk

The Spring Election will be held Tuesday, April 6, 2021, for non-partisan offices in the State of Wisconsin. At the odd-year spring election in Burnett County we can generally count on voting for state positions, judicial officials, school board members, town and village officials and possibly a referendum at various levels of government including school referendums. This year we have the Grantsburg School District posing two referendum questions.

A voter can expect to see one ballot with the state races, a ballot with your town or village races and a school referendum (2 questions) for the Grantsburg School District voters. To the right, you will find a sample ballot for state and judicial races for Burnett County.

Every vote counts! Get out and vote
Tuesday, April 6, 2021!

Official Ballot Nonpartisan Office April 6, 2021

Notice to Voters: If you are voting on Election Day, your ballot must be initialed by two election inspectors. If you are voting absentee, your ballot must be initialed by the municipal clerk or deputy clerk. Your ballot may not be counted without initials. (See back of ballot for initials.)

Instructions to Voters
If you make a mistake on your ballot or have a question, ask an election inspector for help.
(Absentee Voters: Contact your municipal clerk.)

To vote for a name on the ballot, make an "X" or other mark in the square next to the name, like this:

To vote for a name that is not on the ballot, write the name on the line marked "write-in."

State Superintendent of Public Instruction	
State Superintendent of Public Instruction Vote for 1	
<input type="checkbox"/>	Jill Underly
<input type="checkbox"/>	Deborah Kerr
write-in: _____	
Judicial	
Court of Appeals Judge, District 3 Vote for 1	
<input type="checkbox"/>	Rick Cveykus
<input type="checkbox"/>	Gregory B. Gill, Jr.
write-in: _____	

Forest & Parks



Revenues within the Burnett County Parks and what it means for our County and our local businesses.

Over the last five years, I have had some very good discussion with our County Administrator, Nathan Ehalt, who has encouraged us to find ways to increase revenues generated by our local parks infrastructure. Not only would this help offset some of the direct maintenance costs associated with our parks, it would potentially help to bring increased revenues for many local business. Many people are aware of our big programs such as the Summer ATV Trails and the winter Snowmobile Trails, but what about some of our smaller more non-traditional revenue generators within our parks system. How can we work towards increasing those revenues?

While many people know that anytime you increase infrastructure within a parks system, there is also a need to increase personnel and other operation costs, which in the end can be a deciding factor to do nothing at all and keep with the status quo. In the case of Burnett County, status quo was not an option. With the help and ideas of some of our local user groups, (Lake Country Peddlers, Webb Lake Men's Club, Friends of the Gandy and the Cumberland Area Ski Trails Association) along with the Burnett County LEEDS program "Leadership through Effective and Efficient Designs" that encourages and awards employees for revenue and cost saving ideas each year, there have been several ideas implemented in recent years to try to help increase our revenues, as well as the revenues to our local business.

With the help of some grant funds for projects and our local user groups hard work, new infrastructure has been built and is being maintained with little to no added expense to the county. With the exception of our Camper Cabin project, which was a LEEDS program idea generated by the Burnett County Forest & Parks staff, which the county paid for the expense of building the cabin. New bike trails have been developed by Lake Country Peddlers and the Webb Lake Men's Club, new primitive camp sites have been developed by Lake Country Peddlers, a new Gandy Dancer Trail Friends Group has been created and is helping to promote the Gandy Dancer Trail as well as upgrading signage and helping to keep the trail clean, and the Cumberland Area Ski Trails Association is assisting with the maintenance of the Camper Cabin located alongside their ski trails at Timber Hills.

Continued from Page 10

Below shows, the revenues generated over the last five years from previously existing infrastructure and the implementation of some new ideas over the last couple of year that require a direct user fee. It should be noted that in year 2020 that Camp Burnett and the Camper Cabin were closed for almost two months during peak rental times due to COVID-19 restrictions.

<u>Year</u>	<u>Camp Burnett</u>	<u>Gandy Dancer Trail</u>	<u>Camper Cabin</u>	<u>Camping</u>
2016	\$6,259	\$2,290	0	0
2017	\$5,848	\$3,090	0	0
2018	\$7,493	\$2,553	0	0
2019	\$5,842	\$3,012	\$2,617	0
2020	\$3,127	\$3,872	\$7,430	\$921

Looking at these figures, one can see that our overall revenues have grown in the past few years with the help of the newly implemented ideas. With the increased revenues, one can assume that there is also a direct increase to the revenues of some local business from these people recreating in Burnett County. We have no direct way of measuring that increase, but it is assumed that people will be using our local restaurants, gas stations, hotels, grocery stores etc. when recreating in Burnett County.

It is our hope that Burnett County can continue to implement new ideas with minimal costs and the help of our local user groups that will help our local business prosper in the future. We are one piece of the puzzle that is needed in order for our local business to succeed.