



Your Direction for Services, Activities and Events of Interest for Residents Age 60 and Over

Senior Resource Center Update



By Joey Johnson

It's been just 5 months that I've been sitting behind this desk at the Senior Resource Center. This is what I've discovered.

- Staff and volunteers that are caring, supportive, genuine, going the extra mile.
- The greatest group of people I have privilege to work with side by side.

Continued on Page 11

Senior Resource Center Spotlight on Volunteers: Dave Stimpson



Volunteer, Dave Stimpson, at Thursday night BINGO.

If you enjoy lunch at the Spider Lake Church on Mondays and Thursdays or come to Thursday evening's Progressive Bingo at the Hayward Senior Resource Center, then you've seen Dave Stimpson's smiling face. Dave helps with the setup and serving of lunch and has been a longtime volunteer at Thursday bingo – he's the guy with the money who trades you cash in hand for a shout out of BINGO and a winning card.

Dave moved to the Hayward area as a small boy in 1942. He lived here until 1957 when he joined the military to serve his country. When he settled back home he got a job with the DNR – Fish Hatchery Division, moved to the St. Croix Falls area where he spent a successful 28 year career raising fish "from the egg up". Many a fisherman benefited from Dave stocking streams, rivers and a few lakes. He even released some fish into Lake Superior.

Once he retired and came back to the Hayward area, he would often have lunch at the Spider Lake Church (an extension of the Hayward Senior Resource meal site) with his mother. Before you know it, he was helping to serve those lunches. Twice a week Dave opens the church, makes coffee, puts out the place settings and does light cleanup afterwards. On Thursday afternoons he heads over to the Hay-

Continued on Page 9

What's Up in this Edition:



Tips for Resolving Family Conflicts..... Page 11

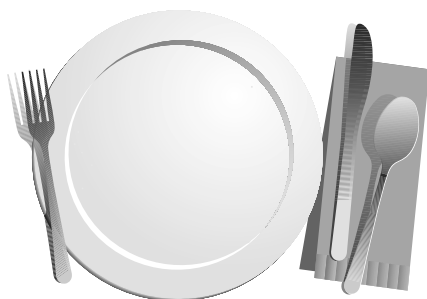
Jan./Feb. Menus Pages 7 & 10

Senior Site News Pages 2 & 3

Steps to Keep Your Mind Sharp..... Page 4

How to Contribute for Senior Dining Meals:

- Cash or Check – Daily, Weekly, Bi-weekly, or Monthly
- Checks payable to:
Senior Resource Center



How to contribute to Senior Dining... **IT'S YOUR CHOICE!!**

Your contribution is very important to the success of this Nutrition Program. We appreciate all the contributions!

DID YOU KNOW?

Some programs costs are covered by local, State & Federal Grant dollars, however we rely on participant contributions to cover about 30% of our programs costs.

**Suggested Contribution:
Effective December 1st, 2018:
\$5.00 per meal for
Senior Dining Meals**

No eligible person is denied meals due to inability to give a contribution. Full congregate meal cost: \$8.50 per meal (for someone who is not eligible on a contribution basis). Full Meals on Wheels meal cost: \$12.00 per meal (for someone who is not eligible on a contribution basis).

Changes at the Winter Site



Introducing new Winter site manager, Lori Stoltz.

By Char Jaeger

We would like to inform all of you that there is a new site manager at our Winter site, the WALDO Center.

Ruth Brad, is no longer our site manager, she stepped down to help take care of her son on November 30th. She will be greatly missed by us and her clients in Winter. We would like to thank her for her years of serves, also wish her the best at her new endeavor. Good Luck in all you do.

The Winter Site is running under the care of Chris Webster, our Stone Lake site manager, along with Sue Miller and great volunteers. We would like to give BIG shout out of thanks to them all for stepping up and doing what is needed to keep the site up and running.

We would like to welcome our new site manager, Lori Stoltz. She lives in Radisson WI for the last 12 years. She was originally from Mosinee Wisconsin. You might recognize her face. She worked at the Exeland center with Bonnie and has helped at the other sites. 5 ½ years ago she took a job as a cook at the Sawyer County Jail where she served

around 100 inmates. She also would go down to Washburn county to help at their jail when needed.

When asked why she wanted to work at the center, She said, "That when she was helping out there in the past, she really enjoyed it." She enjoyed cooking for the clients that came into the center, meeting them and talking with them. She is looking forward to being able to get to know them again and being able to serve them.

Lori lives with her life partner Sean, and her mother Noreen. She has two sons, Logan and Bronson. One, granddaughter Lilly. Which I think, has Grandma heart by the smile on her face when she told me about her. She loves to cook, garden, take walks and play Polish Poker with her mother and Sean's mother Virginia.

Lori will receive two weeks training at the Hayward site, and then have some help as she takes over her new position at the WALDO Center. She is so excited to start her new position in Winter. Please stop in and introduce yourself to her. We are glad to have her as a part of our team.

Stone Lake Center News



**The Cranberry Cafe
715-634-4680**

By Peggie Johnson
Stone Lake Senior Center Chef

The Stone Lake Senior Center currently serves meals on Tuesday, Wednesday and Friday at noon at the Stone Lake Wesleyan Church on the corner of Frost and 1st St. in Stone Lake. Meals are prepared in Hayward and transported to the Church. You can make reservations by calling 715-634-4680 by 9:00 am on the day you plan to come.

Ground breaking for the new Senior Center at the corner of Gibson and 2nd Street N in Stone Lake will begin in the spring of 2019 with completion expected by May 2019. So, we are hoping for a short winter and early spring. Stone Lake Lumber has been working on plans for the new center with Chris Webster, Site Manager for Stone Lake and Joey Johnson and Signe Lawson-Jones, Senior Resource Center Director and Board President. The new building will be 2800 sq. feet, in-floor heat, cathedral ceiling in the dining room with the entrance facing Gibson Street. Future plans are to have Senior Housing on Frost Street, just behind the new center on Frost Street.

The Stone Lake Market has been serving a soup and sandwich lunch to the community on the days that the Senior

Continued on Page 3

Exeland Center News

715-943-2990



By Karen Skogen

HAPPY NEW YEAR!

The Senior Holiday Party Sunday, January 13, 2019 at The Buckhorn – 12:00 noon Gathering time, 12:30 to 1:00 p.m. Buffet Lunch \$15.00 per person. Please, you must sign up at the Exeland Senior Center if you plan to attend.

People have shown an interest in having Silver Sneakers exercise classes in Exeland. This is a chair based class where you have fun through a variety of exercises for strengthening muscles and increasing range of movement for daily life activities. Check at the meal site in January for more information. We'll see if we can get a class going.

We had some very lively games of bingo last fall and Bingo will continue in 2019 on the FOURTH THURSDAY of every month. (Thank you to Dave V. for the wonderful prizes he has donated). Donated prizes are always welcome, remember to add them to the In-Kind donation list.

If you like to play cribbage, there are a few people that play at the center at unscheduled times, but they are willing to organize if anyone is interested. Or maybe you would be interested in other card games or even dominos.

A beautiful deer throw (or can be used as a wall hanging) Raffle Prize made by Ellyn Welling is circulating around the county. The raffle donations will benefit the Senior Resource Center and the drawing will be held at the Exeland Holiday Party on January 13. Purchase your tickets now!

After our Advisory meeting in September,



Volunteers get ready to dress up the Exeland site for the holidays.



Lois Ladenthin and Signe Lawson-Jones sell Holly Jolly raffle tickets.

a decorated basket, containing slips of paper with items essential to the center written on each, was set out. Items identified were purchased by many people and for now our center is well stocked with paper products, cleaning supplies, etc. And of course, everyone listed their purchased items on the In-Kind list. Thank you everyone. Spring may be a good time for this fun project again!

Thank you to The Buckhorn Bar for hosting a successful Gun Raffle during deer hunting season with the proceeds going to the Senior Resource Center.

Thank you to everyone that helped share the fun to decorate the center on December 10 and to make it a more cheery place to dine and socialize during the Christmas season.

Sawyer County Elder Benefits Specialist, Stacy Kolkind will continue to visit on the SECOND TUESDAY of each month around lunch time. It is best to call her at 1-866-663-3607-X205 and make an appointment however, appointments are not mandatory.

The amount for lunch at all of the meal sites has increased to \$5.00 per person for persons age 60 plus. This includes both on-site meals

and delivered meals and is important for keeping our meal sites operating. Thank you for your support.

Our condolences to the family of Millie Grendahl. Millie and her late husband Earl were supporters of the Exeland site for many years.

Stone Lake News News Continued from Page 2

Center is not serving. Those days are Monday and Thursday serving from 11:30 am to 1:30 pm. They have a variety of soups and sandwiches with a drink for \$5. There is a bright, comfortable area to sit and visit with friends and enjoy your meal. Also, while you are there you can do your shopping before or after lunch.

The Stone Lake Market provided 30 fruit baskets from the Feed a Family program to seniors attending our Christmas Party held at the Stone Lake Wesleyan Church on December 19, 2018. The Good Medicine Band provided entertainment and a delicious Ham Dinner was prepared at the Hayward Center for everyone to enjoy.

Mike Day, Meals on Wheels driver, along with his wife Sherry Day have been supporting the Stone Lake Senior Center for at least 15 years. Mike drives an average of 40 miles round trip to deliver meals and wellness checks to our senior receiving meals. Along with driving, Mike and Sherry pitch in whenever needed to help with dishes, decorating, setting up for parties or wherever help is needed. Sherry is also the Treasurer for our Advisory Board. There are three other drivers: Marlo Shields, George Shedvig and Pam Collins. Thank you everyone for your support and the very important job you perform.

The Stone Lake Senior Center and the Senior Resource Center would like to thank the Stone Lake Wesleyan Board, Pastor Tim and the congregation for providing for our Seniors and others of the Stone Lake community for allowing us to use their fellowship hall for serving lunches to participants.

Have a Happy and Prosperous New Year



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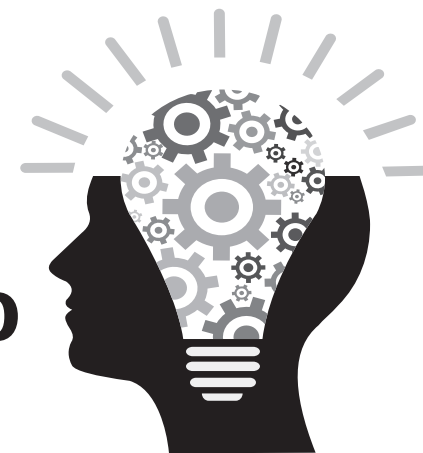
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Six Simple Steps to Keep Your Mind Sharp at Any Age



Everyone has the occasional “senior moment.” Maybe you’ve gone into the kitchen and can’t remember why, or can’t recall a familiar name during a conversation. Memory lapses can occur at any age, but aging alone is generally not a cause of cognitive decline. When significant memory loss occurs among older people, it is generally not due to aging but to organic disorders, brain injury, or neurological illness.

Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits:

- staying physically active
- getting enough sleep
- not smoking
- having good social connections
- limiting alcohol to one drink a day
- eating a balanced diet low in saturated and trans fats.

Certain health conditions that can impair cognitive skills include diabetes, high blood pressure, sleep apnea, depression, and hypothyroidism. If you have any of these health issues, you can help protect your memory by following your doctor’s advice carefully.

Memory changes can be frustrating, but the good news is that, thanks to decades of research, you can learn how to get your mind active. There are various strategies we can use to protect and improve memory. Here are several you might try.

1. KEEP LEARNING

A higher level of education is associated with better mental functioning in old age. Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them.

Many people have jobs that keep them mentally active, but pursuing a hobby, learning a new skill, or volunteering for a project at work that involves a skill you don’t usually use can function the same way and help improve memory.

2. USE ALL YOUR SENSES

The more senses you use in learning something, the more of your brain that will be involved in retaining the memory. In one study, adults were shown a series of emotionally neutral images, each presented along with a smell. They were not asked to remember what they saw. Later, they were shown a set of images, this time without odors, and asked to indicate which they’d seen before. They had excellent recall for all odor-paired pictures, and especially for those associated with pleasant smells. Brain imaging indicated that the piriform cortex, the main odor-processing region of the brain, became active when people saw objects originally paired with odors, even though the smells were no longer present and the subjects hadn’t tried to remember them. So challenge all your senses as you venture into the unfamiliar.

3. BELIEVE IN YOURSELF

Myths about aging can contribute to a falling

Continued from Page 14

Sawyer County Compass

*The Official Newsletter of the Sawyer County
Senior Resource Center*

**VOLUME 3 • ISSUE 5
January/February 2019**

Published Bi-Monthly by the Sawyer County Gazette (USPS 482-580)
PO Box 99 • 5133N Main Street • Winter, WI 54896-0099

Phone: (715)266-2511 • Fax: (715)266-2512

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Sawyer County



VETERANS

Service Office News



**By Gary Elliott
Veterans' Service Officer**

Sawyer County Veterans Service Office 2017 Annual Report

The Sawyer County Veteran Service Office's mission is to provide timely and accurate assistance to all county veterans and their families with obtaining local, state and federal benefits. Our services are a means by which we can express our profound gratitude for the many sacrifices our veterans have made to protect and defend our freedom.

The Year in Review for our office's ability to secure Federal & State benefits resulted in over \$22 million of total benefits to our Sawyer County Veterans (\$6.9 million paid directly to the veterans and/or dependents/survivors; \$7.3 million in medical care benefits; \$7.1 million in home loans; \$368 thousand in education benefits/vocational rehab/employment; \$56 thousand in burial benefits & Insurance/indemnities; and \$106 thousand in Wisconsin disabled veterans property tax credit).

The office remains quite busy as we had 5,351 office visits, 9,751 phone calls, 5,298 letters/FAX/e-mails, and transported 304 veterans to the Minneapolis VA Medical Center.

We also teamed with the Vet Center – La Crosse, WI in securing \$811 thousand dollars in counseling sessions for our combat veterans.

The final results of 2018 will not be available until mid-late 2019, however our office shows no signs of slowing down in required services or output of claims in the near future.

NORTHERN WISCONSIN VETERANS MEMORIAL CEMETERY

Located near Spooner provides a final resting place for veterans and creates a lasting memorial to their achievement and sacrifices. The cemetery has an attractive administrative building, which includes a committal chapel for interment services. An outdoor committal shelter is used for services when weather permits. The cemetery also hosts veterans' events and commemorations in its ceremonial area and flag plaza.

The cemetery inters caskets and cremation urns year-round. Eligible veterans and spouses/dependents are entitled for burial at this cemetery. Cremated remains may be interred either in ground, an above ground columbarium, or in the scattering area. The government marker will include the veteran's name, rank, branch of service, war period, birth date,

Elder Benefit Specialist News



**By Sawyer County ADRC
Elder Benefit Specialist,
Stacy Kolkind**

Happy New Year!

*I look forward to working
with many of you in 2019!*

MEDICARE PART D

The annual Open Enrollment Period for Part D Prescription coverage ended on December 7, 2018. Medicare beneficiaries are now unable to change their prescription coverage until next fall. If you missed the open enrollment period and you have needs for prescriptions, please contact me, as there may be options for you.

You are able to sign up at any time during the year for Senior Care, a Wisconsin-administered drug plan with sliding fee deductibles and reduced co-pays; if you are not familiar with the program, call me and I will explain it and help you sign up.

If you are low income and do not have any prescription coverage, you can ask your Pharmacist or me about LINET, a temporary part D program. You must qualify for this program, but this will

cover prescription drugs until you are able to enroll in a low-income Part D plan.

MEDICARE PART B

Open enrollment for Part B runs January 1 to March 31, 2019.

Medicare Part B covers outpatient care, preventative services, ambulance services, and durable medical equipment. You pay a monthly premium for Part B, which usually is deducted from your social security check.

This is the only time of year you can enroll in Medicare part B after you have turned 65. If you do not enroll in Part B and do not have other credible coverage, you may have a penalty. Enrolling in Part B during the annual enrollment period gives you a start date of July 1.

You can enroll in Part B during annual open enrollment by calling Social Security 1-800-772-1213 or by mailing in an application.

You may qualify for financial assistance with Part B premiums, deductibles and co-pays. Contact the Elder Benefit Specialist, Stacy Kolkind, at 1-866-663-3607 for more information or for help with applying for Part B coverage.

EBS MONTHLY SCHEDULE:

EXELAND:

2nd Tuesday of Each Month

WINTER:

3rd Tuesday of Each Month

HAYWARD:

4th Tuesday of Each Month

SPIDER LAKE:

3rd Monday of each month

STONE LAKE:

To Be Determined

Trainings and other mandatory events may occasionally disrupt this calendar, so clients are encouraged to call me at 1-866-663-3607 to schedule an appointment.

Continued on Page 9

Volunteers are the Heart of Our Organization



by Donna Dreczko,
SRC Volunteer

We are most fortunate to have a wonderful staff of dedicated employees who are the brains and brawn of the Senior Resource Center. These are the folks who make sure we have programs, activities, exercise classes, great food to eat, bus

rides when we need them and someone to answer the phones and answer all your burning questions. They work their magic every day with a smile on their faces and we are most appreciative of them.

As mighty as these terrific people are, like Santa even they need a small army of helpers to fill in what they can't handle on their own. We could really use some help in the following areas.

MEALS ON WHEELS DRIVERS:

We can always use people to help deliver meals on a regular basis or as a fill in driver. Mileage may be reimbursed or you can extend the kindness by volunteering your time and miles to the Meals On Wheels cause. This means so much to the recipients – a little socialization, a

warm meal and a wellness check can really provide that much needed security and friendship that we all crave. Please contact your local site manager for the area you'd be willing to drive in. Hayward/Stone Lake/Vets Center/Spider Lake areas – Barb Applebee (715) 634-4680, Exeland - Bonnie Klinger (715) 943-2990, Winter – Lori Stoltz (715) 266-2233

BINGO FLOOR WORKERS

Bingo is a very important fundraiser for the Center. Right now we have a small staff of volunteers and it sure would be nice to have some regular folks for a rotating shift or a fill in if

needed so we can have a night off once in a while. We need floor walkers to check and verify winning bingo cards and can use someone with a strong voice and a sense of fun to call the bingo numbers. Bingo runs on Mondays at TNT from 6pm to 8pm and Thursdays at the Hayward Senior Resource Center from 5pm to 9:30pm. Contact Dick Langton at (715) 634-4108 or leave your name and number with Michelle at the Senior Resource Center (715) 634-3000.

CONGREGATE LUNCH ASSISTANTS

Our lunches are served at Noon Monday through Friday. While the cooks are preparing the meals we need someone to monitor the desk and help with setting up for lunch. Duties include taking lunch reservations on the phone, setting out placemats and cutlery for the diners, filling salt and pepper shakers, making coffee, sharpening pencils, setting out butter dishes, cleaning the tables, wrapping cutlery, laughing with the cooks as we share jokes and fun comments, greeting attendees, making change if needed and tallying up the diners at the end of the meal for our required state reporting. The work shift begins at 8am and runs to approximately 12:30pm. We can use regular volunteers as well as those who would be willing to fill in on an as needed basis if the regular person is out or we expect a large crowd for some of our special meals like holiday celebrations. If this sounds like the fun you are looking for, please contact the site managers listed above.

**THANK YOU FOR YOUR
CONSIDERATION AND DESIRE
TO HELP US BE
THE BEST WE CAN
FOR OUR COMMUNITY!**

AGING WELL IN THE NORTHWOODS INFORMATIONAL SEMINARS

All seminars are on Mondays
from 1-2 pm at the Senior
Resource Center in the
lower level in Hayward.

January 14th:

Brain Health

January 28th:

Memory Screens

February 11th:

Pharmacist

February 25th:

Fall prevention

March 11th:

Back Pain

March 25th:

Specifics when dealing with back pain

April 8th:

Joint Health

April 22nd:

Questions and Answers
(re: Joint Health)

May 13th:

Healthy Nutrition on a Budget

June 10th:

Stress Reduction



If you have any questions regarding
any of the seminars please contact

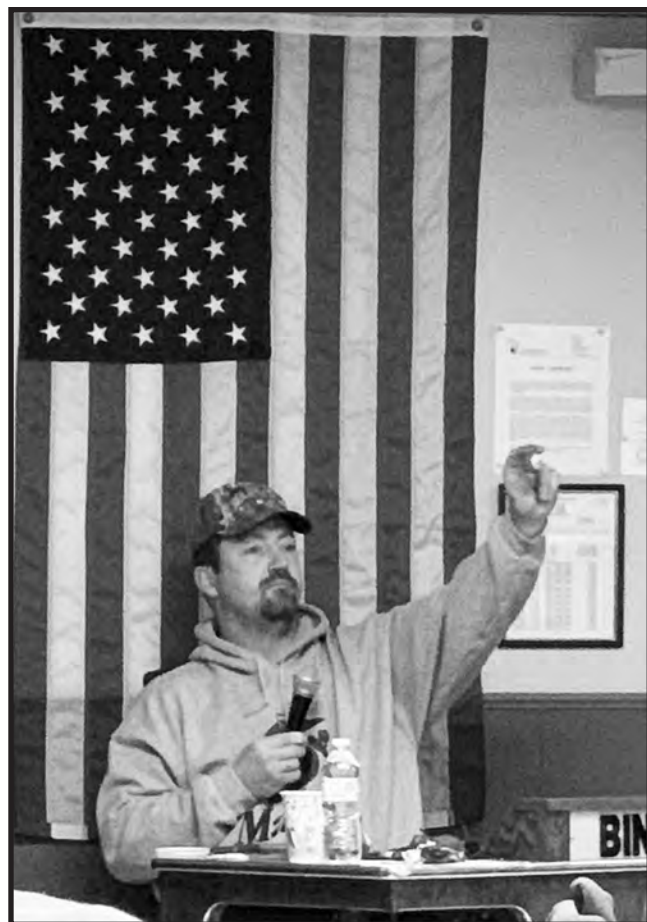
JODI OLNEY AT THE

SENIOR RESOURCE CENTER:

715-634-3000

or email





jodi@seniorresourcecenternorth.org



At left, volunteer, Dan Cousins, is a BINGO caller extraordinaire.

January 2019

Age 60+ suggested donation \$3 breakfast, \$5 lunch, \$5 dinner. Under 60 charges of \$5 breakfast, \$8.50 lunch, \$8.50 dinner. Salad Bar – (1) Trip for with Meal included at regular cost.
Salad Bar Alone All-You-Can-Eat same cost as meal.

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Closed 	2. 	3. Pork Chop Suey with vegg, Rice, Egg Roll, Fortune Cookie, Fruit, Milk	4. Liver and Onions/Bacon Roasted Red Potatoes, Green Beans/Carrots, Fruit Salad, Peach Cobbler, Bread, Milk
7. Ham, Scalloped Potatoes, Pea/Carrots, Pretzel Salad, Oatmeal Raisin Cookie, Roll, Milk.	8. BLT on bread or Bun, Salad Bar, Ice Cream w/ fruit topping, Milk	9. Salisbury Steak w/onions, Mashed Potatoes/Gravy, Carrots, Apple crisp, w/w Bread Milk	10. Pork Cutlet, Sweet Potatoes, Broccoli Salad, Applesauce, Dessert, w/w Bread, Milk	11. Polish Sausage, Sauerkraut, Red Potatoes, Green Beans, Fruit Salad, Rye Bread-Milk
14. Oven Fried Chicken, Baked Potato, Carrots/ Green Beans, Peaches, Bread, Milk	15. Home Made Pizza, Salad Bar, Fruit, Breadstick-Milk	16. Meatloaf, Oven Roasted Red Potatoes, Brussels Sprouts, Stewed Tomatoes, Frosted Pumpkin Bars, Bread Milk	17. Pork Roast, Mashed Potatoes/Gravy, Sweet & Sour Cabbage, Corn, Applesauce, Bread-Milk	18. 
21. Open Face Beef Sandwich, Mashed Potatoes/Gravy, Mixed Vegetable, Fruit, Ice Cream, Milk	22. Spaghetti w/ meat sauce, Salad Bar, Garlic Bread, Fruit Cocktail, Milk	23. Breaded Pork Chop, Mashed Potatoes/Gravy, Yellow Wax Beans, Apple Bread Pudding, Applesauce, Bread, Milk	24. Beef Stew w/veg, Baking Powder Biscuits, Cottage Cheese/Peaches, Frosted, Brownies Milk	25. Fish Sandwich on Bun, w/lettuce /tomato, French Fries, Carrots, Fruit, Dessert, Milk
28. 	29. Bacon Cheeseburger, Potato Chips, Salad Bar, Pudding, Milk	30. Spaghetti w/meat sauce, Corn, Side Salad, Apple/Pineapple Dump Cake, Garlic Bread, Milk	31. Country Style Ribs, Sauerkraut, Sweet Potatoes, Green Beans, Fruit, Pudding, w/w Bread, Milk	

For Reservations Call- **Stone Lake:** (715) 865-2025 **Winter:** (715)266-2233 **Exeland :**(715) 943-2990 **Hayward/Spider Lake/Vets Center:** (715) 634-4680

Alternative meals are available upon request. Please contact site manager at least one day in advance.



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Hayward, WI 54843

Dave Stimpson Continued from Page 1

ward Center to set up for the evening's Progressive Bingo games. Dave sets out the daubers, counts up the books and puts out the patterns for the Early Bird and Regular games. Besides the guy with the payoff checks, he also sells the 50/50 cash raffle tickets and is the official recorder of the Jackpot Coverall game. All of this makes for a very busy night. Afterwards he goes home and rests his hand – with 5 Early Bird games and 13 regular bingo games that's a whole lot of writing that Dave does each Thursday night. Dave has been doing this for so long he can't remember when he started – it's just a regular part of the week for him.

If he had one wish, it would be that we had more volunteers so that we could rotate and have an occasional week off. The entire bingo crew was happy that Thanksgiving falls on a Thursday as it was a rare night off for everyone.

Thank you Dave for your tireless assistance – we love our volunteers and could not do as much as we do without people like you.



Arloa Anderson and Carol Mussleman enjoy Friday bingo.

by Donna Dreczko

Perhaps you will resolve to try a new diet, learn a new skill or get more exercise or sleep in the new year. Here at the Senior Resource Center we are hoping "Play More BINGO" is also on your list. If it's Thursday that means it's time for Thursday Night Progressive Bingo. Doors and Kitchen Concession area open at 5pm. Early Bird Games begin at 6:15 – 5 games are played and books with 5 games per sheet (25 chances to win) sell for \$5. Prizes vary based on amount of books sold and average around \$20 per game. Regular games start around 7pm. We play 13 games in total – the last is our Progressive Jackpot Coverall Game. Book packets range in price from \$6.50 (3 games to a page), \$12 (6 games to a page) and \$17 (9 games to a page). All 13 games come in that packet and you can purchase additional coverall sheets for \$2 each for Game 13. The Jackpot starts at \$300 in 48 numbers and builds each week until won. For example the

FUN IN THE NEW YEAR!

8pm. Games are \$1 each with a 50/50 split pot. Find your slider card with just the right set of lucky numbers and come out and have a great time with us. Bingo will be held twice a month – January 14th and 28, February 11 and 25 and March 11 and 25.

All proceeds from Monday and Thursday Bingo help support our various programs at the Senior Resource Center. We look forward to seeing you there – always a good time to be had. Call 715-634-3000 if you have any questions.

Veteran's Service News

Continued from Page 5

death date and spousal information. Families also have the option of adding an additional inscription/term of endearment to their loved ones' marker.

Groundbreaking occurred October 16, 1998 with construction beginning April of 2000. The cemetery began interments on November 10, 2000, and was officially dedicated on June 10, 2001. The initial of construction included burial for casket and cremation urns. Phase II of construction was completed January 2008. Phase II included additions to the columbarium, a new cremation garden, a cremation scattering area, an outside dealer vault garden and an addition for maintenance storage. Additional development will occur to accommodate needs of veterans and their families.

The cemetery is conveniently located along Highway 53 between Eau Claire and Superior and the hours of operation are 8 A.M. to 4 P.M.

You may contact the Northern Wisconsin Veterans Memorial Cemetery at (715) 635-5360 or your CVSO for more information.

**CONTACT SAWYER COUNTY
VETERAN SERVICE OFFICE
AT (715) 634-2770**




Jackpot for December 20 will be over \$1,000 if you cover your card in 59 numbers or less – now that will make anyone's holiday a bit more merry. If you live within a 4 mile radius of the Senior Resource Center, we also have Bob driving the Bingo Bus - \$2.00 per ride. Please call and make bus reservations by 3pm on Thursday (715-634-3000).

Fridays are Casual Fun Bingo held in the Hayward Senior Center Dining room after lunch on Fridays from 1 to 3pm. Games are on slider cards for 25 cents each – no big jackpots but a lot of fun for a minimal investment if you just enjoy playing the game.

Finally we are pleased to announce that starting in January we will resume Bingo on the Road. Join us at TNT Bar and Grill on Main Street in Hayward (across from Tremblays). It's winter time so you know what that means – plenty of parking on Main Street!!!! TNT's has a great menu of tasty offerings and all the right drinks. We will be doing bingo from 6 to

February 2019

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Salad Bar Alone All-You-Can-Eat same cost as meal.

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Baked Fish, Baked Potatoes, Broccoli Salad, Fresh Fruit, Berry Crunch, Bread, Milk
4. BBQ Chicken, Potato Salad, Baked Beans, Fruit Parfait, Fruit, Bread, Milk.	5. Beef Barley Soup, Grilled Cheese, Salad Bar, Brownies Milk	6. Roasted Pork, Mashed Potatoes/Gravy, Roasted Brussel Sprouts, onions, Fruit cocktail, Pumpkin Bars, Rye Bread Milk	7. Beef Tips/gravy, Noodles, California Blend Vegetables, Mandarin Oranges, Zucchini Cake, Bread, Milk	8. Lasagna, Side Salads, Green Beans, Garlic Bread, Pears, -Milk
11. Homemade Chicken Noodle Soup, Egg or Ham Salad Sandwich, Dill Pickle, Crackers, Dessert with Fruit, Milk	12. Polish Sausage or Brat, Bun, Sauerkraut, Salad Bar, Strawberry Short Cake, Milk	13. 	14. Pork Chop Suey/w vegetables, Rice, Egg Roll Fortune Cookies, Fruit-Milk 	15. Liver and Onions with Bacon, Roasted Red Potatoes, Green Beans/Carrots, Fruit Salad, Peach Cobbler Bread, Milk
18. Ham, Scalloped Potatoes, Pea/Carrots, Pretzel Salad, Oatmeal Raisin Cookies, Roll, Milk	19. BLT on Bun or Bread, Salad Bar, Ice Cream w/fruit topping, Milk	20. Salisbury Steak w/onions, Mashed Potatoes/Gravy, Carrots, Apple Crisp, w/w Bread, Milk	21. Pork Cutlet, Sweet Potato, Broccoli Bacon Salad, Applesauce, Dessert, w/w Bread, Milk	22. Polish Sausage, Sauerkraut, Boiled Red Potatoes, Green Beans, Fruit Salad, Rye Bread, Milk
25. Oven Fried Chicken, Baked Potato, Carrot/Green Beans, Peaches, Bread, Milk	26. Home Made Pizza, salad Bar, Fruit, Breadsticks, Milk	27. Meatloaf, Oven Roasted Potatoes, Brussel Sprouts, Stewed Tomatoes, Frosted Pumpkin Bars, Bread, Milk	28. Pork Roast, Mashed Potatoes/Gravy, Sweet & Sour Cabbage, Corn, Applesauce, Bread, Milk	

For Reservations Call- Stone Lake: (715) 865-2025 Winter: (715)266-2233 Exeland : (715) 943-2990 Hayward/Spider Lake/Vets Center: (715) 634-4680

Alternative meals are available upon request. Please contact site manager at least one day in advance.

SRC Update Continued from Page 1

- Endless smiles.
- Energy that makes this old body tired.
- Never thought coming out of retirement could so much fun.

There are days Signe and I are sitting behind our desks and amazed in awe for what the senior population and the community of Sawyer County has done to support this agency that serves over 16% of the senior population with meals, friendship, programs and the list goes on and on. Thank you to all of you, you know who you are.

We are very thankful to the Stone Lake Community for all the support before and since the Stone Lake site has limited days for meals, with Meals on Wheels 5 days a week and the financial support for equipment moving and storage. Even more for the new building coming in May 2019, thanks to Paul Manka and his partner at Stone Lake Lumber in Stone Lake.

We have had a lots changes in the past few months, I say all good, some may disagree. My statement to all is “we are at ground zero and rebuilding from the bottom up”.

*I predict 2019 to be a better year...
fresh and new ideas, programs and
even more smiling faces.*

**Serving
Up Our
Thanks
& Best
Wishes**

Tips for Reducing Family Conflict



Providing care for a loved one through a debilitating illness or at life's end can create stress on individuals and families alike. Each family member has his/her own response to the difficult situation and will have varying levels of commitment to help. Each person handles stress, grief and change in their own way and will also have different ideas of what is best for the loved one needing care.

Good communication is essential in keeping families strong through a difficult time. Disagreements are sure to arise but the key to success is to diffuse the conflict before feelings are hurt and long-lasting damage is done. Here are some tips that will help you avoid conflict and make your caregiving journey less stressful and more successful.

- Be honest. Say that you are feeling stressed, overwhelmed, scared, sad, etc. Then work together to diminish these feelings.
- Use “I” statements to avoid blaming others.
- Value everyone's ideas and opinions. Don't judge. There is not just one right way to provide care for someone.
- Consider counseling. Caring for a loved one is stressful for even the healthiest families. Attend a support group with family members or seek private counseling if you fear relationships are about to be torn apart.
- Share responsibility. When everyone has a

task or responsibility (however small) a sense of teamwork is shared.

- When times get tough, remind each other that it is the disease that has caused the challenge. Blame the disease, not the person with the disease (or each other) for hard times.
- Step back and look at the larger picture. Sometimes we get hung up on a certain issue and lose sight of the more important goal (like happiness, safety and/or independence).
- If you are the main caregiver, get some respite! Taking a break from your daily duties can boost your spirits and in turn help you communicate better.
- LISTEN! Be an active listener by focusing on what is being said, including body language, without interrupting. We often miss much of what someone is saying because we are busy thinking about what we will say next. Or we “tune out” what is being said because we think we've already heard it.
- Never assume anything. When doling out tasks, be specific and clear to avoid misunderstandings. Write things down.
- Find a good time to communicate. If you need to talk to someone don't do it while they're in the middle of something else. Always ask, “Is this a good time?” before diving in with a heavy topic.
- Steer away from emotions. If something you've said has sparked strong emotions in

someone (anger, tears, sarcasm), apologize and try again at a different time and in another way. If you are becoming emotional, ask to talk about it later after you've calmed down.

- Schedule regular family meetings, either in person, over the phone or by e-mail so everyone is kept updated on how things are going.



Jane Mahoney

*Older American's Act Consultant
Greater Wisconsin Agency on Aging Resources*



The Holidays are over, and decorations are put away. Family have gone home. We here at the Senior Resource Center want you all to continue to come and enjoy meals here with your extended family. Maybe, you your self don't come here to dine, but you have family members that do. Keep the giving spirit going all year long and give a gift of a meal. Here they get to enjoy friend's company, have a well-balanced meal, play cards, games or just talk with others. The SRC offer's a Gift idea for a family member or friend. We offer meal coupons that you can purchase at each of our sites. Call, or stop in to the sites - Winter (715) 266-2233, Stone Lake (715) 865-2025, Exeland (715) 943-2990, Hayward/Spider Lake/Vet Center (715) 634-4680. Suggested Meal prices are \$5.00 for anyone 60 years or older. All are welcome to come join them for a meal. Sit and laugh with them and enjoy a great meal. We hope to see you all here and get the chance to meet you all.

Local Business Owner Helps Senior Resource Center with Donation



By Char Jaeger

The Senior Resource Center would like to send out a great big THANK YOU to the Tworeks, Bernie and Kathy, for their very generous donation of kitchen equipment and supply to us. Here is Ruth Brad from our Winter site with the donated side by side, commercial grade refrigerator. This will be a big addition to our site. And is greatly appreciated.

THANK YOU AGAIN!

Senior Resource Center FREE TECHNOLOGY TRAINING

Did you receive a computer, smart phone or tablet computer as a gift and have no idea what to do with it? Are you afraid you'll wreck it if you push the wrong button? Not even sure how to turn on the silly thing? Have we got some help for you. Thanks to a partnership with Generations On Line - we are pleased to be able to offer tablet training (Android and Ipad) at the Senior Center.

The program called Sip 'n Swipe Café is designed to allow people to follow an application program ("app") on their own to learn the basic skills of using a tablet, accessing the Internet and communicating with email and social programs like Facebook. We can load it on your tablet or you can use one of ours. Training is self-paced – a coach is there to get you started and you do it on your own because above all, we want YOU to become comfortable using it on your own.

Each session runs about an hour on average. You can do multiple sessions at once or pace yourself and come back several times. Coaches are available at the Hayward and Winter locations. To schedule some time with a coach please call Hayward at the main office number (715) 634-3000 and tell them you are interested in tablet training. If you are interested in the Winter location, please call Donna Knuckey at the Winter Public Library at (715) 266-2144.

Connie Schield also offers free drop in tutoring twice a week. She can answer questions and help you with computers and smart phones. Bring yourself and your tech gadgets to Stone Lake Wesleyan Church on Mondays from 10am to Noon or at the Hayward Senior Resource Center in the upper level dining room from 10am to Noon on Tuesdays – weather permitting over the winter months. No appointment necessary.

Right: Connie Schield offers drop-in tutoring in Stone Lake and Hayward.



Sip 'n Swipe coach, Eric Dreczko, shows people how to use an app on their tablet..



Donna Knuckey assists clients at the Sip 'n Swipe class in Winter.



SENIOR RESOURCE CENTER



By Michelle Pederson

Buzzzz Buzzzz Buzzzz that is all I hear in this office day in and day out. There are so many busy bee's down here at the Senior Resource Center office along with the Waldo Center, Exeland Center and Stone Lake Center.

We are writing up our wish list for the holidays and office supplies are always on high demand. From ink cartridges to colored copy paper to regular white copy paper, you name it we always could have it on hand. Here are a few things we are looking for:

- Staples
- Tape
- Medium post-its
- Ink cartridges XL color and black: hp65, hp62, hp61, hp63, hp74/74, Epson127/126
- Folders
- Liquid Ink for our stampers
- Germ X
- Disinfecting whips
- Batteries AAA
- Envelopes
- Thumb tacks
- Roll of stamps

We also want to give a shout out to the people that have already donated to our Site Offices.

WE THANK YOU!

We hope you all had a wonderful Christmas Break and a refreshing New Years!

SECRET SANTA VISITS THE SENIOR RESOURCE CENTER



by Helen Chevier

On Thursday December 18, 2018 a Secret Santa paid a visit to the Senior Resource Center in Hayward. This Secret Santa left a very generous donation to be used for Christmas gifts for the Hayward site Meals on Wheels recipients. Like any good elves, the volunteers on the Advisory Board and other volunteers sprung into action. They shopped like crazy. Kudos to Heather - the manager at Dollar Tree for her kind efforts. We filled our shopping carts to the brim. The cash register receipt was the longest I have ever seen. It was over 6 feet long. We packed everything in gift bags. We had toiletries, sundries, household items, socks and some Christmas candy. What could be better?

The next morning we rushed to get everything packed into our drivers sleighs. Our volunteer drivers were Nancy Nelson and Joe Conover. Wednesday was the day of our Christmas dinner. It was so important that the gifts went out that day. I am sure I heard a ho-ho-ho as the drivers pulled out of sight.

Our volunteers were: Belle Hassing, Annika Thompson, Carolyn Lee Simmons, Betty Hutchinson, Bill Smith and Helen Chevier. We are blessed with such wonderful people.

Senior Center in Hayward has a Variety of Classes to Fit into your Schedule!



The SilverSneakers class features a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. You can drop in to participate as no prior registration is required. These folks are having a ball!

By: Jodi Olney

MONDAYS:

Strength Classes

at 9:00 am OR 10:00am (45 minutes)

SilverSneakers Class

at 11:00 am (45 minutes)

SilverSneakers Class (Winter Site)

at 1:30 pm (45 minutes)

TUESDAYS:

Hatha Yoga Classes

at 8:30 am OR 4:30 pm (one hour)

THURSDAYS:

Hatha Yoga Classes

at 8:30 am OR 10:00 am (one hour)

Strength Class

at 12:30 pm (45 minutes)

SilverSneakers Class

at 1:45 pm (45 minutes)

You may register for the yoga and strength classes at WITC in Hayward by calling 715-634-5167 or stopping in at 15618 Windrose Lane (#106). You must pre-register for these classes. The classes are in sessions, so they have a start and end date, however you will love them, so you can sign up for numerous sessions if you would like!

The SilverSneakers classes are drop-in classes (no registration is necessary) and if you are a SilverSneaker's member the class is free and if not, it is just \$2/class.

The Strength class is a total body workout. We will focus on working larger muscle groups to smaller muscle groups. Many of the exercises will be body weight exercises. However, there are some exercises that use a stability ball, resistance bands, and/or free weights. We will also work on balance and core. Great for all levels!

Hatha Yoga focuses on developing balance, flexibility, and strength. You'll calm your mind with relaxation and centering as your lung capacity is increased while you practice pranayama (breathing exercises). Yoga will challenge your muscles and realign your body giving you energy and a strong immune system. In the SilverSneakers class you have fun and move to through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a small

ball are offered for resistance. A chair is available if needed for seated or standing support. This class is geared toward older adults.

WE'RE HAVING A BALL IN WINTER!

SilverSneakers®

By Jodi Olney

At the Senior Center in Winter I was asked to start teaching a SilverSneakers class. You have fun through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a small ball are offered for resistance. A chair is available if needed for seated or standing support. This class is geared toward older adults. When I met with several of the "Red hat" ladies who contacted me with this suggestion, they were so excited to get started!! I told them I needed at least 7 that would be interested and consistent. Well the first class we had 9, the second we had 15 and the third class we had 10!! What a great turn out!!

As you can tell by the picture, we have a ball as well! I have been teaching this class for 15 years and when I have the class get in groups of 2 or 3 to work on hand eye coordination, the best part is hearing them all laugh and have fun WHILE THEY ARE WORKING OUT!!!

Please join us on Mondays, (starting back up again on January 7) from 1:30-2:15pm in Winter at the Senior Center. If you have any questions please contact me, Jodi Olney at 715-634-3000. The class is free to SilverSneaker members and if you are not a SilverSneaker member it is just \$2/class. Thank you and hope to see you there!!

Six Steps to Keeping Your Mind Sharp

Continued from Page 4

memory. Middle-aged and older learners do worse on memory tasks when the/re exposed to negative stereotypes about aging and memory, and better when the messages are positive about memory preservation into old age. People who believe that they are not in control of their memory function —joking about “senior moments” too often, perhaps — are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.

4. PRIORITIZE YOUR BRAIN USE

If you don't need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often.

5. REPEAT WHAT YOU WANT TO KNOW

When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down. That way, you reinforce the memory or connection. For example, if you've just been told someone's name, use it when you speak with him or her “So, John, where did you meet Camille?”

6. SPACE IT OUT

Repetition is most potent as a learning tool when it's properly timed. It's best not to repeat something many times in a short period, as if you were cramming for an exam. Instead, re-study the essentials after increasingly longer periods of time - once an hour, then every few hours, then every day. Spacing out periods of study helps improve memory and is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment.

To learn more about staying mentally sharp and fit, read Cognitive Fitness, a Special Health Report from Harvard Medical School.

Recipe Corner



Chicken Marsala for Two

Chicken Marsala has an elegant restaurant type of taste. You are cooking out the alcohol and will be left with a wonderful flavor! There are many slight variations that I've tried and I decided to create my own simple version. You can buy the cheapest Marsala wine in the store for about \$5.

INGREDIENTS:

- 2 tablespoons oregano
- 4 tablespoons butter
- 1/3 cup olive oil
- 2 chicken breasts
- 1/4 cup olive oil
- 1/4 cup Progresso Italian-style fine bread crumbs
- 2 tablespoons oregano
- 1/4 cup marsala wine
- 1 tablespoon red wine vinegar
- 1/2 cup mushroom
- 1/4 cup fresh parmesan cheese

DIRECTIONS:

1. Heat 1/3 cup olive oil & butter in a medium to large frying pan on medium heat.
2. Place 1/4 cup of olive oil in a freezer bag or container along with the Italian bread crumbs.
3. Throw the chicken in the bag and shake.
4. Place 1 tbsp of oregano on a plate and coat one side of the breast, place that side in the heated pan.
5. While browning sprinkle 1 tbsp of oregano on top of breast.
6. Turn chicken over when the 1st side is brown.

7. Add mushrooms, wine, vinegar & cook for 5 minutes covered.

8. Add the parmesan & turn the heat down on low until the chicken is cooked through (about 10 min.).

9. Serve as is or with a cream based pasta dish.

READY IN: 20 mins

SERVES: 2

YIELD: 2 chicken breast

UNITS: US

DIRECTIONS:

1. Bring 3 quarts water to a boil.
2. Add pasta, cook 6-8 minutes.
3. Add shrimp to pasta pan, cook 3 to 5 minutes or until shrimp are done and pasta is al dente.
4. Drain.
5. Place pasta mixture in a large bowl.
6. Stir in basil, capers, extra virgin olive oil, lemon juice, salt, and spinach. Top with parmesan.

EAT WELL, AGE WELL BRAIN FOODS



Basil is an antioxidant which improves blood flow to the heart and brain that offers protection from Alzheimer's Disease. In a medical study done through Purdue University, they found that basil was effective at killing off harmful molecules and preventing damage in the liver, brain and heart. Basil has many anti-inflammatory properties as well!

Lemon Basil Shrimp & Pasta

INGREDIENTS

- 3 quarts water
- 8 ounces uncooked spaghetti
- 1 pound raw, peeled and deveined large shrimp
- 1/4 cup chopped fresh basil
- 3 T drained capers
- 2 T extra virgin olive oil
- 2 T fresh lemon juice
- 1/2 teaspoon salt (optional)
- 2 cups baby spinach
- Parmesan Cheese



BEANS

The brain is unable to store glucose on its own, therefore it is dependent on a steady intake of energy. Beans are high in fiber, protein, antioxidants, and have low glycemic index carbohydrates, which make it perfect energy for the brain. They also contain B vitamins and essential amino acids.

ADD BEANS TO ALMOST ANYTHING!

- Tacos
- Spaghetti
- Salads
- Hot Dish
- Soups
- Baked Goods
- Wraps/Burritos
- AND MORE!

Weekly Challenge: Find an old recipe and add beans as one of the ingredients.



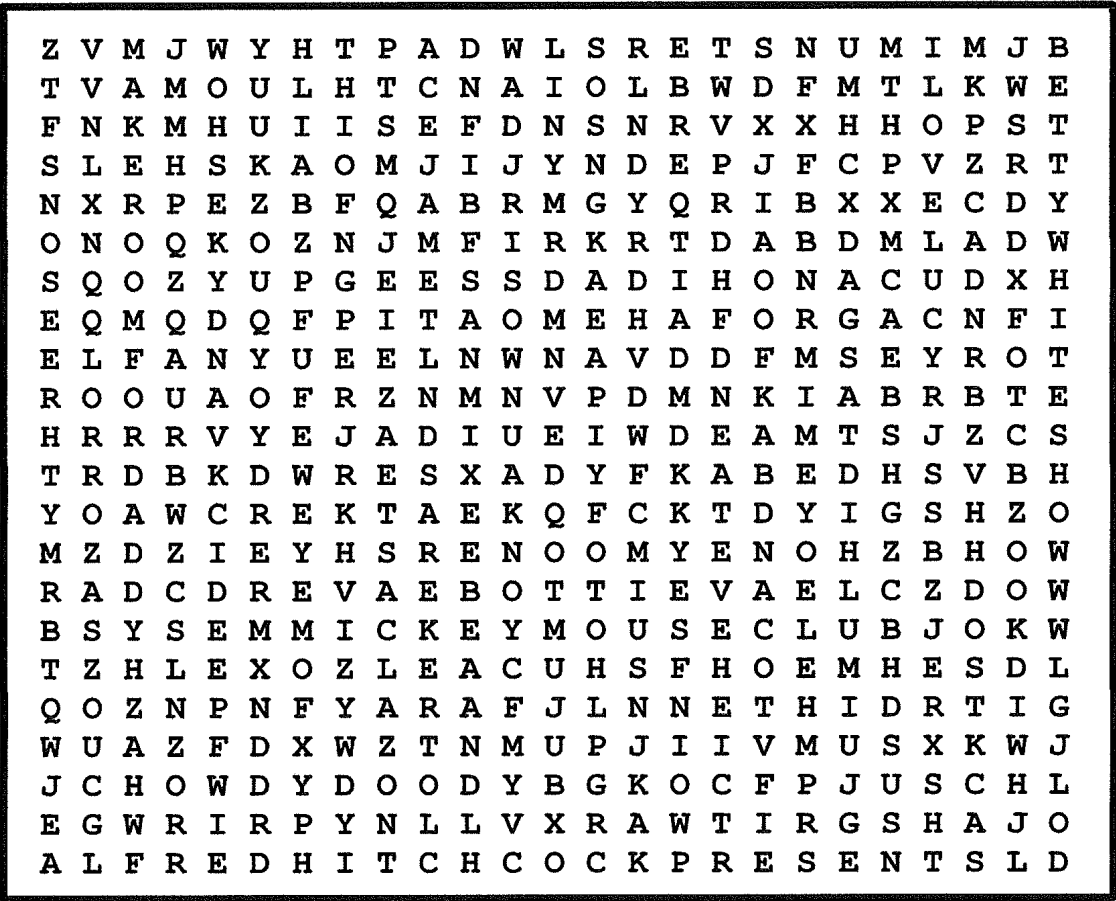


By Char Jaeger

I hope you all had a very happy and healthy holiday season. A new year is upon us, I'm sure some of you have set goals for the New Year. Each copy of the Compass this year I will be submitting a word puzzle for you to do if you choose. It has been proven that the more activities you do to keep your brain active. The better your brain health will be. Playing cards, board games, bingo, dominos, reading a book, and even playing that video game with your grandchildren all help keep your brain health. Also, exercise is a big part to brain health. Exercise increases the blood flow to the brain which in turn helps the health of your brain. Here at the Senior Center we offer we offer it all, except the grandchildren. Come join us here, have fun, socialize. At the same time help your brain stay health. Here is an article from Harvard Health with 6 more steps to keep your mind sharp. Enjoy and have fun doing the word search.



Black & White Television Classics



Lassie	Howdy Doody	Danny Thomas Show
Dennis the Menace	Zorro	Lone Ranger
I Love Lucy	Ozzie and Harriet	Addams Family
Leave It to Beaver	Donna Reed Show	Munsters
Andy Griffith Show	Dick Van Dyke Show	My Three Sons
Betty White Show	Mickey Mouse Club	Make Room For Daddy
Mister Ed	Alfred Hitchcock Presents	

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: This popular sitcom received excellent ratings when it first aired in 1956, yet only a total of 39 episodes were made before the show was cancelled in 1957. What is the name of the show?

Answer: _____



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