

## Senior Resource Center Update



SRC Leadership team, Joey Johnson (seated), and Signe Lawson-Jones.

*By Linda Olson,  
Contributing Writer*

On September 19th Joey Johnson stepped down as the chair of the Senior Resources Board. She is now the Executive Director of the Senior Resource Center. Joey and Signe Lawson Jones will continue to work together as the Leader-

**Continued on Page 11**

## Aspen Acres: An Assisted Living Option in Sawyer County

*By Linda Olson,  
Contributing Writer*

Located in a woodsy area and only a few blocks from State Highway 27 is Aspen Acres Assisted Living. Aspen Acres Assisted Living cares for individuals with memory care loss and assisted living needs in a charming and welcoming building.

After gaining entry through a secure door and moving through a sitting area, residents are seen eating breakfast in a pleasant dining area. Soon an activity assistant is guiding and organizing a fitness routine. Megan Ylitalo, Administrator, described Aspen Acres as a 24 suite care community for individuals with memory care and assisted living needs. Memory care is provided for all stages of memory loss.

Aspen Acres is locally owned by Rachel Chambers Spielman, DO and Brian Spielman, CSP.

The facility opened in November of 2015. Aspen Acres Memory Care uses a holistic approach. Recent research has shown the importance of music in Seniors' lives. One of the many approaches used at Aspen Acres incorporates iPods. Aspen Acres is a Music and Memory Care Certified com-

**Continued on Page 6**



The inviting great room at Aspen Acres features a large stone fireplace and cozy chairs.

## What's Up in this Edition:



Tips for Reducing Holiday Stress..... Page 10  
Senior Site News ..... Pages 2 & 3

Nov./Dec. Menus ..... Pages 5 & 8  
Alzheimer's Support Group..... Page 11

## SRC HOLIDAY SITE CLOSINGS

With there being "Not one, but TWO" Holidays coming up, there will be some days that our sites will not be opened, so please, mark your calendars!

### NOVEMBER 2ND

Kitchens at All Sites Closed  
Hayward activities

### NOVEMBER 22ND

Thanksgiving Day  
All Sites Closed

### NOVEMBER 23RD

Day after Thanksgiving  
All Sites Closed

### DECEMBER 24TH

Christmas Eve  
All Sites Closed

### DECEMBER 25TH

Christmas Day  
All Site Closed

### JANUARY 1ST

New Years Day  
All Sites Closed



Have a Blessed  
Holiday Season!

# THANKS TO ALL FOR YOUR A-MAZING EFFORTS!

*By Michelle Pederson,  
SRC Administrator Secretary*

As most of you know we have gone through some changes here at the Senior Resource Center. We have all worked together as a team and helped each other through the struggles, and changes, to make it a fun and positive atmosphere to work at as well as people to come and visit. Like I said we have ALL worked together to help this process, HOWEVER Joey Johnson and Signe Lawson-Jones have been A-MAZING. THEY have helped us get to where we are today. It is wonderful coming to work and loving who you are working with (Char Jaeger, Michelle Pederson, Barb Applebee, Kari Lobitz, and more) and who are working for (Joey Johnson, Signe Lawson-Jones, the seniors and members that come here, the wonderful Hayward community). Thank you EVERYONE for ALL your help. We appreciate all the donations and support and hugs and love that have helped us get to where we are today. We could not have done it without EVERYONE'S HELP.

## Sawyer County Compass

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

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## Hayward Center News



*By Sue Gold*

"Sleigh bells ring, are you listening? In the lane snow is glistening. A beautiful sight we're having tonight. Walking in a winter wonderland." Okay, not quite yet, but soon it will be snowing. Where can you go to meet with people your own age, share a meal, have some fun? Maybe you like to play pinochle or cribbage. Maybe ladies bridge is more your speed. There are plenty of activities going on at the Hayward Senior Resource Center.

The meals can't be beat! For \$5 you get a complete meal, meat, vegetable, potato, bread and dessert, all homemade! And have you heard about our fabulous Salad Bar Tuesdays? For \$5 you get a fabulous salad bar plus an entrée and dessert. If you stop in the Senior Center, one of our friendly receptionists will greet you, show you around, answer your questions or get you to someone who can, and give you a copy of our newspaper, The Compass, which has a menu in it along with a list of our activities and meetings.

We have some special activities going on for the holidays, too.

11/13 We will have Essentials Day. That's when people bring in essentials for the kitchen and bathrooms. Things like facial tissue, coffee, Dawn dishwashing liquid and other products. There is a list at the receptionist's desk.

11/14 We celebrate Thanksgiving with a real Thanksgiving dinner.

11/22 and 11/23 The Senior Resource Center will be closed for the Thanksgiving Holiday.

**Continued on Page 6**



# Exeland Center News

**The Crossings Diner  
715-943-2990**



**By Karen Skogen**

Did you notice that the name of our meal site is back to Exeland Senior Center and not The Crossings Diner. We will leave the diner business to Brenda's Café and Crossings to the Exeland area because that is how Exeland got its name many years ago. Thank you to Rick Ghyselinck for updating our signs and for re-setting the one on the corner of Hwy 48 and 4th Street.

Wow! We have so many generous people in the area who are so willing to help out and are willing to do what they can to keep our Sawyer County meal sites alive and well.

Thank you to Ellyn Welling for taking time and for sharing her expertise in setting into motion the following projects to assist the funding of the meal sites. Be sure to get in on the action and purchase tickets for the raffles.

Ellie made a beautiful deer throw (or can be used as a wall hanging) for a raffle prize. It is currently at The Buckhorn but will be traveling around to each of the meal sites. The raffle drawing will be held on December 15. Someone would love this for a Christmas gift!

Carol Phetteplace of Ladysmith donated a beautiful wall hanging with hanger included to be used as a raffle prize. It too will be traveling around to

the meal sites.

The Buckhorn Bar will be hosting a Gun Raffle during deer hunting season with the proceeds going to the Senior Resource Center.

Essentials Donations - Ellie and Bonnie have made a list of miscellaneous supply items that you can purchase and take to the Exeland Senior Center so that the items do not have to be purchased through the SRC funds. Thank you for the many donations already received. If more items are brought in, be sure to log them on the In-Kind sheet or include your name and approximate value with the donation.

Also, if you volunteer any time at all for helping out the Center, please log your time on the Volunteer Time Sheet. The In-Kind items and the volunteer time information is very important because it is used by the Senior Resource Center to apply for more government assistance.

Thank you to the Exeland Area Association and to Fred Janneck for their generous donations and to Jerry Jones for helping Bonnie with some computer issues.

Our condolences to the family of Jack Holmes and to the family of Frances Laufman. Jack was receiving Meals on Wheels and Frances and her late husband enjoyed meals at the Center prior to moving to Rice Lake.

Some of our Blueberry Lake friends will be leaving for warmer climates for the winter and we will miss them at our congregate meals.

BINGO! Bingo games resumed on the fourth Thursday of the month – the 25th of October, but for November it will be the fifth Thursday (29th) because of Thanksgiving – December will be on the 27th.

Thinking way ahead to January, a Christmas Party is being planned again at The Buckhorn. More information and sign-up details will be posted at the Center.

*Wishing Our Dear Friends  
A Merry Christmas*

# Time to Review Your Medicare Plan

**By the GWAAR Legal Services Team**

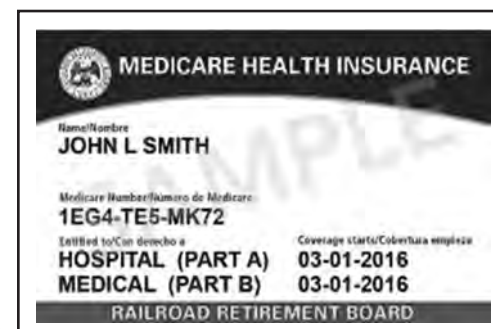
Medicare's Annual Open Enrollment Period has begun. Be sure to add this to your fall checklist if you have a Medicare Part D plan or a Medicare Advantage Plan.

Every year insurance companies can change their list of covered drugs and their pricing structure, known as the plan formulary. This means that even if you are taking the same medications, the amount you pay for your medications may change next year. The plans' premiums, deductibles, and copays can also change each year.

What can people do about this? All Medicare beneficiaries should review their current coverage during Medicare's annual Open Enrollment Period, which runs October 15 through December 7. Find out what your plan's costs and coverage will be next year and compare it with other options based on your prescription medications and other needs or preferences. You may decide you're happy with your plan's costs and coverage details for 2019. In that case, you won't need to do anything. Or, you may find a plan that is better suited to your needs and your budget.

Shopping around to find what's best for you is always a good idea, but you don't have to do it alone. Free, unbiased assistance with plan comparisons is available from the Elder Benefit Specialist at the Sawyer County ADRC at 866-663-3607

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to Help!*



# Medicare



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# Holiday Dinner Food Safety



*By Char Jaeger, Nutritional Director*

The holiday season has arrived. We all will be busy cooking our favorite meals for our families and friends. It is a wonderful time for all of us to fill our homes with wonderful smells of great foods baking. I would just like to remind everyone about food safety. We would not want to put a bump in our holiday enjoyment with someone getting sick on our cooking. Here are some tips to help keep our food safe for our guest during the holidays.



### FOOD/MINIMUM INTERNAL COOKING TEMPERATURE

Rare roast beef and steak	130 degrees Fahrenheit
Shell Egg and egg containing foods	145 degrees Fahrenheit
Pork	150 degrees Fahrenheit
Ground Meat	158 degrees Fahrenheit
Poultry, Poultry Stuffing, Stuffed	165 degrees Fahrenheit
Meats and Stuffing Containing Meats	

### COOLING REQUIREMENTS

For all of the above foods	120 to 70 degrees F. Within 2 hours and 70 to 45 degrees F. In 4 additional hours.
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### REHEATING REQUIREMENTS







For all of the above foods	165 degrees Fahrenheit
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# Have a Wonderful Holiday!



Nov.2018

Age 60+ suggested donation \$3 breakfast, \$4 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.Beef Stew-w/veg- Baking Powder Biscuits- Cottage Cheese/Peaches- Frosted Brownies-Milk	2. 
5. 	6.Bacon Cheeseburger-Potato Chips-Salad Bar-Fruit- Breadsticks-Milk	7.Spaghetti w/meat sauce-Corn-Side Salad-Apple/Pineapple Dump cake-Garlic Bread-Milk	8.Country Spare Ribs- Sauerkraut-Sweet Potatoes-Green Beans- Fruit-Pudding-w/w Bread- Milk	9.Baked Fish-Baked Potatoes-Broccoli Salad- Fresh Fruit-Berry Crunch- Bread-Milk
12..BBQ Chicken- Potato Salad-Baked Beans-Fruit Parfait- Fruit-Bread-Milk	13 Beef Barley Soup-Grilled Cheese-Salad Bar-Brownies- Milk	14 .Serving Our Thanksgiving Meal	15.Beef Tips/Gravy- Noodles-California Blend Veg.-Mandarin Oranges- Zucchini Cake-Bread- Milk	16 Lasagna-Side Salad- Green Beans-Garlic Bread- Pears
19.Hm. Chicken Noodle Soup-Egg or Ham Salad Sandwiches-Dill Pickle-Crackers- Dessert with Fruit- Milk	20.Polish Sausage or Brat on Bun-Sauerkraut-Salad Bar- Strawberry Short Cake-Milk	21. 	CLOSED 	CLOSED 
26.Scalloped Potatoes-Ham- Pea/Carrot-Pretzel Salad-Oatmeal/Raisin Cookies-Roll-Milk	27.BLT-on bun or bread- Salad Bar-Ice Cream w/fruit topping-Milk	28.Salisbury Steak w/onions-Mashed Potatoes/Gravy- Carrots-Apple crisp bread-Milk	29.Pork Cutlet-Sweet Potatoes-Broccoli Bacon Salad-Applesauce-Dessert bread-Milk	30.Polish Sausage- Sauerkraut-Boiled Red Potatoes-Green Beans-Fruit Salad-Rye Bread-Milk



# We Need Your Input!

## You're invited to attend a Public Hearing on the 2019-2021 SENIOR RESOURCE CENTER AGING PLAN

For Sawyer County Residents

### When:

Wednesday, October 17th,  
2018 @ 5:30pm

### Where:

Hayward Senior Center  
15856 E. 5th Street,  
Hayward, WI

Aging programs and services play a major role in the health of our community. The Senior Resource Center is undergoing a planning process to determine how best to provide the services that keep our residents age 60+ healthy and independent.

But we need your input!

We invite you to take a look at our plan and give us feedback. To find a copy of the plan, stop by the Senior Resource Center Office or go online at:

[www.seniorresourcecenternorth.org](http://www.seniorresourcecenternorth.org)

Written comments will be accepted until 10/22/2018. Please send comments to:

**SENIOR RESOURCE CENTER  
ATTN: AGING PLAN  
15856 E. 5TH STREET  
HAYWARD, WI 54843**

Email:

[michelle@seniorresourcecenternorth.org](mailto:michelle@seniorresourcecenternorth.org)



A model room is available for viewing for prospective residents at Aspen Acres.



The impressive front entrance at Aspen Acres.



The Memory Lounge is one of the special amenities at Aspen Acres.

## Aspen Acres Assisted Living

### Continued from Page 1

munity. Their brochure described how music can greatly improve quality of life, especially for those with dementia. The program uses iPods and play list favorites to create personalized music. According to the brochure music can be used 'to reduce behaviors, falls, and psychotropic medications'.

Assisted Living services at Aspen Acres provide various levels of care depending on individual needs. Resident suites are large enough to accommodate couples. Residents are encouraged to bring in their own furnishings. Some of the special amenities include an outdoor patio, fitness room, walk-in tub, on-site salon, and library. The monthly calendar is full of activities that residents may choose.

Aspen Acres Assisted Living is a warm, inviting facility. We're fortunate to have another option for Senior living in Sawyer County.

## Hayward Center News

### Continued from Page 2

12/15 We will hold a Cookie Exchange. We will need as many cookies as people can bake and bring in by 9 a.m. Then we will open the hall at 11 a.m. People can stroll through selecting the cookies as they want. Cookies will be sold by the dozen.

12/19 We will hold our Christmas Dinner and party.

12/24 and 12/25 The Center will be closed for Christmas.

There are more activities to come, so keep your eyes open for more information.

The Senior Resource Center operates through the loyalty of its volunteers and the generosity of its donors. We take donations of any amount. We have the white bucket that sits on the receptionist's desk for people to put donations in.

We also need volunteers for everything from running the receptionist's desk to taking out the trash, sweeping the floors, making coffee, etc... We have a gift shop, too. It is located along the wall as you walk in. It is lovingly maintained by Betty Hutchinson who also is in charge of the Toyz 4 Kidz donations. Please feel free to place unwrapped toys in the box in the lobby. Our Giving Tree is in the lobby, too. There are tags on the tree for a lunch or a bus ride. You remove a tag and pay the receptionist. We wish you a merry holiday Season! Come join us! We





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DEC.2018

Age 60+ suggested donation \$3 breakfast, \$4 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
3.Oven Fried Chicken, Baked Potato, Carrots/Peas, Peaches, Bread, Milk	4. Homemade Pizza, Salad Bar, Fruit, Breadsticks, Milk	5.Meatloaf, Oven Roasted Potatoes, Brussel Sprouts, Stewed Tomatoes, Frosted Pumpkin Bars, Bread, Milk	6.Pork Roast, Mashed Potatoes/Gravy, Sweet & Sour Cabbage, Corn, Applesauce, Bread, Milk	7. 
10.Open Faced Beef Sandwich, Mashed Potatoes/Gravy, Winter Mix Veggies, Fruit, Ice Cream, Milk.	11. Spaghetti w/ Meat sauce, Salad Bar, Garlic Bread, Fruit Cocktail, Milk	12.Breaded Pork Chop, Mashed Potatoes/Gravy, Yellow Beans, Apple Bread, Pudding, Applesauce, Bread Milk	13.Beef Stew w/veg carrots/potato/onion rutabaga, Baking Powder Biscuits, Cottage Cheese/Peaches, Frosted Brownies, Milk	14.Fish Sandwich on Bun, with lettuce and tomato, French Fries, Carrots, Fruit, Dessert,-Milk
17. 	18 Bacon Cheeseburger, Potato Chips, Salad Bar, Pudding-Milk	19 .Serving Our Christmas Meal	20.Country Style Ribs Sauerkraut, Sweet Potatoes, Green Beans, Fruit, Pudding, w/w Bread-Milk	21.Baked Fish, Baked Potatoes, Broccoli Salad, Fresh Fruit, Berry Crunch, Bread, Milk
24. 	25. Closed Merry Christmas 	26. Pork Roast, Mashed Potatoes/gravy, Rst. Brussel Sprouts/onions, Fruit cocktail, Pumpkin Bars,Rye Bread, Milk	27.Beef Tips/gravy, Noodles, California Blend Veg., Mandarin Oranges, Zucchini Cake, Bread, Milk	28.Lasagna, Side Salad, Green Beans, Garlic Bread, Pears
31. HM. Chicken Noodle Soup, Egg or Ham Salad Sandwich, Dill Pickle, Crackers, Dessert with fruit, Milk				



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## Now There are Two!

By popular demand, many of the participants asked me to add another Silversneakers class in during the week!! Well we did it!! Now you can come join the fun on Mondays at 11:00am and Thursdays at 1:45pm. Silversneakers is a chair-based class where you have fun through a variety of exercises using resistance bands and a small ball. A chair is available if needed for seated or standing support. It is free to Silversneakers members or just \$2/class for non-members. The class is 45 minutes. What are the benefits of taking the class? Well, it focuses on strengthening muscles and increasing range of movement for daily life activities. Feel free to come and join us or call with any questions. Jodi Olney- Health Promotion Coordinator at the Senior Resource Center and a certified Fitness Instructor and Personal Trainer- 715-634-3000.



**For More Info...**  
**Contact Jodi Olney**  
**at the Senior**  
**Resource Center**  
**715-634-3000**

# Holly Jolly Raffle



Christmas is coming and it's that time of year again where we get out our Holly Jolly spirits. We are doing our Holly Jolly Raffle again for our cash prizes.

Drawing will be done on December 21st at Noon.

You do not have to be present to win.

Prizes consist of 1st prize winner \$500, 2nd \$250, 3rd \$100, 4th \$50, 5th 6th 7th and 8th winners \$25.

So come by the Senior Center and visit Michelle to get your ticket's!

\$1.00 for one ticket and \$5.00 for 6.

## SENIOR RESOURCE CENTER BUS



Something new this year for our senior bus, we will be taking an afternoon trip to Bentlyville in Duluth, MN. Trip will take place on Monday December 10th. If you are interested in going please call the Hayward Senior office and talk with Michelle to sign up. There are only 12 seats available plus a wheelchair spot on the bus so seats are limited. Plans are to meet here at the Hayward site by 4:30 and the bus will take off from here. This is a trip you will not want to miss.



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Sawyer County

# Tips for Reducing Holiday Stress



It's time for the holidays once again -- decorating, shopping, parties, family gatherings, presents, greeting cards...and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a mo-

ment to contemplate what you can do to better manage your life during this busy season.

- Adjust your expectations. You can't and don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.

- Ask for help. Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down tasks that need completing so you can be specific when people offer to help.

- Prepare family and friends before getting together. Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.

- Offer suggestions about gifts. Give friends and family ideas of useful gifts they can give such as music cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certi-

ates for dining, laundry or cleaning services are some ideas.

- Keep the needs of your loved one in mind. For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.

- Be good to yourself. Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read,

write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it.

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories!



**Jane Mahoney**

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



# ALZHEIMER'S SUPPORT GROUP: YOU'RE NOT ALONE...

By Linda Olson,  
Contributing Writer

"I don't know where I'd be without this group", says a woman whose mother and sister suffer from Dementia. Caregivers need support. Fortunately, we have several support groups in our area that help family members and caregivers of those with Alzheimer's and Dementia. There are three different types of support groups to fit the needs of people dealing with the effects of having a loved one with Dementia.

Every county in our region has a face to face support group that meets monthly. The Sawyer County support group meets the second Tuesday of each month at 1 p.m. at the Senior Center in Hayward. It is co-facilitated by Eileen Froemel and Vickie Palya. Vickie suggests that people give the group a try. She adds, "Come and go as you please. We're always glad to have people attend."

The Rusk County group meets the first Wednesday of the month at the Rusk County Memorial Hospital in Ladysmith. The Park Falls support group in Price County has to be one of the longest running groups in our area. Beth Jeske, the group's facilitator, says that the group has been around since 1982, before the term Alzheimer's was in use. Every third Thursday of the month members begin gathering in the Community Room at Flambeau Heights at 5:00 pm. Many bring a sandwich or salad to eat while quietly visiting with other members before the group begins. Usually about 10 of the 18 members attend each month.

Facilitator Beth Jeske, lifelong Park Falls resident, started as a group member when her



dad was diagnosed with Alzheimer's. She wanted to better understand her dad's diagnosis. While taking classes through the University of Wisconsin - Oshkosh, Jeske became a big fan of Tesla Snow. Snow is considered an expert in the field and has created many videos on the subject.

When the group facilitator retired Jeske was encouraged to become the new facilitator. Beth says that although it was out of her comfort zone she knew that her dad would love her decision. She says, "My dad was a helping person. I like that I can give people help. Even if it's just one thing to help during the month."

Sharlene Bellefeuille, Outreach Specialist for the Alzheimer's Association's Greater Wisconsin Chapter, is the facilitator of a caregiver group that has a different format. It meets on a conference call the last Tuesday of the month at 10 a.m. This group is made up of people from around the region and as faraway as Green Bay. This format is convenient for caregivers who don't wish to

travel long distances to a group or are unable to leave their home. Attendees are often more comfortable talking and asking questions over the phone.

Another type of group meets in Barron County and Washburn County. Both have what is called Early Stage groups where the person with memory loss and family members arrive together but then attend their own group. In Washburn County this group meets in Spooner at the DNR Service Center on the third Monday of the month. Those wishing to participate must first register.

Group facilitators from each type of support group can help caregivers and family members build skills, increase knowledge about what is happening with their loved one, and create a network of support. Group members learn much from each other's experiences, as well. To contact a support group or to find one that best fits your needs call the Alzheimer's Association Helpline number at 800-272-3900. You can find a caring place. You are not alone.

## SRC Update

### Continued from Page 1

ship Team. During reorganization it was found that there was a need for one person to be responsible for the day to day operation of the agency.

Good news for the Stone Lake Center is the construction of a new building. Paul Manka, owner of Stone Lake Lumber, is building the Stone Lake Center. When completed the Senior Resource Center will lease the building. Breakfast and lunch served five days a week will then resume. Currently Meals on Wheels is provided everyday. Congregate noon meals are served at the Stone Lake Wesleyan Church currently on Tuesday, Thursday, and Friday.

In order to be more fiscally responsible each site will now be given their own detailed budget. Sites will be given regular feedback on where they stand in regards to that budget. The Nutrition Director and Site Managers met together to implement cost effective measures. Seasonal menus are now planned together. Food orders are then made well in advance. Two days of cook's choice still remain on the monthly menu to allow for flexibility at each site.

More than \$11,000 dollars have been given in anonymous donations. Some sites have been given donations from their area. One generous supporter bought a much needed computer for the site manager. Volunteers have donated their time to help out, as well. The Senior Resource Center is grateful for this community support.

Joey Johnson, Executive Director, said, "We have come a long way. I can see the light at the end of the tunnel. I can't say enough about the effort from staff and volunteers. They have really stepped up."

The Senior Resource Center is appreciative of the support and guidance it has received from the county and state. Each site will be evaluated in October by the Greater Wisconsin Area Agency on Aging Resources (GWAAR) Nutrition Specialist.

Progress has been made in the last few months. The Senior Resource Center is moving forward and setting a good foundation for the future.







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Website: [www.AspenAcresAssistedLiving.com](http://www.AspenAcresAssistedLiving.com)

