

Senior Resource Center Update



*By Wenonah, Joey, Johnson,
Executive Director*

Thank you to everyone who came out to the Steakhouse and enjoyed the Whoopie Ding Airline flight to remember . So happy we got all the hogs and frogs cleared off the runway. A very special THANK YOU to Bill Smith for putting up with all of us... We couldn't have done it without you Bill - our playwright, director, producer and lead actor!

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Life is a Journey, Enjoy It!



Senior Resource Center, lead bus driver, Bob Johnson,

*By Donna Dreczko,
Contributing Writer*

When it comes to getting around town, you can't beat hopping a ride on the bus with Bob Johnson. We are extremely fortunate to be able to offer transportation services through the Hayward Senior Resource Center . Bob Johnson lead driver, part time driver Doug Flory and bus assistant Alex Mann do more than just get people to and from their destinations. They strive to make every ride a pleasant and personal experience often providing assistance to and from the doorway, helping to carry packages and making sure there's a steady arm to hang on to during our often slippery days of winter. It's more like getting a car ride with your best buddy rather than the cold and impersonal experience of public transportation. Bob realizes for many this is a social outlet as well as a means of getting around so riders are greeted and introduced to others on the bus. Conversations are encouraged as are jokes, smiles and sharing the caring with each other. You could say it's Hayward's version of the Partridge Family (tv show) tour bus – "come on, get HAPPY".

It's also a means to help individuals maintain their independence rather than relying on far away family members. They can get to medical appointments, do their shopping, pick up prescriptions, do their banking and enjoy lunch and social activities at the Senior Center like cards and bingo all the while knowing they are safe and secure with a reliable ride. This gives family members peace of mind about their loved ones in our care and al-

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Life is a Journey

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lows them the flexibility to schedule their time and visits back up here.

If you ride the bus or talk to people who use the service you can instantly feel that caring is a top priority here. Bob Johnson lost his parents at an early age. He said that doing what he does for the riders helps him to still feel in touch with his parents and experience things he would have missed in life as they would have aged along with him. He also realizes that for some who live alone, the bus crew might be the only contacts they have up here so they strive to be a substitute family.

A LITTLE ABOUT THE CREW

Bob hails from the Twin Cities area and had a cabin up in Hayward since 1988. He moved up here full time in 2002 after he met and married his wife Lori who lived here. He was in the printing business for 45 years and moved here with the intention of retiring. Like many of us he quickly found that you can “only cut so many trees and catch so many fish”. He found himself in need of something else to do – and Lori agreed! Bob originally was thinking about driving a school bus but then through a fireman buddy at the Bass Lake Fire Department, he started with the Senior Resource Center volunteer

driver taking people to medical appointments up in Duluth. He then started working as a substitute bus driver for the Senior Center and when the current driver decided to pursue other life plans, Bob took over as the full time bus driver. After 14 years with the Senior Center he said as long as his health AND the bus hold up, he has no plans of retiring. In addition to the daytime driving, Bob is also our Thursday evening driver for transportation to our Progressive Jackpot Bingo games and drove the bus to Bentleyville in December for our road Trip.

Alex Mann came to Hayward from Chicago and grew up in the Cable area and attended school in Drummond. It was through job placement that we had the very good fortune of adding him to our team. Alex is tall, strong, good looking and the kind of guy who is polite, ever helpful, good with seniors and someone you don't mind leaning on as he helps you on the bus. Alex generally works 5 to 6 hours a day starting at 9:30. If you need extra assistance on your trip such as shopping, it would be helpful to us if you could schedule your ride between 9:30 and 2pm when there's two people on the bus available to help out.

Doug Flory is a part time driver and works the Monday shift. He has been with the Senior Resource Center just under a year.

OUR SERVICES

The bus is so popular we could do more if we only had the extra resources. For those new to the service the bus makes trips within a 5 mile radius of the Senior Resource Center. There is individual pickup and drop off by pre-arranged appointments – it's not your typical bus that follows a specific route at specific times. Please call the office (715) 634-3000 to make a reservation at least a day in advance. Understand that the busiest trips of the day are from 10am to 1pm with many people heading to the Senior Center for lunch and afternoon activities from 11am to 1pm. The main hours of the bus are from 8am to 3pm, and we try to have the bus back at the Senior Center and finished for the

day by 4pm. Weekend service is not available. We do our best to run every day but if the roads are treacherous we will cancel the day's schedule when the Senior Center is closed for the entire day. Bad weather is not only hazardous for the bus and crew but also for the passengers trying to get around. Should the Center close mid-day, rest assured if you are out, you won't be left behind. It is possible that some non-essential trips might be cancelled if road conditions deteriorate. We will also try our best to contact you if there is a delay or an emergency like the bus breaking down. That's why it's important as a rider to have contact information on file at the office – especially a cell phone if you have one. We are not always closed when the schools are – for example when schools are closed for spring break or the Birkie we will remain open. We only close for bad weather conditions.

We strive to have a good relationship with our riders. Communications is key to our success. And there are definite benefits to the passenger having a crew that knows its clients well. Our riders know that the bus is reliable, dependable and they will never be left without transportation. Our main goal is to take care of those who trust us to get them around town.

Some of those “extras” you get when you ride our bus include help getting on and off the bus and to your door, help getting a grocery cart if you need one to steady yourself, promoting social contact among the riders by introducing them to each other and encouraging conversations. When people have a medical appointment, they will walk you in and check that you have an appointment that day – we all have those forgetful moments of changes in schedule – and they will check to get an approximate appointment duration so they can be more on point with a pickup. Bob realizes that people are more inclined to talk about and remember bad experiences so they strive to make each ride a happy experience because ridership is important. Without you, there's no need for a bus and they don't want anyone ever walking away with less than a positive trip.

Bus rides are \$1 each stop. You can purchase \$10 punch cards on the bus or in the main office. Reduced rides are available in certain circumstance – you must fill out an eligibility form first and submitting a form does not guarantee automatic reduced rates – you must meet eligibility requirements.

The staff at the Senior Resource Center are

also very grateful for the extra help that these guys provide when there's some free time in the schedule including picking up the mail, snow removal, helping with trash pickup and any additional odd jobs or errands we ask of them. You never see Alex sitting down when he's at the Center – he's always looking to help out in any way he can.

WHAT THE RIDERS HAVE TO SAY

When writing this article, I got a chance to talk to the passengers before I interviewed the crew and I have to say that if the goal is for a pleasant, comfortable experience – Bob, Doug and Alex far exceed expectations. This is what some of the riders had to say... and they all said it with big smiles on their faces. One person said to me “have you got an hour to hear all the good stuff” when I asked her if she had any comments she'd like to share about her bus experience.

“These guys are SO pleasant. You can talk to them about anything. Bob never has a harsh word to say about anything. I appreciate that they are so cool, calm and collected no matter what the situation”. *Vicky O*

“Alex helps carrying packages like groceries without complaint. He makes sure people don't fall and are safe”. *Pat C*

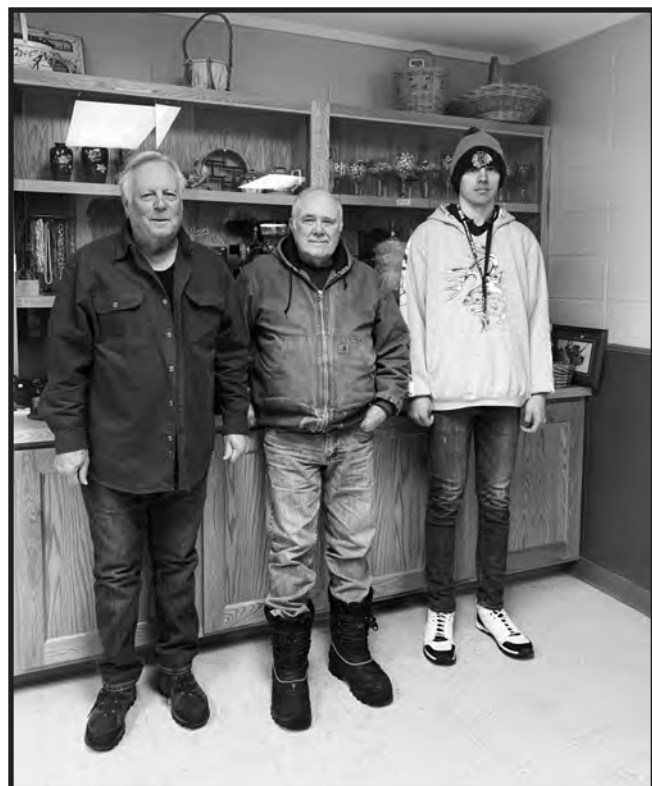
“Bob is always on time. Alex opens and closes the door so people don't get cold.” *Charlie B*

“We are really grateful for their help in the kitchen lifting heavy trash bags and doing maintenance activities” *Marge K*

“They are SO good with understanding and dealing with seniors needs. So very helpful to us. Bob is concerned about everyone. Alex is polite, respectful and very helpful. We can depend on Doug too”. *Too Shy To Be Quoted Directly*

“I LOVE everything that they do for us like walking you to the door. Very courteous. They put me in a happy place because they are always smiling and friendly. Very dependable and on time. We also enjoy looking for wildlife in peoples' yards. My friend told me ‘You just GOTTA meet Bob the bus driver’ – I did and now I'm hooked. I wish I could utilize the bus more than I do. I'd also like to see more road trips like Bentleyville.” *Carolyn S*

“I was really impressed that if he notices a regular missing, he will have the office call for a wellness check just to be sure the person is ok. I feel more confident knowing someone is looking out for me.” *Another One Too Shy to Be Quoted Directly*



Our trusty SRC bus crew— Bob Johnson lead driver, part time driver Doug Flory and bus assistant Alex Mann.

Join us to feed elders!

MARCH
FOR
MEALS
WITH
MEALS on WHEELS™

DELIVERING SO MUCH MORE THAN JUST A MEAL!

Meals on Wheels has been guided by a single goal since the first known U.S. delivery by a small group of Philadelphia citizens in 1954 – to support our senior neighbors to extend their independence and health as they age. What started as a compassionate idea has grown into one of the largest and most effective social movements in America, currently helping nearly 2.4 million seniors annually in virtually every community in the country.

In Sawyer County, 2018 the Senior Resource Center provided over 20,000 Home Delivered meals, Meals on Wheels! Without our amazing Meals on Wheels volunteer drivers, it would not have been possible. Throughout the year, in the heat of summer to the frigid cold of winter they are there to deliver a hot meal, warm smile and a kind, compassionate greeting to our often isolated, vulnerable and medically compromised seniors. Our drivers navigate back snow-covered & unplowed roads/driveways, climb unshoveled steps and calm barking dogs to deliver the meals. They are the HEROS of the

program. “Thank you” is an expression that falls short from expressing the “feelings” that we have in our hearts, for what they do. They are very “special” people doing profound deeds of goodness that make a difference in the lives of others.

Our annual campaign, March for Meals, to recognize and give thanks to our MOW drivers is upon us. Each of our locations will host a special lunch and recognize their MOW drivers. We hope you will take the time to check with the Center closest to you, for the date of their Meals on Wheels Celebration Lunch. Make a lunch reservation and attend to thank the drivers and other volunteers who help in keeping our doors open.

MARCH FOR MEALS WILL BE CELEBRATED:

MARCH 5

Winter Meal Site Drivers

MARCH 13

Hayward and Stone Lake Site Drivers

MARCH 19

Exeland Meal Site Drivers

**MANY
THANKS TO OUR
FABULOUS VOL-
UNTEERS FOR
ALL
You Do!!**

We have many amazing drivers that support our Meals on Wheels program. Each issue would like to recognize some of these wonderful folks!



MEALS ON WHEELS VOLUNTEER DRIVER

MARIANNE KERNAN

FROM THE WINTER MEAL SITE

Marianne Kernan has been a volunteer driver for MOW for 11 plus years. Prior to Marianne coming to work for senior center she was a personal care worker. Her service is invaluable and much needed in our Center. Marianne also volunteers her time many other charitable organizations. She is a lady with a big heart and cares about what is happening in her community. A BIG thank you to Marianne for all her years of service with us. She is a great asset to the center and many other organizations. We appreciate her immensely.



MEALS ON WHEELS VOLUNTEER DRIVER

BOB KESSLER

FROM THE EXELAND MEAL SITE

Bob Kessler and his wife Nancy have been delivering meals in the Meals on Wheels program for years. Nancy is the driver and Bob does the honors of disbursing the meals. One day in early December he experienced a very moving situation. He knocked on the door and walked in as he always does for Margaret. Her daughter was near the door and Bob gave a cheery hello, then he noticed that she was on the phone and was crying. As she walked slowly toward Bob she kept saying, “she just died.” Bob put his arm out and the daughter hugged him. She kept repeating “she just died” and sought comfort from Bob several times. He wanted to stay but knew they had more meals to deliver and told the daughter that he would pray. By the time he left, she had calmed down and was on the phone making necessary calls. Both Bob and Nancy were pretty shook up but were thankful that he could be there and could offer comfort and prayer.

Sawyer County Compass

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Exeland Center News 715-943-2990



By Karen Skogen

Everyone had such a great time at the Senior Holiday Party at The Buckhorn back in January that we will plan to have the Third Annual there next year! Be sure to view the photos elsewhere in the Compass. Thank you to Ellyn Welling and Bonnie Klinger for keeping everything on track. Thank you to Ellyn for the beautiful hand-made quilt that she donated for the raffle.

--George Dantzman was the lucky person to win the quilt and the proceeds from the raffle were donated to the Senior Resource Center.

Our first Silver Sneakers exercise class brought in 14 people, then the next session fell on a snow day – Center was closed! Then on Tuesday, February 19 seven people attended. Yes, we know some were vacationing in sunny Hawaii!

--Every Tuesday (weather permitting) at 1:00 p.m., you are welcome to join Jodi Olney for this fun and beneficial activity. Where else can you enjoy doing exercise and stretches for only \$2 a session?

The Fourth Thursday every month after lunch is Bingo time. In the photos you can see some of the people that have made the game very enjoyable. DeW ayne & Tina, Bob, Carol, Donna, Adeline, Gayle, Isabell & Joanne. Of course, there are always prizes for everyone!

Stacy Kolkind, Elder Benefit Specialist from ADRC of the North - Sawyer County Branch visits the Center on the second Tuesday of each month to answer your questions about Medicare, Senior Care, etc. Because of a conflict in her schedule, she will not be

at the Exeland site on the second Tuesday of April, however, on MONDAY, APRIL 22 starting during lunch time, she will present a program and have hand-outs on these and other topics that will be of interest to our senior population. Be sure to mark this on your calendar

Look in this issue for information about the "Back to Basics" style show that is scheduled for Saturday, March 30th. People from the Exeland site that wish to attend are welcome to put their "name in the hat" to win one of several tickets to attend this event. The "hat" will be available starting on Tuesday March 12 for you to enter your name. Drawing will be on Tuesday, March 26.

Annual dues that help support our Exeland site will remain at \$3.00 per person for 2019. Dues will be payable when Treasurer Lois is back on her feet and able to be at the Center to collect. We wish her a speedy recovery.

If you wish to be reminded, via email, of events at the Center, please send your email address to Bonnie at Crossingsdiner@gmail.com



**Daylight Savings
Time Begins on
Sunday March 10!**

Employment Opportunities

HELP WANTED

We are in need of a reliable part time cleaning person at the Senior Resource Center in Hayward. Ten hours a week total - 2 hours a day (8am – 10am), 5 days a week (Monday – Friday). Will follow established cleaning standards. Must be able to lift 50 pounds without restrictions, wring out industrial weight floor mops, lifting and bending required. Job requires passing a background check. Contact the Senior Center at (715) 634-3000 or come in for a job application.

Elder Benefit Specialist News



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

Questions and Answers about Medicare Savings Programs and Extra Help

Understanding Medicare can be challenging! However, it is worth the effort to learn how to make the most of your Medicare options. It is also important to learn about the Medicare related benefit programs that can save you money if you qualify. The Medicare Savings Programs and Extra Help for Medicare Part D assist eligible people with their Medicare costs and Part D prescription drug costs. Read these frequently asked questions and answers to see if these programs could help you or someone you know. What are Medicare Savings Programs? Medicare Savings Programs assist seniors with limited incomes and assets to pay for some or all of Medicare's premiums, deductibles and co-pays.

What do Medicare Savings Programs help pay for? Depending on your income, they will pay for the Part B premium and possibly Part A and B deductibles and co-payments. What is the Part B premium? Unless you are already on a special program, most people with Medicare have the Part B premium automatically deducted from their Social Security checks each month. In 2019, the standard Part B premium is \$135.50.

How low does my income need to be in order to qualify for Medicare Savings Programs? The 2019 monthly income limit for an individual is \$1,405 per month or for a couple the limit is \$1,902 per month.

What is counted as income? All of your income is counted including social security, pensions, annuities, veteran's benefits, rental income, etc. In addition, you must include the amount that is automatically withdrawn from your social security check to pay for the Medicare Part B premium as part of your income.

What are the asset guidelines to be eligible for the program? Individuals must have assets or resources less than \$7,730 and couples must have assets below \$11,600.

What exactly qualifies as an "asset?" Your assets include money in checking accounts, savings accounts, CD's, stocks, bonds, mutual funds, IRA's, investments, cash and any real estate other than your home.

Does my house or car count as an asset? The house you are living in and your car are not counted as assets.

What is "Extra Help" for Part D? Extra Help - formerly known as Low Income Subsidy (LIS) - is a program that helps people with limited income and assets pay for the premiums, deductibles and co-pays for their Medicare Part D prescription drug insurance. Just like the Medicare Savings Programs, your income and assets are considered for determining how much help you can get.

How much income can I have and still qualify for Extra Help? Your income can be up to \$1,561/month for an individual or \$2,113/month for couples.

What is the asset limit to be eligible for Extra Help? Individuals can have up to \$12,890 and couples can have up to \$25,720.

If I do not qualify for Extra Help can I still get Part D drug coverage? Yes. Whether or not you qualify for Extra Help does not affect your eligibility for a Part D plan.

If my income is low enough but I am over the asset limit, are there any other programs I can qualify for? Senior Care is a low-cost prescription drug program that considers only your income and not your assets. You may want to check out this program if you are over the asset limit for Extra Help but still have limited income.

I think I meet the qualifications! How do I apply for the program? Contact the Sawyer County ADRC at 1-866-663-3607 for more information about these programs. They will guide you through the application process.

It looks like I am just a little over the income and asset limits. Does it pay to look into this further? YES! The benefit specialist may be able to help identify some things that are not counted toward the limits, such as money set aside for a burial account. If you are close to the qualifying guidelines, you should call the Elder Benefit Specialist, Stacy at 1-866-663-3607 to ask specific questions or to make an appointment.

SRC Site Locations

**Main Office lower level in Hayward, WI:
(715) 634-3000**

Monday through Friday 8am – 4pm.
Note during bad weather our meals sites will be closed if the area schools close also.

Hayward, WI Phone: (715) 634-4680

Site Manager: Barb Applebee

15856 E Fifth St., Hayward, WI 54843

Lunch Served: 12:00 noon Monday-Friday, center is open from 8am to 4pm

Exeland, WI Phone: (715) 943-2990

Site Manager: Bonnie Klinger

946 N Washington Ave. Suite 1,
Exeland, WI 54835

Lunch Served: 12:00 noon Monday-Friday,
center is open from 8am to 3pm

Spider Lake Church – Hayward, WI

Phone: (715) 634-4680

(reservations taken at Hayward)

Site Supervisor: Marge Klaver

12104N Lower Twin Lake Rd.,

Hayward, WI 54843

Lunch Served: 12:00 noon Monday
and Thursday

Stone Lake Cranberry Cafe' – In Transition

We are currently underway with plans to launch a new location in Stone Lake in 2019. For the interim, lunch meals are currently served at the Stone Lake Wesleyan Church (located at 16838 1st St South, Stone Lake, WI 54876) at noon on Tuesdays, Wednesdays and Fridays. Call the Hayward location at (715) 634-4680 to make a lunch reservation. Contact the Hayward office for Meals on Wheels Requests.

Winter, WI Phone: (715) 266-2233

Site Manager: Lori Stoltz

6631W Highway 70, Winter, WI 54896

Lunch Served: 12:00 Noon Monday-Friday

Hayward Center News

By Helen Chevier

Normally you will see Sue Gold's name on this column. Sue is off on sick leave. We wish her a speedy recovery. Sure hope my efforts will fill the void left by Sue until she is feeling well and up and about and back to her usual self.

For those that attended our first dinner theater performance, it was a capacity crowd. We were hoping to sell 100 tickets and we sold out at 186. The play was very entertaining. It brought a lot of smiles and laughter to everyone. Thank you for being such a good audience. A number of the crowd said we should do it again. Bill Smith the author and Hayward site volunteer, said we will see. Kudos to Peggy Dobb owner of the Steakhouse, and her staff for taking care of everyone. We were thrilled with the turnout. Our cast and crew were tremendous.

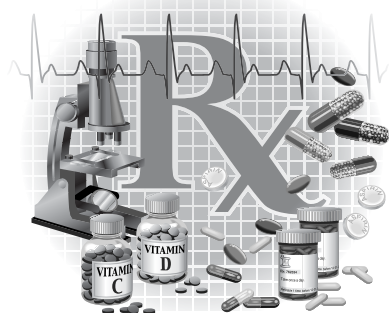
Bingo on the Road has been very well attended. It is every Monday night at TNT Sports Bar & Grill on Main. Bingo is from 6-8pm. Tim & Ted, the owners are getting more bingo cards. There will be enough for everyone. This is a wonderful fundraiser for the SRC. TNT also offer \$1 burgers until sold out. They also offer their regular menu. Bingo has been extended until May. Come and join the fun.

March 30 is a special day. That will be the Spring Fashion show. It will be held at the Steakhouse. See the related article in Compass. Thanks to Doc Brueggen for organizing this.

The Hayward Advisory Board has decided to hold Essentials Day each month on the first Tuesday. The next date is March 5. Those that wish to, can bring in essentials – cleaning supplies, paper goods, office supplies. This is a list on the desk in the dining room. Thanks to all who bring items in to help the Center.

Plans are getting organized for another day trip. Since Bentleyville turned out so well, the Advisory Board figured "Let's do another". On June 11, we hope to go to the Hegde Center in Chippewa Falls to hear "The Music of John Denver" and dinner. You cannot sign up yet, so don't try. We still need to work out the details. We will keep you posted.

Thanks again for reading my ramblings. Think "SPRING!"



Pharmacist's Corner

BY AMBER SMITH



For those of you that I have not yet had the pleasure of meeting, I am Amber Smith, Pharmacy Manager of Coborn's MarketPlace Pharmacy in Hayward and Senior Resource Center Pharmacy liaison.

I have been partnering with the Senior Resource Center to provide education and preventative health screenings since we opened our new pharmacy location in June of 2016. The pharmacy is located in the atrium of MarketPlace Foods in Hayward (right next to Caribou Coffee!)

I have been a Pharmacist in Hayward since 2009. Born and raised in Minong, WI, I enjoy the simplicity and natural beauty in northwestern Wisconsin. I reside in Spooner, Wisconsin with my husband of ten years, two children, and two dogs. My passions are building patient relationships, empowering patients to become their own health advocates, and expanding healthcare access, services, and programming to rural residents.

ABOUT OUR PHARMACY:

Our parent company, Coborn's Inc. was founded in 1921 in Sauk Rapids, Minnesota. We are an employee-owned company featuring over 120 retail locations throughout the Midwest. Our company vision is to Be Remarkable by inspiring happiness, healthy living, and simplicity, one guest at a time. We believe in giving back to the communities that support our business and encourage our employees to volunteer and serve, helping

make a positive difference in the communities we do business in.

At MarketPlace Pharmacy, we pride ourselves on building customer relationships and providing superior customer service. We provide free delivery and mail out service (restrictions apply) and a multitude of convenient packaging options for medication management. Our pharmacy offers complimentary health screenings for blood pressure, blood glucose, and cholesterol with no appointment necessary. In addition, we carry a full line of therapeutic supports and braces including affordable compression hosiery and therapeutic diabetic shoes. We work hard to keep medications affordable and have multiple savings opportunities available. We accept most Medicare Part D and insurance plans and are a preferred pharmacy for SilverScript and Aetna. We also have programs available to make managing your medications easier than ever including automatic refill of your prescriptions with ReadyMed® or aligning your medication refills so they fill at the same time with MedSync®.

Thanks to an overwhelming response from past program participants, we will be launching regular programming at the Senior Resource Center and publishing columns in the Compass; watch for future dates and topics. This session's topic is how to get the most from your pharmacist.

We would love to hear your input on types of programs or topics that you are interested in! Feel free to contact Jodi Olney at the Senior Resource Center or myself for topic suggestions and more information.

HOW TO GET THE MOST FROM YOUR PHARMACIST

Tips from your pharmacist and the American Pharmacists Association

Who should you turn to with question about your medicines? The answer should be your pharmacist, but you may not know what your pharmacist can do for you. Your doctor and your pharmacist are a powerful team, work-



ing together to select the optimal therapy and management of your prescription and non-prescription medicines.

Taking your medication correctly is one of the best ways to decrease your health care costs. About half of patients do not take their medications as prescribed. Each year, thousands of people end up in the hospital, fail to get better and waste money because they did not take their medication properly. Poor medication adherence costs the healthcare system an estimated \$290 billion!

Pharmacists are the medication experts. For each prescription dispensed, your pharmacist must review the information provided by the prescriber to ensure it is complete. They must check that the new medication will not interact with other medications you are taking or any allergies you may have. The pharmacist also verifies that the medication and dosage are appropriate for your health condition. Consultations by pharmacists are also provided to assure that you understand the proper way to store and take the medication.

Ultimately, you have the responsibility for managing your health care, but your pharmacist can help if you keep him or her up-to-date about your health and the medications you are taking. For this reason, it is important to use the same pharmacy for all your prescription services, especially when seeing multiple health care providers. This ensures that your pharmacist has access to your complete medication history when checking for problems or possible interactions.

You should also check with your pharma-

cist before taking any nonprescription medication. Even though they do not require a physician's prescription, nonprescription medicines are powerful and can, if taken improperly, adversely interact with your prescription medications or negatively affect another health condition. Make sure your pharmacist is aware of any allergies to medications so adverse reactions can be prevented.

By working together with your pharmacist, you can be sure that your medications are taken safely, effectively, and appropriately to maintain your good health. Pharmacists want you to know that they are always available to advise you about your medications. Take the initiative and talk with us to make sure that your medicines are working and that your pharmacist is working for you.

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Sun Closed

Stone Lake Center News



715-634-4680

By Peggie Johnson

Stone Lake Senior Center Chef

Hello Everyone:

Winter has arrived and Spring is just around the corner. THINK SPRING.

March will be an exciting time for the Stone Lake Community because the new Senior Center, at the corner of Gibson and 4th St. Hopefully, ground breaking will be around the first week of March with plans to be open around May 1st.

If you like BINGO. Red Schoolhouse Wines is having Women In Need Of Sprits BINGO starting at 5:00 pm until 8:00 pm on March 13th.

April 13th will be the 2nd annual Easter Egg Hunt at the Wetland Park from 11:00 am to 1:00 pm. Bring your grandkids and enjoy the day. There will be treats and bags are provided for the children for the hunt.

On April 17th the Stone Lake Historical Society will present an illustrated history of the Chippewa Flowage by Chery Treeland. The event will be held at the Stone Lake Town Hall from 7:00 pm until 9:00 pm. Free admission and refreshments will be served.

Stay warm and think SPRING!!



5th Annual SRC Fashion Show



Save the Date... Mark Your Calendars!

March 30, 2019 • 11:00 AM

The Steakhouse and Lodge on Highway 27 in Hayward.

Tickets will be \$18.00 and include your meal.

Our theme this year is "Back to the Basics"

The event is held to raise funds for the Meals on Wheels program, which serves hundreds of senior citizens in Sawyer County. This program is so beneficial for the elderly who not have a noon meal or in the case of the Home delivery program any human contact in a day.



This year's show will concentrate on the fashions and the women that wear them. We will feature fashions from Nordic Northwoods, Allgren's, Main Stream Boutique and Outdoor Ventures here in Hayward. A new addition in our fashion line will be Christopher and Banks in Rice Lake. We will be featuring mostly women's fashions but there also will be several male models. Our models will range in age from around 45 to 95. Back to Basics.

We will begin with Happy Hour at 11:00 AM, followed by a luncheon at 12:00. The Fashion Show will begin at 1:00 PM. We will also have a silent auction and raffles starting at 11:00 AM which will run until the Fashion Show starts.

We have secured many items for the silent auction and are still collecting donations. Raffle items include a 55 inch color TV donated by Coburn's Marketplace, 2 hand sewn gorgeous quilts and maybe a surprise or two. Silent auction items include many local gift cards and gift items. Our auction items and raffle pieces are generously donated by the businesses of Hayward, Stone Lake, Exeland, Spider Lake and Winter.

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

Hayward Senior Center Activities & Events

715-634-4680 • MAR/APR 2019 • 8:00 a.m. to 4:00 p.m.

SOCIAL, RECREATION, WELLNESS	DAY	TIME	LOCATION
ALZHEIMER’S RESPITE	WEDNESDAY	9AM – 1PM	LOWER LEVEL, HAYWARD
CAREGIVERS SUPPORT GROUP	FIRST TUESDAY OF MONTH	1PM	LOWER LEVEL, HAYWARD
ELDERLY BENEFITS SITE VISITS (ADRC)	TUESDAYS SUBJECT TO AVAILABILITY. MONDAY AT SPIDER LAKE CHURCH.	11:30 CALL 1-866-663-3607 FOR AN APT.	2 ND TUES – EXELAND 3 RD TUES – WINTER 4 TH TUES – HAYWARD 3 RD MON – SPIDER LAKE STONE LAKE - TBD
FOOT CARE CLINIC WITH HOLLY DUFFY	CALL FOR APPOINTMENT	(715) 699-9987	LOWER LEVEL, HAYWARD
CONGREGATE LUNCH	DAY	TIME	LOCATION
HAYWARD	MONDAY – FRIDAY	NOON FOR ALL – SEE MENUS AND CALL AHEAD FOR RESERVATIONS BY 9:30AM	UPPER LEVEL HAYWARD
SPIDER LAKE STONE LAKE EXELAND WINTER	MONDAY & THURSDAY TUES, WED, FRIDAY MONDAY – FRIDAY MONDAY – FRIDAY		SPIDER LAKE CHURCH WESLEYAN CHURCH (TEMPORARY) EXELAND MEAL SITE WINTER MEAL SITE
TECHNOLOGY ASSISTANCE	DAY	TIME	LOCATION
CONNIE SCHIELD (WALK IN)	MONDAY TUESDAY	10AM – NOON 10AM – NOON	WESLEYAN CHURCH – STONE LAKE UPPER LEVEL HAYWARD
TABLET / SIP ‘N SWIPE	CALL FOR COACHING APPT	(715) 634-3000	HAYWARD SRC
BINGO	DAY	TIME	LOCATION
ON THE ROAD AT TNT SPORTS BAR & GRILL	MONDAY	GAMES START AT 6PM (6PM TO 8PM)	10562 MAIN ST DOWNTOWN HAYWARD
PROGRESSIVE BINGO	THURSDAY	DOORS OPEN AT 5:30 EARLY BIRD AT 6:15 REGULAR GAMES AT 7PM	UPPER LEVEL DINING ROOM, HAYWARD SRC
CASUAL BINGO	FRIDAY 4 TH THURSDAY	1PM – 3PM AFTER LUNCH	UPPER LEVEL HAYWARD EXELAND
SRC STYLE SHOW	MARCH 30, 2019	11AM	STEAKHOUSE & LODGE, HAYWARD
ARTS AND GAMES	DAY	TIME	LOCATION
ART GROUP (ALL MEDIUMS WELCOME)	FRIDAYS	10AM – NOON	LOWER LEVEL, HAYWARD
NORTHWOODS CARVING CLUB	2 ND SATURDAY OF THE MONTH	10AM – 4PM	LOWER LEVEL, HAYWARD
BRIDGE	WEDNESDAY	9AM	LOWER LEVEL, HAYWARD
CRIBBAGE	TUESDAY & THURSDAY	1PM – 3PM	UPPER LEVEL, HAYWARD
DOMINOES & MEXICAN TRAIN	WEDNESDAY	1PM – 3PM	UPPER LEVEL, HAYWARD
GIN RUMMY	MONDAYS	10 – 11:30AM	UPPER LEVEL, HAYWARD
PINOCHLE & 500	MON, WED, SAT	1PM – 3PM	UPPER LEVEL, HAYWARD
EXERCISE	DAY	TIME	LOCATION
YOGA WITH MARY Jo (WITC)	TUESDAY, THURSDAY THURSDAY	8:30 AM 10 AM	LOWER LEVEL, HAYWARD LOWER LEVEL, HAYWARD
FIT FOR LIFE (WITC)	TUESDAY	9:45 – 10:30 AM	LOWER LEVEL, HAYWARD
SILVER SNEAKERS	MONDAY MONDAY TUESDAY THURSDAY	11 – 11:45 AM 1:30 – 2:15 PM 1:00 – 1:45 PM 1:45 – 2:30PM	LOWER LEVEL, HAYWARD WINTER EXELAND LOWER LEVEL, HAYWARD
TOTAL BODY TONE (WITC)	MONDAY THURSDAY	9 – 9:45AM 10 – 10:45 AM 12:30 – 1:15 PM	LOWER LEVEL, HAYWARD LOWER LEVEL, HAYWARD LOWER LEVEL, HAYWARD
MEETINGS & EDUCATIONAL PROGRAMS	DAY	TIME	LOCATION
AGING WELL IN THE NORTHWOODS	MON 3/11, 3/25, 4/8, 4/22	1PM	LOWER LEVEL, HAYWARD
POWERFUL TOOLS FOR CAREGIVERS (6 WEEK PROGRAM)	WED - 3/6, 3/13, 3/20, 3/27, 4/3, 4/10	1 – 3:30PM	LOWER LEVEL, HAYWARD
MARCH FOR MEALS CELEBRATION	TUESDAY 3/19	CALL FOR DETAILS	EXELAND SITE
SRC BOARD MEETING	MARCH 20, 2019 APRIL 17, 2019	1:00 PM	LOWER LEVEL HAYWARD
AARP BOARD MTG	1 ST THURSDAY 3/7 & 4/4	1PM 2PM	UPPER LEVEL, HAYWARD
AARP GENERAL MEETING & PRESENTATION			
ADVISORY COMMITTEES – HAYWARD EXELAND	1 ST WED 3/6 & 4/3/19 1 ST MONDAY 4/1	10AM CALL FOR DETAILS	UPPER LEVEL, HAYWARD EXELAND

A Hayward Helper



Carol Mussleman

By Helen Chevier

Volunteers are the frosting on the cake. They add so much to experience at the SRC. One such person is Carol Mussleman. Carol saw a request for desk volunteer. She decided to “just help out and get out of the house”. Plus it would help keep the SRC going. The desk volunteers answer the dining room phone and take lunch reservations, set the tables, make coffee and many other tasks.

Carol usually works one morning a week from 8am to 12:30pm. At times she has done 2 days a week, desk coordinator substitute. She also is a member of the Advisory Board. Carol has been widowed for 18 years. She has 2 sons and 2 daughters, 9 grandchildren and 9 great grandchildren. That alone would keep her busy. She was born in Illinois, living in Elgin and Carol Stream. Prior to moving to Hayward she lived in Kentucky for 10 years. She was a school bus driver for 34 years, driving in Illinois, Kentucky and Hayward.

She enjoys the opportunities that SRC has. She wonders if the interest would be there for a knitting or crocheting group.

If anyone is interesting in volunteering, don’t hesitate. There is desk volunteer, Meals on Wheels drivers, bingo helper , office helper. Whatever you like to do, we can find a place for you. Call (715) 634-3000 to volunteer.

March 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
NOTE: March 6 th is Ash Wednesday. There will be an alternative non-meat meal available for those who choose. Please let your site manager know in advance.				NOTE: On Fridays during Lent there will be a non-meat alternative available if you choose. Please let your site manager know in advance.				1.
4. Open Faced Beef Sandwich, Mashed Potatoes/Gravy, Winter Mix Veggies, Fruit, Ice Cream, Milk.		5. Spaghetti w/ Meat sauce, Salad Bar, Garlic Bread, Fruit Cocktail, Milk		6. Breaded Pork Chop, Mashed Potatoes/Gravy, Yellow Beans, Apple Bread Pudding, Applesauce, Bread Milk		7. Beef Stew w/veg carrots/potato/onion rutabaga, Baking Powder Biscuits, Cottage Cheese/Peaches, Frosted Brownies, Milk		8. Fish Sandwich on Bun, with lettuce and tomato, French Fries, Carrots, Fruit, Dessert, Milk
11.		12. Bacon Cheeseburger, Potato Chips, Salad Bar, Pudding, Milk		13. Spaghetti /meat sauce Corn, Side Salad Apple/Pineapple Dump Cake, Garlic Bread, Milk		14. Country Style Ribs Sauerkraut, Sweet Potatoes, Green Beans, Fruit, Pudding, w/w Bread, Milk		15. Baked Fish, Baked Potatoes, Broccoli Salad, Fresh Fruit, Berry Crunch, Bread, Milk
18. BBQ Chicken, Potato Salad, Baked Beans, Fruit Parfait, Fruit, Bread, Milk		19. Beef Barley Soup, Grilled Cheese, Salad Bar, Brownies, Milk		20. Pork Roast, Mashed Potatoes/gravy, Rst. Brussel Sprouts/onions, Fruit Cocktail, Pumpkin Bars, Rye Bread, Milk		21. Beef Tips/gravy, Noodles, California Blend Veg. Mandarin Oranges, Zucchini Cake, Bread, Milk		22. Lasagna, Side Salad, Green Beans, Garlic Bread, Pears, Milk
25. HM. Chicken Noodle Soup, Egg or Ham Salad Sandwich, Dill Pickle, Crackers, Dessert with fruit, Milk		26. Polish Sausage or Brat/ Bun, Sauerkraut, Salad Bar, Strawberry Short Cake, Milk		27.		28. Pork Chop Suey w/ vegetables, Rice, Egg Roll, Fortune Cookies, Fruit, Milk		29. Liver and Onions/Bacon, Roasted Red Potatoes, Green Beans/Carrots, Fruit Salad, Peach Cobbler, 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.



A Great Place to Live.

- Live maintenance free
- Maintain an active lifestyle
- Receive the care you need



Water's Edge
SENIOR LIVING

Right here in the place we love.

**CALL FOR
A TOUR**

715-934-4308
watersedgehayward.com

Senior Resource Center Update Continued from Page1

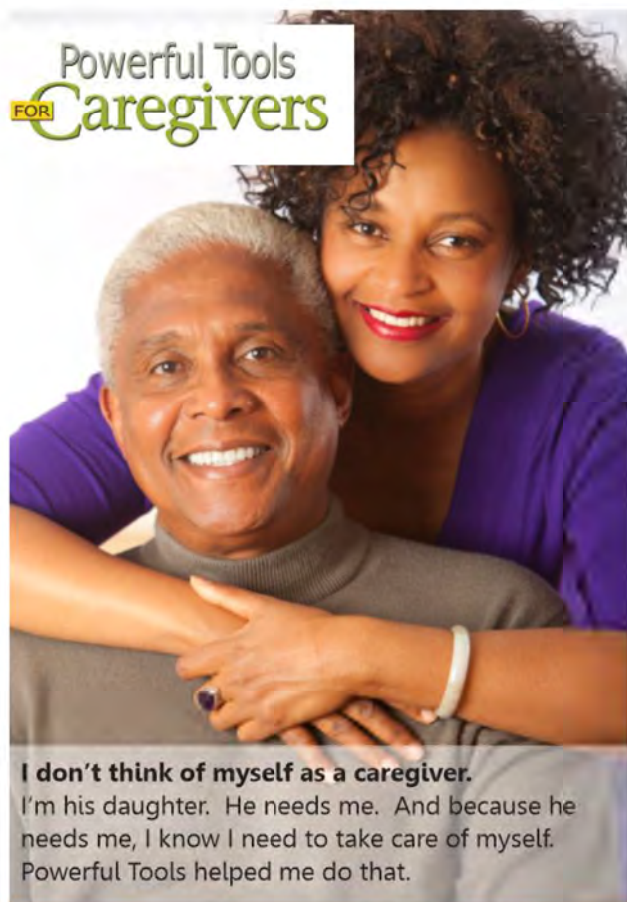
All our nutrition site staff and administration staff have gone through the Dementia Friendly Business Training. All our sites are fully trained with our agency being recognized as "Dementia Friendly".

Coming soon - Saturday, March 30th, the 5th Annual Style Show – "Back to Basics" at the Steakhouse in Hayward. Tickets will be \$18 each and may be purchased at all our nutrition sites. There will be a silent auction, door prizes, raffles for a 55" TV and snowmobile jacket, latest in fashions and more... Did I forget to mention lunch too! For more information, please contact Doc Brueggen, 715-558-6324 or docbrueggen@yahoo.com.

It's been a busy December, January and February. Hayward Christmas Cookie Sale, Whoopie Ding Play and dinner, quilt raffle, Exeland Annual Holiday Dinner at the Buckhorn Bar and Grill, Exeland and Hayward Advisory Committees sponsoring Essential Days at their Center's asking for cleaning supplies, paper products, printer ink, etc., the upgrading of the agency computer system, (special thank you to Eric Dreczko), Sip n Swipe a huge success at all locations, Health and Fitness classes being scheduled, Meals on Wheels driver training from GWAAR, to name just a few! Bingo on the Road has been a very successful ongoing winter fundraiser for us and great fun for the players. It's held at TNT Sports Bar and Grill in Hayward on Monday nights from 6 to 8pm and runs every Monday through May 20th. March and April look to be just as busy.

Serve Safe Training will be held on March 12, 2019. Anyone interested in volunteering in one of our nutrition sites must have the certification. If interested, please contact SRC Nutrition Director, Char Jaeger, 715-634-3000 or char@seniorresourcecenter-north.org for more information.

We are grateful to note we're continuing to receive financial donations from the community. We thank everyone for their generosity in giving to the Seniors of Sawyer County. You have kept our doors open.



There's a Powerful Tools for Caregivers workshop starting soon near you!

**WHERE: Senior Resource Center
(15856 E. 5th Street, Hayward, WI)**

**WHEN: Wednesdays starting March 6th
(it is a 6-week workshop, so 6
Wednesdays we will meet for 2.5 hours)**

TIME: 1:00 - 3:30pm

WHY: Because YOU are important too

QUESTIONS: please contact Jodi Olney

**715-634-3000 or email
jodi@seniorresourcecenternorth.org**

Caregiving is rewarding. But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!



What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

APRIL 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. Ham-Scalloped Potatoes-Pea/Carrots-Pretzel Salad-Oatmeal/Raisin Cookies-Roll-Milk	2. BLT-on bread or bun-Salad Bar-Ice Cream w/fruit topping-Milk	3. Salisbury Steak w/onions Mashed Potatoes/Gravy-Carrots-Apple crisp-w/w bread-Milk	4. Pork Cutlets-Sweet Potatoes-Broccoli Bacon Salad-Applesauce-dessert-w/w bread-Milk	5. Polish Sausage-Sauerkraut-Boiled Red Potatoes-Green Beans-Fruit Salad-Rye Bread-Milk
8. Oven Fried Chicken-Baked Potatoes-Carrots/Green Beans-Peaches-Bread-Milk	9. Homemade Pizza-Salad Bar-Fruit-Breadstick-Milk	10. Meatloaf-Oven Roasted Red Potatoes-Brussel Sprouts-Stewed Tomatoes-Frosted Pumpkin Bars-Bread-Milk	11. Pork Roast-Mashed Potatoes/Gravy-Sweet & Sour Cabbage-Corn-Applesauce-Bread-Milk	12. 
15. Open Faced Beef Sandwich, Mashed Potatoes/Gravy-Winter Vegetable Mix-Fruit-Ice Cream-Milk	16. Spaghetti w/meatsauce-Salad Bar-Fruit-Breadsticks, Milk	17. Breaded Pork Chops-Mashed Potatoes/Gravy-Beans-Apple Bread Pudding-Applesauce.	18. Beef Stew w/veg(carrots, potato,onion,rut.)Baking Powder Biscuits, Cottage Cheese/Peaches, Frosted Brownie, Milk	19. Fish Sandwich on Bun with lettuce/tomato-Carrots-Fruit-Dessert-Milk
22. 	23. Bacon Cheeseburger-Potato Chips-Salad Bar-Pudding-Milk	24. Spaghetti w/meat sauce-Corn-Side Salad-Apple/Pineapple Dumpcake-Garlic Bread-Milk	25. Country Style Ribs-Sauerkraut-Sweet Potatoes-Green Beans-Fruit-Pudding-w/w bread-Milk	26. Baked Fish-Baked Potatoes-Broccoli Salad-Fresh Fruit-Berry Crunch-Bread-Milk
29. BBQ Chicken-Potato Salad-Baked Beans-Fruit Parfait-Fruit-Bread-Milk	30. Beef Barley Soup-Grilled Cheese-Salad Bar-Brownies-Milk	<p><i>Please Note:</i> <i>On Fridays during Lent there will be a non-meat alternative available if you choose.</i> <i>Please let your site manager know in advance.</i></p>		

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.



WE HAVE FUN!



The second annual Exeland Senior Center Holiday Party at The Buckhorn in Exeland on Sunday, January 13, 2019 was enjoyed by approximately 70 seniors. Thank you to The Buckhorn and servers for the excellent buffet meal and service, to The Kormann Group for the very enjoyable music, to Ellyn Welling for her skills of planning and setting up the party and to Site Manager Bonnie Klinger for welcoming everyone, for making the announcements and calling Card Bingo for distribution of prizes.



An overflow crowd of 183 patrons dined and enjoyed a night of Dinner Comedy Theater as playwright Bill Smith directed his production of Whoopee Ding Airlines at the Steakhouse and Lodge on Sunday January 27. Thanks to Peggy Dobbs of the Steakhouse who served us well and scrambled to accommodate the extra crowd. Thanks to the Senior Resource Center staff and friends who did a marvelous job of acting and ad-libbing. Cast members include: Bill Smith, Betty Hutchinson, Dottie Lund, Arlo Anderson, Carolyn Lee Simmons, Monika Richter, Karen Walsh, Carol Mussleman, Char Jaeger, Jodi Olney, Karie Lobitz, Barb Applebee, Signe Lawson-Jones, Joey Johnson, Helen Chevier, John Adler and Frank Pratt.



2019 Tax Assistance & Preparation



There is nothing nearby in the Hayward area for tax prep help this year. Please contact the organizations below for more information. Your options are:

The IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) programs offer free tax help for taxpayers who qualify.

**NWCSA SELF-PREP SITE
ASHLAND FSA
623 2ND AVENUE EAST
VOLUNTEER PREPARED &
SELF-PREP
ASHLAND, WI 54806
715-292-6400**

VOLUNTEER PREPARED TAXES 44.5 MILES

**21 JAN 2019 to 16 APR 2019
TUE 8:00AM-4:00PM
THU 8:00AM-6:00PM
FRI 8:00AM-3:00PM
ENGLISH REQUIRED**

AARP Foundation Tax-Aide offers free, individualized tax preparation for low-to-moderate-income taxpayers - especially those 50 and older - at nearly 5,000 locations nationwide. Find a location near you by searching below.

Before visiting a Tax-Aide site, please note:

- You will need to bring your important documents to the site – see below.
- Federal Tax assistance is available at all locations. State tax assistance is available at all locations in your state for in-state residents, and may be available to out-of-state residents in select neighboring states. Please contact sites in your neighboring state to confirm availability.
- Site hours are subject to change on a weekly basis. Therefore, please check again the day before you plan to go to the site.

AARP Foundation Tax-Aide: Important Documents to Bring to the Tax-Aide Site AARP Foundation, Updated January 2019 | Reprinted from <https://www.aarp.org/>

The checklist below includes items you need to bring when you visit an AARP Foundation Tax-Aide site for us to help you prepare your tax return(s)

- Previous year's tax return(s).
 - Social Security cards and/or ITIN notices/cards or other official documentation that show the taxpayer identification numbers for every individual on your return.
 - Government-issued photo ID for each taxpayer.
 - Checking or savings account information if you want to direct deposit any refund(s) or direct debit any amounts due.
 - Identity Protection PIN (IP PIN) (for each individual if applicable).
 - Income
 - W-2 for each employer.
 - 1099-G form for unemployment compensation or state/local income tax refunds.
 - SSA-1099 form showing the total Social Security benefits paid to you for the year, or RRB-1099, Tier 1 Railroad Retirement benefits form.
 - 1099 forms (or other statements) reporting interest (1099-INT), dividends (1099-DIV) and/or proceeds from sales (1099-B), plus documentation showing the original purchase prices if you sold stocks or other assets.
 - 1099-R form if you received a pension, annuity, or IRA distribution.
 - 1099-MISC, 1099-K, or other 1099 forms.
- If you have a business, bring a summary list of all your income (cash and non-cash) and all business-related expenses.
- Information about any other income of any

form including cash or other than cash.

PAYMENTS

Records of any federal and/or state and/or local income tax paid (including quarterly estimated tax payments) if not shown on income documents.

DEDUCTIONS

Most taxpayers have a choice of taking either a standard deduction or itemizing their deductions.

If you have a substantial amount of deductions, you may want to itemize. If so, bring the following information:

- 1098 form showing home mortgage interest.
- A summary list of medical/dental/vision expenses including doctor and hospital bills and medical insurance premiums, prescription medicines, assisted living services, long-term insurance and bills for medical related home improvements such as ramps and railings for people with disabilities.
- Summary of cash and noncash contributions to charity.
- Property tax bills paid during the year (frequently shown on mortgage statement).
- Health Insurance
- 1095-A forms if you purchased insurance through the Marketplace (Exchange).
- 1095-B/1095-C forms (optional).
- Any exemption correspondence from the Marketplace (if applicable).

CREDITS/ADJUSTMENTS

- Dependent care provider information – name, address, telephone number and employer ID or Social Security number and amount paid to provider.
- 1098-T form for education expenses plus statement of account from the educational institution showing tuition and fees actually paid and scholarships, grants, etc. received. Also bring a summary of any other education expenses.
- 1098-E form for student loan interest.

PRIVACY INFORMATION

AARP Foundation operates the AARP Tax-Aide program under a cooperative agreement with the IRS. To help you complete your tax forms, AARP's trained and IRS-certified volunteers will see personal information that you give them about you and your finances. This information is strictly confidential. We will not share your information with anyone.

Continued on Page 19

THANK YOU! WITHOUT YOU, THIS WOULD NOT BE POSSIBLE!

We would like to Thank Everyone for their contributions that we have received in 2018. We would like to let you know what that money helped with. In Sawyer county in 2018 we served a large amount of meals to residents in our county.

In Exeland- 7182 (congregate & home delivered) meals. Hayward 19,927 (congregate & Home delivered) meals. Stone Lake- 5575 (congregate & home delivered) meals - this is with Stone Lake closing its site in July. Meals were still prepared for home delivered and congregate in Hayward for Stone Lake for the rest of the year. Winter - 8164 (congregate and home delivered) meals. Which brings our total to 40,848 meals served. This would not be possible if it wasn't due to all the generous donations that we have received.

Thank you again for helping bring well balanced meals to the residents of SAWYER COUNTY.

Char Jaeger, Nutritional Director

Tax Assistance Continued from Page 14

except as necessary to accurately file your tax returns or as otherwise required by law.

AARP Foundation Tax-Aide keeps different types of information about you, and for different periods of time, depending on the services you ask us to provide you.

If you ask us to file your return electronically, we keep your return information temporarily so that we can electronically process your return, ensure acceptance by the IRS and forward your information as required by the IRS, as well as any state taxation authority (state regulations may vary).

Your return information will generally be turned over to the IRS or otherwise disposed of by the end of April of the year in which we file for you. If you are e-filing, we retain

aggregate data (such as city, state and ZIP code information, and return information collected at the site level, such as total returns by filing status or total Earned Income Tax Credit payment) for program analysis. This aggregate data do not include names, Social Security numbers or other personally identifiable information about individuals.

We also keep general, personally identifiable information (such as your name, address, birth date, identification numbers and employer address) for use with next year's filing. The personally identifiable information AARP Foundation Tax-Aide keeps for you will be kept confidential and will not be sold, given away or used for commercial purposes. In all cases, we take reasonable measures to help ensure that only AARP Foundation Tax-Aide staff and volunteers who need access to your information for the purpose of helping with your tax preparation and filing will have such access. We maintain reasonable policies and procedures intended to protect the confidentiality of your information. If you have any questions about this notice, please contact us at taxaide@aarp.org.

AARP TAX ASSISTANCE LOCATIONS ALL DISTANCES ARE CALCULATED FROM HAYWARD

SPOONER INDIANHEAD CREDIT UNION

Distance: 23.91 mile(s)
Address: 104 E MAPLE ST, SPOONER,
WI 54801-1482

Phone No: (715) 635-8273
Dates Open: 2/1/2019 - 4/16/2019

Site Schedule:
WE: 10:00 AM - 1:00 PM
TH: 2:00 PM - 6:00 PM
SA: 8:00 AM - 12:00 PM
Appointment: Appointment Required
Languages: English
Handicap Accessible: Yes

SOLON SPRINGS COMMUNITY CENTER

Distance: 29.11 mile(s)
Address: 11523 S BUSINESS 53, SOLON
SPRINGS, WI 54873-0000 Phone No:
(715) 378-2235

Dates Open: 2/1/2019 - 4/15/2019
Site Schedule: WE: 10:00 AM - 02:00 PM
Appointment: Appointment Required
Language: English
Handicap Accessible: Yes

RICE LAKE SENIOR CENTER

Distance 36.95 mile(s)
Address: 12 W HUMBIRD ST,
RICE LAKE, WI 54868-1735
Phone No: (715) 234-7227
Dates Open: 2/1/2019 - 4/15/2019
Site Schedule: TU: 9:00 AM - 3:30 PM
TH: 9:00 AM - 3:30 PM
Appointment: Walk-ins Welcome
Languages: English
Handicap Accessible: Yes

RUSK COUNTY ADRC

Distance: 41.48 mile(s)
Address: 311 MINER AVE E FL 2,
LADYSMITH, WI 54848-2862
Phone No: (715) 532-2176
Dates Open: 2/1/2019 - 4/10/2019
Site Schedule: WE: 08:30 AM - 03:30 PM
Appointment: Appointment Required
Languages: English

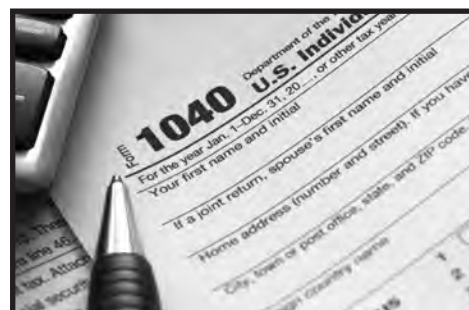
WEBSTER LARSEN LIBRARY

Distance: 41.76 mile(s)
Address: 7401 W Main Street PO BOX 510,
WEBSTER, WI 54893-0510
Phone No: (715) 866-7697
Dates Open: 2/4/2019 - 4/10/2019
Site Schedule: MO: 08:30 AM - 02:30 PM
WE: 08:30 AM - 02:30 PM
Comments: Call the Webster Larsen Family
Public Library to schedule an appointment
for Mondays and Wednesdays in February,
March and the first two weeks in April.
Phone No: (715)866-7697.

Appointment: Appointment Required
Languages: English
Handicap Accessible: Yes

CHETEK THE CENTER

Distance: 48.50 mile(s)
Address: 711 1ST ST,
CHETEK, WI 54728-9010
Phone No: (715) 924-3121
Dates Open: 2/1/2019 - 4/15/2019
Site Schedule: TU: 10:00 AM - 02:00 PM
TH: 10:00 AM - 02:00 PM
Appointment: Walk-ins Welcome
Handicap Accessible: Yes



FUN IDEAS FOR BEING ACTIVE ALL YEAR



January: Start the new year by trying out a fitness center-many offer New Year's Resolution specials.

February: Give your heart a Valentine's Day gift with dance lessons, such as salsa, tango, or belly dancing.

March: Anything can be fun with upbeat music, including spring cleaning.

April: Work in your garden. Bending, lifting, and stretching are all great exercises.

May: Build your endurance and strength with a bike ride during National Bike Month. Remember your helmet.

June: Once your grandchildren are out of school for the summer, ask them to teach you their favorite type of physical activity.

July: Cool off with a water aerobics class.

August: Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.

September: If you've heard about the benefits of yoga but haven't tried it yet. National Yoga Awareness Month is a great time to find special events and trial classes for beginners.

October: Take a hike to do some leaf looking. Pick apples or pumpkins. The beautiful colors are inspirational, and a brisk walk is great for your endurance!

November: Now that the leaves have fallen, rake and bag the leaves.

December: Try ice skating or building a snowman. If you have holiday shopping to do, walk the entire mall each time you're there.

**Be creative about your physical activity
plan and regularly try new forms of
exercise to prevent boredom**

Sawyer County



VETERANS NEWS



By Gary Elliott
Veterans' Service Officer

VETERANS BALL

Saturday, March 30, 2019
at the Hayward Veterans
Community Center

\$30 per person or two for \$50
Stand up Comedian Jeff Larson
& Music provided by Dalton Hessel
Doors Open @ 5PM
Dinner @ 6PM
Dance 8PM to 11PM

All proceeds benefit local veterans programs

For tickets, dinner option, and RSVP please contact Renee Brown at the Sawyer County Veteran Service Office. (715) 634-2770.

VA EXCEEDS 1 MILLION VIDEO TELEHEALTH VISITS IN FY2018
WASHINGTON — The U.S. Department of Veterans Affairs (VA) announced that it

has reached a telehealth milestone, achieving more than 1 million video telehealth visits in one fiscal year (FY18), a 19 percent increase in video telehealth visits over the prior year.

Through video technology, VA health care providers are increasing access to care — diagnosing and managing care remotely for enrolled Veterans across the country. “VA’s telehealth capabilities are bridging the care gap for many Veterans,” said VA Secretary Robert Wilkie. “This technology gives Veterans access to the timely, quality care they deserve, without having to travel great distances to a VA facility. Time spent traveling is time away from Veterans’ jobs and families.”

Video technologies make it possible for Veterans residing in remote or rural areas to come to many of VA’s community-based outpatient clinics and interact in real-time, through video telehealth, with a specialist physician or another practitioner who may be hundreds or thousands of miles away.

From October 2017 through September 2018, Veterans received VA quality care during approximately 2.3 million episodes of telehealth care. About half (1,074,400) were video telehealth encounters, which allows real-time interaction between VA care teams and their Veterans in a clinic or at home. The other half of VA telehealth encounters were not real-time, interactive visits; instead, VA staff monitored, screened, assessed Veteran data (e.g., vital signs, sleep studies, etc.) or images (e.g., skin rash, eye disease, etc.) sent by other VA staff in another VA clinic, or sent by a Veteran or caregiver from home. More than half (582,000) of those video encounters supported Veterans located in rural areas. Additionally, 105,300 of those 1 million-plus video visits were conducted using the VA Video Connect application on Veterans’ mobile devices or personal computers from their homes or locations of choice.

At more than 900 community-based outpatient facilities, clinicians and Veterans meet through these virtual, real-time visits, providing Veterans care in more than 50 specialties, ranging from mental health to rehabilitation.

Talk to your VA Health Care Provider about leveraging the telehealth option in meeting your medical needs/care.

Questions about VA or State Benefits?
CONTACT YOUR
SAWYER COUNTY VETERAN
SERVICE OFFICE at (715) 634-2770.

Recipe Corner

**EAT WELL,
AGE WELL.
MORE HERBS,
LESS SALT!**

Spotlight on... Oregano

Oregano has a hint of sweetness and adds warmth and flavor to foods. It can be found fresh, dried or as an oil.

Oregano is rich in antioxidants, which are compounds that help fight damage from harmful free radicals in the body. The buildup of free radicals has been linked to chronic diseases like cancer and heart disease. To get a double benefit, add oregano to other high-antioxidant foods like fruits and vegetables. Just one teaspoon of dried oregano can fulfill about 8% of your daily vitamin K needs.

Try mixing whole oregano leaves into other greens for a nutrient-packed salad or sprinkling the leaves into chili, soups or stews.

You can also use it to make fresh pesto or salad dressing, season meat dishes or kick up the flavor of homemade sauces.



Easy Oregano Chicken

INGREDIENTS

2 TBSP butter, melted
2 TBSP lemon juice
1 TBSP Worcestershire sauce
1 TBSP reduced sodium soy sauce
1 teaspoons dried oregano
OR 2 TBSP Fresh oregano
1/2 teaspoon garlic powder
2 skinless, boneless chicken breast halves

DIRECTIONS:

1. Preheat oven to 375 degrees F
2. Combine the melted butter or margarine, lemon juice, Worcestershire sauce, soy sauce, oregano and garlic powder. Mix well.
3. Place chicken in an ungreased baking dish. Pour the butter/oregano mixture over the chicken.
4. Bake in the preheated oven for 15 minutes. Baste juices over the chicken.
5. Bake for an additional 15 minutes.



MAKE A HEALTHIER LIFESTYLE CHANGE BY PARTICIPATING IN ONE OF OUR EXERCISE CLASSES!



SCHEDULE:

Mondays: 9:00-9:45am Total Body Tone (strength training class) (Hayward)
Mondays: 10:00-10:45am Total Body Tone (strength training class) (Hayward)
Mondays: 11:00-11:45am Silver Sneakers Classic (Chair-based class) (Hayward)
Mondays: 1:30-2:15pm Silver Sneakers Classic (Chair-based class) (Winter)
Tuesdays: 9:45-10:30am Fit for Life Dance (similar to a Zumba Gold class) (Hayward)
Tuesdays: 1:00-1:45pm Silver Sneakers Classic (Chair-based class) (Exeland)
Thursdays: 12:30-1:15pm Total Body Tone (strength training class) (Hayward)
Thursdays: 1:45-2:30pm Silver Sneakers Classic (Chair-based class) (Hayward)

WHAT IS TOTAL BODY TONE?

It's a strength training class using body weight, stability balls, bands and free weights.
 We work on balance, core and toning total body.

WHAT IS SILVER SNEAKERS?

We have fun and move with a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, resistance bands 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 towards older adults.

WHAT IS FIT FOR LIFE DANCE?

For active older adults who are looking for modified (Zumba) class that recreates the original moves you will love at a lower-intensity. This class will help you on balance, range of motion, and coordination.

ALL SILVER SNEAKERS are drop-in classes.

(If you are a Silver Sneakers member the class is free, if not \$2/class)

ALL OTHER classes you MUST register for at WITC.

You can go online www.witc.edu OR call to register 715-634-5167.

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.



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



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



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

Fifteen Minutes of Fun!



Music: The brain responds to music in different ways. People pay more attention to music. You can remember music and storytelling even when other skills diminish.

Dance: Dancing is a great physical activity and it is fun and aerobic. People enjoy dancing and don't look at it as exercise.

Movement:

- Light exercise beats the couch for fighting fatigue and the "blahs". Two new studies show that light exercise, as little as 10 minutes a day can do more to beat the "blahs" than taking it easy. It helps raise metabolism and improves quality of life. A leisurely stroll boosted energy levels 20% and decreased feelings of fatigue by 65%. It also has psychological benefits so you not only have a healthier body but a healthier mind.

- Book: Move Yourself: The Cooper Clinic Guide to All the Healing Benefits of Exercise (Even a Little!) (Wiley, \$24.95). This book addresses exercise and the quality of life.

- National Institute of Health – <https://go4life.nia.nih.gov/> lots of ideas for staying active

- Aerobic Activity Fights Aging, Extends Independence. A brisk/vigorous walk, about an hour a day can boost your maximum oxygen

intake by as much as 25% within just 3 months. That's enough to turn back the clock on 12 years of natural decline with aging. For seniors, it could add a dozen years of functional independence.

- House and Garden Work Benefit Mental Health: Feeling frazzled? Try a little work around the house or in the garden. As little as 20 minutes of physical activity – even just routine housework or gardening, can help relieve mental distress.

- Belly Fat has been linked with increased risk of death, heart disease, cancer and even some dementia. So mind your waist! In men 40 inches and up and in women 35 inches and up leads to increased health risks. A larger waist means you are more likely to have deep fat around the heart, liver and other vital organs. So eat more whole grains, fruits and vegetables and limit white bread, refined grains and processed foods.

- Moderate exercise can cut stroke risk by 40%. A new study found that walking for 30 minutes 5 times a week or jogging 30 minutes 3 times a week can reduce your risk of stroke by at least 40%.

- Strength and Resistance training 2-3 times a week helps prevent functional decline.

StrongWomen© Classes are being offered in the area as well as exercise and aquatic exercise programs through the Arthritis Foundation. All three are evidence-based and proven to improve strength.

- Stepping On, Sure Step and Matter of Balance are Falls Prevention Programs.

- Living Well with Chronic Conditions – a 6 week class that empowers people to take an active roll in changing their lifestyle by making small, achievable goals each week. People learn from and support each other during the 6 weeks. It's a great way to get people more active initially and then they can transition into another fitness program.

ACTIVITIES:

- Balloon Games: Fun way to get your body moving

Laughter: Stimulates your brain. Is aerobic exercise. Burns calories. Helps prevent constipation. Makes you feel good and look younger. Helps protect your heart. Is a stress reliever.

*Pam Van Kampen, RD, CD
(715) 836-3916
pvanrd@yahoo.com*

SENIOR RESOURCE CENTER



ESSENTIALS DAY

Essentials Day is a brainchild of the site Activities Committees in response to participants asking how they can help save money and stretch dollars at the sites. Donations of cleaning, general use and office supplies are greatly appreciated. Contact your Site Manager if you have questions. The needs list changes but currently we could use:

HAYWARD SITE and Administrative Office:

- staples, cellophane tape refills, medium size Post-It note pads
- Ink cartridges XL color and black: hp65, hp62, hp61, hp63, hp74/74, Epson127/126
- file folders, envelopes
- liquid ink for our stampers
- Germ X hand sanitizer, disinfecting wipes
- batteries – size AAA
- thumb tacks
- Roll of postage stamps

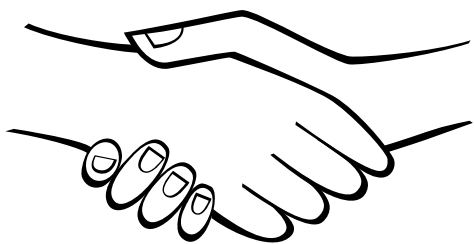
WINTER SITE:

- Black printer ink for HP Deskjet 3755 - cartridge number 65
- Paper place mats any color or design

EXELAND SITE:

- Thanks to a generous and successful end of year donation campaign, we are stocked up and good to go right now

SENIOR RESOURCE CENTER PARTNERSHIPS



Reinhart is excited to be a partner with the Senior Resource Center. Here at our company we provide not just food for our customers; we also provide disposables and solutions for all of our customers. In the up coming months we have food shows for our customers to keep providing them with menu options for their customers. You are their customer when you have a meal with or from them. We also provide continuing education for our customers and this includes making sure the staff that assists you has Safety Certification in preparing and serving you the foods you eat. In March your staff will be taking a class to be certified in Food Safety. This means you can feel secure that your meal is prepared with care and safely.

Reinhart is a company that was founded in LaCrosse, WI. and partners not just with larger branded name products, they also partner with local Wisconsin businesses to distribute their products to our customers looking to use their local footprint in the market of food-service.

Maggie Owens
Sales Consultant
Reinhart Foodservice
1-800-827-4020 ext. 501251
Cell: 715-699-0225

Baseball

R	Y	P	I	P	K	Y	D	U	N	T	J	T	H	I	R	D	N	Q	G	C	R
V	E	O	R	N	L	W	A	U	A	A	N	O	S	A	E	S	D	N	R	R	O
F	R	T	D	E	O	A	R	Y	C	N	E	P	L	L	U	B	P	Q	O	A	S
D	I	S	T	R	T	E	T	K	T	E	A	M	M	A	T	E	S	F	U	C	T
I	P	T	C	I	M	T	N	E	U	G	A	E	L	R	O	J	A	M	N	K	E
N	M	R	Q	O	H	O	A	P	W	D	A	L	L	I	I	S	F	L	D	E	R
F	U	O	H	B	R	H	E	B	N	D	L	E	I	F	T	U	O	G	E	R	E
I	M	H	T	W	A	A	C	O	M	A	R	B	S	B	R	S	U	N	R	J	H
E	M	S	O	T	N	S	C	N	B	I	A	E	A	T	E	E	L	I	O	A	C
L	U	R	S	U	H	E	E	E	I	S	T	L	H	S	R	Q	N	N	C	C	T
D	T	R	T	E	S	R	V	B	E	P	L	T	D	C	T	I	Z	N	S	K	I
H	I	S	L	T	I	R	D	I	A	M	O	N	D	N	T	A	K	I	I	S	P
F	Y	M	F	G	U	P	O	P	F	L	Y	A	H	N	U	A	N	E	E	W	B
R	E	E	H	C	S	S	A	R	G	S	L	I	D	E	G	O	C	D	S	T	O
T	L	T	C	O	A	C	H	T	N	U	B	W	A	L	K	Z	M	K	S	U	G

- baseball

batter

umpire

mitt

catcher

pitcher

first

second

third

base

home run

grounder

shortstop

fastball

curveball

bunt
- pop fly

plate

left

right

grass

mound

walk

foul

diamond

score

strikes

Major League

stands

crowd

infield

outfield
- peanuts

Cracker Jacks

slide

roster

cheer

helmet

bullpen

season

teammates

coach

lose

winner

inning

pinch hitter

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

Trivia: The lyrics to the famous song, "Take Me Out to the Ballgame" were written by this twentieth century songwriter.

Answer: _____



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Website: www.AspenAcresAssistedLiving.com

