

## Executive Director News



*By Joey Johnson*

Happy Spring!

It's been very busy at the Senior Resource Center since the last Compass. When we talk about the Senior Resource Center this includes Hayward, Winter, Stone Lake and Exeland. We are one Senior Resource Center, all working together for the seniors of Sawyer County. Back to Basics 5th Annual Senior Resource Center Style Show & Silent Auc-

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## Bonnie Klinger: Serving More Than Just Good Food and Smiles for 33 Years



Bonnie Klinger recently celebrated 33 years of service as the Exeland Site Manager. Her delicious home cooked meals provide more than just sustenance for local seniors.

*By Donna Dreczko,  
Contributing Writer*

On Sunday April 28th, we gathered together to celebrate Bonnie Klinger's 33 years of service as the Exeland Site Manager! Day in and day out she has provided excellent meals, a welcomed smile, a kind word, sage advice, and a listening ear to the seniors of her service area. She is legendary at the Exeland Center!

We started meal service on April 1, 1986. The meals were cooked at the Bruce school cafeteria, providing 20 meals per day. Seniors came at noon to eat. In February 1989 they broke ground for the real Senior Center. The grand opening was held in June 1989. Bonnie started cooking there in the summer of 1989 and eventually took over as site manager.

She's had no formal culinary training – like many of us attended the “school of hard knocks, burnt pans and ‘ummm ... don't make this again’ trial and errors”. However you eventually figure it out, and learn to make small tweaks that turn into delicious home cooking and tasty meals. Bonnie said she watches the cooking shows on cable TV for tips because she's always learning.

She started with the basics – cooking for 35 to 40 people. They didn't have a good home deliv-

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tion for Meals on Wheels was a huge success! We are still counting and playing the bills, but I can say we made close to \$3000 at this time. A big thank you goes to Doc Brueggen and her crew!

Bingo on Monday nights at TNT continues to fun and an excellent fundraising event for the Senior Resource Center. We couldn't do without the support from TNT owners Ted and Tim, with their Monday staff and Char and the fabulous Bingo crew: Dick, Donna, Eric, Darla and Kelly. Thank you all!

All the Senior Resource Center site managers and some of the staff recently attended the Reinhart Food Show in La Crosse and came back with new ideas for menus and food choices. A good time was had by all. Signe and I joined the ladies on Sunday and found ourselves stuffed to the gills from all the great samples. Ask the ladies about what they found and learned....

The last 7 months we in the administration offices have been finding our way. With new people at the helm there is bound to change. Change is hard, the changes that have happened and continue are made with the best of intentions and in the best interest of the seniors we serve in Sawyer County. We can please some of the people some of the time, but we can't please all of the people all of the time. Change is hard, but the door is always open for ideas, suggestions, and what you like and don't like.... we are here to listen.

The Nutrition Advisory Council (NAC) is coming. This is different from the present Advisory Boards at each site. The NAC is made up representatives from each site and they meet quarterly. The NAC membership is diners, Meals on Wheels participants, Meals on Drivers, a dietician and more. Informational meetings will be held at all sites. Some site informational meeting may include representatives from GWAAR. The NAC is a GWARR requirement and must be in place by July 1, 2019 no exceptions. For more information about NAC contact Joey or Signe. As many of you know Michelle Pederson has moved on. She has accepted a position in the Register of Deeds Office of Sawyer County. Michelle is being replaced by Shirley Kauffman. Many of you may know her, she subbed for Gloria.

The SRC elected new officers at their April Board Meeting; Amanda Manshiem - President, Jeff Hovik -

Vice President and Carrie Swanson -Sec-

retary. We are seeking representatives from Winter as we have no one representing the Winter area.

We are presently looking for a part-time janitor and a Thursday Night BINGO cook.

Things are progressing for the new Stone Lake site. Decisions are being made about hoods, phones and more. Watch for upcoming fundraising events and ideas for the new Stone Lake site.

Barb Applebee, Char Jaegar and I just finished SRC a very successful and fun class in partnership with Workforce Development Investment to teach and train participants from the Sawyer County jail. This was a 25 - 30 hour training session. We had 4 participants in the program. At the end of this and the next 2 days class of customer service and Serve Safe Class, they will hopefully and then be certified and ready for a food service job. They were a great 1st time class.

As you can see a lot has been going and there continues to be more each month in part because of all the wonderful Advisory Boards at the sites -their enthusiasm, support and generosity. Thank you is not enough for all you have done and continue to do. Along with all our great staff and the wonderful seniors that dine with us every day. Thank You!

Watch for this upcoming events: Car Show at the Sawyer County Fairgrounds on Saturday, June 29 and Hog Fest in August at School House Wines with again this year Larry and the Drifters.

Until the next Compass, join us for lunch, bingo or stop by and let us know how were doing.

Relax, enjoy and come for lunch!

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### **Celebrating Bonnie Klinger** **Continued from Page 1**

ery setup but anticipated they'd need one soon. And she was right. The Congregate lunch attendance varies from time to time with seasonal people and folks changing life situations just like the home deliveries. She feels that the Meals on Wheels program helps people maintain their independence and allows them to age in place. It's also good for the soul when people gather in social situations to talk with friends and then linger over an extra cup of coffee or shuffle up for some card games. There is room for 18 - 30 people at the Center but with advance notice we can make room for more if needed.

Bonnie feels the last 33 years have gone by in "the blink of an eye". She got her educa-



tion and worked as a CNA (Certified Nursing Assistant) out of high school, then got married and had 3 sons. Her husband worked shifts so being a Mom became her top priority. She always had an interest in helping and taking care of people. She gave up on the CNA career - it's a very physically demanding line of work. Her presence at the Senior Center was a perfect fit for her life skills and interests - these patrons have become an extended family. She knows they appreciate a good home cooked meal - if the food isn't good, they won't come. Many are on tight budgets so the low cost meals and the social atmosphere they crave at the Center fills their needs. Bonnie's group is a "meat and potatoes" kind of gang - no foo foo fancy meals thank you and Bonnie does her best to work magic with the nutritional and budgetary guidelines to keep them satisfied and coming back. They are especially fond of Cook's Choice days where they can have local favorites like Creamed Chicken over biscuits. Bonnies nursing skills also come in handy - she is ready with a band-aid or some practical advice when life's little moments strike.

The Center's patrons are also really fond of the Silver Sneakers exercise classes with Jodi Olney. People make a specific effort to come in and exercise. They said they feel better when they are moving - even men show up for the class! Bonnie is also open to suggestions about other recreational opportunities that will bring people into the Center. Things like games, knitting club or just let's meet for coffee. It just needs to be something that is

cost effective to run. The Center is a community resource open to all - you don't have to come in just to eat. It's open 8am to 3pm Monday through Friday. Bingo is held the 4th Thursday of the month after lunch is finished.

In order to have enough food on hand and not waste supplies, we request that you call and make your lunch reservation by 9 - 9:30 the day of service. Monthly lunch menus are available at the Center as well as on our Senior Resource Center website - <http://senior-resourcecenternorth.org/whats-on-the-menu/> We're glad that Bonnie decided to come to our part of town to take care of us. She said she loves helping people. It's very evident when we asked some of the patrons what they liked best about her. They said...

- Bonnie always serves wonderful meals
- The meals are great no matter what she serves
- Always helpful
- Very friendly
- Her grandchildren are her delight and joy
- We miss her when she is on vacation, but we know she need a break too
- Loves animals, especially her aging dog, and even the pesky red squirrels
- It is so great that she can help some seniors with setting up their cell phones
- Has some first aid/medical background that has served well for many seniors in the area
- Available to take a person's blood pressure when it is needed

Thank you Bonnie for all you've given us!



# Exeland Center News

## 715-943-2990



**By Karen Skogen**

On Saturday, March 30, six women from the Exeland Senior Center attended the 5th Annual Senior Resource Center Fashion Show and Luncheon at The Steakhouse in Hayward. Two of those women were lucky raffle winners. Carol Vierck won a beautiful quilt made and donated by Piecemakers Quilt Guild of Hayward and Nancy Kessler won two quilts – one donated by Ellyn Welling and the Exeland Senior Center and the other one donated by Winter Quilt Group. Nancy is one of the faithful Meals on Wheels drivers and has been doing this volunteer service for over 20 years.

On Monday, April 1, 2019, the 33rd Anniversary of Bonnie Klinger serving the senior community of Exeland, a full house of over 30 people gathered for lunch and to thank Bonnie for her 33 years of being Site Manager/Cook. As usual, Bonnie served a wonderful meal and there was a special decorated cake and ice cream for dessert. She was presented with a beautiful bouquet of flowers and monetary gift from her friends. Bonnie thanks everyone for their participation in the celebration and for their continued support of the Exeland Senior Center.

Also on Monday, April 1, the Advisory Board met and made a change to the officers. Ron Freitag our Vice President recently passed away and Linda Milner will take that position and Ellyn Welling will become President. Lois Ladenthin will remain as Treasurer and Karen Skogen as Secretary.

Silver Sneakers exercise class will continue every Tuesday at 1:00 p.m. and the cost is

only \$2 per person. Bonnie or Carol Kirchknopf will need to know each week if you plan to attend because there needs to be at least seven people in order for Jodi, the instructor to come from Hayward. If there are less than seven planning to attend, someone from the group will lead the class.

Bingo currently is only scheduled through April, however if there is enough interest, it will continue - the Fourth Thursday every month after lunch.

Stacy Kolkind, Elder Benefit Specialist visits the Center on the second Tuesday of each month to answer your questions in regard to services for seniors.

On Wednesday, April 17, Bonnie, with the help of Jennifer, served a very delicious meal of pork chops-mashed potatoes & gravy to 30 people. This was Easter Celebration and also celebration of Carl Vierck's Birthday. Carl and Carol furnished birthday cake and ice cream for dessert. Easter basket door prizes were won by Suze Kraft, Susie Davis-Reuber, Jeff Vierck, Aaron Zesiger and Alan Dantzman. Alan plans to take his basket to his mother Grace who is now in Care and Rehab of Ladysmith. We miss her at the Center.

Our condolences to the families of Esther Gordon and Ronald Freitag, both recently passed away.

Soon, maybe first week of June, volunteers will be needed to plant the outdoor flower boxes. We are thankful to Sue's Greenhouse for always providing the beautiful flowers.

Watch the Face Book page of "Senior Resource Center located in Sawyer County, WI" for more Exeland Center photos and information in the future.



The Exeland site Easter dinner also doubled as a birthday party for Carl Vierck.



Carl and wife, Carol, furnished birthday cake and ice cream for dessert.

## EXELAND ACTIVITIES:

### SILVER SNEAKERS:

Every Tuesday - 1:00 p.m.

### BINGO:

4th Thursday every month –  
after lunch

### STACY KOHLKIND:

2nd Tuesday every month –  
11:30 a.m.

### ADVISORY BOARD MEETING:

Monday June 3 – after lunch

## IN MEMORY

### THE EXELAND SENIOR CENTER AND COMMUNITY LOST TWO OF ITS MEMBERS RECENTLY

**Ronald Stanley "Whitey" Freitag** died on Friday, March 22, 2019 at his home. Ron was a very faithful participant and enjoyed his meals at the Center up to within a couple of weeks of his passing, and then was a Meals on Wheels recipient for a short while. This was a short trip for the volunteer driver as Ron lived in one of the apartments just above the meal site. Ron was Vice President of the Exeland Senior Center Advisory Board. Most of Ron's family lives in another part of the state so he appreciated the friendly atmosphere of the Center and had many close friends there.

**Esther Waite (Milner) Gordon**, of Exeland, WI passed away Monday, April 8, 2019 at Ladysmith Care Community. Prior to moving to LCC, Esther enjoyed meals at the Center and occasionally received Meals on Wheels. She lived in the Exeland area most of her life and many of her eight children live in near-by communities so she was well known and loved by many.



# Health Fair

**WEDNESDAY,  
JUNE 5th**

**WHERE**

Senior Resource Center  
15856 E 5th Street, Hayward  
(Lower AND upper level)

**WHEN:** 9am until 2pm  
(stop in anytime)

**EVERYONE IS WELCOME!**

SO many wonderful vendors!  
Aspen Acres, Northview Eye care, Aging Disability Resource Center (ADRC), Adult Protective Services (APS), Health and Human Services (HHS), Hayward Hospital, Senior Medicare specialist, Ryan Hansen, and MANY more). Lots of interesting and useful information for you.

**DOOR PRIZES  
A SPECIAL PRESENTATION**  
by Ingrid Kundlinger  
on Medicare



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## 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.

We are also in need of a part time cook for our Thursday Evening Bingo Kitchen as well as a fill in at the other meal sites so some travelling may be required. Must be Safe Serve Certified and able to pass a background check.

**Call the SRC office at 715-634-3000  
for more information.**

**Stop in at 15856 E. 5th Street,  
Hayward, WI,**

**Senior Resource Center,  
for job description and application.**

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## SENIOR RESOURCE CENTER



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:

#### WINTER SITE:

- Kleenex / Facial Tissues, Paper Towels
- 1 Qt Ziploc bags
- Regular and decaf ground coffee, coffee filters
- 4 oz sized canned tuna or chicken. For special desserts - canned pie filling, canned cake frosting, cake mixes, pecan, walnuts, slivered almonds
- Dawn Dish Soap
- Bathroom Cleaner like Scrubbing Bubbles for Sink area. Don't need toilet bowl cleaner at this time.

#### EXELAND SITE:

- Ziploc sandwich bags – the ones with a zip closure, not fold overs
- Paper towels
- Toilet Tissue – septic safe

# Elder Benefit Specialist News



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

## Spring into Better Health!

After a long winter, the signs of spring are sprouting up all around us. Now is a good time to focus on your health so you can enjoy all that this season has to offer. Taking advantage of Medicare preventive benefits is the perfect way to spring into better health! Preventive services can help you prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost.

If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings and referrals for other care, if needed. If you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors.

You pay nothing for the "Welcome to Medicare" visit or yearly "Wellness" visit if your doctor or other health care provider accepts Medicare assignment. If lab work is done, vaccines are administered, or addi-

tional testing or services are performed, then you may have to pay coinsurance, and the Part B deductible may apply.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your Medicare and You 2019 handbook or on the Medicare website at [www.medicare.gov](http://www.medicare.gov). Talk to your doctor about what screenings and shots are right for you.

For local assistance with Medicare questions or other health insurance counseling contact the Elder Benefit Specialist, Stacy at 1-866-663-3607

### EBS SCHEDULE:

#### EXELAND:

**2nd Tuesday of Each Month**

#### WINTER:

**3rd Tuesday of Each Month**

#### HAYWARD:

**4th Tuesday of Each Month**

#### SPIDER LAKE:

**3rd Monday of each month**

#### STONE LAKE:

**To Be Determined**

## How Does Your GARDEN GROW?

*By Donna Dreczko*

Sadly, not very well apparently without some garden fairies and helpers. We are fortunate to have a number of raised garden beds at our Hayward and Exeland Senior Centers. It looks like Old Man Winter has finally left the building and the warmth of spring and sunshine have returned. Which leaves us looking at some very messy beds. We are truly grateful to Bob Johnson, Alex Mann and Anika Thompson who have carefully cleaned and tended to them up to this point in Hayward as well as the kind souls who generously helped with swapping out winter planters up in Exeland. While some new shoots are already poking their noses out, it's time to think about the next planting.

We sure could use some help on that – garden lovers and master gardeners out there – can you hear us? We need some help planning a layout, some financial assistance in purchasing compost, dirt and plants as well as help in clearing the beds and planting new items. We could also use a Project Leader to step up and manage the helpers so that we have a nice, cohesive set up.

As far as Hayward goes, while the original intention was to grow a vegetable garden that we can use for fresh food for the meals, we also realized that we have a pretty outdoor seating area that can be enjoyed in those months when the place is not covered in cold, white stuff. Sitting outside would be even more enjoyable looking at colorful summer flowers, butterflies and even the occasional busy bumble bee going about its business. As for vegetables in order to be able to utilize them for the kitchen, quantity is more desirable than a big variety. Barb was thinking tomatoes, cucumbers, and bell peppers for the most part with perhaps some herbs and chives for fresh seasoning.

So in talking with Barb Applebee, site manager at the Hayward Center, she said she thought it would be nice to utilize the raised beds at either end of the patio for vegetables and herbs and use the boxes right by the tables and chair for pretty annual flowers.

It seems as if Exeland has smaller planter pots and would appreciate some help with selecting and planting pretty flowers for their front entrance. If interested in stepping up or helping please contact Barb Applebee at (715) 634-4680 in Hayward or contact Bonnie Klinger at (715) 943-2990 in Exeland. Thank you in advance for your interest!!!



# Pharmacist's Corner

BY AMBER SMITH



Spring has sprung! While the warmer weather can bring plenty to do in the Northland, many dread the approaching symptoms that come with seasonal allergies. Did you know that according to the CDC, Allergies are the sixth-leading cause of chronic illness in the United States and affect more than 50 million Americans each year!

Many allergy sufferers find themselves checking out the allergy aisle only to find an ever-expanding array of treatments available. This assortment can leave one overwhelmed when deciding which medication to take. This is when it is best to get a pharmacist involved if there is one nearby! We can help you find a medication to best suit your needs and symptoms as well as review your medications and health conditions to check for interactions.

Allergy medications can have dangerous interactions with prescription medications commonly taken by seniors. It is also important to note that there are prevention strategies to help lessen the impact of seasonal allergies and I will mention these later.

Allergy treatment can come in the form of immunotherapy (allergy shots), medications, or alternative therapies. Immunotherapy, more commonly known as allergy shots are a method, which introduces small amounts of your allergen into your system to develop a tolerance and reduce your overall reaction. The advantage is that you can target your specific allergens but this does require more

trips to the doctor. There are also several therapies still available as prescription only if over-the-counter remedies are not effective.

There are many different types of medications available to treat allergies. Today I will focus on the two types that we must be the most wary of antihistamines and decongestants. Antihistamines block the symptom-causing histamine chemical. They can help relieve itching, nasal congestion, and sneezing but have little effect on congestion. These are available as nasal sprays, eye drops, and oral formulations. You may notice these in the store as Benadryl®, Chlor-Trimeton®, Zyrtec®, Claritin®, Allegra®, Xyzal®. Antihistamines can be problematic for seniors. Antihistamines can cause drowsiness, dizziness, dry eye, tremors, urinary retention, impaired thinking and coordination, as well as interact with other medications. You will also find antihistamines hidden in nighttime pain relievers such as Tylenol PM®, Advil PM®, and Aleve PM® and sleep aids such as Unisom® and ZZZ-quil®.

Decongestants help to thin nasal secretions and help to reduce inflammation and nasal discomfort. These are available in oral formulations and nasal sprays. You may recognize names such as Sudafed®, Sudafed PE®, Afrin®, and Sinex®. They are found in many combination medications for colds and allergies and often in combination with antihistamines such as Allegra-D®, Claritin-D® and Zyrtec-D®. Decongestants can cause a host of problems for people with heart disease or uncontrolled blood pressure. Decongestants can cause headaches, increased blood pressure, irritability, and trouble sleeping. The nasal decongestants can actually cause rebound (worsening) congestion if used for more than 3 consecutive days!

It is also important to note that your body can develop a tolerance to medications with repeated use. You may notice that your Claritin® or Zyrtec® just isn't cutting it anymore. It might be time to change up or regimen.

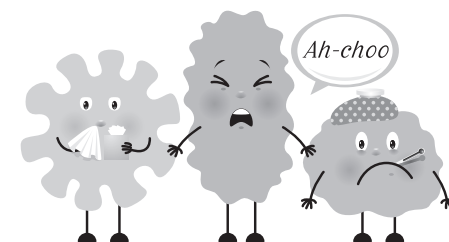


Now that we have touched on some unforeseen dangers of commonly used allergy treatments, let's talk about ways we can reduce our exposure to allergens and reduce allergy symptoms. While some allergens can be avoided, seasonal allergies cannot. Here are some tips for dealing with seasonal allergies:

1. Know the signs. Allergies can develop at any age. That lingering "spring cold", that won't let up may be seasonal allergies.
2. Consult a doctor or pharmacist. Always consult your doctor or pharmacist before starting a new medication to ensure that it does not interact with your current medications and health conditions. Antihistamines and decongestants are the two most common drugs taken for allergy symptoms can cause significant side effects in seniors and can interact negatively with other medications.
3. Go outdoors after a good rain, which helps reduce the pollen in the air.
4. Monitor mold and pollen counts. The higher the number, the more pollen there is in the air. Newspaper, radio, and television often report these counts during pollen season.
5. Delegate gardening chores, such as lawn mowing and weed pulling, which stir up pollen. If unable to delegate, wear an N-95 respirator mask or pollen mask.
6. Stay indoors on dry, windy days, as that is when pollen counts soar.
7. Close the windows. It is quite tempting to open the windows on a warm spring day, keeping the windows closed will minimize

pollen and other allergens entering the home. Use air conditioning instead.

8. Do not hang laundry outside to dry, as pollen can stick to clothing.
9. Remove clothes worn outdoors, and shower to rinse pollen from the skin and hair.
10. Wear sunglasses when you are outside. This can prevent pollen and other seasonal irritants from getting into your eyes.



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# NEW SRC Board President



## AMANDA MANSHEIM

Hi, my name is Amanda Mansheim and I am the new President of the Board of Directors for the Senior Resource Center. I am looking forward to new challenge and tasks while seeing how I can help seniors in Sawyer County. Helping people is a passion of mine!

I was born and raised in Hayward, my parents are Lynn(Matt) Fitch and Rod(Teresa) Peters. I met my wonderful husband Brian in Hayward then moved to Eau Claire to attend CVTC for Radiology. We moved back to Hayward when I was offered a position at Hayward Area Memorial Hospital and have been here ever since. We have three wonderful boys, Brian Jr(17), Calvin(15) and Boden(10) that keep us on our toes.

# Stone Lake Center News



**715-634-4680**

*By Peggie Johnson*

## Stone Lake Senior Center Chef

Hello to Everyone! We've had a long winter and the snow piles are slowly disappearing. It is good to see more birds returning and hopefully green grass and flowers before too long.

Everyone has been asking about the new Stone Lake Senior Center which will hopefully with weather permitting and frost out of the ground, have the shell of the building up by the end of May and moving in sometime in June. If all goes as planned, there will be a Grand Opening in July.

Again, Thank You so much for the help we have received from the Stone Lake Wesleyan Church for providing a place for our seniors to have lunch and socialize. Everyone has been so welcoming and we appreciate the use of the hall each week.

See this issue of the Compass for a CAR SHOW to be held at the Sawyer County Fair Grounds on Saturday, June 29th. This will be a fund raiser for the Senior Resource Center.

BINGO ON THE PATIO will begin in June at the Red Schoolhouse Wines in Stone Lake. Bingo from 6pm to 9pm. We are in need of a few volunteers, so if you are interested call the senior Resource Center at 715-634-3000.

Our Stone Lake Historical Museum will open for the summer on May 20th. If you have not visited the museum take time to go through and see the history of Stone Lake.

June 1st is the Annual June Garage sale in Stone Lake. Also, save June 20th for the Stone Lake Ladies Night.

We are in need of volunteer Meals on Wheels Drivers in Stone Lake, Hayward, Ex-

eland and Winter. If interested, please call 715-634-3000. You will be compensated for mileage and will find the time rewarding.

Have a great spring!!

# Hayward Center News

*By Helen Chevier*

If you read the byline, you can see that Sue Gold is still not writing the column. She is still on the mend. Hopefully, she will be back to write the next column, She does such a nice job.

The Advisory Board of the Hayward site meets the first Wednesday of the month. At this last meeting, it was decided to move the Essentials Day collection to the second Tuesday of the month. This will give us more time to spread the word. If you wish to donate, the center needs paper goods, cleaning supplies and office supplies. Thank you to all who have donated in the past.

There is a lot going on in the next two months. We will be celebrating Mother's Day on May 10th and Father's Day on June 14th. Be sure to sign up for lunch. In observance of Memorial Day, we will have a cook-out on May 24th. All meal sites will be closed on May 27th. The May birthdays will be celebrated on May 29th and June on the 26th. We hope to be in the Musky Fest parade this year. Still working on that. Keep June 29th open. There is going to be a CAR SHOW at the Sawyer County Fairgrounds from 9AM to 2PM. This will be a fundraiser for SRC. Please try to attend.

We have hit a few snags in organizing the outing to the Heyde Center in Chippewa Falls. The program is A Tribute to the Music of John Denver. Our bus plans have changed. We will not be able to use the SRC bus. I am doing a survey to see if it is feasible to go. The cost of the evening would be \$72.00. This includes a buffet dinner, music, transportation and gratuities. Would you go? If so, please call me at 715-634-3449. Fishing Has No Boundaries has the fishing outing on that day and the preceding day.

WITC and Spooner Community Education is running a trip to Duluth to visit Glensheen Mansion, Leif Erikson Park and the Maritime Museum on June 21st. Cost is \$60.00. Call the Spooner School at 715-635-0243 to register. Pick up at WITC is at 7:36 am.

# TOTAL BODY TONING CLASS



Front, L-R: instructor Jodi Olney, Sharon Karianinen, Paula Bilitz, seated on balls are Sarah Newton and Peggy Stewart, Mary Roles. Back row, L-R: Steve Bilitz, Barb Kelley, Mary Danens, James Kuh, Teresa Black, and Carol Stodieck

Stay strong this SUMMER by attending a strength class at the Senior Center!! The Total Body toning class is offered:

## WHEN:

**Mondays at 8:15am OR 9:15am  
(45 minutes)**

**Thursdays at 12:30pm  
(45 minutes)**

## WHERE:

**15856 E 5th Street, Hayward, WI  
QUESTIONS:**

**call Jodi Olney at 715-634-3000  
or email her**

**jodi@seniorresourcecenternorth.org**

To register for the any of the above classes, please stop by WITC in Hayward 15618 Windrose Ln #106, Hayward (right by L&M) or call WITC at 715-634-5167



# Hayward Senior Center Activities & Events

715-634-4680 • MAY/JUNE, 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 AM CALL 1-866-663-3607 FOR AN APT.	2 <sup>ND</sup> TUES – EXELAND 3 <sup>RD</sup> TUES – WINTER 4 <sup>TH</sup> TUES – HAYWARD 3 <sup>RD</sup> 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
SPECIAL EVENTS			
HEALTH FAIR	WEDNESDAY JUNE 5	9AM – 2PM	HAYWARD
FISHING & BOAT TRIP ON NELSON LAKE	TUESDAY JUNE 11	1:00 – 4:00 PM	HAYWARD
CAR SHOW FUNDRAISER @ FAIRGROUNDS	SATURDAY JUNE 29	9AM – 2PM	HAYWARD
BINGO	DAY	TIME	LOCATION
ON THE ROAD AT: TNT SPORTS BAR & GRILL – HAYWARD EVERY MONDAY NIGHT RED SCHOOLHOUSE WINES – STONE LAKE, TWICE A MONTH	MONDAY  WEDNESDAY - 6/12 & 26; 7/10 & 24; 8/7 & 21	GAMES START AT 6PM (6PM TO 8PM – BOTH LOCATIONS)	10562 MAIN ST, HAYWARD  5768N 4TH ST S, STONE LAKE
PROGRESSIVE BINGO	THURSDAY – DOORS OPEN AT 5:30	EARLY BIRD AT 6:15PM REGULAR GAMES AT 7PM	UPPER LEVEL DINING ROOM, HAYWARD SRC
CASUAL BINGO	FRIDAY 4 <sup>TH</sup> THURSDAY	1PM – 3PM AFTER LUNCH	UPPER LEVEL HAYWARD EXELAND
ARTS AND GAMES	DAY	TIME	LOCATION
ART GROUP (ALL MEDIUMS WELCOME)	FRIDAYS	10AM – NOON	LOWER LEVEL, HAYWARD
NORTHWOODS CARVING CLUB	2 <sup>ND</sup> 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 (715-634-5167)	TUESDAY THURSDAY	8:30 AM & 4:30 PM 8:30 AM & 10 AM	LOWER LEVEL, HAYWARD LOWER LEVEL, HAYWARD
SILVER SNEAKERS – 45 MINUTE CLASS	MONDAY MONDAY TUESDAY THURSDAY	11 – 11:45 AM 1:30 – 2:15 PM 1:00 – 1:45 PM 11:15 – NOON	LOWER LEVEL, HAYWARD WINTER EXELAND LOWER LEVEL, HAYWARD
TOTAL BODY TONE – 45 MINUTE CLASS (WITC OR CALL JODI OLNEY AT 715-634-3000)	MONDAY (2 SESSIONS)  THURSDAY	8:15 AND 9:15AM  12:30 PM	LOWER LEVEL, HAYWARD  LOWER LEVEL, HAYWARD
MEETINGS & EDUCATIONAL PROGRAMS	DAY	TIME	LOCATION
LCO RISE AND SHINE BREAKFAST	MAY 20	8AM – 9AM	LCO RESERVE ELDER CENTER
NORTHLAKES DENTAL CLINIC	JUNE 17 JUNE 18 JUNE 24	12:45PM 1:45PM 11:30 AM	LOWER LEVEL, HAYWARD EXELAND SR CENTER WINTER SR CENTER
SRC BOARD MEETING	MAY 15, 2019 JUNE 19, 2019	2:30 PM	LOWER LEVEL HAYWARD
AARP BOARD & MEMBER MTGS AARP GENERAL MEETING & PRESENTATION	1 <sup>ST</sup> THURSDAY 5/2 & 6/6 BRENDA(715) 266-5779	1:00 & 1:30PM 2PM	UPPER LEVEL, HAYWARD
ADVISORY COMMITTEES – HAYWARD EXELAND	1 <sup>ST</sup> WED 5/1 & 6/5/19 1 <sup>ST</sup> MONDAY 6/3	10AM CALL FOR DETAILS	UPPER LEVEL, HAYWARD EXELAND

## SENIOR RESOURCE CENTER NUTRITIONAL ADVISORY COUNCIL



### Help SRC Meet the Needs of Seniors in Sawyer County!

SRC is recruiting representatives to serve on their Nutrition Advisory Council (NAC) with the first meeting scheduled for late July, 2019. The NAC is a requirement of all Wisconsin Aging Units per the Greater Wisconsin Agency on Aging Resources, GWAAR. The purpose is to assist in evaluating, promoting, planning, and advocating for the nutrition program and its participants.

The NAC will advise the Nutrition Director on all matters pertaining to nutrition and nutrition-supportive services within the program area. The NAC must be comprised of more than half its adult members age 60 and over. Members will include the Agency Director, Nutrition Director, a program participant from each dining site and a representative from the home delivered meal program. (The home delivered meal representative may be a driver, family member, caregiver or friend of the recipient.)





The remaining council membership should provide for broad representation from public and private agencies knowledgeable and interested in senior dining and home delivered programs. The NAC will meet quarterly. By-Laws and parliamentary procedures will govern the meetings, in accordance with Open Meeting Law. NAC representatives will serve 3 year terms.

If you are interested in serving, please call Joey Johnson, 715-634-3000 for more information.



# May 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. Hamburger, Gravy, Mashed Potatoes, Corn, Apple crisp, Biscuits, Cottage Cheese w Pineapple, Milk	2. Hot Dog or Polish Sausage on Bun, Baked Mac & Cheese, Baked Beans, Cauliflower or Broccoli, Milk, Peaches	3. Pork Cutlet, Parsley Potatoes, Carrots, Pretzel Salad, Pears, w/w Bread Milk
6. Chicken Fried Rice, Egg Roll, Oriental Vegetables, Fortune Cookie, Pineapple Tidbits, Milk	7. Turkey Club Sandwich on w/w bread or bun, 3 bean Salad, Salad Bar, Fruit Salad, Cookie, Milk	8. Baked Pork Chop, German Potato Salad, Brussel Sprouts, Applesauce, Pudding, Bread, Milk	9. BBQ Chicken, Pasta Salad w/vegs, Cottage Cheese w Peaches, Strawberry Shortcake, w/w Bread, Milk	10. 
13. Pepper Steak, Rice, Cauliflower/Broccoli, Fruit or Berry Parfait, Roll, Milk	14. Hamburger or Brat Patty on Bun w lettuce, Tomato, Potato Salad, Texas Caviar w Chips, Salad Bar, Watermelon, Milk	15. Spaghetti w/Meat sauce, Green Beans, Side Salad, Garlic Bread, Pineapple Upside Down Cake, Milk	16. Pork Chops, Baked Potato, Stewed Tomato, Pea/Bacon Salad, W/W Bread, Dessert with Fruit, Milk	17. Fish Sandwich on Bun with lettuce/tomato, French Fries, Carrots, Fruit, Dessert, Milk
20. 	21. Italian Beef on Hoagie, w onions/peppers, Salad Bar, Pudding, Milk	22. Oven Fried Chicken, Black Beans and Rice, Glazed Carrots, Cranberries, Fruited Jello, Milk, w/w Bread	23. Lasagna, Romaine & Mandarin Orange Salad, Green Beans, Garlic Bread, Frozen Yogurt, Milk	24. COOK OUT 
27. <b>CLOSED</b> 	28. Chicken Patty on Bun w Lettuce & Tomato, Salad Bar, 3 Bean Salad, Tater Tots, Bread, Milk	29. Meatloaf, Mashed Potatoes/Gravy, Roasted Brussels Sprouts/onions, Melon Mix, Chocolate Cake, Bread, Milk	30. Baked Chicken Breast, Rice Pilaf w/vegs, Asparagus, Tropical Fruit Salad, Blonde Brownies, W/W Bread, Milk	31. Baked Fish, Cheesy Hash browns Casserole, Coleslaw, Mixed Vegetables, Fruit, 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.



# SENIOR RESOURCE CENTER Car Show Fundraiser

We are excited to have our 1st Annual Car Show. The Car Show will be held Saturday June 29, 2019 from 9am-2pm at the Sawyer County Fairgrounds off of Hwy B.

All proceeds will benefit the Senior Resource Center of Sawyer County.

There will be many cars, smoked pulled pork sandwiches, parts swap, raffles, yard games and music.

## Contact

**Amanda Mansheim**  
@ 715-558-6845  
with any questions



## 1st Annual Car Show Hayward, WI

All proceeds benefit Senior Resource Center of Sawyer County, operating meal sites in Winter, Exeland, Hayward and Stone Lake



**June 29, 2019, 9AM-2PM**

**Sawyer County Fairgrounds**

\$10.00 entry per car, \$1.00 per spectator

**Car show**  
**Pulled pork sandwiches**  
**Parts swap**  
**Music**  
**50/50 Raffle**

**Awards at 2:00pm**

For all calls or questions please  
contact Amanda @ 715-558-6845.

### Car Classes:

- A. Stock 1900-1951
- B. Stock 1952-1962
- C. Stock 1963-1975
- D. Stock 1976-1985
- E. Stock 1986-1996
- F. Stock 1997- present
- G. Modified -All

### Truck Classes:

- H. Stock Trucks-All
- I. Modified Trucks-All
- J. Customs-All
- K. Orphans-All
- L. Special Interest-All
- M. Motorcycles-All
- N. Race Cars-All
- O. Convertibles-All
- P. Tuners-All
- Q. Vintage Old Odd Ball-All
- R. Farm Tractor

### Best of Awards:

- S. Best of Show Paint
- T. Best of Show Interior
- U. Best of Show Engine
- V. Best of Show Overall

### Custom:

- W. Semi
- X. Modern Muscle
- Y. Special Interest
- Z. Rat rods

# A Hayward Helper



**Betty Hutchinson  
& Darlene Overman**

By Donna Dreczko,

Have you noticed how nice looking our mini library in the Hayward dining area has been looking lately? If so you are admiring the handiwork of 2 longtime volunteers – Darlene Overman and Betty Hutchinson. They both teamed up on a “let’s beautify the area” project recently. First they spiffed up the gift shop changing some of the seasonal merchandise and displaying new items. It’s

worth a look – gently used items like glassware, jewelry, gift items and some really pretty and unique handmade items like dish cloths, pot holders and more. Items are always changing so have a look when you stop in. Darlene is also interested in crafting and we are often the beneficiaries of some of her beautiful projects. We also have a variety of greeting cards on the wall arranged by occasion. At just 25 cents a card, how can you go wrong especially if you’ve priced cards at a regular store lately.

After they got the gift shop arranged, they tackled the mini library in the corner of the dining room. Books are now categorized by topic and they have even set out several newer books that recently came into the collection for suggested reading. It’s a very attractive display. Puzzles and magazines were also culled and displayed nicely.

If that wasn’t enough, they grabbed Bonnie Kurtz, washed their hands, rolled up their sleeves and dragged out the baking stuff. They then proceeded to whip up some mighty tasty plates of goodies for a Bake Sale Fundraiser for the Senior Resource Center. Thank you also to the Advisory Board members who also assisted.

These ladies always have a smile to spare and a hand or two to lend each and every time we need their help. They are also regulars at our bingo nights and are kind enough to laugh at all our bad jokes. We are so appreciative of their love and kindness to all of us at the Senior Resource Center.

## NORTHLAKES COMMUNITY CLINIC DENTAL EDUCATIONAL PRESENTATION

*Come join us at any of the 3 sites to hear the importance of Oral Health, Denture Care, and Regular Care with a Dentist*

### JUNE 17TH:

12:45 at the Hayward  
Senior Resource Center  
(15856 E 5th Street)

### JUNE 18TH:

1:45 at the Exeland  
Senior Resource Center  
(946 N Washington Ave. Suite 1)

### JUNE 24TH:

11:30 at the Winter  
Senior Center  
(6631 W Highway 70)





During a  
stroke,  
every  
minute  
counts.

**B** **BALANCE**  
Loss of Balance, headache, dizziness

**E** **EYES**  
Blurred vision

**F** **FACE**  
One side of face is drooped

**A** **ARMS**  
Arm or leg weakness

**S** **SPEECH**  
Speech difficulty

**T** **TIME**  
Time to call 911

Right place.  
Right now.

### LIFESAVING TELESTROKE CARE

Our new Stroke Alert Initiative partnership with Allina Health provides our emergency department 24/7 access to a stroke neurologist. Telestroke allows the neurologist to deliver, remote, real-time diagnosis and treatment through interactive videoconferencing and information sharing with our medical staff and patient. Patients can receive the clot-busting medication and treatment plan they need right here – right now.



**Hayward Area  
Memorial Hospital  
& Water's Edge**



*Right here in the place we love.*

Hayward Area  
Memorial Hospital  
11040 N State Rd 77  
Hayward, WI 54843

[haywardmemorialhospital.com](http://haywardmemorialhospital.com)

# June 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
3. Goulash, Corn, Cottage Cheese /Peaches, Dessert, W/W Bread, Milk	4. Colorful Chicken Sandwich, Croissant, Potato Chips, Greek Style Chick Pea Salad, Salad Bar, Lemon Bar, Milk	5. 	6. Beef Stroganoff w/mushrooms & onions, Egg Noodles, Mixed Vegetables, Fresh Fruit, Bread, Milk	7. Sloppy Joes on bun, Pasta Salad w/vegs, Fresh Veggies with Dip, Dessert with fruit topping, Milk
10. Swiss Steak, Seasoned Rice, California Blend Vegetables, Fresh Fruit, Oatmeal Raisin Cookie, Bread, Milk	11. Broccoli Ham Cheese Bake, Salad Bar, Ice Cream w/fruit topping, W/W Bread, Milk	12. Hamburger Gravy, Mashed Potatoes, Corn, Apple Crisp, Biscuits, Cottage Cheese w Pineapple, Milk	13. Hot Dog or Polish Sausage on Bun, Baked Mac & Cheese, Baked Beans, Cauliflower/Broccoli, Milk, Peaches	14. Pork Cutlet, Parsley Potatoes, Carrots, Pretzel Salad, Pears, W/W Bread, Milk
17. Chicken Fried Rice, Egg Roll, Oriental Vegetables, Fortune Cookies, Pineapple Tidbits, Milk	18. Turkey Club Sandwich on w/w Bread or Bun, 3 Bean Salad, Salad Bar, Fruit Salad, Cookie, Milk	19. Baked Pork Chop, German Potato Salad, Brussel Sprouts, Applesauce, Pudding, Bread, Milk	20. BBQ Chicken, Pasta Salad w/vegs, Cottage Cheese/Peaches, Strawberry Shortcake, W/W Bread, Milk	21. 
24. Pepper Steak, Rice, Cauliflower/Broccoli, Fruit or Berry Parfait, Roll, Milk	25. Hamburger or Brat Patty on Bun w lettuce & tomato, Potato Salad, Texas Caviar w/chips, Watermelon, Milk	26. Spaghetti w/meat sauce, Green Beans, Side Salad, Garlic Bread, Pineapple Upside Down Cake, Milk	27. Pork Chops, Baked Potato, Stewed Tomatoes, Pea/Bacon Salad, W/W Bread, Dessert with Fruit, Milk	28. Fish Sandwich On Bun, w/ lettuce/tomato, Oven Roasted Potatoes, Pea Salad, Pears, 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.



# Meals on Wheels Drivers Needed!

We are desperately in need of some Meals On Wheels volunteer drivers. If you have a few hours to spare, we can certainly use your help and the meal recipients would also appreciate your smile as well as the hot lunch you deliver. We have an opening for a regular driver once a week or need several people who would be willing to serve "on call" to substitute for another driver. We are in need of drivers and temporary fill-ins at all meal sites. You would come to the site to pick up your route lunches around 11 - 11:30 and deliver them promptly, so this is approximately a 2 hour time commitment on your part. Driving distance is generally within 10 miles of the Hayward Senior Center, sometimes a bit further at our other sites.

Volunteers and their vehicles must be reliable and the state requires that all employees and volunteers must pass a background check. You also have to provide your own car insurance. You can be a solo driver or this can be an opportunity to pair up with a friend or loved one to have a little social time while doing something good for the community. Mileage may be reimbursed or you can donate that also further helping to defray costs to the program. Please call the Hayward Center at (715) 634-3000 and ask to speak to Joey or Signe for more information.

All sites need replacement and fill in drivers. The Winter site needs a Tuesday regular meal driver as well as a person willing to fill in when needed. Contact Lori Stoltz at (715) 266-2233.

Hayward and Stone Lake need regular drivers as well as a fill ins. Contact Barb Applebee at (715) 634-4680 or Bonnie Klinger at (715) 943- 2990 if you can help out at the Exeland site.

**Thank you in advance  
for considering us.  
Meals on Wheels is  
a very important part  
of our services  
in Sawyer County.**



Dennis Welling, sitting on the end with his friends, John Kauffman, Alan Dantzman, Elton Westhuis and Norman Hoffmann is a volunteer Meals on Wheels driver and he also serves on the Senior Resource Board.



Bill and Linda Milner, husband and wife team, have been volunteer Meals on Wheels drivers for many years. Linda volunteered in the kitchen and driving starting in the mid 90's. She started driving first and when Bill retired, he joined her to drive as she delivers. They enjoy helping the people they serve, Bill shovels walks for some on the route and they always have a short visit with everyone to make sure everything is okay. They leave the meal site before 11:30 a.m. and because of their long route, sometimes don't get back to the Center until most of the congregate diners have left. They are very active members of the Exeland Community, especially active in the Legion and Auxiliary. Thank you Bill and Linda for your dedication.

## LCO Elder Services Monthly News Update



*By Terrance Manuelito  
Tribal Aging Services Director*

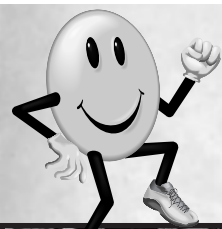
Boozhoo to you all,

Thank you for taking the time to read some updates regarding the LCO Elder Services Center. I recently attended the Spring County/Tribal Veterans Conference in Racine, WI earlier this month and received a lot of great information and resources for LCO, during that week I also traveled to Madison, WI to take part in the "State of the Tribes address", I was part of the LCO Honor Guard which included Gary Quaderer Sr., Vernon Martin, Rich Bartold, and myself, it was my first time taking part in a significant event and I was honored to be a part of all eleven tribal color guards and tribal leaders.

One of the presenters at the Racine Veterans Conference I got the chance to meet is Jon Weiler, Executive Director of the High-ground Veterans Memorial Park located in Neillsville, WI, The LCO Elder Services center would like to extend an invitation to our elder tribal community who would like to participate on a trip to the Highgrounds Veterans Memorial tentatively scheduled on Thursday May 23rd, or Friday May 24th, we will have Bryan and Doreen transporting and assisting with the travel accommodations to also include lunch before the event. If you or someone you know may be interested please contact Doreen Wolfe at (715) 957-0027, we will also be setting up a sign up sheet here at the LCO Elder Center, there is limited seating so please the sooner or better

**Continued on Page 19**





# WE HAVE FUN!



The 5th Annual Senior Resource Center Fashion Show and Silent Auction for Meals on Wheels was a great success. About 175 guests and models enjoyed a fun afternoon of socializing and spring fashions. The event was held at The Steakhouse in Hayward on a sunny, but crisp March 29th.



The guests enjoyed happy hour, an excellent luncheon and fashions from Ahlgren's, Mainstreet Boutique, Nordic Northwoods, and Outdoor Ventures of Hayward. New styles this year was Christopher & Banks of Rice Lake. Tom Stockart of WRLS was our emcee with help from Sue Sheer of Mainstreet Boutique and Jolene Doyle of Christopher and Banks described the fashion the models showed so well.

A silent auction began at 11 AM and continued thru lunch. There were so many items to purchase from gift cards from most of the restaurants in the area to loads of gravel from 2 of our gravel companies in the area. It never ceases to amaze me how generous the businesses of Sawyer County are.

The luncheon and the fashion show raised approximately \$3000.00 for the Meals on Wheels program. This program benefits many of the citizens in Sawyer County and is a vital part of the Senior Resource Center services.

Thank you to all that participated and hope to see you next year. Thank you also to Sharon Stibbe, Charmaine Metzinger, and Helen Chevrier for their endless help.





## FISHING/BOATING TRIP ON NELSON LAKE Thursday, June 11th



**COME JOIN US FOR A  
DAY OF FUN  
ON NELSON LAKE  
IN HAYWARD!**

**Everything will be supplied:  
Life Jacket, Poles and Bait...  
You just need to show up!**

The group will be picked up by bus at the Hayward Senior Resource Center at 1pm following lunch. The bus will return at 4pm from the lake back to the SRC parking lot. If you would like to have lunch in the Hayward dining room, please call (715) 634-4680 one day in advance to make a luncheon reservation. There is a suggested \$5 donation for lunch for those 60 and older, \$8.50 for those under 60 years old.

There is a limit of 14 participants so call (715) 634-3000 and make your fishing reservations soon before all spots fill up on the boat.

**Sponsored by Fishing Has  
No Boundaries, and the  
Senior Resource Center**



## A Note of Appreciation to our Style Show Participants & Donors:

### Thank you to our beautiful models:

Helen Chevrier  
Lorraine Hoyer  
Bre Kinsley  
Joey Johnson  
Jean Hornak  
Joyce Zaspel  
Charmaine & Frank Metzinger  
Carol and Tom Duffy  
Nancy Nelson  
Amy Belke  
Linn & Chuck Newton  
Sharon Stibbe  
Char Depew  
Olivia Abernathy  
Linda Derber  
Dawn & Doug Chase  
Carol Musselman  
Grace Zimmer  
Ashley Conover  
Arloa Anderson  
Betty Hutchinson

Boncler Realty  
Bonnie's Florist  
Butterfield, Inc  
Century 21 Woods to Water Realty  
Chippewa Valley Bank  
Comfort Suites  
Coop's Pizza  
Concept Nails  
Dairy Queen  
Darrell's Automotive  
Dawn Chase  
Duffy Law Office  
Exeland Senior Center  
Family Eye Care  
Fischer Auto Center  
Fish Tales  
Flat Creek Eatery & Saloon & Inn  
Floor To Ceiling  
Frankie's Pizza  
Fred Scheer's Lumberjack Show  
Futurewood/Johnson Timber  
Glassy Lady Art Studio  
Green Bay Packer Community Outreach  
Grid Iron Pub & Grill  
Eileen Hamblin  
Hand, Barb & Steve (Legends of the Celt)  
Hanson Tire  
Hayward Chamber of Commerce  
Hayward Bait & Tackle  
Hayward Community Credit Union  
Hayward Dodge & Chrysler  
Hayward Family Restaurant  
Hayward Feed & Seed  
Hayward Fly Fishing  
Hayward Golf Club  
Hayward Home Center  
Hayward Memorial Medical Center  
Hayward Insurance Agency  
Hayward Laundry  
Hayward Mercantile  
Hayward PT & Rehab  
Hayward Outfitters  
Hayward Power Sports  
Hayward Vet Center  
Hidden Bay Graphics  
Hi-Ho Silver  
Holiday Station Store  
Hole in the Wall Books  
Home Medical Products  
Jack Pine Rock Shop  
James Netz Photography  
Johnson Bank  
Jump River Electric

Kwik Trip  
L & M Fleet Supply  
Lil' Farm Grill  
Lori's Card & Gift  
Lure's of the North  
Lynn Marie's Candies  
Lynn's Custom Meats  
M & M Rental  
Majestic Moments  
Mainstream Boutique  
Marketplace  
Maurice's  
Mel's Power Sports  
Miller's Market  
Moccasin Bar  
Namekagon General Store  
Nelson Lumber  
Nordic Northwoods  
Norske Nook  
Northwoods Industries  
Northwoods Humane Society  
Northwoods Stove & Fireplace  
Out of the Woods Winery  
Park Theater (CHARAC)  
Dr Peter Rydell  
Dr Patrick Duffy  
People's Bank Midwest  
Phillips 66/BP - Winter, WI  
Price Rite  
Puppy Love Pet Styling  
Quality Eyeglass  
Ray Jay's  
Riverside Lanes  
Robin's Nest  
Ronnings  
Rusty Hook Bar & Grill  
Sawmill Saloon  
Sawyer County Record  
Shell Lake State Bank  
Snap Fitness  
Spoonier Mercantile  
Stove Works  
Subway  
The Landing  
The Boulevard  
The Steakhouse  
Thompson Sand & Gravel  
Timber Ford  
Trail's End Resort  
Trailways Inn  
Walgreen's

### Thank you to our Sponsors:

Sawyer County Record  
The Steakhouse  
Timber Ford  
Ahlgren's  
Christopher and Banks  
Mainstream Boutique

**A huge thank you to the following  
businesses, organizations and people  
who donated prizes, services and  
money to help make our Spring Style  
Show a great success!**

Ace Hardware  
Ahlgren's Old World  
America's Best Value Inn  
American Birkebeiner  
American Family Insurance  
Americalln  
Anderson, Hager and Moe  
Angler's Bar  
ADRC  
Arrow Building Center  
Art Beat  
Aspen Inn Motel  
Associated Bank  
Barefoot Beach  
Beehive Botanicals  
Big Fish Golf Course  
Black Iron Bar & Grill

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

## HEALTHY LIVING SEMINAR



On Monday, April 22nd the Senior Resource Center was very fortunate to have Physical Therapist, Erik Larson and Orthopedic Surgeon, Dr. Josh Balts come in and do a wonderful presentation.



Arthritis, joint health, knee-hip-shoulder replacement, and physical therapy were some of the topics discussed. Many people participated and enjoyed the presentation. Thank you again Erik Larson and Josh Balts!!

## ALMONDS: A HANDFUL CAN MAKE A DIFFERENCE



A little goes a long way when it comes to almonds, the most nutrient-dense nut ounce-for-ounce. A one-ounce serving of almonds (about 23) is an excellent source of vitamin E and magnesium, a good source of protein and fiber, and offers potassium, calcium, phosphorous, iron, and monounsaturated fat, giving you a lot of nutritional bang for only 160 calories.

Eating a handful of almonds a day can help you meet the Dietary Guidelines for Americans 2005 and MyPyramid food guidance system recommendations for cutting down on saturated fat, while increasing consumption of essential nutrients like fiber, protein and vitamin E.

### What do the vitamins and nutrients in almonds do?

- Vitamin E is an important antioxidant that helps protect cells from everyday damage, while magnesium helps keep bones strong.
- Fiber is beneficial for the digestive system and heart health.
- Protein is an important building block of bones, muscles, hair, nails and skin and helps repair tissues in the body.
- The monounsaturated fats found in almonds are the natural “good fats” that may help lower cholesterol and keep your heart healthy when substituted for saturated fat in the diet.

**Almonds: one small step to heart health**  
Previous studies have shown that almonds play an important role in a heart-healthy lifestyle.

According to research from the University of Toronto, eating a specific combination of heart-healthy foods can help reduce LDL (bad) cholesterol levels as much as certain cholesterol lowering drugs. This special diet, called the Portfolio Eating Plan includes almonds, oatmeal, lean meats and fish. Pa-

tients who followed this diet the most closely lowered their cholesterol by more than 20 percent. Experts agree that diet and exercise are the first steps in reducing high cholesterol levels.

### Weighing in on almonds

Additionally, further studies have shown that almonds, as part of a healthy lifestyle, can help maintain a healthy cholesterol level without causing weight gain. Researchers from Purdue University and Queens University in Belfast asked people to add two-ounces of almonds to their daily diet. After ten weeks, the subjects did not gain weight or increase their body fat. Also, participants did not increase the amount of food they were eating—suggesting that almonds naturally replaced other foods in the diet and that regularly consuming almonds does not cause weight gain. The participants also increased their intake of vitamin E and magnesium, showing that almonds can enhance the diet and contribute to overall health.

Almonds can also help manage blood sugar and insulin levels, which are often connected to feelings of hunger. Experts think that the fiber, protein and crunch of almonds are satisfying and help people feel fuller longer.

### Correcting portion distortion:

#### It's all in your hand

But how many almonds should you eat, and how do you measure the proper serving? Unlike foods such as apples or bananas, almonds don't come in a pre-portioned package. A good degree of “portion distortion” exists about the proper serving size. The Dietary Guidelines for Americans 2005 and the MyPyramid food guidance system both recommend a one-ounce portion for almonds—or about 23.

Some Suggestions on How to Measure Your Daily Serving of Almonds:

- A handful
  - A 1/4 measuring cup
  - An empty mint tin
  - A small, one-ounce spice bottle
  - Two wells of an ice-cube tray
- Remember, for a healthy eating plan:
- Emphasize fruits, vegetables, whole grains and fat-free or low-fat milk and milk products.
  - Include lean meats, poultry, fish, beans, eggs and nuts.
  - Keep saturated fats, trans fats, cholesterol, salt (sodium) and added sugars low.

**Give your body the balanced nutrition it needs by eating a variety of nutrient packed foods every day. Just be sure to stay within your daily calorie needs.**

# Recipe Corner

## Power Packed Vegetables with Roasted Almonds

### INGREDIENTS

- 1 small red bell pepper
- 1 small orange or yellow bell pepper
- 1 head bok choy
- 1/4 cup sliced almonds
- 3 teaspoons olive oil, divided
- 1 teaspoon minced garlic
- 1 teaspoon lemon juice

### DIRECTIONS:

Trim bell peppers, remove seeds, and slice thinly. Trim both ends of bok choy, slice thinly, and place in a large bowl of cold water for a few minutes to remove any grit. Remove by handfuls and immerse again in a fresh bowl of cold water. Drain in a colander.

Preheat oven to 350°F. Place almonds on a baking sheet and roast for 10 minutes, tossing once or twice. Meanwhile, heat 2 teaspoons olive oil in a large sauté pan or wok. Add pepper and sauté on medium-high heat for 3 minutes. Stir in garlic and continue to sauté for 3 more minutes. Remove and set aside in a medium-sized bowl.

Heat remaining 1 teaspoon olive oil in pan. Add washed bok choy and sauté for a minute. Add lemon juice and cover pan, letting bok choy wilt. Return peppers to pan, add roasted almonds, and stir gently before serving.

## Almond Kisses

### INGREDIENTS:

- 2 cups whole almonds
- 2 egg whites
- 1 cup packed brown sugar
- 2 tablespoons sifted all-purpose flour

### DIRECTIONS:

Preheat oven to 300°F. Grease cookie sheets. Chop almonds into 5 or 6 pieces each and set aside. Separate eggs and whip egg whites until stiff. Fold in brown sugar, flour and almonds. Stir lightly. Drop by teaspoonfuls onto cookie sheets and bake about 30 minutes.

## Cinnamon Almond Butter

### INGREDIENTS:

- 2 cups whole raw almonds
- 3 tablespoons white sugar
- 1 tablespoon brown sugar
- 1 tablespoon ground cinnamon
- 1 teaspoon salt
- 1 tablespoon olive oil

### DIRECTIONS:

Preheat oven to 350°F. Spread the almonds on a single layer on a baking sheet. Roast almonds until dark brown, about 8 minutes. Allow to cool

completely and then blend in a blender or food processor until thick and creamy – 8 to 10 minutes. Scrape the sides of the blender with a rubber spatula as needed to keep the almonds blending. Add the white sugar, brown sugar, cinnamon, salt and olive oil. Continue blending until completely smooth. Store in refrigerator. Serve on toast, crackers or fruit.

## Broccoli with Almonds

### INGREDIENTS:

- 1-1/2 pounds fresh broccoli, cut into spears
- 2 cups water
- 2 teaspoons chicken bouillon granules or 2 cubes
- 1/4 cup sliced almonds
- 2 tablespoons stick margarine
- 1/2 cup finely chopped onion
- 1 teaspoon salt

### DIRECTIONS:

In a large saucepan bring broccoli, water and bulion to a boil. Reduce heat, cover and simmer for 5 – 8 minutes or until broccoli is tender-crisp. Drain and place in a serving dish. Keep warm. In a skillet sauté almonds in margarine until browned. Add onion and salt, sauté until onion is tender. Pour over broccoli. Toss to coat.

## Almond Crusted Walleye

### INGREDIENTS:

- 1-1/2 cups sliced almonds
- Zest of 1 lemon, finely grated or 2 tbl lemon juice
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 2 lbs walleye fillets
- 3/4 cup flour
- 3 eggs, beaten
- 2 tablespoons butter
- 2 tablespoons olive oil

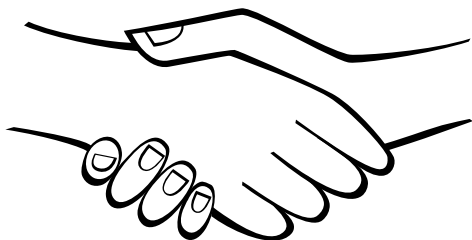
### DIRECTIONS:

In a shallow bowl combine almonds, lemon zest, salt and black pepper. Roll each walleye fillet in flour, dip in beaten egg, and then gently roll in almond mixture, covering both sides well with all 3 coatings. In large skillet, heat butter and oil until very hot. Reduce heat to medium and sauté fillets until crispy and brown, about 4 minutes on each side.





## SENIOR RESOURCE CENTER PARTNERSHIPS



Kudos to Carol Nelson and Darlene Overman who have donated many beautiful handcrafted items to the Hayward Gift Shop. They are popular and sell well.

Carol donates those great knitted washcloths that scrub so well and Darlene has donated many pretty knitted items like the neck scarfs as well as craft items.

We really appreciate your efforts. Thank you, thank you... THANK YOU!



Bingo collectors Kelly Deyo  
and Darla Ursprung at SRC BINGO on the Road  
at TNT Sports Bar & Grill on Hayward's Main Street.

## THANK YOU TNT SPORTS BAR AND GRILL

By Donna Dreczko

It started out as a conversation on a slow winter's night – what about hosting a bingo night at the bar to benefit the Senior Resource Center? What started out as a casual conversation turned into something that was so beneficial to the Senior Center and fun for the Hayward community during those dead months of winter, especially when Hayward almost shuts down after the Birkie is over.

Tim Metropoulos and Ted Dzubinski owners of TNT Sports Bar and Grill have been hosting Monday night \$1 bingo since January 14th. It's fun, cheap and a good time is had by all. If you have not been there yet, you are missing a laugh riot with Tim's style of bingo calling. He's got a great way of calling out numbers and is quick with rapid fire jokes.

Every good comedian needs a straight man and he found it in Ted. Beyond being a couple of fun guys they are also great people community focused and just enjoy everyone having a good time. Bingo at TNT's – aka Bingo on the Road for the Senior Center is a chance to enjoy \$1 a game bingo in a fun and relaxed atmosphere. The drinks are plentiful and they always do a food special to draw in the crowd. This winter Mondays featured Dollar Burgers as well as a wide assortment of sandwiches, salads and their home cooked soups and specials. Many of the local businesses not only come to play but also donate small prizes for impromptu raffles during the night. It just makes it all the more fun. Sometimes we're especially lucky and Firehouse Bakery drops off a giant box of pastries for us to enjoy.

Bingo starts at 6pm and runs for 2 hours until 8pm. We usually get in about 12 games. Half the game pot goes to the winners and half to the Senior Resource Center for their ongoing programs. There is also a cash 50/50 raffle.

and they are always happy to see you.

Again thank you Tim and Ted for all you have done for us. Bingo has been successful beyond our dreams and a much needed boost to our programs and the people we serve in this community. Over \$6,000 has been raised (not counting license fees and taxes) – that money will do a whole lot of good and thank you to the patrons who come out and support us!

A reminder that we have several options to fuel your bingo urges over the summer:

- Bingo on the Road Monday Nights at TNT at 6pm continuing over the summer
- Bingo on the Road Wednesday Nights at Red Schoolhouse Wines in Stone Lake 6-8pm twice a month on Wednesdays - June 12 to August 21.
- And the one that started it all – Thursday Night Progressive Bingo at the Hayward Senior Resource Center – doors open at 5:30pm, Early Bird Games start at 6:15, Regular Games at 7pm.

As talented as Tim and Ted are – you can't run this on just good looks and smooth talking so we'd like to offer a big thank you to the rest of the crew that makes bingo happen each week: Top notch Servers Char Jaeger and Annie Lee with new bartender Elissa Lisanby; bingo collectors Kelly Deyo and Darla Ursprung; and those people who count that money and make change faster than a speeding bullet – bankers and bingo supervisors Dick Langton, Donna Dreczko, Joey Johnson and Signe Lawson-Jones with help from Eric Dreczko.

Come on down and visit us. We are running bingo on Mondays through May 20, taking a break for Memorial Day as we all need a holiday and then rumor has it, they are picking it up over the summer months. And even if bingo "ain't your thing" come visit TNT Sports Bar and Grill on any night – always something going on

## A SHOUT OUT TO LOCAL BUSINESSES THAT HAVE SUPPORTED OUR SENIOR CENTER COMMUNITY

It takes many hands and hearts to keep a not for profit up and running. Not only do we appreciate our patrons and volunteers (and staff) but we also wanted to take a minute to thank the local businesses that help support us in so many ways – whether it's hosting events, providing supplies and monetary contributions or donating prizes to our On the Road Bingo games – they are a very valued part of our community. Please help us show our thanks by patronizing them also. See a separate list for those who contributed to our Spring Style Show.

### HAYWARD:

- TNT Sports Bar and Grill (Bingo on the Road)
- The Steakhouse
- Frankie's Pizza
- Reinhart (underwrote part of the cost of SafeServ training)
- Lynn's Custom Meats and Catering
- Outback Pizza
- People's Bank
- Hayward Community Credit Union
- Hidden Bay Graphics
- Hayward Home Center
- Hayward Hospital and Water's Edge
- Firehouse Bakery
- Northwoods Vape Escape
- Marketplace Foods
- Dr. David Kelling
- Hansen Tire

### STONE LAKE:

- Red Schoolhouse Wines
- Stone Lake Co-op

### EXELAND:

- Sue's Greenhouse
- Buckhorn Bar
- Exeland Area Association

### WINTER:

- Sawyer County Gazette



# Fifteen Minutes of Fun!



## MUSIC:

The brain responds to music in different ways. People pay more attention to music. You can remember music and story telling 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 showed 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 quality of life.
- National Institute of Health-Exercise and Physical Fitness <http://www.health.nih.gov/topic/ExerciseforSeniors/SeniorsHealth>
- 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 also 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 thru 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- 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 VanKampen, RD, CD 715-836-3916  
[pvanrd@yahoo.com](mailto:pvanrd@yahoo.com)



## WE'RE HAVING A BALL AT

**SilverSneakers®**

HAVE FUN, BUILD RELATIONSHIPS, LAUGH... ALL WHILE EXERCISING? YES TRY A SILVERSNREAKERS CLASSES AT THE SENIOR RESOURCE CENTER (IN THE LOWER LEVEL) IN HAYWARD 15856 E 5TH STREET

MONDAYS (11:00AM) THURSDAYS (11:15AM) NOTE THE NEW TIME CHANGE

CLASSES ARE 45 MINUTES

Then go upstairs for lunch YUMMMMMMMM Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a small ball are offered for resistance. A chair is available if needed for seated or standing support. This class is geared toward older adults.

SILVERSNREAKERS MEMBERS (CLASS IS FREE) NONMEMBERS (\$2/CLASS)

## WIC AND SENIOR FARMERS MARKET NUTRITION PROGRAM

We will again be offering a limited number of Farmer's Market Food Vouchers. At the time we published the COMPASS they are still putting together the details for the distribution. Flyers will be posted at the sites when we have finalized the dates for signup and distribution. Watch for details around the end of May. There are a limited amount of vouchers available to be distributed at all of our Senior Resource Center sites as well as the LCO Tribal Community. You will have to fill out a form and meet income requirements in order to be eligible for this program.

Household	Monthly Income	Annual Income
1	\$1,926	\$23,107
2	2,607	31,284
3	3,289	39,461
4	3,970	47,638
5	4,652	55,815
6	5,333	63,992
7	6,015	72,169

For each additional household member, add \$682 monthly, \$8,177 annually.



LCO Elder Sewrvices News  
Continued from Page 13

with letting us know. This will be one of many events we want to setup for the upcoming warmer months so please stay tuned and if you have any recommendations, please do not hesitate to let us know, Miigwech!

<https://www.thehighground.us/>  
I also recently attended the LCO Amvets Post 1998 meeting and we are in the planning stages for the LCO Kinnamon Memorial Day Service planned for Monday May 27th, 2019 at 11am, our planning committee consists of Faith Smith, Val Barber, Gary Quaderer Sr., Fred Jack Sr., and myself, I am in the process of updating the flyer so unfortunately it will not be in this month's LCO Elders Association issue.

As always, please contact me or the LCO Elder Services Staff with any issues and/or concerns that you may have, Thank you and enjoy the weather, (715) 957-0077, Ter-  
rance.Manuelito@lco-nsn.gov

Do you have diabetes or other chronic conditions like arthritis, cancer, heart disease, or chronic pain? These conditions can be physically, emotionally and financially draining. Taking Care of yourself is important. And you can!  
But, you need the tools and knowledge to help you.

COMING SOON:

- Living Well With Chronic Conditions- Starts April 24
- Healthy Living With Diabetes- Starts May 16
- Healthy Living With Chronic Pain- Starts late summer

These workshops focus on teaching you the skills to better manage your health and well-being.

Each of these workshop series meets for six weeks and has been studied and shown to help family caregivers.

Learn more about the programs at "Session Zero- Introduction to Living Well Workshops"

FOR MORE INFORMATION  
PLEASE CONTACT  
Kay Searfoss (715) 638-5153  
and/or Jodi Olney (715) 634-3000.

Farm Life

E	T	R	M	Z	R	K	G	I	N	E	L	U	M	E	R	O	F	I	A	O	R	B	P
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ACRE	COUNTRY	FRUIT	MARKET	RURAL
AGRICULTURE	COW	GOAT	MILK	SADDLE
ALFALFA	CULTIVATE	GROWING	MULE	SHEEP
ANIMAL	DAIRY	HARVEST	ORCHARD	SILO
BARN	EGGS	HAY	OUTDOOR	STABLE
BULL	FAMILY	HEN	PIG	TRACTOR
BUSINESS	FARMER	HOG	PLANT	TRUCK
CHICKEN	FENCE	HORSE	PONY	VEGETABLE
CHORES	FERTILIZER	LAMB	POULTRY	WORK
COOP	FIELD	LAND	PRODUCE	
CORN	FOOD	LIVESTOCK	ROOSTER	

To answer the trivia questions, look for words or phrases that are hidden in the puzzle, but not in the word list.

Trivia #1: The first bird domesticated by man was this.

Trivia #2: The average hen lays about \_\_\_ eggs per year.

Answer #1: \_\_\_\_\_ Answer #2: \_\_\_\_\_





# ASPEN ACRES

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

