

The Senior Connection

Senior Resource Center
15856 E Fifth Street
Hayward, WI 54843
(715) 634-3000
(715) 634-8639

Web Site: srchayward.org
Like us on Facebook

July & August 2014

Gloria Hagberg, Editor

With summer beginning and the promise of beautiful weather, the Senior Resource Center Board is looking to the future with enthusiasm. Faced with tightening economic times and funding cuts the Board made difficult decisions. The Board reviewed the financial stability of the organization, personnel duties and administrative practices, along with our nutrition centers' utilization. Through that process, the Board is pleased to announce the following changes, made to strengthen the organization and to ensure its ongoing commitment to serve our community. The Board reorganized the staff by cutting one full time position from the 2014 budget.

Gloria Hagberg has been named Executive Director. Gloria has been with the agency for 14 years. Her previous role was as the Office Manager. The Board is confident that with Gloria's administrative experience and knowledge, new systems will be developed and managed more efficiently.

Linda Hand will continue as Elderly Benefit Specialist with added responsibilities of Outreach Coordinator. Through Linda's energy and vision for the future, numerous funding and programming opportunities have become available.

Pg.

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Notice changes at the Nutrition Centers? They're coming fast. Exeland site has all new tables and chairs. The beautiful white tables and new blue chairs brighten the area and enhance the dining experience! Stone Lake site is having the kitchen upgraded with new sinks and countertops. Winter site will have old worn furniture replaced with new table and chairs to be used for crafting. The Hayward site is undergoing an exterior transformation! A new patio area will greet folks entering the building. New landscaping, seating areas, flower boxes and more are designed to welcome everyone using the Center. All these upgrades are made possible through grants and the hard work of the SRC staff and SCSC Building Board. Volunteers, local business and community organizations are banding together to work towards ensuring all the sites are meeting the needs of our citizens.

Please stop in for lunch or a cup of coffee. Attend a lecture or class. Check in with staff to hear the latest update on activities or what's on the menu. We need your participation. YOU can make a difference.

Signe Lawson-Jones,
SRC Board Vice-Chair

CALENDER OF EVENTS

JULY & AUGUST 2014

EXELAND SENIOR CENTER (715) 943-2990

July 2014

- 01) Staff Training - Closed
- 04) Independence Day - Closed
- 28) Benefit Specialist @ 11:45

August 2014

- 25) Benefit Specialist @ 11:45

Don't forget we are still selling **Cookbooks** and **Window Cleaning Cloths** for \$3.00 each. They make a great gift. All proceeds benefit the "Meals on Wheels" program in Sawyer County.

Did you know that the average Dandelion has 250 seeds? No wonder they can't be stopped!!

WINTER SENIOR CENTER (715) 266-2233

July 2014

- 01) Staff Training - Center Closed
- 02) Benefit Specialist
- 04) Center Closed, Happy 4th of July

August 2014

- 06) Benefit Specialist
- 24) Senior Day



STONE LAKE SENIOR CENTER (715) 865-2025

May 2014

- 01) Staff Training - Closed
- 04) Fireworks—Hwy 70 Park/**Center Closed**
- 13) Stone Lake Historical Society (1 – 3pm)
Annual Ice Cream Social/Lion's Park
- 17) Birthday Party
Elderly Benefit Specialist
- 26) Pig Roast at Red School Wine Shop to
Benefit the Meals on Wheels program.
4pm to 7pm

August 2014

- 21) Birthday Party
Elderly Benefit Specialist



The English language has some wonderful Anthropomorphic collective nouns for the various groups of animals.

We are all familiar with a Herd of cows, a Flock of chickens, a School of fish and a Gaggle of geese.

However, less widely known is a Pride of lions, a Murder of crows (as well as their cousins the rooks and ravens), an Exaltation of doves and (presumably because they look so wise) a Parliament of Owls.

Now consider the Baboons. They are the loudest, most dangerous, most obnoxious, most viciously aggressive and least intelligent of all primates. And - you might ask - what is the proper collective noun for a group of baboons?

Believe it or not: A Congress...!!

I guess that pretty much explains the things that come out of Washington!

EXELAND SENIOR CENTER

715-943-2990



CELEBRATE INDEPENDENCE

Let's start this newsletter off by being thankful for some wonderful gifts to our Center:

- Sue's Greenhouse for the beautiful flowers again this year. They look more beautiful each week.
- Shirley Owens for the pictures that were painted by Helen Aspseter. They look very nice on our wall.
- Father Phil of the Hayward Catholic church for the dining chairs with arms.
- Senior Resource Center Board of Directors and Staff for the new tables and chairs.
- Town of Meteor and Town of Couderay for their generous donations.
- Carl & Carol Vierck for gift in memory of Jim Surber.

We are pleased to have a new helper in the kitchen. Please make Teryona feel very welcome and needed in her very first job.

The Advisory Board met on June 10th to discuss and handle business for the Center.

- The outside freezer still needs to be moved and Linda Hand will contract someone in regard to the cement pad and the actual move.
- Meal tickets for the Exeland Site will be purchased and given to Linda Hand to distribute when convenient for her to encourage more people to take advantage of the healthy meals offered to anyone over the age of 60.
- We will be looking into having the floor professionally scrubbed and waxed.

Watch for the Idaho Potato truck to be in Hayward during Lumberjack Days to help support the Senior Centers and Meals on Wheels.

A group from the Ladysmith Nursing Home recently made the trip to our Center

and for some, it was like coming home. Everyone enjoyed the fine meal prepared by Chef Bonnie.

We have a supply of dish cloths for sale for \$2.50 each. They are beautiful hand made from cotton yarn. Also for sale are cleaning cloths, greeting cards and brooms.

If you are hearing impaired (even just a little) and find it difficult to hear on a regular telephone, here is a deal for you: The state of Wisconsin operates the Telephone Equipment Purchase Program (TEPP) and a telephone with special features for better phone communication can be provided at no cost to you. A representative will be visiting or contacting Bonnie in the near future for names of people that might be interested, so be sure to get your name on a list that Bonnie is starting. If you received a phone from TEPP three years ago, you may qualify for an up-grade, so get your name on the list too. Take advantage of a very good deal!

We are saddened by the death of Jim Surber. He was very faithful in coming to dine and also enjoyed Meals on Wheels.

Birthday Greetings to those with birthdays in the months listed below:

JULY

Esther Gordon	Vern Keith
Betty Granica	Bob Clark
Bonnie Oliver	Dan Owens
Margie Gapinski -NH	Lana Howard
Willis Clements	Gary Godon

AUGUST

Roger Lallaman	Art Johnson
Robert Wood	Ginny Hurkman
Jim Yates	Vera Majka
Jeanette Aspseter-NH	Frank Suzan
John Clark	John Baker
Viola Geisler	Helen Hofmann
Tina Korinke	Linda Milner

- - -your reporter, Karen

WINTER SENIOR CENTER
715-266-2233



Hello Senior's wherever you are!

I just can't believe it, it's already July. Winter was just here and now summer will be gone before we know it.

Hopefully everyone had an enjoyable Mothers' Day and Fathers' Day. It is so nice to see all or some of our children or at least hear from them. We had a beautiful day for Spring Fling and our bake sale and chicken dinner. We would like to thank everyone that came to our sales, and especially our helpers. It was a long day of hard work and preparation, but we all did a great job. Thanks to all!! Did anyone make it to the Senior Day pontoon ride and chicken dinner? It usually is a great time to see friends and a good dinner.

We are sad to tell you that Salle our foot care lady passed away Saturday, May 31. All our thought and prayers are with her family. June has just flown by and the flowers are finally starting to open and our veggie gardens should be in, and starting to bring us delicious goodies. Good luck!

July is here! The senior center was closed on the July 1st, so that Jeanne and all the other cooks and kitchen workers could attend class to renew their food service certifications. All senior centers were open on Wednesday, July 2.

Sites will be closed July 4 so that we can celebrate our wonderful country. We can all go to the parade and to the park for food, fun and fireworks. Be sure to bring you bug spray. Aren't the bugs awful this summer? We can't even go outside to the car without getting bit up by mosquitos. Benefit Specialist, Linda Hand will be here Wednesday, July 2nd and August 6th she can help out with insurance and Medicare problems. Linda comes at Noon during the lunch hour. If you need to talk to her any other time, please call her at the Hayward office, at 715-934-2177 to schedule an appointment.

August is usually the hottest month, but after last winter I don't think we should or will complain too much. The winter was just awful, so enjoy the weather as it will be cold again soon enough.

Sunday, August 24 brings the last "Senior Day" of the year. Fun will be had at the Rustic Inn on Lake Winter. Summer is officially over on Labor Day. It's always sad to say goodbye to the summer. It is so nice to have our snow bird's home after a long winter. We have enjoyed everyone that could come in to see us and enjoy a great lunch. We are always glad to see you and we hope everyone had a great summer.

*Until next time,
Winter Senior Center*





HAYWARD SENIOR CENTER

715-634-4680



Summer has finally arrived. However it has brought legions of mosquitoes with it. They are as big as B-52 Bombers and as hungry as horses. What we need is an army of Dragon Flies. I have been told that those tennis racket shaped zappers work great, may have to get me one before I become a depleted blood bank.

Things are changing at our center for the good. We are doing a little renovating and some much needed re-decorating. We have a wish list of improvements we are working at to bring the center into the new millennium. All the rest rooms have been repainted to lovely non-institutional colors. Thanks to Marge and Tony for their painting skills. Also Linda is currently repainting the room to be used for foot care. THANK YOU ALL. We are also getting new landscaping and a patio to our front entrance. Also included in this will be a covered walkway and planters. The idea behind the planters is that we can grow our own lettuce, tomatoes, radishes or whatever for our consumption. We hope to become salad sustainable. These will be raised boxes so as to be easily weeded by our members.

Change has been the buzzword for several months now around here. Change is not a bad thing; it is just something different, which people get leery about. The changes are all being paid for through donations from community organizations, businesses and public contributions. All the changes are being done in an effort to not only keep the current citizens that use the center, but to encourage other citizens to use the facility. After all we are the SAWYER COUNTY COMMUNITY RESOURCE CENTER. We are for the use of the whole community. Change is good, we need to grow and become more attractive to more people.

We recently had several booths at the Musky Fest. We raised money for Meals on Wheels through a bake sale and cake walk (I am amazed at how many people do not know what a cake walk is though). We also had pull tabs which

were very popular. Thank you to all volunteers for your help. To all the folks that baked 25 cakes, thank you, thank you, thank you. To Belle and Harold Hassing for working the booths both days. Betty and Archie Hutchinson for their help on both days. Belle and Archie forfeited their Birthday days to work. Thank you. Joyce Zaspel, John Wittmus, and Bruce Pfeiffer and Sue and Mary Ann. You folks ROCK.

We are trying to get a feel for how many people would be interested in a CPR certification class. We can get one set up at the Senior Center if you are interested. Please give Linda Hand or myself a call (715-934-2177 or 715-634-0249). We need at least 10 people for the class. You will learn CPR and how to use an AED (Automatic Electronic Defibrillator.) Most stores and churches are now equipped with an AED. Knowing how to use it can be lifesaving.

The Outreach program continues to come up with some excellent programs. Last week the program was about health and healing with humor. I am told it was a very good dinner program. Currently Linda is working on a fishing excursion on Nelson Lake. If you are interested, let Linda know at 715-934-2177.

The Sawyer County Fair is coming up fast, gather up your talents and enter your projects into the Fair. The entry fee is minimal, and who knows you may win the prize. The fair is something fun for the whole community, shake the dust off your crafts and have some fun.

Summer was late getting here and it is zipping on by fast. This weekend is the 4th of July, please take a few minutes out of your picnicking and remember what the day really stands for. Our freedom is the most important thing we have. Please think about what we really have and thank God for our blessings.

Have a great July and August.
Doc



HAYWARD SENIOR CENTER

Activities

(715) 634-4680

~ JULY & AUGUST 2014 ~

8:00am – 4:00pm

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Thursday	9 am – 3 pm	Lower Level
Caregiver Support Group	2 nd Tuesday of month	1:00pm – 2:30pm	Lower Level
Blood Pressure	1 st & 3 rd Wednesday	11 – 12:00am	Upper Level
Bridge Group	Wednesday	9:00 – 12:00am	Lower Level
Cribbage	Tue & Thu	1:00pm	Upper Level
Duplicate Bridge	Wednesday	5:00pm	Lower Level
Evening Meal	Tuesday	5:30pm	Upper Level
Gin Rummy	Monday	10:00 – 11:30am	Upper Level
Pinochle & 500	Mon & Wed & Sat	1:00pm	Upper Level
Senior Center Bingo	Friday	1:00pm	Upper Level
Low Impact Aerobics	Tuesday	10 – 10:45am	Lower Level
Progressive Bingo	Thursday	6:15 – 9:00pm	Upper Level
Weight Watchers	Thursday	5:30 – 7:00pm	Lower Level
Watercolor Painting	Friday	9:30 – 12am	Lower Level
Gift Shop	Monday - Friday	8:30am – 4:00pm	Upper Level
Spider Lake Meals	Tuesday & Thursday	12:00 noon	Spider Lake Town Hall
Walking Group	Thursday's	AM ?	Upper Level
Card Making	4 th Wednesday of month	9:00 - ?	Upper Level
Activities/Speakers	Day	Time	Place
Hatha Yoga Class	<i>Tuesday - Evenings</i>	4:30 – 5.45pm	Lower Level
Hatha Yoga Class	<i>Thursdays</i>	9:15-10:30/10:45-Noon	Lower Level
ServSafe Kitchen Staff Training	<i>Tuesday July 1, 2014</i>	ALL SITES CLOSED	ALL SITES CLOSED
4 TH of July Celebration	<i>Friday July 4, 2014</i>	CLOSED	CLOSED
July Birthday Party	<i>Tuesday, July 15 2014</i>	11:30am	Upper Level
Fitting the Pieces of Medicare	<i>Wed. July 16, 2014</i>	9:30am – 12:00pm	Upper Level
Elderly Benefit Specialist	2 nd Friday of each month	11:45am	Upper Level
Elderly Benefit Specialist	2 nd Monday of each month	11:45am	Spider Lake
August Birthday Party	<i>Tuesday, August 19, 2014</i>	11:30am	Upper Level
Monthly Meetings	Day	Time	Place
Advisory Committee	1 st Wednesday	9:30am	Upper Level
AARP Meeting	1 st Thursday	2:00pm	Upper Level
SCSC Building Board	2 nd Thursday	9:30am	Upper Level
Senior Resource Center Board	3 rd Wednesday	1:00pm	Lower Level

Stone Lake Senior Center

715-865-2025



Hello everyone!

The Advisory Board held a garage sale on Saturday June 7 and served cinnamon rolls, apple turnovers, hotdogs, etc. and of course, garage sale items. It was successful, despite the rain all day long.

There will be a pig roast held on Saturday, July 26th from 4pm to 7pm at the Red School Wine Shop. The proceeds will benefit the Meals on Wheels program. There will also be a meat raffle and wine tasting. Hope to see you there.

A tentative bus trip to Lucius Woods will be held in August. Please contact the Center for information.

Birthday Parties are held the third Thursday of each month. Please plan to attend and help with celebrating the monthly birthdays.

Remember, the Stone Lake Lions will be having the 4th of July celebration at the Park on Hwy 70 on Friday, along with fireworks beginning at dusk.

The Farmers Market is held every Thursday from 2 pm to 5 pm in Stone Lake. The rain and warm weather has helped the gardens so far this summer, so hopefully, there will be an abundance of fresh vegetables and fruits. Don't forget to use your vouchers.

The Stone Lake Historical Society will be having their Annual Ice Cream Social at the Lion's Park on July 13th from 1 pm to 3 pm. They always have wonderful music and lots of pies, bars and ice cream.



Peggie

AARP SMART DRIVER CLASS

The Senior Resource Center and AARP Chapter 914 are sponsoring one more AARP Smart Driver class in 2014:

Monday, July 21, 2014

The classes will be held on the lower level of the Sawyer Community Senior Center.

Registration starts at 9:30am and the class runs from 10am to 2:30pm. Call Gloria at 715-634-3000 or email her at ghagberg@cheqnet.net to sign up.

Cost for the class is \$14 if you are not an AARP member, but \$12 if you are. But you can save much more than that on a car insurance discount!

For local course information call toll free: 1-888-227-7669 or on the web:

www.aarp.org/drive

Recycle a Used Glass Candle Holder

To recycle a used glass candle container. Scrape of out any leftover wax. Boil water in a tea kettle & pour into container. Let sit until warm. Empty. Apply sponge scraper to insides to clean out any residue. Razor scrape off outside label. Towel dry to a sheen. Now it can be used for a beverage, vase, future candle holder, candy dish, etc.

Viola! You've joined the 21st century in "free" enterprise, along with stewardship to planet earth.



Submitted by: Judy Baumann

JULY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) All Noon Meal Sites CLOSED	2) Liver & Onions Baby Red Parsley - Potatoes Mixed Vegetables Pudding w/Topping	3) Fish Sandwich Sweet Potatoes <u>or</u> Fries Creamy Coleslaw Pineapple Upside-Down Cake	4) Independence Day! ALL MEAL SITES CLOSED
7) Lasagna Green Beans Fresh Lettuce Salad w/ Dressing Garlic Bread Sticks Pretzel Salad	8) Baked Chicken Browned Potato Wedges Asparagus Date Bar	9) BBQ Pork Ribs Baby Red Parsley - Potatoes Mixed Vegetables Corn Muffin/Butter Fresh Fruit Salad	10) Roast Beef Mashed Potatoes Gravy Brussel Sprouts Peanut Butter Cookie	11) Chicken Fillet on a Bun Pasta Vegetable Salad Tater Tots Dessert
14) Baked Fish Au Gratin Potatoes Stewed Tomatoes Fruit Crisp	15) BBQ on a Bun Potato Salad Baked Beans Strawberry Shortcake w/ Real Whip Cream	16) Cook's Choice <i>Please call individual Dining Center for Today's Menu</i>	17) Beef Stroganoff over Noodles Buttered Peas Mixed Fruit Salad	18) Pizza Fresh Salad Dessert
21) Homemade Meat Loaf Baked Potato/Sour Cream & Chives Buttered Beets Fruit Crisp & Topping	22) Cream Chicken over Biscuit <u>or</u> Potatoes Carrots Tropical Fruit Mix	23) Baked Ham Baked Sweet Potatoes Cauliflower Ice Cream	24) Fish Sandwich French Fries Coleslaw Apricots	25) Swiss <u>or</u> Salisbury Steak Herbed Brown Rice Spinach Dessert
28) Cook's Choice <i>Please call individual Dining Center for Today's Menu</i>	29) Breaded Pork Chop Baby Red Potatoes Broccoli Applesauce Spice Cake	30) Hamburger on a Bun Potato Salad Baked Beans Dill Pickle Blonde Brownie	31) BBQ Baked Chicken Sweet Potato Fries Green Beans Jello w/Fruit & Topping	

AUGUST 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px; text-align: center;"> At any time, if a participant is unable to eat what is listed on the menu, please contact your site manager for an alternative meal. We are here to serve you! </div>				1) Italian Beef Sandwich Broccoli/Cauliflower Salad & Tater Tots Dessert
4) BBQ Pork Ribs Baked Potato with Sour Cream Buttered Corn Peach Slices	5) Polish Sausage <u>or</u> Brats Sauerkraut Pasta Vegetable Salad Fruit Pie	6) Beef Chop Suey Rice & Chow Mein - Noodles Vegetable Egg Roll Mandarin Oranges	7) Parmesan Chicken over Noodles with Marinara Sauce Green Beans Ice Cream Sundae	8) Meatballs in Gravy Mashed Potatoes Orange Romaine Salad Dessert
11) Cook's Choice <i>Please call individual Dining Center for Today's Menu</i>	12) Pork Cutlet Mashed Potatoes/Gravy Scalloped Corn Mixed Fruit Salad	13) Liver & Onions Baby Red Parsley - Potatoes Mixed Vegetables Pudding w/Topping	14) Fish Sandwich Sweet Potatoes <u>or</u> Fries Creamy Coleslaw Pineapple Upside – Down Cake	15) Beef Tips in Gravy over Rice Buttered Peas Dessert
18) Lasagna Green Beans Fresh Lettuce Salad w/Dressing Garlic Bread Sticks Pretzel Salad	19) Baked Chicken Browned Potato Wedges Asparagus Date Bar	20) BBQ Pork Ribs Baby Red Parsley - Potatoes Mixed Vegetables Corn Muffin/Butter Fresh Fruit Salad	21) Roast Beef Mashed Potatoes Gravy Brussel Sprouts Peanut Butter Cookie	22) Chicken Fillet on a Bun Pasta Vegetable Salad Tater Tots Desserts
25) Baked Fish Au Gratin Potatoes Stewed Tomatoes Fruit Crisp	26) BBQ on a Bun Potato Salad Baked Beans Strawberry Shortcake w/ Real Whipped Cream	27) Cook's Choice <i>Please call individual Dining Center for Today's Menu</i>	28) Beef Stroganoff over Noodles Buttered Peas Mixed Fruit Salad	29) Pizza Fresh Salad Dessert

All meals include bread & milk. Menus may change upon availability of food items.

Exeland: 715-943-2990

Hayward/Spider Lake: 715-634-4680

Stone Lake: 715-865-2025

Winter: 715-266-2233

EXELAND SENIOR CENTER

Tuesday Evening Meals

715-943-2990

Served at 5:30pm

July 1

No Meal

July 8

Breaded Pork Chop
Baked Potato
Creamed Peas
Dessert Bar

July 15

BBQ Ribs
Baked Potato
Mixed Vegetables
Strawberry Shortcake

July 22

Oven-Browned Meatballs
with Gravy
Mashed Potatoes
Tossed Salad
Brownie

July 29

Polish Sausage
Sauerkraut
Baby Red Potatoes
Asparagus
Fruit Cobbler

August 5

Ribs
Baked Potato
Corn
Cookie

August 12

Oven Brownd –
Chicken Breasts
Rice Pilaf or
Baked Potato
Broccoli/Cauliflower Salad
Dessert Bar

August 19

Hamburger Steak/Gravy
Mashed Potatoes
Mixed Vegetables
Blueberry Torte

August 26

Pork Loin Roast
Baby Red Potatoes/Gravy
Green Beans
Strawberry Shortcake



WINTER SENIOR CENTER

Tuesday Evening Meals

715-266-2233

Served at 5:00pm

July 1

No meal – Training

July 8

Polish Sausage w/
Sauerkraut
Pasta Salad
Fruit Dessert

July 15

Breaded Pork Chop
Mashed Potatoes
Gravy
Broccoli
Applesauce Spice Cake

July 22

Parmesan Chicken over
Noodles with
Marinara Sauce
Green Beans
Strawberry Shortcake

June 29

Roast Beef
Mashed Potatoes
Gravy
Buttered corn
Ice Cream Sundae

August 5

Hamburger on Bun
Potato Salad
Baked Beans
Cookie

August 12

BBQ Ribs
Baked Potato with
Sour Cream
Peas
Fresh Fruit

August 19

Beef Tips over
Noodles
Buttered Beets
Cake

August 26

Baked Chicken
Oven Brown Potatoes
Carrots
Brownie



Menus May Change Upon Availability of Food Items
All Meals Include Bread & Milk

HAYWARD SENIOR CENTER

Tuesday Evening Meals

715-634-4680

Served at 5:30pm

July 1

No meal – Training

July 8

Sloppy Joes
Baked Beans
Potato Chips
Pickle
Cookie

July 15

Pork Chops
Stuffing and Gravy
Carrots
Brownie

July 22

Meatloaf
Mashed Potatoes & Gravy
Corn
Bread Pudding

July 29

Taco Salad
Breadstick
Ice Cream



August 5

BBQ Chicken
Oven Roasted –
Potato Wedges
Mixed Vegetables
Chocolate Cake

August 12

Hamburger on a Bun
Sliced Tomato & Onion
Cheese Slice
Pasta Salad
Pickle
Fresh Fruit

August 19

Roast Beef
Mashed Potatoes & Gravy
Green Beans
Lemon Dessert

August 26

Taco Salad
Bread Stick
Ice Cream

STONE LAKE SENIOR CENTER

Tuesday Evening Meals

715-865-2025

Served at 5:00pm

July 1

No meal – Training

July 8

Lasagna
Lettuce Salad
Bread Sticks
Dessert

July 15

Chicken Breast Parmesan
with Marinara Sauce
Herb Noodles
Asparagus
Apple Dessert

July 22

Italian Beef on a Bun
Broccoli/Cauliflower Salad
French Fries
Root Beer Floats

July 29

Pork Chops
Scalloped Potatoes
Green Beans
Fruit Dessert

August 5

BBQ Ribs
Baked Potato with
Sour Cream
Three Bean Salad
Bars

August 12

Chop Suey over
Rice
Vegetable Egg Roll
Sunshine Cake

August 19

Grilled Hamburger/Bun
Veggie Pasta Salad
French Fries
Brownie

August 26

Pork Tenderloin
Mashed Potato/Gravy
Green Beans
Strawberry Short Cake



Menus May Change Upon Availability of Food Items
All Meals Include Bread & Milk

Spotlight on the Wisconsin Elder Benefit Specialist Program

The Elder Benefit Specialist (EBS) Program is a legal assistance program unique to Wisconsin. The program is funded primarily through funds from the Older Americans Act, the State of Wisconsin, and the State Health Insurance Assistance Program. The focus of the program is to provide locally-based counseling to adults age 60 and older. In 2013 EBSs had over 67,000 cases in Wisconsin serving clients in substantive areas including Social Security, Medicaid, Medicare, health insurance, and consumer protection, and housing issues. EBS services are provided free-of-charge to people age 60 and over.

The EBS program first began in 1977 as a pilot program in a handful of counties but expanded to serve the entire state by 1988. Because the EBS program was intended to serve clients 60 and older, the Disability Benefit Specialist (DBS) Program was created to serve people aged 18-59. The DBS program began in 2000 and was expanded to serve the entire state by 2013. There is at least one EBS in every one of the 9 counties and 11 Native American tribes in the state of Wisconsin.

Because the state legislatures also observed and supported the need for the EBS program, a law was passed that codified the program in 1987. This law — Wisconsin Statute 46.81 — states, “Benefit specialists shall offer information, advice, and assistance to older individuals related to individual eligibility for, and problems with, public benefits and services and to health care financing, insurance, housing, and other financial and consumer concerns.”

The EBS program was designed by the Wisconsin Department of Human Services. EBSs are employed by local aging units in every county of the state. The local office where the EBS works may vary by county — it may be at the aging and disability resource center (ADRC), the county, a tribe, or through a contract with a non-profit

organization. In Sawyer County the EBS program is part of a non-profit, the Senior Resource Center.

Because EBSs assist their clients with legal issues, they work closely with program attorneys on cases and receive ongoing training from the program attorneys bi-monthly to stay abreast of changes in the law and to learn new skills. When hired, EBSs also undergo an intensive, in-person training with their program attorneys.

The policies of the EBS program have priority areas. First and foremost, EBSs focus on assisting with the basic needs of their clients which may be: income, health care, long-term care, housing, food, and working to reduce debt or financial exploitation. The EBS may do this with a client by providing accurate information on benefits or helping to identify what benefits a client may be eligible for, suggesting alternative actions to secure benefits (including appealing a denial), advocating on a client’s behalf, or even through a referral to a private attorney.

The EBS for Sawyer County is Linda Hand, who works out of the Senior Resource Center located at 15856 E. 5th Street, Hayward, WI 54843. Her direct line is 715-934-2177. Due to her busy schedule, please contact her to arrange for a personal appointment.

For more information on the Elder Benefit Specialist Program, visit: www.dhs.wisconsin.gov/aging/ebs/benspecs.htm#Do

The EBS program is free of charge. Any client over the age of 60 may contact the EBS in their county for assistance.

Published with permission from the Legal Services Team at the Greater Wisconsin Agency on Aging Resources’ Elder Law & Advocacy Center.

Dementia and Music Therapy

by Bonnie Elmquist

Registered Music Therapist, Retired

Mary was depressed. She had recently moved into an assisted living facility after much urging from her daughters. She had been having difficulty taking care of herself and her home. She was lonely. After arriving at the assisted living facility, Mary immediately withdrew and isolated herself from others. She refused to bathe or dress herself, go out to the dining room to eat or join in any activities. She began to lose weight and due to her behavior she required extensive assistance. She sometimes became combative so the medical team asked the music therapist to intervene. The therapist first prepared herself by talking with Mary's daughters about her interests. They told the therapist about Mary's love of music. She'd played the banjo for years and even went to nursing homes to entertain. With this insight, the therapist built a therapeutic relationship with Mary and coaxed her back into life. Her daughters brought in their mother's beloved banjo and the therapist encouraged Mary to play it again and she was successful. Mary played slowly at first but it didn't take long before her interest in life was back. This positively affected her ability to perform her own personal cares, eat to regain weight, socialize, and even entertain.(1)

Mary is an example of a person who has dementia and is slipping further into its grip. Music, the music therapist, and Mary's family helped Mary reconnect with earlier life experiences and guided Mary into a healthier lifestyle at the assisted living facility. The catalyst needed was music. Registered music therapists are trained to use music to accomplish specific goals and are helpful in achieving clients' goals established by the music therapist within the medical team.

The practice of music therapy began during World War II with musicians helping injured veterans back to a better lifestyle. Today there are many music therapists working in hospitals, nursing homes, assisted living facilities, schools, prisons, in private practice, and more. Registered music therapists undergo rigorous fine arts and neuroanatomical courses to earn a baccalaureate degree and to better understand the role of the brain in music therapy.

Part of the brain is receptive to music and can be accessed despite most injuries. It is an area through which pleasure is experienced. Music therapy effectively accesses this pleasure island and helps those enduring difficult situations. The music therapist helped Mary move from a place of isolation into a healthier lifestyle.

The Senior Resource Center is in the process of revitalizing a room that had previously housed a pool table that was no longer being used in the Senior Resource Center. This room will not only be used as a lounge area for community members to use, but will also be the home of our Alzheimer's Day Respite Program, which meets on Thursdays from 9 a.m. – 3 p.m. The purpose is to provide activities designed for persons with Alzheimer's and related disorders in a caring environment. It also provides respite for the caregivers, giving them the opportunity to have some time to get other things done and know they are leaving their loved ones in a safe place. If anyone is interested in donating some time to assist with this project or to donate items such as DVD movies or music CD's, it would be greatly appreciated. You can contact Linda at 715-934-2177. If you would like more information on the Day Respite Program, please contact Gloria at 715-634-3000.

For more information about music therapy, contact:
American Association of Music Therapists, 8455
Colesville Road, Suite 1000, Silver Spring, MD
20910

Phone: (301) 589-3300,

Web: www.musictherapy.org,

Email: info@musictherapy.org



Alzheimer's Foundation of America, 322 Eighth
Ave., 7th fl., New York, N.Y. 10001
Phone: (866) 232-8484 (Toll Free) or (646) 638-
1542, Web: www.alzfdn.org

(1) Paraphrased from "The Use of Music in
Dementia Care:"

[www.crisisprevention.com/Resources/Article/Library/Dementia-Care/Dementia-Care Specialists-articles](http://www.crisisprevention.com/Resources/Article/Library/Dementia-Care/Dementia-Care%20Specialists-articles)

(2) From the Alzheimer's Foundation —
www.alzfdn.org/EducationandCare/musictherapy.html

Free Monthly Educational Series for July/August 2014

SENIOR RESOURCE CENTER OUTREACH PROGRAM

By popular request we have scheduled (2) sessions:

“Fitting the Pieces Together with Medicare”

Steve Shapiro, Medigap Insurance Specialist with the State of Wisconsin



When: Wednesday, July 16, 2014

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

Time: 09:30 am – 12:00 pm

When: Wednesday, July 16, 2014

Where: LCO Elder Center
13878N Agency Road, Stone Lake, WI

Time: 1:00 pm – 3:30 pm

The Senior Resource Center located in Sawyer County – is proud to sponsor two free, interactive presentations with Steve Shapiro, Medigap Insurance Specialist with the State of Wisconsin. Steve has 30 years of experience in the Wisconsin Insurance industry. Now an insurance counselor for the state, Steve is an advocate for consumers who seek insurance expertise through the Medigap Helpline and the Wisconsin SHIP programs both of which are operated by the Board on Aging and Long Term Care.

During this presentation you will learn about the many facets of Medicare Supplements and Medicare Advantage Plans and how they apply to you. Knowing your options helps make you a better consumer and take control of your healthcare coverage. Local Elder Benefit Specialist, Linda Hand will also be available for any questions in regards to the services that the Senior Resource Center provides to the community. For more information or to register, please contact Linda Hand at 715-934-2177. Registrations can also be mailed to the Senior Resource Center 15856 E. 5th Street, Hayward, WI 54843 or email to benspec@cheqnet.net

☐ **“Fitting the Pieces of Medicare”, Wednesday, July 16, 2014**

Hayward Senior Center

☐ **“Fitting the Pieces of Medicare”, Wednesday, July 16, 2014**

LCO Elder Center

Name: _____ Phone #: _____

Address: _____

City: _____ Zip: _____

Will you be joining us for lunch at noon in Hayward? Yes ____ No ____

Fishing trip anyone???



Summer has finally arrived and the long awaited open water fishing in the Northwoods is upon us. Many in the community have a passion for fishing, but due to age, disabilities or loss of a fishing companion have decide to hang it up.

The local chapter of Fishing Has No Boundaries has volunteered to provide for a Senior Fishing Day in Sawyer County. Everything that is needed can be provided. Are you one of these people who would like to get back out there and experience the thrill of reeling in a big one?

The only rule is, you have to be 60 years or older.

For more information or to register, please contact Linda Hand at 715-934-2177. Registrations can also be mailed to the Senior Resource Center 15856 E. 5th Street, Hayward, WI 54843 or email to benspec@cheqnet.net

☐ **Yes I am interested in joining the Senior Resource Center for a fantastic fishing trip! Please contact me when a date and time are scheduled.**

Name: _____ Phone #: _____

Address: _____

City: _____ Zip: _____

BREAKING NEWS



Meals on Wheels Association of America has announced the grant recipients of the 2014 March for Meals. The Senior Resource was notified late yesterday, June 23rd, that we will receive a \$1500 grant for our outstanding participation and dedication to the March for Meals program. We would like to thank all of our site managers, cooks, Meals on Wheels drivers, Community Champions, volunteers and the many Sawyer County residents who helped out and made this vision possible!



PlumCreek



Thank you to Plum Creek who presented the Senior Resource Center with a \$3000 grant for updates to our sites. A portion of the grant was used to purchase new dining tables and chairs for the Exeland Senior Center. St. Joseph's Catholic Church also donated chairs to the Exeland Center and this provided for extra funds from the grant to purchase a table and chairs for the Winter Senior Center. Additional funds are being used to revitalize the old "pool" room located next to the Senior Resource Center office. This room is going to be converted into a lounge area and space to be used by the Day Respite Program, which meets on Thursdays. Some of the funds were also used to purchase some bookshelves, so we can move the lending library to the upper level. This way it can be available to the public all week, during the Tuesday night meal, Thursday Bingo and Saturday cards.

If you have recently visited the Hayward Senior Center, which is located in the Sawyer Community Senior Center, you will have noticed that an outdoor patio is being constructed on both sides of the main



entrance. They will include raised garden beds, which will not only provide beauty, but will grow fresh vegetables to be used for the meals served at the center. Watch for updates of the progress on our Facebook Page:

Senior Resource Center or stop by and check it out.

The Community Center is coming up on its 30th Anniversary and they are in the process of fundraising for some revitalization projects for the building. This greatly enhances the services that we are able to offer at the Senior Resource Center, since we rent our office space and the Hayward Senior Center dining room from the Community Center. We are both non-profits who depend on grants and fundraising to stay open and in business. So far they have updated all four bathrooms and we are currently working on the foot care room and the patio. Next will be the lounge/respite room.

Thank you to the Hayward Lions who recognized the importance of these updates for our community and provided \$2000 for project start up. They have also been blessed with the "Old Geezers" who came forward to take on the patio project. If you would be interested in volunteering on a project, making a supply or monetary donation, please contact Building Board President Marj Champney at 715-558-2499.





The Senior Resource Center is proud to announce that Holly Duffy has accepted the position of our new "Footcare" Specialist.

My name is Holly Duffy and I am a lifelong resident of the Hayward Area. I was born Holly Hartnett and married Brian Duffy in 1992. My very first job when I was 15 was at Golden Living (used to be Valley Health Care Ctr.) where I was a CNA. I also worked in the Activities Dept. and the kitchen throughout the summers. I attended the University of Minnesota, Minneapolis and graduated with a BA in Sociology. Upon my husband's college graduation we moved back to the Hayward area. We now own Northwoods Stove and Fireplace right on Hwy. 63 and I have also been working at Water's Edge Care Center part time as a CNA and Homemaker for 3 years. I love working with the elderly and am excited to offer foot care services at the Senior Resource Center in Hayward. If you would like to make an appointment with me I can be reached at (715)699-9987.

Have you seen this commercial on TV about the farmer and dog looking for the Idaho Potato Truck?



So the story goes...

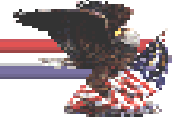
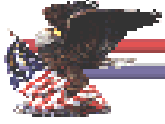
Rewind to the evening of the wrap-up to our "Don't Empty My Plate Campaign", October 18, 2013. I promised my husband I would take a break from fundraising for a couple of days. Then he calls me into the living room so he could play me a commercial that was just on TV. It was the farmer and dog looking for the Idaho Potato Truck. They had been traveling the country in 2013 raising awareness and money for Meals on Wheels. That is cool I thought. Then they ask if you would like them to come to your town in 2014, apply on their website. I went back to what I was doing and Derek calls me to the computer. He already had the website up. So I applied. I explained how we had such great "World Class" events and how the big potato could meet the big musky. I also explained who we are as the Senior Resource Center and how we were trying to raise \$30,000 for senior meals and Meals on Wheels for our community. They emailed me back and said that we hit a soft spot in their little potato hearts and wanted more information as to our events. A list of our events, we have amazing events! In February I received another email stating that they had 100's and 100's of appearance requests, but our events kept sticking out in their heads! They were going to come for the Lumberjack World Championships. Fast forward to today. The Famous Idaho Potato Tour, which raised over \$100,000 for Meals on Wheels last year will be in Hayward from July 23rd-28th, 2014. This year their "Tour Beneficiary" is the American Heart Association and Go Red for Woman. Wait until they find out how much our Jump Rope for Heart raised this year! You can find out more on their website: <http://bigidahopotato.com> or you can follow their trip on their Facebook Page – **LIKE** it and let them know we look forward to their visit in July to

Hayward. [https://www.facebook.com/BigIdahoPota
toTour](https://www.facebook.com/BigIdahoPota
toTour)

Sawyer County Veterans Service Office

WISCONSIN
MONTH: JUNE 2014

PHONE: 715-634-2770
FAX: 715-638-3213



Hayward VA Clinic Update

The Hayward VA clinic recently added Wednesday as an additional day of service effective June 4, 2014. The clinic is now open four days a week, Monday through Thursday, excluding holidays. Clinic hours are 8:00 A.M. through 4:30 P.M. and located at 15954 River's Edge Drive, Suite 103, Hayward.

Although the Hayward VA Clinic phone number remains the same, (715) 934-5454, your calls are now being routed through the Minneapolis VA medical Center for scheduling purposes. This is also the new procedure for the Rice Lake and Twin Ports clinics.

Wisconsin National Guard Berlin Crisis Ribbon (WBCR)

On August 10, 1961, members of the Wisconsin National Guard 724 Engineering Battalion were called to Active Duty for the Berlin Crisis under Executive Order 10957. These soldiers reported for Active Duty in October 1961 and were sent to Ft Lewis, Washington awaiting further assignment. Most of these soldiers remained on Active Duty for nearly a year.

In 2013, these veterans were recognized and issued their Wisconsin National Guard Berlin

Crisis Ribbons at the 52nd anniversary reunion. However, not all the Battalion members were able to attend. Since then, the Sawyer County Veteran's Office has been holding the remaining ribbons for pickup by the service member. If you are one of these members, or know one of these members or their family, please have them contact our office. We'd like to ensure our state's heroes are properly recognized for their service.

Dental Benefits for Veterans

In some instances, the Department of Veterans Affairs is authorized to provide dental care, while in other cases, they are not. The eligibility for dental care is not the same as for most other VA medical benefits and is categorized into classes.

To qualify for dental care at the VA Medical Center, a veteran must fall into one of the following situations: have a service-connected dental disability, are a former prisoner of war, have service-connected disabilities rated 100% disabling, or are unemployable and paid at the 100% rate; enrolled in a VA vocational rehabilitation program; veterans requiring dental care for a condition complicating a medical condition currently under treatment; and any enrolled Veteran who may be homeless. Additionally, the VA

will provide a one-time dental care examination to Veterans who apply for dental care within 180 days of discharge or release (under conditions other than dishonorable) from a period of active duty of 90 days or more during the Persian Gulf War era. Unless the Veteran falls into one of the conditions above, dental care will not be provided by the VA Medical Center.

For Veterans who may not fall into the criteria above, last year the VA began a new pilot program called the VA's Dental Insurance Program (VADIP), which offers enrolled Veterans and beneficiaries of VA's Civilian Health and Medical Program (CHAMPVA) the opportunity to purchase dental insurance at a reduced cost. The VA is offering this service through Delta Dental and MetLife.

Only Veterans enrolled in the VA health care program and CHAMPVA program beneficiaries are eligible to participate in VADIP. Participation in VADIP will not affect a Veterans' eligibility for VA dental services and treatment. Dependents of Veterans, except those eligible under CHAMPVA, are not eligible for VADIP; however, separate coverage options may be offered dependents by the insurance carrier.

VA has contracted with Delta Dental and MetLife, private insurers, to

administer the dental insurance program. Multiple plan options will allow participants to select a plan that provides benefits and premiums that meet their dental needs and budget. The offered plans vary and may include diagnostic, preventative, surgical, emergency and endodontic/restorative treatment. Each participant will pay a fixed monthly premium for coverage, in addition to any copayments required by his or her plan.

The main thing to remember is only Veterans enrolled in the VA health care program and CHAMPVA program beneficiaries are eligible to participate in VADIP. For more information on VADIP, visit www.va.gov/healthbenefits/VADIP and click the insurer's link for specific information regarding registration, rates and services, or call Delta Dental at 1-855-370-3303 or MetLife at 1-888-310-1681.

As always, if any of our Sawyer County Veterans or family members have questions about benefits, please don't hesitate to contact our office at 715-634-2770.

**FOR MORE INFORMATION
CONTACT THE SAWYER
COUNTY VETERAN SERVICE
OFFICE AT 715-634-2770**



HEART ATTACK – *What are the symptoms?*

Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.

Discomfort in other areas of the upper body: Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath: Often comes along with chest discomfort. But it also can occur before chest discomfort.

Other symptoms: May include breaking out in a cold sweat, nausea, or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Call 911 immediately if you or someone you know experiences any of the above warning signs.

STROKE - *What are the symptoms?*

Stroke symptoms may not be as dramatic or painful as a heart attack. But the results can be just as life threatening. Stroke is an emergency. Get medical help immediately and know when the symptoms started. Common symptoms include:

- Sudden numbness or weakness of face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding speech
- Sudden difficulty seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Call 911 immediately if you or someone you know experiences any of the above warning signs. Write down the time the symptoms started. Sometimes these warning signs last for only a few minutes and then go away. Even if this happens, or if you think you are getting better, call for help.

Sometimes symptoms of a stroke are difficult to identify.

Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions -

S *Ask the individual to **SMILE**.
T *Ask the person to **TALK** and **SPEAK** A SIMPLE SENTENCE (Coherently) **(i.e. Chicken Soup)**
R *Ask him or her to **RAISE BOTH ARMS**.

New Sign of a Stroke --Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

Call 911 immediately if you or someone you know experiences any of the above warning signs.

In Sickness and In Health

Caring for our family members is the most important job there is. As we age, our needs change, and sometimes the kind of help or care we provide to our loved ones changes also.

When people get married, they vow to be there for each other “in sickness and in health.” Many of us come to realize the full meaning of those words when our spouse requires more of our care because of age or illness.

There are definite rewards in caring for our spouse. The feeling of being useful, needed and engaged in a meaningful role that really makes a difference in the life of another affirms the significance of our part in their life.

However, no matter how much a person loves and cares about their spouse or elderly family member, caregiving presents many challenges. It can be both physically and emotionally draining at times.

We take care of our family members because we love them and we want the best for them. In that process though, many people neglect their own health and well-being, which in turn ***can affect the one they are caring for.*** As a caregiver, you need to take care of ***yourself*** too! Seek help from others, even though your loved one may object. **A Caregiver Support Group meets the 2nd Tuesday of each month at 1:30pm at the Senior Resource Center on the lower level.**

There are services in Sawyer County that can provide help in your home which would allow you to get away and feel comfortable that your loved one is cared for and safe. The Adult Day Respite in Hayward is another option that can offer a fun and structured environment for your loved one during the day on Thursdays from 9am to 3pm.

Funds are available to help pay for these types of services through the **National Family Caregiver Support Program**. And for those families affected by Alzheimer's and other related dementias, there is the **Alzheimer's Family Caregiver Support Program**. These programs were developed to help keep individuals in their homes for as long as possible, while providing much needed support to the family caregiver(s).

Contact the Senior Resource Center at **(715) 634-3000** for more information about these programs and other services in Sawyer County that might be of help to you.



**Are you stressed? Need a Break?
We can help!**

Adult Day Respite Program provides adult day care services in Hayward, WI. Services offered include organized daily activities in a community-based setting, transportation (in Hayward area only), meals, and supervision. Contact the Senior Resource Center for more details on respite care services and rates.

Hatha Yoga Classes are offered on Thursday's 9:15-10:30 & 10:45 – Noon. *What a great way to work out your stress and revitalize yourself!* Students age 60 or over are free. Materials needed are supplied. To register call Mary Jo at (715) 634-0556.

A **Licensed Massage Therapist** is available by appointment only. You can also take advantage of Reiki/Spa Treatments. Marj Champney is ready to rid your body of stress. Why not bring your loved one to the Day Respite Program, do your errands then get a massage. For an appointment, please call **715-634-0556 or 715-558-2499.**

SENIOR RESOURCE CENTER
15856 FIFTH ST.
HAYWARD, WI 54843

**I would like to make a contribution to the Senior Resource Center
Aging Services and Older Americans Act programs.**

Please add my donation to the following program(s):

_____ Home Delivered Meals	_____ Caregiver/Chore Program	_____ Newsletter
_____ Congregate Meals	_____ Elderly Benefit Specialist	_____ Transportation

Name: _____

Address: _____

☐ I would like to be added to "The Senior Connection" mailing list. {*Donations are requested*}

I have included a donation in the amount of \$_____.
(Checks made payable to the Senior Resource Center)

Please Return To:

THE SENIOR RESOURCE CENTER ~ 15856 E. Fifth St ~ Hayward, WI 54843