

Executive Director News



By Linda Hand,

It was such a great honor to attend the 2018 Elevate Intalere Healthcare Achievement Awards in Orlando, Florida in May. The Senior Resource

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Finding Support with Your Role as a Caregiver



Talk to someone who provides care for their aging loved one and they will tell you what a difficult and stressful job caregiving can be. The American Medical Association states that the role of caregiving places demands on the caregiver which leaves them at risk for health problems including serious illness and depression. And according to the American Journal of Public Health, middle-aged and older women caring for their spouses are six times more likely to suffer from depression or anxiety disorders than their non-caregiving counterparts. The result of this decline in health by the caregiver not only affects the person giving the care, but it may also compromise the care they are providing their loved one.

Reading information like this

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What's Up in this Edition:



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Idaho Big Potato Tour was one of the first fundraisers hosted by the Senior Resource Center.



The Witch's Brew Tour... a fun way to celebrate the Halloween holiday and sample local fare.



The Spring Social Mixer was held in April 2018. It was a great way for seniors to get out and meet people while enjoying dinner and dancing.

Director News Continued from Page 1

Center was one of twelve nationally to receive this award. There were four divisions with ours being one of three winners for Community Impact and/or Innovation for the Timber Grill Food Trailer Pilot. Another was from Miravida Living, Oshkosh for their pilot of Cycling Without Age. It was an extraordinary opportunity to attend the conference and meet some truly inspirational people from across the country, giving me numerous ideas to bring back home to our Board at the SRC. We then headed to Madison for the Aging Empowerment Conference, where the Senior Resource Center was presented with the Aging Empowerment Award for our work with the Timber Grill.

The SRC staff look forward to hitting the road again for our senior outreach events "Tailgate Parties" to rural parts of Sawyer County. This year's theme is "Let's Get After Hunger", as we strive to Tackle our opponent Hunger in partnership with the Green Bay Packer's Foundation, who provided a grant to Kick-Off this season. This tailgate model will involve the use of locally produced Wisconsin foods for a Healthy Home Field Advantage. Char is in the process of scheduling these Tailgate Parties, so if you have a location in Sawyer County that would be willing to provide us a place to set-up, electric, running water, handicap accessible toilets, and some type of seating, we would love the opportunity to partner with you in your End Zone. The Timber Grill will provide a meal to local older adults 60+ and their caregivers, with donations accepted. Community agency partners will join us in Formation, providing preventative healthcare services such as Blood Pressure Checks, Memory Screens, Flu Shots, along with information on services that are available to our residents for Transportation, Hospice, Palliative Care, Veterans, Healthy Aging, Respite, and much more. These outreach events invite the community to attend and Cheer On our efforts, you do not need to be a

senior. For those under age 60, there is a cost of \$8.50 for the full tailgate meal, which includes a beverage and dessert. We encourage organizations, churches, and businesses of these rural isolated communities to spread the word of their Game Day, provide rides to the home-bound so they are not left on the Sidelines, and deliver meals to those who are unable to attend.

Some new Plays are needed for our Game Book to assure our Team remains a Leader in the Division of providing Rural Community Based Services. One of our Goals is to double the events from ten to twenty in 2018. To make this a Successful Season, we are looking for financial and in-kind sponsors. We as a Free-Agent Non-Profit, have huddled together to develop a Coordinated Game Plan. Vince Lombardi stated, "People who work together will win, whether it be against complex football defenses or the problems of modern society."

Sponsoring a Senior Outreach Event provides you with the unique opportunity to connect with the community, build brand awareness, while #fightinghunger & #fightingisolation Scoring a Touchdown for Sawyer County Seniors. At each event, we will provide gift bags to those in attendance. Sponsors will be able to provide promotional items, coupons, and/or flyers. This will allow the Fans to know that your business supports our Ticket Holders, Sawyer County seniors, and invite them to patronize your business when they come to town for medical, shopping, or social reasons. Sponsorship levels are \$100, \$250, \$500, \$1000 or more, depending on what your budget allows and how many benefits you would like to see in return. Sawyer County is a diverse community, with loyal football fans from many states, we invite ALL team players to join us in the fun festivities for our cause.

"After all the cheers have died down and the stadium is empty, after the headlines have been written, and after you are back in the quiet of your room and the championship ring has been placed on the dresser and after all the pomp and



The Spring Syle Show and Luncheon at the Steakhouse and Lodge was definitely one of our most popular fundraisers. Each year featured a different theme

fanfare have faded, the enduring thing that is left is the dedication to doing with our lives the very best we can to make the world a better place in which to live.” Vince Lombardi. We hold these words as our call to action, please help us “Get After Hunger” for Sawyer County Seniors.

For more information about joining our team as a sponsor, please contact us at 715-634-3000. Donations can be mailed or dropped off at Senior Resource Center, 15856 E. 5th Street, Hayward, WI 54843. Please indicate that this donation is for the Timber Grill Outreach Events.

Vince Lombardi wisely stated, “It’s not whether you get knocked down, it’s whether you get up.” The older adults we serve face many obstacles that can cause them to get discouraged and give up hope. One stated, “Fighting two terminal illness is enough for me to worry about. It is a relief not to worry about having a healthy meal, this program means very much to me”. The SRC Team is comprised of dedicated staff and

volunteers. The Win comes when they deliver the meals into the Hands of the Receiver.

rem•i•nisce (verb) gerund or present

participle: reminiscing

1. indulge in enjoyable recollection of past events.

The past several days, I have spent a lot of time reminiscing about the last couple of years at the Senior Resource Center. As I look back upon all the wonderful people that I have met throughout Sawyer County and think of all the people that we were able to assist during that time.

In 2012, I was hired as the Elder Benefit Specialist, working one on one with individuals and their caregivers to assist with benefits, advocacy for rights, and to enroll in programs to assist in their everyday living, such as qualifying for disability, funding for hearing aids, access to power, fresh drinking water, and home repairs. From this, I transitioned into the nutrition side of the Aging Network as the Nutrition Director and soon

after Executive Director. With the help of our community, staff, and volunteers we have raised awareness and funds to grow and continue the aging programs throughout Sawyer County. We have upgraded our kitchens with help from the USDA, revitalized our sites, added healthy options such as salad bars and programming such as Yoga, Tai Chi, Fitness, and Stepping On for Balance.

The State of Wisconsin supported us with an innovative grant to use a food trailer pilot to expand our services to rural isolated communities to serve meals and provide services that were not being provided. The great partnerships that we have created throughout this time to support the older adults of Sawyer County is phenomenal. There were long hours for many of our staff and volunteers to pull off great fundraising and social events such as the Don’t Empty My Plate Campaign, Idaho Big Potato Tour, Spring Style Show, Hog Fest, Witches Brew Tour, Bingo on the Road, Spring Social Mixer, and Timber Grill Events, to name just a few. I thank everyone that sponsored, volunteered, and attended. These events brought us together as a community for a cause which I hold very close to my heart.

With this, I must bid adieu. It was a very hard decision, but after much contemplation and discussion with my family, I have accepted a position working as the Washburn County Aging Director/ADRC Supervisor. This is a terrific opportunity to grow in the Wisconsin Aging Network, and as many of you know, I have been working on my bucket list dream of completing my degree in Gerontology. I will still be in the area and am willing to help my amazingly supportive Board of Directors and the next SRC Director for a smooth transition.

Thank you for everything...

Linda Hand

**#fightinghunger #fightingisolation
#mylife #mypassion**

Exeland Center News

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



By Karen Skogen

Summer is here and our flower boxes are blooming with beauty. Thank you to Sue Halberg of Sue’s Greenhouse for donating all of the plants, to Carl & Carol Vierck for the new soil that was added and to Bonnie Klinger for keeping the plants watered. Planting went quickly, thanks to the help of Isabell Moudry and Lynda & Gary Gordon.

Our volunteers are wonderful! Thank you to Lynda Gordon for giving much needed help to Bonnie in the kitchen preparing the meals. Bonnie is very efficient but some days the menu is more difficult or the diners are many (which is a good thing)!

Our volunteer drivers are very much appreciated as are the people that bring goodies, fruits and vegetables for everyone to enjoy and bingo prizes to share. Thank you, Dave V. for supplying us with fresh tomatoes all year.

If you need any assistance with health issues, insurance, Social Security, etc., hopefully you are taking advantage of the expertise of Elder Benefits Specialist, Stacy Kolkind when she visits your center on the second Tuesday of each month.

We will not be playing bingo during the summer months but will resume in the fall, if there is enough interest.

Elder Benefit Specialist News



**Elder Benefit Specialist,
Stacy Kolkind**
**Need Help with
your Medicare
Costs?**

*Adapted from an Article by Centers
for Medicare & Medicaid Services*

If you have Medicare and you're facing challenges with paying for health care, you may be eligible for programs that can help you save money on medical and drug costs.

People with limited income and resources may qualify for Medicaid—a joint federal and state program that helps with medical costs.

Even if you don't qualify for Medicaid, Medicare Savings Programs may be able to help you pay your Medicare premiums and other costs. If your income is \$1,366 or less for an individual, or \$1,852 for a couple, and your resources are at or below \$7,560 for an individual or \$11,340 for a couple, you may already be eligible for one of these programs.

If you qualify for Medicaid or one of

Continued on Page 6

FISHING/BOATING TRIP on Nelson Lake

THURSDAY, JULY 19TH & FRIDAY, JULY 20TH



Are you 60+, would like to go on a fishing trip, meet new people, and/or just have some fun out on the lake? This is your opportunity, and everything will be supplied – Life Jacket, Poles, and Bait. You just need to show up!

The group will be picked up by bus at Senior Resource Center, 15856 E. 5th Street, Hayward, at 12:45 following lunch. The bus will return at 4:00p.m. to the lake and bring you back to the SRC parking lot.

***If you would like to have lunch prior to leaving, you will need to call
715-634-4680 (for lunch) one day in advance for a
reservation. There is a suggested donation of \$4 for those 60+.***

**Thursday, July 19th serving Baked Fish, Oven Roasted Potatoes,
Coleslaw, Baked Beans, Fruit Salad, Bread, & Milk**
**Friday, July 20th serving Breaded Pork Chop, Pasta Salad, Buttered
Spinach, Applesauce, Roll, & Milk**

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

Call 715-634-3000 to register for the Fishing Trip.

***There is a limit of 15 people per day,
so please make your reservation early!***

Stone Lake Center News



**The Cranberry Cafe
715-865-2025**

By Peggy Johnson

Stone Lake Senior Center Chef

Hello Everyone!

There are some exciting things happening at Stone Lake Center. We are moving! The Senior Center will be moved to our new location as of July 9, 2018. The new location is the former Stone Lake Clinic on South Fourth St. across the street from Red Schoolhouse Wines. More information will be communicated as the move progresses. Also, an account has been set up at the Shell Lake State Bank, Stone Lake, for donations to help with the expenses of the move. Again, thanks to all of you who have been supportive of our move!

Don't forget to use the vouchers you received at the Stone Lake Farmers' Market. They are set up and the corner of Hwy70 and Stone Lake Rd (Northwest Wisconsin Realty parking lot). Hours are 1:00 pm to 6:00 pm every Thursday.

In July there will be "Bingo on the Patio" at Red Schoolhouse Wines. July 11th will be the first event starting at 6:00 pm and ending around 8:00 pm. The cards are \$1/card and the pot is split with half going to winner and the other half to the Senior Resource Center. The next games will be July 25, August 8 and August 22.

Continued on Page 19

WALDO Center News



By Ruth Brad

Hello Friends!

We are very excited to share that our center has really been busy. Everyone that is coming in to eat is really enjoying the new facility. Our numbers have increased since we have moved. This is certainly a wonderful place to get together.

I would like to take this time to remind everyone of the cost of the meal. There is a suggested donation of \$4.00 for anyone 60+ for lunch and \$5.00 for dinner. There is a charge of \$8.50 for lunch/dinner for anyone under age 60. A gentle reminder that we really appreciate you calling in the day before if you plan on coming in. This helps our cooks to know how much food to prepare so we can serve everyone and not have too many leftovers.

Also, the salad bar is still going strong and is available on Tuesdays. The rule of the salad bar is: Salad Bar – (1) Trip ONLY with Meal included at regular cost. Salad Bar Alone All-You-Can-Eat same cost as meal.

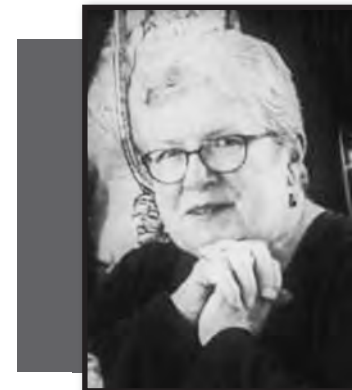
Now I would like to share with you that the WALDO WINTER CENTER is having a RAFFLE going on and the drawing will be called on the 4th of July and WINNERS NEED NOT BE PRESENT TO WIN!!!!

We have tickets available at the Hay-

Continued on Page 7



Hayward Center News



By Sue Gold

Happy summer! Look's like it's finally here. Flowers are blooming, the leaves on the trees are green, the grass is green, you get the picture. Yes, we have had some cool spells with rain, but we really needed the rain. What would spring in the Northwoods be without cold snaps one week and heat waves the next? Things are gearing up at the Hayward Meal Site of the Senior Resource Center. Elections will be held on July 10, 2018. Watch for signs around the Senior Resource Center for information or ask anyone on the Advisory Board. July Birthdays will be celebrated on July 25th. If you have a July or August Birthday let Carol Musselman know. It was also announced that our coffee fund was not as profitable as it should be. People were not putting in their 50 cents and people were drinking more coffee than allowed. Coffee is 50 cents for 1 cup of coffee, no refills. If the fund doesn't improve the price could go up. Howie Gold made announcements regarding this at lunch and Friday Bingo. I am happy to report that because of the announcements the fund is getting better. Good work everyone! Let's keep it up! I hope everyone finds time to get outdoors and enjoy the nice weather. A good way to enjoy the outdoors is to come to the Senior Resource Center for lunch! Just be sure to call before 9 AM to let us know that you are coming. It helps the kitchen staff to know how much to prepare. Hope to see you soon!

Employment Opportunities

SRC BUILDING & GROUNDS KEEPER:

The Senior Resource Center is seeking a part-time maintenance person for the Hayward site, who can travel to the sites in Exeland, Winter and Stone Lake if needed. This new team member would be responsible for cleaning and light maintenance of the Senior Resource Center building and grounds approximately 20 hours per week, Monday-Friday, 7 a.m. through noon. These hours could be flexible. Starting pay is \$10 per hour, with a review after 30 days. If you are interested, please stop at our office to complete an application at 15856 E. 5th Street, Hayward, WI. A background check, valid driver's license, ability to lift, and reliable transportation will be required, prior to employment. There is also the possibility of additional hours if willing to assist in the kitchen.

PART-TIME COOKS

The Senior Resource Center is currently accepting applications for part-time cooks for the Hayward Senior Center, Stone Lake Senior Center, Thursday evening Bingo, and Timber Grill outreach events. The successful candidates will be required to complete the ServSafe Certification Course, Wisconsin Food Manager Certification, and a background check. Starting wage is \$10.00 per hour, with a review after 30 days. Please complete an application at the SRC Office – 15856 E. 5th Street, Hayward, WI 54843.

Hayward Weight Loss Group



Are you looking for some support and encouragement in your weight loss efforts? Then come join our friendly group. We came together in an effort to swap recipes and tips, help each other through the challenges of staying on plan and dropping some pounds. There is no charge to attend and you don't need to follow any specific plan – we can recommend a basic one, but you are free to follow any plan that works for you.

Our group meets Thursday mornings at the Hayward Senior Center in the upper level dining room. The meeting starts at 11 – come in a few minutes early for weigh in. Your information is private – Carol Mussleman our leader is the only one recording weigh ins although we will share and celebrate our group's collective results for the prior week.

It's a fun group – besides weigh in we have a motivational article to share, talk

about how everyone's week went, share any challenges we might have, and we also are planning on some fun contests just to keep us smiling and motivated. We are also thinking of bringing in some healthy dishes to sample.

Everyone is welcome – whether you have pounds to lose or just want some weekly motivation to stay on track. Call Donna Dreczko (715) 634-0879 if you have questions.

HAYWARD AARP® NEWS

The Hayward Chapter of AARP will have the annual picnic on Thursday, July 5 at Hatchery Park, a few miles out of town on Hwy. 77 east. Watch for a directional sign. Set up will start at 11:30 am. Brats, coffee and cold drinks will be provided. Guests are asked to bring a dish to share -your choice, anything is welcome. After lunch, Bingo will be played. Everyone is welcome - and bring a friend.

The August meeting of AARP will be Thursday, August 2, 1 pm at the Senior Resource Center, upper level, at 15856 E. 5th St. Hayward. Following a board meeting at 1:00 pm, a general meeting and refreshments will be served. There will be a presentation about wolves, by a DNR specialist. This is a subject of interest chosen by the members. Everyone is welcome to all AARP meetings.

Elder Benefit Specialist News Continued from Page 4

the Medicare Savings Programs, you'll automatically get Extra Help paying for your prescription drugs. Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescription drug costs, like premiums, deductibles and coinsurance.

If you don't automatically qualify for Extra Help, you may still be eligible if your income is \$1,518 or less for an individual, or \$2,058 for a couple, and your resources are at or below \$12,600 for an individual and \$25,150 for a couple. You can apply online for Extra Help with Social Security Administration at www.ssa.gov or by calling: 1-800-772-1213 (TTY 1-800-325-0778).

Another program that can help with your prescription drug costs is SeniorCare, Wisconsin's prescription drug assistance program. This program is available to Wisconsin residents who are 65 and over and are a U.S. citizen or have qualifying immigrant status. Your annual income determines your level of coverage in this program. For more information or to access an application online, go to: www.dhs.Wisconsin.gov/seniorcare or call: 1-800-657-2038.

To find out if you are eligible for savings through one of these programs, contact Elder Benefit Specialist, Stacy Kolkind, at the Sawyer County ADRC @ 866-663-3607.

EBS MONTHLY SCHEDULE:

STONE LAKE:

1st Tuesday of each month

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

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WALDO News Continued from Page 5

ward Senior Center and area businesses. Tickets are \$10.00 dollars apiece or 3 for \$20.00 so come on in and purchase the tickets. The Grand prize is: 4 NIGHTS AT SISCO'S PINE POINT RESORT. Also, we have lodging packages from Musky Mystique, Winter Northern Lights Motel, golf packages from Lakeview Golf & Pizza and Barber Lake Golf Course, a custom-made blanket, chest, St. Croix Rods, plus much more. Everyone will go away happy especially us at the Winter/Waldo Senior.

We would like to thank Comfort Suites of Hayward for their generous donation of a desk for the office and chairs for seating. Their remodel provided us with some beautiful additions to our new digs.



The Senior Resource Center is hosting

BINGO!

on the patio

Join us in Stone Lake at
Red Schoolhouse Wines!

"Bingo on the Patio"

To raise money for Senior Resource Center programs in Sawyer County.

Join us at Red Schoolhouse Wines located at 5768N 4th Street S. in Stone Lake this summer for Bingo on the Patio. Cards are \$1 each per game, with the pot being split between the winner and the Senior Resource Center, to support our programs for older adults in Sawyer County. Game nights are on Wednesdays from 6-8 p.m. on July 11th, July 25th, August 8th, and August 22nd.



BASIL & BLUEBERRIES – It's the Season... Beneficial Bites



In Greek it means “Basilikohn” or royal, but basil has been around for more than 5000 years. Placed in the hands of the dead it is thought to provide safe passage to heaven which is common in Europe today but dates to the Ancient Egyptians and Greeks. The people of India believe the same but place it in their loved one’s mouths.

This little herb native to Asia and the Middle East is a cousin to the peppermint plant and looks much like it. That’s where the similarities end with basil holding a sweet, but pungently strong aroma.

Not only is basil high in Vitamin K and beta-carotene (Vitamin A) it has been shown to hold anti-oxidant properties

through its flavonoids, or plant compounds. Not only does basil show anti-inflammatory properties, it is also has strong anti-cancer, anti-viral, and anti-microbial properties.

Basil has been used medicinally in India to treat stress, asthma and diabetes, but is mostly used as a herb in flavoring cuisine. One of basil’s great uses is to make pesto, an Italian sauce. Other cuisines that feature basil include those of Thailand, Cambodia, Laos, and Vietnam. However, basil is primarily used in Italian dishes such as pizza and tomato sauces.

~ Composed by Tanner Steinlicht
UW Stout Dietetics Undergrad
Nutritional Science Grad

berries like cranberries and bilberries, but did you know they are cousins to azaleas, mountain laurels and rhododendrons?

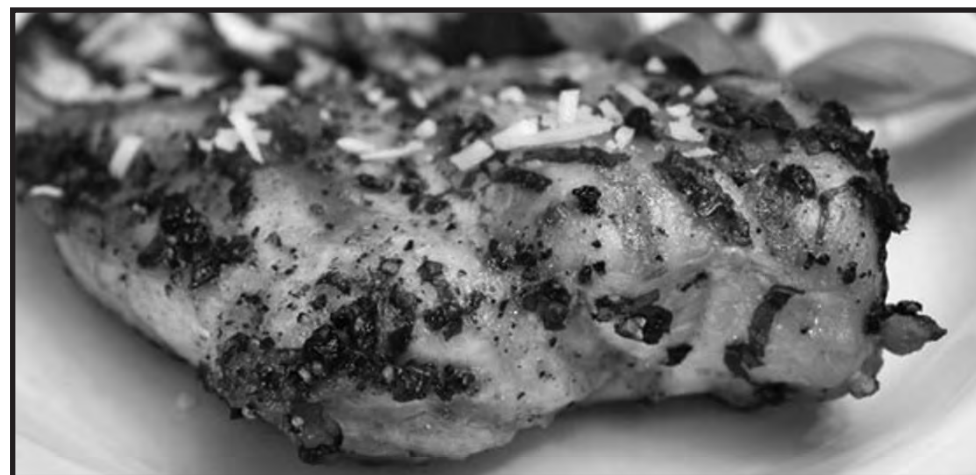
The biggest health benefits of blueberries come from their high antioxidant content. These antioxidants protect against memory loss, are cancer-fighting, and are anti-inflammatory.

Did you know that blueberries are one of the few fruits native to North America? These were brought to Europe after European explorers tried them but were not cultivated in Europe until the 20th and 21st centuries. Even today, North America produces 95% of the world’s blueberry crop!

Created by Kathryn Hoff, MS,
Dietetic Intern April 2015

You may not be surprised to hear that blueberries are the relatives of other

Recipe Corner



Grilled Basil Chicken

INGREDIENTS

3/4 t coarsely ground black pepper
4 skinned chicken breast halves
1/4 cup freshly chopped basil leaves,
plus 2 T freshly minced basil leaves
1/3 cup olive oil
1/3 cup butter softened
1 T grated Parmesan

1/2 t garlic powder
Dash salt and pepper

PREPARATION

Press coarsely ground pepper into meaty side of breast halves, Combine chopped basil and olive oil and brush chicken lightly with this mixture. In small bowl,

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Recipe Corner Continued from Page 8

whisk together butter, minced basil, Parmesan, garlic powder, salt & pepper into a paste and set aside. Grill chicken over medium coals for 8-10 minutes on each side, basting frequently with remaining olive oil mixture. When chicken is cooked through, serve with basil-butter mixture.



Blueberry Basil Margaritas

INGREDIENTS

- 4-5 fresh Basil Leaves
- 1/4 cup fresh Blueberries
- 1 oz Simple Syrup
- 1/2 oz Lime Juice (about 1/2 a lime)
- 1/2 oz Lemon Juice (about 1/2 a lemon)
- 2 oz Tequila Blanco
- Ice
- Cocktail shaker and strainer
- Muddler

PREPARATION

1. In a cocktail shaker add Basil, Blueberries, and Simple Syrup.
2. Muddle until Blueberries are mushy.
3. Add in Lime Juice, Lemon Juice, and Tequila.
4. Cover and shake.

5. In a small glass or margarita glass add crushed ice.
6. Pour Tequila mixture through strainer over ice.
7. Garnish with more Blueberries and Basil if desired.
8. Serve and enjoy!

Mexican Salad with Blueberries

INGREDIENTS

- 1-1/2 cup corn kernels
- 2 tsp olive oil
- 4 cups romaine lettuce, shredded
- 1 package (6 oz) blueberries, fresh
- 1 avocado, diced
- 1/2 cup cilantro leaves, chopped
- 2 T lime juice
- 1/2 tsp salt

PREPARATION

Preheat oven to 400° F. Toss olive oil and corn in bowl, spread on baking sheet lined with parchment paper and roast about 25 minutes. Stir with wooden spoon and roast an additional 5-10 minutes. Let cool slightly. While corn is roasting, toss romaine, blueberries, avocado, cilantro, lime Juice, and salt in bowl until evenly coated. Add corn and toss. Serve immediately.



PROGRESSIVE BINGO

Join us each Thursday to raise funds for the Hayward Building

Join us each Thursday evening at the Senior Resource Center to raise funds for the Hayward Building and for the programs we provide for Sawyer County residents 60+ by playing Progressive B-I-N-G-O.

Each week we will be cooking up some great meals for great deals, so bring your appetite!

Doors open and food being served at 5:30
Early Birds 6:15 • Regular Session 7 p.m.



Get updates of menu and where the progressive pot is at:

<https://www.facebook.com/HaywardBingo/>

Senior Resource Center located in Sawyer County, WI • 15856 E. 5th Street, Hayward, WI

Please call 715-634-3000 for more information

Bus rides available within 4 mile radius Hayward call for reservation.



What's for Dinner?

July and August, Tuesday Evening Menus at Hayward and Stone Lake Centers

HAYWARD

JULY

July 4th

BBQ Chicken
Baked Potato
Corn on the Cob/Salad Bar
Rootbeer Float

July 10th

Baked Ham
Sweet Potatoes
Salad Bar/Peas
Pumpkin Bars

July 17th

Beef Stroganoff
Egg Noodles
Salad Bar/Beets
Chocolate Chip Cookies

July 24th

Breaded Pork Cutlets
Mashed Potatoes & Gravy
Salad Bar/Green Beans
Frosted Brownies

July 31st

Meatballs in Gravy
Over Mashed Potatoes
Salad Bar/Carrots
Fresh Fruit Salad

AUGUST

August 7th

Baked Chicken Breast
Rice Pilaf w/Red Peppers
Salad Bar/ Broccoli
Banana Bars

August 14th

BBQ Ribs
Baked Potato
Salad Bar/Peas
Chocolate Cake

August 21st

Lasagna
Salad Bar/Green Beans
Garlic Bread
Pears

August 28th

Beef Roast
Mashed Potatoes w/Gravy
Salad Bar
Corn
Apple Crisp

*All meals include
bread & milk

Served Tuesdays at 5:00 p.m.

*Call: 715-634-3000
to make a reservation*

STONE LAKE

JULY

July 24th

Roast Beef
Mashed Potatoes/Gravy
Mixed Vegetables
Salad Bar
Strawberry Shortcake

July 31st

Pork chops
Stuffing
Applesauce
Salad Bar
Brownie/Ice Cream

AUGUST

August 7th

Baked Chicken Breast
Mushroom Sauce
Potato Wedges
Squash
Salad Bar
Sunshine Cake

August 14th

Beef Stroganoff
Noodles
Peas/Salad Bar
Chocolate Bundt Cake

August 21st

Swedish Meatballs
Mashed Potatoes
Fruit/Salad Bar
Asparagus
Jell-O w/topping

August 28th

Pork Tenderloin
Sweet Potato
Applesauce/Salad Bar
Apple Crisp





**CLOSED
FOR
MOVING
JULY 3,
10 & 17**

*All meals include
bread & milk
Served Tuesdays at 5:30 p.m.

*Call: 715-865-2025
to make a reservation*

July 2018

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.**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Cutlet, Sweet Potatoes, Cucumber Salad, Fresh Fruit, Cookie, Rye Bread, & Milk	3 	4 	5 Spaghetti w/Meat Sauce, Side Salad, Garlic Bread, Fruit, Frozen Yogurt, & Milk	6 Fish Sandwich, Sidewinder Potatoes, Broccoli Salad, Berry Yogurt Parfait, & Milk
9 Chicken Kiev, Wild Rice w/Mushrooms & Sweet Red Peppers, Fresh Fruit, Brown Bread, & Milk	10 Ham Salad on a Croissant, Salad Bar, Strawberry Shortcake, & Milk	11 Pork Roast, Mashed Potatoes w/Gravy, Beets, Carrot Cake, Bread, & Milk	12 Baked Chicken, Potato Salad, Baked Beans, Veggies & Dip, Roll, Dessert, & Milk	13 BBQ Ribs, Baked Potato w/Sour Cream, Corn on the Cob, Corn Muffin, Honey Butter, Dessert, & Milk
16 Beef Tips over Noodles, Roasted Brussel Sprouts, Fruit Salad, Brownie w/Ice Cream, Bread, & Milk National Ice Cream Day!	17 BLT on Ciabatta, Salad Bar, Chips, Banana Bar, & Milk	18 Meatloaf, Baked Potato, Glazed Carrots, Pretzel Salad, Apple Turnover, WW Bread, & Milk	19 Baked Fish, Oven Roasted Potatoes, Coleslaw, Baked Beans, Fruit Salad, Bread, & Milk	20 Breaded Pork Chop, Pasta Salad, Buttered Spinach, Applesauce, Roll, & Milk
23 Chef's Choice 	24 Almond Chicken Salad w/Craisins on Wild Rice Cranberry Bread, Salad Bar, Banana Cream Pie, & Milk	25 Beef Stroganoff over Rice, Carrot/Peas, Oatmeal Raisin Cookie, Roll, & Milk	26 Taco Salad (Lettuce, Taco Meat, Cheese, Tomatoes, Onion, Black Olives, Salsa, Tortilla Chips, Refried Beans), Pears, Poke Cake, & Milk	27 Lasagna, Side Salad, Garlic Bread, Ice Cream w/Toppings, & Milk
30 Baked Salmon, Sweet Potato Tots, String Beans, Roll, Berry Cheese Cake, & Milk NATIONAL CHEESE CAKE DAY	31 Tuna Salad on Croissant, Salad Bar, Dessert & Milk			

Age 60+ suggested donation \$3 breakfast, \$4 lunch, \$5 dinner. Under 60 charges of \$5 breakfast, \$8.50 lunch, \$8.50 dinner. Salad Bar – (1) Trip for with Meal included at regular cost. Salad Bar Alone All-You-Can-Eat same cost as meal.

Memory Cafe



Hayward Area

The Hayward Area Memory Café is a monthly celebration for people with memory issues as well as for their family, friends and caregivers. It is more about camaraderie and less about the disease, and can give people an opportunity to share a positive experience with their caregivers. Memory Café gatherings happen in a safe, relaxed setting where people can socialize, or just be a part of the group by listening. Past Memory Café gatherings have explored music by The UkeLadies, activities, resources, quizzes, games... and a lot of laughs!

The Hayward Area Memory Café is an initiative of The Sawyer County Dementia and Caregiver Network. The Hayward Area Memory Café is free and meets on the 4th Tuesday of the month from 1:00 pm to 2:00 pm in the meeting room of the Sherman & Ruth Weiss Community Library located at 10788 WI Hwy 27 in Hayward. Join us for Backroads coffee and a treat.

For additional information about the Hayward Area Memory Café, please contact Megan at Aspen Acres Assisted Living, 715-634-5700.



Senior Resource Center Food Trailer Outreach Events 2018



The Senior Resource Center “Timber Grill” will be traveling throughout Sawyer County to isolated rural communities that do not have meal sites to serve hot homemade meals to residents 60+

We will be joined by local agency partners to provide services such as Benefit Assistance, Memory Screening, Health Screens/Blood Pressure Checks, Information on Healthy Aging Programs, Alzheimer's Respite/Caregiver Support, Hospice, Transportation, and more!

For more information please call 715-634-3000

Be Watching for Announcements on Facebook and Posters throughout Sawyer County for the Schedule of Timber Grill Events.



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

Right here in the place we love.

The Right People. Right Here.

Andrea Carroll
REGISTERED NURSE

"There is a sense of community. A sense of family. Every day is a good day."

Alison Cuddy
CERTIFIED NURSING ASSISTANT

"Right here in the place we love is family, it's home, it's always striving to improve. It's who we are."




Theresa Groeschl
OCCUPATIONAL THERAPIST

"Seeing people overcome hurdle after hurdle is inspiring. Their determination motivates me every day."

Our extraordinary caregivers come to work every day for one reason—so that you and your family can receive the highest quality care. Learn how important it is for you to have them right here in the place we love, at haywardmemorialhospital.com.

August 2018

Age 60+ suggested donation \$3 breakfast, \$4 lunch, \$5 dinner. Under 60 charges of \$5 breakfast, \$8.50 lunch, \$8.50 dinner. Salad Bar – (1) Trip for with Meal included at regular cost.
Salad Bar Alone All-You-Can-Eat same cost as meal.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Grilled Ham Steak, Sweet Potato, Corn, Minted Pears, Hawaiian Roll, Cookie, & Milk	2 BBQ Ribs, Baked Potato, Green Beans, Corn Muffin, Honey Butter, Fruit Cobbler, & Milk	3 Pepper Steak w/Rice, Caribbean Veggie Blend, Watermelon, Roll, & Milk NATIONAL WATERMELON DAY
6 Roast Pork, Mashed Potatoes w/Gravy, Buttered Beets, Tropical Fruit Salad, Root Beer Float, Roll, & Milk NATIONAL ROOT BEER FLOAT DAY	7 Lasagna, Garlic Bread, Salad Bar, Dessert, & Milk	8 Orange Chicken Stir Fry w/Veggies, Rice, Egg Roll, Fruit Salad, Fortune Cookie, & Milk	9 Swedish Meatballs, Mashed Potatoes, Bacon Spinach Salad, Berry Pie, & Milk	10 Marge's Cheesy Chicken Casserole w/Stuffing & Broccoli, Fruit Cocktail, WW Bread, Dessert, & Milk
13 Liver & Onions, Oven Baked Red Potatoes, Green Beans, Fruit, Bread, & Milk	14 Chicken Cordon Bleu Sandwich on Ciabatta Bun, Salad Bar, Dessert, & Milk	15 	16 Italian Beef Sandwich w/Sautéed Green Peppers & Onions, Coleslaw, Potato Chips, Pickle, Melon, & Milk	17 Pork Chop, Baked Potato, Pea Salad w/Bacon, Fruit Chocolate Mousse Pie, Rye Bread, & Milk
20 Beef Tips & Gravy over Noodles, Glazed Carrots, Side Salad, Dinner Roll, Fruit, & Milk	21 Homemade Pizza, Salad Bar, Dessert, & Milk	22 Baked Fish, Oven Brown Hash browns, Caribbean Blend Veggies, Yogurt Fruit Parfait, & Milk	24 Finger Licken' BBQ Chicken, Rice Pilaf, Bacon Wrapped Asparagus, Fruit Pie, Bread, & Milk	25 Spaghetti & Meat Sauce, Side Salad, Garlic Bread, Fruit, Frozen Yogurt, & Milk
28 Meatloaf w/Garlic Smashed Potatoes, Corn, Pretzel Salad, WW Bread, & Milk	29 Pulled Pork on a Bun, Salad Bar, Dessert, & Milk	30 Sliced Turkey w/Mashed Potatoes & Gravy, Vegetable Blend, Dinner Roll, Fruit Pie, & Milk	31 Grilled Cheese Burgers & Brats, Corn on the Cob, Coleslaw, Baked Beans, Dessert, & 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 your site manager at least one day in advance.



What's for Dinner?

July and August, Tuesday Evening Menus at Exeland and Winter Centers

EXELAND

JULY

July 10th

Baked Chicken
Rice Pilaf
Peas
Strawberry Shortcake

July 17th

BBQ Ribs
Baked Potato
Salad Bar
Peach Cobbler

July 24th

Meatballs
Mashed Potatoes & Gravy
Salad Bar
Brownie

July 31st

Beef Tips in Gravy
Rice or Noodles
Salad Bar
Cookie

AUGUST

August 7th

BBQ Ribs
Baked Potato
Salad Bar
Fruit cobbler

August 14th

Baked Chicken w/Baked
Regular or Sweet Potato
Salad Bar
Cake

August 21st

Pork Loin Roast
Mashed Potato w/Gravy
Salad Bar
Dessert

August 28th

Build a Burger
Salad bar
Root Beer Floats

*All meals include
bread & milk
Served Tuesdays
at 5:30 p.m.

*Call: 715-943-2990
to make a reservation*

WINTER

JULY

July 10th

Meat Loaf
Baked Potato/Sour Cream
Buttered Corn
German Chocolate
Cake/Pecan Frosting

July 17th

Pork Roast
Mashed Potatoes and Gravy
Buttered Carrots
Rhubarb/Strawberry Pie

July 24th

Salisbury Steak
Baby Red Potatoes
Buttered Peas
Chocolate Chip Bars

July 31st

Roast Beef
Mashed Potatoes and Gravy
Green Bean Casserole
Apple Crisp

AUGUST

August 7th

BBQ Chicken
Potato Salad
Baked Beans
Fruited Parfait

August 14th

Beef Tips and Noodles
Cauliflower Blend Veggies
Zucchini Cake

August 21st

Pork Chops
Mashed Potatoes and Gravy
Yellow Wax Beans
Apple Bread Pudding

August 28th

Turkey
Dressing/Potatoes/Gravy
Cranberries
Buttered Beets
Pumpkin Pie

*All meals include
bread & milk
Served Tuesdays
at 5:00 p.m.

*Call: 715-266-2233
to make a reservation*

Sip & Swipe CAFE



How to Use a Tablet

*Did you get a
tablet as a gift?
Don't know how to use it?
No Problem,
we will show you!*

**FREE and open
to all adults
age 55 and over**

Owning a tablet is not required,
tablets are available for
use during the session.
If you have a tablet but don't
know how to use it,
bring it and learn!
Don't delay, get started today!

**Call Today:
715-634-3000**

to register for one of
our locations in
Sawyer County

5TH ANNUAL TIMBER GRILL HOGFEST

Sponsored by Chippewa Valley Bank



Join us on Saturday, August 11, 2018 from 5-9 p.m. for a Squealing Great Time at the 5th Annual HOG FEST at Red Schoolhouse Wines in Stone Lake. The Timber Grill will be smokin' up a variety of locally grown pork roasts, hams, sausages, and all favorite pulled, which will be served along with a choice of tasty sides and desserts. Price is \$15 each, with all profits benefiting the older adult programs that the SRC provides throughout Sawyer County for ages 60+ and their caregivers, which includes senior meals and Meals on Wheels. Also, from 5-9 p.m., listen and dance to some boot kickin' music that will be provided by the locally known band, "Larry's Drifters". Thank you to Chippewa Valley Bank for supporting this event as a Silver Sponsor!



ARE YOU THINKING OF WORKING OUT?



WHEN: 5:15-6:00pm

on Mondays (starting July 30th- six-week session)

WHERE: SENIOR RESOURCE CENTER

(15856 E. 5th Street, Hayward)

WHY: *If you are looking to tone up, slim down, or get healthier this class is for you. Doing strength 2-3 times per week has many benefits including losing weight, protecting bones and getting a healthy muscle mass, making you stronger, helping develop better body mechanics, and playing a role in disease prevention!!*

**WITH WHO: CERTIFIED PERSONAL TRAINER
and FITNESS INSTRUCTOR, JODI OLNEY**

HOW: Please sign up at WITC in Hayward
(call 715-634-5167 and ask for Kim or go there
at 15618 Windrose Ln. #106- by L&M Supply)

**QUESTIONS: Please email or call Jodi
at jodi@seniorresourcecenternorth.org
Or 715-634-3000**



Welcome to Char Jaeger our New Timber Grill Manager!



Char was born and raised just outside of Ashland on a small dairy farm. As a teenager, she worked in a restaurant in Ashland and continued through the years until she moved to Hayward in 1988. She has three children, John, Mark, and Tori, who are all grown and have families of their own. They have blessed her with seven grandchildren.

After Char's children were in school, she reentered the workforce at Mell's Manufacturing on Twin Lakes Road. After several years, Char realized that she really missed working directly with people and wanted to find a career where she could make a difference in another's life. She was then hired at Valley Nursing Home as a Dietary Aide & Cook. Soon after she decided to go back to school, to pursue a Dietary Manager/Food Protection Professional Certification. Char loved being able to get to know the residents, staff, and co-workers of Valley, who became her extended family. It was there that her employment and knowledge in the Aging field continued to grow for over ten years.

Recently, she was talking with a dear friend, who told her about the opportunity

to work at the Senior Resource Center. She had wanted to continue furthering her career by helping people on a larger scale, so she contacted us for more information. After interviewing Char, it was evident that her personality, expertise, and professionalism would be a perfect fit for our organization and mission.

Char is excited about the new opportunity to assist in serving the older adults of Sawyer County and to expand her horizons with the Senior Resource Center. She hopes to meet all of you, so please come out and visit her at the Timber Grill Senior Outreach and fundraising events.

If you have any questions, suggestions, or would like to contact Char about catering an event that would benefit the Senior Resource Center, please call Char at 715-634-3000 or email her at char@seniorresourcecenternorth.org



**ARE YOU
WONDERING**



**WHAT TO
DO THIS
SUMMER?**

The Senior Resource Center is offering a Stepping On program. What is Stepping On you ask? Stepping On is a fall prevention program for older adults. It is a community-based workshop offered once a week for seven weeks using adult education and self-efficacy principles. In a small group setting, older adults learn balance exercises and develop specific knowledge and skills to prevent falls. Subjects covered include: improving balance and strength, home modifications, community safety, vision, medication review and safe footwear and sleep.

Where:

Senior Resource Center

(15856 E 5th Street, Hayward, WI)

When: Mondays starting July 30th

(it is a 7-week program)

What time: 12:30-2:30pm

Why: FUN and you

will receive

a lot of great information

PLEASE CONTACT JODI OLNEY,

the Health Promotion/Respite Coordinator
at the Senior Resource Center
for more information
at 715-634-3000 or email at
jodi@seniorresourcecenternorth.org

Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been
researched and proven
to reduce falls
by 30%!**

Next workshop is:

When: July 30th (Mondays) for seven weeks from 12:30-2:30pm

Where: Senior Resource Center (15856 E. 5th Street, Hayward)

Leaders will be: Jodi Olney and Regan Kohler

Questions: Please call (715-634-3000) or email (jodi@seniorresourcecenternorth.org) Jodi

How: Registration forms can be picked up at the Senior Resource Center

Stepping
On

wiha
Wisconsin Institute
for Healthy Aging
wihealthyaging.org

Thank You Joan & Randy!



Opportunities, Opportunities and More Opportunities!

There are two ways to get between floors at the Hayward Senior Center; elevator or stairs. To get to YOGA class, Joan Cervenka normally uses the stairs. But, Joan's right hand had a short-term issue, and because of some life experiences of helping care for parents with limited and declining mobility, as well as some training with accessibility issues, she knew about "Lever" style door knobs.

When her compromised hand tried to turn the two round door-knobs on the Hayward Senior Center fire doors, an opportunity arose, in addition to some slight pain. Linda Hand gave Joan Cervenka permission to make a change. Joan contacted Bill Cochran, of Bill's Locksmith, and he came to the rescue.

Bill investigated the two fire doors, ordered, and installed two Americans with Disabilities Act (ADA) fire door approved lever action door-knobs on the two stairwell doors. He then donated part of the cost to remove the old knobs and install the new lever handles. (www.billslocksmithinc.com) Joan Cer-

venka and Randy Borchardt covered the remaining cost of the new door levers in honor of their parents, and the other many people in their lives that have had limited mobility.

Home safety is important. There are lots of small changes each person can make to keep their home safe and to keep them living in it longer. Removal of those "tripping" rugs is important. Small throw rugs may look pretty. But these rugs can throw you right to the floor and there goes a hip. Lever-style door handles make opening doors much easier when the hands lack strength or become arthritic. In the shower, a spray nozzle on a long hose was one small modification our parents really appreciated. We put a spray nozzle on a long hose in both showers. Additional items include grab bars in the tub or shower, nonskid floors, and more comfortable handles on doors or faucets. And that is where we started, door-knobs.

Be safe! Talk with the Staff at the Center for additional home safety ideas.

Cranberry Cafe News Continued from Page 4

When you have time, take a walk around the wetland park. The trees planted by the children in May are starting to grow and provide shelter and berries for the wildlife at the park. They have cans of bug spray for anyone to use when they are on the trails.

A Big Thank You to the "Friends of the Center" who helped with the Annual Stone Lake Garage Sale. Thank you to the crew that priced the items, cashiered at the sale, help set up the items and to those that donated items. A Special Thank you goes to the Stone Lake Wesleyan church who allowed us to use their fellowship hall to set-up and sell the items. Also, to the Mike and Sherry Day who came after the sale and took the leftover items to Habitat for Humanity Restore, Indianhead Thrift Shop and

Salvation Army. The money that was made was deposited into the "moving account" at Shell Lake State Bank.

Have a great summer.



Caregiver News Continued from Page 1

can make caregiving sound bleak and discouraging. But we also know that caregiving can be a very rewarding job. The key difference between a caregiver who is barely hanging on and one who is happy and at ease is having proper support in their role as a caregiver. Healthy and content caregivers receive help with tasks like providing personal cares and housekeeping and they take regular breaks from caregiving. But most importantly, they also have found an emotional support network.

The American Medical Association suggests to physicians that "a referral to a support group should be recommended for all caregivers." Oftentimes, people hear the words "support group" and immediately tune out. They are uncomfortable with the idea of sharing their feelings. Or they think of a support group as a bunch of people sitting around whining about their lives. But support groups are much more than that and the benefits they offer are valuable.

The definition of a support group is a gathering of people in similar situations who provide each other moral support, practical information and tips on coping with your unique situation. Here are some of the benefits of attending support group meetings.

- They provide valuable information that will increase your knowledge of caregiving. One of the best resources for caregivers is other caregivers!
- They teach coping skills. The information and advice that the group provides

can assist in problem solving the many different challenging situations you may be experiencing.

- They are a place to share common concerns and joys. Others in similar situations can then offer encouragement and support.
- They provide emotional support and are a safe place to identify and express stressful feelings. Having this support can improve your mood and decrease feelings of distress.
- They provide affirmation and advocacy. The group serves as a source of validation and can offer avenues to local resources.

The benefits of attending support group meetings can help you feel less alone, give you new strategies to cope with day-to-day stressors and help you feel affirmed in your work as a caregiver. The result will be a healthier, happier you which in turn means better care for your loved one. By taking time to care for your physical and emotional needs, you will discover you can feel more joy and contentment in your caregiving role.

The Sawyer County Caregiver Support Group meets the 2nd Tuesday of each month from 1-2:30 p.m. in the lower level of the Senior Resource Center, located at 15856 E. 5th Street, Hayward, WI.

All caregivers are encouraged to attend. If finding someone to care for your loved one during the meeting is a concern for you, please call the Senior Resource Center at 715-634-3000 for assistance.



Jane Mahoney

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

Senior Resource Center Activities & Events

715-634-3000 • JULY/AUGUST 2018 • 8:00 a.m. to 4:00 p.m.

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Call 715-634-3000	Contact Jodi Olney	Lower Level
Caregiver Support Group	2 nd Tuesday of each month	1:00 p.m. – 2:30 p.m.	Lower Level
Bridge Group	Wednesdays	9:00 – 12:00 a.m.	Lower Level
Cribbage	Tuesdays & Thursdays	1:00 p.m.	Upper Level
Lunch Meals - 12:00 noon	Monday-Friday each week	Reservations See Menus	All Sites
Evening Meal	Tuesdays	Reservations See Menus	All Sites
Gin Rummy	Mondays	10:00 – 11:30 a.m.	Upper Level
Pinochle & 500	Mon - Wed – Sat each week	1:00 p.m.	Upper Level
Dominos	Thursdays	1-3:30 p.m.	Upper Level
Senior Resource Center Bingo	Fridays	1:00 p.m.	Upper Level
Foot Care Clinic	Call Holly Duffy	715-699-9987	Lower Level
Spider Lake Meals	Mondays & Thursdays	12:00 noon	Spider Lake Church
Hayward Veterans Center Meals	Mondays & Thursdays	12:00 noon	Vets Center
Progressive Bingo	<u>Thursdays</u> - Doors open with food being served at 5:00, Early Birds 6:15, Regular Session 7 p.m.		Upper Level
Weight Watchers	Thursdays	5:30 – 7:00 p.m.	Lower Level
Technology Classes Stone Lake	Call 715-865-4940 for Appt.	Call For Appt.	Cranberry Café
Technology Classes Hayward	Will resume after Labor Day	10:00 a.m. - Noon	Lower Level
Art Group ALL Mediums Welcome	Fridays	10:00 a.m. – Noon	Lower Level
Northwood's Carving Club	2 nd Saturday Each Month	10 a.m. – 4:00 p.m.	Lower Level
Gift Shop Hayward	Monday – Friday each week	8:30 a.m. – 4:00 p.m.	Entry Upper Level
Duplicate Bridge (Wednesdays)	Runs May-Oct	6:00 p.m.	Lower Level
CLOSED Offices, Bus, Meal Sites	July 4, 2018	Happy 4 th of July!!!	Office/Bus/Meal Sites
Hayward Weight Loss Group	Thursdays	10:55am weigh in/11 meeting	Upper Level
Activities/Speakers	Day	Time	Place
WITC Hatha Yoga w/Mary Jo	Tuesday's – CONTACT WITC		Lower Level
WITC Hatha Yoga w/Mary Jo	Thursday's – CONTACT WITC		Lower Level
WITC Strength Training w/Jodi	Monday's – CONTACT WITC	5:15-6 p.m.	Lower Level
Stepping On for Balance	Monday's Start July 30 th	6 Weeks – 12:30-2:30 p.m.	Lower Level
AARP Annual Picnic	Thursday, July 5, 2018	Set-up at 11:30 a.m.	Hatchery Park
AARP Meeting 2:00 pm Hayward	Thursday, August 2, 2018	DNR Wolves Presentation	Upper Level
4 th of July Cook-outs	Tuesday, July 3, 2018	Starting 11:30	Meal Sites
Fishing/Boating Trips	Thurs & Friday, July 19 & 20	12:30-4 p.m.	Nelson Lake
Hog Fest	Saturday, August 11, 2018	5-9 p.m.	Red Schoolhouse Wines, Stone Lake
Bingo on the Patio	Wednesdays July 11 & 25, August 8 & 22	2-5 p.m.	Red Schoolhouse Wines, Stone Lake
Monthly Meetings	Day	Time	Place
Hayward Advisory Committee	1 st Wednesday	10:00 a.m.	Upper Level
AARP Board Meeting	1 st Thursday	1:00 p.m.	Upper Level
Senior Resource Center Board	Wednesday, July 11, 2018	1:00 p.m.	SRC Lower Level
Senior Resource Center Board	Wednesday, April 15, 2018	1:00 p.m.	Stone Lake Cranberry Café

Stone Lake Cranberry Cafe



The Stone Lake Cranberry Café aka Stone Lake Senior Center is in the process of moving to the old medical building in Stone Lake. During this transitional period, we will be closed, but will continue to deliver Meals on Wheels. The staff invites you to visit one of our other site locations in Hayward, Winter, Exeland, or Spider Lake. We are asking the community for support during this transitional period. The site is seeking volunteers and materials to assist with moving and services that will be required to get the new location prepared to be a state certified senior center. This will include remodeling, electrical, plumbing, kitchen equipment transport and hook-up.

Since this move will cost money, an account has been set up at the Shell Lake State Bank specifically for this purpose. You can drop off or mail any financial donations to their location at 5836 North 1st Street, Stone Lake, WI 54876. Please indicate that it is a donation for this purpose, along with your mailing address so that a receipt can be sent to you. The Senior Resource Center is a 501(c)(3) non-profit charitable organization. We hope to be up and running before the end of July.

Thank you for your patience, it will be spectacular when done.

Cranberry Cafe
Serving Nutritious Meals
Monday-Friday
 8:00-10:00 a.m. Continental Breakfast
 Lunch served promptly at 12:00 noon
 Tuesday Evening Meal 5:00 p.m.
 Age 60+ Suggested Donation Under 60 Full Cost of Meal
 Please call 715-865-2025 for Reservation
 Or for Meals on Wheels Delivery

STONE LAKE BREAKFAST MENU

Served Weekdays 8 a.m. to 10 a.m.

JULY

CLOSED FOR MOVE

- 16) Scrambled Eggs, Bacon, Raw Fries
- 17) Baked Eggs, Sausage Patties, Waffles
- 18) Sausage Gravy & Biscuits, Scrambled Eggs, Oatmeal
- 19) Scrambled Eggs, Ham, French Toast
- 20) Breakfast Burrito, Hash Browns, Baked Oatmeal

- 23) Scrambled Eggs, Sausage Patties, Pancakes
- 24) Scrambled Eggs, Bacon, French Toast
- 25) Build an Omelet, Raw Fries, Oatmeal
- 26) Scrambled Eggs, Polish Sausage, Potato Pancakes
- 27) Vegetable Scramble, Sausage Links, HBs, Cream of Wheat

- 30) Scrambled Eggs, Ham, Waffles
- 31) Scrambled Eggs, Sausage Links, Raw Fries

*See You at Our
New Location!*

*** Breakfast Includes: Fruit, Pastry, Toast, Coffee,
Hot Chocolate, Juice (V-8 & Orange), Milk

AUGUST

- 1) Sausage Gravy & Biscuits, Scrambled Eggs, Oatmeal
- 2) Scrambled Eggs, Bacon, French Toast
- 3) Breakfast Sandwich, Hash Browns, Oatmeal

- 6) Scrambled Eggs, Sausage Patties, Blueberry Pancakes
- 7) Scrambled Eggs, Sausage Links, Waffles
- 8) Build an Omelet, Raw Fries, Oatmeal
- 9) Scrambled Eggs, Polish Sausage, Waffles
- 10) Corned Beef Hash, Baked Eggs, Cream of Wheat

- 13) Scrambled Eggs, Ham, Raw Fries
- 14) Scrambled Eggs, Bacon, French Toast
- 15) Sausage Gravy & Biscuits, Scrambled Eggs, Oatmeal
- 16) Scrambled Eggs, Sausage Links, Pancakes
- 17) Breakfast Burrito, Hash Browns, Oatmeal

- 20) Scrambled Eggs, Sausage Patties, Potato Pancakes
- 21) Baked Eggs, Sausage Links, Waffles
- 22) Build an Omelet, Raw Fries, Oatmeal
- 23) Scrambled Eggs, Bacon, Pancakes
- 24) Vegetable Scramble, Polish Sausage, HBs, Cream of Wheat

- 28) Scrambled Eggs, Sausage Patties, Blueberry Pancakes
- 29) Sausage Gravy & Biscuits, Scrambled Eggs, Oatmeal
- 30) Scrambled Eggs, Sausage Links, Waffles
- 31) Breakfast Sandwich, Hash Browns, Oatmeal

I would like to make a contribution to the Senior Resource Center Aging Services and Older American Act Programs.

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

_____ Meal Program _____ Alzheimer's Respite _____ General Operating Fund

Name: _____

Address: _____

☐ I would like to be added to "The Senior Connection" mailing list. **{ \$5.00 - 1 year subscription }**

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

Thank you!

**We also accept Credit Cards – Please contact the Hayward Center at 715-634-3000 for more information

Please Return To:

The Senior Resource Center ~ 15856 E. Fifth St. ~ Hayward, WI 54843

We are a 501(c)(3) non-profit organization. Donations are tax deductible to the extent allowed by law.

NEW MEDICARE CARD IS COMING FROM MEDICARE!

DID YOU KNOW?

Medicare is for people 65 and older or with certain disabilities. Medicare has four parts — Medicare Part A (hospital insurance), Medicare Part B (medical insurance), Medicare Part C (choices in health care plans), and Medicare Part D (prescription drug coverage). Each year the Centers for Medicare & Medicaid Services (CMS)—the federal government agency that oversees the Medicare Program—announces updates to premiums, deductibles, and coinsurance amounts for all four parts of Medicare plus other news like the New Medicare Card. People on Medicare are getting a new Medicare card! Between April 2018 and April 2019, Medicare will be removing Social Security numbers from Medicare cards and mailing each person a new card. The new Medicare number is unique to you.

HERE'S HOW YOU CAN GET READY!

1) Make sure your mailing address is up to date with Social Security. 2) Beware of anyone who contacts you about your new Medicare card. Medicare will never ask you to give us personal or private information to get your new Medicare Number and card. 3) The new card mailing will take some time. Your card might arrive at a different time than your friend's or neighbor's. To check the status of your new card, please visit <https://www.medicare.gov/newcard/> or for more information call 1-800-MEDICARE (1-800-633-4227).

HERE ARE THE EXAMPLES OF THE NEW MEDICARE CARD



Seniors Unleashing Inner Bullies:

Long the plague of schools, bullying has found a toehold in nursing homes and senior centers

Published with permission credit to Matt Sedensky, Associated Press, originally published May 13, 2018, Eau Claire Leader-Telegram

The unwanted were turned away from cafeteria tables. Fistfights broke out at karaoke. Dances became breeding grounds for gossip and cruelty.

It became clear this place had a bullying problem on its hands. What many found surprising was that the perpetrators and victims alike were all senior citizens.

Nursing homes, senior centers and housing complexes for the elderly have introduced programs, training and policies aimed at curbing spates of bullying, an issue once thought the exclusive domain of the young.

“There’s the clique system just like everywhere else,” said Betsy Gran, who until recently was assistant director at San Francisco’s 30th Street Senior Center. “It’s like ‘Mean Girls,’ but everyone is 80.”

After the cafeteria exiles and karaoke brouhahas, the 30th Street Center teamed up with a local nonprofit, the Institute on Aging, to develop an anti-bullying program. All staff members received 18 hours of training that included lessons on what constitutes bullying, causes of the problem and how to manage such conflicts. Seniors were then invited to similar classes, held in English and Spanish, teaching them to alert staff or intervene themselves if they witness bullying. Signs and even place mats around the center now declare it a “Bully Free Zone.”

“I think in the past I would have just stayed out of it,” said Mary Murphy, 86, a retired real estate agent who took the



classes. “Now I might be inclined to help.”

Robin Bonifas, a social work professor at Arizona State University and author of the book “Bullying Among Older Adults:

How to Recognize and Address an Unseen Epidemic,” said existing studies suggest about 1 in 5 seniors encounters bullying. She sees it as an outgrowth of frustrations characteristic in communal

settings, as well a reflection of issues unique to getting older. Many elderly see their independence and sense of control disappear and, for some, becoming a bully can feel like regaining some of that lost power.

“It makes them feel very out of control,” Bonifas said, “and the way they sort of get on top of things and make their name in this new world is intimidating, picking on people, gossiping.”

There is far less recognition of bullying as a problem among seniors compared with young people. Even among those who have been called bullies, many are unaware how problematic their behavior is until it’s labeled. Campaigns around the country have sought to spread the word, including a booklet circulated last year by the National Center for Assisted Living.

“In the life cycle, it doesn’t go away,” said Katherine Arnold, a member of the city Human Rights Commission in St. Louis Park, Minn., which created a public service announcement on its community-access station that included a portrayal of a man who was excluded from a card game and became the subject of gossip by other seniors. “There’s really not a lot of escape.”

Most senior bullying isn’t physical but rather involves name-calling, rumors and exclusion, said Pamela Countouris, a longtime schoolteacher who now runs a Pittsburgh-based consultancy that offers training on bullying. Women constitute the bulk of the bullies Countouris encounters among seniors, a reflection of lifespan disparities and the gender makeup of those who live at or participate in programs at senior facilities.

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Countouris' business began with a focus on school bullying but now centers exclusively on seniors. In the next month alone, she has more than a dozen training sessions planned.

After four years immersed in the wrath of older bullies, Countouris has heard all manner of stories. At a senior high-rise, a woman who saw herself as the queen of the parking garage would key the cars of those who crossed her. Elsewhere, laundry rooms became vicious places where the bullied had their detergent stolen and their clothes thrown on the floor. Bingo rooms so often devolved into battlefields — with lucky newcomers badgered and accused of cheating by veteran players — she came to call it “the devil’s game.”

“I didn’t realize it was an underground society where people could be mean to each other,” Countouris said.

In the worst cases, bullying goes far beyond bingo squabbles. Marsha Wetzel moved into a senior apartment complex in Niles, Illinois, after her partner of 30 years died and her partner’s family evicted her from the home the couple shared. At Glen St. Andrew Living Community, she said she was met with relentless bullying by residents mostly focused on her being a lesbian.

One man hit Wetzel’s scooter with his walker and unleashed a barrage of homophobic slurs. A woman rammed her wheelchair into Wetzel’s table in the dining room and knocked it over, warning “homosexuals will burn in hell.” In the mailroom, someone knocked her in the head, and in an elevator, she was spit on.

“I’d just go in my room and barricade my door and just pray,” said Wetzel, now 70 and living at a senior complex in Chicago. “I just felt like a slug, like I was nothing, like I wasn’t even human.”

Lambda Legal, which defends LGBTQ rights, took on Wetzel’s case and sued Glen St. Andrew, claiming Fair Housing Act violations. A federal judge dismissed the suit last year. An appeals court decision is pending.

Wetzel had seen such bullying throughout her life. She dropped out of high school when she became a punching bag for the girls who learned she was a lesbian. As a senior, she said, it felt even more traumatic — and the bullies even more vicious. She had a view of a cemetery from her window and would stare at it, thinking maybe only when she arrived there would she find peace.

“I felt like a person in a pool of piranhas,” she said.



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