

The Senior Connection

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

Web Site:

seniorresourcecenternorth.org

**January &
February 2016**

Editor: Gloria Hagberg

In This Issue:

Here's What's Up Pg. 1-4

Executive Director Article *
Technology Class/Donations
Hayward Activities
Employment/Tax Preparer Help

Sawyer County Senior Centers

Pg. 5-6

Exeland Center News
Winter Center News
AARP Special Programs

What's on the Menu? Pg. 7-19

January Menu
February Menu
Tuesday Evening Meal Menus

Must Read's Pg. 10-16

Yoga/SeniorCare Extension
Beneficially Speaking
Best of New Zealand Program
Caregiver Stress
Veteran's Service Office
Free Income Tax Preparation

Senior Resource Center Newsletter

January/February 2016

There are so many people and organizations that we are thankful for in this past year. The Senior Resource Center has seen many transitions in the last two years and there will be more to come. With the continued deficit, we will move forward with grant applications and fundraisers to provide the services we had and the addition of new and exciting opportunities for the residents of Sawyer County 60+, their caregivers and family.

Welcome to Samantha Phillips has joined our team as the Alzheimer's Respite Coordinator. She is assisting with a new marketing plan, which includes a new name: **Remembering us: Adult Respite Program** Samantha has come to us with some great fresh ideas to reorganize and create an outstanding program for our caregivers, which include: Specialized activities designed to stimulate the mind body and soul, Music Therapy, Exercise Programs, Memory Games, Aroma Therapy, Social Interaction, Arts & Crafts and Nutritional Needs. If you are interested in meeting with her to discuss what this programming might offer for your loved one, please call 715-634-3000.

We are very excited, as she has great energy and enthusiasm for providing the best services available for the residents of Sawyer County through our Healthy Aging Programs.



Support the Senior Resource Center by joining us on Thursday nights for great Food & Fun playing Progressive Bingo. Located in the Upper Level at 15856 E. 5th Street, Hayward. Doors open at 5:30 p.m., Early Birds 6:15 p.m. and Regular Session at 7:00 p.m.

OPEN TO THE PUBLIC!

Children under 18 must be accompanied by their parents.



Please put on your calendar - Saturday, March 19th for our 2nd Annual HUGE Spring Style Show fundraiser, which will again take place at the Steakhouse. We are already in the planning phase and starting January 2nd will be looking for donations and sponsors for raffles and silent auctions. Tickets will sell out fast, so be prepared to place your order. Timber Ford is also adding a wonderful addition by hosting a "Drive 4 Meals on Wheels". They will have vehicles at the event and for EVERY person who test drives a vehicle, they will donate \$20 to the Senior Resource Center! Another fundraiser in the works is a buffet meal with Chef Chris Ray for the "Food 4 Seniors" program, partnering with the Hayward Community Food Shelf.

Looking forward to many wonderful things in 2016...

Linda Hand, Executive Director



Technology Classes at the S.R.C.



Have you received a new technology gadget from family as a gift or are you interested in purchasing something new? Connie Schield has been teaching classes at the Stone Lake & Hayward Senior Centers for months and is volunteering her time to come to Hayward on Tuesday's starting Tuesday, January 5, 2016 from 10:00am - 12 noon. Bring along that Nook, Tablet or Laptop and find out what it is capable of. Please, come on in to the Senior Center and take advantage of her knowledge.

4 Steps to Stay Healthy this Flu Season



- ✓ **Wash Your Hands** – Use soap & water for 20 seconds, or use hand sanitizer. Avoid touching your eyes, nose & mouth.
- ✓ **Cover Your Cough & Sneeze** – Use & then discard a tissue, or cough & sneeze into your upper sleeve, not your hands.
- ✓ **Stay Home When Ill** – Avoid contact with others until you are without fever for 24 hours (without using a fever reducing medicine). Keep your distance from others by avoiding crowds, limiting travel & working at home- whenever possible.

I would like to make a donation to the Senior Resource Center:

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. {Subscribe for \$5 per year}

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

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

Please Return To: Senior Resource Center – 15856 E. 5th Street, Hayward, WI 54843

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



Hayward Senior Center - Activities & Events

(715) 634-4680

~ JANUARY & FEBRUARY 2016 ~

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 Wed	11 – 12:00am	Upper Level
Bridge Group	Wednesday	9:00 – 12:00am	Lower Level
Cribbage	Tue & Thu	1:00pm	Upper Level
Duplicate Bridge	Back in May 2016	6:00pm	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
Foot Care Clinic	Call Holly Duffy	(715) 699-9987	Lower Level
Spider Lake Meals	Monday & Thursday	12:00 noon	Spider Lake Church
Progressive Bingo	Thursday	6:15 – 9:00pm	Upper Level
Weight Watchers	Thursday	5:30 – 7:00pm	Lower Level
Computer/Tablet Classes	Tuesdays/Start 1/05/2016	10:00-12:00am	Upper Level
Watercolor Painting	Friday	9:30 – 12am	Lower Level
Gift Shop	Monday - Friday	8:30am – 4:00pm	Upper Level
Income Tax Preparation	Mondays by Appt. Only	8:00am – 3:00pm	Lower Level
Activities/Speakers	Day	Time	Place
Hatha Yoga Class	Tuesday's	8:30-9:45am/4:30-5:45	Lower Level
Hatha Yoga Class	Thursday's	9:15-10:30/10:45-noon	Lower Level
Evening Meals	Tuesdays (\$5.00)	5:30pm	Upper Level
Elderly Benefit Specialist	2 nd Friday of each month	11:45am	Upper Level
Adult Respite Program	Thursdays	9:00am – 3:00pm	Lower Level
Closed New Year's Day	Friday, January 1, 2016	ALL SITES CLOSED	Happy New Year!
"Who Gets Grandma's Sugar Bowl?"	Thursday, January 7, 2016	2:00pm	AARP Upper Level
"Best of New Zealand"	Tuesday, January 12, 2016	10:00am – 12:00 noon	Upper Level
SRC Respite Luncheon Fundraiser	Sunday, January 31, 2016	Watch Facebook Page	To Be Determined
Fran Pratt "Healthy Watershed"	Thursday, February 4, 2016	2:00pm	AARP Upper Level
2 nd Annual Spring Style Show Fundraiser	Saturday, March 19, 2016	Watch Facebook Page	Steak House
Monthly Meetings	Day	Time	Place
Advisory Committee	1 st Wednesday	10:00am	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



Employment Opportunity:

Part-time/Substitute Senior Resource Center Bus Driver. Applicants must possess and maintain a valid CDL. Employment is contingent upon passing a background check and drug test. Random drug testing will be conducted thereafter. Starting wage is \$11.13 per hour. Please call 715-634-3000 or stop by the office 15856 E. 5th Street, Hayward for an application.

WANTED:

Fitness Instructors who have professional credentials such as a group fitness or personal training certification or a degree in a related field, current CPR certification and professional liability insurance. We have centers throughout the county in Hayward, Stone Lake, Winter, Exeland and Spider Lake, where we would like to offer fitness opportunities for our residents. We have partnered with SilverSneakers and there are many types of classes that can be offered. If you or someone you know might be interested in instructing a class or you would like to attend a class, please contact Linda Hand at the Senior Resource Center at 715-634-3000 or email linda@seniorresourcecenternorth.org

<https://www.silversneakers.com/>

Employment Opportunity:

Looking for a professional, confident, outgoing person to team as the Prevention, Health Prevention, Stepping On Coordinator. This is a newly created position that is funded by a grant that will run from 2016 through 2017. Starting wage will be \$10.00 per hour, 14 hours per week. The direction of the Executive Director to initiate, promote and form partnerships for the Stepping On program. Please complete an application and submit a resume to the

Tax Preparer Needed:

The volunteer tax aide program is looking for an individual who would like to prepare taxes.

This individual must have computer knowledge, like working with the general public and be willing to volunteer their time 8 hours one day each week. A laptop computer is furnished and training is available.

If interested or more information is needed, please call Bruce Paulsen, coordinator at (715) 634-3618.



EXELAND CENTER NEWS

715-943-2990



HAPPY NEW YEAR!



Thank you to Carl and Carol Vierck for decorating the outside flower boxes with the pine boughs. They give a very festive touch and are nice to see as one drives up to the building. Carol also did a wonderful job of decorating inside also. The tree is especially beautiful this year. Thank you.

A special thank you goes out to Ron and Marlys Markley for all the vegetables that they donated this past summer and fall. It was wonderful that they gave permission to our site manager Bonnie to go to their garden and pick whatever she needed.

Thanks to Ron Freitag for purchasing the material to cover the air conditioners and to Ron and his sons for the great job of covering them.

Thank you to the Sacred Heart Rosary Society for their generous donation.

Some days are just special, such as: Veteran's Day when the Veterans of the community were invited to be guests of the Exeland Center for lunch, Flu Shot Day when over 20 people took advantage of being able to get their flu shot close to home and to help prevent illness this winter. Then there are those special days when Bonnie serves meals that the community especially likes such as pork chops and many people sign up for lunch.

Our sympathy goes out to the family of Janet Thorson. She passed away in December after a brief illness and she will be missed.

WATCH FOR IT STARTING IN JANUARY – The Exeland Meal Site will be selling tickets for a **MARCH FORWARD FOR MEALS ON WHEELS** cash raffle. First place prize will be \$500. The drawing will take place at our annual "Meals on Wheels" program toward the end of March 2016. Watch for tickets being sold at the Sawyer County meal sites and in several places in the community. The tickets will be sold for \$1 each or six for \$5.00. Purchase tickets and help support the Meals on Wheels program for your friends and neighbors throughout the county.

The following is the Face Book page and the web site for the Sawyer County SRC: *Senior Resource Center Located in Sawyer County, WI* and Seniorresourcecenternorth.org. Check them out often for news that may be of benefit to you.

WINTER SENIOR

CENTER

(715) 266-2233

Well here we are into a new year 2016!!!!

Have any of you made your bucket list yet? How about sitting down and making a list of 1 or 2 chores that you would like to do and then sit down and make a plan to do it. We are thinking and talking about different things to do. How about cleaning out the drawer by the door that we are all guilty of stuffing things into. Items we really don't know what to do with or where to put them, or how about cleaning out the magazine rack? What about

the end table or the table where the mail lands? How about cutting back on unhealthy snacks; that's one thing I will try, to start eating a little less and drink a little more water. I really don't think any of us get enough water.

January is usually a very quiet month, but it doesn't have to be as we have plenty of activities here at the center for you to do. Bring in some sewing or come in and play pool or work on a puzzle. Come on in and play cards and visit with some of the other people that come in to get out of the house.

We are in need of a few people to attend our Advisory Board meeting. We really do have a lot of great ideas floating around, but we need a few more volunteers for some of our plans to raise money for our center. We meet the 3rd Thursday of each month, so if you are bored and tired of just sitting in the house watching TV come in for lunch and a good discussion on what our plans are for 2016. Everyone is getting very excited and hopefully our plans will get launched this spring.

How can we make our Winter Senior Center better? We would really love to have your input your opinion does matter so bring in your ideas.

Stay safe and be very careful if you are out and about and don't forget to smile and say "Hello" to someone as you walk by.

Hope to see you soon,
Your friends at the Winter Senior Center



AARP SPECIAL PROGRAMS

The next meeting of the Sawyer County AARP Chapter is Thursday, January 7, 2016 at 2:00pm in the Sawyer Community Senior Center – 15856 E Fifth St in Hayward.

Michael Bratley, Director/Owner of Bratley Funeral Services and Pastor Gary Hilgendorf, pastor of the Spider Lake Church will present "Who Gets Grandma's Sugar Bowl?"

The program will address the issue of passing on personal possessions. The speakers will give tips from their personal experience working with bereaved families, which will include fairness, managing conflicts, making a plan for distributing treasured objects and ensuring that your wishes are met. There will be time for sharing your experiences.

>>>>>>>>

The February program will be held Thursday, February 4, 2016 at 2:00pm in the Sawyer Community Senior Center.

Frank Pratt will speak about "Opportunities for Senior's to Pass on Healthy Watershed to our Future Generations". This is a program that will benefit all of us and our families for generations.

Refreshments will be served after both programs.

Future topics for monthly AARP meetings that were chosen by the membership include "Water Quality Trends in the Upper Basin" by Frank Pratt; "Boosting your Memory"; Guided visit to the Sawyer County Historical Museum; and "Current Senior Benefit News" by Elder Benefit Specialist, Sally Gaca.



JANUARY 2016 - HAPPY NEW YEAR!!!

Monday	Tuesday	Wednesday	Thursday	Friday
Phone Numbers for Senior Resource Center Meal Sites: Stone Lake: (715) 865-2025 Winter: (715) 266-2233 Exeland: (715) 943-2990 Hayward/Spider Lake: (715) 634-4680 <i>At any time, if a participant is unable to eat what is on the menu, please contact your Site Manager for an alternative meal. We are here to serve you!</i>				
4 Spaghetti with Meat Sauce, Salad, Garlic Bread, Fruit Salad & Milk	5 Wild Rice Soup, Ham & Egg Salad Sandwich w/Lettuce & Tomato, Pickle, Pumpkin Cookie & Milk	6 Pork Chop, Scalloped Potatoes, Butternut Squash, Corn Muffin w/Honey Butter, Cherry Pie & Milk	7 Meatloaf & Mashed Potatoes w/Brown Gravy, Bacon Pea Salad, Crescent Roll, Cowboy Cookie & Milk	8 Baked Fish, Lemon & Tartar, Rosemary Baked Sweet Potato Fries, Coleslaw w/Craisins, Roll, Blonde Brownie & Milk
11 Cook's Choice Please call individual Dining Center for Today's Menu	12 Biscuits Smothered in Sausage Gravy, Scrambled Eggs, Fruit, Orange Juice & Milk	13 BBQ Ribs, Baked Potato w/Sour Cream & Chives, Corn, Cheddar Biscuits, Yogurt Fruit Parfait & Milk	14 White Chicken Chili Topped w/Grated Cheese Garden Salad, Tortilla Chips w/Salsa, Sour Cream, Crackers, Fruit & Milk	15 Roast Beef & Mashed Potatoes w/Gravy, Buttered Carrots, WW Dinner Roll/Butter, Apple Turnover & Milk
18 Boiled Dinner, Brown Bread/Butter, Peach Cobbler & Milk	19 Roast Turkey, Mashed Potatoes w/Gravy, Beans, Crescent Roll, Pie, Cranberry Juice & Milk	20 Hamburger Casserole, Cucumber Salad, Beets, Marble Rye Bread/Butter, Sherbet & Milk	21 Italian Turkey Meatball Soup, Crusty French Bread/Butter, Salad, Chocolate Cake & Milk	22 Baked Chicken, Potato Salad, BBQ Beans, WW Bread/Butter, Frozen Cream Sickle Yogurt & Milk
25 Lasagna, Side Salad, Garlic Bread, Pears, Cookie & Milk	26 Scalloped Potatoes & Ham, Chop-Chop Salad, Apple Sauce, Dinner Roll, Dessert & Milk	27 Salisbury Steak w/Brown Gravy & Grilled Onions, Creamy Mashed Potatoes, Peas, Ice Cream & Milk	28 Liver & Onions OR Request Chef's Alternative, Parslied Red Potatoes, WW Bread Butter, Cookie & Milk	29 Chicken Noodle Soup, BLT Sandwich or Wrap, Fruit Salad, Dessert & Milk

February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1) Beef Stroganoff over Noodles, Beets, Cucumber Salad, Crescent Roll/Butter, Fruit & Milk	2) Finger Licking BBQ Chicken, Sweet Potato Tots, Baked Beans, Corn Bread w/Honey Butter, Fresh Fruit & Milk	3) Pork Chops, Creamed Corn w/Bacon & Leeks, Marble Rye Bread, Pineapple Cake & Milk	4) Meatball Lover's Sandwich ON/OR beside a Hoagie Bun w/Sliced Onion, French Fries, Fresh Salad, Cookie & Milk	5) Chicken Noodle Soup, BLT Sandwich or Wrap, Fruit Salad, Dessert & Milk
8) Chinese New Year Chop-Suey w/ Vegetables over Rice, Egg Roll, Chow Mein Noodles, Fortune Cookie, Fruit Salad & Milk	9) Chicken Parmesan served on Noodles, Roasted Brussel Sprouts, Garlic Bread, Cheese Cake & Milk	10) Ash Wed Salmon Patti, Roasted Red Potatoes, Creamed Peas, Strawberry Shortcake & Milk	11) Italian Beef Sandwich w/Mozzarella Cheese, Side Winder Potatoes, Coleslaw, Pretzel Salad & Milk	12) Valentine's Vegetarian Spaghetti, Garden Salad, Garlic Bread, Chocolate Fudge Brownie w/Whip Cream & Cherry
15) President's Day Cook's Choice Please call individual Dining Center for Today's Menu	16) Meaty Chili w/Cheddar Cheese Grilled Sandwich, Fresh Veggies w/Dip Apple Crisp & Milk	17) Baked Chicken Breast, Mashed Potatoes, Spinach Salad w/Honey Bacon Dressing, Peach Cobbler & Milk	18) Baked Ham, Sweet Potatoes, Green Bean Casserole, Snowberry Cookie & Milk	19) Ian's Savory Potato-Vegetable Soup, Egg Salad Sandwich, Pickles, Crackers, Fruit Pie & Milk
22) Creamed Chicken over Biscuits, Mixed Vegetables, Ice Cream & Milk	23) "Build a Burger" on Bun, Bacon, Lettuce, Tomato, Onion, Cheese served with Baked Onion Rings, Milk & Root Beer Float	24) Roast Pork, Baked Potato, Salad, Apple Sauce, Marble Rye Bread/Butter, Dessert & Milk	25) Chicken Tetrzzini, Mandarin Bacon Crunch Salad, French Bread Butter, Dessert & Milk	26) Breaded Fish Sandwich w/Tomato & Cheese, Sidewinder Fries, Coleslaw, Dessert & Milk
29) Swedish Meatballs, Garlic Mashed Red Potatoes, Corn, Angel Food Cake & Milk	Phone Numbers for Senior Resource Center Meal Sites: Stone Lake: (715) 865-2025 Winter: (715) 266-2233 Exeland: (715) 943-2990 Hayward/Spider Lake: (715) 634-4680 <i>At any time, if a participant is unable to eat what is on the menu, please contact your Site Manager for an alternative meal. We are here to serve you!</i>			

HAYWARD

Tuesday Evening Meals

January 2016

- 5)** -- BBQ Chicken, Sweet Potato Fries, Baked Beans, WW Bread, Peach Cobbler
- 12)** -- Roast Beef, Mashed Potatoes/Gravy, California Blend Vegetables, WW Bread, Pudding w/Topping
- 19)** -- Salisbury Steak, Creamy Mashed Potatoes w/Gravy, Peas, Brown Bread, Speckled Brownie
- 26)** -- Homemade Pizza with Toppings, Fresh Lettuce Salad, Angel Food Cake with Strawberries & Whipped Cream

February 2016

- 2)** -- BBQ Ribs, Baked Potato, Buttered Corn, Marble Rye Bread, Blueberry Pie
- 9)** -- Baked Ham, Baked Sweet Potato, Green Beans, Dinner Roll, Frosted Banana Bar
- 16)** -- Roast Pork with Applesauce, Mashed Potatoes/Gravy, Roasted Brussel's Sprouts, WW Bread, Chocolate Cake
- 23)** -- Oven Fried Chicken, Sidewinder Potatoes, Glazed Carrots, Crescent Roll, Oatmeal Raisin Cookie

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

Reservations Call: (715) 634-4680
****Meals Served Tuesdays at 5:30pm****

STONE LAKE

Tuesday Evening Meals

January 2016

- 5)** -- Grilled Pork Chop, Baked Potato w/Sour Cream, Peas, WW Bread/Butter, Fruit Pie, Milk
- 12)** -- BBQ Ribs, Baked Potato w/Sour Cream, Coleslaw, WW Bread/Butter, Ice Cream, Milk
- 19)** -- Spaghetti/Meat Sauce, Garlic Bread, Fall Garden Salad, Cookie, Milk
- 26)** -- Beef Stew, Biscuit, Apple Pie, Milk

February 2016

- 2)** -- Turkey, Dressing, Mashed Potatoes w/Gravy, Green Beans, WW Bread/Butter, Pumpkin Pie, Milk
- 9)** -- Pork Chop, Mashed Potatoes, California Blend Vegetables, WW Bread/Butter, Peach Cobbler, Milk
- 16)** -- Roast Beef, Mashed Potatoes w/Gravy, Green Beans, Applesauce Spice Cake, WW Bread/Butter, Milk
- 23)** -- Chicken Parmesan with Noodles, Lettuce Salad, WW Bread/Butter, Banana Cake, Milk



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

Reservations Call: (715) 865-2025
****Meals Served Tuesdays at 5:00pm****



YOGA CLASS NEWS



Dear Yogis,

As of December 1st we have opened up our yoga classes to SilverSneakers members. In order to get paid by SilverSneakers, we are required to meet their requirements. One of which is charging a minimal fee to students that are not SilverSneakers members. So, **as of January 1st**, those of you that are not SilverSneakers members will have to pay \$2 per class if over age 60. Those under age 60 will continue to pay \$5 per class. If you are a SilverSneakers member, the class is free to you. Also, please let me know if you are a SilverSneakers member because I have to track your attendance at each class.

The **SilverSneakers®** Fitness program is an innovative program offered through participating health plans that gives you the freedom to get fit your way™. To learn more about becoming a member of Silver Sneakers, go to www.SilverSneakers.com. The site is very user friendly.

I hope this new info will not deter any of you from coming to yoga. We will be developing a punch card so that you can buy 5 or 10 classes at a time that I will punch as you use it. If you have any questions about any of this or if the fee is a hardship for you, please talk to me or Linda Hand at the Senior Resource Center.

Namaste'
Mary Jo



Wisconsin SeniorCare Extended through 2018

The Department of Health Services (DHS) is pleased to announce that the Centers for Medicare and Medicaid Services (CMS) has approved its application to renew the SeniorCare Waiver through December 31, 2018. The SeniorCare program will continue to operate as it does today. If you are a current SeniorCare member, you will continue to be enrolled in the program as long as you reapply each year, meet the eligibility requirements, and pay the \$30 annual fee.

The U.S. Department of Health Services (DHS) informed CWAG today, that the U.S. Centers for Medicare and Medicaid Services (CMS) has approved Wisconsin's application to renew our low cost Rx Drug program. SeniorCare has been reapproved through December 31, 2018.

This means Wisconsin's SeniorCare program will continue to operate as it does today for another two years.

If you are a current SeniorCare member who is 65 and older, you will continue to be enrolled in the SeniorCare program as long as you reapply each year, meet the eligibility requirements, and pay the \$30 annual fee.

For More information about Wisconsin's SeniorCare program, please click on the DHS link below on the SeniorCare website:
<https://www.dhs.wisconsin.gov/seniorcare/index.htm>.

Medicare & Home Health Care

Beneficially Speaking

Sally Gaca, Senior Resource Center, Elder Benefit Specialist



Home health care allows you to receive health care in the comfort of your own home, instead of in a hospital or clinic. Home health care can be less expensive and more convenient too. If you qualify, Medicare will pay for certain home health care services when they are considered reasonable and necessary.

You may use the home health benefits program if you have Medicare and meet **all** of the following criteria:

- You are under the care of a physician.
- The services you receive are under an established plan of care that is regularly reviewed by your doctor.
 - Your doctor certifies that you need one or more of the following:
 - Intermittent skilled nursing care,
 - Physical therapy,
 - Speech-language pathology, or
 - Continued occupational therapy.
 - You are deemed “homebound” which can be defined as the following:
 - You are unable to leave your home, or it is not recommended due to your condition.
 - Your condition does not allow you to leave your home without aid. For example, to leave home you need a wheelchair, walker, special transportation, or help from another individual. However, a person may still qualify for home health care even if he leaves home for non-medical reasons such as attending religious services.



Individuals who need more than intermittent nursing care are not eligible for home health benefit. Nursing care is considered “intermittent” when it is given fewer than 7 days per week or less than 8 hours per day over a period of 21 days. If you are interested in receiving home health care, be sure to speak with your doctor. You will need to set up an individual “plan of care” tailored to your needs. The plan of care will include the services to be provided, identify your providers, determine how often services will be needed, detail the required medical equipment, and discuss the treatment goals.

Medicare part B premiums & The Hold-Harmless provision

Beneficially Speaking

Sally Gaca, Senior Resource Center, Elder Benefit Specialist



On November 10, 2015, CMS released the official Medicare Part A & B figures for 2016. There was not a 52% increase in Medicare Part B Premiums as was anticipated. However, there will still be a Part B Premium increase of about 16% — from \$104.90 in 2015 to \$121.80 in 2016. This increase will only apply to approximately 30% of Part B enrollees due to the “hold harmless” provision. In 2016, the cost-of-living adjustment (COLA) for Social Security benefits will be 0.00%, meaning the monthly Social Security benefit amounts will not increase. Recall that the hold harmless provision limits the Medicare Part B premium increase to the dollar increase in the Social Security benefit from the annual COLA. Because there is no adjustment for 2016, the Medicare Part B premium increase in 2016 cannot apply to Medicare enrollees eligible for the hold harmless provision. Unfortunately, approximately 30% of Part B enrollees (those not protected by the hold harmless provision) will have an increased Part B premium and will have to gradually repay the government through a \$3.00 surcharge, which is already included in the increased 2016 monthly premium. On the other hand, enrollees protected by the hold harmless provision will have the same premium in 2016 as 2015—\$104.90.

To receive protection under the hold harmless provision, a beneficiary must:

- Be eligible for Social Security benefits in the months of November and December 2015;
- Have the Medicare Part B premium deducted from Social Security benefits in December 2015 and January 2016 (Social Security benefits are paid with a one-month lag);
- Not receive a COLA that is greater than the Part B premium increase (there is no COLA increase for 2016); and
- Not have a modified adjusted gross income over \$85,000 for an individual and \$170,000 for a couple.



Medicare enrollees who are not held harmless and will have to pay the increase include:

- 1) those who do not receive Social Security,
- 2) state government employees not covered by Social Security,
- 3) those who do not receive large enough Social Security payments to pay Part B premiums from their Social Security checks,
- 4) high-income beneficiaries subject to income-related Part B premiums,
- 5) dual-eligible (although dual-eligible are subject to the increased premium, the state Medicaid program will bear the cost), and
- 6) new Medicare enrollees in 2016.

Overall, the hold harmless provision only protects Medicare beneficiaries from the Part B premium increase for 2016. If there is a COLA increase in Social Security benefits in subsequent years, all Medicare beneficiaries will pay an increased premium at that time.

Free Monthly Educational Series for January 2016

SENIOR RESOURCE CENTER OUTREACH PROGRAM

“Best of New Zealand” by Dr. Mel Baughman,
Professor Emeritus, University of Minnesota



When: Tuesday, January 12, 2016

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

Time: 10:00 am – 12:00 noon



Through beautiful photographs and an informative lecture, Mel will bring to life the Best of New Zealand, including its culture, history, economy, and fabulous scenery. He previously led university students to New Zealand on study abroad trips where they learned about New Zealand's natural environment. He traveled widely across the islands exploring small towns, hiking through forest lands, poking into caves, climbing glaciers, and cruising fjords. You will learn about kiwis, gigantic trees, hot springs, glow worms, volcanoes, and creation of the Southern Alps.



Biography:

Mel Baughman was a long-time forestry professor at the University of Minnesota with previous employment at Kansas State University and Pennsylvania State University.

His career was spent in Extension forestry teaching family forest owners about managing their lands.

Toward the end of his career he specialized in recreational trail design as well as income and property tax law related to forestry. On the campus he taught classes on trail design and led students on 3 ½ week trips to New Zealand. He also served in several administrative roles including Associate Dean for Undergraduate Programs. Mel now lives in Hayward where he enjoys fishing, hunting, hiking, skiing, and traveling.



CALL 715-634-3000 or send to SRC, 15856 E. 5t Street, Hayward, WI 54843 for Reservation

☐ “Best of New Zealand”, Tuesday, January 12, 2016

Name: _____ Phone #: _____

Address: _____

City: _____ Zip: _____

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

10 Signs of Caregiver Stress



The demands on a person who is taking care of elderly parents result in a great deal of stress. If caregivers aren't careful, they jeopardize their own health and well-being.

A study of family caregivers found that those who experience caregiving-related stress have a 63% higher mortality rate than non-caregivers of the same age. There are several reasons why stress occurs, such as working too much, [not sleeping enough](#), having to deal with [family and work at the same time](#), and not having as many hours in the day as you need to take care of yourself.

Remember you can't care for your loved one if you are ill yourself. The first step in dealing with caregiver stress is to recognize the signs. Then, you can find ways to deal with it and enlist support or medical help when needed.



10 signs of caregiver stress

1. **Depression.** Symptoms include constant sadness, feelings of hopelessness and increased crying.
2. **Withdrawal.** This can occur if you are depressed. You may not wish to see family and friends. You may stop taking part in things you used to enjoy.
3. **Anxiety.** You may feel anxious to get things done or you may feel that you don't have enough time, or about facing another day and what the future holds.
4. **Anger.** You may start yelling at your loved one more, or have difficulty controlling your temper with other people. Caregivers often become angry at their loved one because they are sacrificing their own lives to care for them. Feeling angry at family members for not helping is also common.
5. **Loss of concentration.** You are constantly thinking about your loved one and everything that you need to do. As a result, you have difficulty concentrating at home or at work.
6. **Changes in eating habits.** This results in weight gain or loss, as well as increased illness.
7. **Insomnia.** You may feel tired, but cannot sleep. Or, you may not feel tired even if your body is tired. You also may wake up in the middle of the night or have nightmares and stressful dreams.
8. **Exhaustion.** If you frequently wake up feeling you can't get out of bed despite a good night's sleep, you're in distress.
9. **Drinking or smoking.** You may find that you are drinking or smoking more. Or, you start drinking or smoking when you haven't in the past.
10. **Health problems.** You may catch colds or the flu more often than usual. This is particularly common in caregivers who do not take care of themselves, by not eating properly and exercising.

Sawyer County Veterans Service Office

WISCONSIN
MONTH: DECEMBER 2015

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



Veterans Identifier for Driver's License

As a reminder, eligible Veterans in Wisconsin can receive a Veteran Identifier on your Wisconsin driver's license or ID card. In order to receive your veteran driver's license, you'll need to visit our office and complete the DMV application. You'll need a certified copy of your discharge papers (DD-214) showing you received an other than dishonorable discharge and that you meet time in service requirements, or that you served in a Guard or Reserve component and were mobilized for federal active duty. We will verify the documents presented and approve/stamp the application. You can then take it to the DMV. If you don't have a copy of your discharge papers, we can order a copy for you.

Non VA Emergency Care

In 2001, the U.S. Congress provided VA with authorization (called the Mill Bill) to pay for emergency care in non-VA facilities for veterans enrolled in the VA health care system. The benefit will pay for emergency care rendered for non-service-connected conditions for VA enrolled veterans who have no other source of payment for the care. However, VA will only pay to the point of medical stability. There are

very strict guidelines concerning these types of claims. Veterans and their non-VA providers should be aware that these claims must be filed with the VA within 90 days from the last day of the emergent care. This benefit is a safety net for enrolled veterans who have no other means of paying a private facility emergency bill. If another health insurance provider pays all or part of a bill, VA cannot provide any reimbursement. Veterans who retired from the U.S. military are covered by Tricare/CHAMPUS insurance and cannot file a Mill Bill claim.

To qualify, you must be provided care in a hospital emergency department or similar facility providing emergency care. You must be enrolled in the VA Health Care System and must have been provided care by a VA health care provider within the last 24 months. You must be financially liable to the provider of the emergency treatment for that treatment, and have no other form of health care insurance including Medicare, Medicaid, or a state program. You cannot have any other contractual or legal recourse against a third party (such as a Workman's Comp Claim or a Motor Vehicle Accident) that will pay all or part of the bill.

The care must have been rendered in a medical emergency of such nature

that a prudent layperson would have reasonably expected that delay in seeking immediate medical attention would have been hazardous to life or health. If you are an eligible veteran, and a VA facility is not feasibly available when you believe your health or life is in immediate danger, report directly to the closest emergency room (ER). If your condition is stabilized by the ER but additional medical care is needed, proceed to the nearest VA Medical Center (VAMC). If hospitalization is required for your service or non-service connected condition, you, your representative or the treating facility should contact the nearest VAMC's Transfer Center within 24 hours to arrange a transfer to VA care. Veterans have a responsibility to ensure that the VA Transfer Center is notified immediately upon any hospital admission. For Sawyer County Veterans and surrounding counties, the Minneapolis VA Medical Center's notification line is (612)-725-2019.

Contact Renee Brown if you would like to receive veteran's information by email. There are many state and federal benefits and programs available to veterans and their dependents. To find out if you are eligible for any of these benefits, visit or call our office. We can and will assist you in completing all required application forms.

SENIOR RESOURCE CENTER
15856 FIFTH ST.
HAYWARD, WI

STANDARD PRESORT
U. S. POSTAGE PAID
PERMIT #44
NON-PROFIT
HAYWARD, WI 54843



Income Tax Preparation

Bruce Paulsen and his volunteer helpers will once again be here to do your taxes. This is a wonderful service that is sponsored by VITA/Hayward Credit Union and the Senior Resource Center. They will begin preparing taxes on January 25, 2016 and continue until mid-April. This year taxes will again be done in Hayward, Winter and Cable. There is no charge, but donations are always appreciated. The preparers very generously volunteer their time. Please call the Senior Resource Center at **(715) 634-3000** or **(715) 634-8639** to make an appointment.

- ➡ **Hayward** - Every Monday beginning **01/25/2016.**
- ➡ **Winter** – Every Wednesday starting **01/27/2016.**
- ➡ **Cable Credit Union** – Tuesday, Wednesday, Thursday starting **01/26/2016.**
Cable Appts Only - Call: (715) 798-3535

