



## Your Direction for Services, Activities and Events of Interest for Residents Age 60 and Over

### Executive Director News



By Linda Hand

In an average week, we get numerous emails and messages inquiring as to the services that we offer and are available in Sawyer County. On November 16th, I received a Christmas Wish email from Tara, who is the Administrator at the Queen of Angels in Radisson. She wanted to know if we had a program that could possibly provide gifts for the twelve seniors who resided there. As an Elder Benefit Specialist, I had visited there sev-

**Continued on Page 2**

## The Right People, Right Here

*Hayward Area Memorial Hospital & Water's Edge are Perfectly Aligned for Your Therapies*



The Rehab Team includes the full spectrum of experts: physical therapists, occupational therapists, speech therapist, physical therapy aides, wound care specialists, wound care aides, and patient services staff.

By Kathy Hanson,  
Contributing Writer

There is a wonderful resource close by for seniors that offers services, programs and knowledge about the aging process and how to best keep your body tuned up. It is the Rehab Department at Hayward Area Memorial Hospital & Water's Edge (HAMHWE).

Cherie Morgan, Marketing and Communications Director, said the rehab department has grown and evolved, offering many more specialty therapy services. In the summer of 2017 the physical space was expanded and remodeled, allowing them to hire more therapists and offer more specialty services.

"One of the greatest things about HAMHWE is that we are able to provide the full continuum of care. Our rehab services team works together to provide therapy services for patients staying

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## What's Up in this Edition:



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Queen of Angels Assisted Living Facility is located on Hwy 27/70 in Radisson.



WALDO Center Site Manager , Ruth Brad, spearheaded a special Christmas celebration for the residents at Queen of Angels.

### Director News

#### Continued from Page 1

eral years ago, and have driven past it many times since. This assisted living nursing home is nestled on top of a hill off State Road 27/70 and is known for the three angels that guard the entrance to this quaint residential facility.

Our mission this past year has been to reach out to those older adults that do not receive our services, due to isolation. I knew that we needed to do whatever we

could to help these seniors during the holidays. Each meal site has a Nutrition Advisory Committee, so I contacted the Winter WALDO site to ask if they would be interested in putting together a special Christmas for these people. Ruth Brad, the Site Manager, responded with an overwhelming "Yes", and the emails started exchanging. We received a list of the residents with their Christmas requests, donations came, volunteers shopped and wrapped. This facility is "Cat-Friendly", so there were even kitty treats and toys packed.

On Sunday, December 17th, someone started blowing up my phone, meaning sending me message after message. It was Ruth, messaging me pictures of the deliveries. The WALDO group, along with kids, had filled up their vehicles and made the trek to Queen of Angels, where they were met by a very receptive crowd. Tears of joy flowed, and many laughs were had. As I scrolled through the pictures it reminded me of the quote, "Lest not Forget" the ones who are isolated, forgotten, and the ones needing us the most. There are so many older adults, living right in Sawyer County that are lonely. We will continue to strive to #fighthunger #fightisolation in 2018. The pictures spoke for themselves and for the privacy of the residents we will not share, but can confirm that these little acts of kindness can mean so much to our seniors.

In the coming year please take the time to reach out to those not only at Queen of Angels, but also your neighbors and those that you see out in the community. Invite someone to dinner, take them to town shopping, or just stop to listen to their stories and play a game of cribbage. We can learn a lot from our elders.

If you would like to donate or volunteer at Queen of Angels they can be reached at 715-945-2203 and are located at 11428 W. State Road, 27/70, Radisson, WI.

## Have a wonderful 2018!

# HOLLY JOLLY CHRISTMAS CASH RAFFLE WINNERS

1st Place: Jen Palmer - \$500  
 2nd Place: Ben Clements - \$250  
 3rd Place: Jim Papanek - \$100  
 4th Place: Kori Galloway - \$50  
 5th Place: Steph Revelle - \$25  
 6th Place: Tanya.... \$25  
 7th Place: Pat Clough - \$25  
 8th Place: Jodi Longtine - \$25  
 Quilts: Jim Carson  
 and Lorraine Schroeder  
 Runners: Linda Hand  
 and Karen Patrich

## Exeland Center News

The Crossings Diner  
 715-943-2990



By Karen Skogen

### HAPPY NEW YEAR

*We are going to start the New Year off with a Grand Get-Together:*

SENIOR HOLIDAY PARTY  
 SUNDAY, JANUARY 14, 2018  
 AT THE BUCKHORN – EXELAND  
 12:30 to 1:00 p.m. Social Time  
 1:00 p.m. Order off the menu  
 (Sunday Special is Chicken)  
 Salad Bar available  
 Entertainment by "The Kormann's"  
 after the meal  
 Then Door Prize Drawings  
 (must be present to win)  
*Please sign up at the Exeland Senior Center before January 11, if you plan to attend!*

Your donations help to keep this Center alive and well and we thank you for being so generous with your time, your monetary gifts, donations of food items & goodies, for sharing your talents and for your participation at your Senior Center.

Speaking of participation, there was a full house for the Thanksgiving meal and attendance has been up during November and December. From comments made, it sounds like people are really enjoying

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## Hayward Senior Center News



**By Sue Gold**

As the busy holiday season for the Senior Resource Center ends, the Center settles into a quieter time for the winter.

January birthdays will be celebrated on January 31st. February birthdays will be celebrated on February 28th.

The Mardi Gras lunch will be on February 13th as will be the bake sale for February. Anyone is welcomed to bake and donate treats for the bake sale.

Kudos to the decorating committee for the lovely Christmas decorations.

If you haven't noticed, the Gift Shop has been moved to the lobby of the Senior Center. Stop in and look at the lovely thing on sale. Greeting cards are still \$.25 a card. If you desire to purchase anything just ask someone at the receptionist desk for help. Betty Hutchinson has worked hard at setting up the Gift Shop & it looks lovely. Thanks Betty.

A reminder from Barb and the kitchen staff, if your planning on coming to lunch please remember to call ahead. It helps to determine how much that needs to be cooked for the day. The lunches are very good and are increasing. The salad bar on Tuesday is especially popular.

As winter settles in, a reminder to all, please be careful when outside. We don't want anyone to fall and hurt themselves. Also, be careful when shoveling snow.

**HAVE A HAPPY AND HEALTHY  
NEW YEAR EVERYONE!**



**Bill Milner and Gary Gordon hanging our new window drapes at The Crossings Diner.**

### Exeland News

**Continued from Page 2**

some of their favorite meals and the down-home style offerings on the latest menus.

The Advisory Board has approved for

Bonnie to purchase a replacement for the worn out heavy duty hand mixer in the kitchen and also for a larger microwave oven to accommodate larger meal preparation and serving.

Thank you to Bill Milner and Gary Gordon for hanging our new window drapes. Thank you to Carol Vierck, Ellyn Welling Karen Skogen and Isabell Moudry for putting up the holiday decorations and tree inside and for decorating the outside flower boxes. Thank

you to Ellyn for making the arrangements for the Senior Holiday Party.

Remember, Certificates for meals at "The Crossings Diner" make great gifts anytime of the year. In February, bring someone for a special Valentine's Lunch!

## TIMBER GRILL DISHING-UP AT 2018 BIRKEBEINER!



The Timber Grill will be hitting the road again on Saturday, February 24th at the Hayward Community Veteran's Center parking lot for the Birke. In partnership with the Veterans we will be selling homemade "warm" comfort foods to raise money for the Senior Resource Center programs. If you would like to volunteer to help that weekend, please call Linda at 715-634-3000.

## WALDO Center News



**By Ruth Brad**

Hello everyone!

We are super excited to get into the New Year of 2018 we are hoping for a very productive year. We here at the Center hope everyone has had very Happy Holidays and is looking forward to a great 2018. We know that January can be a long and dreary month so how about setting up a "To do list" like how about cleaning out the junk drawer, how about cleaning out the dresser drawers, or picking a room a week and straighten that up so when spring gets here you can get outside and start planning for the summer.

Try to keep this paper close on hand so you can check out the next couple of months activities so when it warms up a little bit you can get out of the house other wise we get a little down sitting in one spot for to long we end up getting stiff and sore and maybe even gaining a little weight. So maybe check out all the Centers to see what activities they are offering and grab a friend and come out and enjoy a really nice warm meal and sit and visit or play cards or a game of your choice.

We hope to see you soon and remember to stay busy and keep your mind in shape. Also watch your step outside its going to be getting slippery.

**YOUR FRIENDS AT THE  
WALDO CENTER**



# SENIOR RESOURCE CENTER



## Many Thanks to the Hayward Community Food Shelf!

The Senior Resource Center meal sites received 3-day emergency food boxes thanks to the Hayward Community Food Shelf. This is part of our #SharetheLove Campaign for the Meals on Wheels participants. Exeland's Crossing's Diner site driver Dennis Welling and helper Ben Clements got them out along with the meals during December. #SharetheLove #FightingHunger #FightingIsolation #SawyerCounty #FeedSeniors



## Hayward Funeral Home

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## Attention Seniors:



## YOUR INPUT IS NEEDED!

My name is Jodi Olney and would like your feedback on different interests here at the Senior Center.

I have been in the Fitness field for almost 20 years working with people of all ages. One of my specialties is working with older adults. I have been teaching fitness classes and have personal trained older adults for 15 years and it is very rewarding. Balance, daily activities, and strength are all important details in which everyone should work on. I have taught a chair based class using fun tools such as small balls, small dumb bells, and resistance bands, which helps older adults with balance, daily activities and strength. Participating in a class like the one just described twice a week allows you to become stronger and healthier.

Also I am currently teaching a fit for life dance class at the Senior Center, which is also known as Zumba Gold (Zumba for older adults). If you want to have some fun dancing and enjoy moving to music this class is for you. Please let us know what your interests are so we are able to please you. Thank you and have a great day.

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# Recipe Corner



## Cabbage, Sausage & Potato Soup

*This Cabbage, Sausage and Potato Soup recipe is nice and hearty and comforting, it's full of the best savory flavors, and it's guaranteed to warm you right up!*

### INGREDIENTS

- 1 pound kielbasa sausage\*, sliced into bite-sized pieces
- 2 tablespoons extra-virgin olive oil
- 3 medium leeks, sliced into 1/8 inch rounds, white and pale green parts only
- 2 medium carrots, peeled and diced

- 1 stalk celery, diced
- 1 small green cabbage, chopped into bite-sized pieces
- 3 cloves garlic, minced
- 6 cups chicken or vegetable stock
- 1 pound red potatoes, diced
- 1 tablespoon Italian seasoning, homemade or store-bought
- 1 bay leaf
- Kosher salt and freshly-cracked black pepper

### PREPARATION

Add sausage to a large stockpot and cook over medium-heat for 5-6 minutes, stirring and flipping occasionally, until the sausage is lightly browned. Use a slotted spoon to transfer the sausage to a separate plate, and set aside.

Add the olive oil, leeks, carrots and celery to the pan, and stir to combine. Sauté for 5 minutes, stirring occasionally. Then add the cabbage and garlic, and sauté for 4 more minutes, stirring occasionally.

Add the stock, potatoes, Italian seasoning, bay leaf, cooked sausage, and stir to combine. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover, and simmer for 15 minutes, or until the potatoes are cooked and tender. Taste and season with a few generous pinches of salt and black pepper as needed. (Also, depending on how seasoned your sausage is, feel free to stir in a extra few teaspoons of Italian seasoning if you think it needs some extra flavor.)

Serve warm. Or refrigerate in sealed containers for up to 3 days, or freeze for up to 3 months.

\*Feel free to use traditional kielbasa sausage, or any kind of smoked pork, chicken, turkey, or vegan sausage that you'd like. (Bratwurst also works!)

\*\*If making this recipe gluten-free, be sure to double-check that your sausage is certified GF. Yield: 8 servings

## Maple Baked Salmon



*"This is the best and most delicious salmon recipe, and very easy to prepare. I love maple in everything and put this together one night. My husband totally loved it; he did not like salmon that much until he had this."*

### INGREDIENTS

- 1/4 cup maple syrup
- 2 tablespoons soy sauce
- 1 clove garlic, minced 1/4 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 pound salmon

### PREPARATION

1. In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat oven to 400 degrees F (200 degrees C).
4. Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

## Exeland Salad Bar Favorites: Bonnie's Oreo Pudding Dessert

*"You can get Oreo's already crushed in bags, I store them in the freezer, so they last a long time".*

### INGREDIENTS

- Extra Oreos for garnish, optional
- 2 boxes vanilla pudding, small boxes
- 3 1/4 cups milk
- 1/2 cup butter
- 1 package cream cheese
- 1/2 cup powdered sugar
- 12 ounces Cool Whip
- 1 package Oreos, coarsely crushed

### DIRECTIONS – PREP 30 MINS

- Beat the pudding and milk in a bowl for approximately two minutes or until it thickens.
- In a separate bowl, beat the butter, cream cheese, and powdered sugar together.
- Beat the cream cheese mixture into the pudding; then fold in the whip cream.
- Fold in the crushed Oreos.
- Garnish with extra cookies.





# Senior Resource Center and Staff Recognized for Achievements in 2017



Billy Sobralski, Jim Carson, and myself were invited to Lambeau Field for the Green Bay Packers Foundation "Packers Give Back" luncheon, where we were presented with a check for \$3500 for our 2018 plan of "Let's Get After Hunger" for Sawyer County seniors. This funding will help us to continue to serve residents in the isolated parts of the county with the Timber Grill.



On December 11, 2017 we attend the Timber Ford Give Back reception at The Steakhouse in Hayward, where we were presented with a check for \$1000 for the SRC programs. Timber Ford was an integral part of the Timber Grill this summer and fall, by providing a vehicle to pull the food trailer to the isolated communities where we served meals.

*By Linda Hand*

With the New Year, we will reflect upon the past and use the lessons we have learned to make 2018 even brighter. There are many goals that we have set, but there never seems to be enough time in the day. We often get requests and suggestions for new programming and services. Besides the everyday services that we provide, our additional focus in 2018 will be to continue our outreach to the most isolated rural communities with use of the Timber Grill along with our agency partners. We will strive to provide additional assistance, support, and services to the in-home caregivers that struggle to make it through another day and to expand our healthy aging programs, so our residents may continue to age in place in their own homes.

With that said we are in continuous need of donations and volunteers to fulfill our mission to: "Serve, support, assist, and advocate for the older adults of Sawyer County and their caregivers to help them achieve active, fulfilled, independent, and healthy lives." The number of Sawyer County residents 60+ just continues to grow, with the Baby Boomers coming of age, fewer people going south, and more coming here to retire. Our federal and state funding does not go up, but the number of residents requesting and needing our services does. My hope is that we never need to have a waiting list or turn someone away, but there have been times that we have had to due to lack of staff, volunteers, or funding. Let's make 2018 great and pull together for the older adults in Sawyer County. If you are interested in volunteering in any capacity or making a donation, please contact us at 715-634-3000 or 15856 E. 5th Street, Hayward, WI.

The last couple of months, the organization received some great recognition,

which just amplifies the remarkable things that we as a group, between the staff, volunteers, agency partners, business, and organizations have teamed together for the older adults in Sawyer County. On November 16, 2017, I was requested to attend the Social Innovation Prize in Wisconsin luncheon at the Wisconsin Club in Milwaukee and speak on a panel discussion. This was an amazing experience, where I was able to meet several visionary trailblazers who are also 50+ themselves that have a mission to fight hunger and isolation. At the reception, I was presented with a Fellowship for our work in developing the Timber Grill pilot project with the State of WI. It was also a fantastic opportunity to network with other professional non-profit directors to find out what is working in their agencies.

On December 5, 2017, the Timber Grill Team of Billy Sobralski, Jim Carson, and myself were invited to Lambeau Field for the Green Bay Packers Foundation "Packers Give Back" luncheon, where we were presented with a check for \$3500 for our 2018 plan of "Let's Get After Hunger" for Sawyer County seniors. This funding will help us to continue to serve residents in the isolated parts of the county with the Timber Grill. On December 14, 2017, I was accompanied by SRC Board Chair Joey Johnson to attend the Northwest Wisconsin Workforce Investment Board Business of the Year Awards at Lakewood's, where we were presented with a Community Impact Award for the work that the Senior Resource Center has done in Sawyer County.

Our staff of Michelle Pederson and Lorraine Hammerel recently finished up a Technology Training Series that was sponsored by the Helen Bader Founda-

**Continued on Page 7**





### Senior Resource Center Achievements Continued from Page 6

tion. Once completing this series, we were required to complete a Strategic Technology Plan that was then submitted for a grant opportunity. We were just notified that we were awarded a grant in the amount of \$2500, which will be used to purchase a software program that is specific to senior center programs, a new



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computers for Michelle at our front desk, Exeland and Winter, and to upgrade our telephone system voicemail.

With the additional funds received from the revitalization grant, we will be starting healthy cooking classes at our sites with our first in January being in Hayward and then Winter in February. This will be in partnership with Ruby's Pantry and other local food providers. See inside for more information.

On December 11, 2017 we attended the Timber Ford Give Back reception at The Steakhouse in Hayward, where we were presented with a check for \$1000 for the SRC programs. Timber Ford was an integral part of the Timber Grill this summer and fall, by providing a vehicle to pull the food trailer to the isolated communities where we served meals.

I look forward to what 2018 will bring and thank all of you for your support of the Senior Resource Center now and into

# Brenda Adler's Spin on Retirement



*By Kathy Hanson,  
Contributing Writer*

There aren't many organizations that Brenda Adler hasn't volunteered for, been involved in, or served in some capacity as an officer.

What she calls "retirement" started in 1995 when she and her husband Mel moved from Rochester, Minnesota to the Town of Draper, near Loretta, and built a new home on the land they had used as recreational property when they vacationed here from 1987 to 1995.

Brenda worked at Mayo Senior High School for four years as a teacher's aide; then as a histology technician and desk attendant at Mayo Clinic in Rochester. After moving to this area she said she started volunteering at the Winter School with the local 4-H program. Before long she was the Secretary/Treasurer of the Draper Community Club.

Today, at age 74, Brenda's volunteerism looks like a resume.

- President of American Legion Unit #394 (also served as secretary and treasurer);
- Treasurer of the Winter Chamber of Commerce (also served as secretary);
- Coordinator of Winter's Spring Fling and Homespun Holidays;

- Board member and current Treasurer of the Winter Area Chamber of Commerce, (as board member, she represents the Town of Draper); and
  - President AARP, currently being mentored by former President Waldo Asp.
- "The AARP group has been a very positive experience in keeping up with what is going on and how to get our voices heard in Congress," Brenda said. She loves coming to the Sawyer County Senior Center in Hayward, even though it's a 40-mile drive one-way.

"The senior center is an amazing place with lots going on for the seniors, but I hope to work on getting AARP meetings at senior centers outside of Hayward. My hope is to get more seniors involved from around the county ... we need to be heard at all levels of government," she said.

Brenda is working with the senior center in Hayward so she can bring more classes, such as yoga and informational classes, to the other senior centers. She estimates that she spends between 15-20 hours per week on her various volunteer activities.

And she still has time to partake in her own favorite pastimes of reading, sewing, baking and visiting with friends.

# DRIVER SAFETY

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Times: 9:30 a.m. to 2:30 p.m.

Tuesday, January 9 • Wednesday, March 7  
Wednesday, May 23 • Wednesday, September 5



## What's for Dinner?

January & February Tuesday Evening Menu at the Hayward Center

### **HAYWARD**

*Please Call: 715-634-4680 to make a reservation*

#### **JANUARY**

##### January 2nd

BBQ Ribs  
Baked Potato w/sour cream  
Corn/Salad Bar  
Frosted Applesauce Spice Cake

##### January 9th

Meatloaf  
Mashed Potatoes & Gravy  
Stewed Tomatoes/Salad Bar  
Frosted Brownies

##### January 16th

Oven Baked Chicken  
Rice Pilaf  
Glazed Carrots/Salad Bar  
Fruit & Yogurt Parfait w/Granola

##### January 23rd

Pork Roast w/ Applesauce  
Mashed Potatoes & Gravy  
Green Beans/Salad Bar  
Peanut butter Cookie

##### January 30th

Hamburger Stroganoff  
Rice  
Peas/Salad Bar  
Lemon Bars

\*All meals include  
bread/butter & milk

#### **FEBRUARY**

##### February 6th

Breaded Pork Chop  
Parslied Red Potatoes  
Roasted Brussel Sprouts/  
Salad Bar  
Carrot Cake w/Cream Cheese  
Frosting

##### February 13th

Baked Ham  
Sweet Potatoes  
Winter Blend Vegetable/Salad  
Bar  
Cheese Cake

##### February 20th

Salisbury Steak  
Creamy Mashed Potatoes  
& Gravy  
Peas & Carrots/Salad Bar  
Frosted Chocolate Cake

##### February 27th




Oven Fried Chicken  
Potato Salad  
Baked Beans/Salad Bar  
Strawberry Short Cake  
w/Whipping Cream

\*\*Menus May Change Upon Availability of Food Items



# January 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. Please contact your site manager at least one day in advance.**

Monday	Tuesday	Wednesday	Thursday	Friday
	2 French Onion Soup, Crusty French Bread, Salad Bar, Dessert, & Milk	3 Pork Cutlet, Boiled Baby Reds, Corn, Yogurt Fruit Parfait, WW Bread, & Milk	4 Venison Stroganoff Over Noodles, Green Beans, Cranberry Pudding Cake, Marble Rye Bread, & Milk	5 <b>CHEF'S CHOICE</b> 
8 Liver & Onions, Oven-Fried Baby Reds, Side Salad, Dessert, Roll & Milk	9 Cream of Wild Rice Soup, Egg Salad Sandwich, Salad Bar, Milk, & Root Beer Float	10 Roast Beef, Mashed Potatoes & Gravy, Caribbean Vegetable Blend, Fresh Fruit, Roll, & Milk	11 Baked Fish, Sweet Potato, Chop Chop Salad, Crescent Roll, Strawberry Shortcake & Milk	12 Roast Turkey, Wild Rice Casserole, Salad, Fruit Pie, Bread, & Milk
15 Orange Chicken Stir Fry w/Vegetables, Rice, Egg Roll, Fruit Salad, WW Bread, & Milk	16 Lasagna, Salad Bar, Garlic Bread, Dessert & Milk	17 Pork Loin Roast, Mashed Potatoes w/Gravy, Green Beans, Roll, Cookie, & Milk	18 Creamed Chicken Over Biscuit, Peas, Glazed Carrots, Dessert, & Milk	19 Salisbury Steak, Baked Potato w/Gravy, Stewed Tomatoes, Fruit Salad, Bread, & Milk
22 <b>Chef's Choice</b> 	23 Beef Stew w/Country Style Biscuit, Salad Bar, Dessert & Milk	24 Finger Lickin' BBQ Ribs, Sweet Potato, Coleslaw, Corn Muffin, Fruit Cobbler, & Milk	25 Baked Chicken Breast, Rice Pilaf, Strawberry Spinach Salad, Bread Pudding, & Milk	26 Venison, Boiled Baby Reds, Roasted Brussel Sprouts, Fruit Parfait, WW Bread & Milk
29 Meatballs w/Garlic Smashed Potatoes & Gravy, Baked Beans, Crescent Roll, Fresh Fruit, & Milk	30 Grandma's Homemade Chicken Noodle Soup, Salad Bar, Dessert, & Milk	31 Beef Tips w/Gravy Over Noodles, Side Salad, Bread, Ice Cream w/Fruit Topping, & Milk	<b>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.</b>	



# MAKE TRACKS TO THE THE CROSSINGS DINER IN EXELAND



A ribbon cutting ceremony was held Sept. 1, 2017. (L to R:) Rep. James Edming, Pat Ghyselinck, Loretta Goin, Lois Ladenthin, Linda Milner, Lacey Karow, Bonnie Klinger, Bill Sobral-ski, Nancy Kessler, Linda Hand, and Linda Garrett. Photos submitted.

## By Kathy Hanson, Compass Writer

Tucked away in Exeland, Wisconsin, population 194, is the Exeland Senior Center Crossings Diner which got a makeover this past summer—painting, new curtains, new appliances—and a Tuesday noon salad bar that has quickly attracted more diners.

Bonnie Klinger is the site manager and has been there since 1986. She grew up in Radisson, Wisconsin, graduated from Winter High School and became a Certified Nursing Assistant at the Hayward Area Memorial Hospital. When she married in 1977 she moved to Exeland and she and her husband raised three sons.

“At that time we were getting lunches out of the Bruce School, using their lunchroom after the kids were done with their lunch,” Bonnie explained.

The new senior center was built in 1989, north of the old school building at 946 N. Washington Avenue, where they remain today.

Even with the small population of Exeland the Crossings Diner puts out 30 in-house and home-delivered meals a day, Bonnie said, adding they also offer an evening meal on Tuesdays May through October.

The senior center offers an easy chair, TV, computer and home cooked meals that make it a home-like atmosphere, Bonnie said.

“We like to welcome participants from all over that would like to join and just be a part of our family,” Bonnie said.

She also said the best part of her job is seeing and laughing and just having a good time with people who have a lifetime of stories and knowledge.

**Right: The beautiful decorated tree with Crossings Diner volunteers Carol Vierck, Ellie Welling, Karen Skogen and Isabell Moudry.**



Volunteer Driver Linda Milner and Exeland Site Manager Bonnie Klinger preparing take-out items for hungry patrons.



Carol Vierck and the festive flower boxes at the Crossings Diner.





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# February 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
<i>Life is not measured by the breaths you take, but by the Moments that take our breath away.</i>			<b>1</b> Spaghetti w/Meatballs, Tossed Salad, Cheesy Garlic Bread, Fruit, Chocolate Brownie, & Milk	<b>2 GROUND HOG DAY</b>  Cabbage Rolls, Garlic Smashed Baby Reds, Crusty Bread w/Butter, Fruit Salad, & Milk
<b>5</b> Baked Ham, Scalloped Potatoes, Green Beans, Pretzel Salad, Roll, & Milk	<b>6</b> Chili, Bacon Grilled Cheese Sandwich, Salad Bar, Dessert, & Milk	<b>7</b> Breaded Pork Chops, Sweet Potatoes, Brussel Sprouts, Applesauce, Rye Bread, Cookie, & Milk	<b>8</b> Baked Chicken, Mashed Potatoes & Gravy, Corn, Apple Crisp w/Ice Cream, WW Bread, & Milk	<b>9 CHEF'S CHOICE</b> 
<b>12</b> Orange Chicken Stir Fry w/Vegetables, Rice, Egg Roll, Fruit Salad, WW Bread, & Milk	<b>13 Mardi Gras</b>  Chicken Gumbo with Red Beans & Rice, Salad Bar, Dessert & Milk	<b>14 Ash Wednesday &amp; Valentine's Day</b> Maple Baked Salmon, Strawberry Spinach Salad, French Bread, Blueberry Pie, & Milk	<b>15</b> Venison Italian Beef on Roll, Coleslaw, Potato Chips, Pickle, Fruit, & Milk	<b>16</b> Hearty Vegetable Soup, Egg Salad Sandwich, Angel Food Cake w/Fruit Topping, & Milk
<b>19 Chef's Choice</b> 	<b>20</b> Shaggy Man's Split Pea Soup w/Ham, Marble Rye Bread, Salad Bar, Dessert, & Milk	<b>21</b> Lasagna, Garlic Bread, Romanine/Mandarin Orange Salad, Frozen Yogurt, & Milk	<b>22</b> Hot Beef Sandwich w/Gravy, Mashed Potatoes, Glazed Carrots, Cake, & Milk	<b>23</b> Baked Fish, Hashbrowns, Mixed Vegetables, Bread, Apple Turnover, & Milk
<b>26</b> Baked Chicken, Potato Salad, Baked Beans, Strawberry Shortcake w/Whip Cream, Roll, & Milk	<b>27</b> Cabbage, Sausage, & Potato Soup, Crusty Bread & Butter, Salad Bar, Dessert, & Milk	<b>28</b> BBQ Ribs, Baked Potato, Buttered Corn, WW Bread, Ice Cream w/Fruit Topping, & Milk	<b>Age 60+ suggested donation \$3 breakfast, \$4 lunch, \$5 dinner. Under 60 charges of \$5 breakfast, \$8.50 lunch, \$8.50 dinner.</b> <b>Salad Bar – (1) Trip for with Meal included at regular cost. Salad Bar Alone All-You-Can-Eat same cost as meal.</b>	



# 3rd Annual Military & Veterans Ball



## SAVE THE DATE!

**February 17th  
at 6:00 p.m.  
at the Hayward  
Veterans Community  
Center**

More information to follow. If you wish to be added to event listing for updates and when tickets are available...

**PLEASE CONTACT  
RENEE BROWN AT**

[renee.brown@sawyercountygov.org](mailto:renee.brown@sawyercountygov.org)

**OR BY CALLING:  
715-638-3265**



## Eagle Spirit Woman has Moved Her Office

On December 12, 2017, Marj Champney and Mary Jo Jirik moved their massage/treatment room from the Senior Resource Center to their home East of Hayward. After a little vacation, we will continue to work with clients on a 'by appointment' basis and we will still offer the senior discount that our clients have come to appreciate.

Mary Jo is still offering yoga classes at the Senior Resource Center through Wisconsin Indianhead Technical College (WITC). Call WITC at 715-634-5167 for yoga class information and to register.

**For massage appointments call:  
Eagle Spirit Woman (Marj) - 715-558-2499**

**For Reiki or Emotion Code appointments call:  
Mary Jo Jirik - 715-558-9077**

# Life Choices; Palliative Care Program



*By Linda Hand*

I had the pleasure of interviewing Pamela A. Frost, R.N., who is the Hayward Regional Hospice Clinical Care Coordinator. While doing our Timber Grill outreach events this past summer, Pam joined us to do outreach for their Palliative Care Program and provide blood pressure checks for Sawyer County residents. I had known what Hospice was, but was unaware of the Palliative program. We felt that this would be great information to get out to the older adults we serve. When asked what are the current challenges this agency is facing? Pam stated, "Getting the word out in the rural communities that these services are available." So here it is.

### **WHAT IS THE LIFE CHOICES PALLIATIVE CARE PROGRAM?**

To be clear, this is not an end of life program like Hospice is, but is a program that could benefit many older adults

throughout Sawyer County who are dealing with a life-limiting condition, which many are.

- Patients of any age and stage in a life-limiting disease, not limited by specific prognosis & may be receiving a curative treatment
- Patients have no income guidelines, any kind of insurance or ability to pay
- Registered Nurse – Up to 2 visits per month FREE
- 24/7 access to RN staff by phone
- Medication Management and Education
- Coordination with local Primary Care Provider, Pharmacists, and MCO
- Volunteer Assistance
- Social Worker & Chaplain Visits
- Ala Carte services – Home Health Aide and Massage

Palliative Care promotes successful aging by "supporting the patient and family's goals for the future, including

**Continued on Page 14**



Pamela Frost explaining the Palliative Care Program to Senator Tammy Baldwin at the Timber Grill outreach event in Moose Lake this summer.



1900 College Drive  
Rice Lake, WI 54868

## Continuing Education

Offered by Wisconsin Indianhead Technical College

## Hatha Yoga with Mary Jo Jirik

### Hayward Senior Resource Center

Hatha Yoga is a very gentle style of yoga that combines stretching (postures) with breath work and meditation to connect you to all parts of yourself. A few of the many benefits include improved flexibility, mobility, strength, circulation, relaxation, balance and energy. Yoga helps to bring awareness and trust to your body, calmness to your restless mind and joy to your spirit. As always, please check with your physician before starting this or any other exercise class.

Class	Class #	Dates (Weekday)	Time	Fee
Hatha Yoga- Hayward	24257	Tue 1/9-2/13/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24262	Tue 1/9-2/13/18	4:30-5:30p	\$30/\$17.25
Hatha Yoga- Hayward	24263	Th 1/11-2/15/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24266	Th 1/11-2/15/18	10:00-11:00a	\$30/\$17.25
Hatha Yoga- Hayward	24270	Tu 3/13-4/17/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24271	Tu 3/13-4/17/18	4:30-5:30p	\$30/\$17.25
Hatha Yoga- Hayward	24272	Th 3/15-4/19/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24273	Th 3/15-4/19/18	10:00-11:00a	\$30/\$17.25
Hatha Yoga- Hayward	24274	Tu 5/1-6/5/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24275	Tu 5/1-6/5/18	4:30-5:30p	\$30/\$17.25
Hatha Yoga- Hayward	24276	Tu 5/3-6/7/18	8:30-9:30a	\$30/\$17.25
Hatha Yoga- Hayward	24277	Th 5/3-6/7/18	4:30-5:30p	\$30/\$17.25

#### HOW DO I REGISTER?

- Online at [witc.edu/search](http://witc.edu/search)
- In person at WITC-Campus Name – visit Student Services
- By phone using a credit card. We accept VISA, MasterCard, and Discover: 800-243-9482, ext. 0000
- By mail – send your completed registration with payment to the campus nearest you (addresses below)

<b>WITC-Ashland</b> 2100 Beaser Ave. Ashland, WI 54806 Ext. 3170	<b>WITC-Rice Lake</b> 1900 College Drive Rice Lake, WI 54868 Ext. 5045	<b>WITC-Superior</b> 600 North 21st Street Superior, WI 54880 Ext. 6367	<b>WITC-New Richmond</b> 1019 S. Knowles Ave. New Richmond, WI 54017 Ext. 4221
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WITC is an Equal Opportunity/Access/Affirmative Action/Veterans/Disability Employer and Educator.

## Palliative Care

### Continued from Page 13

their hopes for a cure as well as their hopes for peace and dignity throughout the course of illness.” (RHS Palliative Care, 2017). <http://www.regionalhospice.org/>

Palliative Care also promotes successful aging by involving volunteers. Volunteer opportunities may include:

- Provide companionship and support to the patient and family
- Provide simple comfort measures for a patient
- Preparing light meals or carrying out light household tasks
- Giving reminders of medication schedules but NOT administering medications
- Maintaining confidentiality
- Observing and reporting changes in

the patient's condition to volunteer coordinator or designate

- Writing letters, or reading to the patient
- Maintaining records of visits – day-time - travel
- Attend Volunteer training program and facility orientation programs
- Attending regular volunteer meetings
- Advising volunteer coordinator of sick leave or vacation
- Using telephone support when needed

### FOR MORE INFORMATION ON THE LIFE CHOICE PALLIATIVE CARE PROGRAM PLEASE CALL:

Ashland – 715-685-5151

Bessemer – 906-663-0308

Hayward – 715-634-6433

Spoooner/Grantsburg – 715-635-9077

# TECHNOLOGY ASSISTANCE



WITH CONNIE SHIELD

## COMPUTER HELP WILL RESUME IN JANUARY

Connie will be available in Stone Lake every Monday beginning January 8th from 10 a.m. to noon and at the Sawyer County Senior Center in Hayward on Tuesdays beginning January 9th from 10 a.m. to noon.

**CALL 715-634-3000 FOR MORE INFORMATION**



# Conflict Over Caregiving Is Common

## *But Families can Take Steps to Minimize Disputes*



continues, the next best step is to get everyone in the same room but with a non-family member in the discussion. The person should be someone whose opinion everyone agrees to respect.

### OTHER STEPS TO TAKE

Sometimes these suggestions just don't seem to work. Don't lose heart. Resolving conflict among families takes time. Be patient and keep doing your best at open, honest communication. Attending a support group by yourself or with family members can also be helpful. Other members may share ideas that worked in similar situations, and you will have the reassurance that you are not alone in your struggles! Lastly, seeking professional counseling as an individual or with family members can greatly improve the situation.

If you are dealing with conflict over family caregiving issues you may contact The Senior Resource Center at 715-634-3000 for resources and tips on how to handle conflict.

If caring for an older person is causing conflict within your family, you are not alone. Conflict is often part of family caregiving situations. Even the best of intentions to help mom or dad may cause tension. Because everyone approaches things differently, each family member's opinion about what is best for mom or dad can vary greatly. But there are steps you can take to keep family conflict at bay when dealing with caregiving concerns.

### WHY THE CONFLICT?

Different attitudes toward family caregiving, depending on personality or fam-

ily situation, can lead to conflict and alienation between siblings and other relatives. Sometimes the family member with the strongest personality dominates the decision-making process or takes on caregiving responsibilities without consulting other family members. Some family members might deny there is a need and be unwilling to offer assistance. There are also situations where people who have their own children to care for expect an unmarried or childless sibling (or other relative) to take on caregiving responsibilities. The unmarried family member may not welcome this expectation.

### MINIMIZING CONFLICT.

Family caregivers need to recognize that conflict is not unusual and getting help is important. If differences continue, family relationships can be permanently damaged. Also, the person being cared for may feel guilt, believing he or she is the cause of conflict. The best way to approach family conflict is to get everyone concerned about the care of the person into the same room to discuss their feelings, create a care plan and assign responsibilities. Face-to-face discussion eliminates the potential for misunderstandings due to information being received second-hand. If conflict



**Jane Mahoney**

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





The newly remodeled rehab department offers the latest equipment: arm bike, elliptical, standard treadmills, anti-gravity treadmill (state-of-the-art technology to reduce weight bearing allowing patients to begin walking/running/exercising earlier and increase weight bearing percentage as improving. This also has video for visual feedback from all angles to assist patient in improving technique and symmetry). Other Equipment: Nusteps, stationary bikes, recumbent bike, stair stepper, leg press, parallel bars, trampoline, rebounder, medicine balls, slide board, industrial rehab equipment, etc.



The patient exam rooms are also newly remodeled. Photos submitted.

## HAMH and Water's Edge Therapies Continued from Page 1

overnight in the hospital, those seeking outpatient or short-term rehab services, and those who live with us at Water's Edge in both the Care Center and Assisted Living," said Physical Therapist Nancy Walsh.

Whether it's physical therapy, occupational, or speech therapy, HAMHWE provides it all under one roof and allows patients who need multiple services to receive them in one location, with the therapists working together to coordinate the care and the scheduling of appointments.

## NANCY WALSH, PHYSICAL THERAPIST

With a focus on the aging adult, Nancy Walsh has 18 years of experience in physical therapy and is a certified Geriatric Clinical Specialist, earned from the American Board of Physical Therapy Specialties in 2008. She also holds her Masters of Physical Therapy from Governors State University in 1999. Prior to coming to the Northwoods in 2010, Nancy worked in the Chicago suburbs. There isn't a treatment setting she hasn't worked in, from inpatient rehab to skilled nursing facility to hospital outpatient and PT clinic to full service health club—she's seen it all and done it all.

Her goal with all her patients is to return them to independent, active and safe lives. Nancy continues to attend continuing education classes, especially in vestibular rehab. In her own personal life, she enjoys nature walks, kayaking, hiking and traveling.

## STEPHANIE ERICKSON, PHYSICAL THERAPIST

With 13 years of experience in PT and a doctorate from the College of St. Scholastica (2015), Stephanie is dedicated to lifelong learning and specialty areas much needed in rural communities, such as women's health, pelvic pain conditions and advanced manual techniques. She has completed over 100 hours of classroom and hands-on lab time since 2015 to further her ability to treat a variety of conditions that both men and women experience. She works with seniors suffering from urinary and fecal incontinence/urgency, pelvic and perineal pain, myofascial pain, spine, coccyx, abdominal and hip pain. Prior to becoming a physical therapist, Stephanie was a physical therapist assistant, also at Hayward Area Memorial Hospital. In her spare time, Stephanie works on her hobby farm, runs, and kayaks the Namekagon River with her family.

**LVST BIG PROGRAM**  
(LEE SILVERMAN VOICE TREATMENT)  
This is an intensive four-week program for neuro-rehabilitation training for people with Parkinson's disease. The program focuses on one treatment target, increasing amplitude of movement across motor systems. Physical, occupational and speech therapists must be certified through a special training/certification program. The Rehab Department of HAMHWE offers this.

## TODAY'S SENIORS

Nancy and Stephanie both see today's baby boomers/seniors as a motivated population that wants to maintain a physically active, recreational lifestyle. The Hayward area is known for its outdoor activities: skiing, fishing, hiking, walking, hunting and more. People want to keep doing what they enjoy. They are also more tech savvy and up to date with resources and information they can find on the internet, which include CDC Healthy Aging, National Council on Aging, Wisconsin Department of Health Services, Aging & Disability Resource Center of the North, AARP and many other support groups.

# HAYWARD AARP® NEWS

*By Carol Alcoe*

The Hayward chapter of AARP January meeting will be held Thursday, January 4 at the Senior Resource Center, upper level, at 15856 E, 5th St., Hayward. After a meeting of the board at 1 pm, a meeting of the general membership and refreshments will follow at 1:30.

At 2 p.m. there will be a presentation about acupuncture by Karen Halverson of Healing Point Acupuncture in the Woods. Everyone is welcome, you needn't be a member of AARP or the Senior Center to attend any of these meetings.

The February AARP meeting will in the same location on the first Thursday, February 4th. A presentation at 2p.m. following business, the general meeting and refreshments will be by the 'T reasures, Trash and Artifacts' club of Hayward. Everyone is invited to bring vintage Valentines from the past to share in honor of Valetines Day.

**CAROL ALCOE CAN BE  
REACHED AT 715-634-0988**



# STONE LAKE BREAKFAST MENU

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

## JANUARY

- 1) CLOSED: HAPPY NEW YEAR!
- 2) Build an Omelet, Raw Fries, Cream of Wheat
- 3) Sausage Gravy & Biscuits, Oatmeal
- 4) Scrambled Eggs, Sausage Patties, Pancakes
- 5) Breakfast Pizza, Hash Browns, Cream of Wheat
- 8) Scrambled Eggs, Polish Sausage, Potato Pancakes
- 9) Scrambled Eggs, Bacon, French Toast
- 10) Sausage Gravy & Biscuits, Oatmeal
- 11) Scrambled Eggs, Sausage Links, Raw Fries
- 12) Breakfast Sandwich, Tater Tots, Oatmeal
- 15) Scrambled Eggs, Ham, Waffles
- 16) Build an Omelet, Raw Fries, Cream of Wheat
- 17) Sausage Gravy & Biscuits, Oatmeal
- 18) Baked Eggs, Sausage Patties, Pancakes
- 19) Breakfast Quiche, Hash Browns, Cream of Wheat
- 22) Scrambled Eggs, Bacon, French Toast
- 23) Scrambled Eggs, Sausage Links, Blueberry Pancakes
- 24) Sausage Gravy & Biscuits, Oatmeal
- 25) Scrambled Eggs, Ham, Raw Fries
- 26) Breakfast Burrito, Tater Tots, Baked Oatmeal
- 29) Scrambled Eggs, Polish Sausage, Potato Pancakes
- 30) Build an Omelet, Raw Fries, Cream of Wheat
- 31) Sausage Gravy & Biscuits, Oatmeal

## FEBRUARY

- 1) Scrambled Eggs, Sausage Patties, Waffles
- 2) Breakfast Pizza, Hash Browns, Cream of Wheat
- 5) Scrambled Eggs, Bacon, Raw Fries
- 6) Scrambled Eggs, Sausage Links, Pancakes
- 7) Sausage Gravy & Biscuits, Oatmeal
- 8) Scrambled Eggs, Ham, French Toast
- 9) Breakfast Sandwich, Tater Tots, Baked Oatmeal
- 12) Scrambled Eggs, Sausage Patties, Waffles
- 13) Build an Omelet, Raw Fries, Cream of Wheat
- 14) Sausage Gravy & Biscuits, Oatmeal
- 15) Baked Eggs, Polish Sausage, Potato Pancakes
- 16) Breakfast Casserole, Hash Browns, Cream of Wheat
- 19) Scrambled Eggs, Sausage Links, French Toast
- 20) Scrambled Eggs, Bacon, Raw Fries
- 21) Sausage Gravy & Biscuits, Oatmeal
- 22) Scrambled Eggs, Sausage Patties, Waffles
- 23) Breakfast Burrito, Tater Tots, Baked Oatmeal
- 26) Scrambled Eggs, Bacon, Potato Pancakes
- 27) Build an Omelet, Raw Fries, Cream of Wheat
- 28) Sausage Gravy & Biscuits, Oatmeal

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



As part of the Senior Resource Center revitalization grant, we will be holding Eat Well = Eat Fresh Cooking Classes starting

SUNDAY, JANUARY 21, 2018 AT 2:00 P.M.

AT THE GARDEN TERRACE CAFÉ WHICH IS IN THE UPPER LEVEL OF THE SENIOR RESOURCE CENTER LOCATED AT 15856 E. 5TH STREET, HAYWARD

AND ON SUNDAY, FEBRUARY 18, 2018 AT 2:00 P.M. AT THE WALDO CENTER LOCATED AT 5141 ARNTZ AVE., WINTER

The cost will be \$5 per person and registration can be made through the SRC Office by calling 715-634-3000. Prepayment of class will be required.

We will be partnering with Ruby's Pantry to showcase and utilize the foods that are provided in their monthly basket distribution. These items will be paired with other locally produced and/or purchased items to show the diversity of things that can be made on a tight budget.

**Ruby's Pantry**  
Stretching Your Grocery Dollar

- For Anyone Who Eats!
- Faith Based Program!
- Not Government Funded!
- Nutritious Food!
- Easy Online Sign Up!
- Easy Online Payment!
- Ruby's is for EVERYONE! (not a low income program)

[www.RubysPantry.org](http://www.RubysPantry.org)

### Food Share Pick Up

SHARING THE LOVE OF CHRIST THROUGH FOOD

3rd Thursday of Every Month • 5:30 PM - 7:00 PM  
Doors open at 4:30pm – Registration begins at 5pm

Hayward Wesleyan Church • 10655 Nyman Ave Hayward, WI 54843

Hosted by: Spider Lake Church

• You receive an abundance of grocery items including such as organic meat, organic milk, salad dressings, snacks, pizza, eggs, juice, bread and more!

• 10% of all shares purchased are donated back to the community to use for those in need!

**\$20 cash ONLY at door, credit/debit available online**

**More Info? Call 715-558-3186**

Bring 2 large boxes or laundry baskets to carry your food!

### 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.



## FIT FOR LIFE DANCE CLASS WITH JODIE OLNEY

**Class #: 25621**  
**Dates: Tuesdays,**  
**1/9-2/13**  
**Time: 10-10:45a**  
**Fee/Sr. Fee: \$30/\$17.25**

Fit for Life Dance is a fitness program specifically designed for the active older adult, the beginner participant, and other special populations that may need modifications in an exercise program. Join us as we put motion to music, get moving and limber up.



### HOW DO I REGISTER?

- Online at [witic.edu/search](http://witic.edu/search)
- In person at WITC-Campus Name – visit Student Services
- By phone using a credit card.  
We accept VISA, MasterCard, and Discover: 800-243-9482, ext. 0000
- By mail – send your completed registration with payment to the campus nearest you (addresses below):

**WITC-Ashland**  
 2100 Beaser Ave.  
 Ashland, WI 54806  
 Ext. 3170

**WITC-Superior**  
 600 North 21st Street  
 Superior, WI 54880  
 Ext. 6367

**WITC-Rice Lake**  
 1900 College Drive  
 Rice Lake, WI 54868  
 Ext. 5045

**WITC-New Richmond**  
 1019 S. Knowles Ave.  
 New Richmond, WI 54017  
 Ext. 4221

## Sawyer County Compass

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### BECOME A SPONSOR!

Please mark your calendars for these two spectacular events of the Senior Resource Center. We are looking for sponsors and volunteers please contact Linda at 715-634-3000.



**ANNUAL SPRING STYLE SHOW  
& LUNCHEON AT THE STEAKHOUSE**  
**Saturday, March 24,**  
**11 a.m. to 3 p.m.**



**SPRING SOCIAL MIXER  
AT THE STEAKHOUSE**  
**SUNDAY, APRIL 29TH • 2-5 P.M.**

"Mix & Mingle" meet new people and enjoy the fabulous music of the Duluth Blue Water Big Band that plays music from 1930-1970's. Fancy Hors-d'oeuvres and Desserts will be served. Cash bar and you will be able to order off the menu. Check out their Facebook page where you can listen to their music [https://www.facebook.com/Blue-Water-Big-Band-Duluth-121066...](https://www.facebook.com/Blue-Water-Big-Band-Duluth-121066.../)

If you are a caregiver who would like to attend either event, special accommodations will be available to assist with your loved one.  
**PLEASE CONTACT US AT**  
**715-634-3000**

YOUR ENTERTAINMENT PRESENTS

# Bingo Night

**DO YOU NEED A RIDE TO BINGO???**

Thursday evenings we have a Progressive Bingo at the Senior Resource Center. We are taking names of people who would be interested in getting a ride withing a 4 miles radius of Hayward. Pick-up around 5 p.m. and leaving around 9 p.m. to go back home. Great food and beverages are available for sale at the concession. Please call Michelle at 715-634-3000 with your contact information or let Bob on the bus know if you are interested. Thank You!

**Senior Resource Center Hayward, WI**  
**TEL: (715)634-3000**

**AWESOME PRIZES**



# Senior Resource Center Activities & Events

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

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Call 715-634-3000	Thurs. 9:00 a.m. – 3:00 p.m.	Lower Level
Caregiver Support Group	2 <sup>nd</sup> 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	Upper Level
Evening Meal – Tuesday's Hayward	Reservations 715-634-4680	5:30 p.m.	Upper Level
Gin Rummy	Mondays	10:00 – 11:30 a.m.	Upper Level
Pinochle & 500	Mon - Wed – Sat each week	1:00 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	Mondays	10 a.m. - Noon	Cranberry Café
Technology Classes Hayward	Tuesdays	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 <sup>nd</sup> 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 See you in May	6:00 p.m.	Lower Level
CLOSED Offices, Bus, Meal Sites	January 1, 2018	Happy New Year!	Office/Bus/Meal Sites
Activities/Speakers	Day	Time	Place
WITC Hatha Yoga w/Mary Jo	Tuesday's	8:30-9:30am/4:30-5:30pm	Lower Level
WITC Hatha Yoga w/Mary Jo	Thursday's	8:30-9:30am/10:00-11:00am	Lower Level
WITC Fit for Life Dance w/Jodi	Tuesday's	10:00-10:45am	Lower Level
AARP Meeting 2:00 pm Hayward	Thursday, January 4, 2018	Acupuncture Presentation	Upper Level
AARP Meeting 2:00 pm Hayward	Thursday, February 4, 2018	Treasures Trash Artifacts	Upper Level
Exeland Holiday Party	Sunday, January 14, 2018	12:30 Social/1 Lunch	Buckhorn Bar
Mardi Gras Luncheon	Tuesday, February 13, 2018	12 noon	All Sites
Valentine's Day Luncheon	Wed, February 14, 2018	12 noon	All Sites
Military & Veteran's Ball	Saturday, February 17, 2018	6:00 p.m.	Hayward Community Veteran's Center
Eat Well=Eat Fresh Cooking Class	Sunday, January 21, 2018	2:00 p.m. SRC Upper Level	Hayward Site
Eat Well=Eat Fresh Cooking Class	Sunday, February 18, 2018	2:00 p.m. WALDO Center	Winter Site
Timber Grill Birke Fundraiser	Saturday, February 24, 2018	Serving Warm Comfort Foods	Hayward Community Veteran's Center
Spring Style Show Fundraiser	Saturday, March 24, 2018	11 a.m. – 3 p.m.	Steakhouse Hayward
Spring Social Mixer Featuring Duluth Blue Water Big Band	Sunday, April 29, 2018	2-5 p.m.	Steakhouse Hayward
Monthly Meetings	Day	Time	Place
Hayward Advisory Committee	1 <sup>st</sup> Wednesday	10:00 a.m.	Upper Level
AARP Board Meeting	1 <sup>st</sup> Thursday	1:00 p.m.	Upper Level
Senior Resource Center Board	Wednesday, January 24 <sup>th</sup>	1:00 p.m.	SRC Lower Level
Senior Resource Center Board	Wednesday, February 21 <sup>st</sup>	1:00 p.m.	SRC Lower Level

## Would You Like to Play Dominoes??



### DO YOU REMEMBER HOW TO PLAY DOMINOES?

Has it been years since you played?

Come join us on Thursday afternoons at the Senior Resource Center Upper Level in Hayward. We meet every week at 1:00 p.m. and play until 3:30 p.m. It will turn into a laughter filled afternoon.

We have been having such a good time. Generally, we play regular Dominoes, but we are starting to learn how to play Mexican Train.

For further information,  
contact Helen at:

**715-634-3449**  
or jachvc@yahoo.com







# ASPEN ACRES

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CARE • COMFORT • COMPASSION

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## IMMEDIATE OPENINGS

*Come in for a Tour!*

10214 Rock Creek Road  
Hayward, WI 54843

**715-634-5700**

Email: [admin@aspenacres.org](mailto:admin@aspenacres.org)

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

