

Sawyer County COMPASS

VOLUME 1, ISSUE 6 • March/April 2017 • FREE

Senior Resource Center • 15856 E Fifth Street • Hayward, WI 54843 • www.seniorresourcecenternorth.org • 715-634-3000

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

Working in the WALDO Kitchen *Site Manager Ruth Brad Spills the Beans!*



Site Manager Ruth Brad invites the community to stop in and see all of the exciting changes made at the WALDO Center in Winter.

*By Kathy Hanson
Compass Writer*

The WALDO Center in Winter, Wisconsin is a busy, happy, thriving senior center—and has been serving up good food to good people since October of 1970 when it opened.

Where did it get the name “WALDO?” Site Manager Ruth Brad says WALDO means “Winter area, Loretta, Draper Ojibwa,” all the various communities that it serves out of Winter, Wisconsin.

Ruth began working at the WALDO Center in 2014, initially filling in as a cook and also helping out on an “as-needed” basis for the surrounding sites of Exeland and Hayward. She even has a background in the Meals on Wheels program: before she cooked for them she drove for them, delivering the meals personally.

Today, as site manager, Ruth works alone doing the cleaning, mopping, cooking, and meal preparation that is

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Executive Director News

Welcome Spring!



Thank you to all that came out and provided chili Saturday for the Alzheimer’s fundraiser at DJ’s Dock on Round Lake on Saturday, February 18th. Roy Allsup took first place in the chili cook-off. A very special thank you to Jamie, his staff and volunteers for their hard work and spec-

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Caregivers Guide: 8 Rules for New Caregivers

1. Start with a candid conversation. Talk with your parents about how you will be helping them to meet their needs. Unless they are severely incapacitated, they should continue to make their own decisions and remain a central part of all discussions about their care. Encourage them to articulate their concerns: Most likely, your parents are worried about becoming a burden and losing control of their lives. Have an open conversation about what role your parents want you to play. Establish limits so they don't form unrealistic expectations.

2. Set your priorities. Make a list of what needs to get done and how you plan to do it. An organized approach puts you in control, reduces stress and ensures that your parents get the assistance they need. Be sure to create backup plans, and ask others to serve as reinforcements if necessary. Write down your plans and schedules, and give a copy to all involved family members. Consider using an online scheduling tool such as Lotsa Helping Hands to organize and keep track of who's doing what, when.

3. Build a support network. In most families, one person assumes the role of primary caregiver. But that doesn't let others off the hook. Enlist the help of your siblings, of course, but also consider that cousins, nieces and nephews may be eager to help. Don't forget to include your friends, distant relatives, neighbors and acquaintances, such as members of your parents' civic or religious groups. Not all of these folks will volunteer to help, but many will get involved if you ask. Some,



in fact, may feel hurt or left out if you don't seek their assistance.

4. Don't be afraid to delegate. Ask a friend to pick up groceries or get books from the library, a neighbor's child to adopt your parent as a grandparent, or a local teenager to help with yard work for a manageable fee. Investigate whether a civic group can provide free home repair or transportation services. Ask the newspaper carrier, a barber or an apartment superintendent to keep an eye out for your parents and to call you if anything seems wrong.

5. Offer alternatives. With family members, don't accept excuses for not helping without offering alternatives. A sibling who lives far away, for example, can help with paying bills, contacting doctors' of-

fices or seeking support from local agencies. Siblings who have young children can cook meals or bring kids along for visits and outings.

Next: Gather family support. »

6. Hold family meetings. Schedule them regularly, and bring in distant family by phone. Choose a neutral party to moderate if necessary. Draw up a clear agenda for each meeting, and agree on rules of conduct — for instance, don't interrupt, stick to time limits, avoid argument and focus the discussion on how to care for your parents. If meetings tend to be contentious, consider hiring a geriatric care manager to run the meeting.

7. Involve your children. When you have parents and children who need your time and attention, you may feel pulled from both sides. Be honest with your

children about the situation, and listen to their concerns. Encourage their questions, and answer them thoroughly. Carve out time for fun activities, and request your children's help. Teenagers can drive Grandma to the store, and even a toddler can make her feel loved.

8. Talk to your spouse. Have a discussion with your partner about your caregiving responsibilities. What role do you expect him or her to play? Suggest specific ways your spouse can help, and show appreciation for his or her efforts. Recognize that your responsibilities affect your spouse, and encourage him or her to talk about any frustrations. Your relationship is a priority — keep it that way.

<http://www.aarp.org/relationships/caregiving-resource-center/info-08->

Sawyer County Compass

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Senior Resource Center*

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Hayward Senior Center News



By Doc Brueggen
Hayward Advisory Chair

We are almost to the end of winter(ha-ha). By the first of March the first day of spring is only three weeks away. Keep your hopes up that we will have a short winter and a very long spring. Opening Fishing is only 86 days away. Now is the time to clean up the fishing gear, go away for a couple of weeks to somewhere warm and sunny and get ready for the fashion show.

March 7th is the end of Mardi Gras. Come join us for the beginning of the Easter season. Wear your beads and mask and celebrate. Don't forget to set your clocks ahead on March 12th. That is the first day of daylight savings time. From that day, it is only a short time until Spring. On St Patrick's Day (March 17th) the center will be serving the traditional corned beef and cabbage for lunch and our traditional St. Patrick's Day Sundae. Please make sure to call ahead to sign up.

Hear yea! Hear yea! The 3rd Annual Senior Resource Center Spring Style Show & Luncheon will be Saturday, March 25th at The Steak House on Highway 27 in Hayward. Social begins at 11:00A.M., with lunch at 12:00 P.M. and the fashion show from 1:00-3:00 P.M. The tickets this year will be \$20.00.

This is the main fundraiser for the Senior Resource Center, which has five meal sites and delivers Meals on Wheels

throughout Sawyer County. Tickets can be purchased at the Senior Resource Center office. There will be a silent auction again this year with raffles and door prizes. A good time is always had at the show. Tickets are limited to the first 250 purchasers. Remember we have always sold out. Mark your calendars and save the date. The show will be great as usual. Please plan on attending.

Be nice to each other and stay active.

Director News

Continued from page 1

ifying that the proceeds of this year's event will go to help families in Sawyer County that are affected by this condition. If you know of Sawyer County family in need, please contact our offices and we can see what type of services that we may be able to provide for them.

We hope that you have been enjoying the Sawyer County Compass, free bi-monthly newsletter. If there are specific subjects that you would like to see, please give me a call or email me at linda@seniorresourcecenternorth.org. Sue at the Sawyer County Gazette has been kind enough to assist us with this offering, by compiling our articles into a beautiful spread and having it published. For the cost to stay minimal as possible, we are selling ads for the Compass. If you would like to advertise, please contact Sue Johnston at 715-266-2511. As of right now we are still able to offer it as a FREE service that we offer in print, on-line and snail mail is only a small fee of \$5 per year to cover the postage.

Plans are in full swing for the Spring Style Show & Luncheon. If you would like to volunteer or provide a donation for the event, contact me at 715-634-3000 or stop in our office which is in the lower level of the Senior Resource Center 15856 E. 5th Street, Hayward. All proceeds of this event go to support the programs that we offer to Sawyer County residents 60+ and their caregivers, which includes our senior meal programs at our centers in Exeland, Hayward, Spider Lake, Stone Lake and Winter and the

Meals on Wheels that we deliver to the homebound throughout Sawyer County. Tickets are now available at \$20 each. For this you will be treated like a princess, with our 3rd Annual theme being "Small Town Cinderella". Social hour starts at 11:00 a.m. on Saturday, March 25th at The Steakhouse & Lodge in Hayward. This is followed by the luncheon at noon and a fantastic runway show from 1-3:00 p.m. There will be numerous raffles, silent auction options and very special door prizes. There are only 250 tickets sold and we will sell out, so get your tickets now to secure your place at this very elegant event. Don't forget to wear your tiara if you have one!

Spring Style Show... Mark Your Calendar for Saturday, March 25th!



HAYWARD AARP NEWS

AARP meetings are held the first Thursday of every month at the Hayward Senior Center - 15856 E. Fifth Street - Hayward. Meetings are open to everyone, you need not be an AARP member to attend. Meetings start at 1 PM with a board meeting followed by a general meeting, with a break after that for refreshments and at 2:30 a presentation of interest chosen by the members.

March 2 - 'A Brief History of Hatchery Park' presented by two gentlemen who worked at the hatchery in the early days. Dave Stimpson and Darrell Thompson will share their experiences at this facility which was founded in 1923. Many features exist to this day as it serves the community as a County Park.

April 6 - Trinke McNurlin, Coordinator for Services Team, which provides help for those in need. Her presentation is titled 'Where to Find Help When You Need Assistance with Basic Needs'.

For more information on these programs, contact Carol Alcoe, 715-634-0988. For information on the Hayward chapter of AARP, call Brenda Adler, 715-266-5779.



American
Red Cross

Red Cross Home Fire Preparedness Program

Visit www.getasmokealarm.org to register. Volunteers are available from 10am to 3pm on April 29th to install up to 3 FREE alarms

BE PREPARED

Get a Free Smoke Alarm

Technology/ Computer Classes are Available at the Senior Resource Center



Computer classes will continue Monday mornings from 10:00 – 12:00 at the Stone Lake Senior Center and on Tuesday mornings 10:00 – 12:00 at the Senior Resource Center upper level. Please bring your tablets, phones and laptops for help.



Exeland Center News

The Crossings Diner
715-943-2990



By Karen Skogen

WAITING FOR SPRING!

Besides spring, we are looking forward to Tuesday evening meals resuming on Tuesday, May 2nd and, hopefully by the first part of March, a salad bar at the center for your dining enjoyment. As of this writing, Bonnie does not have details of the salad bar worked out. Watch for an article from Bonnie in the Sawyer County Gazette to let you know if it will be available every day or only certain days and if it will be included in the noon meal or separate.

There will also be salad bars in Winter and Hayward. Looks like more work for the site managers, so check with Linda Hand of SRC if you are interested in some part time work. She is always in need of volunteer meals-on-wheels drivers at the various meal sites.

We do have one new substitute and volunteer driver and a new part-time volunteer driver. Please welcome Carol Kirchknopf and Anita Veness, both are from the Exeland area.

Please remember that this is your Meal Site, so Bonnie and the Ad Board need to know what you like or

don't like and your thoughts on how things can be made better at the Center.

On that note, Exeland is lacking a little in the activities department. It is not totally up to Bonnie, the Ad Board or SRC to plan, coordinate and administer activities. Step up and volunteer! For instance, you want to play Bingo, someone needs to make it known to Bonnie and the Ad Board that there will be Bingo, choose a date(s), determine the type of Bingo, purchase and manage prizes, if there are to be prizes, (Ad Board will reimburse a reasonable amount for prizes) and be available to call at game time. Bingo was just an example. You could also establish a card game, dominos, book club, working on picture puzzles, exercise, etc.

On a happy note, we are very happy to welcome Bob and Nancy Kessler back to Exeland after their winter months away and it is great that they plan to resume delivering meals which they have done for many, many years. Thank you.

On a sad note, our sympathies go to family and friends on the death of Pearl Sampson, a life-long resident the Exeland area.

**Think
Spring!**
MARCH 20TH



Senior Resource Center Board Representative **NEEDED**



WANTED!!!

**THE EXELAND AND/OR
SOUTHERN SAWYER
COUNTY AREA ARE IN
NEED OF A
VOLUNTEER SENIOR
RESOURCE CENTER
BOARD REPRESENTATIVE.**

Would you be willing to advocate and represent the older adults 60+ of our county by attending advisory meetings at the Exeland Senior Center? This representative would then bring their knowledge to the monthly meetings of the Senior Resource Center, which take place in Hayward eight months of the year and one month in each Stone Lake, Winter, Exeland and Spider Lake. Mileage is reimbursed. If you are interested, please contact the Senior Resource Center Office at 715-634-3000 for an application.

Whiskey Ridge Calls Out to Share the Bounty

Meal Sites Receive Venison Donations

By Kathy Hanson
Compass Writer

Last year Whiskey Ridge Sport Shop & Custom Meat Processing processed 169 bear and 449 deer from Wisconsin's hunting season, along with elk, bison, wild game, lamb, hogs and beef—all state inspected and certified. A goodly amount of the venison was donated to the five meal sites in Sawyer County, under the umbrella organization of the Senior Resource Center.

Those sites, located in Hayward, Exeland, Spider Lake, Stone Lake and Winter, will use the venison for meals, special events, Meals on Wheels and possibly even cooking classes, according to Executive Director Linda Hand who traced the success of the donation program. "When we found out that we were allowed to serve fresh venison, as long as it was processed through a certified meat processing establishment, I contacted Mark at Whiskey Ridge to see if he would be willing to help us out," Linda said.

When Mark readily agreed, Linda put articles in the papers and a post on Facebook requesting that donations be dropped off at Whiskey Ridge. The FB post went viral: over 12,400 views, 215 likes/loves, and 118 shares. Since Whiskey Ridge is part of the Wisconsin Deer Donation Program and the senior center is a non-profit, even the processing fees were waived.

Thanks to Mark Heath, the owner of Whiskey Ridge, hunters in Sawyer County, and the efforts of Linda Hand who personally picked up the packaged venison in Radisson, seniors will be able to eat fresh venison that was harvested locally.

"Venison is a very healthy meat alternative. It is low in fat, which means lower calories than beef, high in protein with no carbs, and has higher amounts of iron and B vitamins with far less cholesterol than beef," Linda explained.

Mark Heath grew up in the Draper/Loretta area, went to school in Winter, and has enduring generational bonds with the tradition of hunting for the purpose of putting food on the table.

"My grandfather, Les Heath, was a lifelong guide on the Big Chippewa Flowage and many other area Lakes," Mark said. His other grandfather—Johnny Helsing—was a game warden for many years, and his great grandfather owned and operated Helsing's Bar in Radisson. "As a youngster, my family—like many other fami-



Whiskey Ridge, located in Radisson, processed the venison for hunters who donated to the Senior Resource Center. -Photo submitted

lies—hunted and fished to put food on the table, and on that same table, which we used as our butcher shop, we would do one quarter at a time of deer, hogs, etc., and it would sometimes take many evenings after work/school to finish the process," Mark said.

When he grew up and married Linda Thorson they moved from Loretta to Radisson where Mark drove truck, guided, and processed bear and deer in his own little meat shop as a side job.

"That little meat shop was up on the hill that we called Whiskey Ridge, just east of Radisson," said Mark. When his two sons reached their early teens, Mark built what is now Whiskey Ridge Sport Shop & Custom Meat Processing. It is a sport shop, deli, offers tackle and live bait, fresh steaks, burgers, all types of sausage, and is a state inspected, certified processing plant, employing as many as 12 people during their busy season.



Derek Hand, left, gives Mark Heath a hand with the pig used for the pig roast at Stone Lake in July. Whiskey Ridge processed the pig. -Photo submitted



Whiskey Ridge employees present Linda Hand a meat and cheese platter donated to the Witches Brew event in October. -Photo submitted

Mark said Whiskey Ridge donates to local food pantries and the senior centers, and this year will donate their own products to nursing homes, schools and churches in the local area.

For the senior center sites in Sawyer County—where all the meals are homemade with love, fresh ingredients from their own gardens and donations from local farmers—Whiskey Ridge has come to the table to share their bounty.

"We are very grateful to everyone in the community that made donations and to Whiskey Ridge staff who processed it for us," said Linda Hand.

WALDO Center News Winter Area Site 715-266-2233



**By Ruth Brad,
Winter Site Manager**

Hello everyone!

Are you getting cabin fever? I have a few suggestions for you. We have cards, dominoes, and quite a few are coming in on Wednesdays for Scrabble. If you want to get out of the house, stop by for lunch, have some delicious Backroads coffee, tea, hot chocolate or a Spice Chai Latte. I would love to see you! We have also added a puzzle for anyone who would like to work the brain a little and don't forget that we now have a Roku TV for your enjoyment, wireless internet and a computer for your use. If nothing else just stop in to visit and see our new remodel of the building.

I would like to take this time to tell you about our new salad bar offering. We are excited to see how this is going to go over. I was thinking about some of you that are still working and only want a lite lunch, so what goes better than a salad bar right? We are going to try this starting on March 7th. I will have the salad bar ready by 11:30 A.M. and it will be open until 2:00 P.M. When we start our Tuesday evening meal on May 2nd, we will be offering the salad bar from 11:30A.M. to 6 P.M. The cost of the salad bar has not yet been deter-

mined, but we will be posting that soon.

On a different note, please be careful outside, this weather is great but with the melting during the day and then freezing at night, it gets rather slippery out early in the morning. Also, remember with the weather change comes the cold/flu season, so make sure when you go to the stores to wipe off the handles and remember that constant hand washing is a must to get rid of the germs.

Well until the next paper stay safe.

SELF-DEFENSE CLASS



Who: Everyone

When: April 26, 2017

Where: Senior Resource Center
15856 E 5th St • Hayward, WI
Time: 1:00 P.M

Why: Peace of Mind, Safety,
Street Awareness, Social Skills
Increased Self-Confidence,
Learning Something New

**This class will be instructed by Retired
Bayfield County Patrol Lieutenant,
Tactical Team Leader
Paul Paulson**

**Must call Samantha Phillips
at 1-715-634-300 to register**



Nutrition NEWS

By Linda Hand, Executive Direstor

This is our report comparison of the Meals served in 2016 vs. 2015. As you can see overall, we are up in numbers, which is GREAT!!! We were overall up by 2272 total meals or 503 Congregate served at sites & 1769 Home Delivered. There are a lot of senior meals sites throughout the nation where the numbers are going down and have had closures. We will continue to make changes and updates, to accommodate the new population of older adults that are reaching 60. We only have a couple of negatives, but also keep in mind that we did close our sites for a couple days for All Staff Training on Safety/CPR/AED/Dementia Awareness Certification, Nutrition Staff Training days with professional chefs and so staff could attend food shows. If

we had not done that, our numbers would be even higher. I truly believe that these things are very beneficial to our staff as a way to all get together, exchange ideas, learn new things, try new products and just have some fun. Many of our staff are out in these rural communities working all on their own.

As 2017 has started with new kitchen equipment, remodeling, addition of salad bars & coffee stations, the future of a BBQ/Smoker/Pig Roaster, cooking classes, pop-up kitchens and outreach to rural areas not served with our new Food Trailer, we will find that some things work fantastic (such as breakfast in Stone Lake) and some things won't. Either way, please focus and stay positive.

Continued on Page 19

2015	EXELAND		HAYWARD		STONE LAKE		WINTER		Total Meals		Year	Year
	CONG	HD	CONG	HD	CONG	HD	CONG	HD	CONG	HD	CONG	HD
JANUARY	323	259	546	686	401	95	189	135	1459	1155		
FEBRUARY	294	241	542	689	377	88	202	164	1415	1182		
MARCH	324	183	650	782	462	110	222	197	1658	1272		
APRIL	222	236	493	726	535	94	175	244	1426	1300		
MAY	260	220	590	726	562	99	231	276	1613	1321		
JUNE	380	226	594	784	681	110	278	293	1933	1413		
JULY	462	286	595	759	738	118	239	316	2004	1479		
AUGUST	389	271	469	665	662	100	241	247	1761	1283		
SEPTEMBER	429	291	476	691	589	100	225	233	1719	1306		
OCTOBER	453	277	440	762	492	104	232	196	1617	1339		
NOVEMBER	333	271	584	627	439	129	206	218	1562	1245		
DECEMBER	306	318	573	748	406	123	171	207	1456	1396	19622	15690
Total	4175	3069	6492	8625	6344	1270	2611	2726	19622	15690		
Total meals per site		7244		15117		7614		6337			35312	

2016	EXELAND		HAYWARD		STONE LAKE		WINTER		Total Meals		Year	Year
	CONG	HD	CONG	HD	CONG	HD	CONG	HD	CONG	HD	CONG	HD
JANUARY	282	283	598	740	400	92	274	159	1544	1274		
FEBRUARY	223	304	490	842	384	95	242	155	1329	1396		
MARCH	319	316	614	837	580	113	289	249	1802	1616		
APRIL	292	278	490	755	588	117	250	227	1620	1377		
MAY	361	280	421	822	571	146	236	254	1589	1502		
JUNE	435	347	475	804	701	158	279	286	1890	1575		
JULY	333	271	367	736	650	105	265	247	1615	1389		
AUGUST	427	274	485	917	791	95	301	272	2004	1558		
SEPTEMBER	379	292	474	847	619	74	272	255	1744	1468		
OCTOBER	424	295	480	904	521	81	256	223	1681	1483		
NOVEMBER	346	313	583	910	572	51	238	226	1739	1500		
DECEMBER	345	302	539	887	464	62	220	201	1568	1462	20125	17459
Totals Year	4166	3555	5996	10001	6841	1189	3122	2734	20125	17459	503	1769
Month	39	-16	-34	139	58	-61	49	-6	Monthly Total =	168		
Year	-9	486	-496	1376	497	-101	511	8	Year Total	2272		
Total meals per site		7721		15997		8010		5856	Total Meals =	37584		

Hayward Menu



BINGO!

*Thursday Nights
serving at 5:30 p.m.*

MARCH 2

Hamburger or Cheeseburger
Ham Salad Sandwich
Wild Rice Soup
Dessert

MARCH 9

Hamburger or Cheeseburger
Grilled Hot Ham & Cheese
Dessert

MARCH 16

Hamburger or Cheeseburger
Corned Beef Reuben Sandwich
Desserts

MARCH 23

Hamburger or Cheeseburger
Mandarin Bacon Crunch Salad
Dessert

MARCH 30

Hamburger or Cheeseburger
Italian Beef Sandwich
Dessert

APRIL 6

Hamburger or Cheeseburger
Loaded Baked Potato
Desserts

APRIL 13

Hamburger or Cheeseburger
Chili Cheese Dog
Desserts

APRIL 20

Hamburger or Cheeseburger
Roast Beef Sandwich
Desserts

APRIL 27

Hamburger or Cheeseburger
White Chicken Chili
Dessert

SENIOR SITES NOW OFFERING SALAD BARS



By Linda Hand, Executive Director

We will soon have salad bars at the WALDO Winter Center and the Garden Terrace Café Hayward Center. This is thanks to a grant that we received from Meals on Wheels of America, which we proposed as Eat Well=Eat Fresh. We will be working with the Crossings Diner in Exeland to join this new offering in the very near future.

The results of the salad bar additions at three of our rural sites would be to achieve the ability to offer more personal choice to our menu, by allowing our patrons the opportunity to custom-tailor a meal to their preference. This may be for taste and/or dietary reasons and would allow the person to get all the needed nutrients that day. When we only have one

vegetable choice on a menu and a person does not like it, they will not eat it and will miss out on those vitamins. Another important reason to offer salad bars is that the cost of fresh vegetables and fruit can be expensive. Due to this many people, do not buy them. The salad bar will give people the opportunity to eat great fresh food that they might otherwise not get. It has been proven in adjoining counties that a salad bar offering has quadrupled the number of those attending on salad bar days. This increases revenue and encourages new people to take an interest in the importance of our programs, volunteering and delivering Meals on Wheels. We are also hoping to expand this idea to offer healthy cooking classes and "Lunch & Learn" opportunities

throughout the county.

We will be starting off with Tuesdays as our salad bar day. This way it can be carried into the evening meal and if there are leftover's, they can be used throughout the week to avoid waste. As you can see we have aligned the Tuesday lunch menu to reflect the possible use of the salad bar if a center has one. Otherwise, we will serve the meal as we normally would.

The plan Ruth has at the WALDO Center is to extend the option of the salad bar to run from 11:30 a.m. to 2:00 p.m. This will allow for those who cannot attend a 12:00 noon time specific serving, to have the flexibility to come during this two and a half hour window option, at their convenience. Ruth is also proposing that once she starts Tuesday evening meals in May, to possibly run this salad bar option from 11:30 a.m. to 6 p.m. We will see how this goes.

How Much Does a Meal Cost? The price for someone 60+ is a suggested donation of \$3 Breakfast/\$4 Lunch/\$5 Dinner – If you are under age 60 there is a charge of \$5 Breakfast/\$8.50 Lunch/\$8.50 Dinner. This lunch/evening cost for those under 60, was just increased this last month to align with the total cost of a meal. We do not get reimbursement from the government for patrons eating that are under age 60.

What Will the Salad Bar Cost? If there is a regular meal, the salad bar is open and a patron wants both it is the regular suggested donation/charge for lunch/dinner as specific by age (see above). This would include a small bowl/plate (for a side salad) or plate with say their burger (see March 7th menu) to take (1) trip to the salad bar - NO EXCEPTIONS.

If someone comes in and JUST WANTS All-You-Can-Eat Salad Bar (Salads Only) and does not want the option of the burger, brat or pizza, etc. and they are 60+ it would be \$4 lunch/\$5 dinner suggested donation. If they are under 60 it would be \$8.50 charge. They could then take more than one trip to the salad bar, but they would need to take a new plate each time.



Eat good, feel good and change your relationship with food...

Elder Benefit Specialist News



By Desmond Bennett
Senior Resource Center
Elder Benefit Specialist

Sawyer County EBS to Move to Local ADRC

Recently, the Sawyer County Board approved a motion to move the EBS position from the Senior Resource Center over to the local Aging and Disability Resource Center located in the County building. Although this move will mean that Desmond is working four days a week at the County building and only one day a week at the Senior Resource Center, the only change in the EBS services will be where they are provided. Desmond will still be able to visit the remote meal sites throughout our County to make appointments and the type of cases and questions with which she assists clients will stay the same. This move will allow Desmond to have greater access to

the wide variety of resources that are available in Sawyer County, as well as provide funding for an additional three working hours each week to meet with clients. If you have questions about this move or would like to schedule an appointment with the EBS, contact Desmond Bennett at 715-934-2177. Stay tuned for her updated phone number and new working hours as they become available!

Medicare Will Now Pay Doctors to Manage Chronic Care By the GWAAR Legal Services Team (for reprint)

Previously, if a doctor oversaw a patient's transition from the hospital to a nursing home, followed up with a patient between visits, took longer to assess cognitive impairments, or coordinated mental health services, he or she was not compensated by Medicare. This changed January 1, 2017. Beginning this year, Medicare will begin to pay doctors for the time they spend managing chronic care needs of their patients. This includes the time they spend working in teams - mainly with nurses, social workers, and psychiatrists. These new policies reflect heightened attention to mostly older adults who have multiple chronic conditions that put them at risk of disability, hospitalization, and earlier-than-expected death. The hope is that by recognizing the importance of these services through compensation, doctors will have the ability to slow down, collaborate with others, and conduct the follow-through necessary to ensure the best care for individuals suffering from multiple chronic illnesses. For more information, see Kaiser Health News, "New Medicare Rules Should Help 'High Need' Patients Get Better Treatment,"

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Gun Safety Class

April 19, 2017
1:00 pm

- Learn safe handling of a firearm
 - Learn how to load and unload a firearm
 - Learn basic firearm safety
- Spring/Summer class to follow to get outside and shoot a firearm.

*Free Class given by Retired Bayfield County
Patrol Lieutenant, Tactical Team Leader*

Paul Paulson

Senior Resource Center
15856 E 5th Street, Hayward, WI
Upper Level



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What's for Dinner?

March & April Tuesday Evening Menus at Hayward and Stone Lake Centers

HAYWARD

MARCH

March 7th

BBQ Rib
Baked Potato w/sour cream
Buttered Corn
Pumpkin Bar w/Cream
Cheese Frosting

March 14th

Lasagna
Fresh Garden Salad
Garlic Bread
Mandarin Oranges
Mint Chip Ice Cream

March 21st

Beef Roast
Mashed Potatoes w/Gravy
California Blend Vegetables
Home Made Rice Pudding

March 28th

Oven Fried Chicken
Rice Pilaf
Bacon Pea Salad
Frosted Brownie

APRIL

April 4th

Breaded Pork Chop
w/apple sauce
Oven Roasted Red Potatoes
Honey Glazed Carrots
Angel Food Cake w/
Strawberries & whipped cream

April 11th

Oven Baked Ham
Baked Sweet Potatoes
Green Bean Casserole
Pie

April 18th

Spaghetti w/Meatballs
Mandarin Orange Salad
w/Poppy Seed Dressing
Peanut Butter Cookie

April 25th

BBQ Chicken
Potato Salad
Baked Beans
Pickled Beets
Frosted Banana Bars

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

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

STONE LAKE

MARCH

March 7th

Lasagna
Side Salad
Garlic bread
Strawberry Shortcake

March 14th

Corned Beef
Cabbage
Carrots

March 21st

Meat Loaf
Mashed Potatoes/Gravy
Green Beans

March 28th

Pork Chop
Scalloped Potatoes
Green Bean Casserole
Apple Pie

APRIL

April 4th

Roast Pork
Baked Potato w/sour cream
Apple Sauce
Cookie

April 11th

Chicken Parmesan w/Noodles
Bacon Pea Salad
Garlic Bread
Cheesecake

April 18th

Salmon
Baked Potato w/sour cream
Creamed Peas
Fruit Salad

April 25th

BBQ Ribs
Roasted Sweet Potatoes
Baked Beans
Corn Muffin
Fruit Pie

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

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

WALDO Center Continued from page 1

accomplished with everything possible made-from-scratch ingredients.

Ruth moved to Winter in 2000; that same year she married David Brad, owner of Brad Brother's Construction. Together they have two children: Rheanna, 15, and Jerome, 13, both of whom are students in the Winter School and active in sports and the outdoors.

Recently the WALDO Center was closed for six days for a remodel and kitchen upgrade—quite a dramatic one at that.

Brad Brother's Construction—specifically Ruth's husband Dave and his brother Dan—took out a wall and a bathroom to open the building up for more seating and a much-needed pantry, Ruth explained.

Three new ceiling fans and some new décor enhanced the ambiance as well, said Ruth.

"I had a wonderful crew helping out for those six days: David Chier, Linda Brown, Ann Welinak, Sue Miller, Dave Miller and Jerry Zett," Ruth said, adding that the center also now has a ROKU tel-

evision, free Internet, a puzzle table and two extra tables for card playing, scrabble or dominoes, and a sitting area for relaxation, reading the newspaper, or enjoying a brewed cup of Backroads coffee, tea, or latte.

Meanwhile, the kitchen is still a work in progress.

"We are making changes daily after getting new sinks, a large convection oven and stainless steel counters. Plus a wonderful (and needed) stainless steel double frig, a single frig—especially nice for our Meals on Wheels daily items—and a new, indoor upright freezer that is great for frozen veggies and our frozen weekend meals for our Meals on Wheels folks," said Ruth.

But the best new item in Ruth's estimation is the larger outdoor freezer, which is used to store so many frozen items. "It is much more spacious with more shelving and space, but the best part was cleaning out the old freezer which had some surprises on the bottom," she said. All of this was made possible by grants, resale of many of the old used kitchen items, plus plenty of free labor and ex-

pertise from the Brad brothers.

Linda Hand, executive director of the Sawyer County Senior Center, said, "Ruth Brad has done a tremendous job in revitalizing the WALDO Center. She has spent countless hours along with volunteers, her husband, and brother-in-law in order to get the site cleaned, painted and decorated to go along with the new kitchen remodel that took place this last couple of months. Besides that she has worked to get the youth of the community involved with the center, such as the 4-H and Winter School. This is so important for intergenerational exposure both ways in our small rural communities."

What comes out of Ruth's kitchen at the WALDO Center?

Pork chops, roast beef and turkey are especially popular meals, according to Ruth. The meals have to feed in-house people, take-out, and Meals on Wheels so her typical meal count ranges from 30-40. That's a big order!

Hours at the WALDO Center are 8 a.m. to 3

p.m. with lunch served promptly at noon, Monday-Friday. During the summer hours, there may be a Tuesday evening meal if enough people sign up for it. People can call ahead for in-house dining or take-out meals, said Ruth.



Kitchen Assistant, Jennifer Teschendorf serves the delicious meal to hungry guests. For patrons age 60 and over there is a suggested donation of \$4 for lunch and for those who are under 60 the cost is \$8.50. -Photo by Sue Johnston



Marlene Zett enjoys some quiet time working on her puzzle. Other activities include cards, dominoes and Scrabble, or you are welcome to watch television or browse the Internet. The WALDO Center also offers yoga classes on Mondays.

-Photo by Sue Johnston



It's safe to say Ruth Brad truly enjoys what she does every day at the WALDO Center. "This is what it's all about— people in the community coming together to socialize, enjoy each other's company and share a home-cooked meal." -Photo by Sue Johnston

And there's also a big surprise coming up soon, probably in early March. Drum roll please—the WALDO Center will roll out a salad bar! Details are still being worked out on that, Ruth said, but everyone is looking forward to it.

4TH GRADERS SHARE THE LOVE WITH MEALS ON WHEELS



Love was in the air when Samantha Phillips, Health Promotions Coordinator for the Senior Resource Center, visited the seven Hayward Intermediate School 4th grade classes to explain the importance of Meals on Wheels for our rural homebound senior residents in Sawyer County. As a sign of appreciation, the 165 4th graders made Valentine's cards to be delivered to each Meals on Wheels recipient that our sites deliver to from Exeland, Hayward, Spider Lake, Stone Lake and Winter.



THE SENIOR RESOURCE CENTER PRESENTS SMALL TOWN CINDERELLA 2017 SPRING STYLE SHOW & LUNCHEON

All Ages Welcome!

Benefiting the Senior Resource Center Programs throughout Sawyer County
Showcasing the latest fashions from local businesses - Promoting Shop Locally

Saturday, March 25, 2017

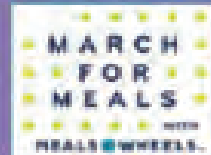
Doors 11:00 a.m. - Luncheon 12 Noon - Runway Show 1:00 p.m.

at The Steakhouse & Lodge

15860 T-Bone Lane, Hayward, WI

HUGE RAFFLES & SILENT AUCTION

Coffee & Tea Station Provided by Backroads Coffee

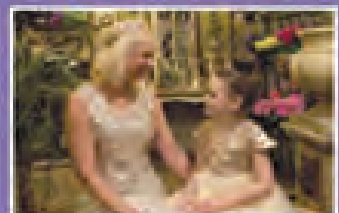


TICKETS \$20.00

Available at:

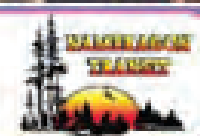
- Senior Resource Center, 15856 E. 5th St., Hayward
- Hayward/Stone Lake/Exeland/Winter Senior Centers

FOR MORE INFORMATION CALL THE
SENIOR RESOURCE CENTER AT 715-634-3000



NEED A RIDE TO THE STYLE SHOW & LUNCHEON???

Namekagon Transit providing transportation from Winner, Exeland, Radisson, Stone Lake and throughout Hayward, \$1 or .50 cents each way if registered for reduced Senior Fare.
CONTACT MIKE HANSEN, MOBILITY MANAGER AT 715-634-6633




Sponsored by




March 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Alternative Meals are available upon request. Please contact your site manager at least one day in advance. For patrons 60+ there is a suggested donation of \$3 for breakfast, \$4 lunch and \$5 dinner.</p> <p>For those who are under 60, there is a charge of \$5 breakfast, \$8.50 lunch and \$8.50 dinner.</p> <p><i>We do accept Quest Cards/Foodshare for payment.</i></p>		<p>1</p> <p>Ash Wednesday</p> <p>Veggie Lasagna w/Alfredo Sauce, Side Salad, Garlic Bread, Cookie & Milk</p>	<p>2</p> <p>Chicken/Mushroom/Wild Rice Soup, Ham Salad Sandwich, Pickle, Veggie Tray w/Dill Dip, Fruit & Milk</p>	<p>3</p> <p>Lent</p> <p>Baked Fish, Lemon & Tartar, Sweet Potato, Coleslaw w/Craisins, Roll, Apple Turnover & Milk</p>
<p>6</p> <p>Pork Roast, Dumplings, Sauerkraut, Glazed Carrots, Marble Rye Bread, Fresh Fruit & Milk</p>	<p>7</p> <p>Build a Burger Bar:</p> <p>Start with the "Naked Burger & Bun" add choice of toppings, side salads, dessert & Milk</p>	<p>8</p> 	<p>9</p> <p>Scalloped Potatoes & Ham, Chop Chop Salad, Apple Sauce, Dinner Roll, Dessert & Milk</p>	<p>10</p> <p>Lent</p> <p>Creamy Tomato Tortellini Soup, Egg Salad Sandwich, Chips, Pickle, Fresh Fruit & Milk</p>
<p>13</p> <p>Liver & Onions OR Request Alternative, Parslied Red Potatoes, Green Beans w/Mushrooms, Bread, Fruit, & Milk</p>	<p>14</p> <p>Build a Taco Salad:</p> <p>Taco Meat, Beans, Cheese, Lettuce, Tomato, Onion, Soft Tortilla, Tortilla Chips, Salsa, Sour Cream, Rice, Fruit & Milk</p>	<p>15</p> <p>BLT Sandwich or Wrap, Sidewinder FF, Cottage Cheese, Celery w/Peanut Butter, Frozen Yogurt & Milk</p>	<p>16</p> <p>Finger Licking BBQ Chicken, Sweet Potato, Baked Beans, Corn Bread w/Honey Butter, Fruit Parfait & Milk</p>	<p>17</p> <p>St. Patrick's Day</p> <p>Corned Beef & Cabbage, Potatoes, Carrots, Brown Bread, Chocolate Chip Mint Ice Cream & Milk</p>
<p>20</p> <p>Chicken Parmesan served on Noodles, Roasted Brussel Sprouts, Garlic Bread, Cheese Cake & Milk</p>	<p>21</p> <p>Chef's Soup & Salad Bar:</p> <p>Homemade Chef's Soup along with a variety of choices to build your own Salad & Sides, Dessert & Milk</p>	<p>22</p> <p>Meatloaf w/Garlic Smashed Baby Red Potatoes, Corn, Pretzel Salad, WW Bread & Milk</p>	<p>23</p> <p>Chicken Tetrazzini, Mandarin Bacon Crunch Salad, French Bread Butter, Dessert & Milk</p>	<p>24</p> <p>Lent</p> <p>Ivan's Savory Fish Potato-Vegetable Soup, Egg Salad Sandwich, Pickles, Crackers, Fruit Pie & Milk</p>
<p>27</p> <p>Beef Stroganoff over Noodles, Beets, Cucumber Salad, Crescent Roll, Fruit & Milk</p>	<p>28</p> <p>Homemade Pizza w/a</p> <p>variety of choices to build your own Salad, Sides, Dessert & Milk</p>	<p>29</p> <p>Baked Ham, Potato Salad, Green Bean Casserole, Fruit Salad, WW Bread, Cookie & Milk</p>	<p>30</p> <p>Italian Beef Sandwich w/Mozzarella Cheese, Chips, Coleslaw, Dessert Bar & Milk</p>	<p>31</p> <p>Lent</p> <p>Baked Salmon served on a bed of Rice, Fresh Asparagus, Fruit Salad, Roll, Bread & Milk</p>

April 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Alternative Meals are available upon request. Please contact your site manager at least one day in advance. For patrons 60+ there is a suggested donation of \$3 for breakfast, \$4 lunch and \$5 dinner. For those who are under 60, there is a charge of \$5 breakfast, \$8.50 lunch, \$8.50 dinner. When Salad Bar is Available – (1) Trip for Side Salad with Meal included at regular cost. Salad Bar Alone All-You-Can-Eat, same cost as meal: 60+ suggested donation \$4 lunch/\$5 dinner, under 60 \$8.50 <i>We do accept Quest Cards/Foodshare for payment. Please contact office if you would like to apply 715-634-3000.</i></p>				
<p>3 Pork Chop, Baked Potato, Mixed Vegetables, Fruit Juice, Bread, Cake & Milk</p>	<p>4 Build a Brat Bar: Start from scratch and add your toppings, Side Salad, Dessert & Milk</p>	<p>5 Baked Chicken Breast, Rice Pilaf, Spinach Salad w/Bacon Dressing, Fruit Salad, Roll & Milk</p>	<p>6 Chop Suey w/Vegetables over Rice, Egg Roll, Chow Mein Noodles, Fortune Cookie, Fruit Salad & Milk</p>	<p>7 Lent Fish Sandwich on a Bun, Tartar, Lemon, FF, Coleslaw, Pickle, Frozen Yogurt & Milk</p>
<p>10 Almond Chicken Salad w/Craisins on a Croissant, Veggies w/Dip, Melon & Milk</p>	<p>11 </p>	<p>12 EASTER DINNER BBQ Ribs, Baked Potato, Spring Mix Salad w/Mandarin Oranges, Roll, Dessert & Milk</p>	<p>13 Italian Lasagna, Side Salad, Garlic Bread, Fruit, Ice Cream & Milk</p>	<p>14 CLOSED GOOD FRIDAY</p>
<p>17 Italian Turkey Meatball Soup, Crusty French Bread, Salad, Chocolate Cake & Milk</p>	<p>18 Build Your Own Baked Potato Bar: Choose your Potato and "Top It" with Chili, Cheese, Bacon, etc., Side Salad, Roll, Dessert & Milk</p>	<p>19 Crispy Chicken, Bacon, Lettuce & Tomato in a Wrap or on a Bun, Pickle, Chips, Fruit & Milk</p>	<p>20 Roast Beef & Mashed Potatoes w/Gravy, Green Beans, Roll, Cherry Turnover & Milk</p>	<p>21 Chicken Cordon Bleu, Pasta Salad, Broccoli, Fruit Salad, Dessert & Milk</p>
<p>24 Ham Steak, Scalloped Potatoes, Peas, Snicker Bar Salad, Roll & Milk</p>	<p>25 Spaghetti & Meat Sauce, Side Salad, Bread Stick, Fruit Bar & Milk</p>	<p>26 Baked Lemon Salmon w/Creamy Dill Sauce, Rice, Bacon Wrapped Asparagus, Bread, Dessert & Milk</p>	<p>27 White Chicken Chili, Cheese, Salad, Tortilla Chips, Salsa, Sour Cream, Crackers, Yogurt Parfait & Milk</p>	<p>28 Pulled Pork Sandwich, Baked Beans, Coleslaw, Chips, Dessert & Milk</p>

NEW SNACK SHOP



Did you just get done with yoga? How about Tai Chi, maybe cards or Friday art. Need a snack? We have you covered. Our new snack center in the lower level of the Senior Resource Center in Hayward is stocked and ready to go. Great prices and variety of beverages and on the go snacks.



SAWYER COUNTY ANNUAL PET VACCINATION CLINIC

Friday, March 3rd, 1pm-5pm Village of Exeland Fire Hall

Saturday, March 4th, 9am-5pm City of Hayward Fire Hall

Dogs – Parvo/Distemper combo OR Rabies

Cats – Pan/Leukemia combo OR Rabies

All vaccines are \$12.00 EACH plus the cost of the dog license

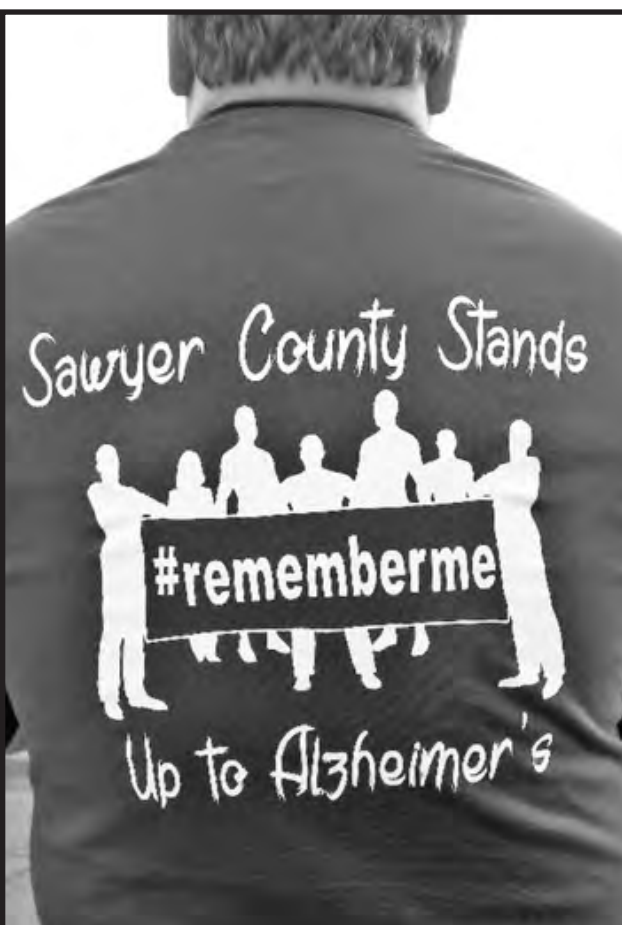
A SAWYER COUNTY DOG LICENSE IS REQUIRED

AND MAY BE PURCHASED AT THE CLINIC

\$8.00 for spayed or neutered pets (verification required) or \$15.00 for intact pets

FOR FURTHER INFO PLEASE CONTACT:

SAWYER COUNTY ANIMAL CONTROL AT 634-5139



SRC Shirts for Alzheimer's

DJ'S DOCK ANNUAL



RESPITE NEWS ALZHEIMER'S FUNDRAISER AT DJ'S DOCK

Thank you to all that came out and provided chili Saturday, February 18th for the Alzheimer's fundraiser at DJ's Dock on Round Lake. Roy Allsup took first place in the chili cook-off. A very special thank you to Jamie, his staff and volunteers for their hard work and specifying that the proceeds of this year's event will go to help families in Sawyer County that are affected by this condition. If you know of Sawyer County family in need, please contact our offices and we can see what type of services that we may be able to provide for them.



Hayward High School Cheerleaders sold raffle tickets and ran the minnow races.



Roy Allsup accepting his award for the Chili Cook-Off

EBS News

Continued from page 8

by Judith Graham, December 22, 2016.

CMS Revised

Nursing Home Rules

By the GWAAR Legal Services Team (for reprint)

The Centers for Medicare and Medicaid Services (CMS) revised federal rules that impact long-term-care facilities and its residents. The rules had not been comprehensively reviewed or updated since 1991. Accordingly, CMS reviewed and revised the rules in an effort to improve both the quality of healthcare furnished through federal programs and patient safety, while at the same time reducing procedural burdens on providers. There are three phases of implementation for the revised rules. Phase 1 regulations have an implementation date of November 28, 2016. Although one of the requirements under the revision banned the use of arbitration agreements in admission documents to nursing homes, that rule has been challenged and the ban is currently on hold. Here are highlights of the requirements now in effect:

Making the nursing home feel more like home:

The regulations say that residents are entitled to alternative meals and snacks at non-traditional times or outside of scheduled meal times. A resident can also choose his or her own roommate and has the right to receive visitors of his or her choosing at the time of his or her choosing – so long as the visit does not infringe on another resident's rights.

Bolstering grievance procedures:

Nursing homes must now appoint an official who will handle complaints and follow a strengthened grievance process. Decisions must be in writing.

Challenging discharges:

Residents can no longer be discharged while appealing the discharge. They cannot be discharged for non-payment if they have applied for Medicaid or other insurance, are waiting for a payment decision, or appealed a claim denial.

A state's long-term-care ombudsman must now get copies of any involuntary discharges so the situation can be reviewed as soon as possible.

Expanding protection from abuse:

The definition of abuse now includes financial exploitation. Nursing homes are prohibited from hiring any licensed professional who has received a disciplinary action because of abuse, neglect, mistreatment, or financial exploitation of residents.

Ensuring a qualified staff:

Facilities must have enough skilled and competent staff to meet residents' needs. There are also specific training requirements for caring for residents with dementia and for preventing elder abuse.

Sources: <https://www.federalregister.gov/documents/2016/10/04/2016-23503/medicare-and-medicaid-programs-reform-of-requirements-for-long-term-care-facilities> and <http://khn.org/news/new-nursing-home-rules-offer-residents-more-control-of-their-care/>



Sawyer County



VETERANS Service Office News

New Regulation Decreases Cost of Outpatient Medication Copay for Most Veterans

The Department of Veterans Affairs (VA) is amending its regulation on copayments for Veterans' outpatient medications for non-service connected conditions. VA currently charges non-exempt Veterans either \$8 or \$9 for each 30-day or less supply of outpatient medication, and under current regulations, a calculation based on the medication of the Medical Consumer Price Index (CPI-P) would be used to determine the copayment amount in future years.

"Switching to a tiered system continues to keep outpatient medication costs low for Veterans," said VA Under Secretary for Health Dr. David J. Shulkin. "Reducing their out-of-pocket costs encourages greater adherence to prescribed outpatient medications and reduces the risk of fragmented care that results when multiple pharmacies are used; another way that VA is providing better service to Veterans."

This new regulation eliminates the formula used to calculate future rate increases and establishes three classes of outpatient medications identified as Tier 1, Preferred Generics; Tier 2, Non-Preferred Generics including over-the-counter medications;

and Tier 3, Brand Name. Copayment amounts for each tier would be fixed and vary depending upon the class of outpatient medication in the tier.

These copayment amounts will be effective February 27, 2017:

- \$5 for a 30-day or less supply - Tier 1 outpatient medication
- \$8 for a 30-day or less supply - Tier 2 outpatient medication
- \$11 for a 30-day or less supply - Tier 3 outpatient medication

These changes apply to Veterans without a service-connected condition, or Veterans with a disability rated less than 50 percent who are receiving outpatient treatment for a non-service connected condition, and whose annual income exceeds the limit set by law. Medication copayments do not apply to former Prisoners of War, catastrophically disabled Veterans, or those covered by other exceptions as set by law. Copayments stop each calendar year for Veterans in Priority Groups 2-8 once a \$700 cap is reached

VA's Rule Establishes a Presumption of Service Connection for Diseases Associated with Exposure to Contaminants in the Water Supply at Camp Lejeune

The Department of Veterans Affairs (VA) has published regulations to establish presumptions for the service connection of eight diseases associated with exposure to contaminants in the water supply at Camp Lejeune, N.C.

The presumption of service connection applies to active duty, reserve and National Guard members who served at Camp Lejeune for a minimum of 30 days (cumulative) between August 1, 1953 and December 31, 1987, and whom are diagnosed with any of the following conditions:

- adult leukemia
- aplastic anemia and other myelodysplastic syndromes
- bladder cancer
- kidney cancer
- liver cancer
- multiple myeloma
- non-Hodgkin's lymphoma
- Parkinson's disease

Stopped by lately? You should. The Federal & State policies to your benefits are ever changing!

FIT BITS

**AGEISM:
Alive and
well
in today's
society**

*By Judy Holmes,
Certified Fitness
Instructor*



What is it and what does it look like? Defined as "the process of systematic stereotyping and discrimination against people because they are old", this bias can be personal or institutional and does not have to be intentional or be damaging.

Most ageism is unintentional- reflecting deeply held beliefs about old age that have been cultivated over generations. The language of aging focuses primarily on "loss" implying nothing can be done to prevent decline. Do we still believe all seniors are diseased, frail, senile, and useless?

* Old people cannot learn new things

* Old people cannot drive

* Old people cannot sleep

*Old people cannot eat

***OLD PEOPLE CANNOT ACCEPT AGEISM!**

FOCUS ON THE BENEFITS OF GETTING OLDER!

**MATURITY • CREATIVITY
PROSPECTIVE**

EXPERIENCE • WISDOM • LEGACY

Resist the cult of youth! You are never too old to start exercising, and never too old to stop. Fitness is about more than 6-pack abs. and huge muscles. For many it is about health, wellness and feeling good about oneself - qualities that lead to active longevity to pursue travel opportunities, adventure, exercise options, and more. Believe in the possibilities of aging, rather than its limitations and seek joy in the movement of body and spirit.

Sit Fit Classes are held on Tuesdays in the lower level of the Senior Resource Center from 10-11 a.m. The cost is \$5 per session.

Please call Judy Holmes

at 715-865-3005

for more information



You might try one or all of the three tried and true techniques that are offered by Mary Jo Jirik and available at the Senior Resource Center. These techniques encourage healing and balance and can help to move you toward the healing of your physical aches and pains, removing unseen emotional imbalances that may be the underlying root of what is not right in your world and assist you in finding the relief you've been seeking for your body, mind and spirit. These three very gentle and non-invasive healing modalities have proven themselves time and time again to be effective at helping you feel better.

Emotion Code, Reiki and Hatha Yoga.

1. Emotion Code, developed by Dr. Bradley Nelson, a holistic physician, reveals how emotionally charged events in our lives can stay with you in the form of trapped emotions. These trapped emotions are literally balls of energy that can create pain, malfunction and even disease in the body. In addition, these emotions can get trapped around your heart and can affect how you think, feel and act towards

yourself and others. Emotion Code is a very simple, yet powerful way to find and get rid of these old emotions that may be causing havoc to your body, mind and spirit. Discover the relief of letting

Are You Looking for Ways to Feel Better?

EMOTION CODE • REIKI • HATHA YOGA

go of those trapped emotions that are not serving you anymore. Your body will thank you and be better able to work more efficiently. Most sessions are only 30 minutes but can have profound results.

2. Reiki is a safe, non-invasive holistic healing practice that is facilitated by a light touch or no touch to help return you to your natural state of balanced functioning on every level – physically, mentally, emotionally, spiritually and even socially. Your body has an incredible healing mechanism built right in and when anything happens that needs healing, it will try, automatically, to heal it. When the body is unbalanced, it cannot effectively do what it naturally is programmed to do. Reiki is the Universal life-force energy that has the primary function of bringing your body back to

also offers 4 levels of Reiki Training that attunes you to be able to share the Reiki energy with yourself, family, pets and much more. Call Mary Jo for an appointment or to learn more about the Reiki Training.

3. Hatha Yoga has been helping people improve their well-being for thousands of years by combining gentle stretching and meditation with focused breathwork. In addition to all the physical benefits of yoga (flexibility, mobility, strengthening, better circulation, balance, more energy, etc.) regular practice helps you discover more of yourself on all levels and you may even come to appreciate and love what you find. Yoga can help you relieve stress and pain, bring you a sense of serenity and reverse and/or eliminate many chronic physical issues. Mary Jo teaches 5 yoga classes per week for the Senior Resource Center. Classes are ongoing and all supplies are provided. Four one hour classes at the Hayward site: Tuesdays at 8:30 a.m. and 4:30 p.m. & Thursdays at 8:30 a.m. and 10:00 a.m. One Chair yoga class at the Winter site: Mondays at 2:30 p.m.



balance so that the body can do what it is supposed to do...bring you back to health and homeostasis. In addition, a Reiki session is relaxing, soothing to the mind and spirit and you remain fully clothed. Sessions can be 30 or 60 minutes. Mary Jo

Mary Jo Jirik is a Registered Yoga Teacher, a Reiki Master and the only Certified Emotion Code Practitioner in Northwest Wisconsin. She is offering classes and sessions right here at the Senior Resource Center at reduced rates for anyone age 60 or over. You can get more information by visiting Mary Jo's website at www.healingstarspirit.com or call her at 715-558-9077 for information, appointments and pricing.

COOKS WANTED!!!



The Senior Resource Center is currently accepting applications for Substitute and Part-Time positions at the Winter Senior Center, Hayward Senior Center, Stone Lake and Exeland Senior Center for Site Manager Cook, Cook Assistant & Kitchen Assistant, to join our great team. The successful candidates will be required to complete the ServSafe Certification Course, the Wisconsin Food Manager Certification and a background check. Wages range from \$9.84-\$11.32 per hour, depending on position. For an application please contact the office at 715-634-3000.

Are you in Fear of Falling? Feeling a little off balance?



Let me help you overcome that fear!

Stepping On is a high evidence based fall prevention class focused on educating seniors 60 and over on how to prevent falls.

4 GUEST EXPERTS!

Physical Therapist • Vision • Safety Expert • Pharmacist
7 week long class • Reduce risk of falling by 50%
Snack & beverage provided • Confidence re-established

Registering for classes

throughout Sawyer County for 2017.

CONTACT:

SAMANTHA PHILLIPS

Health Promotions

Coordinator/Stepping On Leader

Senior Resource Center

1-715-634-3000



STONE LAKE BREAKFAST MENU

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

MARCH

- 1) Sausage Gravy & Biscuits, Oatmeal
- 2) Baked Eggs, Potato Pancakes, Sausage Patties
- 3) Breakfast Burrito, Tator Tots, Cream of Wheat

- 6) Scrambled Eggs, French Toast, Bacon
- 7) Egg Casserole, Pancakes, Cream of Wheat
- 8) Sausage Gravy & Biscuits, Oatmeal
- 9) Scrambled Eggs, Raw Fries, Sausage Links
- 10) Breakfast Quiche, Hash Browns, Oatmeal

- 13) Scrambled Eggs, Potato Pancakes, Smoked Polish Sausage
- 14) Scrambled Eggs, Ham, Waffles
- 15) Sausage Gravy & Biscuits, Oatmeal
- 16)) Scrambled Eggs, Sausage Patties, BB Pancakes
- 17)) Egg Cups, Hash Browns, Cream of Wheat

- 20) Scrambled Eggs, Sausage Links, Raw Fries
- 21) Egg Casserole, Pancakes, Cream of Wheat
- 22) Sausage Gravy & Biscuits, Oatmeal
- 23) Scrambled Eggs, Bacon, French Toast
- 24) Breakfast Pizza, Hash Browns, Oatmeal

- 27) Baked Eggs, Ham, Waffles
- 28) Scrambled Eggs, Smoked Polish Sausage, Raw Fries
- 29) Sausage Gravy & Biscuits, Oatmeal
- 30) Scrambled Eggs, Sausage Links, Pancakes
- 31) Breakfast Burrito, Tator, Tots, Cream of Wheat

APRIL

- 3) Scrambled Eggs, Bacon, French Toast
- 4) Egg Casserole, Blueberry Pancakes, Cream of Wheat
- 5) Sausage Gravy & Biscuits, Oatmeal
- 6) Scrambled Eggs, Sausage Patties, Raw Fries
- 7) Breakfast Quiche, Hash Browns, Oatmeal

- 10) Scrambled Eggs, Sausage Links, Waffles
- 11) Scrambled Eggs, Ham, Raw Fries
- 12) Sausage Gravy & Biscuits, Oatmeal
- 13) Scrambled Eggs, Smoked Polish Sausage, French Toast
- 14) CLOSED—HAPPY EASTER!!!!

- 17) Scrambled Eggs, Bacon, Raw Fries
- 18) Egg Casserole, Pancakes, Cream of Wheat
- 19) Sausage Gravy & Biscuits, Oatmeal
- 20) Scrambled Eggs, Potato Pancakes, Ham
- 21) Breakfast Pizza, Hash Browns, Oatmeal

- 24) Scrambled Eggs, Sausage Patties, French Toast
- 25) Baked Eggs, Bacon, Waffles
- 26) Sausage Gravy & Biscuits, Oatmeal
- 27) Scrambled Eggs, Smoked Polish Sausage, Raw Fries
- 28) Breakfast Burrito, Tator Tots, Cream of Wheat

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

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.

Hayward Senior Center Activities & Events

715-634-4680 • JAN/FEB 2017 • 8:00 a.m. to 4:00 p.m.

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Thursday's - Please call 715-634-3000 to reserve	9:00 a.m. – 3:00 p.m.	Lower Level
Caregiver Support Group	2 nd Tuesday of each month	1:00 p.m. – 2:30 p.m.	Lower Level
Blood Pressure	1 st & 3 rd Wednesday	11 – 12:00 a.m.	Upper 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	Reserve: 715-634-4680	Upper Level
Evening Meal – Tuesday's	Reserve: 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
Progressive Bingo	Thursday's - Doors open with food being served at 5:30, Early Birds 6:15, Regular Session 7 p.m.		Upper Level
Weight Watchers	Thursday's	5:30 – 7:00 p.m.	Lower Level
Computer/Tablet Classes	Tuesday's	10:00-12:00 a.m.	Lower Level
Art Group ALL Mediums welcome	Friday's	10:00 a.m. – Noon	Lower Level
Gift Shop	Monday – Friday each week	8:30 a.m. – 4:00 p.m.	Upper Level
Duplicate Bridge	Will return in May 2017	6:00 p.m.	Lower Level
Activities/Speakers	Day	Time	Place
Tai Chi: Moving for Better Balance	Mondays/Fridays-12 weeks	8:30 – 9:30 a.m.	Lower Level
Tai Chi: Moving for Better Balance	Mondays & Wednesdays	4:30 – 5:30 p.m.	Lower Level
Hatha Yoga Class	Tuesday's	8:30-9:45am/4:30-5:45pm	Lower Level
Hatha Yoga Class	Thursday's	8:30-9:45am/10:00-11:15am	Lower Level
Sit-Fit Exercise Class (\$5 per class)	Tuesday's – Come Join Us!	10:00 – 11:00 a.m.	Lower Level
AARP–Brief History of Hatchery Park	Thursday, March 2, 2017	Dave Stimpson & Darrell Thompson	2:00 p.m. Upper Level
Mardi Gras Party-Wear Beads & a Mask	Tuesday, March 7, 2017	Celebrate! 12:00 Noon	Upper Level
Daylight Saving Time Begins	Sunday, March 12, 2017	Put your Clocks Ahead	Spring is on its way!
St. Patrick's Day Luncheon	Friday, March 17, 2017	Corned Beef & Cabbage 12:00 Noon	Upper Level
ANNUAL SPRING STYLE SHOW	Saturday, March 25, 2017	Purchase your \$20 Ticket at the SRC Office or at a Senior Center – Hurry tickets sell fast!	
AARP–Finding Help with Basic Needs	Thursday, April 6, 2017	Trinke McNurlin	2:00 pm-Upper Level
CLOSED – on Good Friday	Friday, April 14, 2017	ALL SITES CLOSED	Happy Easter!
GUN Safety Class (Free)	Wednesday, April 19, 2017	Call Samantha 715-634-3000	1:00 pm Upper
Self Defense Class	Wednesday, April 26, 2017	Call Samantha 715-634-3000	1:00 pm
Monthly Meetings	Day	Time	Place
Advisory Committee	1 st Wednesday	10:00 a.m.	Upper Level
AARP Board Meeting	1 st Thursday	1:00 p.m.	Upper Level
Senior Resource Center Board	3 rd Wednesday	1:00 p.m.	Lower Level

NETI POT: Can it clear your nose?



*What is a Neti Pot?
And why would you use one?
Answers from
James T C Li, M.D., Ph.D.*

A Neti pot is a container designed to rinse debris or mucus from your nasal cavity. You might use a Neti pot to treat symptoms of nasal allergies, sinus problems or colds.

If you choose to make your own saltwater solution, it's important to use bottled water that has been distilled or sterilized. Tap water is acceptable if it's been passed through a filter with a pore size of 1 micron or smaller or if it's been boiled for several minutes and then left to cool until it is lukewarm.

To use the neti pot, tilt your head sideways over the sink and place the spout of the neti pot in the upper nostril. Breathing through your open mouth, gently pour the saltwater solution into your upper nostril so that the liquid drains through the lower nostril. Repeat on the other side.

Be sure to rinse the irrigation device after each use with similarly distilled, sterile, previously boiled and cooled, or filtered water and leave open to air dry.

Neti pots are often available in pharmacies and health food stores, as well online. Talk to your doctor to see if nasal rinsing is right for you.



The Senior Resource Center would like to thank the following Businesses, Staff and Volunteers who assisted with the smooth transition of kitchen equipment updates to our centers in Exeland, Hayward, Stone Lake and Winter. All of you went above and beyond to get it all done. The updates to each of our kitchens also led to major cleaning and other renovations that have made our sites wonderful places for the older adults of Sawyer County to meet, socialize and eat wonderful homemade food.

MOST GRATEFUL TO THE UNITED STATES DEPARTMENT OF AGRICULTURE (USDA)
AND LANCE AUSING FOR BELIEVING IN OUR PROJECT
AND PROVIDING THE GRANT TO MAKE THIS DREAM COME TRUE!

Contractors:

Amundson's Appliance – Kitchen Appliances – 715-234-8904
Brad Bros. Construction – Remodeling/Construction – 715-266-2238
Curt Poppe – Demo/Removal – 1-855-HAS-JUNK
David Tom – Tom's Concrete – 715-415-3233
Fischer Electric – Electric for Exeland/Winter – 715-943-2340
Jay's Fire Extinguisher – Suppression System – 715-634-3060
Kubarek Auction – Auction of old kitchen equipment – 715-634-5027
Longtine Construction – Construction Walls & Floors – 715-634-4958
Shawn Kreyer – Kreyer Electric for electric Hayward/Stone Lake – 715-634-0029
Stone Lake Heating – Furnace Repair – 715-699-9911
Stone Lake Lumber – Staff Volunteers – 715-865-2000
Turk's Service Company – Plumbing – 715-558-2145
Upper Lakes Foods – Commercial Kitchen Equipment/Set-up – Scott Mullen 218-391-9675

Staff: Bonnie Klinger, Barb Applebee, Chris Webster, Ruth Brad, Samantha Phillips, Desmond Bennett, Jessie Simonson, Garth Beaupre, Marge Klaver, Coleen Flint, Barb Codington, and Peggie Johnson.

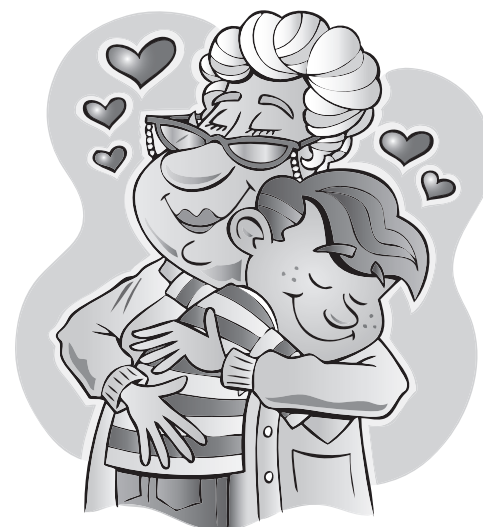
Volunteers: Suzie Kraft, Jule Hand, Derek Hand, Hazel Reitz, Dave Chiers, Linda Brown, Ann Welniak, Sue Miller, David Miller, Tom Winco, Jerry Zett and the Stone Lake Lions.

Nutrition News

Continued from page 6

There will be resistance from especially the old timers, but we need to be willing to reach out of our comfort zones and offer new options. If we don't, we will only be another one of those statistics and someday someone will say, "Remember when there was a senior center?" or "What used to be in that building?"

Thank you so much to ALL the Nutrition Staff, Support Staff and Volunteers for all that you do to #fighthunger and #fightisolation in Sawyer County.



American Red Cross

Hayward, WI

JOIN US April 29th & HELP!

Join our home fire preparedness campaign team

Seven times a day, someone in this country dies in a home fire. The American Red Cross is launching a nationwide campaign to reduce the number of home fire deaths and injuries by 25 percent over the next five years.

We're joining with fire departments and community groups nationwide to canvass neighborhoods, install smoke alarms and deliver fire prevention information in places we know have high numbers of fires.

The Red Cross also is asking every household in America to join us in taking the two simple steps that can save lives: checking their existing smoke alarms and practicing fire drills at home.



Join the Home Fire Preparedness Team today and start making a difference in your community. Choose from any of the exciting positions below:

- **Smoke Alarm Installer** – Conduct home visits, test existing smoke alarms in homes, replace batteries as needed, and install smoke alarms within the home according to manufacturer's instructions.
- **Disaster Safety Educator** – Provide education to residents on fire safety and additional local hazards, and assist residents in completing a home fire escape plan.
- **Documenter/Reporter** – Document resident information, including the services provided. Complete all acknowledgement forms and reports for campaign tracking.

Upcoming Home Fire Preparedness Events

Saturday April 29, 2017 9:00am-3:00pm
Smoke Alarm Installation Event

Register today to HELP at
<http://www.redcross.org/local/wisconsin/home-fire-safety>

or contact Luong Huynh at 608-406-7356
luong.huynh@redcross.org

MAKE A DIFFERENCE

What to Expect Urgent Care vs. Emergency Room



**Hayward Area
Memorial Hospital**

Right here in the place we love.



- Nausea
- Sore throat
- Earache
- Sprains/strains
- Back pain
- Minor burns
- Rashes without fever
- Bug bites
- Painful urination



- Chest pain
- Shortness of breath
- Loss of consciousness
- Change in vision
- Weakness on one side/
facial droop/slurred speech
- Bleeding that won't stop
- High fever/fever with rash
- Severe or repeated vomiting
- Serious burns
- Broken bones

Urgent Care: Set Hours

Emergency Room: 24 hours per day

Hayward Memorial Hospital provides both Urgent Care and Emergency Care.

Based on your condition and the time of your arrival, a determination will be made on what service you will receive.

This advertisement shows some of the differences in care, and is for informational purposes only.



**Hayward Area
Memorial Hospital**

Right here in the place we love.

Phone 715-934-4321
Emergency Dial 911
haywardmemorialhospital.com

11040 N. State Rd 77
Hayward, WI 54843