



Here's What's Up March/April 2016

THE SENIOR CONNECTION

Editor – Gloria Hagberg

Senior Resource Center | 15856 E Fifth Street | Hayward WI, 54843

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Preparation has started for our 2016 March for Meals Campaign, on behalf of the approximate 6000 seniors we serve in Sawyer County, to request your support of the Senior Resource Center, and to invite you to participate in the 14th annual March for Meals. As our neighbors in the Sawyer County area, you are in an excellent position to help raise awareness for the growing number of seniors facing senior hunger and isolation, both serious problems currently impacting Sawyer County and our nation at large. The number of Sawyer County residents 60+ is projected to grow to over 8500 by 2030.

The Senior Resource Center participates in the national March for Meals campaign, which is an annual month-long event, led by Meals on Wheels America. It is designed to generate public awareness about senior hunger and isolation and to celebrate the invaluable services provided by the Meals on Wheels programs – both home-delivered and congregate – in virtually every community across the country. Given the exemplary public-private partnership Meals on Wheels embodies, this annual campaign is also intended to help recruit new volunteers from our community and to increase fundraising from local businesses and supporters.

2nd Annual Spring Style Show & Luncheon

The Senior Resource Center will be hosting our 2nd Annual Spring Style Show & Luncheon, on Saturday, March 19, 2016 at The Steakhouse in Hayward. This show is part of our March for Meals campaign and is also our major fundraiser for the year. As last year, we want to support and give back to our local businesses by inviting them to participate in this event, where we will promote to "Shop Locally" in Sawyer County. All events and participation that we have during this month, are counted towards a grant application with Meals on Wheels of America for additional funds that can be used towards our programs.

Last year we sold out and packed the house with over 250 people. After the tremendous amount of feedback that we received, we feel that this show will sell out fast and are working towards providing an even bigger and better production this year, for those in attendance. March 19th will mark the weekend that Spring Begins and what a great way to celebrate, by having a spectacular event that recognizes the importance of our community coming together. The theme for 2016 is "We Never Go Out of Style", with doors opening at 11:00 a.m., luncheon at 12 noon and runway show at 1:00 p.m.





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There will also be huge raffles and a silent auction.

Tickets are \$15.00 and are available at the Senior Resource Center 15856 E. 5th Street, Hayward, Hayward - Stone Lake - Exeland - Winter Senior Centers & Timber Ford of Hayward.

If you would be interested in donating an item for the raffle or auction, it would be greatly appreciated. *Cash donations will be used to purchase larger items for raffles, please indicate if your cash donation is to be used for the purpose of the show or if this donation is for the Senior Resource Center programs.* Donations can be dropped off or mailed to the Senior Resource Center office in Hayward or delivered to any of our senior centers in Stone Lake, Exeland, Winter or Hayward. Please make sure to say if it is for the Style Show fundraiser and attach your name & address, so we can give you the proper recognition. Also please let me know if you would like a donation receipt sent to you.

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

I can be contacted by calling 715-634-3000 or email:

linda@seniorresourcecenternorth.org.

Hope to see you at the show!!!

Linda Hand, Executive Director

All Ages Welcome!

THE SENIOR RESOURCE CENTER PRESENTS

WE NEVER GO OUT OF

Style

2016 SPRING STYLE SHOW & LUNCHEON

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

Saturday, March 19, 2016
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

TICKETS \$15.00
Available at:

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

For more information call the Senior Resource Center at 715-634-3000

SPECIAL GUEST
MISS WISCONSIN
Sponsored by Coop's Pizza

MARCH FOR MEALS
WITH MEALS & WHEELS

DRIVE 4 U R COMMUNITY
Test drive a vehicle on March 19 from 9am-4pm at The Steakhouse and earn \$20 for the Senior Resource Center!

SPONSORED BY

Logos of sponsors: Timber Ford of Hayward, Ship, Legends of the Celts, Mountain Boutique, AHLGREN'S, Nordic Northwoods, FICOCELLO'S, OUTDOOR, TOWN & COUNTRY, Titus, Balon, Fox, Concept Nails, and others.





Here's What's Up

THE SENIOR CONNECTION

Senior Resource Center | 15856 E Fifth Street | Hayward WI, 54843

Calendar of Events

March & April 2016

Stone Lake Senior Center

(715) 865-2025

March:

- > 13 – Daylight Savings Time Begins
- > 15 – Corned Beef & Cabbage for Tuesday Evening
- > 16 – Easter Luncheon
- > 17 – St. Patrick's Day
- > 19 – 2nd Annual Spring Style Show & Luncheon at

Lumberjack Steakhouse

- > 20 – Spring Begins/Palm Sunday
- > 25 – Good Friday/All Senior Centers/Office

CLOSED

- > 27 – Happy Easter!

April:

All Senior Meal Sites, Senior Resource Center Office & Transportation will be **CLOSED Friday, March 25 for Good Friday. There will be **NO** Meals on Wheels delivery.**

FOR RENT: ONE BEDROOM APARTMENT IN ELDERLY COMPLEX IN EXELAND. APPLICANT MUST MEET ELDERLY/DISABLED

GUIDELINES. RENT IS \$480 PER MONTH AND INCLUDES ALL UTILITIES, USE OF WASHER/DRYER, SNOW REMOVAL AND LAWN CARE. FOR APPLICATION PLEASE CALL (715)634-4280.

BEGINNING BRIDGE LESSONS:

The card game of "bridge" is fun, challenging for your mind, and a good way to meet people. Classes for beginning players will be offered starting on Wednesday, March 9 from 1:00pm to 3:00pm at the Hayward Senior Center (downstairs). Classes will continue weekly on Wednesdays at the same time for a total of 6 lessons. These classes are offered FREE of charge. The instructor is Jo Chalgren. Please call Jo at 218/349-6405 promptly to register for these lessons as class size will be limited to 10 people. Feel free to call with any questions or comments. Hope to see you at the card

FUTURE AARP MEETINGS

The next meeting of the Sawyer County AARP Chapter is Thursday, March 3 at the Senior Resource Center 15856 E Fifth Street down the street from the Sheriff's Office. There will be a business meeting at 1:00pm followed by a program at 2:00pm. The program will be presented by a DNR representative yet to be confirmed.

The April meeting will be April 7, 2016 at the same location and time as the March meeting. Sally Gaca, Elder Benefit Specialist for the Senior Resource Center will bring us the latest news regarding senior benefits. Refreshments will be served after both meetings.

Upcoming topics for AARP meetings will be an armchair African Safari in May and a guided tour of the Sawyer County Historical Society will be in June.



Like

us on Facebook!



Hayward Senior Center Activities & Events

THE SENIOR CONNECTION

Senior Resource Center | 15856 E Fifth Street | Hayward WI, 54843

March & April 2016

8:00 am – 4:00 pm

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Thursday	9 am – 3 pm	Lower Level
Caregiver Support Group	2 nd Tuesday of each Month	1:00pm – 2:30pm	Lower Level
Blood Pressure	1 st & 3 rd Wednesday	11 – 12:00am	Upper Level
Bridge Group	Wednesday	9:00 – 12:00am	Lower Level
Cribbage	Tuesday & Thursday	1:00pm	Upper Level
Duplicate Bridge	Wednesday (May~Sept.)	5:00pm	Lower Level
Evening Meal	Tuesday	5:30pm	Upper Level
Gin Rummy	Monday	10:00 – 11:30am	Upper Level
Pinochle & 500	Mon & Wed & Sat	1:00pm	Upper Level
Senior Center Bingo	Friday	1:00pm	Upper Level
Progressive Bingo	Thursday	6:15 – 9:00pm	Upper Level
Weight Watchers	Thursday	5:00 – 7:00pm	Lower Level
Watercolor Painting	Friday	9:30-12am	Lower Level
Gift Shop	Monday - Friday	8:30am – 4:00pm	Upper Level
Spider Lake Meals	Monday & Thursday	12:00 noon	Spider Lake Church
Foot Care Appointments	Call: Holly Duffy	(715) 699-9987	Lower Level
Computer/Tablet Classes	Tuesdays w/Connie Schield	10:00am-12:00 noon	Upper Level
Income Tax Preparation	Mondays by Appt. Only	8:00am – 3:00pm	Lower Level
Activities/Speakers	Day	Time	Place
Hatha Yoga Class	Tuesdays	8:30-9:45am/4:30-5:45pm	Lower Level
Hatha Yoga Class	Thursdays	9:15-10:30am/10:45-Noon	Lower Level
Evening Meals	Tuesday's (\$5.00 meal)	Served at 5:30pm	Upper Level
Remembering Us – Adult Respite	Thursdays	9:00am – 3:00pm	Lower Level
Daylight Savings Time Begins	Sunday, March 13, 2016	Spring Ahead	
Easter Dinner	Wednesday, March 16, 2016	Meal Served at 12:00	Upper Level
St. Patrick's Day Luncheon	Thursday, March 17, 2016	Meal Served at 12:00	Upper Level
2016 Spring Style Show & Luncheon	Saturday, March 19, 2016	11:00am – 3:00pm	Lumberjack Steakhouse
Centers Closed for Good Friday	Friday, March 25, 2016	All Day	All Meal Sites/SRC/Bus
Frank Pratt "Fish Spawning"	Tuesday, March 29, 2016	10am – 12 noon	Upper Level
Monthly Meetings	Day	Time	Place
Advisory Committee	1 st Wednesday	10:00am	Upper Level
AARP Meeting	1 st Thursday	2:00pm	Upper Level
Senior Resource Center Board	3 rd Wednesday	1:00pm	Lower Level

HIGHLIGHTED special dates & events for March & April 2016



EXELAND NEWS (715) 943-2990

IMPORTANT NEWS:

The Exeland Senior Center is selling raffle tickets in an effort to help seniors and to support the Sawyer County Meals on Wheels Program, so we are asking that everyone who reads this. Please spread the word and encourage people to purchase the tickets. All of the Meal Sites in Sawyer County have tickets available as well as most business places in Exeland such as The Depot, Swan Creek Mercantile, Brenda's Café, Dairyland Bank, Buckhorn, Skinny Dippers, etc. You will also find tickets available at Helsing's Bar and Chippewa Valley Bank in Radisson and from various individuals.

The ticket price is:
6 tickets for \$5:00

Great Prizes:
First Prize - \$500
Second Prize - \$200
Third Prize - \$25
Fourth Prize - \$25

Drawing on March 29, 2016
at Exeland Senior Center.

You do not need to be present to win, but if you are age 60 or over, you may call Bonnie and arrange to have lunch at the Exeland Senior Center and be there when the winning tickets are drawn. Suggested donation amount for lunch is \$4.00 and lunch is served every week-day at 12-noon.

Just purchase your tickets, add your name and phone number, drop them in the box and wait for the Grand Drawing Date and feel good about helping a wonderful program in our little corner of the world!

STARTING TUESDAY, MAY 3

- Evening meals will be served at the Exeland Site through-out the summer months until October 25. Meals are served at 5:30 p.m. and the suggested donation is \$5 per person.

JOB OPPORTUNITY - Know someone that needs a part-time job? The Senior Resource Center is accepting applications for substitute manager/cook to cover Exeland and Winter as needed. For an application or more information, contact one of the site managers or SRC at 715-634-3000.

TRANSPORTATION is available in Sawyer County for seniors age 60 or over if needed (no other transportation is available) for daily living activities such as medical or dental appointments, grocery shopping, etc. The Volunteer Escort Program is available; just call the Senior Resource Center to make arrangements for the ride. The only cost to the rider is 20 cents a mile payable to SRC.

The Volunteer Escort drivers and Meals on Wheels drivers are not paid for their time and service. They are only reimbursed mileage per actual miles driven for the particular activity.

The Volunteer Drivers are a wonderful part of the Senior Resource program and we thank them for the great job they do.

The National March for Meals campaign is an annual month-long event led by Meals on Wheels of America to help bring awareness about senior hunger and isolation and make the communities aware of all the programs that the Senior Resource Center provides.





Sawyer County Center News

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Senior Resource Center | 15856 E Fifth Street | Hayward WI, 54843

Exeland continued...

The Exeland Site has willingly coordinated a special March event for the last several years as the events are counted toward a grant application with Meals on Wheels of America for additional funds that can be used toward the much needed Senior Programs. Our 2016 campaign actually began in January with the first sales of RAFFLE TICKETS and will culminate with the drawing on our Meals on Wheels Campaign Day March 29, 2016. Thank you for your support.

Hayward Senior Center (715) 634-4680

Winter is almost over according to the calendar. According to the snow in my yard....not so much. By all standards it has been relatively mild. Only a few days so far below zero. The sun is higher in the sky and in 87 days it will be opening fishing.

In the meantime on March 19th don't forget the 2nd Annual Style Show & Luncheon. Tickets can be obtained at the Senior Resource Center, the senior centers in Hayward, Stone Lake, Winter, Exeland and Timber Ford of Hayward.

Last year was a great time and this year will be even bigger and better.

Please join us for Social hour from 11:00-Noon, Luncheon served from 12:00-1:00 PM, with the Style Show from 1:00-3:00 PM. It will be a nice way to break up the winter blues.

As many of you already know our Benefit Specialist, Sally Gaca, is currently being treated for cancer. Last month a benefit was held for Sally to help defray her medical costs. We had a great turnout, serving close to 100 people. Thanks to all that came and enjoyed breakfast with Sally and to all that helped put this together. Sawyer County folks are so very generous.

Don't forget a couple of holidays coming up in March. St. Patrick's Day is March 17, join us for a traditional Corned Beef & Cabbage Dinner at the Center. Also, Easter is quite early this year, March 27. We will celebrate with an Easter Dinner being served on Wednesday, March 16 of Baked Ham, Potato Salad, Asparagus, Roll & Blueberry Torte.

One more thing, in March Daylight Savings Time begins on March 13th. Don't forget to set your clocks ahead 1 hour. *Have a great end of winter and smile, it will look good on you!*

Doc Brueggen

Stone Lake Center (715) 865-2025

Hello Seniors!

Winter is here! We have enjoyed the mild December and part of January but it is winter in the Northwood's. Most of you are down south or out west, enjoy the warmer weather. Hopefully, we will see an early spring with Easter being March 27, 2016.

The Cranberry Cafe is still serving breakfast from 8:00 am until 10:00 am Monday thru Friday. The cost is \$3 those 60 & over and under 60 \$5. There is a great variety daily with Wednesday's serving biscuits and sausage gravy along with oatmeal. So stop in and visit with friends (old and new) and enjoy breakfast and endless coffee.

Tuesday evening meals are served starting at 5:00 pm. Be sure to call in your reservations early. If there are less than 10 people signed up the meal will be cancelled for that night. Try to call in your reservation by 1:00 pm the day of the meal.

Chris Webster is the new Site Manager in Stone Lake. For health reasons Peggie as resigned. Chris is doing a great job with meals and all the other duties that are part of the position.

If you have any ideas or suggestions or would like to





Sawyer County Center News

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Stone Lake cont....

volunteer to help with an activity, please let Chris know you are available.

Connie Schield continues to have computer classes each Monday for 10:00 am to 12:00 noon. If you received a new iPhone, notebook, laptop, etc. stop in and Connie will help get you started.

Corned Beef and Cabbage will be served on Tuesday night March 15 and at noon on March 17. So, remember to make your reservation & enjoy a meal or two of corned beef and cabbage.

The Stone Lake Senior Center Advisory Board will be having a garage sale on Saturday, June 4, 2016. If you are spring cleaning and have some gently used items to donate, please bring them to the center or if it is a larger item let one of the advisory board members know so they can arrange to pick it up.

The Advisory Board is Bob Denison, President; Mary Lundell, Vice President; Charlene Henk, Secretary; Don Brunner, Treasurer; and Trustees: Doug Strand, Pat Montgomery, Kelly Brunner, Larry Walters and Vi Myer. The Advisory Board meets quarterly and the next meeting is April 6, 2016 at 1:00 pm at the Senior Center.

Save the date of Saturday, March 19, 2016 for the *2nd Annual Style Show & Luncheon* at the Lumberjack Steakhouse. The tickets are \$15 each and will be available at the center or the Senior Resource Center. The funds benefit the Senior Resource Center and Meals on Wheels.

Have a great winter and spring!

WINTER SENIOR CENTER
(715) 266-2233

Our wonderful center has been very busy with groups coming in playing domino's and cards and pool it's really great to see everyone laughing and visiting with each other and what a wonderful way to pass these cold, long winter days.

We are very excited to be selling tickets for our County's MARCH FOR MEALS ON WHEELS cash raffle. The tickets are being sold for \$1 each or six for \$5.00 and 1st prize is \$500.00 2nd prize is \$200.00 and 3rd and 4th prize is \$25.00.

If you are feeling lucky and would like to help out our MEALS ON WHEELS PROGRAM please stop in and purchase some tickets you might be a lucky winner.

Don't forget that coming in March on the 13th Daylight savings time begins and on March 20th (palm Sunday) is also the First Day of Spring or and I almost forgot that the 17th will be St Patrick's Day so get ready for some Corn Beef and cabbage Yum! Yum! And then on March 27th will be Easter. I would also like to give our decorating crew a GREAT BIG THUMBS UP for the super job that they are doing in their center I love coming to work every day and being surrounded by the wonderful decorations we are so festive on every Holiday its fun to come in and check us out.

We are also now in to our tax season so don't forget to call the Hayward office and set up your appointment, the Hayward number is 1-715-634-3000.

All of us here at the Waldo Winter center hope all is well with your friends and family and if you are looking for a little fun give us a call and come in for lunch or just stop in for coffee and a little conversation. I would also like to take this time to remind everyone that every 3rd Thursday of the month we have a friendly meeting to discuss matters of the center and everyone is "Welcome" this is a very friendly meeting that if you have any questions or suggestions we would love to hear them so please join us on the 18th of February.

Your friends,
At the Waldo Center



Hayward

Tuesday Evening

March 2016: All Meals Include Bread & Milk

- 1st - Meatballs w/Brown Gravy, Mashed Potatoes, Mixed Vegetables, Brownie
8th - Breaded Pork Cutlet w/Applesauce, Oven Roasted Red Potatoes, Broccoli/Cauliflower, Banana Cake
15th - "Irish Stew" w/Carrots, Potatoes & Rutabagas, Marble Rye Bread, Mint Chip Ice Cream
22nd - Baked Ham, Sweet Potatoes, Bacon Pea Salad, Frozen Orange Yogurt
29th - Parmesan Chicken Breast, Noodles, Roasted Brussel Sprouts, Fresh Veggies w/Dip, Garlic Bread, Applesauce Spice Cake

April 2016: All Meals Include Bread & Milk

- 5th - BBQ Rib, Baked Potato w/Sour Cream, Cole Slaw, Blonde Brownie
12th - Swiss Steak, Mashed Potatoes, California Blend Vegetables, Frosted Banana Bar,
19th - Oven Baked Chicken, Potato Salad, Glazed Carrots, Chocolate Cake
26th - Spaghetti w/Meatballs, Mandarin Orange Lettuce Salad, Poppy Seed Dressing, Garlic Bread, Peanut Butter Cookie

Reservations Call 715-634-4680
***Meals served Tuesdays @ 5:30

Stone Lake

Tuesday Evening

March 2016: Meals Include Bread & Milk

- 1st - BBQ Ribs, Baked Potato/Sour Cream, Peas, Cornbread w/Honey Butter, Pears, Milk
8th - Meaty Chili, Cheddar Cheese Grilled Sandwich, Fresh Veggie's w/Dip, Apple Crisp, Milk
15th - Corned Beef, Cabbage/Carrots/Potatoes, Marble Rye/Butter, Pistachio Cake, Milk
22nd - Build a Burger w/Bun, Bacon/Lettuce/Tomato & Cheese, Baked Onion Rings, Melon Slice, Root Beer Float, Milk
29th - Roast Turkey, Mashed Potatoes, Dressing, Gravy, Green Beans, Crescent Roll, Cranberry Sauce, Pie, Milk

April 2016: Meals Include Bread & Milk

- 5th - Pork Chop, Scalloped Potatoes, Butternut Squash, Corn Muffin/Honey Butter, Apple Pie, Milk
12th - Spaghetti w/Meat Sauce, Lettuce Salad, Fruit Salad, Garlic Bread, Milk
19th - Meat Loaf, Mashed Potatoes w/Gravy, Bacon Pea Salad, Dinner Roll, Cookie, Milk
26th - Lasagna, 7-Layer Salad, Garlic Bread, Fruit, Ice Cream, Milk

Reservations Call 715-865-2025
***Meals served Tuesdays @ 5:00

Stone Lake

March Breakfast Menu

March 2016

- 1st - Scrambled Eggs, Patties, Raw Fries
- 2nd - Sausage Gravy & Biscuits, Oatmeal
- 3rd - Scrambled Eggs, French Toast, Bacon
- 4th - Breakfast Quiche, Oatmeal
- 7th - Scrambled Eggs, Waffles, Links
- 8th - Egg Bake, Pancakes, Cream of Wheat
- 9th - Sausage Gravy & Biscuits, Oatmeal
- 10th - Baked Eggs, Raw Fries, Ham
- 11th - Breakfast Pizza, Oatmeal
- 14th - Scrambled Eggs, Blueberry Pancakes, Patties
- 15th - Baked Eggs, Raw Fries, Bacon
- 16th - Sausage Gravy & Biscuits, Oatmeal
- 17th - Scrambled Eggs, French Toast, Links
- 18th - Breakfast Burrito, Cream of Wheat
- 21st - Scrambled Eggs, Raw Fries, Ham
- 22nd - Egg Bake, Hash Browns, Cream of Wheat
- 23rd - Sausage Gravy & Biscuits, Oatmeal
- 24th - Scrambled Eggs, Patties, Waffles
- 25th - **GOOD FRIDAY-CLOSED**
- 28th - Baked Eggs, Raw Fries, Bacon
- 29th - Scrambled Eggs, Potato Pancakes, Links
- 30th - Sausage Gravy & Biscuits, Oatmeal
- 31st - Scrambled Eggs, Ham, Blueberry Pancakes

Breakfast is served with pastry, fruit, toast, juice & coffee
Monday thru Friday 8:00am to 10:00am

Call: (715) 865-2025

Stone Lake

April Breakfast Menu

April 2016


- 1st - Breakfast Pizza, Oatmeal
- 4th - Scrambled Eggs, Patties, French-Toast
- 5th - Breakfast Burrito, Hash Browns
- 6th - Sausage Gravy & Biscuits, Oatmeal
- 7th - Baked Eggs, Raw Fries, Ham
- 8th - Breakfast Quiche, Cream of Wheat
- 11th - Scrambled Eggs, Potato Pancakes, Links
- 12th - Scrambled Eggs, Raw Fries, Bacon
- 13th - Sausage Gravy & Biscuits, Oatmeal
- 14th - Baked Eggs, Patties, Waffles
- 15th - Breakfast Pizza, Oatmeal
- 18th - Scrambled Eggs, Raw Fries, Bacon
- 19th - Breakfast Burrito, Cream of Wheat
- 20th - Sausage Gravy & Biscuits, Oatmeal
- 21st - Scrambled Eggs, Blueberry Pancakes, Links
- 22nd - Breakfast Quiche, Cream of Wheat
- 25th - Baked Eggs, Raw Fries, Patties
- 26th - Scrambled Eggs, Bacon, French-Toast
- 27th - Sausage Gravy & Biscuits, Oatmeal
- 28th - Scrambled Eggs, Waffles, Ham
- 29th - Egg Bake, Hash Browns, Oatmeal

Breakfast is served with pastry, fruit, toast, juice & coffee
Monday thru Friday 8:00am to 10:00am

Call: (715) 865-2025


March 2016

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
1 	1 Wild Rice Soup, Ham & Cheese Sandwich w/Lettuce & Tomato, Pickle, Veggie Tray w/dip, Peanut Butter Bar & Milk	2 Pork Chop, Baked Potato, Butternut Squash, Apple Sauce, Corn Muffin w/Honey Butter, Cherry Pie & Milk	3 Meatloaf & Mashed Potatoes w/Brown Gravy, Bacon Pea Salad, Crescent Roll, Cowboy Cookie & Milk	4 Baked Fish, Lemon & Tartar, Rosemary Baked Sweet Potato Fries, Coleslaw w/Craisins, Roll, Blonde Brownie & Milk
7 Cook's Choice Please Call Individual Dining Center for Today's Menu	8 Biscuits Smothered in Sausage Gravy, Scrambled Eggs, Fruit, Orange Juice & Milk	9 BBQ Ribs, Baked Potato w/Sour Cream & Chives, Corn, Cheddar Biscuits, Fruit & Milk	10 White Chicken Chili Topped w/Grated Cheese Garden Salad, Tortilla Chips w/Salsa, Sour Cream, Crackers, Yogurt Fruit Parfait & Milk	11 Salmon Pattie, Creamed Peas, Parslied Potatoes, Dinner Roll/Butter, Apple Turnover & Milk
14 Italian Turkey Meatball Soup, Crusty French Bread/Butter, Salad, Chocolate Cake & Milk	15 Baked Chicken, Baked Sweet Potatoes, BBQ Beans, WW Bread/Butter, Frozen Cream Sickle Yogurt & Milk	16 EASTER DINNER Baked Ham, Potato Salad, Asparagus, Dinner Roll/Butter, Blueberry Torte & Milk	17 Corned Beef & Cabbage, Potatoes, Carrots, Brown Bread/Butter, Ice Cream & Milk	18 Veggie Lasagna w/Alfredo Sauce, Side Salad, Garlic Bread, Cookie & Milk
21 Hamburger Casserole, Cucumber Salad, Beets, Marble Rye Bread/Butter, <u>Sherbert</u> & Milk	22 Scalloped Potatoes & Ham, Chop <u>Chop</u> Salad, Apple Sauce, Dinner Roll, Dessert & Milk	23 Salisbury Steak w/Brown Gravy & Grilled Onions, Creamy Mashed Potatoes, Peas, Ice Cream & Milk	24 Liver & Onions OR Request Chef's Alternative, Parslied Red Potatoes, French Style Green Beans w/Mushrooms, WW Bread Butter, Cookie & Milk	25 CLOSED GOOD FRIDAY 
28 Roast Beef & Mashed Potatoes w/Gravy, Buttered Carrots, WW Dinner Roll/Butter, Apple Turnover & Milk	29 BLT Sandwich or Wrap, Sidewinder FF, Cottage Cheese, Celery w/Peanut Butter, Frozen Yogurt & Milk	30 Roast Turkey, Mashed Potatoes w/Gravy, Beans, Crescent Roll, Pie, Cranberry Juice & Milk	31 Italian Lasagna, Side Salad, Garlic Bread, Pears, Cookie & Milk	<i>If you are unable to eat what is on the menu, contact your Site Manager for an alternative meal. We are here to serve you!</i>

April 2016

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
				1 Meatball Lover's Sandwich ON/OR beside a Hoagie Bun w/Sliced Onion, French Fries, Fresh Salad, Cookie & Milk
4 Chop Suey w/ Vegetables over Rice, Egg Roll, Chow Mein Noodles, Fortune Cookie, Fruit Salad & Milk	5 Chicken Parmesan served on Noodles, Roasted Brussel Sprouts, Garlic Bread, Cheese Cake & Milk	6 Pork Chops, Baked Potato, Creamed Corn w/Bacon & Leeks, Marble Rye Bread, Pineapple Cake & Milk	7 "Build a Burger" on Bun, Bacon, Lettuce, Tomato, Onion, Cheese served with Baked Onion Rings, Milk & Root Beer Float	8 Finger Licking BBQ Chicken, Sweet Potato Tots, Baked Beans, Corn Bread w/Honey Butter, Fresh Fruit & Milk
11 Cook's Choice Please Call Individual Dining Center for Today's Menu	12 Beef Stroganoff over Noodles, Beets, Cucumber Salad, Crescent Roll/Butter, Fruit & Milk	13 Baked Chicken Breast, Roasted Red Potatoes, Bacon Wrapped Asparagus, Peach Cobbler & Milk	14 Baked Ham, Potato Salad, Green Bean Casserole, Blonde Brownie & Milk	15 Taco Salad (Taco Meat, Chili Beans, Lettuce, Tomatoes, Onions & Cheddar Cheese), Tortilla Chips, Salsa, Sour Cream Mexican Rice, Cheese Cake & Milk
18 Breaded Fish Sandwich w/ Cheese, Sweet Potato Fries, Coleslaw, Pretzel Salad & Milk	19 Italian Beef Sandwich w/Mozzarella Cheese, Side Winder Potatoes, Salad, Salted Caramel Chocolate Chip Cookies & Milk	20 Roast Pork, Baked Potato, Salad, Apple Sauce, Marble Rye Bread/Butter, Dessert & Milk	21 Grilled Brat on a Bun, Pasta Salad, Baked Beans, Pickle, Fresh Fruit & Milk	22 Roast Turkey, Mashed Potatoes, Gravy, Glazed Carrots, Strawberry Short Cake & Milk
25 Biscuits Smothered in Sausage Gravy, Scrambled Eggs, Fruit, OJ & Milk	26 Almond Chicken Salad w/Craisins on a Croissant, Veggies w/dip, Melon & Milk	27 BBQ Ribs, Baked Potato, Spring Mix Salad w/Mandarin Oranges, Ice Cream & Milk	28 Homemade Pizza, Salad, Pistachio Fluff Salad & Milk	29 Chicken Cordon Blue, Rice Pilaf, Broccoli, Fruit Salad & Milk

Free Monthly Educational Series for March 2016

SENIOR RESOURCE CENTER OUTREACH PROGRAM

“Angler Education & Fish Spawning” by Frank Pratt,
Retired Fisheries Biologist



When: Tuesday, March 29, 2016

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

Time: 10:00 am – 12:00 noon

Wisconsin Department of Natural Resources senior fisheries biologist Frank Pratt can look back on a 37-year career that produced some success stories on area lakes and rivers but which, in recent years, also engendered frustrations with the state’s management style.

Pratt retired from the DNR on Jan. 13, 2011 after spending his entire career at the Hayward DNR Service Center. He was the fisheries biologist for waters in Sawyer and Rusk counties.

Growing up in western Massachusetts, Pratt says he “fished 24-7. That was my passion. When I was 12 or so, I decided I wanted to be a fisheries biologist, and I’ve never wavered from that.”

He went on to earn an undergraduate degree in biology from Holy Cross College in Worcester and a master’s degree in fisheries at the University of Massachusetts-Amherst. When some jobs opened up in Wisconsin, he took the test and was hired.

“At that time, the Wisconsin DNR was like the number-one resource agency on the planet,” Pratt said. “Within two years, I was lucky enough to get a position in Hayward (in 1974). I was blessed to come to the world-class fisheries I’d read about all my life.”



Hayward where he enjoys fishing, hunting, hiking, skiing, and traveling. *Excerpt Sawyer County Record*

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

☐ **“Fish Spawning”, Tuesday, March 29, 2016**

Name: _____ Phone #: _____

Address: _____

City: _____ Zip: _____

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



Beneficially Speaking

*Sally Gaca, Senior Resource Center,
Elder Benefit Specialist*

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in some vision loss to total blindness. Fortunately, early detection and treatment can help prevent or limit vision loss.

Because glaucoma may not present any outward symptoms, it can be hard to tell if a person has developed the disease. However, without treatment, a person could slowly lose peripheral vision and, over time, straight ahead vision may decrease as well.

What can you do?

Individuals are encouraged to undergo a comprehensive dilated eye exam each year. Medicare Part B covers a glaucoma test once every 12 months for those who are at a high risk. You are considered high risk if any of the following apply to you:

1. You have diabetes or a family history of glaucoma.
2. You are African-American and age 50 or older.
3. You are Hispanic-American and age 65 or older.

Like all other Part B-covered services, a beneficiary will be responsible for a 20% co-pay. Further, the Part B deductible (\$166 in 2016) applies. Individuals who are diagnosed with glaucoma should be sure to take medication as directed. The Glaucoma Research Foundation (GRF) notes that glaucoma medications can slow the progression of the disease by lowering an individual's intraocular pressure (IOP).

Lowering the IOP helps because it prevents further damage to the optic nerve. Also, individuals should engage in regular exercise because it can help lower an individual's IOP. The GRF notes that studies have shown that even moderate exercise three or more times a week can have an IOP lowering effect. Finally, the GRF suggests that individuals wear protective eyewear when engaged in athletic activities or home improvement projects. If you have questions about whether you should

receive a glaucoma test or would like to discuss your risk for developing the disease, please speak with your health care provider.

For more information, please see:

www.medicare.gov/coverage/glaucoma-tests.html

www.glaucoma.org/gleams/what-can-i-do-to-preventglaucoma.php

<http://blog.medicare.gov/2016/01/11/national-glaucomaawareness-month/>

https://nei.nih.gov/health/glaucoma/glaucoma_facts

Homestead Tax Credit

Sally Gaca, Elder Benefit Specialist

The Homestead Tax Credit is a benefit available to renters and homeowners with low or moderate income. The credit amount depends on one's income and the amount of property taxes or rent paid. Generally, a person will receive a higher credit when income is lower and property taxes/rent is higher. The maximum credit one may receive for the tax year 2015 is \$1,168 but there are specific requirements that must be met before the credit can be taken.

To obtain the credit, a person must complete a Wisconsin Homestead Credit Claim Form (Schedule H-EZ or Schedule H). One particularly attractive benefit of the program is that we can apply for up to five years' worth of credit. That means that we can apply for credit for the years 2011, 2012, 2013, 2014 and 2015. The deadline for the 2011 benefit is April 15, 2016. So, if you haven't applied for the credit in past years, do not delay any further.

Below are the criteria to qualify for the homestead credit:

- Your household income must have been less than \$24,680 for 2015.
- You must have been a legal resident of Wisconsin for all of 2015, from January 1 through December 31.
- You must have been 18 or older on December 31, 2015.



Homestead Tax Credit cont...

- You cannot be claimed as a dependent on someone else's 2015 federal income tax return.
(Note: This limitation does not apply if you were 62 or older on December 31, 2015.)
- You must have been the owner or renter of your Wisconsin homestead during 2015.
- You must not have lived in housing that is exempt from property taxes for the entire year.
(Note: Property owned by a municipal housing authority is not considered tax-exempt for homestead credit purposes if that authority makes payments in place of property taxes to the city or town in which it is located. If you live in public housing, you should check with your rental manager.)
- You must not, at the time of filing a claim, be living in a nursing home and receiving Title XIX medical assistance.
- You must not be claiming Wisconsin farmland preservation credit for 2015.
- You must not be claiming the veterans and surviving spouse's property tax credit on the 2015 real estate taxes.
- Only one claim may be filed per household (married couple residing together).
- No claim may be filed on behalf of a person after his or her death.
- You must not have received Wisconsin Works (W2) payments of any amount or county relief payments of \$400 or more for each month of 2015.

Persons applying solely for Homestead Credit can make an appointment with Sally Gaca, Senior Resource Center, Elder Benefit Specialist. Please call her at **715-934-2177**.

- **For more information about the Homestead Tax Credit program, please visit:**

www.revenue.gov/faqs/ise/home.html#home1

The Senior Resource Center has a very important announcement.

The SCSC (Sawyer Community Senior Center) has dissolved their non-profit and in doing so, has gifted the Hayward building & property, where the Senior Resource Center offices and the Hayward Senior Center are located to the Senior Resource Center. This is a great opportunity for all of us to join forces and work as one, rather than 2 non-profits. This will open up more opportunities for grant writing and will make it not so confusing to the public, as to why there were 2 non-profits with the same mission. Thank you again to the SCSC Building Board of Directors for your support and we look forward to working with these great individuals in making all of the Sawyer County Senior Centers and the Senior Resource Center one of the best Aging Units in the State of Wisconsin.

Photo was taken by Sawyer County Record - Regan Kohler.

Pictured from left - John Wittmus (SRC Board), Bruce Paulsen (SRC Board), Linda Hand (SRC Executive Director), Jeff Hoivik (SRC Board Chair), Marj Champney (SCSC Board Chair), Dick Langton (SCSC Past Chair) & Doc Brueggen (SCSC Board).





VETERAN SERVICE OFFICER
RENEE BROWN

And More



ASSISTANT VSO
GARY ELLIOTT

Sawyer County Veterans Service Office

WISCONSIN
MONTH: .

MARCH & APRIL 2016

PHONE: 715-634-2770
FAX: 715-638-3212

VA Makes Changes to Veterans Choice Program

The Department of Veterans Affairs (VA) previously announced a number of changes to make participation in the Veterans Choice Program easier and more convenient for Veterans who need to use it. The move, which streamlines eligibility requirements, follows feedback from Veterans along with organizations working on their behalf.

"Under the old policy, a Veteran was eligible for the Veterans Choice Program if he or she met the following criteria:

- Enrolled in VA health care by 8/1/14 or able to enroll as a combat Veteran to be eligible for the Veterans Choice Program;
- Experienced unusual or excessive burden eligibility determined by geographical challenges, environmental factors or a medical condition impacting the Veteran's ability to travel;
- Determined eligible based on the Veteran's current residence being more than 40 miles driving distance from the closest VA medical facility.

Under the updated eligibility requirements, a Veteran is eligible for the Veterans Choice Program if he or she is enrolled in the VA health care system and meets at least one of the following criteria:

- Told by his or her local VA medical facility that they will not be able to schedule an appointment for care within 30 days of the date the Veteran's physician determines he/she needs to be seen or within 30 days of the date the Veteran wishes to be seen if there is no specific date from his or her physician;
- Lives more than 40 miles driving distance from the closest VA medical facility with a full-time primary care physician;
- Needs to travel by air, boat or ferry to the VA medical facility closest to his/her home;
- Faces an unusual or excessive burden in traveling to the closest VA medical facility based on geographic challenges, environmental factors, a medical condition, the nature or simplicity or frequency of the care needed and whether an attendant is needed. Staff at the Veteran's local VA medical facility will work with him or her to determine if the Veteran is eligible for any of these reasons; or
- Lives in a State or Territory without a full-service VA medical facility which includes: Alaska, Hawaii, New Hampshire (Note: this excludes New Hampshire Veterans who live within 20 miles of the White River Junction VAMC) and the United States Territories (excluding Puerto Rico, which has a full service VA medical facility). Veterans seeking to use the Veterans Choice Program or

wanting to know more about it, can call 1-866-606-8198 to confirm their eligibility and to schedule an appointment.

VA Clinic--Phone System Update

After nearly a year and a half of being sent through the Minneapolis Call Center, Veterans can now access the Hayward VA Clinic via telephone directly at 715-934-5454. Please note that if a Hayward VA Clinic employee is on the line with another Veteran, you will automatically be sent to Minneapolis call center. Thank you for sharing your concerns with the VA and our local representatives.

Jeep in the mud

During training exercises, the lieutenant who was driving down a muddy back road encountered another car stuck in the mud with a red-faced colonel at the wheel. "Your jeep stuck, sir?" asked the lieutenant as he pulled alongside. "Nope," replied the colonel, coming over and handing him the keys, "Yours is."

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



Must Read

THE SENIOR CONNECTION

Senior Resource Center | 15856 E Fifth Street | Hayward WI, 54843




I just wanted to take a quick minute to introduce myself to everyone;

My name is Samantha Phillips, wife of Troy, mom to Wesley and Jackson. We just recently moved back to Hayward after 12 years of being gone and loving every minute of being back. Upon moving back and previous things happening in my life, it has been on my heart to help and love on our aging seniors, so when Linda offered me the position of Alzheimer Respite Coordinator and Stepping on Coordinator, I don't think I could have been any more excited and accepted with much ambition and love.

So now I fill my days being a wife, hockey mom, regular mom and multi-hat wearing at the Senior Resource Center. You now might be asking yourself what is it that you really do? Well I am SO EXCITED to tell you about 2 programs that I coordinate that I think you will love.

Stepping On:

Did you know 



- **1 out of every 3 people 65 years and over fall each year?**
- Falls are the **LEADING** cause of non-fatal INJURY and DEATH in those 65 years and older, at the cost of \$35 billion annually?
- Wisconsin has **TWICE** the national rate of death due to falls. We are usually #2 -#3 HIGHEST of all 50 states (2008)
- In Wisconsin about half of all Seniors who fall **DO NOT** resume independent living?

- In 2013 about **1 out of every 25** WI residents aged 65 and older visited the emergency room for a fall-related injury?
- In 2013 about **1 out of every 50** WI residents aged 65 and older were hospitalized for fall-related injuries?

These falls are costly! The total charges associated with these hospital visits in 2013 were at least \$674 million, that is equivalent to about \$118 per each man, woman and child in WI.

So how can I help you as an Aging Senior? **STEPPING ON** that is the answer.

It is a 7-week class in which I will teach and facilitate how to prevent falls, strengthen your-self physically, mentally and just building confidence in **REDUCING** falls. We do not want our Sawyer County residents to be part of any statistic except the one that says by taking the

Stepping On Class it can **reduce your risk of falling by 50%**, that is HUGE!

CLASSES COMING SOON!!

FREE Tax Preparation

Volunteers are here again to do prepare your taxes. Taxes will again be done in Hayward, Winter and Cable. There is no charge, but donations are always appreciated. Please call the Senior Resource Center at **(715) 634-3000** or **(715) 634-8639** to make an appt. For Cable Appts. Only - Call: (715) 798-3535

There are still appt. openings in Hayward & Winter, but hurry they won't last long!



Like

us on Facebook!



Senior Resource Center
15856 E Fifth Street Hayward WI, 54843
(715) 634-3000 or (715) 634-8639
Visit us on the web: <http://seniorresourcecenternorth.org/>

Senior Resource Center
15856 E Fifth Street
Hayward, WI 54843

**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.