



Here's What's Up

THE SENIOR CONNECTION

Editor – Alex Hohlfield

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

In This Issue:

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

SCR Board Member Article
Calendar of Events
Winter Wonderland Crossword
Hayward Activities

Sawyer County Senior Centers Pg. 5-8

Winter Senior Center
Exeland Senior Center
Stone Lake Senior Center
Hayward Senior Center

What's on the Menu? Pg. 9-10

November & December Menus
Tuesday Evening Meal Menus
Dinning Survey

Must Read's Pg. 11-14

Beneficially Speaking
Are You Ready Wisconsin?
Winter Weather Preparedness

Breaking News Pg. 15-16

- Job Openings at the S.R.C.
- Spider Lake on the Move
- Last Issue Updates

And More Pg. 17-20

Veteran's Service Office
Event Registration
Raffle

S.R.C. Board Member Article

I took my first sip of morning coffee outside on the porch this morning as my frisky little cocker spaniel chased leaves that were swirling in the wind. They were dancing in different directions all at once. The holiday season is fast approaching and I started to reflect on our (wife Jill and me) decision three years ago to make the move to Hayward. Hayward has been a favorite destination of mine since my first visit as a young boy with my parents. I am thrilled to report that it was absolutely the right decision, but not for reasons I expected. Yes Hayward is a four-season playground with activities for all but that's not what makes it so special for me.

Events in recent years have caused me to take a different path. One of the stops on my new journey led me to the Senior Resource Center where I discovered a Hayward that weekend fun seekers would not find.

Here I found a place where community spirit thrives and acts of kindness are commonplace. A place where people can go to get help on a variety of issues, learn, be entertained, exercise, find fellowship and have a nutritious

meal. This is a place to deliver all of the above if you have the desire to contribute to making Hayward not just a fun place to visit, but a great place to live.

What makes Hayward the right move for me are the people that contribute to this community, the many friends I've made and of course the fudge or ice cream dilemma.

I wish I could teach that dog to drag a rake. Have a great holiday season.

- Jeff Hoiwik: SRC Board Chair

Staying Warm Indoors

With cold weather just around the corner, there is no better excuse to curl up with some hot coffee, a warm blanket, and a good book. But not just any old book, December is "Read a New Book Month."

If you don't have a new book on hand, feel free to stop by our Lending Library here at Hayward and grab a book or two that you haven't read before. We are always getting in new books and have everything from western to romance novels, including many large print books as well. Happy reading everyone!





Here's What's Up

THE SENIOR CONNECTION

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

Calendar of Events November & December 2014

Across

4. A cake or cookie made with molasses and flavored with ginger.
8. A long sleeve outer garment worn to keep warm
9. A thing given willingly to someone without payment.
10. A hanging piece of ice formed by the freezing of dripping water.
14. A long, narrow strip of fabric, used especially for tying something or for decoration.
15. News; information.
18. A boot with a blade attached to the bottom, used for recreational fun.
20. A severe snowstorm with high winds and low visibility.
21. A small, decorative item hung on a tree
22. To sing Christmas songs or hymns, especially in a group.
23. A wreath of flowers and leaves, worn on the head or hung as a decoration.

>>> Crossword Puzzle on Pg. 3

Down

1. A glossy brown nut that may be roasted and eaten.
2. A glove with two sections.
3. An arrangement of flowers, leaves, or stems fastened in a ring, used for decoration
5. A long sock hung up by children on Christmas Eve.
6. An evergreen coniferous tree that has clusters of long needle-shaped leaves.
7. A representation of a human figure created with compressed snow.
11. A cylindrical stick of striped, sweet candy with a curved end.
12. A deposit of small white ice crystals formed when the temperature falls below freezing.
13. To shake slightly and uncontrollably as a result of being cold
16. Packed snow, especially made for throwing at other people for fun.
17. A day of festivity or recreation when no work is done.
19. A drink made from a mixture of beaten eggs, cream, and flavorings, often with alcohol.

Winter Senior Center

(715) 266-2233

November

27th & 28th – Closed, Happy Thanksgiving

December

24th & 25th – Closed, Merry Christmas

Exeland Senior Center

(715) 943-2990

November

27th & 28th – Closed, Happy Thanksgiving

December

24th & 25th – Closed, Merry Christmas

Spider Lake Senior Center

(715) 634-3000

November

11th – Closed for Veterans Dinner

25th & 27th – Closed, merry Christmas

December

25th & 27th – Closed, merry Christmas

Stone Lake Senior Center

(715) 865-2025

November

12th – Veteran's Lunch and Program

20th – Thanksgiving and Birthday Party

27th & 28th – Closed, Happy Thanksgiving

December

11th – Christmas Party

25th – Closed, Merry Christmas





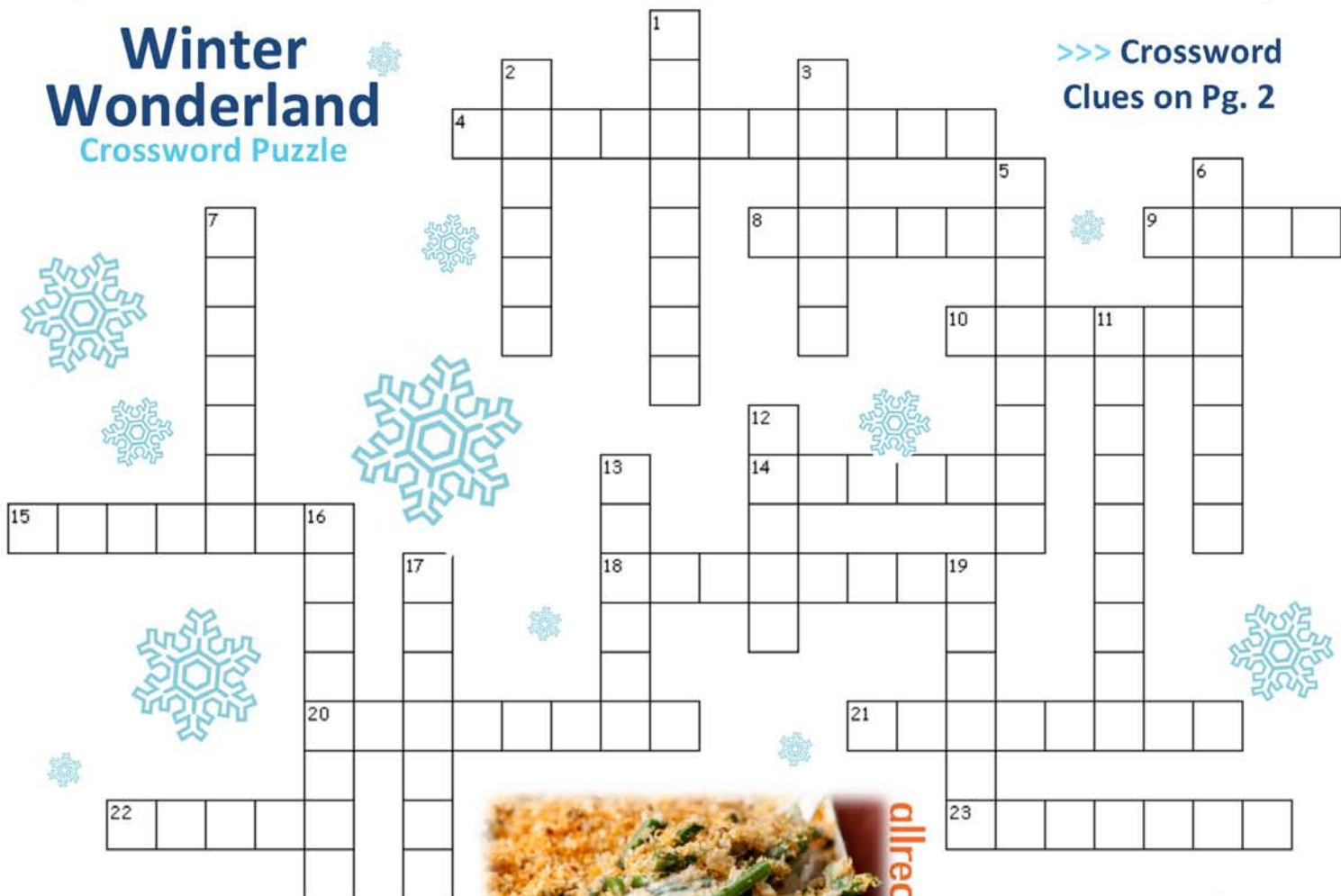
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THE SENIOR CONNECTION

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Winter Wonderland Crossword Puzzle

>>> Crossword
Clues on Pg. 2



- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1 teaspoon white sugar
- 1/4 cup onion, diced
 - > 1 cup sour cream
 - > 3 (14.5 ounce) cans French style green beans, drained
 - > 2 cups shredded Cheddar cheese
 - > 1/2 cup crumbled buttery round crackers
 - > 1 tablespoon butter, melted



GREEN BEAN CASSEROL

1. Preheat oven to 350 degrees F
2. Melt 2 Tablespoons butter in a large skillet over medium heat. Stir in flour until smooth, and cook for one minute. Stir in the salt, sugar, onion, and sour cream. Add green beans, and stir to coat.

3. Transfer the mixture to a 2 1/2 quart casserole dish. Spread shredded cheese over the top. In a small bowl, toss together cracker crumbs and remaining butter, and sprinkle over the cheese.
4. Bake for 30 minutes in the preheated oven, or until the top is golden and cheese is bubbly.





Here's What's Up

THE SENIOR CONNECTION

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

Hayward Senior Center Activities

November & December 8:00 am – 4:00 p.m.

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Thursday	9 am – 3 pm	Lower Level
Caregiver Support Group	2 nd Tuesday of month	1:00pm – 2:30pm	Lower Level
Blood Pressure	1 st & 3 rd Wednesday	11 – 12:00am	Upper Level
Bridge Group	Wednesday	9:00 – 12:00am	Lower Level
Cribbage	Tue & Thu	1:00pm	Upper Level
Duplicate Bridge	Wednesday	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
Low Impact Aerobics	Tuesday	10 – 10:45am	Lower Level
Progressive Bingo	Thursday	6:15 – 9:00pm	Upper Level
Weight Watchers	Thursday	5:30 – 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	Tuesday & Thursday	12:00 noon	Church
Card Making	3 rd Wednesday of month	9:00 - ?	Upper Level
Activities/Speakers	Day	Time	Place
Hatha Yoga Class	Tuesdays	8:30-9:45/4:30-5:45pm	Lower Level
Hatha Yoga Class	Thursdays	9:15-10:30/10:45-Noon	Lower Level
November Birthday Party	Tuesday, Nov. 11, 2014	11:30am	Upper Level
Veteran's Dance and Dinner	Tuesday, Nov. 11, 2014	5:30 pm	Upper Level
Elderly Benefit Specialist	2 nd Friday of each month	11:45am	Upper Level
December Birthday Party	Tuesday, Dec16, 2014	11:30am	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
SCSC Building Board	2 nd Thursday	9:30am	Upper Level
Senior Resource Center Board	3 rd Wednesday	1:00pm	Lower Level





Here's What's Up

THE SENIOR CONNECTION

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

This Month's Schedule

November 11th & December 9th

– A Birthday Party is held once a month for person who have a birthday in that month. Currently we are having some trouble inviting you to the parties as we don't always have your birthday. Please give Gloria a call with your correct birthday so we can include you in the festivities. You get waited on for lunch, you get candy and a gift. You may also bring a guest. The suggested donation is still \$4.00 for those over 60.

November 11th Veteran's Day

Dance – There will be a fall dance on November 11th in conjunction with the evening meal at 5:30 PM for a fun evening of dinner, camaraderie and dancing.



November 27th – The Senior Resource Center will be closed for thanksgiving.

November 12th @ Stone Lake – Veteran's Lunch and Program

November 20th @ Stone Lake – Thanksgiving and Birthday Party

December 25th – The Senior Resource Center will be closed for Christmas.

Send in Registration or call 715-634-3000 to attend one of our great events at the Senior Resource Center. Open to the Public!

(Registration on Pg. 20)

Your Answers:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

>>> Answers on Pg. 8

Since November is National Family Caregivers Month, all of the answers in this game have the pronunciation of the word "care" in it. Good luck! Answers on pg. 5

"Care" Word Game

1. Current host of the TV Show, *The Price is Right*...
2. Official state song of Virginia...
3. Second musical by Richard Rodgers and Oscar Hammerstein; featured the songs, *June is Bustin' Out All Over*, and *You'll Never Walk Alone*...
4. Longtime stadium announcer for the St. Louise Cardinals and Chicago Cubs...
5. Pseudonym of English author, Charles Lutwidge Dogson, writer of *Through the Looking Glass*...
6. Canadian-born actor and comedian whose popular films include *Dumb and Dumber*, *Ace Ventura*, and *The Mask*...
7. First name of the popular comedian who had a TV show in the 1960s and 70s named after her...
8. Group of characters introduced on greeting cards in 1981 by American Greetings, and in 1982; they each had a distinctive "tummy symbol"...





Winter Senior Center

HELLO SENIORS WHEREVER YOU ARE! Can you believe it, October is over and all the leaves are falling. November is here.

The leaves are about gone and everyone is trying to get rid of all of them. Raking leaves is hard on our backs but mulching and having a bag on the lawn mowers is a good way to get rid of them. Just be careful and don't overdue.

Did everyone see the cute little goblins for Halloween, they are always a lot of fun. Now that the month of October is over, are we really ready for snow, since I write this in October hopefully it hasn't snowed enough for any accumulation as of yet.

It's getting close to hunting season, so I am sure the men are getting all the hunting clothes and things together. Did anyone have to buy new clothes, because they ate too much dessert and candy over the year?

It also is time to make our list for Christmas shopping and check the sales for Black Friday, if you are into shopping on that crazy day. Thanksgiving is always a great day for family and food. Enjoy but don't

overdue the food, because Christmas cookies are next. Happy Thanksgiving!

December is always a festive month, decorations are always beautiful and we plan our special Christmas dinners. We have to go get those extra gifts and get our cookies made. Everyone has parties to go to and family members to visit over this joyful time. Merry Christmas to all from all of us and happy New year!

Exeland Senior Center

We have been so very fortunate this summer and fall to have so many generous people in the community that supplied the Center with fruits, vegetables and other food items. Thank you.

Our outdoor freezer finally got moved onto a solid and stable cement pad. We have many people to thank and they include Bill and Linda Milner who engaged Al Hart, using Denny Thorhaug's equipment to move the huge freezer so a cement pad could be poured where the freezer stood. It seems that more power was needed to move the freezer back onto the cement pad, once it was ready, so Bonnie Klinger contacted Kenny Suzan

from the Exeland Feed Mill for this.

Of course, the freezer had to be emptied and restocked for each move. This was accomplished by the hard work of Jim, the Experience Works person from the Center, Gary and Lynda Gordon, Jerry and Signe Jones, Norman Hoffman and Loretta Goin. Thank you to all for your time and hard work. It is very much appreciated.

“Check out some photos of this event on the Facebook page – Senior Resource Center Located in Sawyer County, WI.”

Tickets for the month of December drawing are on sale to support our Meals on Wheels program, with a chance to win every day in December. The price is \$10 per ticket. Money is the prize and the amount varies from day to day. Contact Bonnie for more information and to purchase tickets. Get yours early!

We have a supply of dish cloths for sale for \$2.50 each. They are beautiful hand made from cotton yarn. We again have a supply of the cotton woven ones for \$2.00. Also for sale are scrubbies, cleaning cloths, greeting cards and brooms.





Our sympathy goes to Robert Oldeen and the nieces and nephews of Ruth Oldeen. Ruth passed away on October 15th.

Stone Lake Senior Center

Hello, all you seniors of the north.

Summer has escaped us and fall is moving rapidly along. We are already in sweaters and jackets. Our last big weekend of the year – the Cranberry Festival was on October 4th. We are so proud of our King and Queen, John and Vi Myers. It was cold outside but the vendors and organizations appeared to do well. Hope you come back next year – perhaps with a little sun.

We will surely miss our summer people and we are really going to miss our “Event Decorator” Pat Montgomery. Pat makes sure the center is decorated for all the holidays, both inside and outside with the help of other volunteers. She has left for Florida for the cold months. Enjoy your winter, Pat.

Our Center will be co-sponsoring with the Stone Lake Lion's a dinner and program for the Veterans on Wednesday, November 12. The meal will be served at noon and the program will follow. The meal is free to the Veterans and for

60 and older the suggested donation will be \$4 and under 60 the price is \$8. Please call and make reservations early.

Watch out for the spooks on Halloween. The Community Halloween Party will be held at the Lions Hall on October 31. Free Hotdogs, and treats for all. The Thanksgiving Party and Birthday Party for November will be on November 20th. We will be serving Turkey, Mashed Potatoes, Gravy, Dressing, Green Beans and Pumpkin Pie and Ice Cream. Hope to see you there. We will be closed Thursday and Friday, November 27th and 28th to enjoy Thanksgiving with family and friends.

On December 11th will be the Annual Christmas Party. The Good Medicine Band will start the music by 11:00 am. It's always a great day. Remember to be nice to Santa!! If you have a birthday we will celebrate that too.

Elaine Nyberg, from Stone Lake Massage, LLC, comes whenever she has free time and brings here massage chair. She does Chair Massages for a donation to the Senior Center. If you are interested in a massage, call ahead to see when she will be here. Elaine, The Center thanks

you for your interest in our health.

“REMINDER: For the months of January and February 2015, the Stone Lake Center will again be serving only evening meals on Tuesdays.”

There will be no noon meal or home delivery on Tuesdays. A frozen meal will be sent with the hot meal on Monday to home deliveries, for your Tuesday meal.

Wishing each and everyone of you happiness and good health for the upcoming Holiday season. Keep a smile on your face.

Hayward Senior Center

Fall is here. All the signs are present. Leaves on the ground, gray skies, wind blowing, cool rainy days. Yup, fall is here. The summer was very busy in the Hayward area. Our building project is final finished. Just a few last minute tweaks and late ideas to complete. The new front patio is friendly, inviting, functional and a great addition to our building's aesthetics. The patio has several sets of tables and chairs to sit out and enjoy your coffee or computer (might have to wait till next year for



Sawyer County Senior Centers

THE SENIOR CONNECTION

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

that right now). There are multiple raised flower and vegetables (we hope to raise our own salads next summer. We have a new covered walkway which will enable people to be dropped off at the door and not get pelleted by the elements.) Great idea.

We have had many fun activities this summer but now it is time for more indoor projects.

A Birthday Party is held once a month for person who have a birthday in that month. Currently we are having some trouble inviting you to the parties as we don't always have your birthday. Please give Gloria a call with your correct birthday so we can include you in the festivities. You get waited on for lunch, you get candy and a gift. You may also bring a guest. The suggested donation is still \$4.00 for those over 60. Almost forgot the biggy, communal lunch is daily at 12 noon. Please join us for a great meal and some equally stimulating conversations. The Hayward Center had a Holiday Bazaar and Gift sale on October 18th. Many thanks to Betty Hutchinson for her over the top great job in organizing and

setting up this event. The proceeds benefited the Meals on Wheels program. Thank you to all that helped and all the vendors that participated



There will be a fall dance on November 11th in conjunction with the evening meal. Music will be provided by Carol Sheehan and her group Good Medicine. The band will begin playing at 5:30 and continue until 8:00 PM. We have had several dance in the past and a good time was had by all. Please join us on November 11th at 5:30 PM for a fun evening of dinner, camaraderie and dancing.

We have received a request to participate in a very kind gesture. Judy Stroshine has volunteer to put a giving tree for the elderly shut ins. Judy will provide the tree, solicit a questioner regarding what the shut in would like or needs. She will also provide all the

the wrapping. A card will be placed on the tree with a number corresponding to an individual male or female, you then pick a recipient and go shopping. Very simple and a good way to get into the giving spirit. We will get more info out on Facebook as it becomes available.

Have a wonderful Thanksgiving and Merry Christmas to you all. I'll be back for the New Year (I know, you are now saying "thanks for the warning"). God Bless you all. Learn from yesterday, dream about tomorrow, but live for the moment.

This Month's Articles By:

Doc Brueggen – Hayward

Peggie Johnson – Stone Lake

Karen Skogen – Exeland

Dona Phelps – Winter

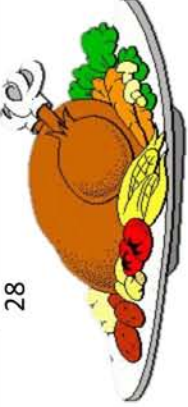
Answers for "Care" Word Game:

1. Drew Carey
2. Carry Me Back to Virginny
3. Carousle
4. Hary Caray
5. Lewis Carroll
6. Jim Carrey
7. Carol (The Carol Brunett Show)
8. Care Bears



November

What's on the Menu?

Monday	Tuesday	Wednesday	Thursday	Friday
3 Roast Beef, Mashed Potatoes/Gravy, Carrots, Apple Dessert, Whole Wheat Bread/Butter, Milk	4 Cook's Choice Please call individual Center for Today's Menu	5 Baked Chicken, Sweet Potato, Green Beans, Pudding, Whole Wheat Bread/Butter, Milk	6 Chili, Toasted Cheese Sandwich, Crackers, Fruit, Milk	7 Pork Cutlets, Parsley Potatoes, Broccoli & Cauliflower, Cookie, Whole Wheat Dinner Role/Butter, Milk
10 Barbeque Ribs, Baked Potato Sour Cream & Chives, Corn, Cupcake, Whole Wheat Bread, Milk	11 Almond Chicken Salad with Craisins on Marble Rye, Lettuce Salad w/Hard boiled egg & cheese, Pickles, Mandarin Oranges, Milk	12 Meat Loaf, Potatoes, Squash, Ice Cream, Marble Rye Bread/Butter, Milk	13 Creamed Chicken over Biscuits, Peas, Fruit, Milk	14 Taco on Whole Wheat Soft Tortilla, Whole Wheat Tortilla Chips & Salsa, Lettuce, Tomato & Cheddar Cheese, Mexican Rice, Fruit, Milk
17 Salmon Pattie, Pasta Salad, Creamed Peas, Root beer Float, Milk	18 Turkey & Gravy, Mashed Potatoes, Dressing, Green Beans, Pumpkin Pie, Whole Wheat Dinner Roll, Milk	19 Beef Stew in a Bread Bowl, Cottage Cheese, Fruit, Milk	20 Sliced Ham, Scalloped Potatoes, California Blend Vegetables, Brownie, Whole Wheat Bread/Butter, Milk	21 Tator Tot Hot Dish, Salad, Yogurt Parfait w/Berries, Whole Wheat Bread/Butter, Milk
24 Spaghetti with Meat Sauce, Green Beans, Garlic Bread, Pears, Milk	25 Pork Roast with Mashed Potatoes/Gravy, Sweet & Sour Cabbage, Rye Bread/Butter, Cinnamon Applesauce, Milk	26 Chicken Breast, Herbed Noodles, Romaine/Mandarin Orange Salad, Banana Cake, Milk	27 27th-28th Closed for Thanksgiving	28 

Phone Numbers for Senior Resource Center Meal Sites:

Stone Lake: (715) 865-2025 **Winter:** (715) 266-2233

Spider Lake: Same as Hayward **Exeland:** (715) 943-2990



Hayward: (715) 634-4680

At any time, if a participant is unable to eat what is on the menu, please contact your site manager for an alternative meal.

We are here to serve you!

December

What's on the Menu?

Monday	Tuesday	Wednesday	Thursday	Friday
1 Barbeque Chicken, Pasta Salad, Beets, Fruit, Whole Wheat Bread/Butter, Milk	2 Italian Beef Sandwich, French Fries, Carrots, Pudding, Milk	3 Baked Ham, Sweet Potatoes, Broccoli, Pretzel Salad Dessert, Milk	4 Liver and Onions, Red Parsley Potatoes, Mixed Vegetables, Apple Dessert, Whole Wheat Bread/Butter, Milk	5 Cook's Choice Please Call Individual Center for Today's Menu
8 Meatballs with Mashed Potatoes/Gravy, Lettuce Salad, Fruit, Rye Bread/Butter, Milk	9 Chop Suey, Rice, Egg Roll, Chow Mein Noodles, Shebert & Fortune Cookie, Milk or Fruit Juice	10 Lasagna, Lettuce Salad, Garlic Bread, Dessert Bar, Milk	11 Pork Chops, Baked Potato Sour Cream & Chives, Spinach, Cookie, Whole Wheat Bread/Butter, Milk	12 Chicken Kiev, Rice Pilaf, Romaine/Mandarin Orange Salad, Fruit, Whole Wheat Bread/Butter, Milk
15 Roast Beef, Mashed Potatoes/Gravy, Carrots, Apple Dessert, Milk	16 Cook's Choice Please Call Individual Center for Today's Menu	17 Baked Chicken, Sweet Potato, Green Beans, Pudding, Whole Wheat Bread/Butter, Milk	18 Chili, Toasted Cheese Sandwich, Crackers, Fruit, Milk	19 Pork Cutlets, Parsley Potatoes, Broccoli & Cauliflower, Cookie, Whole Wheat Dinner Roll, Milk
22 Barbeque Ribs, Baked Potato Sour Cream & Chives, Corn, Cupcake, Whole Wheat Bread/Butter, Milk	23 Almond Chicken Salad with Craisins on Marble Rye, Lettuce Salad w/Hard boiled egg & cheese, Pickles, Mandarin Oranges, Milk	24 24th - 25th Closed for Christmas 	25 	26 Taco on Whole Wheat Soft Tortilla, Whole Wheat Tortilla Chips & Salsa, Lettuce, Tomato & Cheddar Cheese, Mexican Rice, Fruit, Milk
29 Salmon Pattie, Pasta Salad, Creamed Peas, Root beer Float, Milk	30 Turkey & Gravy, Mashed Potatoes, Dressing, Green Beans, Pumpkin Pie, Whole Wheat Dinner Role, Milk	31 Beef Stew in a Bread Bowl, Cottage Cheese, Fruit, Milk	<p>At any time, if a participant is unable to eat what is on the menu, please contact your site manager for an alternative meal.</p> <p>We are here to serve you!</p>	



What's on the Menu?

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Dining Survey

1. At which site do you dine? (Please circle all that apply.)

Hayward Winter Stone Lake Spider Lake Exeland Home (M.O.W) None

2. What is your age? (Please circle.)

50-54 55-59 60-64 65-69 70-74 75-79

80-84 85-89 90-94 95-99 100+

3. How many days per week on average do you eat **lunch** at the center or receive meals at home? _____

4. In general, do you plan your visits to the center (or delivery of home meals) based on what is being served on the menu on a particular day? _____

If you answered NO, how do you plan your visits (or delivery of home meals)? _____

5. Do you feel that you receive a well-balanced, adequately portioned-size meal for the price you pay? _____

6. Do you prefer a lighter meal during ____Lunch____Supper____Neither

7. Please rate the variety of our meals/menus.

1 2 3 4 5
Boring Great Variety

8. Please rate the taste of our food.

1 2 3 4 5
Poor Delicious

9. Please rate the friendliness of our staff.

1 2 3 4 5
Needs Improvement Super Friendly

10. Are there any menu items that you are tired of seeing on our menus? Please list. _____

11. Are there any current menu items that you would like to see more often? Please list. _____

12. Are there any items that we currently **do not** serve that you would like us to offer? Please list. _____

13. What is your overall meal preference for **lunch**? (Circle all that apply.)

Salad/Sandwich

Meat/Potatoes

Soup/Sandwich

Pasta Dishes

Soup/Salad

Other (Please list) _____

14. What is your overall meal preference for **supper**? (Circle all that apply.)

Salad/Sandwich

Meat/Potatoes

Soup/Sandwich

Pasta Dishes

Soup/Salad

Other (Please list) _____

15. How would you feel about the centers serving a Continental Breakfast? Would you attend and if so at which center?

16. How would you feel about the centers offering a salad bar as an option? Would you use it?

17. We want to do everything we can to ensure you a positive dining experience. Please share any additional information you feel would help us to better serve your wants and needs.

>>> Thank you for taking the time to complete this survey.
We appreciate and value your feedback!

PLEASE RETURN THIS SURVEY TO THE SENIOR RESOURCE CENTER OFFICE:

**Senior Resource Center
15856 E. 5th Street
Hayward, WI 54843
Fax: 715-634-7501
Email: benspec@cheqnet.net**



What's on the Menu?

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Tuesday Evening Meals

Stone Lake Center

(715) 865-2025

November:

4th – BBQ Ribs, Baked Potato/Sour Cream & chives, Corn, Bars, Bread/Butter

11th – Roast Pork Tenderloin, Dressing and Gravy, Green Beans, Strawberry Short Cake, Bread/Butter

18th – Chicken Breast Parmesan, Noodles, California Blend, Dessert, Bread/Butter

25th – Beef Stew, Biscuit, Apple Dessert

December:

2nd – Baked Pork Chop, Scalloped Potatoes, Mixed Vegetables, Ice Cream, Bread/Butter

9th – Spaghetti w/meat sauce, Salad, Garlic Bread, Root Beef Floats

16th – Roast Beef, Peas, Mashed, Potatoes with Gravy, Applesauce Cake, Bread/Butter

23rd & 30th – No Meal

Hayward Center

(715) 634-4680

November:

4th – Baked Pork Chop, Scalloped Potatoes, Spinach, Brownie, Bread/Butter

11th – BBQ Ribs, Baked Potato, Cauliflower & broccoli, Cake and Ice Cream, Bread/Butter

18th – Meatloaf, Mashed Potatoes and Gravy, Green Beans, Pumpkin Bar, Bread/Butter

25th – Beef Stew, Cottage Cheese, Biscuit, Fruit

December:

2nd – BBQ Ribs, Cheesy Hash browns, Coleslaw, Bread Pudding

9th – Pineapple Chicken, Rice, Carrots, Cake Ice Cream, Bread/Butter

16th – Roast Beef, Peas, Mashed, Potatoes with Gravy, Green Beans, Cranberry Bar, Bread/Butter

23rd – Ham, Baked Sweet Potato, Beets, Apple Crisp, Bread/Butter

30th – Pizza, Garlic Bread, Lettuce Salad, Fruit

_not sure how
to work your
computer_?



No Problem! Connie Schield will offer computer classes at the Hayward Senior Resource Center on Tuesdays from 10-12am. She currently tutors at the Stone Lake Senior Center from 10-12am on Mondays and Fridays. Please call if you are interested.





Are You Ready Wisconsin?

With the winter season ahead, it is important to be ready in case of an emergency. When disaster strikes, immediate help may not be available. Every household should have an emergency kit with enough supplies to see you through three days following a natural disaster, health, or manmade emergency.

Start out thinking about the basics of survival – fresh water, food, safety, warmth, sanitation and clean air.

What Everyone Should Have:

- Water (1 gallon per person per day for 3 days)
- Food that does not need electricity for storage or preparation
- Manual can opener (if kit contains canned food)
- Battery-powered NOAA Weather Radio and a commercial radio or hand crank radio
- Flashlights and extra batteries
- Sleeping bag or warm blanket for each person
- First aid kit and emergency medical reference manual

What Everyone Should Have (Cont.):

- Prescription medications and eyewear
- Mess kits, paper cups, plates and plastic utensils, paper towels, moist towelettes, garbage bags and ties
- Complete change of clothing, including a long-sleeved shirt, long pants, socks and sturdy shoes

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. If you use a barbecue grill for cooking, do not use it indoors. Select food items that are compact and lightweight. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.

Food Suggestions:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples--sugar, salt, pepper
- Vitamins

- High energy foods--peanut butter, jelly, crackers, granola bars, trail mix
 - Foods for infants, elderly persons or persons with special dietary needs
 - Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Source: <http://ready.wi.gov>



Winter Weather Preparedness

It is that time of the year and it is very important that we review the steps that we can take to be better prepared for what is possibly imminent – heavy wet snow, icy roads, power outages and ***closures to the Senior Meal Sites, the Senior Bus not running and the Home Delivered Meals not being delivered.***

Weather Forecasts – Make sure that you have more than one reliable source of weather information. If you have a



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radio, make sure that you have new batteries, in case of a power outage. Please tune into WRLS Radio 92.3 FM and WHSM 101.1 FM for up-to-date reports for our local weather. If you are unsure as to closures of the Senior Centers or other businesses you plan on traveling to please listen to the radio "prior" to leaving the house. Both of these local stations will be notified and will announce if the Sawyer County Senior Meal Sites in Hayward, Stone Lake, Exeland, Winter or Spider Lake will be closed, if our bus will not be running or if there will not be Home Delivered Meals.



Home Delivered Meals – If you are a Sawyer County resident who receives Home Delivered Meals from one of our meal sites, please keep in mind that our drivers must have safe access to your home. If severe weather is predicted, you may request that extra frozen meal/meals be delivered in the event we are closed and cannot deliver. If we are not

closed, but access to your house is not safe, such as trees/power lines are down or the road or driveway leading to your home has not been plowed, we will not be able to deliver until the access has been cleared.

Beneficially Speaking

Linda Hand

Elder Benefit Specialist/Outreach Coordinator

Job Openings Within the Senior Centers

The Senior Resource Center supports the Experience Works SCSEP program, by employing seniors at our centers throughout Sawyer County. We are currently looking for individuals to fill openings at our centers in Winter, Stone Lake and Hayward. If... you are age 55 years or older and might be interested in applying for one of these positions, please contact Linda Hand at 715-934-2177 and I can explain what these positions may entail eligibility.

An individual is eligible to be an Experience Works SCSEP participant if he or she meets the following criteria: Age - A participant must be 55 years of age or older. Residence - A participant must

be a resident of the state where he or she is enrolled in the Experience Works SCSEP. Income Requirements - A participant's annual family income must not be more than 125% of the established federal poverty income guidelines. The current income guidelines are \$14,500 for a single family and \$19,600 for a family of two. Work Status - A participant's eligibility to work in the United States must be verified by Experience Works (Form 1-9).

Unemployed - Participants must be unemployed at the time of enrollment. If they become employed, either full time or part time while enrolled, they must exit the program. The no-employment rule does not apply to casual, nonrecurring labor for which a participant may be compensated such as shoveling a neighbor's sidewalk or occasional babysitting.

Spider Lake Senior Center is Moving

The Senior Resource Center Meal Site in Spider Lake is on the move!



Breaking News

THE SENIOR CONNECTION

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As of Monday, November 3rd, 2014 we will be serving lunch at our new location in the Spider Lake Church which is located at 12104 Lower Twin Lake Road, Hayward. Lunch served at 12:00 noon Monday's and Thursdays. Please call for your reservation or Meals on Wheels delivery at 715-634-4680.

AARP Smart Driver Class

The Senior Resource Center and AARP Chapter 914 are sponsoring another AARP Smart Drive Class **October 20th, 2014**.

The class will be held in the lower level of the Sawyer County Senior Resource Center. Registration starts at 9:30am and the class runs from 10am to 2:30pm. Call Gloria at 715-634-3000 or email her at ghagberg@cheqnet.net to sign up. Cost for the class is \$14 if you are not an AARP member, and only \$12 if you are a member. But you can save much more than that on a car insurance discount!

For Local Course Information call toll free at 1-888-227-7669 or on the web at www.aarp.org/drive

>>> Send in Registration or call 715-634-3000 to attend one of our great events at the Senior Resource Center. Open to the Public!

✂ Cut Here

Registration for Hayward Events

___ Tuesdays, 10 a.m. – Noon, Computer Lessons with Connie Schield at Hayward Senior Center. Taking a list to see if there is enough interest.

___ Tues, Nov. 11, 2014 5:30 p.m. Veteran's Day Dance and Dinner at Hayward Senior Center

Name: _____

Phone #: _____

Email: _____

Will you need transportation?

Yes ___ No ___

Will you be joining us for lunch?

Yes ___ No ___

Check all events you would like to attend and check "Yes" or "No" for the questions asked. Thanks!

Last Issue Updates



Progress On the Patio

Check out our new patio at the Hayward Senior Center. It is BEAUTIFUL, and finally finished!



S.R.C. Health Fair

The Hayward Senior Resource Center annual Health Fair was a big success again this year.



2014 Volunteer Lunch

Good food, fun times, the ALS Ice Bucket Challenge and more! What a fun day to thank our volunteers!

>>> To see more pictures from these events, visit our Facebook page, Senior Resource Center located in Sawyer County, WI





And More

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RENEE BROWN
VETERAN SERVICE OFFICER

GARY ELLIOTT
ASSISTANT VSO

Sawyer County Veterans Service Office

WISCONSIN
MONTH: OCTOBER, 2014

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

VA Partners with Walgreens

On October 2, 2014 the Department of Veterans Affairs announced it started a first-of-its-kind partnership. The VA joined forces with retailer Walgreens to provide greater access to Centers for Disease Control and Prevention-recommended vaccinations to **Veterans who are enrolled in VA Health Care and have the new VA Health Identification Card.** This partnership is the result of a successful pilot program tested in Florida. Based on those results the VA decided to expand the program nationwide.

According to the VA, pharmacists can administer the flu vaccine to Veterans and will leverage eHealth Exchange through its Walgreens Cloud Electronic Health Records platform to securely share immunization records with VA to help ensure complete patient medical records.

Vaccinations are available daily during all pharmacy hours with no appointment necessary and are subject to availability. Age, state and health related restrictions may apply. Many immunizations may be covered by commercial insurance plans, Medicare Part B or Medicare Part D. As part of this launch and under the agreement, VA funding can provide approximately 75,000 flu shots for enrolled veterans. Patients are encouraged to check with their health plan for specific coverage details.

As always, you can still go to your local

VA Clinic during their hours of operation to receive your flu shot.

The new Veteran Health Identification Card (VHIC)

The VHIC replaces the Veteran Identification Card (VIC) and will be issued only to Veterans who are enrolled in the VA health care system to provide increased security for your personal information. The VHIC is for identification and check-in at VA appointments. **It cannot be used as a credit card or an insurance card, and it does not authorize or pay for care at non-VA facilities.**

In February 2014, VA began issuing the VHIC to newly enrolled Veterans and enrolled Veterans who were not previously issued the old VIC but requested an identification card. VA will automatically mail the new VHIC to enrolled Veterans who were previously issued the old VIC; there is no action required by these Veterans in order to receive the new VHIC. Enrolled Veterans who were not issued the old VIC may contact their local VA medical center Enrollment Coordinator to arrange to have their picture taken for the new VHIC, or they may request a new VHIC at their next VA health care appointment in Minneapolis. **Important!!** Veterans who are already enrolled should ensure the address VA has on file is correct so you can receive your VHIC in a timely manner. To update or to confirm your address with us, please call 1-877-222-VETS (8387). If the post office cannot deliver your VHIC, the

card will be returned to the VA. If you are not currently enrolled with the VA for your health care, we encourage you to apply for enrollment at your Veteran's Service Office. Once your enrollment is verified (you will receive a Veteran Health Benefits Handbook welcoming you to the VA) and you may have your picture taken/card issued at the Minneapolis VA medical. Veterans must provide one form of primary identification **and** one form of secondary identification when requesting a VHIC.

Veterans Day – November 11th

U.S. President Woodrow Wilson first proclaimed Armistice Day for November 11, 1919. - A Congressional Act, approved May 13, 1938, made 11 November a legal holiday: "a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as 'Armistice Day.'" - Congress amended this on June 1, 1954, replacing "Armistice" with "Veterans" - 1971 in accordance with the Uniform Monday Holiday Act, Veterans Day was moved to the fourth Monday of October. - In 1978, it was moved back to its original celebration on November 11. **Thank you to ALL who served!** As a reminder, the third Thursday of each month, our office holds outreach hours at Exeland Village Hall between 10 am and noon and also at the Winter American Legion between 1 and 3 pm. Appointments are preferred, but walk-ins are welcomed.

Senior Resource Center
15856 Fifth Street
Hayward, WI 54843

Raffle to Benefit Home Delivered Meals in Sawyer County

Tickets will be sold through November 30 for \$10.00 each.

Drawings to be held Monday – Friday at 12:00 noon December 1 – 31, 2014 at the Sawyer Community Senior Center – 15856 E Fifth St – Hayward, WI 54843

You can win multiple times as all names drawn for prizes will be returned to the raffle for future drawings. Please help support the “Meals on Wheels” program.

Raffle tickets may be purchased at the Senior Resource Center office or your local Senior Center. Questions: 715-634-3000.

Winners will be called and names will be posted in the Senior Resource Center office.

~ December 2014 Daily Raffle Schedule ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. \$25	2. \$25	3. \$50	4. \$25	5. \$25	6. \$50
7. \$50	8. \$25	9. \$25	10. \$25	11. \$50	12. \$25	13. \$75
14. \$50	15. \$25	16. \$25	17. \$50	18. \$25	19. \$25	20. \$75
21. \$50	22. \$75	23. \$75	24. \$125	25. \$150	26. \$25	27. \$25
28. \$100	29. \$25	30. \$25	31. \$75			

>>> Drawings at 12:00 pm weekdays at the Hayward Senior Center