



Here's What's Up

THE SENIOR CONNECTION

Editor – Alex Hohlfeld

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

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S.R.C. Board Member Article

It seems like yesterday that we were planning the "Don't Empty My Plate" Campaign. Since last October we have raised over \$20,000 for our Senior Meals and Meals on Wheels program. I sincerely could not have done it without all of you, the board, staff, volunteers and everyone in the community who has reached out to assist us. We are moving closer to being one, rather than several entities scattered throughout the county. There have been changes and there will be more to come, in order for us to move forward and sustain the services we are currently providing. Some of these changes have not been well received, by those who have been doing it a certain way for many years. With continued budget cuts, we need to work together and be open to new ideas of ways to fundraise and make improvements to our facilities so; we can be more profitable and allow the next generation of seniors to feel welcome in our centers.

The board would like to start recognizing staff, which have gone out of their way to assist us during this transition. We are proud to announce that Peggy Johnson, site manager of the Stone Lake Senior Center went above and beyond by organizing a July

Pig Roast fundraiser, with the tremendous help of the Stone Lake Advisory Board. They rose over \$1400 for our Meals on Wheels program. Peggy will be awarded with a gift card donated from the Senior Resource Center Board members.

I look forward to seeing all of our volunteers on September 6th at our recognition lunch. It has a county/western theme and our finale will be the "Ice Bucket Challenge for ALS". Everyone is welcome to join us or make a donation that day for ALS a.k.a. Lou Gehrig's disease.

Since the mission of the Senior Resource Center is to serve, support, assist, and advocate for the older adults of Sawyer County and their caregivers to help them achieve active, fulfilled, independent, and healthy lives, we felt this would be the perfect way to end that day. Our challenge will be in memory of those who lost the battle with ALS, residents fighting muscular diseases and for their families/caregivers in Sawyer County. It is never enough, until they find a cure. View "me" taking the "Challenge" on our Facebook page and I will participate again with the group on September 6, 2014!

Linda Hand, EBS/Outreach Coordinator



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

Calendar of Events September & October 2014

Winter Senior Center

(715) 266-2233

September

1st – Labor Day, Center Closed

4th – Benefit Specialist

October

1st – Benefit Specialist

3rd – Friday, Flu Clinic 2pm to 4pm

31st – Happy Halloween

Exeland Senior Center

(715) 943-2990

September

1st – Labor Day, Center Closed

22nd – Benefit Specialist

October

27th – Benefit Specialist

Stone Lake Senior Center

(715) 865-2025

September

1st – Labor Day, Center Closed

18th – Birthday Party

19th – Benefit Specialist

October

2nd – Cranberry Dinner

4th – Cranberry Fest

16th – Birthday Party, Ben Spec & Flu Shots

Across

1. What the color of the leaves do in Autumn
4. Children's custom of calling at houses at Halloween with the threat of pranks if they are not given a small gift
7. A tri-colored piece of chewy candy in the shape of a triangle
8. A symbol of plenty consisting of a goat's horn overflowing with flowers, fruit, and corn.
11. The process or period of gathering in crops
12. A Holiday on the last day of October
15. When birds fly south for the winter
16. A maze cut out of a corn field
17. (Of weather or a period of time) characterized by strong winds
19. One of the people who traveled by boat from England and created the first permanent settlement in New England at Plymouth in 1620
20. A kind of soft-woven fabric, typically made of wool or cotton, slightly milled and raised
21. An unfermented drink made by crushing fruit
22. Of, relating to, or characteristic of a particular time of the year.
23. The colors of Autumn leaves
25. An activity done to clear your yard of leaves
26. Pie made of mashed pumpkin and milk and eggs and sugar
27. A hollowed vegetable with openings cut to represent human eyes, nose, and mouth and in which a candle or other light may be placed, traditionally made for display at Halloween.

Down

2. Come together; assemble or accumulate
3. Supposed bad luck if you cross ones path
5. A ride taken for pleasure in wagon carrying hay
6. (Of an animal or plant) spend the winter in a dormant state
7. A set of clothes worn to give you the appearance that you are somebody or something you are not
8. The sound of leaves underneath your feet
9. Formed when raking, kids like to jump in them
10. Sinister or ghostly in a way that causes fear and unease
13. The area around a fireplace (used especially with reference to a person's home or family life)
14. Another name for Autumn
18. An object, usually made to resemble a human figure, set up to frighten birds away from a field where crops are growing
21. A small, red, acid berry used in cooking
24. A popular scent of candles this time of year

>>> Crossword
Puzzle on Pg. 3





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Autumn is in the Air Crossword Puzzle



>>> Crossword
Clues on Pg. 2

CREAMY BUTTERNUT SQUASH SOUP RECIPE



- > 1/4 cup chopped onion
- > 1 tablespoon butter
- > 3 cups cubed peeled butternut squash
- > 1 medium potato, peeled and cubed
- > 1-1/2 cups water
- > 1-1/2 teaspoons chicken bouillon granules
- > 1/4 teaspoon salt
- > Dash pepper
- > 1/4 cup evaporated milk

1. In a small saucepan, sauté onion in butter until tender. Add squash and potato; cook and stir for 2 minutes. Add the water, bouillon, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until vegetables are tender.

2. Cool slightly. In a blender, cover and process soup until smooth. Return to the pan; stir in milk and heat through. **Makes 2 servings.**





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

Hayward Senior Center Activities

September & October 8:00am-4:00pm

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Thursday	9 am – 3 pm	Lower Level
Caregiver Support Group	2 nd Tuesday of month	1:00pm – 2:30pm	Lower Level
Blood Pressure	1 st & 3 rd 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	Spider Lake Town Hall
Walking Group	Thursday's	AM ?	Upper Level
Card Making	4 th Wednesday of month	9:00 - ?	Upper Level
Activities/Speakers	Day	Time	Place
Hatha Yoga Class	<i>Tuesdays</i>	8:30-9:45/4:30-5:45pm	Lower Level
Hatha Yoga Class	<i>Thursdays</i>	9:15-10:30/10:45-Noon	Lower Level
Volunteer Lunch	<i>Saturday, Sept 6, 2014</i>	11:00am – 2:00pm	Upper Level
Senior Resource Center "Ice Bucket Challenge for ALS"	<i>Saturday, Sept 6, 2014</i>	2:00 pm	Senior Resource Center Parking Lot
Chris Cold, Wildlife Technician & Educator from the WI DNR	<i>Tues, Sept 16, 2014</i>	10:30am – 12:00 noon	Upper Level
September Birthday Party	<i>Tuesday, Sept 16, 2014</i>	11:30am	Upper Level
WisPACT	<i>Tues, Sept 23, 2014</i>	10:30am – 12:00 noon	Upper Level
Hayward Senior Center Health Fair	<i>Wed, Sept 24, 2014</i>	9:30am – 12:00 noon	Upper and Lower Level
Elderly Benefit Specialist	2 nd Friday of each month	11:45am	Upper Level
Elderly Benefit Specialist	2 nd Monday of each month	11:45am	Spider Lake
Hayward Senior Center Holiday Bazaar	<i>Saturday, Oct 18, 2014</i>	9am – 3pm	Upper Level
October Birthday Party	<i>Tuesday, Oct. 21, 2014</i>	11:30am	Upper Level
Monthly Presentation – Hayward Physical Therapy Department	<i>Tuesday, Oct 28, 2014</i>	10:30 – 12:00 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
SCSC Building Board	2 nd Thursday	9:30am	Upper Level
Senior Resource Center Board	3 rd Wednesday	1:00pm	Lower Level



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This Month's Schedule

Sat/Sun, August 30-31st, 2014
Exeland Trout Festival.

Sat, Sept 6, 2014 11am-2pm we will honor our great volunteers with a private lunch. The **Hayward Senior Center Upper Level will be CLOSED at 1:00 p.m. on Fri, Sept 5th until after 4:00 p.m. on Saturday, September 6th.** Thank you for your understanding.

Sat, Sept 6, 2014 @ 2:00 p.m. – Senior Resource Center "Ice Bucket Challenge for ALS". Join us in the Hayward Senior Center parking lot in memory of those with ALS and to support the residents of Sawyer County fighting ALS, their family & caregivers. Donations can be made and/or you can take the challenge for ALS! See our Facebook page for more information. (Bring a bucket!)

Tues, Sept 16, 2014 – Chris Cold, Wildlife Technician & Educator from the WI DNR will be giving a wildlife presentation of the Upper Great Lakes Region. This will include live animals on site. You will not want to miss this from 10:30 a.m. – noon. Lunch following will be BBQ Ribs, Baked Potato w/Sour Cream, Buttered Corn and Dessert. 60+ suggested donation of \$4 & under 60 \$8 charge. Call 634-3000 for reservation.

Sat, Sept 20, 2014 – Hayward Fall Festival.

Tues, Sept 23, 2014 10:30 a.m. – noon will be our monthly free educational series at the Hayward Senior Center, featuring WisPACT Special Needs Trusts. Anyone interested in Estate Planning for the future should consider attending, especially if you feel that there would be the need for a "spend down" situation in order to qualify for Medicaid or other benefits. Lunch following will be Baked Ham, Sweet Potatoes, California Blend Veggies, Dinner Roll & Strawberry Short Cake – 60+ suggested donation of \$4 & under 60 \$8 charge. Call 634-3000 for reservation.

Wed, Sept 24, 2014 - 9:30 a.m. – noon the Hayward Lions will be sponsoring our Hayward Senior Center Health Fair. Flu shots will be provided (bring your insurance/Medicare card), great vendors, prizes and a wonderful lunch of Pork Cutlet, Mashed Potatoes w/Gravy, Buttered Corn & Mixed Fruit Salad - 60+ suggested donation of \$4 & under 60 \$8 charge. Call 634-3000 for reservation.

Sat, Oct 4, 2014 – Stone Lake Cranberry Festival.

Fri, Oct 10, 2014 – Spider Lake Health Fair at the Spider Lake Town Hall from 9 a.m. – 12

Sat, Oct 18, 2014 – Hayward Senior Center Holiday Bazaar from 9-3. The **Hayward Senior Center Upper Level will be CLOSED at 1:00 p.m. on Fri, Oct 17th and will remain unavailable for activities until after 5:00 p.m. on Sat, Oct 18th.** If you are interested in renting a table for the bazaar, please contact Betty Hutchinson at 634-4793. The profits of holding the sale will benefit Meals on Wheels.

Tue, Oct 28, 2014 from 10:30 – noon we are pleased announce Golden Living Valley of Hayward Physical Therapy Department for our monthly presentation at the Hayward Senior Center. They will be discussing and demonstrating the importance of strength and balance to decrease your chances of falls. They will also be testing individuals for their upper and lower body strength, if interested. Lunch will be BBQ Pork Ribs, Baked Potato w/Sour Cream, Buttered Corn & Dessert - 60+ suggested donation of \$4 & under 60 \$8 charge. Call 634-3000 for reservation.

**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. 19)**



Sawyer County Senior Centers

THE SENIOR CONNECTION

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

Winter Senior Center

Can you believe it is the being of September, already? Labor Day will be the official end of summer, school starts and vacations are winding down. The summer was way too short after that cold winter we had. How about all the rain, cool evenings and sometimes very dry spells, it sure did not help our gardens. Most everyone was saying that their garden was not very good this year. Hopefully yours was! Just a reminder, all of those that got farmers market tickets, please use them before the farmers markets are closed, it won't be long.

Did everyone that prepaies their gas, like the prices this year? After last year, most anything would look good. Its a hit or miss game, sometimes you win and other times it probably wasn't necessary. Good luck whichever way you pay!

We would like to thank all of our volunteers, drivers and anyone that helps out with things at the Center, the bake sale, chicken dinner and many other ways. The volunteers make a great difference, we would not be able to have the Meal on Wheels program

without our drivers. So, THANK YOU, all very much. Please keep up your good work!

The trees are starting to color and will be beautiful some time soon, usually to soon. It would be nice if they lasted for awhile, so we could enjoy all the colors longer and of course it means colder weather and I personally don't want another winter like last year.

In October we will be having our annual Flu Clinic. It will be on Friday, October 3rd, at the center, from 2pm to 4pm. If you can't make it to our flu clinic, there are a lot of other places giving them, all the time, either way, be sure to get one.

Of course, the end of the month means Halloween.

The kids really have fun dressing up and getting all those goodies, and all of us love seeing the little ones in their costumes. It also means we should all be extra careful that day, since little ones forget to watch for cars when they are excited. Have a safe and Happy Halloween to all.

Exeland Senior Center

We miss Bonnie, our Site Manager and Chef

extraordinaire as she is on leave because of surgery and hopefully having a wonderful vacation. Thanks to Lori Stoltz for keeping the site running and to Ruth Brad for filling in as needed. Our summer helper, Teryona will be leaving us and heading back to school. We will miss her. Jim Wein from Experience Works is now helping out at the Center.

Spread the word to all your friends and neighbors 60+ years of age that our Senior Center is a very delightful place to dine for a suggested donation of a mere four dollars. Also, our home deliveries (Meals on Wheels) count is down and our volunteer drivers would love to have more customers. If you know of someone that is not able to come to the Center, but would benefit from a great home-cooked meal on week days, please encourage them to call the Center.

It is sad that several of our faithful recipients are no longer in the area to enjoy the meals. Tina Korinke, Letha Pasanen, Ruth Oldeen and John Baker are the most recent ones to move into a nursing home. We wish the best to all of them and we miss them.





You will notice some changes at the Exeland Center. Bonnie's "office" is being moved to the back of the room and made into a more private area for her use and for Benefit Specialist, Linda Hand to use for visits with her customers.

Thank you to the Towns of Meadowbrook and Weirgor for their generous donations to support the Exeland Senior Center. Donations like these go toward "needs" for the Center, such as having the floor professionally cleaned and waxed, dish rack, special knives, scrubbers, broom, food processor bowl and cutter, and special food items.

The Advisory Board met in August and determined that a few out-standing projects have been completed. However, still to be completed is the issue of the outside freezer. The current plan is for it to remain in the same position, but to be put onto a cement slab.

We are in need of someone this fall to prepare our air conditioners for the winter season – perhaps build an outside box for them as well as cover from the inside.

Also needed is someone to coordinate monthly birthday

celebrations and sending birthday cards to ones not able to come to the Center. We have a supply of dish cloths for sale for \$2.50 each. They are beautiful hand made from cotton yarn. Also for sale are scrubbies, cleaning cloths, greeting cards and brooms.

Stone Lake Senior Center

First of all, I would like to again, **THANK all the volunteers who made our Pig Roast/Meat Raffle/Wine Tasting, at the Red School Wine Shop in Stone Lake, so successful.** We had a beautiful sunny day for the event and served 159 meals and sold many pull tabs and raffle tickets for meat bundles from the Lakes Coop.

A group from Hayward and Stone Lake Centers enjoyed the White Sidewalls perform at Lucius Woods on Saturday, August 2nd. Again, the weather was cooperative and had no rain (usually rains before or during the performance) this year. A group from Stone Lake and Hayward will go to Lucius Woods on August 16th to see the Dang Its. They are a country/blue grass group. Bob Johnson has been driving the

group to these events for the last 3 or so years. Thanks Bob.

Remember, the Farmer's Market in Stone Lake is held every Thursday, from 2 – 5 pm, until September 11th.

There is a change this year for the Cranberry Festival Dinner – New this year, the Cranberry Festive Committee will host a Dinner/Dance on Thursday evening October 2nd. Social hour is 5:30 pm to 6:30 PM and dinner served at 6:30 PM with music to follow. The band "Good Medicine" will perform after the dinner for listening and dancing. During the evening the Man and Woman of the Year, The Cranberry Royalty, Senior King and Queen (John and Violet Myer) and the parade Grand Marshall will be honored, so you will want to be there. The streets will be full of vendor's for the Annual Cranberry Fest on Saturday, October 4th from 8 – 4 pm. And be sure and stay for the parade starting at 2:00 PM.

We have had many share the abundant produce from their gardens this year. Thanks to the rain and sun we have enjoyed fresh beans, tomatoes, cucumbers, and the ever abundant zucchini.



Sawyer County Senior Centers

THE SENIOR CONNECTION

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The staff from the Shell Lake Clinic will be at the Senior Center on Thursday, October 16, 2014 to give flu shots.

Hayward Senior Center

Hello folks... Summer has been pretty pleasant over all. Grass and trees are green, gardens are thriving. Thanks to all of you that have shared your garden produce with us. The zucchinis are large and plentiful. The rain has been sufficient but not overly intrusive. It has really been a nice summer, as always too short as we wind down in the next few months into fall.

Please stop by and see the newly renovated patio area in the front of the Hayward Senior Resource Center site. We have a new concrete patio with six raised flower and vegetable planters. The job is not quite complete yet but it is looking fabulous. Thanks Marge Champney and Mary Jo Jirik who did the bulk of the manual labor, Marj also did most of the fund raising. She has secured mostly donations and donated product and services, not an easy job in this economy. Also thank you to the Three Old Geezers for the

beautiful planters they built for the project. Amazing effort by all of you.

We have had a very busy summer in Hayward. In case you haven't heard the Giant Potato from Idaho was in Hayward for several days assisting with fund raising for Meals on Wheels. Many people stopped throughout the afternoon to get their picture taken with the giant tuber, contribute to the food shelves and spin the prize wheel. Cash donations and proceeds from pull tabs went to Meals on Wheels. The potato also spent time in Stone Lake and at the Log Rolling Championships.

Some folks were recently treated to an afternoon of fishing courtesy of the Hayward Chapter of Fishing has No Boundaries. Five pontoons of eager fishermen and ladies spent an entire afternoon in warm sunshine and calm waters doing something they may have enjoyed in the past and can no longer manage in a regular boat or they may have lost their fishing buddy. Whatever the reason they hadn't been fishing the afternoon was quietly enjoyed by the group. The

FHNB group are well skilled handling people that have difficulty doing this wonderful sport. In the spring each year they take about 100 disabled persons fishing on the Flowage for several days.

We have heard from a few who would be interested in a CPR certification class. We can get one set up at the Senior Center if you are interested. Please give myself a call at 715-634-0249. If you are interested, please let us know as soon as possible. I will try to get a class set up in September. You will learn CPR and how to use an AED (Automatic electronic defibrillator.) Most stores and churches are now equipped with an AED. Knowing how to use it is lifesaving.

The Hayward site is planning a "Holiday Bazaar" on October 18th at the Senior Resource Center at 15856 5th street. The bazaar can include new holiday fair and gently used items as well. If you have a craft or something that you would like to sell or questions, contact Betty Hutchinson at 715-634-4793. Tables will be \$10.00 a piece and that money will go to Meals on Wheels.



Whatever you take in is yours to keep. We will also have food available throughout the sale. This will include Sloppy Joe's and Walking Tacos. This craft sale is the first of the season, make sure you catch the early crowd with your wares. See you on the 18th of October.

Some other programs through the Outreach program are going to include a seminar by Chris Cold, DNR Educator on September 16th and WIS-PAC Trusts on September 23th. Also the Lions Club Health Fair is September 24th. You will be able to get your flu shot at the fair.

The gift shop can use some new items as well. If you have new or gently used items you would like to donate please drop them off at the front desk at the center. Also remember there is a bake sale on the third Tuesday of the month, the same date as the Birthday Party.

Labor Day is coming up very soon. Please remember the significance of the holiday. This county was once the strongest labor and product producing nation in the world.

Let's try to get back to that integrity. Remember we got there by working hard and together.

Enjoy the fall and all its beauty. Have a great September and October. When it's cloudy, remember the sun is always shining somewhere.

This Month's Articles By:

Doc Brueggen – Hayward
Peggie Johnson – Stone Lake
Karen Skogen – Exeland
Dona Phelps – Winter

September & October Birthdays

September Birthdays Exeland:

*Robert Oldeen *Kathy Yates
*Bill Milner *Virginia Mills
*John Kauffman *Dick Halberg
*Steve Hale *Jerry Jones
*Virginia Johnson

October Birthdays Exeland:

*Phyllis Birchfield *Suze Kraft
*Elaine Ploger *Loren Laufman
*Lois Monfries *Bob Kessler
*Marlys Markley *Ruth Oldeen
*Sharon Brown *Ken Emmons
*Nancy Ferguson
*Bonnie Van Gilder

Grandparents Day

Beginning in 1970, a housewife from Fayette County, WV, Marian McQuade, initiated a campaign to set aside a special day for grandparents. McQuade was a mother of 15, grandmother of 40, and great-grandmother of three. Her primary motivation was towards the elderly in nursing homes, but she also hoped to persuade grandchildren to tap the wisdom their grandparents could provide.

Through concerted efforts of civic, business, church, and political leaders, the campaign expanded State wide. After five years of hard work and dedication, they finally convinced U.S. congress to pass a legislation proclaiming that the first Sunday after Labor Day was National Grandparent's Day. The proclamation was signed by President Jimmy Carter and 1979 was the first nationally celebrated Grandparent's Day!

So grandparents wherever you are, September 7th is your day. Kick back, relax and give those grandkids of yours a big hug and kiss!

Creative Forecasting, INC. September 2013




What's On the Menu?

THE SENIOR CONNECTION

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

September

Monday	Tuesday	Wednesday	Thursday	Friday
1 - Labor Day - All Noon Meal Sites CLOSED 	2 Homemade meatloaf, baked potato with sour cream & chives, buttered beets, fruit crisp & topping	3 Cream chicken over a biscuit or potatoes, carrots, tropical fruit mix	4 Baked ham, baked sweet potatoes, cauliflower, ice cream, milk	5 Fish Sandwich, French fries, coleslaw, apricots, Cook's Choice dessert
8 Swiss or Salish steak, herbed brown rice, spinach	9 Cook's Choice Please call individual Dinning Center for Today's Menu	10 Breaded pork chop, baby red potatoes, broccoli, applesauce spice cake, milk	11 Hamburger on a bun, potato salad baked beans, dill pickle, blonde brownie, milk	12 B.B.Q. baked chicken, sweet potato fries, green beans, Jell-O with fruit & topping
15 Italian beef sandwich, broccoli/cauliflower, salad, tater tots, ice cream sundae	16 B.B.Q. pork ribs, baked potato with sour cream, buttered corn, peach slices	17 Polish sausage or brats, sauerkraut, pasta vegetable salad, fruit pie	18 Beef chop suey, rice & chow mein noodles, vegetable egg roll, mandarin oranges	19 Parmesan Chicken over noodles with marinara sauce, green beans, Cook's Choice dessert
22 Meatballs in gravy, mashed potatoes, orange romaine salad, pineapple upside down cake, milk	23 Baked ham, sweet potatoes, California blend vegetables, strawberry shortcake	24 Pork cutlet, mashed potatoes with gravy, buttered corn, mixed fruit salad	25 Liver & Onions, baby red parsley potatoes, mixed vegetables, pudding with topping	26 Fish sandwich, sweet potatoes or fries, creamy coleslaw, Cook's Choice dessert
29 Beef tips in gravy over rice, buttered peas, peanut butter cookie	30 Lasagna, green beans, fresh lettuce salad with dressing, pretzel salad	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><i>At any time, if a participant is unable to eat what is on the menu, please contact your site manager for an alternative meal. We are here to serve you!</i></p> </div>		

***All meals served with bread and milk**

October

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Phone Numbers for Senior Resource Center Meal Sites:</u> Stone Lake: (715) 865-2025 Winter: (715) 266-2233 Spider Lake: Same as Hayward Exeland: (715) 943-2990 Hayward: (715) 634-4680		1 Baked Chicken, browned potato wedges, asparagus, date bar	2 B.B.Q. pork ribs, baby red parsley potatoes, mixed vegetables, fresh fruit salad	3 Roast Beef, mashed potatoes with gravy, Brussel sprouts, Cook's Choice dessert
6 Chicken filet on a bun, pasta vegetable salad, tater tots, mixed fruit,	7 Baked fish, Au Gratin potatoes, stewed tomatoes, fruit crisp	8 B.B.Q. on a bun, potato salad, baked beans, strawberry shortcake with real whip cream	9 Cook's Choice Please call individual Dinning Center for Today's Menu	10 Beef stroganoff over noodles, buttered peas, Cook's Choice dessert
13 Pizza, fresh salad with dressing, apricots	14 Homemade meatloaf, baked potato with sour cream & chives, buttered beets, fruit crisp & topping	15 Cream chicken over a biscuit or potatoes, carrots, tropical fruit mix	16 Baked ham, baked sweet potatoes, cauliflower, ice cream	17 Fish Sandwich, French fries, coleslaw, Cook's Choice dessert
20 Swiss or Salish steak, herbed brown rice, spinach, Cook's Choice dessert	21 Cook's Choice Please call individual Dinning Center for Today's Menu	22 Breaded pork chop, baby red potatoes, broccoli, applesauce spice cake	23 Hamburger on a bun, potato salad baked beans, dill pickle, blonde brownie	24 B.B.Q. baked chicken, sweet potato fries, green beans, Jell-O with fruit & topping, milk
27 Italian beef sandwich, broccoli/cauliflower, salad, tater tots, ice cream sundae	28 B.B.Q. pork ribs, baked potato with sour cream, buttered corn, peach slices	29 Polish sausage or brats, sauerkraut, pasta vegetable salad, fruit pie	30 Beef chop suey, rice & chow mein noodles, vegetable egg roll, mandarin oranges	31 Parmesan chicken over noodles with marinara sauce, green beans, Cook's Choice dessert



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Tuesday Evening Meals

Winter Senior Center

(715) 266-2233

September:

2nd – BBQ Ribs, baked potatoes, green beans, cookie

9th – Liver and onions, mashed potatoes with gravy, peas, cake

16th – Roast beef, mashed potatoes with gravy, corn, ice cream sundae

23rd – Baked chicken, dressing with gravy, mixed vegetables, Jell-O cake

30th – Polish sausage, sauerkraut, baby red potatoes, cookie

October:

7th – Meatballs and gravy, mashed potatoes, beets, strawberry shortcake

14th – BBQ Ribs, baby red potatoes, green beans, fruit crisp

21st – Beef Stroganoff over noodles, buttered peas, cake

28th – Hamburger hot dish, biscuit, ice cream

Exeland Senior Center

(715) 943-2990

September:

2nd – BBQ Ribs, baked potatoes, green beans, bar

9th – Polish sausage, sauerkraut, potatoes, mixed vegetables, cobbler

16th – Oven roasted chicken, mashed potatoes with gravy, carrots, cookie

23rd – Meatloaf, baked or sweet potato, peas, strawberry shortcake

30th – Breaded pork chop, oven browned potatoes, corn, cake

October:

7th – Oven roasted chicken, mashed potatoes, buttered beets, cobbler

14th – BBQ Ribs, baked potatoes, green bean casserole, cookie

21st – Meatballs with gravy, rice or potato, mixed vegetables, bar

28th – Pork cutlets, baked potato or rice, corn, brownie

Stone Lake Center

(715) 865-2025

September:

2nd – Grilled pork chop, baked potato/sour cream, corn, brownie

9th – Spaghetti and meat sauce, bread stick, lettuce salad, cake

16th – Meatloaf, scalloped potatoes green beans, dessert

23rd – Pork roast, mashed potatoes with gravy, mixed vegetables, bars

30th – BBQ Ribs, baked potatoes with sour cream, corn, ice cream

October:

7th – Lasagna, lettuce salad, bread stick, ice cream

14th – Turkey, mashed potato, dressing, gravy, peas, pumpkin pie

21st – Stuffed chicken breast, rice, California blend, fruit dessert

28th – Roast beef, mashed potatoes with gravy, green beans, fruit pie

Hayward Senior Center

(715) 634-4680

September:

2nd – BBQ Ribs, baked potatoes, coleslaw, bar

9th – Roast Beef, mashed potato with gravy, carrots, cake and ice cream

16th – Pork chops, apple sauce, fried potatoes, creamed peas, fruit salad

23rd – Polish sausage, baked beans, cottage cheese, potatoes, cucumber salad, pineapple upside-down cake

30th – BBQ chicken, sweet potatoes, whole kernel corn, lemon dessert

October:

7th – Meatballs and gravy, rice, carrot raisin salad, apple pie

14th – Pork roast, apple sauce, mashed potatoes with gravy, broccoli and cauliflower with cheese sauce, cake and ice cream

21st – Spaghetti and meat sauce, bread stick, lettuce salad, cookie

28th – Beef tips in gravy over noodles, beets strawberry shortcake



Like

us on Facebook!



Must Reads

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Beneficially Speaking

Linda Hand

Elder Benefit Specialist/Outreach Coordinator

CALLER ID SPOOFING...

We were "Caller ID Spoofed". We received a message on our home phone a couple of weeks ago from a gentleman, with a local phone number, who was very agitated. He stated in his message that he wanted my husband, Derek, to immediately stop calling his number trying to solicit credit cards. Like we have enough time for that, but I waited until I could confirm with my husband that it had not been him. I called the number back that was on our Caller ID and left a message that we were confused as to his message. I asked if he could please call us back, so we could get more information and possibly report this incident to the police. About two weeks later he did call back. He explained to my husband that his voice was definitely not the voice that had called him and that it was actually our cell phone number, which Derek confirmed was right, that was showing up on his Caller ID. I contacted the

Sheriff's Department and Verizon Wireless and was told by both that they get many complaints in regards to this. Someone can either randomly pick a number to use or specifically target someone, which is a very scary thought. So if you get a call from us trying to sell you a credit card, hang up!

According to wikipedia.org, "CALLER ID SPOOFING" is the practice of causing the telephone network to indicate to the receiver of a call that the originator of the call is a station other than the true originating station. For example, a Caller ID might display a phone number different from that of the telephone from which the call was placed. The term is commonly used to describe situations in which the motivation is considered malicious by the speaker or writer.

Caller ID spoofing has been available for years to people with a specialized digital connection to the telephone company, called an ISDN PRI circuit. Collection agencies, law-enforcement officials, and private investigators have used

the practice, with varying degrees of legality. Frequently, caller ID spoofing is used for prank calls. For example, someone might call a friend and arrange for "The White House" to appear on the recipient's caller display.

On January 7, 2013, the Internet Crime Complaint Center issued a Scam Alert for various telephony denial of service attacks by which fraudsters were using spoofed Caller ID to impersonate police in an attempt to collect bogus payday loans, then placing repeated harassing calls to police with the victim's number displayed.

While impersonation of police is common, other scams involved impersonating utility companies to threaten businesses or householders with disconnection as a means to extort money, impersonating immigration officials or impersonating medical insurers to obtain personal data for use in theft of identity. Bogus caller ID has also been used in grandparent scams which target the elderly by impersonating family members and requesting wire transfer of money.





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Best advice I can give is if you get a call from someone soliciting a product, trying to get your personal information or claiming to be a friend or relative wanting you to wire them money, etc. and their name and/or phone number actually shows up on your Caller ID tell them you will call them right back. **DO NOT** redial back, dial their phone number yourself and find out if it was really them.



***“Hang up
the phone
and dial
their
phone
number
yourself.”***

65 Wisconsin Hospitals Could Face Medicare Penalties

Sixty-five Wisconsin hospitals are facing a potential reduction in Medicare payments due to a government crackdown on avoidable patient harm. In an effort to reduce rates of avoidable infection and harm to patients, the Center for

Medicare and Medicaid Services (“CMS”) will sanction the worst-performing quarter of hospitals, nationwide, by reducing all Medicare payments by 1% for one year, starting in October. In April 2014 federal officials released preliminary findings identifying 761 hospitals that could face sanctions. Before penalties are issued, CMS will look at additional data to determine the lowest-performing 25%. Out of the 761 hospitals facing additional scrutiny, 65 are located throughout Wisconsin including facilities in Milwaukee, Green Bay, Madison, Eau Claire, and elsewhere.

The current initiative — the Hospital-Acquired Condition (HAC) Reduction Program — was created by the 2010 health law and is the third program seeking to improve patient care by sanctioning the worst-performing facilities. The first initiative penalized hospitals for high readmission rates. The second awarded bonuses or penalties based on two dozen quality measures. Once all three programs have been fully implemented, hospitals will be at risk of losing

up to 5.4% of their Medicare payments. The system is designed to incentivize high performance and reduce harm to patients that should be avoidable with proper care. The government estimated that in 2012 — one out of every eight patients nationally — suffered a potentially avoidable complication during a hospital stay.

The HAC Reduction Program measures three types of incidents: bloodstream infections in patients with catheters used to deliver antibiotics, nutrients, chemotherapy, or other treatments; infections rates from catheters inserted into the bladder to drain urine; and a variety of avoidable safety problems, including bedsores, hip fractures, blood clots, and accidental lung punctures. Eventually, CMS will also factor in surgical site infections and infection rates stemming from antibiotic-resistant germs. The program will also take into account the size of the hospital, the location where the patient was treated, and whether it is affiliated with a medical school. Patient advocates are cheering the initiative, which appears to





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working according to some measurements. For example, between 2008 and 2012, catheter-related infections dropped 44%. However, the program still faces some criticism. One objection to the program is that the lowest-performing 25% of hospitals are penalized, even if they have shown tremendous improvement. Additionally, some question the metrics used to determine which facilities are sanctioned, as large hospitals and teaching hospitals currently project to face the most penalties.

In any case, the preliminary findings will force hospitals that have been targeted to make efforts to improve their care or face reductions in Medicare payments.

To read more, visit:

www.kaiserhealthnews.org/Stories/2014/June/23/patient-injuries-hospitals-Medicare-Hospital-Acquired-Condition-Reduction-Program.aspx

To access the list of hospitals facing potential sanctions:

www.kaiserhealthnews.org/Stories/2014/June/23/patient-injuries-hospitals-most-likely-to-be-penalized.aspx

Get Up, & Get Involved

There is always some excuse why "NOT" to participate in an activity. Keeping your brain active can be as easy as turning on a radio and singing with the music. You can take a short walk outside, enjoy the fresh air and listening to the birds. The Senior Resource Center offers many activities that can get you out and meet others. Join us for one of the following or just stop by and have a cup of coffee, check out our new patio, join us for lunch or surf the web on one of our computers. We look forward to seeing you!

Fishing Has No Boundaries Fishing Trip

On August 13, 2014 we went on our first fishing trip. The Hayward Chapter of Fishing Has No Boundaries sponsored the trip and supplied everything that was needed, including the

pontoons, volunteers, poles, bait and tackle. It was an amazingly beautiful day. We are hoping to host several fishing events next year. If you are interested in joining us, please give me a call and I will put you on the list.

715-934-2177 Linda Hand



*To see more pictures from our Fishing Has No Boundaries Fishing Trip, check out our Facebook page, **Senior Resource Center located in Sawyer County, WI.***

Need Help
with your Medicare
Plan Comparisons
for Open Enrollment?



**Call Linda Hand
at 715-934-2177**





Breaking News

THE SENIOR CONNECTION

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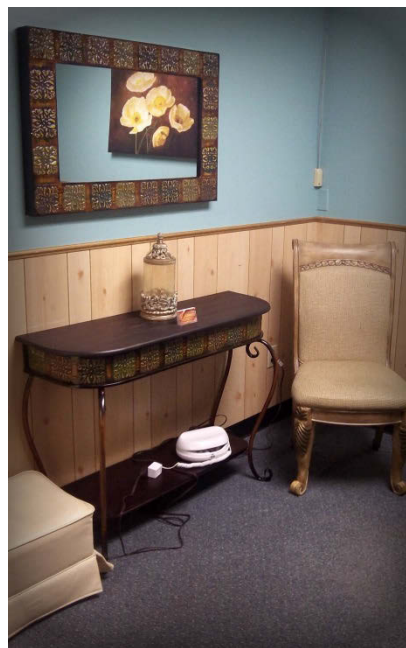
Footcare at the S.R.C.

Talk about a busy summer here at the Senior Resource Center in Hayward! As you all have probably heard, we have been renovating a private room here at the Senior Center for footcare. After weeks of shopping, decorating, and a little elbow grease, the room is finally completed, and it looks gorgeous! With a splash of paint on the walls, some new furniture, and a little décor, the room feels, and looks, like a spa!

Holly Duffy is our new "Footcare Specialist" and is now taking appointments for your footcare and nail cutting needs. Please call her for an appointment at 715-699-9987.

Here's a little about Holly: "My name is Holly Duffy and I am a lifelong resident of the Hayward Area. I was born Holly Hartnett and married Brian Duffy in 1992. My very first job when I was 15 was at Golden Living (used to be Valley Health Care Center) where I was a CNA. I also worked in the Activities Dept. and the kitchen throughout the summers. I attended the University of Minnesota,

Minneapolis and graduated with a BA in Sociology. Upon my husband's college graduation we moved back to the Hayward area. We now own Northwoods Stove and Fireplace right on Hwy. 63 and I have also been working at Water's Edge Care Center part time as a CNA and Homemaker for 3 years. I love working with the elderly and am excited to offer footcare services at the Senior Resource Center in Hayward."



We hope that you will contact Holly for your footcare needs. Unfortunately, due to insurance liability we will no longer be able to provide

footcare for those with diabetes. Medicare does cover nail cutting for those with "diabetes". There are doctors and clinics in the area that provide these services. Medicare does not cover nail cutting for those who do not have diabetes, unless you have some other serious chronic condition that is preapproved by your clinic prior to the procedure.

Again, if you would like to make an appointment with Holly, call (715) 699-9987.

New Lending Library

With all the new renovations going on here, one of the many changes that have come about is the Lending Library. The Lending Library has conveniently been moved upstairs so that it is easy access to everyone who would like to borrow a book. Not only that, but we have sorted them into 5 categories:

Romance/Family/Fantasy
Fiction/Action/Adventure
Autobiographies/Biographies
Mysteries/Suspense/Thrillers
Large Print

All of the books have colored stickers on them so that it is easy to see which





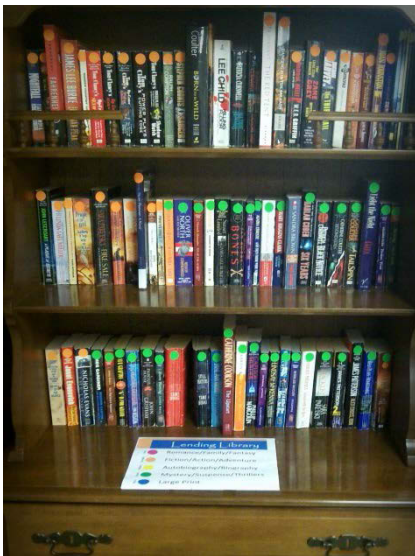
Breaking News

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books are in which category.

Feel free to borrow books at any time. If you do borrow a book, please return it upstairs. If you would like to donate books however, you can leave them down stairs. Happy reading everyone!



We're on the Web!

Yes we have a Facebook page, but now we have our own website too! We have everything you could possibly need to know about the Senior Resource Center and what we offer on our website, and we even have a downloadable version of our Newsletter! Check it out and like our page on Facebook! Here's the link: <http://seniorresourcecenternorth.org/>

Progress on the Patio

If you've stopped by the Hayward Senior Resource Center lately, you've most likely seen the new patio that we are putting in. What used to be unattractive, wasted space is now a beautiful red patio with vegetables and flowers galore!

But the work outside is not finished yet. We still need to build the overhang from the building to the parking lot. That's right! You asked and we answered! Now on rainy days, you can be picked up and dropped off at the Senior Center without getting soaked!

All of this could not have been made possible without the generous donations from community members and businesses along with the outstanding volunteers who made it all come together! Thank you to everyone who has helped!

Respite Room Remodel

WANTED: Old junk to you? That is what we may need. Your trash is our treasure! If you have any old vintage looking items we could use or rekindle as decor for our Alzheimer's Respite Room such as old boat

oars, skis, snowshoes, fishing equipment, saws, or anything else, please give us a call at 715-934-2177.

2014 Volunteer Dinner

Howdy y'all! This years volunteer dinner is going to be one heck of a hoedown! That's right! Our dinner theme this year is "western," so put on your riding boots and cowboy hats and mosey on over for an afternoon full of fun!

Lunch this year will be catered by DJ's Dock and there will also be a fun western portrait station where you can get your picture taken by yourself or with friends or family. Costumes are encouraged. Not only that, but after the luncheon, the Hayward Senior Resource Center will be participating the Ice Bucket Challenge for ALS in the Hayward Senior Center parking lot. We encourage you to stay for that event as well. We will also be collecting donations from now till then for ALS, every little bit helps.

So giddy up on over here, have fun, and enjoy a delicious meal! You hard working volunteers deserve it!





And More

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RENEE BROWN
VETERAN SERVICE OFFICER

GARY ELLIOTT
ASSISTANT VSO

Sawyer County Veterans Service Office

WISCONSIN
MONTH: AUGUST 2014

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

Home Improvement and Structural Alterations (HISA)

Under the Home Improvements and Structural Alterations (HISA) program, Veterans with service-connected disabilities or Veterans with non-service connected disabilities may receive assistance for any home improvement necessary for the continuation of treatment or for disability access to their home and essential lavatory and sanitary facilities.

The VA Medical Centers (VAMCs) may provide home improvement benefits up to \$6,800 for a service-connected condition and also up to \$6,800 for a non-service connected condition of a Veteran rated 50 percent or more disabled. Additionally, the VAMC may provide home improvement benefits up to \$2,000 to all other Veterans registered in the VA health care system. Each VAMC has a HISA fund to provide this assistance. The improvements or structural alterations must be medically necessary for effective and economical treatment of the veteran.

Allowable projects include construction of a permanent wheelchair ramp or lift; widening doorways for wheelchair access; installation of a wheelchair accessible shower; lowering of kitchen or bathroom counters to permit wheelchair access; handrails; and lowered electrical outlet and switches. Improvements to driveways and entrance paths may also be considered.

Although the VAMC does not do the actual improvement or alteration, they will visit the home to determine feasibility, assist in developing drawings and specifications, review proposals and bids, and do a final inspection once the work is done. The VAMC assumes no responsibility for maintenance, repair or replacement of any improvement or alteration.

The veteran's primary VAMC staff physician must initiate all requests for HISA funds. This means the Veteran must first have a prescription from a VA physician including specific items required and the diagnosis with medical justification. Authorization for approved work will be issued only after the veteran

specifically requests the HISA work. Reimbursement for cost of home improvements or alterations will not be made for work done prior to VAMC authorizing a HISA grant.

Long Term Care Benefits for Veterans

Many veterans and their spouses are faced with the challenge of meeting long term care needs either in a nursing home, assisted living facility or care at home. There are some federal and state programs which MAY provide assistance. Each of these programs have unique eligibility requirements which are described briefly below.

VA MEDICAL CENTERS: The US Department of Veterans Affairs (VA) is only required to provide nursing home care when the veteran is rated 70% or more service-connected. Care will be provided at either VA Medical Centers or at contracted nursing homes in certain communities. In very limited other circumstances, VA will provide temporary nursing home care for non-service connected veterans.





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Co-payments for this care could be charged.

VA PENSION PROGRAM:

Pension benefits can be paid to some veterans/surviving spouses to assist them with the cost of their care either at home or in a facility. The first requirement is that the veteran must have served at least 90 days of active duty, one day of which is in a wartime period. VA then looks at the level of disability of the claimant, income, assets and cost of the long-term care. In certain situations, it is possible for a single veteran to receive up to \$1,347/month IF the cost of their care exceeds their income, and they do not have excessive assets. The maximum monthly amount for a married veteran is currently \$1,597. The maximum for a surviving spouse is \$865 per month.

Single wartime veterans and their surviving spouses who are in a skilled nursing facility, and are receiving Medicaid benefits, can receive a pension of \$90/month. This will allow them to have additional spending money for their personal needs.

WISCONSIN VETERANS HOMES: The Wisconsin Department of Veterans Affairs (WDVA) operates three long-term care facilities. The Wisconsin Veterans Home at Chippewa Falls opened for service within the past two years. The Wisconsin Veterans Home at King has been in operation for over 100 years. It provides all levels of care to disabled veterans and their

spouses. They must apply income and assets to the cost of their care to the extent required for Medicaid eligibility.

WDVA has also established a facility in Union Grove. This is categorized as a community based residential facility, and it is limited to those who need no more than three hours of skilled nursing care per week. However, construction is underway for a third building which will be able to accept people who need more care. Also, a skilled nursing facility will be built on the site in the future. Care is provided at below-market rates. Federal VA pension benefits may be available to assist with the cost of care at these facilities.

American Legion Post 394 Request

VFW Post 394 is requesting names of veterans who reside in the Loretta/Draper area to be included on a Veteran's recognition board at Post 394. If you are a veteran or know a veteran that lives in their local area and would like to be included, please contact Mrs. Sue Zmuda at (715) 266-4221.

Veteran Identifier on Wisconsin Driver's License

2013 Wisconsin Act 17 includes a provision that allows veterans to request through the Wisconsin Department of Transportation, Division of Motor Vehicles (DMV), a veteran identifier on their Wisconsin driver's

license or state issued identification card.

To be eligible for the Veteran Identifier on your Wisconsin drivers license or ID Card you must meet certain requirements related to your term and characterization of military service.

Character of Service: The Character of Service Field on your DD214/DD215 must show, Honorable, General under honorable conditions, or Honorable under General. (Other than Honorable conditions will not allow you to certify through this process.)

Length of Service: You must have at least one period of service that encompassed at least two continuous years of "active duty" or 90 days of "active duty" during a Statutorily-Designated Wartime Period, where the character of service meets the requirements above.

For more information regarding HISA grants, Long Term Care, Veteran Identifier, or any other veteran benefit, please contact our office at (715)-634-2770.

Note: As a reminder, on every 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.



And More

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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!

D.I.Y. (Do It Yourself) Mummy Candy Holder

What you Need:

- > Empty clean tin can
- > 36" length of 2" wide rolled gauze
- > Tacky glue
- > Two wiggle eyes
- > Candy to fill your can



Directions:

1. Wrap the gauze around the can, using dabs of glue to stick it together. Wrap until the can is completely covered, gluing the ends secure.
2. Glue the wiggle eyes on onto the gauze-covered can.
3. Fill the can with candy!

Q: What kind of underwear does a mummy wear?

A: Fruit of the Tomb!

 **Cut Here**

Registration for Hayward Events

___ Tues, Sept 16, 2014 – 10:30 a.m. – noon, Chris Cold, Wildlife Technician/Educator

___ Tues, Sept 23, 2014 10:30 a.m. – noon, WisPACT Special Needs Trusts

___ Tue, Oct 28, 2014 from 10:30 – noon, Golden Living Valley of Hayward Physical Therapy Department "Strength and Balance"

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!





Senior Resource Center
15856 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):

☐ Home Delivered Meals

☐ Caregiver/Chore Program

☐ Newsletter

☐ Congregate Meals

☐ Elderly Benefit Specialist

☐ Transportation

Name: _____

Address: _____

☐ I would like to be added to "The Senior Connection" mailing list. **{Donations are requested}**

☐ I have included a donation in the amount of \$_____.

(Checks made payable to the Senior Resource Center)

Thank you!

Please Return To:

The Senior Resource Center ~ 15856 E. Fifth St. ~ Hayward, WI 54843