



## Executive Director News



*By Joey Johnson  
& Signe Lawson-Jones,  
Interim SRC Leadership Team*

Wow, been a busy few weeks at the Senior Resource Center (SRC) offices in Hayward. With the former director leaving, the SRC Board of Directors named an interim leadership team - Wenonah (Joey) Johnson and Signe Lawson-Jones - to manage the agency. As with any change in leadership, procedures and processes are being reviewed, re-

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# I Can See Clearly Now *Common Causes of Poor Vision*



Vision loss is a common condition, as the World Health Organization notes that more than 285 million people across the globe suffer some type of visual impairment. Many people can effectively counter their vision problems with prescription lenses, but others may have a more significant issue, such as low vision.

The Kellogg Eye Center defines low vision as a reduced level of vision that cannot be fully corrected with conventional glasses. Those with low vision have some useful sight and are not considered completely blind. However, low vision can interfere with performance of daily activities, and some people with this condition are classified as "legally blind."

Symptoms of low vision include difficulty recognizing objects at a distance or problems with differentiating colors. Yet, not everyone dealing with these

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vised, and updated.

A thorough review of the financial status and staff check-ins was priority one for the leadership team. The financial status showed insufficient income to support current staffing levels or to pay agency bills in a timely manner. The leadership team made the difficult decision to lay-off 1.23 FTEs of staff and not to fill the full-time director and janitor positions at this time. Those actions resulted in a savings of \$4,000 every two weeks! The SRC staff has pulled together: offering to work for less pay; volunteering to take up the janitorial duties for the Hayward building; putting in extra hours without compensation; and brainstorming suggestions on how to stretch limited dollars without impacting services and meals to our community's senior population. The Greater Wisconsin Agency on Aging Resources (GWAAR), and the USDA were contacted to assist in an internal review of the SRC fiscal and program operations. On-site meetings were held in mid-August and a plan to guide the agency through the remainder of 2018 is being developed.

The support from the Sawyer County community regarding the financial situation has been wonderful. Both the Exeland and Hayward Nutrition Site Advisory Boards have explored fundraising ideas to help the SRC. Raffles, salad luncheons, Brown Bag Day (dining guests asked to donate trash bags, paper towels, napkins, etc one day a month), old movie night, and so much more were suggested! The Stone Lake and Winter communities have connected directly with the leadership team, offering to help with recruiting volunteers to do in-home assessments for seniors needing home-delivered meals, and to deliver meals without compensation. The compensation paid to our Meals on Wheels drivers is a major expense at \$.50 per mile. Without our volunteer drivers, there would not be a home delivered meal program. Through them SRC delivered 9,089 meals from January through June 2018. Not only do they provide a warm meal to isolated, vulnerable seniors, they are also able to do a face to face check-in to say hi and see how things are going. The Meals on Wheels drivers average one to two hours a day in the pick-up and delivery of meals five days a

week using their own vehicles. Some routes are over 40 miles and the cost of fuel and vehicle maintenance adds up quickly. These are costs that many of our volunteers cannot support without a reasonable amount of compensation. Recently we received a \$1,000 donation from a member of the Exeland community for the MOW program. We deeply appreciate any donations received and will use them as requested.

If you would like to donate to one of our programs or to our general operating fund, please direct it to the Senior Resource Center, 15856 E. 5th ST., Hayward, WI 54843.

Keeping our Nutrition Sites open and continuing our Meals on Wheels program is the pri-

mary goal of the SRC Board and Leadership Team. The Stone Lake site has been closed since June, with meals being provided only to those needing home-delivered meals. The home-delivered meals for Stone Lake are being prepared in Hayward and taken to Stone Lake for delivery by the Meals on Wheels volunteers. Through a variety of issues and misunderstandings a serious loss of services to the seniors in the Stone Lake community has occurred. SRC's plan for the relocation of the meal program were poorly contrived. With painful lessons learned, we are moving forward to restart meals being served temporarily, at the Stone Lake Wesleyan Church, 16838W 1st Street South. The meal schedule is posted throughout Stone Lake or call 715-634-3000 for days and times. We hope, with the assistance of the local USDA, to negotiate an agreement which will result in the reopening of the Cranberry Cafe by October.

Without the efforts of our volunteers and the outstanding staff, Bonnie Klinger, Exeland Site Mgr, Ruth Brad, Winter Site Mgr, Chris Webster, Stone Lake Site Mgr, Barb Applebee, Hayward Site Mgr, Char Jager, Nutrition Director, Jodi Olney, Health Promotions Coordinator, Michelle Pederson, Admin Secretary, Bob Johnson, Van Driver, Marge Klaver, Hayward cook, and part-time staff, Sue Miller, Peggy Johnson, Alex Mann, Doug Flory, Jessie Simonson, and account, Jodi Longtine it would not be possible. They keep the SRC engine running. Thank you, each of you, for all you do everyday!

We are almost always "joined at the hip." Recently a consultant leaving our office referred to us as "The Two Headed Monster!" Laughing at that mental image, we agreed. Two heads are better than one in attacking the issues facing our agency: building a financially sound and efficiently managed agency with the assistance and support from the community, GWAAR, USDA, SRC's Board, volunteers and dedicated staff.

## Hayward Center News



**By Sue Gold**

Fall is almost upon us. Some of the trees are turning shades of yellow and red. The weather is getting cooler, I hope! Football is starting. There are many festivals happening and apple picking has started. It's a busy time of year.

Things are busy at the Senior Resource Center, too. Another play by our own Bill Smith is on tap for December. If you are interested please contact Bill. He will be glad to hear from you. We are also looking for other fundraising ideas, too. Some of our area restaurants have fundraising programs like Pizza Hut, Dairy Queen and Lynne's Custom Meats to name a few. We are also planning another Essentials Day where you donate things like paper towels, Kleenex, Dawn Dishwashing Liquid, things that are needed every day to run better. For more ideas on Essentials Day or with more fundraising ideas please contact Helen Chevrier at the Senior Resource Center or at home at 715-634-3449 or at [jachvc@yahoo.com](mailto:jachvc@yahoo.com).

So get out and enjoy what Fall has to offer, whether it's one of the many festivals, a football game or apple picking, you are sure to have a great time! We will keep you posted about the activities listed above!





# Exeland Center News

**The Crossings Diner  
715-943-2990**



**By Karen Skogen**

The Exeland Site Advisory Committee Meeting held on Tuesday, August 14 was very well attended as seniors are very concerned about the status of the Senior Meal program. We wish to express our thanks to Joey Johnson and Signe Lawson-Jones for their time and efforts in keeping the sites open and attempting to make things better during the time of financial concerns for the Senior Resource Center. (SRC)

A vote was approved at the meeting to donate some funds to SRC and also to pay one of the outstanding local bills in lieu of purchasing additional items for our kitchen at this time. There was also some discussion (no final decision) of some type of fundraiser to also assist with funding of the meal program.

The suggested donation for a noon meal is \$4 for people age 60 and over, however, if you can afford more, it is appreciated, especially during this stressful

time and the dollars would go to the Senior Resource Center that oversees the meal sites and the meals on wheels programs.

Please keep in mind that the Senior Resource Center office resides in the same building in Hayward as the meal site, however they are not one in the same. The SRC and the SRC board are over all the meal sites and pays for the food supplies, the volunteer driver mileage, etc. The Hayward meal site has their own Advisory Board and operates very similar to all the other sites.

The Center is thankful for a donation from the First Lutheran and Methodist Church of Exeland Vacation Bible School to be used for the Meals on Wheels program.

--The donations of food such as fruit and vegetables that have been coming in all summer are very helpful to our site and it is fun to share and see everyone enjoying them.

Another way to bring in funds to our own site is through the purchase of greeting cards and cleaning cloths that you

will find on site. Don't forget about the meal certificates that you can purchase through Bonnie. They make wonderful gifts.

This summer Bonnie has enjoyed her helpers that came

to her from the Northwest Wisconsin CEP and the TESSA programs. One of the young ladies is a school student, so will be leaving us when school begins. The other one is out of school and is on a program for her to gain work experience and volunteer so many hours a month to receive food stamps and gas cards. What a great opportunity for these young people to work and learn.



# SRC WELCOMES NEW BOARD MEMBER



to his grandparents. He considers himself fortunate to have had all four of them in his life into his early 30's, and spent a great deal of time with them. He saw firsthand the challenges they had living in a rural area when health and independent living issues occurred. He is committed to helping other families face those challenges head on to ensure a long, healthy, and enjoyable life in the Northwoods for our loved ones as they age.

Three nephews and a large extended family keep him on his toes, and you can often find him on the weekends at Nelson Lake enjoy-

ing the natural beauty of our area. He looks forward to becoming even more involved with volunteer efforts at the SRC. Getting to know the staff and clients are a big priority, and he appreciates the opportunity to contribute to the community through such a worthwhile and valuable organization.

Following this spring's County Board election, District 4 Supervisor Troy Morgan was appointed to the SRC Board. He fills the spot formerly held by dedicated board member Kathy McCoy. He joins District 1 Supervisor Dale Schleeter in representing the Sawyer County Board in our organization.

A Hayward native, Troy recently retired from a 23-year career in the airline industry based out of Houston, TX, moving back to his hometown to be closer to family and friends.

Troy credits his passion for senior issues

**Autumn  
Begins  
September 22**



## Hayward Funeral Home

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## Stone Lake Center News



### The Cranberry Cafe 715-865-2025

*By Peggy Johnson  
Stone Lake Senior Center Chef*

Hello to everyone!

Summer is almost over, I have seen a few trees that are starting to turn the beautiful colors of fall. The squirrels and chipmunks are already storing food for winter.

The Senior Resource Leadership team, Joey Johnson and Signe Lawson-Jone, thanks everyone for their questions and comments at the Stone Lake informative meeting regarding our move to the new site on South Fourth Street. The move to the new location is taking longer than anticipated and a tentative date is set for the first part of September. The team has been working on this daily to get us into the new location as soon as possible.

As of this writing, the Stone Lake Wesleyan Church has graciously offered the use of their fellowship hall and kitchen to serve lunch to participants at least 4 days per week. Plans are being made to get this "up and running" as quickly as possible. Chris and I look forward to seeing everyone again. The Packers will begin their games and it is always fun to "replay" the game the next day.

The Hog Fest, held Saturday, August 11, was a HUGE success. The weather was hot and humid but the music and food were great. A big Thank You to all

the volunteers who made this successful and the Red School House Wine Shop for hosting the event.

BINGO on the PATIO was a fun event held at the Red School House Wine Shop every other Wednesday evening during July and August. Thanks to all attending and the proceeds from this event is used to fund the Stone Lake Moving project.

Don't forget to attend the Cranberry Festival Thursday evening meal October 4 and the festival October 6 from 9 am to 4 pm for food, crafts, crate derby, and many other activities throughout the day.

Have a great fall



## Stone Lake Center Temporary Schedule

FINALLY, beginning Wednesday, September 5th, the Stone Lake Senior Center will serve noon meals 3 days a week.

The temporary schedule will be Tuesday, Wednesday and Fridays at the Stone Lake Wesleyan Church. Doors will open at 11:30. Come in early for a cup of coffee and a chat!

The Senior Resource Center and the Stone Lake Lions are working to finalize Memorandum of Understanding and Rental Agreement. As soon as the SRC Board and the Lion's approve the final document, work will immediately begin to prepare for the re-opening the permanent site to be open 5 day a week.



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SILVERSNEAKERS CLASSES  
LOWER LEVEL/SENIOR RESOURCE CENTER  
15856 E. 5th Street in Hayward

**WHEN: MONDAYS**

**WHAT TIME: 11:00-11:45AM  
(THEN GO HAVE LUNCH UPSTAIRS)**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a small ball are offered for resistance. A chair is available if needed for seated or standing support. This class is geared toward older adults.

**SILVERSNEAKERS MEMBERS: FREE  
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**For More Info  
Contact the  
Senior Resource  
Center  
at 715-634-3000**

## ON THE ROAD WITH THE TIMBER GRILL!



*By Char Jaeger*

*Senior Resource Center Nutrition Director*

You will want to mark Wednesday, September 12 on your calendar because that is a day you do not have to cook. The Hayward Senior Resource Center's Timber Grill will be at Deer Run Resort on the Chippewa Flowage that day from noon to 3 p.m. pm. The Timber Grill has been in service for only about a year now, but has a great reputation. It was even written up in Our Wisconsin magazine and is a special feature for us to support.

The menu for that day will be meatloaf, mashed potatoes, mixed vegetables, milk or water, and strawberry shortcake for dessert. A voluntary donation of \$5 for the meal is appreciated. Anyone, including those under 60 years of age, is welcome. Along with the food, there will also be vendors. This is a good opportunity to learn about Namekagon Transit, Veterans assistance, Hospice care, or Aging and Disability Resources. Come on out for really good food, a fun time and to see what the wonderful Senior Resource Center does here in Sawyer County.

Well, while on the subject, there is one other thing the Senior Resource Center is up to. On Mondays, from 11 - 11:45 am, they are offering a Silver Sneakers exercise class. Using balls, stretchy bands and dumbbells, you get a real good workout that is fun, too. Not only that, you can do it all sitting on a chair. Lunch is served upstairs at the Center at noon, so you can sign up for that as well. What better way to start your week than by getting a good workout, having a great lunch and getting together with a lot of nice people? For information, call (715) 634-3000.

## Sawyer County



# VETERANS

# Service Office News



**By Gary Elliott**

**Veterans' Service Officer**

### HOUSE APPROVES BLUE WATER NAVY VIETNAM VETERANS ACT, H.R. 299

Washington – The House unanimously passed legislation Monday that would extend Department of Veterans Affairs benefits to approximately 90,000 sailors who served off the coast during the Vietnam War, some of whom have been

fighting for years to prove their illnesses were caused by exposure to Agent Orange.

Lawmakers voted 382-0 in favor of the Blue Water Navy Vietnam Veterans Act, which must go to the Senate for final approval. It provides eligibility for disability compensation to “Blue Water” Navy veterans – those sailors aboard aircraft carriers, cruisers, destroyers and other ships who contend they were exposed to Agent Orange through the ships’ water systems. The dioxin-laden herbicide has been found to cause respiratory cancers, Parkinson’s disease and heart disease, as well as other conditions.

A VA policy decision in 2002 stripped Blue Water Navy veterans of their eligibility for compensation, unless they could prove they set foot in Vietnam. Bills were introduced in 2011, 2013 and 2015 to address the problem, but progress stalled because of cost concerns.

Extending the benefits for 10 years would cost \$1.1 billion, according to estimates from the Congressional Budget Office. To make up the cost, the legislation raises fees for service members and veterans who use the VA’s home loan program. The increase amounts to between \$2.14 and \$2.95 each month.

“Every day, thousands of brave veterans who served in the Vietnam War fight the health effects of Agent Orange exposure,” said Rep. David Valadao, R-Calif., the bill’s lead sponsor. “It is far past time we pass this critical legislation and give them the comfort and care they deserve.” Rep. Mark Takano, D-Calif., said the legislation would correct a “long-standing injustice.”

It is uncertain when the Senate might take up the issue. Rep. Phil Roe, R-Tenn., the Chairman of the House Committee on Veterans’ Affairs, urged the Senate to pass it.

As your County Veterans Service Officer, I highly encourage you to contact U.S. Senator(s) for Wisconsin, Tammy Baldwin (202) 224-5653 & Ron Johnson (202) 224-5323 to encourage them to fully support H.R. 299.

### FOREVER GI BILL EXPANDS VA EDUCATIONAL BENEFITS 15 PROVISIONS ENHANCE BENEFITS FOR VETERANS

WASHINGTON — Effective Aug. 1, the U.S. Department of Veterans Affairs (VA) implemented 15 more provisions of the Harry W. Colmery Educational Assistance Act of 2017, also referred to as the Forever GI Bill.

These provisions, in addition to the 13 implemented since the law was signed less than a year ago, will have an immediate and positive impact on Veterans and their families using VA benefits to pursue their educational goals.

“We are excited to get the word out about implementation of the provisions,” said VA Secretary Robert Wilkie. “From the day the Forever GI Bill was signed into law, VA, in collaboration with Veterans service organizations, state approving agencies and school certifying officials, has taken an expansive approach to ensure earned benefits are provided to Veterans in a timely, high-quality and efficient way.”

#### SOME OF THE PROVISIONS THAT BEGAN AUG. 1 INCLUDE:

- Recipients of a Purple Heart awarded on or after Sept. 11, 2001, are now eligible for full Post-9/11 GI Bill benefits for up to 36 months, if not already entitled.
- Military and Veteran families who have lost a family member can now reallocate transferred Post-9/11 GI Bill benefits.
- Additional Guard and Reserve service now counts toward Post-9/11 GI Bill eligibility.
- Post-9/11 GI Bill students may now receive monthly housing allowance for any days they are not on active duty, rather than having to wait until the next month; and
- Expansion of the Yellow Ribbon Program, which makes additional funds available for GI Bill students, now covers more students.

More provisions are scheduled related to science, technology, engineering and math benefit extensions; increased benefit levels; a pilot program for high-tech-

nology training geared toward “upskilling” Veterans to enter the workforce quickly; and another expansion of the Yellow Ribbon Program, which will be implemented by Aug. 1, 2022.

For more information, visit the Forever GI Bill – Harry W. Colmery Veterans Educational Assistance Act page; visit the Education and Training webpage;

For questions about GI Bill benefits, call the Education Call Center at 888-442-4551 from 7 a.m. to 6 p.m. (CST) Monday through Friday; or, contact the SAWYER COUNTY VETERAN SERVICE OFFICE at (715) 634-2770.

## SENIOR RESOURCE CENTER ESSENTIAL DAYS

# THANK YOU!





A very big “THANK YOU” to everyone who donated or our first Essential Days. So many people brought in paper towels, toilet paper, Kleenex, copier paper, office supplies. This is all a very tremendous help for the budget of The Senior Resource Center. We hope we can do it again in the future. You are all so wonderful – Helen Chevier



# Sept. 2018

For Reservations call: **Stone Lake:** (715) 865-2025 **Winter:** (715) 266-2233 **Exeland:** (715) 943-2990  
**Hayward/Spider Lake/Vets Center:** (715) 634-4680 **Alternative Meals are available upon request.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 HAPPY LABOR DAY</b> 	<b>4. BLT-on bun or bread</b> Salad Bar Ice Cream w/ fruit topping Milk	<b>5. Salisbury Steak -</b> onion Mashed Potato -Gravy Carrots-Apple crisp w/w bread- milk	<b>6. Pork Cutlet</b> Sweet Potato Broccoli Bacon Salad Applesauce-Dessert w/w bread - Milk	<b>7. Polish Sausage</b> Sauerkraut-Boiled Red Potatoes-Green Beans Fruit Salad Rye Bread- Milk
<b>10. Oven Fried Chicken</b> Baked Potato Carrot/Green Beans Peaches Bread- Milk	<b>11. Homemade Pizza</b> Salad Bar Fruit Breadstick Milk	<b>12. Meatloaf-Oven</b> Roasted Red Potato Brussel Sprouts-Stewed Tomatoes-Frosted Pumpkin Bars Bread- Milk	<b>13. Pork Roast-Mashed</b> Potato/Gravy-Sweet & Sour Cabbage-Corn Applesauce Bread- Milk	<b>14</b> <b>COOK'S CHOICE</b>
<b>17. Open Faced Beef</b> Sandwich-Mashed Potatoes Winter Vegetable Mix Fruit-Ice Cream Milk	<b>18. Spaghetti</b> w/meatsauce Salad Bar Garlic Bread Fruit Cocktail Milk	<b>19. Breaded Pork Chops</b> Mashed Potatoes/Gravy Yellow Wax Beans Apple Bread Pudding Applesauce-Bread- Milk	<b>20. Beef Stew w/veg</b> Carrots/pot/onion/rutabaga Baking Powder Biscuit Cottage Cheese/Peaches Frosted Brownies-Milk	<b>21. Fish Sandwich on</b> Bun With lettuce/ tomato French Fries-Carrots Fruit-Dessert Milk
<b>24 Chef's Choice</b> 	<b>25. Bacon Cheeseburger</b> Potato Chips Salad Bar Pudding Milk	<b>26. Spaghetti w/</b> meatsauce-Corn Side Salad Apple/Pineapple Dumpcake Garlic Bread- Milk	<b>27. Country Style Ribs</b> Sauerkraut-Sweet Potatoes-Green Beans Fruit-Pudding w/w bread- Milk	<b>28. Baked Fish-Baked</b> Potatoes-Broccoli Salad Fresh Fruit Berry Crunch Bread - Milk



**Age 60+ suggested donation \$3**  
**breakfast, \$4 lunch, \$5 dinner. Under**  
**60 charges of \$5 breakfast, \$8.50 lunch,**  
**\$8.50 dinner. Salad Bar – (1) Trip for**  
**with Meal included at regular cost.**  
**Salad Bar Alone**  
**All-You-Can-Eat same cost as meal.**

# 2018 health fair

**WEDNESDAY, SEPTEMBER 12TH • 10 A.M. TO 3 P.M.**

**Senior Resource Center**

**15856 E. 5th Street in Hayward**

**MANY VENDORS!**

**Physical Therapists • Pharmacist • Vision Specialist  
Assisted Living information • Balance/Strength Expert  
LCO • Alzheimer's Support Group • Police Department  
Hayward Hospital • Walgreens • Memory Screens  
AND MORE!**



**Meals on Wheels ensures that seniors have access  
to adequate nutrition even when family support,  
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Sawyer County





# Water's Edge Open House

Thursday, September 27, 2018 • 3 - 7 PM



See our new addition,  
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## New features include:

- **20 new apartments**
- **Fitness area**
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At Water's Edge you can enjoy life to the fullest,  
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[watersedgehayward.com](http://watersedgehayward.com)

OCT. 2018

Age 60+ suggested donation \$3 breakfast, \$4 lunch, \$5 dinner. Under 60 charges of \$5 breakfast, \$8.50 lunch, \$8.50 dinner. Salad Bar – (1) Trip for with Meal included at regular cost. Salad Bar Alone All-You-Can-Eat same cost as meal.

Monday	Tuesday	Wednesday	Thursday	Friday
1.BBQ Chicken-Potato Salad-Baked Beans-Fruit Parfait-Fruit-Bread-Milk	2.Beef Barley Soup-Grilled Cheese-Salad Bar-Brownies-Milk	3. Roasted Pork-Mashed Potatoes-Gravy-Roasted Brussel Sprouts-Fruit Cocktail-Pumpkin Bars Rye Bread-Milk	4. Beef Tip-Gravy-Noodles-California Blend Veggies-Mandarin Oranges Zucchini Cake-Bread-Milk	5 Lasagna-Side Salad-Green Beans-Garlic Bread Pears
8. HM.Chicken Noodle Soup-Egg or Ham Salad Sandwich-Dill Pickle-Crackers-Dessert w/fruit Bread -Milk	9. Polish Sausage or Brat on Bun-Sauerkraut-Salad Bar-Strawberry Shortcake-Milk	10 	11 Pork Chop Suey w/veg Rice-Egg Roll-Fortune Cookies-Fruit-Milk	12 Liver & Onions/bacon Roasted Red Potatoes-Green Beans/Carrots-Fruit Salad-Peach Cobbler-Bread-Milk
15. Scalloped Potatoes-Ham-Pea/Carrots-Pretzel Salad-Oatmeal/Raisin Cookies-Roll-Milk	16 BLT on Bun or Bread-Salad Bar-Ice Cream w/fruit topping-Milk	17 Salisbury Steak w/ onions-Mashed Potatoes/Gravy-Carrots Apple crisp-w/w bread-milk	18 Pork Cutlet-Sweet Potatoes-Bacon Broccoli Salad-Applesauce-Dessert-w/w bread-Milk	19 Polish Sausage-Sauerkraut-Boiled Red Potatoes-Green Beans-Fruit Salad-Rye Bread-Milk
22 Oven Fry Chicken Baked Potato- Carrots, Green Beans-Peaches-Bread & Milk	23 Homemade Pizza, Salad Bar, Fruit, Breadstick & Milk	24 Meatloaf-Oven Roasted Potato-Brussel Sprouts-Stewed Tomatoes-Frosted Pumpkin Bars-Bread Milk	25 Pork Roast-Mashed Potatoes- Gravy-Sweet & Sour Cabbage-Corn-Applesauce-Bread-Milk	26 <b>COOK'S CHOICE</b>
29 Open Face Beef Sand. Mashed Potatoes/Gravy Winter Vegetable Mix Fruit-Ice Cream-Milk	30 Spaghetti w/meatsauce Salad Bar-Garlic Bread-Fruit Cocktail-Milk	31 Breaded Pork Chop Mashed Potatoes/Gravy Wax Beans-Apple Bread Pudding-Applesauce-Bread Milk		

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

**Exeland:** (715) 943-2990 **Hayward/Spider Lake/Vets Center:** (715) 634-4680

Alternative Meals are available upon request. Please contact your site manager at least one day in advance.





# The Accidental Ambassador

*A Column By Donna Dreczko,  
Senior Resource Center Volunteer*

## *A Column By Donna Dreczko SRC Volunteer*

One of the most frequent comments we hear is “why isn’t anyone answering the phone”? Believe it or not, there’s a whole lot going on each and every day at the Senior Resource Center. There’s bus reservation phone calls, general information phone calls, calls for assistance, people walking into the Center needing help, the occasional lunch reservation phone call (the number for Hayward lunch reservations is (715) 634-4680)), copies to make, meetings to attend, as well as many reasons to be away from the desk for a while – Post Office runs, in home visits, taking care of business with other staff members. In short it’s a busy, busy day pretty much each and every day we are open for business.

Try as we might to answer each and every phone call, there are several reasons why the phone appears to not get answered and it’s not because we don’t want to talk to you! The main reason the call goes to voice mail is because someone is already on the phone – that’s the way the phones are automatically programmed. When this happens, please leave a voicemail message with your name, phone number and a simple reason for your call – I need a bus reservation, need some information, there’s an issue with my Meals On Wheels delivery, etc. It’s important to leave a message for several reasons: sometimes we have volunteer helpers at the desk and this helps them keep up with calls; it provides a time stamp when you called so we can

enter the reservations in the order they were called in; it also gives us a record that we can refer back to if there is a question – which sometimes happens when we have 10 things going at once. We tend to get more calls in at the beginning of the week so if it’s possible to call mid-week or later and call your bus reservations in advance, it would be appreciated.

As far as bus reservations go – the time slots between 10am and 2pm fill up the fastest. Some people make regular ongoing reservations for appointments and other business where they rely on the bus for transportation. Friday afternoons are busy also – many people come for lunch and afternoon bingo. We try to be as accommodating as we can but it helps if you can call in a bus reservation at least a few days in advance, preferably as soon as you will know you need a ride. Some days we simply don’t have an open slot for same day service.

Another reason the call might not get answered is because we are away from our desk at the moment. Since we don’t have the luxury of a large staff of people, very often we are asked to pitch in and help with other things going on in the Senior Center – help to set up for classes, make copies and fix printer jams, carry things (you would be surprised how many things there are to move around here – good thing we are strong!) , so sometimes it’s unavoidable that there is no one at the desk although we do have a policy that anyone in the office should answer the phone when they can. We

**Continued on Page 14**



SENIOR RESOURCE CENTER

# Fitness NEWS

*By Jodi Olney*



Hi, my name is Jodi Olney and I am the Health Promotion/Respite Coordinator at the Senior Resource Center. I graduated from UW-Stevens Point with a Health Promotion/Wellness major. Between the senior center, being a fitness instructor, and personal trainer I am keeping myself busy here in Hayward. My family and I moved here about a year ago and LOVE IT!! We moved from south of Madison as my husband took a new job at the Heartwood Conference Center as the general manager. Our

children, Justin (8) and McKenzie (6) have really adapted well here and enjoy the Northwoods.

I have been a fitness instructor and personal trainer for 20 years. WOW!!! It is very rewarding. Seeing people achieve their goals, having people make new friends, and having people say they are feeling better are just a few of the wonderful rewards I hear often. I love working with people of all ages, but older adults hold a special place in my heart. I was very

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# Caregiver and Dementia Conference in Hayward

Thank you so much for ALL who helped out and attended the conference.

Please contact Jodi Olney, the Health Promotion Coordinator at the Senior Resource Center with any other questions. (715-634-3000)

***WE HOPE TO SEE  
YOU THERE!***



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fortunate to have 3 grandparents until I was about 39 and I really enjoyed being a part of their lives. Going to St. Germain and fishing and bike riding and playing sheephead are just a few of the wonderful memories I have of my grandparents.

At the Senior Center we offer a great variety of classes. We have a strength class (Total body tone) which strengthens your entire body using dumbbells, stability balls, small balls, and more. We also work on balance and core. The class is Mondays from 9-9:45am and starting August 30th we are adding another class from 12:30-1:15pm on Thursdays. We also have Yoga on Tuesdays and Thursday mornings as well. Stepping On has been very popular here as well. Stepping On is a falls prevention workshop that meets for 2 hours a week for 7 weeks. Trained leaders coach you to recognize your risk of falling and help you build the balance, strength, and practical skills

you need to avoid a fall. You'll also meet with physical therapists, vision experts, pharmacists, and a community safety officer who help you avoid fall hazards, make our home safe, and make your body stronger. Finally, the newest class offered at the senior center is SilverSneakers Classic. It is a chair-based class where you have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a small ball are offered for resistance. A chair is available if needed for seated or standing support. This class is geared toward older adults. It is free for SilverSneakers members and \$2/class for nonmembers.

We are also going to be starting the Respite program up again, so caregivers will be able to drop off loved ones at the senior center and I will engage them in activities.



# Food, Fun & Friends



**COME JOIN US... just look for the  
BIG TIMBER GRILL TRAILER!**

**UPCOMING DATES... MARK YOUR CALENDAR  
FOR THE FOLLOWING WEDNESDAYS NOON TO 3 PM**

- September 5th at Louie's Landing (off Moose Lake Rd.)
- September 12th Deer Run Resort (Chippewa Flowage)
- September 19th New Post Community Center
- September 26th at the Draper Town hall (Loretta, WI)
- Walgreens will be there to give FLU SHOTS
- October 3rd at the Chit Chat Bar-Grill-Resort (Birchwood, WI)

**COST:** We ask for a voluntary donation of \$5 if you are over 60  
**MENU:** Meatloaf, mashed potatoes, mixed vegetables, bread, water or milk and **DESSERT** of strawberry shortcake (YUM)  
**WHY:** FIGHTING HUNGER AND FIGHTING ISOLATION and to reach residents that are in areas we do not provide MEALS ON WHEELS and help continue to grow and provide meals

**QUESTIONS:** Please call Senior Resource Center  
715-634-3000 and ask for Char



# Recipe Corner



## PREPARATION

You don't need a mixer for this recipe.

1 Mix eggs, sugar, vanilla, then add zucchini and melted butter: Pre-heat the oven to 350°F (175°C). Beat the eggs in a large bowl. Mix in the sugar and vanilla extract. Stir in the grated zucchini and the melted butter.

2 Mix dry ingredients: In a separate bowl, mix together the flour, baking soda, baking powder, cinnamon, ground ginger, nutmeg, and salt.

3 Combine to make batter: Stir these dry ingredients into the zucchini mixture. (Do not over-mix!) Stir in walnuts, raisins or cranberries if using.

4 Fill muffin pan: Coat each muffin cup in your muffin pan with a little butter or vegetable oil spray. Use a spoon to distribute the muffin dough equally among the cups, filling the cups up completely, above the surface of the muffin tin.

5 Bake: Bake at 350°F on the middle rack until muffins are golden brown, and the top of the muffins bounce back when you press on them, about 20-30 minutes. Test with a long toothpick or a thin bamboo skewer to make sure the center of the muffins are done.

Set on wire rack to cool for 5 minutes. Remove muffins from the tin let cool another 20 minutes. Enjoy!

This recipe is reprinted from  
[www.simplyrecipes.com](http://www.simplyrecipes.com)

## Zucchini Muffins

[The BEST zucchini bread muffins EVER! Moist, sweet, packed with shredded zucchini, walnuts, dried cranberries, and spiced with vanilla, cinnamon and nutmeg.

### INGREDIENTS

- 2 large eggs
- 1 1/3 cup sugar
- 2 teaspoons vanilla extract
- 3 cups packed grated fresh zucchini
- 3/4 cup unsalted butter, melted
- 2 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon nutmeg
- 1 cup walnuts (optional)
- 1 cup raisins or craisins (optional)



## Poor Vision Continued from Page 1

symptoms has low vision. Specialized testing can determine if a person has low vision or another condition.

Many conditions can impact sight and contribute to vision loss. Here's a look at some of the more common ones.

- Glaucoma: A person with glaucoma may gradually lose peripheral vision. Early symptoms, such as a subtle loss of contrast, may be unnoticeable. Eventually, glaucoma may cause tunnel vision, which occurs when a person can only see through a small window.

- Macular degeneration: Macular degeneration is the leading cause of vision loss, affecting more than 10 million people in the United States alone, according to the American Macular Degeneration Foundation. The AMDF offers that macular degeneration is caused by the deterioration of the retina's central portion, known as the macula. The macula is responsible for focusing central vision in the eye, and it contributes to one's ability to read, drive a car, recognize faces or colors and see objects in fine detail.

- Retinal detachment: An increase of floaters or sudden flashes of light in vision may be indicative of retinal detachment or a tear in the retina. When caught promptly, a detached retina may be repaired. However, if left untreated and the detachment reaches the macula in the center of the retina, vision loss may be

irreparable. The National Eye Institute says those with extreme nearsightedness, those who have had cataract surgery or those with a family history of retinal detachment are at a high risk.

- Diabetic retinopathy: Blurring or patchy vision loss can be a side effect of high blood glucose levels. Not all people with diabetes will develop vision problems, but it is common enough to warrant attention.

- Cataracts: According to The Mayo Clinic, a cataract is a clouding of the normally clear lens of the eye. Cataracts develop when aging or injury changes the tissue that makes up the eyes' lenses. Clouded vision can make it more difficult to read or drive. Over time, cataracts may obscure vision so much that they require surgical repair.

Routine eye examinations can bring potential vision disturbances to light and facilitate faster treatment. Eye doctors also can make suggestions about lifestyle changes, including the use optical devices to improve sight.





# Senior Resource Center Activities & Events

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

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Call 715-634-3000	Contact Jodi Olney	Lower Level
Caregiver Support Group	2 <sup>nd</sup> Tuesday of each month	1:00 p.m. – 2:30 p.m.	Lower Level
Bridge Group	Wednesdays	9:00 – 12:00 a.m.	Lower Level
Cribbage	Tuesdays & Thursdays	1:00 p.m.	Upper Level
Lunch Meals - 12:00 noon	Monday-Friday each week	Reservations See Menus	All Sites
Evening Meal	Tuesdays	Reservations See Menus	All Sites
Gin Rummy	Mondays	10:00 – 11:30 a.m.	Upper Level
Pinochle & 500	Mon - Wed – Sat each week	1:00 p.m.	Upper Level
Dominos	Thursdays	1-3:30 p.m.	Upper Level
Senior Resource Center Bingo	Fridays	1:00 p.m.	Upper Level
Foot Care Clinic	Call Holly Duffy	715-699-9987	Lower Level
Spider Lake Meals	Mondays & Thursdays	12:00 noon	Spider Lake Church
Hayward Veterans Center Meals	Mondays & Thursdays	12:00 noon	Vets Center
Progressive Bingo	<u>Thursdays</u> - Doors open with food being served at 5:00, Early Birds 6:15, Regular Session 7 p.m.		Upper Level
Weight Watchers	Thursdays	5:30 – 7:00 p.m.	Lower Level
Technology Classes Hayward	Will resume after Labor Day	10:00 a.m. - Noon	Lower Level
Art Group ALL Mediums Welcome	Fridays	10:00 a.m. – Noon	Lower Level
Northwood's Carving Club	2 <sup>nd</sup> Saturday Each Month	10 a.m. – 4:00 p.m.	Lower Level
Gift Shop Hayward	Monday – Friday each week	8:30 a.m. – 4:00 p.m.	Entry Upper Level
Duplicate Bridge (Wednesdays)	Runs May-Oct	6:00 p.m.	Lower Level
CLOSED Offices, Bus, Meal Sites	Sept 3 <sup>rd</sup> ,	Happy Labor Day	Office/Bus/Meal Sites
Hayward Weight Loss Group	Thursdays	10:55am weigh in/11 meeting	Upper Level
Activities/Speakers	Day	Time	Place
WITC Hatha Yoga w/Mary Jo	Tuesday's – CONTACT WITC		Lower Level
WITC Hatha Yoga w/Mary Jo	Thursday's – CONTACT WITC		Lower Level
WITC Strength Training w/Jodi	Monday's – CONTACT WITC	5:15-6 p.m.	Lower Level
CPR/AED Class	Wednesday Sept 26 <sup>th</sup> Thursday Sept 27 <sup>th</sup>	6pm-9pm	WITC Room hay4
Senior Health Fair	Wednesday Sept. 12 <sup>th</sup>	Noon-3pm	Upper/Lower Level
AARP Meeting 2:00 pm Hayward			Upper Level
Monthly Meetings	Day	Time	Place
Hayward Advisory Committee	1 <sup>st</sup> Wednesday	10:00 a.m.	Upper Level
AARP Board Meeting	1 <sup>st</sup> Thursday	1:00 p.m.	Upper Level
Senior Resource Center Board	Wednesday, September 19 <sup>th</sup> , 2018	1:00 p.m.	SRC Lower Level
Senior Resource Center Board	Wednesday, October 17 <sup>th</sup> , 2018	1:00 p.m.	SRC Lower Level

## Accidental Ambassador Continued from Page 11

also try to never rush a person on the telephone so sometimes calls take a bit longer to complete. It's also worth mentioning that the Senior Center is closed each day from noon until 12:30 so that the staff can get some lunch. All we ask is your patience, we are here to serve.

While I was sitting here typing up this article (in the course of 90 minutes) I watched Michelle: answer the telephones, look for someone's papers that were accidentally taken from the printer, check to see if she had any pictures available for a poster for a new event we are participating in, find me dates for the September and October Timber Grill events, make and print up new bus cards, take several walk in reservations for the next Sip 'N Swipe class, check her email, check her voice mail messages, look for a driver for a Meals on Wheels run, answer a question about supplies, answer questions from at least 4 other employees, transfer 3 phone calls to other staff member, answer questions about the next yoga class, review new articles for the COMPASS and she did it all with a smile on her face!

So please keep calling us, don't mind if you need to leave a message and we will continue to do our very best to accommodate every call and request that comes our way.

## In the Meantime... Enjoy Our Fall Colors!







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## IMMEDIATE OPENINGS

*Come in for a Tour!*

10214 Rock Creek Road  
Hayward, WI 54843

**715-634-5700**

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

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

