

# Sawyer County COMPASS

VOLUME 1, ISSUE 5 • January/February 2017 • FREE

Senior Resource Center • 15856 E Fifth Street • Hayward, WI 54843 • [www.seniorresourcecenternorth.org](http://www.seniorresourcecenternorth.org) • 715-634-3000

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

## FCCLA Students Forge Relationships with Senior Center Citizens; Give to Community



FCCLA members Whitley and Isabel volunteer to welcome guests at the 2016 Spring Style Show and Luncheon hosted by The Steakhouse. -Submitted Photo

*By Kathy Hanson,  
Contributing Writer*

There's a long list of proven benefits gained from intergenerational relationships between the elderly and the young.

Study after study has been done showing kids gain history, perspective, self-identification, acceptance and a lot of advice from hanging out with older people.

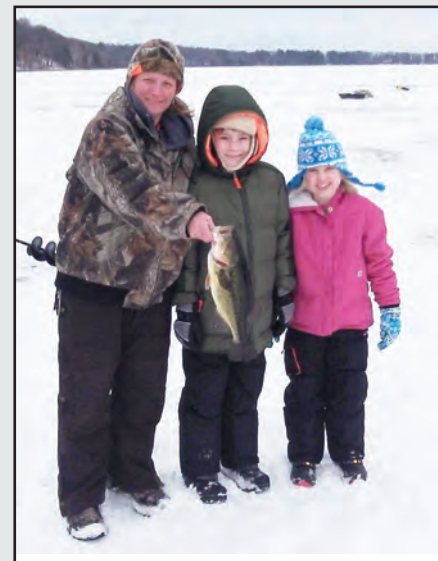
And older people gain vibrancy, joy, renewed youthfulness and engagement through relationships with younger people.

Here in Hayward we see that between the Senior Resource Center and the local FCCLA (Family, Career and Community Leaders of America) chapter at the Hayward High School. Mary Hohlfeld, a Family & Consumer Science Educator, has been the FCCLA advisor for 13 years at Hayward High School. In that role she schedules and supervises meetings, helps students or-

**Continued on Page 12**

### Executive Director News

## Winter Weather Preparedness



*By Linda Hand*

It is that time of the year and it is very important that we review the steps that we can take to be better prepared for what is possibly imminent – heavy wet snow, icy roads, power outages and clo-

**Continued on Page 3**

## What's Up in this Edition:



Caregiving News ..... Page 8

Tuesday Night Dinner Menus ..... Page 9

What's on the Menu? ..... Pages 10 & 11

Senior Center News..... Pages 3, 5, 6 & 7



# What to Expect Urgent Care vs. Emergency Room



**Hayward Area  
Memorial Hospital**

*Right here in the place we love.*



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



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

**Urgent Care: Set Hours**

**Emergency Room: 24 hours per day**

Hayward Memorial Hospital provides both Urgent Care and Emergency Care.

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

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



**Hayward Area  
Memorial Hospital**

*Right here in the place we love.*

Phone 715-934-4321  
Emergency Dial 911  
[haywardmemorialhospital.com](http://haywardmemorialhospital.com)

11040 N. State Rd 77  
Hayward, WI 54843



asures to the Senior Meal Sites, the Senior Bus not running and the Home Delivered Meals not being delivered.



### WEATHER FORECASTS

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



### EMERGENCY SUPPLIES

Have the following supplies readily available in case of a severe winter storm: Firewood, if you have a fireplace/woodstove, it is suggested to have at least a 3 day supply of food that is non-perishable (if you lose power or we are unable to deliver a meal), emergency equipment such as generators, flashlights with new batteries and candles with matches that are tested and ready for use, water stored in bottles for drinking and cooking, make sure to charge your mobile phone batteries and/or make sure you have a phone that works when the power is out.

### PREPARE YOUR HOME

Make sure your home's attic and walls are properly insulated, let faucets drip to prevent freezing water from causing pipes to burst, make sure pipes are properly insulated and leave cabinet doors open around pipes to ensure warmth from air flow, apply weather stripping/plastic to exterior-facing windows and doors.

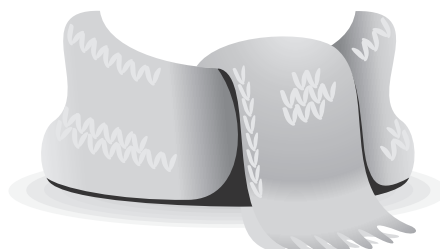
### PREPARE YOUR CAR

Avoid dangerous winter travel by taking a few simple precautions. Check your car's radiator system and service if needed, check the antifreeze in car, check windshield wiper blades and replace wiper fluid with one that is specific for winter driving, check tires for worn down treads, have jumper cables, blanket, hat, gloves, boots and an emergency kit to keep in your car – just in case.

### HOME DELIVERED MEALS

If you are a Sawyer County resident who receives Home Delivered Meals from one of our meal sites, please keep in mind that our drivers must have safe access to your home. If severe weather is predicted, you may request that extra frozen meal/meals be delivered in the event we are closed and cannot deliver. If we are not closed, but access to your house is not safe, such as trees/power lines are down or the road or driveway leading you're your home has not been plowed, we will not be able to deliver until the access has been cleared.

**Be Prepared  
for Emergencies  
this Winter!**



## Stone Lake Center News



**By Peggy Johnson**  
**Stone Lake Senior Center Chef**

Hello to everyone!

I am hoping your winter has been a good one so far and you've had a Merry Christmas and will have a prosperous New Year.

The Stone Lake Senior Center will NOT be serving noon meals on TUESDAYS only during the months of January and February. Noon meals will resume starting Tuesday, March 7, 2017. The EVENING Meals will continue to be served on Tuesday's during this time, starting at 5:00 pm.

Breakfast is still being served from 8:00 am to 10:00 pm Monday through Friday. Breakfast is being served continental style and is all you care to eat for a donation of \$3 for over 60 years of age and \$5 for under 60 years of age. Be sure to check out the menu for January and February in the Compass.

Thursday nights in Hayward, Progressive Bingo is held at the Hayward Senior Center. The doors open at 5:00 pm and Early Bird starts at 6:15 pm and Progressive starts at 7:00 pm. Refreshments is served starting at 5:00 pm.

Many of our participants have left for warmer climates in the South or West. We wish them the best during their winter and await their arrival in the Spring.

Thank You Pat Montgomery for all your decorating for holidays during the year.

January 9, 2017 will begin Computer Classes. So, if you have received a new computer, notebook, phone, etc. for Christmas stop by from 10:00 am to 12:00 noon and Connie Shield will help you with your new gift.

If you enjoy books, we have a selection that you can choose from and "curl up" with a good book during the cold winter days. Also, there is a selection of greeting cards to choose from for only a quarter each. Or get a group together and enjoy a game of cards after breakfast or lunch.

Have a great New Year and stay warm.



## Sawyer County Compass

*The Official Newsletter  
of the Sawyer County  
Senior Resource Center*

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**Phone: (715)266-2511**  
**Fax: (715)266-2512**

**For advertising rates or more information  
contact Sue Johnston:**

**Advertising: gazetteads@centurytel.net**  
**Editor: saj@sawyercountygazette.com**

# Indianhead Community Action Agency: Offering Great Services in Sawyer County

By Linda Hand  
Executive Director

A couple of months ago, I was contacted by Tammy Magdzas, the ICAA Community Specialist for Sawyer County, to see if I was interested in collaborating with them and the Salvation Army to apply for an Emergency Food and Shelter Program Grant. After this meeting, we met once again at the Timber Ford Give Back event in December, where our information tables were next to each other. It was so nice to get to know this fabulous lady on a more personal basis and for her to elaborate on the fantastic services that ICAA provides throughout northern Wisconsin.

The mission of the ICAA is to assist individuals in achieving self-sufficiency by providing the resources, education, and services necessary to develop healthy families, sustainable communities, and strong local businesses. Along with this, their vision is for ICAA to be the recognized leader for ending poverty and creating sustainable communities through self-sufficiency in Wisconsin's rural areas.

The Chief Executive Officer is Jennifer Shearer, who oversees the operations of the agency, along with ten other directors who comprise the Leadership Team. Within the organization, there are over 200 paid staff and 1200 volunteers who each contribute to the overall success of the ICAA, with their main office in Ladysmith, Wisconsin.

The ICAA provides many services; that can benefit older adults in Northern Wis-

consin. These include, but are not limited to:

The Aging in Place Project which serves Rusk, Taylor, Sawyer, and Washburn counties. This program helps to identify needs and assesses for risk of falls in the homes of senior citizens. Part of this assessment includes making modifications to homes such as grab bars and rip strips in bathrooms, raised toilet seats, stairway treads, hallway railings, and motion lights.

The Community Services/Connections Store & More has locations in Burnett, Clark, Rusk, Sawyer, Taylor, and Washburn counties. These stores offer a food pantry and thrift store, where they also provide emergency clothing and furniture to clients in need.



**The Community Services/Connections Store & More has locations in Burnett, Clark, Rusk, Sawyer, Taylor, and Washburn counties. These stores offer a food pantry and thrift store, where they also provide emergency clothing and furniture to clients in need. -Photo Submitted**

In Ashland, Bayfield, Burnett, Clark, Douglas, Price, Rusk, Sawyer, Taylor, and Washburn counties, there is the Supportive Services for Veteran Families (SSVF). This program offers case management for U.S. veterans, with a major focus on housing issues. They aid in housing counseling and searches, along with referrals for financial counseling, financial assistance, and referrals for other veteran's services.

The ICAA offers the Weatherization Project in Burnett, Clark, Price, Rusk, Sawyer, Taylor, and Washburn counties. The objective is to help residents to reduce the amount of energy use for both homeowners and renters. They provide services for attic and sidewall insulation, emergency furnace repair or re-

placement, water heater insulation, air leakage reduction with the aid of infrared cameras and diagnostic and safety inspections.

I am very excited that I was given the opportunity to find out more information about the Indianhead Community Action Agency. They provide such excellent services, and as a member of the aging network of Wisconsin, we look forward to collaborating with them and recommending their services, to the aging population in Sawyer County.

For more information contact please Tammy Magdzas at the Sawyer County Connections Store & More located at 16058W Highway 63S, Hayward, WI 715-634-5076 or the main office in Ladysmith at 715-532-ICAA (4222).

The Crossroads Literacy Project provides services in Rusk, Sawyer, and Washburn counties. It offers literacy tutoring to adults, with the help of volunteers. By providing this treasured service, for those older adults who are unable to read, they will be able to read and follow through with medical and prescription directions.

Home Health services are available in Barron, Burnett, Clark, Rusk, Sawyer, Taylor, and Washburn counties. The ICAA's Home Health Agency provides skilled nursing and home health aide services ordered by a physician. Services include IV therapy, wound care, medication management, education, foot care, bathing, housekeeping tasks, injections, running errands, and assisting with meal preparation.



# Hayward Senior Center News



**By Doc Brueggen**  
**Hayward Advisory Chair**

I hope you all had a great Holiday season with family and friends. Happy 2017!

So far, the weather has been...seasonal. Our usual snow and cold. Just remember Spring will be here in just 4 short months. In the meantime, just enjoy life. Come to the center once in a while for lunch, play cards do a little yoga, do a low impact exercise class. Still looking for some sheep's head players, we are also trying to get a dominoes group together. Call me if there is something you are interested in that we can implement. (Doc 715-634-0249). We are still playing Bingo on Friday afternoon and Tai Chi classes will start after New Years'.

The first major event of February will be the "Sweetest Luncheon". We will be having a special lunch (to be determined) and we are attempting to secure music for the occasion. Please grab friends, spouses, significant others or whoever and join us for lunch and a musical treat.

For quite some time the Hayward Center has enjoyed fresh flowers on our lunch tables. These are courtesy of Lara from Bonnie's Florist. She has been very generous with her contributions. Perhaps we can return the gesture when any of us has a floral need. Give Lara a call and place an order with her.

Also, keep in mind the fashion show is coming up in March, mark your calendars and save the date. The show will be great as usual. Please plan on attending.

Be nice to each other and stay active!

# Happy Feet...



## What are the Foot Problems Seniors Commonly Face?

**Athlete's foot.** You don't need to be an athlete to develop this fungal infection. The fungus thrives in warm, dark, moist areas, which makes the foot an inviting target. If you notice redness, blisters, peeling, and itching (especially between the toes), quickly blast the fungus with an athlete's foot powder or spray. You can prevent athlete's foot by keeping your feet clean and dry and, whenever possible, going barefoot or wearing open-toe sandals.

**DRY SKIN:** You can reduce the burning and itching of dry skin with moisturizers, preferably the kind with petroleum jelly or lanolin.

**CORNS AND CALLUSES:** As mentioned, wearing properly fitting shoes is the best way to prevent these painful sores. If they do arise, you can pare them down by gently rubbing them with a pumice stone or callus file. You can protect them from further irritation with non-medicated pads or moleskin. The medicated corn-removing solutions sold in drugstores may be tempting, but use

extreme caution: They can eat away at healthy skin and cause even more pain. These products are particularly dangerous for people with diabetes or other circulation problems. If you have one of these conditions, call a doctor at the first sign of a corn or callus.

**HEEL SPURS:** If you put too much pressure on your feet -- by being overweight, standing too long, or wearing shoes that don't give proper support -- calcium deposits can form on your heel and cause considerable pain. You can give your feet a break with heel pads, heel cups, or other forms of support. If a bone spur continues to cause you pain, see a doctor.

**HAMMERTOES:** When a toe doesn't have room to move, the knuckle can swell and draw the toe back. Hammer toes are especially troublesome for seniors because they can affect balance and increase the risk of falls. The remedy is simple: Wear shoes and socks that give your toes ample space.

**Continued on Page 8**

# HAYWARD AARP NEWS

**By Carol Alcoe**

Members of the Hayward Chapter of AARP have chosen new officers for 2017. They are: Brenda Adler of Loretta, President; Archie Hutchinson of Hayward, Vice-president; Irene Asp of Birchwood, Treasurer, and Judith Bauman of Hayward, Secretary. These new officers will preside starting with the January meeting.

The January meeting will be on Thursday, the 5th at the Senior Resource Center on 5th Street in Hayward. Following a board meeting at 1 p.m., there will be a presentation by Desmond Bennett, Elder Benefit Specialist. Desmond has a strong legal background: graduating with honors from Loyola Law School (New Orleans) and passing the Louisiana Bar; and practicing civil litigation for several years before returning to Hayward to be closer to family and enjoy a change of pace offered by the Northwood's lifestyle. She will discuss what is new with Social Security and what may be expected in the future. Refreshments will be served and everyone is invited. You needn't be a member to attend.

The February meeting will be on Thursday, the 2nd, also at the Senior Resource Center. After the 1 o'clock board meeting, Dr. Ryan Hansen, Chiropractor, and Nutrition Counselor, with offices in Hayward and Cable, will talk about getting and maintaining overall good health through Eating Well, Thinking Well, and Moving Well with an emphasis on Spinal Health daily. Dr. Hansen has been in practice more than 14 years serving clients that include babies to octogenarians. Everyone is welcome to enjoy the presentation and refreshments.

# Recipe Corner



## Baked Hush Puppies

Dietitian's tip:

This old-school favorite gets a healthy update with Greek yogurt and no frying. Use a mini muffin pan for smaller pups.

Serves 12

Ingredients

- 1/2 teaspoon canola oil
- 1/2 cups finely chopped onions
- 1 cup cornmeal
- 1 cup all-purpose flour
- 2/3 cup nonfat plain Greek yogurt
- 1/3 cup low-fat milk
- 2 eggs
- 1 tablespoons baking powder
- 1 teaspoon kosher salt
- 1 teaspoon sugar
- 1/4 teaspoon cayenne pepper

Directions

Heat the oven to 400 F. Lightly coat a muffin pan or baking sheet with cooking spray; set aside. In a medium sauté pan, add oil and sauté the onions until soft and tender, about 5 minutes. Set aside to cool. In a medium bowl, combine the remaining ingredients with the cooked onions. Mix well. Mixture should be thick. Place 1/4 cup of mixture into each muffin slot or spread mixture on the prepared baking sheet. Bake for 18 to 22 minutes or until a toothpick comes out clean. Serve warm.



## Pickled Asparagus

Dietitian's tip:

To ensure food safety, be sure to sterilize the jars and lids by simmering them in water for 5 minutes and then letting them cool to room temperature. Then fill with asparagus mixture. Serves 6

Ingredients

- 1 pound fresh asparagus, trimmed (about 3 cups)
- 1/4 cup pearl onions
- 1/4 cup white wine vinegar
- 1/4 cup cider vinegar
- 1 sprig fresh dill
- 1 cup water
- 2 whole cloves
- 3 cloves garlic, whole
- 8 whole black peppercorns
- 1/4 teaspoon red pepper flakes
- 6 whole coriander seeds

Directions

Trim off the woody ends of the asparagus and cut spears into lengths that will fit into the jars. Place spears in colander, wash well and drain. Trim onions. Combine all ingredients in air tight containers. Refrigerate up to 4 weeks.

Nutritional analysis per serving

Serving size :1/2 cup

- Total carbohydrate 4 g
- Dietary fiber 2 g
- Sodium 5 mg
- Saturated fat trace
- Total fat trace
- Trans fat 0 g
- Cholesterol 0 mg
- Protein 2 g
- Monounsaturated fat trace
- Calories 24
- Added sugars 0 mg

## WALDO Center News Winter Area Site 715-266-2233



*By Ruth Brad,  
Winter Site Manager*

Well we are starting January in a cold snap and we really need to stay warm and watch our step outside.

We are still going strong with our Hatha Yoga and everyone is really enjoying it. If you want to join, just stop in on a Monday at 2:30 p.m. and give it a try or talk to Mary Jo about the class.

We are getting excited to start our remodeling. The changes that we are making are really going to make the center a better dining place.

Do you have questions concerning your benefits? We have an Elder Benefit Specialist that by appointment, will come to the WALDO Center to meet with you and discuss them. If you are interested just give Desmond Bennett a call at 715-934-2177 to set up an appointment. She also stays for lunch and visits, in order to get to know you better.

We have been talking about the stuff we would like to get going, once the weather starts to warm up. If you have any ideas that you would like to see happen at your center come on in and share, we would love to hear from you. Are you getting a little bored just sitting in the house? How about making a list of stuff that needs to get done, that you have been meaning to

do? Like the JUNK drawer! Yep, we all have one of them, right? Well pull that out and let's get cleaning. How about going through the closet? Everyone has those clothes that we have been meaning to go through. Remember we do have the Harvest of Friends Thrift Shop so you don't have to travel far to get rid of the stuff that you no longer need. Like they say one person's junk is another person's treasure.

Well we sure hope to see you in the future for lunch and if you have any suggestions we would love to have them. We meet the 3rd Thursday of each month, to discuss anything that you feel is important or would like to see happen at your center. If you are just curious as to what changes are being made come on in, we would really love to meet you.

Your friends at the WALDO CENTER

## Technology/Computer Classes are Available at the Senior Resource Center



Computer help will continue to be available on Monday from 10 – 12:00 at the Stone Lake Senior Center and on Tuesday from 10 – 12:00 at the Senior Resource Center in Hayward. If you have questions, please call Connie Schield at 715-865-4940.



# Exeland Center News

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



*By Karen Skogen*

HAPPY NEW YEAR TO ALL! If you have arrived at the great age of 60 and plus, why not make a resolution for the New Year to enjoy lunch more often (or first time) at the Center. Where else for

a suggested donation of only four dollars can you get such a great meal!

You can dine in or you can have your meal delivered. You can pay on the day that you dine, you can pay in advance, and you can even purchase gift certificates and give a gift of a meal to a friend.

Bonnie says that if you are writing a check, please continue to make it payable to EXELAND SENIOR CENTER as everything is not yet totally official for "The Crossings Diner" name change.

The really cute decorations that Carol Vierck created outside our building in December will give us joy all through the winter season. Be sure to come and observe the snow people as you walk in the door. Thank you to Carol and Carl for all the wonderful decorating they do.

Everyone at the Center, especially Bonnie is looking forward to some new appliances being installed to update the kitchen. The appliances are being made available through grant money that the Senior Resource Center has worked very

hard to obtain. There has been some discussion about a Salad Bar being set up at the Center also. When these changes, including the name change are all in place, watch for news of a Grand Opening Celebration.

Bonnie has advised of two great benefits that have been made available in Exeland.

The first benefit is that you can see your Elderly Benefit Specialist, Desmonde Bennett at the Exeland Meal Site on the third Tuesday of every month between 11:00 a.m. and 1:00 p.m. It would be very helpful if you would call to make an appointment: 715-934-2177.

Another benefit that is new to Exeland is for anyone that requires blood draw for reasons such as (but not limited to) checking your INR. You can have it done right in Exeland, at the Weirgor Town Hall every Tuesday from 7:00 to 9:00 a.m. This is a six-month trial by Rusk County Memorial Hospital to experience the actual need in the area, but you need

not be affiliated with RCMH. If you have questions, please call 715-532-5561 Ext. 3178.

Our sympathies go to family and friends on the death of Viola Geisler from the Exeland and more recently Rice Lake area.

Have a great winter and stay warm!



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HAYWARD • HURLEY • IRON RIVER • LAC DU FLAMBEAU  
LAKE NEBAGAMON • RADISSON • SUPERIOR • WASHBURN  
WEYERHAEUSER • WINTER**



**Foot Care Continued from page 6**

**INGROWN TOENAILS:** This painful nuisance occurs when a sharp piece of nail pierces the skin. Instead of trying to pull the nail off, carefully trim it straight across, keeping it even with the top of the toe. Regular trimming will also help prevent future problems. If you have an ingrown toenail that looks red and infected, you should see a doctor, particularly if you have diabetes.

<https://consumer.healthday.com/encyclopedia/aging-1/misc-aging-news-10/foot-care-for-seniors-647577.html>

If you need assistance with your Foot Care needs, contact our Foot Care Specialist, Holly Duffy at 715-699-9987.



## 10 NEW YEAR'S RESOLUTIONS TO KEEP FOR FAMILY CAREGIVERS



### Winterhaven Apts • Winter, WI Senior/Handicap & Disabled Housing



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[madamak@ccbsuperior.org](mailto:madamak@ccbsuperior.org)

[www.ccbhousing.org](http://www.ccbhousing.org)



The lives of those who are family caregivers of seniors can be difficult, with many demands on their time from their senior loved ones, spouses, children and their jobs. It is often even more difficult when you add into the mix the additional stress of wanting to do the very best for family and often having your efforts taken for granted. Your loved one demands your attention and time, often times with little or no spoken thanks in return from them or other family members.

Challenges face you every day, every minute some days. Sometimes those challenges are repetitive but too often you are hit with something out of the blue. As the calendar turns and family caregivers of seniors contemplate resolutions for beginning the year with a bang, we offer a few tips that can help you stay

strong and energized in the New Year!

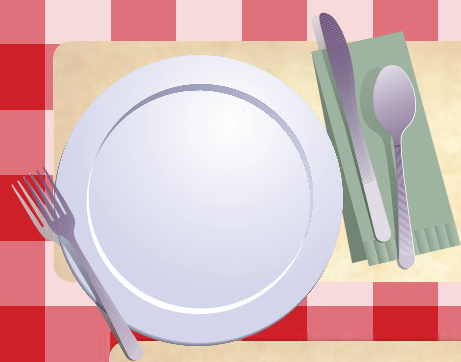
If you are one who doesn't believe in resolutions ("I never keep them"), you might call these promises you are making to your loved one and yourself. After all, by following through, you not only make their life better but yours too!

#### RESOLUTIONS (PROMISES) FOR CAREGIVERS

1. Thank yourself in case no one else does. Even if they don't say it out loud, they are thinking it and know how fortunate they are to have you caring for them.
2. Ask for help! There are people who can help you, give your respite and ease your daily caregiving responsibilities. It is not a sign of failure to accept help!
3. Take time out of every day to care yourself so you can go on caring for your senior.

**Continued on Page 15**





# What's for Dinner?

January and February Evening Menus at Hayward and Stone Lake Centers

## HAYWARD

### JANUARY

#### January 3rd

Baked Chicken  
Oven Roasted Potatoes  
Peas & Carrots  
Pineapple Upside Down  
Cake with Whipped Cream

#### January 10th

Chop Suey  
Oriental Vegetables  
Rice & Chow Mein Noodles  
Egg Roll  
Fluffy Fruit Salad

#### January 17th

Meatloaf  
Mashed Potatoes with gravy  
Winter Blend Vegetable  
Oatmeal Raisin Cookie

#### January 24th

BBQ Rib  
Baked Potato with Sour  
Cream  
Green Beans  
Blueberry Cobbler

#### January 31st

Beef Stew With  
Country Style Vegetables  
Biscuit  
Cottage Cheese  
Frosted Texas Sheet Cake

### FEBRUARY

#### February 7th

Breaded Pork Cutlet  
w/Applesauce  
Cheesy Hashbrowns  
Spinach  
Lemon Bars

#### February 14th

Beef Tips in Gravy  
Mashed Potatoes  
Buttered Corn  
Strawberry Short Cake

#### February 21st

BBQ Chicken  
Potato Salad  
Baked Beans  
Peanut Butter Cookie

#### February 28th

Baked Ham  
Sweet Potatoes  
Broccoli  
Applesauce Spice cake

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

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

## STONE LAKE

### JANUARY

#### January 3rd

NO MEAL

#### January 10th

Meat Loaf  
Mashed Potatoes  
Gravy  
Carrots  
Pumpkin Bars

#### January 17th

BBQ Ribs  
Coleslaw  
Baked Beans  
Pretzel Salad

#### January 24th

Lasagna  
Ceasar Salad  
Bread Stick  
Cherry Cheesecake

#### January 31st

Pork Chops  
Scalloped Potatoes  
Bacon Pea Salad  
Ice Cream Sundae

### FEBRUARY

#### February 7th

Salisbury Steak  
Mashed Potatoes  
Gravy  
Green Beans  
Strawberry Short Cake

#### February 14th

White Chicken Chili  
Grilled Cheese  
Fruit  
Date Bars

#### February 21st

BBQ Ribs  
Baked Beans  
Baked Potatoes  
Fruit Fluff

#### February 28th



Beef Stew  
Biscuit  
Fruit Salad  
Chocolate Cake

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

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

# January 2017




**Phone Numbers for Senior Resource Center Meal Sites:** Stone Lake: (715) 865-2025  
 Winter: (715) 266-2233 Exeland: (715) 943-2990 Hayward/Spider Lake: (715) 634-4680

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>CLOSED</b> <b>HAPPY NEW YEARS!</b> 	3 Chicken Wild Rice Soup, Ham & Egg Salad Sandwich w/Lettuce & Tomato, Pickle, Fruit & Milk	4 Pork Chop, Scalloped Potatoes, Butternut Squash, Corn Muffin w/Honey Butter, Cherry Pie & Milk	5 Meatloaf & Mashed Potatoes w/Brown Gravy, Bacon Pea Salad, Crescent Roll, Fruit & Milk	6 Baked Fish, Lemon & Tartar, Rosemary Baked Sweet Potato Fries, Coleslaw w/Craisins, Roll, Blonde Brownie & Milk
9 <b>Cook's Choice</b> Please call individual Dining Center for Today's Menu	10 BBQ Ribs, Baked Potato w/Sour Cream & Chives, Corn, Cheddar Biscuits, Yogurt Fruit Parfait & Milk	11 White Chicken Chili Topped w/Grated Cheese Garden Salad, Tortilla Chips w/Salsa, Sour Cream, Crackers, Fruit & Milk	12 Roast Beef & Mashed Potatoes w/Gravy, Buttered Carrots, WW Dinner Roll/Butter, Apple Turnover & Milk	13 Spaghetti with Meat Sauce, Salad, Garlic Bread, Fruit Salad & Milk
16 Boiled Dinner, Brown Bread/Butter, Fruit & Milk	17 Roast Turkey, Mashed Potatoes w/Gravy, Beans, Crescent Roll, Pie, Cranberry Juice & Milk	18 Hamburger Casserole, Cucumber Salad, Beets, Marble Rye Bread/Butter, Sherbert & Milk	19 Italian Turkey Meatball Soup, Crusty French Bread/Butter, Salad, Chocolate Cake & Milk	20 Scalloped Potatoes & Ham, Chop Chop Salad, Apple Sauce, Dinner Roll, Dessert & Milk
23 Lasagna, Side Salad, Garlic Bread, Pears, Cookie & Milk	24 Baked Chicken, Potato Salad, BBQ Beans, WW Bread/Butter, Frozen Creamsickle Yogurt & Milk	25 Pork Chops, Baked Potato w/Sour Cream & Chives, Green Bean Casserole, WW Bread w/Butter, Fruit & Milk	26 Salisbury Steak w/Brown Gravy & Grilled Onions, Creamy Mashed Potatoes, Peas, Bread/Butter, Ice Cream & Milk	27 <b>Chinese New Year</b> Chop Suey w/ Vegetables over Rice, Egg Roll, Chow Mein Noodles, Fortune Cookie, Fruit Salad & Milk
30 <b>CHEF'S CHOICE</b> Contact your local site manager for today's Menu	31 Liver & Onions OR Request Chef's Alternative, Parslied Red Potatoes, WW Bread Butter, Fruit & Milk			



# February 2017

**Phone Numbers for Senior Resource Center Meal Sites:** Stone Lake: (715) 865-2025  
 Winter: (715) 266-2233 Exeland: (715) 943-2990 Hayward/Spider Lake: (715) 634-4680

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Stroganoff over Noodles, Beets, Cucumber Salad, Crescent Roll/Butter, Fruit & Milk	2 Finger Licking BBQ Chicken, Sweet Potato Tots, Baked Beans, Corn Bread w/Honey Butter, Fresh Fruit & Milk	3 Pork Chops, Creamed Corn w/Bacon & Leeks, Marble Rye Bread, Pineapple Cake & Milk
6 Meatball Lover's Sandwich ON/OR beside a Hoagie Bun w/Sliced Onion, French Fries, Fresh Salad, Cookie & Milk	7 Chicken Noodle Soup, BLT Sandwich or Wrap, Fruit Salad, Cottage Cheese, Dessert & Milk	8 	9 Italian Beef Sandwich w/Mozzarella Cheese, Side Winder Potatoes, Coleslaw, Pretzel Salad & Milk	10 Baked Ham, Sweet Potatoes, Green Bean Casserole, Bread/Butter, Snowberry Cookie & Milk
13 "Build a Burger" on Bun, Bacon, Lettuce, Tomato, Onion, Cheese served with Baked Onion Rings, Fruit & Milk	14 Chicken Parmesan served on Noodles, Roasted Brussel Sprouts, Garlic Bread, Cheese Cake & Milk	15 Salmon, Roasted Red Potatoes, Creamed Peas, Fruit Parfait & Milk	16 Ivan's Savory Fish Potato-Vegetable Soup, Egg Salad Sandwich, Pickles, Crackers, Fruit Pie & Milk	17 Swedish Meatballs, Garlic Mashed Red Potatoes, Corn, Frozen Yogurt, Roll/Butter & Milk
20 <b>President's Day Cook's Choice</b> Please call individual Dining Center for Today's Menu	21 Spaghetti, Garden Salad, Garlic Bread, Fruit, Chocolate Fudge Brownie w/Whip Cream & Cherry	22 Roast Pork, Baked Potato, Salad, Apple Sauce, Marble Rye Bread/Butter, Dessert & Milk	23 Chicken Tetrazzini, Mandarin Bacon Crunch Salad, French Bread Butter, Dessert & Milk	24 Meaty Chili w/Cheddar Cheese Grilled Sandwich, Fresh Veggies w/Dip Apple Crisp & Milk
27 Baked Chicken, Mashed Potato, Spinach Salad, Dessert & Milk	28 Breaded Fish Sandwich w/Tomato & Cheese, Sidewinder Fries, Coleslaw, Dessert & Milk			





Recent photo of the Hayward High School FCCLA Chapter. Back row: Angela Stutelburg, Whitley Carothers, Sydney Zweig, Leah Payne, Tina Froemel, Saagi Stark, Alyssa Spreckels. Middle row: Jessi Hohlfeld (Chapter President), Rachel Halberg, Savannah Martin, Chaney Ilar, Shianne Draganowski, Maria Rigo, Isabelle Schmelzer, Abby Drabek (Public Relations Officer), Mary Hohlfeld (advisor). Front row: Willy Zawistowski, Paige Sulley, Nick Bubolz, Hunter Hessel, Will Thorne, Berit Gretz, Killian Phipps (Chapter Vice President).



A large group of FCCLA students work the registration table for the Timber Ford Drive 4UR Community, where Timber Ford donated \$25 to the Senior Resource Center for every test-driven vehicle that day.

### FCCLA Continued from page 1

organize service and competition projects, and attends, leads and supervises students and members at all the different events they are involved in.

One of the major FCCLA projects has

been with the Senior Resource Center.

“FCCLA’s relationship with the Senior Resource Center began in the fall of 2013,” she said. At that time the center’s funding had been cut for their meal programs and flyers had been placed in the

teachers’ workrooms regarding their “Don’t Empty My Plate” fundraising campaign, Hohlfeld explained. It quickly became a FCCLA service project and in just three days \$1,064 was collected from Hayward Community School staff and high school students.

Hohlfeld said that a few weeks later Linda Hand from the Senior Resource Center called and asked if FCCLA members would help out at the Christmas Gala dinner and dance. They accepted and took coats at the door, helped serve meals, danced with the seniors and, in short, formed relationships.

Again, in March 2004 FCCLA was asked if they would like to ride along and help deliver Meals on Wheels to the community’s seniors.

“The ride-alongs have become a favorite activity of students,” Hohlfeld said.

One of the most prominent, most popular and most fun projects has been the Senior Center’s Annual Spring Style Show Fundraiser, according to Hohlfeld. In 2014 the FCCLA members donated

two baskets for the silent auction at the style show and also raised money for a donation. They sold raffle tickets and modeled Hurricane gear in the style show as well. They participated again last year, doing all of that again and also helping with the Timber Ford part of the fundraiser. Two of them dressed up as lottery cows for the second year in a row, she said.

They’ve also served food at the Senior Center’s St. Patrick Day’s luncheon and Easter luncheon.

Right now the FCCLA students are working on a project, making fleece blankets for cancer patients at the Hayward Memorial Hospital—and they’re looking forward to the next Spring Style Show for the Senior Center.

Currently there are 37 members in the Hayward FCCLA chapter: 12 seniors, 14 juniors, four sophomores and seven freshmen. There are over 200,000 members nationally.



Chapter Vice-President Killian takes his turn to don the Wisconsin Lottery Moola Sisters costume. Pull-tabs are sold as a part of the Style Show fundraiser.

-Photos Submitted



# Elder Benefit Specialist News



**By Desmond Bennett  
Senior Resource Center  
Elder Benefit Specialist**

## MEDICARE PART D OPTIONS

The Annual Open Enrollment Period for Part D Prescription Drug Coverage ended on December 7, 2016. After that time, as a general rule, Medicare recipients cannot change their prescription drug coverage plans until the 2017 open enrollment period next fall. However, if you missed the chance to enroll in a Part D plan or you are in a plan that isn't covering the prescriptions you take, contact the Elder Benefits Specialist, Desmond Bennett, at 715-934-2177 – you might have options!

If you don't have any prescription drug coverage, you can consider Wisconsin Senior Care, a Wisconsin-administered plan with sliding scale deductibles and reduced co-pays. Alternatively, if your income would qualify you for assistance with Part D premiums but you are not currently enrolled in a plan, you can ask your pharmacist or benefits specialist

about LINET, a temporary Part D plan with no drug restrictions. Although there are exceptions, LINET will cover your prescription drugs until you are able to enroll in a low-income Part D plan.

If you already receive financial assistance with your existing Part D plan but that plan is no longer covering the prescriptions you need, you can switch your Part D plan at any time throughout the year. Contact the benefits specialist for help determining which plan will cover your exact prescriptions.

If you do have a Part D plan, but your premiums have increased in 2017 or your prescription is restricted or no longer covered by your existing plan, you may still have options. In the first 90 days of the year, you can ask your pharmacist for a "Transition Fill" if a prescription that you are already taking is no longer covered by your plan's formulary. This is a temporary fix that will only cover one refill.

Sometimes Part D plans will require "Prior Authorization" before they will cover a prescription. This means that your doctor will need to fill out a form, which can be found by contacting your plan or searching online, explaining your medical need for this prescription. In contrast, a plan that requires "Step Therapy" before it will cover a certain drug, which will require you and your doctor to show that you have tried a less expensive version of a similar drug that was not effective. If you have already tried a different drug in the past, your doctor can request an exception. Even if your plan has "Quantity Limits" on how many pills you can receive, if your doctor can demonstrate a medical need for more pills then your plan should cover the prescription. Finally, in rare circumstances where your doctor can prove and absolute medical need for a certain drug that isn't on your plans formulary, sometimes a Part D plan will make an exception and cover that drug. The Elder Benefits Specialist at the Senior Resource Center can help you and your doctor with this process!

If you are already in a Part D plan and would like to switch completely, you can switch into a "Five Star" Plan once during the year. Similarly, if you are in a "Low Performing" (below 3 stars) or a "Sanctioned Plan" (like Cigna), you can also switch to a new plan once a year outside of the Open Enrollment Period. Finally, if you are dropping your Advantage Plan (with or without prescription drug coverage) or your coverage under Senior Care, you will have the chance to enroll in a Part D plan immediately after you drop that coverage.

The Elder Benefits Specialist at the Senior Resource Center is here to answer your questions and help you along when navigating your Medicare Prescription Drug coverage. Contact Desmond at 715-934-2177 to schedule an appointment!

## DO YOU NEED TO ENROLL IN MEDICARE PART B?

**Part B Annual Open Enrollment runs from January 1 to March 31!**

### What is Medicare Part B?

- Medicare Part B covers outpatient care, preventative services, ambulance services, and durable medical equipment.
- You must pay a monthly premium for Medicare Part B, usually deducted from your social security benefits.
- Some people may qualify for financial assistance with Part B premiums, deductibles, and co-pays. Contact the Elder Benefits Specialist for more information!
- This is the only time of year that you can enroll in Medicare Part B after you have turned 65. If you do not enroll in Part B and do not have other creditable coverage, you may be subject to a penalty.

How can you enroll in Medicare Part B during the Annual Open Enrollment?

- Apply online through [www.ssa.gov](http://www.ssa.gov)
- Visit your local social security office
- Call Social Security at 1-800-72-1213
- Mail in an application

If you have questions about Medicare Part B or would like assistance with enrolling, contact the Elder Benefits Specialist, Desmond Bennett, at 715-934-2177.

# Hatha Yoga Classes



**Four (4) weekly one hour Hatha Yoga classes are offered at the Senior Resource Center in Hayward**

Tuesday at 8:30 a.m.

Tuesday at 4:30 p.m.

Thursday at 9:15 a.m.

Thursday at 10:45 a.m.

**One (1) weekly one hour Hatha Chair Yoga class is offered at the WALDO Center in Winter**

Monday at 2:30 p.m.

Senior Center Fees:  
\$5 if under age 60  
\$2 if age 60 and over  
Free if you are a member of SilverSneakers

**Call Mary Jo Jirik  
at 715-558-9077**

**to register for any of the above classes.**



# Health Promotions Coordinator Samantha Phillips Promotes Health — and a Whole Lot More



Samantha Phillips, Health Promotions Coordinator at the Senior Resource Center, celebrates one year with the SRC this month, January, 2017. In her own words, she says her job is “rewarding yet breathtaking.” -Photo Submitted

**By Kathy Hanson, Compass Writer**

Ask Samantha Phillips what her job is at the Senior Resource Center and she'll say she's the Health Promotions Coordinator and her goal—“to keep our seniors up-right and active!”

That's a tall order but considering what she does in a day she's filling those shoes nicely.

Samantha Dawn Phillips, 38, was born in Mobile, Alabama, moved to Round Lake, Illinois when she was four years old and came to Hayward at the age of 10—Spi-

der Lake to be precise.

She attended Hayward schools until her sophomore year at which time she moved to Eau Claire and then moved around to Durand, Berlin and Alma High Schools before graduating from Alma in 1997.

At age 22 she moved back to Hayward and two years later married Troy Phillips. They then lived in Chippewa Falls and she earned her Associate Degree in Business Management. She and her husband moved to North Dakota from 2012-15 where they started a construction com-

pany but returned to Hayward just a year ago when her dad became ill with lung cancer.

She and Troy have two sons, Wesley (14) and Jackson (10).

Her one-year anniversary at the Senior Resource Center (SRC) is in January 2017.

Samantha said she applied to be the Bingo lady but “Jesus and Linda (Hand) had a better plan for me.”

She started at the SRC working in the Alzheimer Respite program and is now the Health Promotions Coordinator and Mippa (Medicare Improvement for Patients and Providers Act) Assistant, where she helps the Elderly Benefits Specialist.

As Health Promotions Coordinator, Samantha is very involved with the Alzheimer Respite Program, which provides help for caregivers with loved ones who have Alzheimer's or dementia.

Samantha explained:

“I do this on Thursdays from 9 a.m. to 3 p.m. I try to do activities that are interesting to the client. For instance, the gentleman I had at the beginning of the year was an avid hunter for many years. He would tell the same story about hunting with his dad and the first gun he ever purchased. So what I did was print off pictures of animals that someone would hunt—deer, rabbits, fox—that sort of thing. I then attached them to a plastic bowling pin and got a kid's toy bow and arrow set and we would have a little target practice.

So, really, trying to find out what they liked to do previously and go off of that. Also incorporating activities to try and get their brain going, such as a memory matching game, or Connect 4 (the game). We use music for relaxation and some-

times we will just put on a show for a little bit that they may have once enjoyed. It's a rewarding yet heartbreaking job. Rewarding in the sense that that first time they say your name, when you didn't even know they remembered it.

Heartbreaking in the sense of watching them trying to find the words and they just don't come out because the connection can't be made. You offer a warm smile, a gentle touch on their hand and tell them it's OK.”

## STEPPING ON

Samantha also teaches Stepping On, which is a high evidence-based program for fall prevention.

“Stepping On is my passion,” Samantha said. The class is seven weeks long. She said, “We are able to provide a huge amount of information regarding how to prevent falling: everything from vision, prescription interaction, balance exercises, community safety, loose rugs in the house and dark hallways. . . I could go on and on.”

She explained they have four guest experts who come in and provide expertise in their fields of work: physical therapist, pharmacist, vision expert and community safety expert.

They also bring in a past participant to talk about how taking the class has impacted their life—good, bad and the ugly. She said she has not had any complaints in any of the three classes last year.

“My goal for 2017 is to have six classes throughout Sawyer County. It's great to watch our seniors make these achievements, which empowers them and helps them feel so good about themselves. It's our goal to keep them in their own house as long as possible,” she said.

**Continued on Page 16**



# Radio Personality Scott Klohn of WRLS Brings 'Lifestyles North' and More to You

By Kathy Hanson  
Compass Writer

Scott Klohn has become a well-known name in the Hayward community—larger than life, really, for his “Lifestyles North” public service radio show, which is booked three months in advance.

Scott has been at WRLS radio for eight years now. Many know him for that show but there’s a lot more to him, because his outreach to the community extends beyond the radio and his popular shows. His personality and pride in this community shows in many ways beyond the public service announcements, which stand alone anyway for their enthusiasm, sincerity and genuineness.

“I’ve never seen a community as busy and as giving as Hayward,” Scott said.

“Almost every weekend there’s multiple events going on. It’s amazing when you ask people if they’ve heard of Hayward, and they say, ‘yeah, the American Birkebeiner, and the Lumberjack World Championships.’ It’s exciting for me to be a part of those huge events in this area. During the holiday season, people travel here to see ‘A Lure of Lights.’ And oh, I almost forgot, people come year round to fish, hunt and ski.”

That’s Scott Klohn talking to the Compass and he means all of it. The Klohn Zone or Scott Klohn has been in the radio business since the late 70’s. Scott said it’s an interesting story that started out with him at 63-KDWB back in the early 70s. The station was in Woodbury, now Radio Drive and where Tamarack is.

“It was a short country road with a few farms and one radio station on a dead-end



Scott Klohn, Hayward’s well-known radio personality at WRLS, has been in the business since the 70s. Pictured here Scott is the DJ at the Spring Style Show & Luncheon at The Steakhouse and Lodge.

road where I would visit, record music, and have my own pretend radio station in my neighborhood,” said Scott.

“Even though my younger brother would tell my mother to turn down my music so he could sleep in the morning, she agreed on a time where I could play radio, and that’s where it all began.”

After high school Klohn went to a two-year college before Brown Institute. His first radio job was in Hastings, Minnesota at a daytime station, followed by jobs in Austin, Minnesota, Mason City, Iowa, and Rochester, Minnesota before getting a gig at KRSI in the Twin Cities. He then worked at KQRS for a few years before KJJO, where after a year he became program director of Hot Rockin’ 104.

“I loved building this format because in 1987 it was the release of the best albums from Def Leppard, Motley Crue, Guns N’

Roses, Aerosmith, just to name a few. It was a time in my life I’ll never forget, or maybe it was driving Ozzy Osbourne around in my Trans Am. Anyway, that lasted for a couple years before the owners canned it. So I ended up being Operations Manager at WHMH in St. Cloud, Minnesota with the same format for eight years.

“Then there was an opening in Green Bay for a program director so I left and became a fan of the green and gold, and that was the year after Brett Favre won his Super Bowl. I also worked in Madison and Duluth before they changed owners and downsized their company.

“Lucky for me there was a news director and on-air personality opening in Hayward, where my brother had a cabin 25 minutes away in Cable. And that was how I ended up at WRLS,” Scott said.

Scott said he also loves to emcee events

and parties with his own DJ system.

“One of the events I enjoy the most is the Style Show for the Sawyer County Resource Center. It’s fun to see the community come together and help the center in such a fun way. I only hope to help them with more events in the coming years,” Scott said, adding, “a big congratulations to Linda Hand and her staff for always coming up with fun ideas to raise money.”

Scott has a way with words, for sure. His last words to the Compass: “That’s what this community is all about. It’s FUN-raising in the Hayward Cable area, and I’m sure it will continue for years to come.”

Thank you, Scott, from the Senior Resource Center, their staff and all the seniors and listeners.

## Family Caregiver Resolutions

Continued from page 8

4. Get your flu shot! You can’t afford to be sick! Be sure you take care of yourself, including all preventive health care to keep you well.

5. Read a book of inspiration or new ideas; learn more about how to cope with your senior’s specific disease such as Parkinson’s, Alzheimer’s, cancer, etc.

6. Join a support group! Learn from others who walk in your shoes and then help someone else cope!

7. Maintain balance between your family, work and caregiving lives.

8. Deal with your emotions of anger, confusion, frustration and talk with others who can help you. Keep a journal to help release your emotions in private.

9. Check your senior loved one’s finances to ensure they can cover their needs, seek advice from experts on how to make the money last.

10. Stay positive – you are making a difference in the life of someone you love!

We wish happiness and health to you and your loved one in the upcoming year!

Family Caregivers



# Hayward Menu



## BINGO!

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

**JANUARY 5**  
Hamburger or Cheeseburger  
Walking Taco  
Dessert

**JANUARY 12**  
Hamburger or Cheeseburger  
Potato Soup  
Dessert

**JANUARY 19**  
Hamburger or Cheeseburger  
Chili  
Dessert

**JANUARY 26**  
Hamburger or Cheeseburger  
Walking Taco  
Taco

**FEBRUARY 2**  
Hamburger or Cheeseburger  
Egg Salad Sandwich  
Dessert

**FEBRUARY 9**  
Hamburger or Cheeseburger  
Ham Salad Sandwich  
Dessert

**FEBRUARY 16**  
Hamburger or Cheeseburger  
Walking Taco  
Dessert

**FEBRUARY 23**  
Hamburger or Cheeseburger  
Wild Rice Soup  
Dessert

# 2017 Spring Style Show



Mark your calendars for the 2017 Spring Style Show Saturday, March 25, 2017. Only 250 tickets sold; we've "SOLD OUT" the last two years, so don't wait until it's too late.

## GETFIT FITNESS CLASSES



### EXERCISE AND LONGER LIFE

Did you know that the risk of dying prematurely is approximately 30% lower in active adults than it is in inactive people? This according to Booth, Roberts and Laye. These researchers state that aging research data strongly supports an inverse relationship between physical activity and all causes of death.

Inactivity takes a toll on the body. It affects almost every cell, organ, and system in the body causing sedentary dysfunctions that accelerate death, per the study authors. Exercise has been proven to benefit a reduction or management of hypertension, is effective in reducing or preventing osteoporosis, and improves cognitive functions such as reasoning, memory, attention, and language acquiring information.

The Sit-Fit Class will now be held on Tuesdays in the lower level of the Senior Resource Center from 10:00 a.m. to 11:00 a.m. The cost is \$5 per class. and will begin Jan. 10th, 2017. Description: This class is for anyone inter-



ested in upper and lower body toning while seated, using light-weight equipment, and exercising to music.

For more information, please call Judy Holmes at 715-865-3005 or contact the Senior Center Resource Center.

## Health Coordinator Samantha Phillips

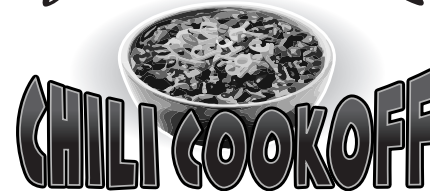
Continued from page 14

### HEALTH FAIR

Another event Samantha organizes is the Annual Health Fair, which has 24 vendors participating, including professionals from the fields of law enforcement, pharmaceutical, chiropractic, massage, and yoga. She coordinates all the flu clinics throughout the counties; and provides groups for walking (currently looking to start snow shoeing and Nordic walking).

"If we look at all the things I do my day is crazy busy, bouncing from one thing to another. . . ." Samantha said, adding that first and foremost God is the beginning and end of her day.

## DJ'S DOCK ANNUAL



**SATURDAY, FEBRUARY 18**  
**DJ'S DOCK ON ROUND LAKE**  
**12502W COUNTY ROAD B,**  
**HAYWARD**

***Benefiting the  
Senior Resource Center  
Programs for  
Sawyer County residents  
with Alzheimer's  
and Their Caregivers***

Join us for Great Food,  
Fun Activities, and the  
Grand Prize cash raffle drawing  
for \$1000! Raffle tickets now on  
sale \$5 each at DJ's Dock & The  
Senior Resource Center Office

If you are interested in providing  
a silent auction item, making a  
pot of chili for the contest or  
would like to help,  
please call or stop by  
**DJ's Dock 715-634-8100 or**  
**The SRC Office 715-634-3000**



# STONE LAKE BREAKFAST MENU

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

## JANUARY

- 2) CLOSED; NEW YEARS
- 3) Scrambled Eggs, Ham, Pancakes
- 4) Biscuits & Gravy, Oatmeal
- 5) Scrambled Eggs, Sausage Links, Raw Fries
- 6) Breakfast Burrito, Tator Tots, Cream of Wheat
- 9) Scrambled Eggs, Bacon, Waffles
- 10) Egg Casserole, French Toast, Cream of Wheat
- 11) Biscuits & Gravy, Oatmeal
- 12) Scrambled Eggs, Potato Pancakes, Smoked Polish Sausage
- 13) Breakfast Quiche, Hash Browns, Oatmeal
- 16) Scrambled Eggs, Blueberry Pancakes, Sausage Links
- 17) Baked Eggs, Bacon, Raw Fries
- 18) Biscuits & Gravy, Oatmeal
- 19) Scrambled Eggs, Ham, Waffles
- 20) Egg Cups, Hash Browns, Cream of Wheat
- 23) Scrambled Eggs, Bacon, French Toast
- 24) Egg Casserole, Pancakes, Cream of Wheat
- 25) Biscuits & Gravy, Oatmeal
- 26) Scrambled Eggs, Sausage Patties, Raw Fries
- 27) Breakfast Pizza, Hash Browns, Baked Oatmeal
- 30) Scrambled Eggs, Smoked Polish Sausage, Waffles
- 31) Scrambled Eggs, Ham, Raw Fries

## FEBRUARY

- 1) Biscuits & Gravy, Oatmeal
  - 2) Baked Eggs, Potato Pancakes, Sausage Links
  - 3) Breakfast Burrito, Tator Tots, Cream of Wheat
  - 6) Egg Casserole, Blueberry Pancakes, Cream of Wheat
  - 7) Scrambled Eggs, Bacon, Raw Fries
  - 8) Biscuits & Gravy, Oatmeal
  - 9) Scrambled Eggs, Sausage Patties, Raw Fries
  - 10) Breakfast Quiche, Hash Browns, Oatmeal
  - 13) Scrambled Eggs, Smoked Polish Sausage, Raw Fries
  - 14) Baked Eggs, Ham, Waffles
  - 15) Biscuits & Gravy, Oatmeal
  - 16) Scrambled Eggs, Sausage Links, Pancakes
  - 17) Egg Cups, Hash Browns, Cream of Wheat
  - 20) Scrambled Eggs, Sausage Patties, Potato Pancakes
  - 21) Egg Casserole, French Toast, Cream of Wheat
  - 22) Biscuits & Gravy, Oatmeal
  - 23) Scrambled Eggs, Bacon, Raw Fries
  - 24) Breakfast Pizza, Baked Oatmeal, Hash Browns
  - 27) Scrambled Eggs, Sausage Links, Waffles
  - 28) Scrambled Eggs, Ham, Raw Fries
- \*\*\*\*Breakfast Includes: Fruit, Pastry, Toast, Coffee, Hot Chocolate, Juice, Milk

## Sharing the Love



The Hayward Nutrition Advisory Board showed us how to #SharetheLove by packaging up gift bags for our Meals on Wheels recipients for Christmas. Bags included fruit, snacks and a rice therapy heating bag that was hand made and donated by Eileen Brossard. Pictured Belle Hassing, Joyce Zaspel, Doc Brueggen, and Charmaine Metzinger.

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



### Let me help you overcome that fear!

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

4 GUEST EXPERTS!

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

**Registering for classes  
throughout Sawyer County for 2017.**

**CONTACT:**  
**SAMANTHA PHILLIPS**  
Health Promotions  
Coordinator/Stepping On Leader  
**Senior Resource Center**  
**1-715-634-3000**



**I would like to make a contribution to the Senior Resource Center  
Aging Services and Older American Act Programs.**

**Please add my donation to the following program(s):**

\_\_\_\_\_ Meal Program      \_\_\_\_\_ Alzheimer's Respite      \_\_\_\_\_ General Operating Fund

Name: \_\_\_\_\_

Address: \_\_\_\_\_

☐ I would like to be added to "The Senior Connection" mailing list. **{ \$5.00 - 1 year subscription }**

☐ I have included a donation in the amount of \$ \_\_\_\_\_.  
**(Checks made payable to the Senior Resource Center)**

**Thank you!**

**\*\*We also accept Credit Cards – Please contact the Hayward Center at 715-634-3000 for more information**

**Please Return To:**

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

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

# Hayward Senior Center Activities & Events

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

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Thursdays - Please call 715-634-3000 for reservation	9:00 a.m. – 3:00 p.m.	Lower Level
Caregiver Support Group	2 <sup>nd</sup> Tuesday of month	1:00 p.m. – 2:30 p.m.	Lower Level
Blood Pressure	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	11 – 12:00 a.m.	Upper Level
Bridge Group	Wednesdays	9:00 – 12:00 a.m.	Lower Level
Cribbage	Tuesdays & Thursdays	1:00 p.m.	Upper Level
Lunch Meals - 12:00 noon	Monday-Friday each week	Reservations 715-634-4680	Upper Level
Evening Meal – Tuesday's	Reservations 715-634-4680	5:30 p.m.	Upper Level
Gin Rummy	Mondays	10:00 – 11:30 a.m.	Upper Level
Pinochle & 500	Mon - Wed – Sat each week	1:00 p.m.	Upper Level
Senior Resource Center Bingo	Fridays	1:00 p.m.	Upper Level
Foot Care Clinic	Call Holly Duffy	(715) 699-9987	Lower Level
Spider Lake Meals	Mondays & Thursdays	12:00 noon	Spider Lake Church
Progressive Bingo	Thursdays - Doors open with food being served at 5:30, Early Birds 6:15, Regular Session 7 p.m.		Upper Level
Weight Watchers	Thursdays	5:30 – 7:00 p.m.	Lower Level
Computer/Tablet Classes	Tuesdays	10:00-12:00 a.m.	Upper Level
Art Group ALL Mediums welcome	Fridays	10:00 a.m. – Noon	Lower Level
Gift Shop	Monday – Friday each week	8:30 a.m. – 4:00 p.m.	Upper Level
Duplicate Bridge	Will return in May 2017	6:00 p.m.	Lower Level
Activities/Speakers	Day	Time	Place
<b>Tai Chi:</b> Moving for Better Balance	Mon & Fri-Start 01/09/2017	8:30 – 9:30 a.m.	Lower Level
<b>Tai Chi:</b> Moving for Better Balance	Mondays & Wednesdays	4:30 – 5:30 p.m.	Lower Level
Hatha Yoga Class	Tuesday's	8:30-9:45am/4:30-5:45pm	Lower Level
Hatha Yoga Class	Thursday's	9:15-10:30/10:45-noon	Lower Level
<b>Closed</b> for New Year's Holiday	Monday, January 2, 2017	<b>ALL SITES CLOSED</b>	<b>Happy New Year!</b>
AARP – Desmond Bennett ~ EBS	Thursday, January 5, 2017	What's new w/Soc. Sec.	2:00PM-Upper Level
Sit-Fit Exercise Class (\$5 per class)	Tuesdays, Starting January 10, 2017	10:00 – 11:00 a.m.	Lower Level
AARP – Dr. Ryan Hansen/Chiropractor	Thursday, February 2, 2017	Getting/Maintaining Health	2:00 p.m.-Upper Level
DJ's Dock Annual Chili Cook-Off	Saturday, 02/18/2017	To Benefit Alzheimer's in Sawyer County	12502 W County Rd B – Round Lake
Monthly Meetings	Day	Time	Place
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	3 <sup>rd</sup> Wednesday	1:00pm	Lower Level

Senior Resource Center  
Board Representative  
**NEEDED**



**WANTED!!!**

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

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





# Tai Chi: Moving for Better Balance

**Is starting Monday, January 9, 2017**

**Classes will be held at the**

**Senior Resource Center- Lower Level**

**15856 E. 5th Street, Hayward, WI**

Morning Session - 8:30-9:30 AM Classes are Monday and Friday's

Evening Session - 4:30-5:30 PM Classes are Monday's and Wednesday's

## *What is Tai chi: Moving for Better Balance?*

Tai chi: Moving for Better Balance helps older adults improve their balance and reduce the likelihood of falling. Research has shown that people who complete the program are half as likely to fall and are less fearful about falling.

## *Should I Attend?*

The program is intended for community-dwelling older adults aged 60 and older, who can walk easily with or without assistive devices. Adults under age 60 are also welcome to attend.

## *What will I Learn?*

Participants will learn balance skills, good body alignment, and coordinated Tai chi movements.

## *How Often Will I Need to Practice?*

Participants should practice Tai chi: Moving for Better Balance for approximately three hours each week.

## *What Health Benefits Will I See?*

- Improved physical health that leads to better functioning in daily activities,
- Improved balance, muscle strength, flexibility and mobility, and
- Better mental health such as increased self-esteem and less social isolation.

**Age 60+ is \$48 for 12 week course meeting 2x per week**

**Age 60 and under is \$120 for 12 week course meeting 2x per week**

**Full tuition must be paid prior to starting the course**

**To sign up, please contact: Samantha Phillips,  
Health Promotions Coordinator  
1-715-634-3000 • Space is limited**

## VETERAN SERVICES OFFICE

### *Sawyer County Outreach Schedule*



**Main Office Hours:  
Monday-Friday  
8:00 a.m. to 4:00 p.m.**

**Did you serve in the military?  
Looking for services  
or resources?  
We can help you!**

Our outreach hours are held at the following locations on Wednesdays each month between 9:30 a.m. and Noon  
**BY APPOINTMENT ONLY**

**1ST WEDNESDAY:  
LCO-Cloud 9 Coffeehouse**

**2ND WEDNESDAY:  
Exeland Senior Center**

**3RD WEDNESDAY:  
Winter Senior Center**

**15872 E. Fifth Street • Hayward, WI 54843  
715-634-2770 • veterans@sawyercountygov.org**



**The Chequamegon Lions & the Senior Resource Center are taking  
Bingo on the Road to the Spider Lake Area  
Wednesday, January 18<sup>th</sup> from 1-3 p.m.**

**Spider Lake Church 12104N Lower Twin Lake Rd., Hayward, WI**

Appetizers, desserts, coffee and water will be provided.

Cards are \$1 each per game with the winner splitting 50%  
with the Senior Resource Center





# ASPEN ACRES

— ASSISTED LIVING —

CARE • COMFORT • COMPASSION

*Close to Home Memory Care and Assisted Living*



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)

