



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

### Executive Director News

#### Made with Love!

By Linda Hand

Nothing is better than getting home to a message on my voicemail saying, "We had this event and want to know if you would want the remaining food for the seniors?" My answer is almost always YES! We are allowed to accept food that was prepared in a restaurant or by a licensed caterer and was properly stored. Since we are one of the only remaining counties in Wisconsin that is proud to say that we cook all of our food on site with our motto being:

**Great Food  
Made with Love ♥  
For the Right Reasons**

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### 'Celebrity Chef' Barb Applebee Dishes on Cooking at the Hayward Senior Resource Center

By Kathy Hanson, Contributing Writer

There are many familiar faces at the Senior Resource Center but it's very likely the face of Barb Applebee is the most appreciated—or relished, as the case may be.

Barb is the Site Manager/Cook at the Hayward Senior Resource Center, carrying a title that does little justice to her skills, talents and energy.

Monday through Friday Barb drives the 40-minute one way trip from Radisson to the senior center, arriving by 8 a.m. to begin preparations for that day's menu which will be served to at least 25 people in the dining room and another 40 in the comfort of their homes via Meals on Wheels. She's never missed a day of work unless the center itself has been closed due to bad weather. She's been at the Hayward site for eight years.

"If I can get out of my driveway, I can get to Hayward," Barb said, as she placed a slice of her freshly made rhubarb pie in front of me.

Born in Ladysmith, Barb has lived in Radisson most of her life. She went to

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# EXPERT SURGERY Close to home.

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# Caregiving Basics



When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all of their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

## Learn about the person's illness, disease or condition.

Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.

## Determine areas of need.

Write down the specific needs such as housecleaning, grocery shopping, meals, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members and the person's health care provider.

## Research community resources.

Contact the Senior Resource Center for local resources and services. Explore options like home delivered meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact organizations specific to the disease such as the Alzheimer's Association or the Stroke Foundation. Keep the information you gather in a file for use later on.

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## Celebrity Chef Barb Applebee

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grade school and high school there, married, and raised four daughters there. The "apple of her eye" is not the one in the kitchen—it is her 11 grandchildren, who range from age two to 20. If you ask Barb what she excels at, it's being "the best grandma that I can be."

Barb received formal training at WITC with a one-year course in Dietary Management. She was a nurse's aide and later the head cook in a nursing home just outside of Radisson (now called Queen of Angels); worked as a short order cook at the hotel in Winter; and started at the Exeland Senior Center as a driver for Meals on Wheels. She then became the Assistant Cook at the Exeland Senior Center in 1993, before she was called to work at the Hayward Senior Center, due to a reduction in hours at Exeland.

She said she was scared when she first came to Hayward because she didn't know anyone, but those fears are long gone. She enjoys her co-workers in the kitchen, the volunteers, the staff at the senior center and all the people who come to eat what is their main meal of the day.

"Meat and potatoes are still what people like," she said, "but they're willing to try new menus." In recent years more fruits and vegetables have been added to the menus but there is almost always a hot entrée that comes out of her kitchen. And it's fresh. "I don't hold anything," Barb said, meaning that nothing is left warming in the oven to be served later. And what are the favorite meals at the Senior Resource Center? BBQ dinner, turkey with all the fixings, and liver and onions, she said. "And they like anything sweet—they like the desserts," she added.

There are special dietary needs she must pay attention to as well when she prepares the Meals on Wheels food. Low sodium, regulated portions and meals for diabetics are routine demands she must meet—and still make them tasty.

Most of the people who come into the

dining room for their noon meal are regulars, Barb said. The majority of them come at least three days a week and some come all five days. They are usually between 63-90 years old, she said.

The regular noon meals are not the only thing cooking in Barb's kitchen. The Hayward Senior Center celebrates with a special holiday menu for times around Christmas, Thanksgiving, New Year's, Easter, Memorial Day, Mother's Day and Father's Day. And coming up will be a special Fourth of July dinner.

Barb likes people and being around the seniors, she said, and she gets a lot of compliments.

"I like to cook—I hate cleaning up," she said.

# Sawyer County Compass

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## Caregiving Basics

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#### Plan for immediate care.

Find out the persons wishes for immediate and long term care. Adapt the environment by doing a home safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications.

#### Enlist the help of others.

Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Include an alternate emergency plan in case you are unable to carry out your duties.

#### Organize important information.

Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for.

#### Plan for the future.

Get information about the long term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.

#### Take care of yourself, too.

Find support through a friend, counselor or support group. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Let go of less important commitments. No one can do it all! Make sure you are eating well, getting enough sleep and exercise and are spending time with family or friends in order to keep yourself healthy.

Call 715-634-3000 for information on our caregiver support group, the Senior Resource Center "Remember Us Adult Day Respite", local caregiving resources, a home safety checklist or to talk to someone about specific caregiving issues.

*Article Contributed by Jane Mahoney  
Older Americans Act Consultant  
Greater Wisconsin Agency  
on Aging Resources*

# Hayward Senior Center News



**By Doc Breuggen  
Hayward Advisory Chair**

Welcome to summer finally. It has taken it's sweet old time getting here. The Hayward patio garden is in bloom with early spring flowers and the vegetables are doing well. Stop by for a cup of coffee and set a while to enjoy the beautiful flowers. Great calming effect.

Make sure you check out our booth at Musky Fest June 17th and 18th. We will be selling WI Pull Tabs and the Senior Resource Center Holly Jolly Christmas Cash Raffle tickets. Stop to say Hi. We will be located on Main Street.

As a fundraiser, we will be serving breakfast on Saturday, July 16th and August 20th. Please join us for Pancakes, Sausage, Orange Juice and Coffee for only \$5.00 a plate. This will take place at the Hayward Senior Center from 8:00-11:00 a.m. Stop in before your Saturday shopping or daily chores for a great way to start your day. The breakfast helps to benefit the general operation of the Senior Center and the Meals on Wheels program.

On June 30th we will be Celebrating a 4th of July early with a special lunch. We

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## Suggested Reading for Caregivers

Title	Author
A Funny Thing Happened on My Way to the Dementia Ward	Charles Schoenfeld
A Guided Journal for Caregivers	Marion Karpinski
Ambiguous Loss: Learning to Live with Unresolved Grief	Pauline Boss
Coach Broyles' Playbook for Alzheimer's Caregivers	Frank Broyles
Confessions of a Prayer Wimp	Mary Pierce
Coping With Caring	Lyn Roche
Creating Moments of Joy	Jolene Brackey
Daily Comforts for Caregivers	Pat Samples
Finding Hope When Dreams Have Shattered	Ted Bowman
I Still Do, Loving and Living with Alzheimer's	Judith Fox
I'm Still Here: A New Philosophy of Alzheimer's Care	John Zeisel
Life is Change, Growth is Optional	Karen Kaiser Clark
Loss of Dreams: A Special Kind of Grief	Ted Bowman
Mayo Clinic book series on various conditions	
My Journey Into Alzheimer's Disease	Robert Davis
Share the Care	Cappy Capossela & Sheila Warnock
Still Alice	Lisa Genova
The 36-Hour Day	Nancy L. Mace & Peter V. Rabins
The Best Friends Approach to Alzheimer's Care	Virginia Bell & David Troxel
Through the Wilderness of Alzheimer's	Robert and Anne Simpson
When Did My Life Become a Game of Twister?	Mary Pierce

*Family Caregivers*

# Employment & Volunteer Opportunities

**REWARDING EMPLOYMENT OPPORTUNITY: PART-TIME/SUBSTITUTE SENIOR RESOURCE CENTER BUS DRIVER** transporting seniors within a 5 mile radius of Hayward. Hours 7:30 a.m. – 4:00 p.m. Mondays and then Tuesday through Friday as needed for fill-in. More hours may be available if willing to transport seniors on special trips evenings/weekends. Applicants must possess and maintain a valid CDL. Employment is contingent upon passing a background check and drug test. Random drug testing will be conducted thereafter. Please call 715-634-3000 or stop by the office 15856 E. 5th Street, Hayward for an application. Starting wage is \$11.13 per hour.

Would you like to have a rewarding position, which provides a much needed service to Sawyer County residents 60+? If so the Senior Resource Center is currently accepting applications for **SUBSTITUTION POSITIONS AT THE WINTER SENIOR CENTER, HAYWARD SENIOR CENTER AND EXELAND SENIOR CENTER FOR SITE MANAGER COOK & COOK ASSISTANT.** The successful candidates will be required to complete the ServSafe Certification Course, the Wisconsin Food Manager Certification and a background check. Wages range from \$8.84-\$11.21 per hour. For an application please contact the office at 715-634-3000.

**VOLUNTEERS NEEDED: IN THE KITCHEN FOR BINGO ON THURSDAY NIGHTS.** Peggy Johnson has agreed to manage the kitchen cooking, but she could use help with assistant cooking and running the cash register. Please let me know if you might be available on any Thursday nights at the Hayward Senior Center from approximately 5:00 p.m. - 9:00 p.m. It does not have to be every Thursday night. Bingo is what keeps our building going and the food concession offering is needed to keep bingo going. Volunteers also needed on the Bingo Floor to assist Bingo Manager.

For more information please contact Linda at 715-634-3000 or email at [linda@seniorresourcecenternorth.org](mailto:linda@seniorresourcecenternorth.org)

## Executive Director News Continued from page 1

Our cooks always look forward to someone who comes in with fresh vegetables and fruit from their local gardens and farms, which they can incorporate into our meals at a moment's notice or freeze for later use. That is the other great thing about preparing our own meals, having the ability to change a menu. There are also times when a local grocery store may be switching out brands and they are willing to donate or discount items that we can use in our food program. Every dollar counts when you are a non-profit and food is the major expense in our budget. Items we cannot accept are homemade, home canned or meat that has not been processed through a licensed meat processor.

So if you are dealing with an overabundance of rhubarb, asparagus or any other type of food that we could incorporate into our meals and/or distribute to seniors in need, please contact me at 715-634-3000 or drop it off at one of our centers in Hayward, Stone Lake, Winter or Exeland and our site managers will make sure that it is used for a great cause – to fight hunger and isolation of seniors throughout Sawyer County.

Some other exciting news is that our Yoga is looking to expand to the southern part of the county. Mary Jo has been doing and extraordinary job and she is currently offering 4 class times at the Hayward site. On Tuesday, June 28th, 2016 at 2 p.m. she will be offering a demo of Hatha Chair Yoga at the Winter Senior Center, to determine if there is enough interest in Winter area to hold regular classes there. If you missed the demo, you can call Mary Jo at 715-558-9077 to register for any of the above classes.

Exercise classes are coming back to the Hayward site! Judy Holmes, certified instructor, who has been offering classes in Stone Lake is looking to see if there enough interest to expand her classes to Hayward.

There is a listing inside this issue of the types, dates and times of those demo classes. She is very excited to offer some innovative and fun ways to get fit and toned.

Hope to see you at one of our fun "Fundraisers" we have planned for this summer, which includes Bingo on the Road in Winter, Exeland, Spider Lake and Stone Lake and our HOG FEST 2016 in Stone Lake. Look for specifics inside this issue of the Compass!

## Exeland Center News



By Karen Skogen

Summer must be here, because the flower boxes at the Exeland Meal Site are blooming nicely and the Tuesday Evening meals are once again in full swing with many people coming out to dine and socialize.

Be sure to check out the lunch and evening meal menus in each issue of The Compass and also in your local newspaper each week. Sometimes the menu may give a fancy name for your favorite food, but be assured that Chef Bonnie will prepare for your enjoyment!

Thank you Carol Vierck for helping me plant the flower boxes this year and thanks to her husband Carl for donating the replacement potting soil. Carol and I enjoyed our little road trip to Sue's Greenhouse where we marveled at the beautiful remaining plants and obtained

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# Recipe Corner



## Frog-Eye Salad

An An acini di pepe (or couscous) pasta salad with coconut, pineapple, Mandarin oranges, and marshmallows.

### Ingredients

- 1 cup white sugar
- 2 tablespoons all-purpose flour
- 2 1/2 teaspoons salt
- 1 3/4 cups unsweetened pineapple juice
- 2 eggs, beaten
- 1 tablespoon lemon juice
- 3 quarts water
- 1 tablespoon vegetable oil
- 1 (16 ounce) package acini di pepe pasta
- 3 (11 ounce) cans mandarin oranges, drained
- 2 (20 ounce) cans pineapple tidbits, drained
- 1 (20 ounce) can crushed pineapple, drained
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 cup miniature marshmallows
- 1 cup shredded coconut

### Preparation

- 1) In a sauce pan, combine sugar, flour, 1/2 teaspoon salt, pineapple juice and eggs. Stir and cook over medium heat until thickened. Remove from heat; add lemon juice and cool to room temperature.
- 2) Bring water to a boil, add oil, remaining salt and cook pasta until al dente. Rinse under cold water and drain.
- 3) In a large bowl, combine the pasta, egg mixture, mandarin oranges, pineapple and whipped topping. Mix well and refrigerate overnight or until chilled. Before serving add marshmallows and coconut. Toss and serve.

## Exeland News

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the flower plants that Sue so graciously donated to the Center. With the new soil and the water that Bonnie gives them from the rain barrel set up by Dan Owen, they will grow and flourish. Oh, a couple of vegetable plants were donated also, so we might have some very fresh veggies this fall! Thank you to everyone that contributed to this garden project.

Our Advisory Board met on June 7th and we are still attempting to locate someone experienced for cleaning, stripping and re-waxing our floors. This will involve moving furniture and equipment. We replaced the griddles in the kitchen and will be looking into replacing the tenderizer and perhaps other small items in the near future.

We are so thankful for the monetary donations that we receive from individuals and from our townships and villages. Thank you to Clayton Aspseter for the fresh rhubarb and asparagus from his garden that we have been enjoying.

We are sad to have lost so many of our faithful supporters to care centers or assisted living homes, so it is great news that Dave Vitcenda has been transferred to Rice Lake and is another step closer to home after recuperating from surgeries. Welcome back to the Center real soon Dave. We miss you.



# Volunteers Extraordinaire: *Nancy and Bob Kessler*



*By Kathy Hanson, Contributing Writer*

Born in Neenah, Wisconsin, married for 60 years, raised two children together, enjoyed long successful careers before moving from New Brighton, Minnesota to Exeland: this is but a small capsule of Nancy and Bob Kessler. Their story didn't stop at retirement though.

Both now in their 80s but looking far younger, they are Senior Volunteers Extraordinaire.

In 1988 after Nancy and Bob bought their retirement home on Windfall Lake, Nancy met Ellen, who became a good friend. Together, they decided to deliver Meals on Wheels for the Exeland Senior Center.

They started at three days a week and then went to five, making anywhere from 10-15 deliveries on the same route every

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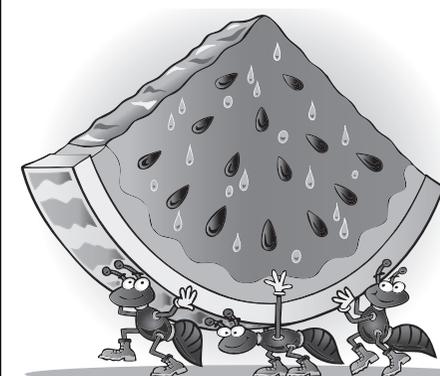
## Hayward Senior Center News

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usually offer a special treat for holidays. If you think you are not old enough check your Driver's license. If you were born prior to today's date in 1956 you are eligible as a senior. Sorry for the blast of reality but you are over 60. Therefore a Senior Citizen. Lunches and a Tuesday evening meal are available for a \$4.00 or a \$5.00 (Tuesday evening) suggested donation. I know, you are saying to yourself, "I don't need charity". This is not charity! You are paying \$4.00 for lunch. The food is great, the coffee is hot and conversation is stimulating. Lunch is served 5 days a week and dinner on Tuesday. Find out what you are missing, visit with friends and meet new friends. If you have any questions about services that are offered, call Gloria at the center. She is most knowledgeable and sweet. She can be reached at 715-634-3000.

The center still needs volunteers. If you are willing or able to help out with events or other things, please contact Gloria and we will get back to you. Also, after doing your spring cleaning and have discovered a plethora of unused small items of the knick knack nature or other usable items please bring them in for our gift shop. Our gift shop carries a number of items, but our specialty is greeting cards. We have hundreds and they are all separated by occasions. The best part is they are only 25 cents a card. Try to find a card at that price somewhere in town. Come in and see all we have to offer. Thank you for thinking of us.

Have a great summer and be nice to each other. Enjoy life.



# Happy Feet...

*Senior Footcare Now Available!*



**FOOTCARE is available at the Senior Resource Center, located at 15856 E. 5th Street, Hayward in the lower level. Holly Duffy, our "Footcare Specialist", is available to schedule your personal footcare & nail cutting appointment. Just give her a call at 715-699-9987.**

## Volunteers Extraordinaire

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day. Meanwhile Bob was busy teaching CCD lessons.

The Exeland Senior Center became one of their favorite places and Bob and Nancy began escort driving for the senior center, taking seniors who couldn't drive or didn't have the means to medical appointments in Marshfield, Rice Lake, Duluth, and various other cities. They did this for 15 years.

Meanwhile, Nancy became active on the Board of Directors for the Exeland Senior Center and served one year as

president. And today, Bob and Nancy are a team for Meals on Wheels deliveries, making their 50-mile run on Mondays and Tuesdays and delivering about 15 meals per run.

"I drive and he runs," Nancy said, explaining that Bob is the one who usually gets out of the car and delivers the meal. But they never leave a residence without checking to make sure they see the person.

"We don't leave without seeing someone—we might be the only people they see that day," Bob said.

And most of the time they stop and visit for a while.

Most of the people who get Meals on Wheels have also become their friends.

For these people too, Nancy and Bob literally go the extra distance, driving them to appointments if they need to get to the grocery store, the hair salon the doctor or some other errand. Many of them can't drive at all. In their 70s, 80s, and 90s, they are often incapacitated yet doing OK on their own.

Sometimes they have children who are urging them to go into assisted living or a nursing home. Bob said they will talk about that and he always asks them, "Are you doing OK by yourself?"

Nancy said the people they deliver to love the food and meals they receive and brag they have "the best cook in Sawyer County"—Bonnie Klinger."

Bob and Nancy participate in other fundraising activities at the Exeland Senior Center too. Nancy organized a Quilt Making Fundraiser that netted more than \$2,500 when 25 people took a square of fabric, decorated it and pieced it into the quilt. Nancy's square was butterflies and it was sewn into the center of the quilt. Bob took a photo of geese on Windfall Lake, had it transposed on cloth and that became a square for the quilt.

Tickets were sold to win the quilt, which by then was coveted by many. A lady from Exeland won the quilt, Nancy said. When she later passed away her family inherited the quilt.

The Kessler's love their volunteer work for the Exeland Senior Center and the 200-person village.

"We've had a good life. It seems to me that you always receive when you need it. So then you give back," said Nancy.

"If you keep living your life and doing things, you will always be OK," Bob said.



## Stone Lake Center News



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

Hello to everyone!

The grounds around the Lion's Building and Senior Center are being upgraded. There have been some trees taken out and soon there will be a nice area so that some playground equipment from the old school will be installed. Also, the equipment at the park will be upgraded with the remainder of the equipment. Perhaps, include some picnic tables and have a pleasant place to enjoy your children or grandchildren play on the equipment.

If you have not attended any of the Stone Lake Music Nights, I strongly suggest attending one. They are held the second Saturday of each month. Peggy Wood does a fantastic job of coordinating and there are many talented musicians in the area.

We are saddened by the death of Freda Walter on May 8, 2016. Freda was a member of the Advisory Board and was always willing to help with any of our special events. She also loved sharing the abundance of her garden with the center. Especially, her pickled beets.

Bingo on the Patio will begin on Wednesday, July 13 at the Red Schoolhouse Wines. Bingo will be held every two weeks on Wednesday from 6 pm to 8 pm. So, stop by and enjoy a game or games of Bingo and refreshments. The

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# Summer Safety

## Tips for Seniors

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that the elderly, as well as their caregivers, can use to make sure they have a fun, safe summer.

### 1. STAY HYDRATED

Seniors are more likely to get dehydrated than younger people. This happens because elderly people lose their ability to conserve water as they age. They also become less aware of their thirst and have a difficult time adjusting to temperature changes.

### 2. TALK TO YOUR DOCTOR

Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

### 3. KEEP YOUR COOL

Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie the-

aters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise, without the exhaustion of the heat. Contact your local Area Agency on Aging to inquire if there are any programs to assist seniors with fewer resources to get air conditioners.

### 4. STAY IN TOUCH

High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening. Caregivers should check on the health and welfare of their loved ones at least twice a day.

### 5. MEET YOUR NEIGHBORS

Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you are elderly, see if a younger neighbor -- perhaps even one of their kids -- can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!

### Stone Lake News

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cost is \$1 per card and the winner receives half of the amount collected per game.

Progressive Bingo is played at the Senior Center in Hayward every Thursday Night. The doors open at 5:00 pm with Early Bird starting at 6:15 pm and the Progressive Bingo starting at 7:00 pm. Hamburgers, cheeseburgers, sandwiches, desserts, pop, water, coffee and candy are for sale beginning at 5:00 pm.

There are some delicious new menu items added to our noon meals for the summer. So stop in and pick up a menu and join us to enjoy the new items. Stone Lake is still serving evening meals starting at 5:00 pm and our every popular breakfasts are still being served Monday thru Friday from 8:00 am to 10:00 am.

The Advisory Board for the Stone Lake Center held a garage sale at the Center on the Annual Stone Lake Garage Sale day. It was successful, even though there were many rain showers during the day. Thank you to those who helped price and Pat Montgomery, Bob Denison and Arloa Anderson for your help on that Saturday.

The Farmer's Market in Stone Lake is

held every Thursday from 2 pm to 6 pm on the corner of Hwy 70 and Main Street. (In front of North West Wisconsin Realty office). Hopefully, everyone took advantage of the vouchers for the Farmer's Markets.

Fireworks at the Park will be held this year on Sunday, July 3, 2016, along with other activities held at the Lion's Park.

The 3rd Annual Pig Roast will be on July 9, 2016 at the Red Schoolhouse Wines. With a new name of HOG FEST 2016, it will feature Chef Chris Ray of Five Course Catering, who will be smokin' the pig, with food being served from 5-8 p.m. or until it is gone. Cost will be \$15 for a Pulled Pork Platter, which includes pulled pork, cornbread, coleslaw, potato salad, chips & pickle or a Pulled Pork Sandwich with chips & pickle for \$9. There will also be 50/50 Raffles, Pull Tabs and music by the "Z's" featuring popular song artist Carol Zimmerman from 6-8:30 p.m. Bring a lawn chair and enjoy the evening, to raise money for the Senior Resource Center programs for Sawyer County residents 60+.

Have a Safe July 4th and great summer!

# Cranberry Cafe

## Serving Nutritious Meals Monday - Friday

8:00 - 10:00 a.m. Continental Breakfast  
Lunch served promptly at 12:00 noon  
Tuesday Evening Meal 5:00 p.m.

Age 60+ Suggested Donation Under 60 Full Cost of Meal  
Please call 715-865-2025 for Reservation  
Or for Meals on Wheels Delivery



# What's for Dinner?

Served  
Tuesdays at  
5:30 p.m.

July & August Tuesday Evening Menus at Hayward and Stone Lake Centers

## HAYWARD

### JULY

July 5th  
Roast Pork Loin  
w/apple sauce  
Mashed Potatoes  
Gravy  
Glazed Carrots  
Banana Split Ice Cream

July 12th  
Grilled Bratwurst  
Sauerkraut  
Roasted Sweet Potatoes  
Green Beans  
Chocolate Mousse  
w/Whipped Cream

July 19th  
Build your Own Burger  
with Lettuce, Tomato,  
Onion & Cheese  
Dill Pickle  
Pasta Salad  
Fresh Fruit

July 26th  
Beef Tips & Mushrooms  
in Gravy  
Mashed Potatoes  
Caulifornia Blend Vegetable  
Strawberry Short Cake  
w/whipping cream

### AUGUST

August 2nd  
BBQ Ribs  
Baked Potato w/sour cream  
Bacon Pea Salad  
Chocolate Chip  
Oatmeal Cookie

August 9th  
Oven Baked Chicken  
Potato Salad  
Winter Blend Vegetable  
Corn Muffin w/honey butter  
Applesauce Cake

August 16th  
Spaghetti w/meatballs  
in Sauce  
Fresh Garden Salad  
Garlic Bread  
Fresh Fruit Salad

August 23rd  
Bratwurst w/ Sauerkraut  
Oven Roast Red Potatoes  
Baked Beans  
Frosted Brownie

August 30th  
Grilled Ham Steak  
Italian Pasta Salad  
Pickled Beets  
Apple Turnovers

\*All meals include bread & milk

*Please Call:*

*715-634-3000 to make a reservation*

## STONE LAKE

### JULY

July 5th  
Spinach Salad  
w/Roasted Chicken Strips  
& PoppySeed Dressing  
Creamy Grape Salad  
Wheat Dinner Roll

July 12th  
Creamy Baked Chicken  
w/Noodles  
Waldorf Salad  
Roasted Root Vegetables

July 19th  
BBQ Ribs  
Coleslaw  
Scored Potatoes  
Cream Cheese Sheet  
Cake w/fruit topping

July 26th  
Baked Ham w/Golden  
Scalloped Potatoes  
Green Beans  
Chocolate Mousse Pie

### AUGUST

August 2nd  
Herb Pork Roast w/potatoes  
Summer Spinach Salad  
Dinner roll  
Apple Pie

August 9th  
Roast Turkey  
with Dressing  
Mashed Potatoes & Gravy  
Asparagus  
Strawberry Short Cake

August 16th  
Meatloaf & Mashed Potatoes  
Green Beans  
Fruit  
Rye Bread

August 23rd  
Pork Cutlet  
Sweet Potato Casserole  
Peas  
Banana Pudding

August 30th  
BBQ Chicken  
Spring Mix Salad  
Baked Potato  
Cheesecake

\*All meals include bread & milk

*Please Call:*

*715-865-2025 to make a reservation*

# July 2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't miss HOG FEST on July 9<sup>th</sup> in Stone Lake and make sure to join us for BINGO on the road in July &amp; August!</p>				<p>1</p> <p><b>CHEF'S CHOICE</b> Contact your local site manager for today's Menu</p>
<p>4</p> 	<p>5</p> <p>Meatloaf, Baked Potato, Cucumbers, Popcorn Salad, Crusty French Bread w/Butter Fruit Cobbler &amp; Milk</p>	<p>6</p> <p>Herbed Pork &amp; Potatoes, Summer Spinach Salad, Crescent Roll w/Butter, Apple Kuchen &amp; Milk</p>	<p>7</p> <p>Chicken Stroganoff over Egg Noodles, Spring Salad, Cranberry Fluff, Flaky Dill Biscuits &amp; Milk</p>	<p>8</p> <p>BLT Sandwich, Tri-Colored Tortellini Salad, Boiled Egg, Mango Vanilla Ice Cream &amp; Milk HAYWARD SITE CLOSED</p>
<p>11</p> <p>Smoked Kielbasa, Rich &amp; Cheesy Macaroni, Fresh Veggies w/Dip, Hard Roll w/Butter, Pudding &amp; Milk</p>	<p>12</p> <p>Sweet &amp; Sour Ribs, Rice, Chinese Cabbage Salad, WW Bread w/Butter, Special Rice Crispy Treats &amp; Milk</p>	<p>13</p> <p>Almond Chicken Salad w/Craisins, Croissant, Lettuce Salad w/Hard Boiled Egg, Cheese, Pickle, Dessert Bar &amp; Milk</p>	<p>14</p> <p>Salisbury Steak w/Brown Gravy &amp; Grilled Onions, Creamy Mashed Potatoes, Peas, Rye Bread, Fruit &amp; Milk</p>	<p>15</p> <p>Hickory Smoked Turkey on WW Bread or Wrap add Bacon, Lettuce, Tomato, Cheese &amp; Mayo, Sweet Potato Fries, Frog Eye Salad, &amp; Milk</p>
<p>18</p> <p>Marge's Chicken Casserole, Cranberry Sauce, Carrots, Dinner Roll w/Butter, Dessert &amp; Milk</p>	<p>19</p> <p><b>Nutrition Sites Closed for Staff Training</b></p> <p><b>NO MEALS OR MEALS ON WHEELS DELIVERIES</b></p>	<p>20</p> <p>Pork Chops, Baked Potato w/Sour Cream &amp; Chives, Green Bean Casserole, WW Bread w/Butter, Frozen Yogurt &amp; Milk</p>	<p>21</p> <p>Blueberry Sour Cream Pancakes w/Syrup, Scrambled Eggs, Sausage, Fruit, OJ &amp; Milk <b>Stone Lake will serve alternative</b></p>	<p>22</p> <p>Brat or Hotdog on a Bun, Baked Beans, Potato Salad, Blueberry Cobbler topped w/Whip Cream &amp; Cherry and Milk</p>
<p>25</p> <p><b>CHEF'S CHOICE</b> Contact your local site manager for today's Menu</p>	<p>26</p> <p>BBQ Turkey Sandwich, Sidewinder FF, Pickle, Fresh Fruit Salad &amp; Milk</p>	<p>27</p> <p>Grilled Ham &amp; Cheese on Texas Toast, Herbed Steak FF, Creamy Coleslaw, Dessert &amp; Milk</p>	<p>28</p> <p>Savory Chicken Breast, Waldorf Salad, Baked Sweet Potato, Croissant, Silky Chocolate Mousse &amp; Milk</p>	<p>29</p> <p>Homemade Pizza, Fresh Summer Salad, Fruit, Rootbeer Float &amp; Milk</p>

# August 2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 "Build a Burger" on a Bun w/Bacon, Cheese, Lettuce, Tomato, Onion, Potato Salad, Baked Beans, Cookie & Milk	2 Finger Lickin' BBQ Ribs, Corn on the Cob, Baked Baked Potato, Cornbread, Fruit & Milk	3 Beef Tips Smothered in Gravy over Rice, Buttered Peas, Roll w/Butter, Banana Split Ice Cream & Milk	4 Wild Rice Hot Dish, Chop Chop Salad, Pink Fantastic Fluff, WW Bread w/Butter & Milk	5 Chicken Salad w/Croissant, Pasta Salad, Dessert & Milk
8 Reuben Meatballs, Salad with Hot Bacon Dressing, Marble Rye Bread w/Butter, Fruit Pie & Milk	9 Grilled Ham Steaks, Peppery Scalloped Potatoes, Oven Roasted Brussel Sprouts w/Bacon, Cranberries & Walnuts, Roll w/Butter, Fruit & Milk	10 Roast Turkey, Mashed Potatoes w/Gravy, Buttered Carrots, Crescent Roll, Cranberry Juice, Dessert & Milk	11 Finger Lickin' BBQ Ribs, Corn, Baked Potato, Corn Muffin w/Honey Butter, Dad's Root Beer Float & Milk	12 Italian Beef Sandwich w/Mozzarella Cheese, Potato Chips, Coleslaw, Pretzel Salad & Milk
15 Pork Cutlet, Baked Potato, Bacon Wrapped Asparagus, WW Bread w/Butter, Glorified Rice, & Milk	16 Honey Rosemary Chicken, Apple-a-Day, Casserole, Church Supper Potatoes, Roll w/Butter, Cookie & Milk	17 Sausage Egg Bake, Fresh Fruit, Juice, Morning Maple Muffins & Milk	18 Sensational Sloppy Joes on a Bun, French Fries, Baked Beans, Pickle, Strawberry Shortcake w/Whip Cream & Milk	19 <b>CHEF'S CHOICE</b> Contact your local site manager for today's Menu
22 Crispy Baked Chicken, Sweet Potato FF, Broccoli Cauliflower Casserole, WW Bread w/Butter, Yogurt Fruit Parfait & Milk	23 Liver & Onions or Chef's Alternative, Parslied Red Potatoes, Green Beans, Roll w/Butter, Dessert & Milk <b>Stone Lake will serve Alternative</b>	24 <b>CHEF'S CHOICE</b> Contact your local site manager for today's Menu	25 Garden Turkey Burger on WW Bun w/Lettuce, Tomato & Pickle, Baked Onion Rings, Rhubarb Dessert & Milk	26 Mama Mia's Spaghetti w/Meatballs, Italian Spring Salad, Bread Stick, Fruit Salad & Milk
29 Garlic Beef Enchiladas, Spanish Rice, Beans, Lettuce, Tomatoes, Salsa, Mango Ice Cream & Milk	30 Pork Loin w/Spinach Stuffing, Mandarin Glazed Beets, Scalloped Corn, WW Bread w/Butter, Dessert & Milk	31 German Bratwurst, Oven Roasted Potatoes, Peas, Soft Pretzel w/Mustard, Fruit & Milk		



# What's for Dinner?

July & August Tuesday Evening Menus at Exeland and Winter Centers

## EXELAND

### JULY

July 5th  
BBQ Ribs  
Baked Potato  
Corn  
Bar

July 12th  
Polish Sausage  
with Sauerkraut  
Green Beans  
Boiled Baby Reds  
Cookie

July 19th  
CLOSED

July 26th  
Baked Chicken  
Mashed Potatoes &  
Gravy  
Asparagus  
Pretzel Salad

\*All meals include  
bread/butter & milk

*Please Call:*  
**715-943-2990**  
*to make a reservation*

### AUGUST

August 2nd  
Creamed Chicken  
Over a Biscuit  
Cranberries  
Peas  
Apple Dessert

August 9th  
BBQ Ribs  
Baked Potato  
Mixed Vegetables  
Fruit Cobbler

August 16th  
Meatballs w/Gravy  
Mashed Potatoes  
Carrots  
Cookie

August 23rd  
Pork Loin Roast  
Mashed Potatoes & Gravy  
Green Beans  
Strawberry Shortcake

August 30th  
Baked Chicken  
Rice Pilaf  
Beets  
Dessert

## WINTER

### JULY

July 5th  
Baked Ham  
Garden Salad  
Sweet Potatoes  
Green Beans  
Peanut Butter Cookie

July 12th  
Roast Beef  
3-Bean salad  
Mashed Potatoes  
w/Gravy  
Buttered Carrots  
Chocolate Cake

July 19th  
CLOSED

July 26th  
Pork Roast  
Vegetable Tray w/dip  
Mashed Potatoes  
w/Gravy  
Creamed Corn  
Fruit Fluff

\*All meals include  
bread/butter & milk

*Please Call:*  
**715-266-2233**  
*to make a reservation*

### AUGUST

August 2nd  
Baked Pork Chops  
Parsley Potatoes  
Buttered Beets  
Fruited Jello

August 9th  
BBQ Chicken  
Pickled Beets  
Potato Salad  
Mixed Fruit Parfait  
with Granola

August 16th  
Build a Burger with  
Lettuce/Tomato/Onion  
on a Bun  
Side Winders  
Dill Pickle  
Frozen Yogurt

August 23rd  
Roast Turkey  
Mashed Potatoes w/Gravy  
Dressing  
Cranberries  
Pumpkin Pie

August 30th  
Meat Loaf  
Baked Potatoes  
w/Sour Cream  
Buttered corn  
Cherry pie

# HAYWARD AARP® NEWS

By Carol Alcoe

Meetings of the Hayward Chapter of AARP for July and August will be a picnic on Thursday, July 7th and a general meeting and program on Thursday, August 4th.

The July picnic on Thursday, the 7th, will be held at Hatchery Park just off Highway 77 a few miles east of town from highway 63. Watch for a highway sign on 77 indicating a turn to the North.

There is a covered, open outdoor area with tables and an enclosed area if the weather is inclement and restroom facilities. Please bring a dish to pass - lunch will be served at noon, so come a bit before then. Bingo will be played afterwards.

The August meeting will be on Thursday, the 4th at the Hayward Senior Center. Immediately following a 1 p.m. board/business meeting, there will be a presentation at 2:15 p.m. by DNR specialist, Laine Stowell who will discuss the status of the local elk herd. Refreshments will be served after the program.

Guests/visitors are welcome to attend both events. Call Carol at 715-462 3213 or Waldo at 715-354-7450 for more information.

## How Many Ways Can Yoga Help You?



**Hatha yoga is a very gentle style of yoga that stretches you in ways you may have never thought of and with practice you will likely notice that tight areas open up.**

By Mary Jo Jirik

Timothy McCall, M.D., author of *Yoga as Medicine*, has explained 40 ways that yoga facilitates better health, both as prevention and as treatment, that are supported by evidence. The top three benefits on Dr. McCall's list are: yoga increases flexibility, strengthens muscles and improves balance.

Hatha yoga is a very gentle style of yoga that stretches you in ways you may have never thought of and with practice you will likely notice that tight areas open up and over time you may find poses that were once impossible become possible. Why is this important? Increased flexibility of muscles and increased range of movement in different joints can help you avoid all kinds of

problems like knee pain from a lack of flexibility in the hips or back pain from tight hamstrings.

Muscle weakness contributes to numerous problems, including arthritis, back pain and falls in the elderly. Many physical limitations that people associate with aging are due to loss of muscle. Studies have shown that even people in their eighties can improve this weakness with a regimen to build muscle. Yoga postures not only strengthen muscles but does so in a functional way by combining strengthening with flexibility and balance.

While strength training can help a person avoid a fall, you're also a lot less

## WALDO Center News



By Ruth Brad,  
Winter Site Manager

Hello Everyone!!!

We here at the WALDO Center located in Winter are excited to say that our bake sale at the Spring Fling went well and we would like to give everyone a great big THANK YOU to all of you who took time to donate your rhubarb, time and donations to help out the center. We truly appreciate you all.

We would also like to give our volunteer Anne Welniak and her husband Dave a big way to go!!!! They came in and started a garden for us right here at your center, yes that's right! We now have 2 different kinds of tomatoes, cucumbers, green peppers and fresh herbs, so we will enjoy watching them grow every day. Anne came in one day with a car load of flowers and planted them in the boxes out front and they are super beautiful.

I would also like to thank all of you who have been coming to the evening meals on Tuesdays at 5:30 P.M., we have had some great turn outs.

Many of our out of town friends have been popping in and having lunch with us and stopping in for our evening meals. Please don't forget that we have the pool table here for your convenience and tables set up for playing cards, dominos or whatever game you would like to play. We are here for you anytime between

Continued on Page 15

Continued on Page 14

## WALDO Center News

## Continued from page 13

8:00 A.M. and 3:00 P.M. and on Tuesdays until 8:00 P.M. We would love to see all of you.

If you are interested in lunch or dinner and don't like what is on the menu please give me a call at 715-266-2233 and see what else we are offering as an alternative meal. The Center will be closed for the 4th of July, but will reopen on the 5th for lunch and supper. We will also be closed the whole day on July 19th, as we are having a training that day, but will be reopened on the 20th at 8:00 A.M.

Don't forget that on the 3rd Thursday of the month we have our get together to discuss any and all suggestions you have in meal planning or if there is something you would like to see more of. We would love to see you at the meeting and would love your input. So please join us, this is your Center let's make it work for you. The meetings start at 1:00 P.M. and we try to keep it to 1 hour.

*Hope to see you soon!!!*

*Your friends at the Waldo Center*

## Fundraiser for Senior Resource Center

Aspen Acres Assisted Living will host a brat and burger cook-out fundraiser for the Sawyer County Senior Resource Center on Thursday Sept 1, from 11:30 am - 1pm.

Stop for lunch to show your support and pick up a brat or burger, soda or water, chips and a cookie for a \$7 donation. There will also be door prize drawings. All proceeds from the event will support the Senior Resource Center.

Aspen Acres is located at 10214 Rock Creek Road (located behind Flat Creek Hotel and just past Hayward Cinema. We hope to see you there.

# Hayward Senior Center Activities & Events

715-634-4680 MAY/JUNE 2016 8:00 a.m. to 4:00 p.m.

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Thursday	9 am – 3 pm	Lower Level
Caregiver Support Group	2 <sup>nd</sup> Tuesday of month	1:00pm – 2:30pm	Lower Level
Blood Pressure	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	11 – 12:00am	Upper Level
Ladies Bridge Group	Wednesday	9:00 – 12:00am	Lower Level
Cribbage	Tuesday & Thursday	1:00pm	Upper Level
Duplicate Bridge	Wednesday	6:00pm	Lower Level
Evening Meal	Tuesday	5:30pm	Upper Level
Gin Rummy	Monday	10:00 – 11:30am	Upper Level
Pinochle & 500	Mon & Wed & Sat	1:00pm	Upper Level
Senior Center Bingo	Friday	1:00pm	Upper Level
Foot Care Clinic	Call: Holly Duffy	(715) 699-9987	Lower Level
Spider Lake Meals	Monday & Thursday	12:00 noon	Spider Lake Church
Progressive Bingo	Thursday	6:15 – 9:00pm	Upper Level
Weight Watchers	Thursday	5:30 – 7:00pm	Lower Level
Computer/Tablet Classes	*NO CLASSES UNTIL FALL*	Watch "Events" for a Re-Start Date	
Watercolor Painting	Friday	9:30 – 12am	Lower Level
Gift Shop	Monday - Friday	8:30am – 4:00pm	Upper Level
Activities/Speakers	Day	Time	Place
Hatha Yoga Class	Tuesday's	8:30-9:45am/4:30-5:45	Lower Level
Hatha Yoga Class	Thursday's	9:15-10:30/10:45-noon	Lower Level
Evening Meals	Tuesdays (\$5.00)	5:30pm	Upper Level
Bingo - Buckhorn Bar	Wednesday - <b>June 29</b>	6:00 - 8:00 PM	Exeland, WI
<b>CLOSED - Independence Day!!!</b>	Monday - <b>July 4 "ALL DAY"</b>	<b>No Meals/Office/Bus</b>	<b>ALL</b> Meal Sites & SRC
Hog Fest-Red Schoolhouse Wines	Saturday - <b>July 9</b>	5:00 - 8:00 PM	Stone Lake - To Benefit SRC Programs
Bingo - Red Schoolhouse Wines	<b>July 13 &amp; 27/August 10 &amp; 24</b>	6:00 - 8:00 PM	Stone Lake, WI
Breakfast at Hayward Senior Center	Saturday - <b>July 16</b>	8:00 – 11:00 AM	Upper Level
Bike Safety Presentation/Ride-Walk	Tuesday - <b>July 19</b>	10:00 – 12:00 noon	Lower Level
WI Talking Book & Braille Library	Friday - <b>July 22</b>	10:00 – 11:00 AM	Upper Level
Stepping-On-Class (See Article)	August 1 – September 12	Monday's – Time TBD	Winter Senior Center
AARP Driver Safety Class	Monday - <b>September 19</b>	9:30 AM – 3:00 PM	Lower Level
Monthly Meetings	Day	Time	Place
Advisory Committee	1 <sup>st</sup> Wednesday	10:00am	Upper Level
Advisory Committee Elections	Wednesday - July 6	10:00am	Upper Level
AARP Meeting	1 <sup>st</sup> Thursday	2:00pm	Upper Level
Senior Resource Center Board	3 <sup>rd</sup> Wednesday	1:00pm	Call for Time/Place



**Hatha Yoga Classes Continued from page 13**

likely to trip on the way to the bathroom in middle of the night if you've improved your balance by regularly practicing yoga poses like the Tree pose. Better balance may not seem like a big deal until you consider that falls are a leading cause of hip fractures, the loss of independence, and admission to a nursing home. Yoga also helps you use your body in an overall more balanced way, left to right and front to back, which can help minimize the muscle imbalance that so often leads to bothersome symptoms and injuries.

**Four (4) weekly Hatha Yoga classes are available 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.

Fees: \$5 if under age 60  
\$2 if age 60 and over

Free if member of SilverSneakers

On Tuesday, June 28th, 2016 at 2 p.m. we invite you to a talk and demo of Hatha Chair Yoga at the Winter Senior Center in Winter, WI to determine if there is enough interest in Winter area to hold regular classes there. If you missed the demo, you can call Mary Jo at the number below for more info.

Call Mary Jo Jirik at 715-558-9077 to register for any of the above classes.



# STONE LAKE BREAKFAST MENU

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

## JULY

- Fri. 1) Breakfast Quiche, Hashbrowns, Cr. of Wheat
- Mon. 4) CLOSED
- Tues. 5) Egg Bake Casserole, Potato Pancakes, Cr. of Wheat
- Wed. 6) Sausage Gravy & Biscuits, Oatmeal
- Thurs. 7) Scrambled Eggs, Sausage Patties, Raw Fries
- Fri. 8) Breakfast Burritos, Hashbrowns, Oatmeal

- Mon. 11) Scrambled Eggs, Bacon, French Toast
- Tues. 12) Baked Eggs, Smoked Polish Sausage, Raw Fries
- Wed. 13) Sausage Gravy & Biscuits, Oatmeal
- Thurs. 14) Scrambled Eggs, Sausage Links, BB Pancakes
- Fri. 15) Breakfast Pizza, Hashbrowns, Cr. of Wheat

- Mon. 18) Scrambled Eggs, Ham, Raw Fries
- Tues. 19) Egg Bake Casserole, Waffles, Oatmeal
- Wed. 20) Sausage Gravy & Biscuits, Oatmeal
- Thurs. 21) Scrambled Eggs, Sausage Patties, Pancakes
- Fri. 22) Breakfast Quiche, Hashbrowns, Cr. of Wheat

- Mon. 25) Scrambled Eggs, Sausage Links, Potato Pancakes
- Tues. 26) Scrambled Eggs, Bacon, Raw Fries
- Wed. 27) Sausage Gravy & Biscuits, Oatmeal
- Thurs. 28) Baked Eggs, Smoked Polish Sausage, Pancakes
- Fri. 29) Breakfast Burritos, Hashbrowns, Oatmeal

**\*\*Breakfast includes: Fruit, Pastry, Toast, Coffee, Juice (Orange & V-8)**

## AUGUST

- Mon. 1) Egg Bake Casserole, French Toast, Cr. of Wheat
- Tues. 2) Scrambled Eggs, Sausage Patties, Waffles
- Wed. 3) Sausage Gravy & Biscuits, Oatmeal
- Thurs. 4) Scrambled Eggs, Ham, Raw Fries
- Fri. 5) Breakfast Pizza, Hashbrowns, Cr. of Wheat

- Mon. 8) Baked Eggs, Smoked Polish Sausage, Raw Fries
- Tues. 9) Scrambled Eggs, Bacon French Toast
- Wed. 10) Sausage Gravy & Biscuits, Oatmeal
- Thurs. 11) Scrambled Eggs, Sausage Links, BB Pancakes
- Fri. 12) Breakfast Quiche, Hashbrowns, Oatmeal

- Mon. 15) Scrambled Eggs, Sausage Patties, Waffles
- Tues. 16) Egg Bake Casserole, Potato Pancakes, Cr. of Wheat
- Wed. 17) Sausage Gravy & Biscuits, Oatmeal
- Thurs. 18) Scrambled Eggs, Bacon, Raw Fries
- Fri. 19) Breakfast Burritos, Hashbrowns, Cr. of Wheat

- Mon. 22) Scrambled Eggs, Ham, Pancakes
- Tues. 23) Baked Eggs, Sausage Patties, Raw Fries
- Wed. 24) Sausage Gravy & Biscuits, Oatmeal
- Thurs. 25) Scrambled Eggs, Bacon, French Toast
- Fri. 26) Breakfast Pizza, Hashbrowns, Oatmeal

- Mon. 29) Scrambled Eggs, Smoked Polish Sausage & Potato Pancakes
- Tues. 30) Egg Bake Casserole, Waffles, Cream of Wheat
- Wed. 31) Sausage Gravy & Biscuits, Oatmeal

**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 Menu



## BINGO!

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

July 7

Cheese Burger or Hamburger  
Hot Dog with chili  
Dessert

July 14

Hamburger or Cheeseburger  
Ham Salad Wrap  
Dessert

July 21

Hamburger or Cheeseburger  
Chicken Salad Croissant  
Dessert

July 28

Hamburger or Cheeseburger  
Brat  
Dessert

August 4

Hamburger or Cheeseburger  
Ham and Cheese wrap  
Dessert

August 11

Hamburger or Cheeseburger  
Chicken Salad Croissant  
Dessert

August 18

Hamburger or Cheeseburger  
Sloppy Jo  
Dessert

August 25

Hamburger or Cheeseburger  
Pulled Pork Sandwich  
Dessert

### Summer Safety Tips

Continued from page 8

#### 6. KNOW WHO TO CALL

Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.

#### 7. WEAR THE RIGHT STUFF

Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

#### 8. PROTECT YOUR EYES

Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

#### 9. KNOW THE RISKS OF HYPERTHERMIA

During the summer, be particularly cautious about abnormally high body temperatures -- a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees
- A change in behavior, such as acting confused, agitated or grouchy
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Not sweating, even if it's hot out
- Fainting

If you (or an elderly loved one) start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

#### 10. RUB ON SUNSCREEN AND WEAR HATS

Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.

#### 11. APPLY BUG SPRAY

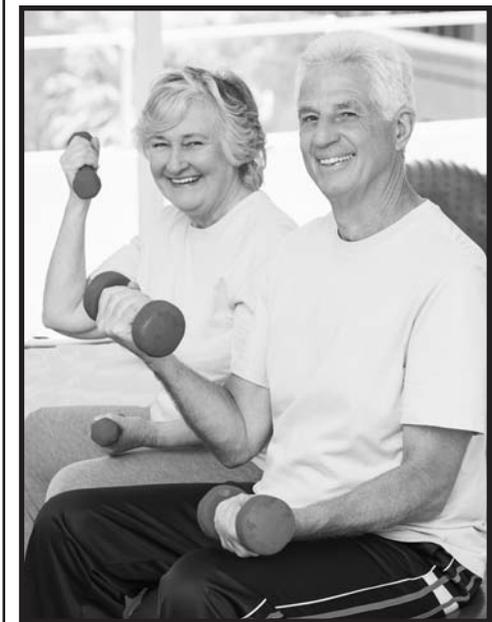
The elderly is particularly prone to West Nile Virus and encephalitis. If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.

#### 12. EXERCISE SMART

If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.



## Senior Resource Center Offers Exercise Classes



Judy Holmes, certified instructor, will be offering some great demo classes to see if there is an interest. The dates listed are for Tuesdays from 10:00-11:00 a.m. in the lower level of the Senior Resource Center located at 15856 E. 5th Street, Hayward.

Each class is a participation Demo so everyone can try it. Because of the amount of equipment, each class is limited to 11 people. Please contact the Senior Resource Center at 715-634-3000 to register. If more than 11 are interested, she will consider doing another class at 11:00. Each class is done to music.

### **July 12th: Gliding Discs**

These easy sliding moves improve toning, coordination, and balance.

### **August 9th: Body Bar**

Versatile foam-covered, weighted bars make the strength-training transitions smooth and effective. A variety of weights available for each person's needs.

# Providing a Safe Home Environment for Alzheimer Patients



When we are caring for someone with Alzheimer's, as caregivers we must take a look at the living environment that we are living in and must adapt to ensure safety for the person with Alzheimer's. It is sometimes necessary to put ourselves in the shoes of the person with Alzheimer's to help anticipate concerns or dangers and learn to continually adapt the living environment as the disease progresses into different stages. In the long run it will be easier to adapt the living environment than trying to adapt the behavior of our loved one with Alzheimer's. Making necessary changes in the home will reduce physical hazards but also reduce the amount of stress put on the caregiver and the care receiver.

Minimizing risks and making a home safe for those suffering a steady decline in both cognitive and physical disabilities is also a major step toward ensuring security and protection of a loved one suffering from Alzheimer's as well as providing safe environment for all those involved in care.

Those suffering from Alzheimer's may experience vision complications. Depth perception, as well as the ability to distinguish colors is often compromised as stages of Alzheimer's progress. Whenever possible, using color contrast when it comes to rugs, floor covering, bedding, and window coverings will help a patient to perceive space and depth within the home. Many Alzheimer's also patients experience difficulty seeing dark objects, as they are often perceived as large, black holes. It is recommended that caregivers avoid wearing black or very dark brown colors, as it may cause agitation and anxiety in the patient for that very reason.

Child-proof locks can be placed on cabinets within the house and doorknob covers used on doors that provide access to areas that cannot be locked for practical purposes. Deadbolts placed near the top or near the base of exterior doors will help to ensure the safety of your loved one.

Kitchen areas of any home or apartment often contribute to the most injuries

because of ovens, stoves, microwaves, hot plates, or crock-pots, all of which may burn or otherwise harm a patient. The caregiver must determine the cognitive abilities of their loved one to ensure that the use of such equipment is safe under any circumstance.

In the homes of patients suffering from cognitive disabilities, cooking with flame can be a fire hazard. Food left on the stove too long may scorch and burn, and in some circumstances, catch fire. A can placed inside a microwave not only damages the microwave, but also may cause an explosion or injury. To ensure safety, the caregiver may cook foods in advance and then unplug or otherwise disable such appliances to prevent injury. Avoid keeping step stools or small ladders in the kitchen area in order to prevent falls or injuries

For patients with vision difficulties, brightly colored plates, drinking cups, placemats and napkins will often help alleviate the embarrassment and difficulty in choosing the right utensils for eating. "Caregivers need to understand that it's the same person as before, but because of the complexity of the process of eating, the person may be confused and embarrassed, and thus refuse to participate," says occupational therapist and founding editor of Alzheimer's Care Quarterly, Carol Bowlby Sifton.



## STEPPING ON CLASSES

### What is STEPPING ON?

Stepping On is a high-level, evidence-based program proven to reduce falls and build confidence in older people. A community-based, small-group workshop, Stepping On was developed in Australia and tested in a randomized trial where it demonstrated a 31% reduction in falls. Wisconsin developed an American version of Stepping On with support from the Centers for Disease Control and Prevention (CDC) that has been tested in the United States and shown to achieve a 50% reduction in falls.

Looking to fill the following classes:

#### WINTER:

Where: WALDO Center  
When: Monday's August 1, 2016  
to September 12, 2016  
Time: 2:00 pm to 4:00 pm  
Contact: Samantha Phillips  
715-934-2177  
Hayward Senior Resource Center

#### HAYWARD/LCO:

Where: Hayward Vet's Center  
When: Monday's September 12, 2016  
to October 24th, 2016  
Time: 9:00 am to 11:00 am  
Contact: Samantha Phillips  
715-934-2177  
Hayward Senior Resource Center  
or Carol Hamblin 715-957-0076  
Lac Courte Oreilles Elder Center

# Spring Style Show and Luncheon Continues its Tradition at The Steakhouse & Lodge



*By Kathy Hanson, Contributing Writer*

The Steakhouse & Lodge is well-known for many things—great food, wonderful ambiance, sensational bar, dedicated staff—all the essentials that make a restaurant successful.

Owner Peggy Dobbs seems to have all the talent and instincts for the kind of business that most of us know we wouldn't be able to handle.

And she takes it a step further by making it her business to provide the community the perfect venue to host many of their

events, be it Prom, school banquets, Home for the Holidays, Festival of Trees, Volunteer Lunches, Recognition Banquets, and every imaginable fundraiser known to Sawyer County.

For the past two years, Peggy has donated her restaurant space and facilities to the Sawyer County Resource Center's Spring Style Show and Luncheon to benefit the Senior Resource Center programs, including Meals on Wheels.

Peggy said there were over 250 people who attended this year's Spring Style

Show and Luncheon, with participants young and old, and an amazing show of support from the community's shops and retail owners.

Linda Hand, executive director of the Senior Resource Center, said there were over 100 volunteers for the event and over 250 local Sawyer County sponsors. She said over \$12,000 was raised at this event.

Peggy Dobbs charged nothing for the space, labor and staff and did the luncheon at cost.

It is an enormously generous gesture. Why does she do it?

"We were all taken care of at one point. It's time to turn around and take care of those people," Peggy said. She talks of her mother who is now 87. She talks of her daughter Annie, who works at a Memory Care Center in Duluth. She feels a certain connection and responsibility to seniors and the elderly, and she said this is her way of giving back.

At this year's Spring Style Show and

Luncheon over 60 models—men and women of all ages and walks of life—strutted their stuff down the runway, while the crowd lunched on chicken salad, croissants, mixed fruit and a dessert of strawberry mousse.

There were silent auctions, raffles and a runway show that turned every head in the place.

Peggy said, "I've never seen as many donations for a silent auction as there was for this Style Show.

Peggy, 56, has been the owner of The Steakhouse & Lodge for six years. Prior to that she was the manager for four years. Originally from Saint Paul, Minnesota, she has lived in Hayward for 26 years.

Peggy employs 30 people at what she describes as her "casual fine dining" establishment, and during high season in the summer the restaurant serves up to 1,000 people per week.

"I love working with people," Peggy said.

Senior Resource Center Takes  
**BINGO!**  
ON THE  
**ROAD**

**Red Schoolhouse Wines**

6 p.m. to 8.p.m. • Stone Lake WI

July 13th & July 27th • August 10th & August 24th

For more Information Contact the Senior Resource Center at:

**-715-634-3000-**

## Wisconsin Talking Book and Braille Library Speaker

As part of a national network cooperating with the National Library Service for the Blind and Physically Handicapped (NLS), the Wisconsin Talking Book and Braille Library (WTTBBL) provides audio books and brailled materials to persons, living in Wisconsin, who cannot see regular print or handle print materials. WTTBBL patrons receive and return books and equipment, postage-free through the U.S. Postal Service.



WISCONSIN TALKING BOOK  
AND BRAILLE LIBRARY

**Come Join Us  
Friday,  
July 22nd at 10 a.m.  
at Hayward  
Senior  
Resource  
Center**

## Bike Safety Presentation/Ride



Come join us July 19th at 10:00 Am for a bike safety presentation and then a ride with...



**WISCONSIN  
BIKE FED**



Benefiting programs for Sawyer County residents 60+,  
including senior meals and Meals on Wheels

WHEN FIVE COURSE CATERING  
DOES THE SMOKIN' THEY DO THE  
WHOLE PIG, NOT JUST THE RIBS!



**Saturday, July 9th**  
serving 5-8 p.m. or until gone!

**\$15 PULLED PORK PLATTER WITH CORNBREAD, COLESLAW,  
POTATO SALAD, CHIPS & PICKLE**

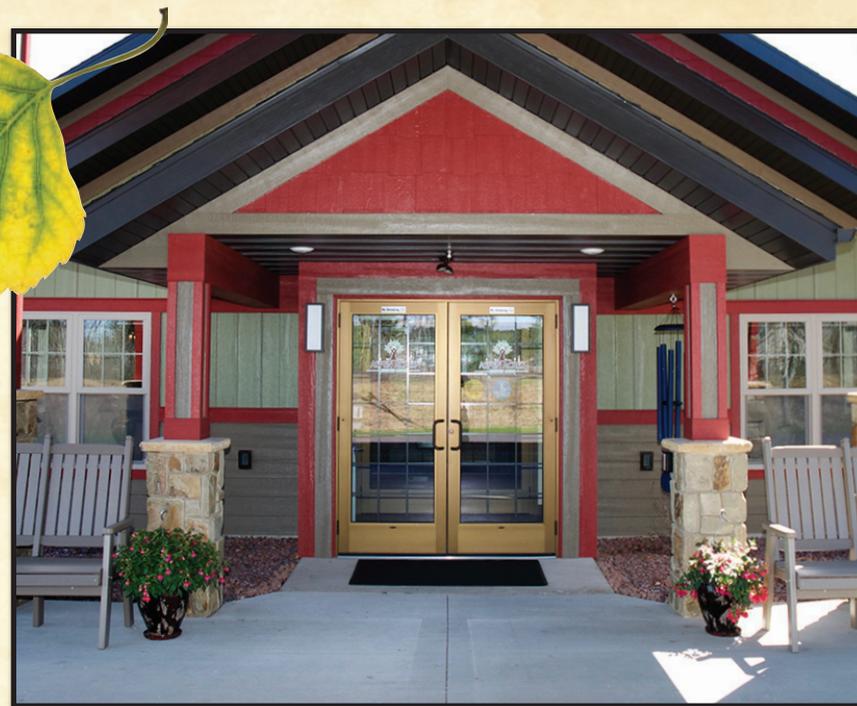
**\$9 PULLED PORK SANDWICH WITH CHIPS & PICKLE**

**Location: Red Schoolhouse Wines**  
5768 N 4th Street S, Stone Lake, WI

**50/50 RAFFLES & PULL TABS**

**MUSIC BY THE "Z'S" FEATURING CAROL ZIMMERMAN 6-8:30 P.M.**

Contact 715-634-3000 for more information



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