

# Sawyer County COMPASS

VOLUME 2, ISSUE 2 • July/August 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

## Your “Farm to Table” is Coming to Sawyer County



*By Kathy Hanson  
Compass Writer*

The Senior Resource Center is all about food. Good food, nutritious food, locally grown food—also known as “Farm to Table” food.

To that end, Executive Director Linda Hand has submitted a proposal called an “Other innovative revitalization project that involves incorporating local foods into the nutrition program.” In simpler words that means that the Linda and the staff at the Senior Resource Center, along with all the meal sites in Sawyer County, will work to find and source locally grown foods for their meal programs using partnerships with local producers and

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### Executive Director News



The Lumberjacks & Jills of Sawyer County hit the steps of our Capital in Madison, May 17th, to participate with 200 advocates from across the state for our older adults. Hoping we can make a difference, we stood out in our red flannels.

*By Linda Hand*

Musky Fest was the maiden voyage of the “Timber Grill”. Our Food Trailer

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## Director News

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and Grill was in the Hayward Veteran's Center parking lot at 10534 Main Street (corner of Hwy. 63 & Main) across from the Hayward Visitor's Center. We started Friday, by smoking pork loin chops until after midnight. Saturday and Sunday, we served up Pulled Pork, Smoked Pork Loin & Grilled Chicken Sandwiches, Pork or Chicken On a Stick along with Slaw & Chips. The Timber Team was also offering Grilled Chicken Margherita Pizzas and Strawberry Shortcake. Stephanie Boyle of Steph's Sushi also partnered with us by serving up her sushi delights, which she now serves out of the Senior Resource Center Hayward meal site "Garden Terrace Café" on Wednesdays. This is a great partnership, whereby they are renting our commercial kitchen to produce their food products. This benefits new and upcoming business entrepreneurs, allowing them use of a commercial kitchen and their rent helps to supplement our services for the older adults in Sawyer County. The Veteran's served from an outdoor bar with Larry's Drifters playing music throughout the weekend under the tent. It was an amazing weekend, with many in support of our mission. We are in plans for future partnerships with the Veterans and have already scheduled Fall Fest, Saturday, September 23rd, and the Birke, Saturday, February 24, 2018, as venues for the Timber Grill at the Hayward Veteran's Community Center. Plans are underway to make it bigger and better each time! So please mark your calendars and join us to #fighthunger #fightisolation #supportveterans #supportseniors in Sawyer County.

Chef Billy has been working on some great menu ideas, which we would like to incorporate locally grown meat and produce as much as possible, with our Timber Grill and the meals we offer at our sites and deliver to Meals on Wheels recipients. If you are a local producer and would like to be part of this venture, please drop off your information, message me or call 715-634-3000. Promot-



ing "Farm to Table" and "Eat Well=Eat Fresh" for Sawyer County, with our Motto: "Great Food, Made with Love, For the Right Reasons".

The Timber Grill traveling kitchen is now set to hit the road for our summer meal events. We will be partnering with other organizations to do outreach services, such as benefit assistance, memory screens, and blood pressures. These are the dates that have been scheduled:

**WEDNESDAY, AUGUST 2**  
**WEDNESDAY, AUGUST 9**  
**WEDNESDAY, AUGUST 16**  
**WEDNESDAY, AUGUST 23**  
**WEDNESDAY, AUGUST 30**  
**WEDNESDAY, SEPTEMBER 6**  
**WEDNESDAY, SEPTEMBER 13**  
**WEDNESDAY, SEPTEMBER 20**  
**WEDNESDAY, SEPTEMBER 27**  
**WEDNESDAY, OCTOBER 4**

Our plan is to hold meal events in at least 10 locations that do not have senior meal sites, with a meal being served at noon. We are also looking for local community organization/church partners to bring homebound to the event and deliver Meals on Wheels to those unable to leave their homes. These events will provide not only nutrition but also socialization and identify what future needs there are for older adults in these isolated and rural communities. There will be no cost for receiving these meals or services. Donations will be accepted. Participants will need to complete a registration form. Businesses and organizations are in the process of being contacted for scheduling. The areas that we will target in Sawyer County are:

1. SEELEY
2. HIGHWAY 77E SPIDER LAKE
3. MOOSE LAKE
4. LORETTA/DRAPER/OXBO
5. FLAMBEAU
6. RADISSON/COUDERAY
7. NORTHWOODS BEACH
8. EDGEWATER
9. FLOWAGE CC
10. FLOWAGE B/W

Continued on Page 3



## Director News

## Continued from Page 2

If you have a location and are willing to partner with us, we will need electrical hook-up, running water, indoor seating and bathroom facilities. We do have a commercial mobile restaurant license. Examples of locations could be a town hall, church, restaurant, bar or resort. Please contact me if you are interested. Thank you for your consideration.

Watch for the BIG Blue Trailer and Timber Grill! We hope that you will join us on this summer adventure throughout Sawyer County #fightinghunger #fightingisolation.



## Hayward Senior Center News

By Helen Chevrier

Hayward Nutrition Committee Member

The Annual Meeting of the Hayward Nutrition Committee will take place in the "Garden Terrace Café" at 15856 E. 5th Street, Hayward on Wednesday, July 12th at 10AM. Elections will be held after the meeting with voting closing by 12:15PM. If anyone is interested in being on the board, please contact Helen Chevrier at jachvc@gmail.com or 715-634-3449. Please attend the meeting and vote for the board members.

A group playing dominoes has started up. We meet the 2nd and 4th Thursday of the month from 1-3:30. Come join us if you are interested.



*Tips for Seniors*

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask your doctor how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if possible, stay in an air-conditioned place. If your home does not have air conditioning, go to your local Senior Resource Center or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some peo-

ple are at greater risk than others. Check regularly on:

- Infants and young children
- People aged 65 or older
- People who have a mental illness
- Those who are physically ill, especially with heart disease or high blood pressure.
- Ask someone to check on you at least twice a day to make sure you are ok. If you must be out in the heat:
- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say, "broad spectrum" or "UVA/UVB protection" on their labels).



The Senior Resource Center is currently accepting applications for a Part-Time Cook and Volunteer Meal on Wheels Drivers at the Cranberry Cafe in Stone Lake, WI. Cooks are required to complete the ServSafe Certification Course and both are required to pass a background check. Wages range from \$9.84-\$11.32 per hour for Cook. MOW Drivers are reimbursed .50 center per mile for mileage. Join our dynamic team and feel the pride of serving the older adults in Sawyer County. For an application please contact the office at 715-634-3000 or stop at the Cranberry Cafe M-F from 8 a.m. to 2 p.m. #fightinghunger #fightingisolation in Sawyer County

## Sawyer County Compass

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

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# Exeland Center News

## The Crossings Diner 715-943-2990



By Karen Skogen

### WELCOME TO THE RENOVATED CROSSINGS DINER

Bonnie says come and see what a week of hard work by some generous volunteers accomplished. The Center has a complete new look with a railroad theme to match the new name. There is a nice area where you can sit in comfort and watch television or the computer is available for anyone to use and there are games to play and books to read. Come and enjoy all this as well as the good food.

Special thanks to Senior Resource Center Executive Director Linda Hand and Site Manager Bonnie Klinger for organizing and coordinating the renovations.

Thank you to the volunteers that spent many hours of hard work moving things, getting ready to paint, painting, cleaning, etc. The volunteers include Joanne Milosch, Loretta Goin, Lynda and Gary Gordon, Janet Gerber, Jennifer Teschen-dorf, Denny and Ellie Welling, Ella Ray and Ernie Yunk.

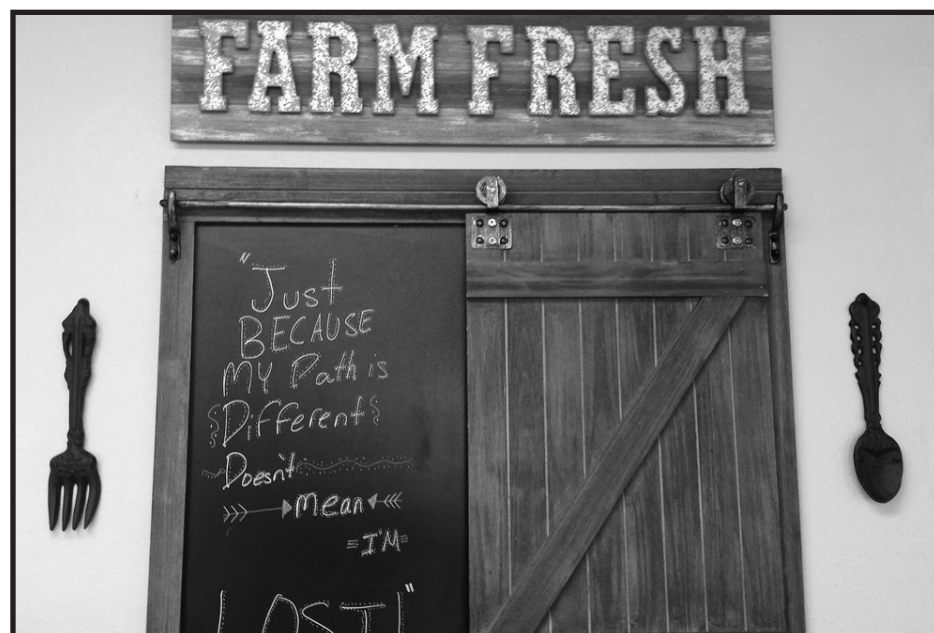
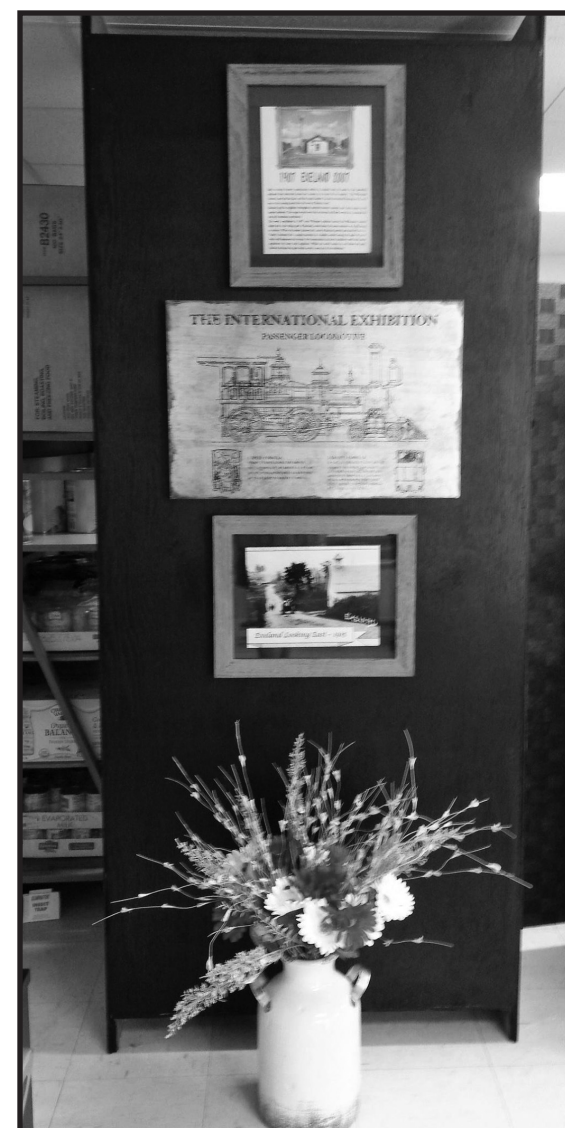
Thank you to Sue's Greenhouse for the flowers for the outside boxes and to Carol Vierck and Isabell Moudry for planting them. Also, thank you to Carol and Carl Vierck for the new soil for the boxes that will make the beautiful flow-ers grow and flourish.



We are thankful that Billy Sobralski could help out and keep the Center open while Bonnie took an emergency leave to be with her son Kirk in Oregon as he emerged from a near fatal heart attack. It is wonderful that Kirk is now doing so well and Bonnie is back in the kitchen.

Don't forget that Desmonde Bennet Senior Resource Center Elder Benefit Specialist is scheduled to be at the Exeland Site once a month. Please call her at 715-934-2177 to make an appointment to meet with her.

Salad Bar to be installed soon! It will be available on Tuesdays and on the days when the menu includes a salad. Watch for more news of this additional enhancement to the meal site.



The Crossings Diner Café received a facelift with the additions of a flat screen television with Roku, historical Exeland railroad pictures, fresh new décor.



# Stone Lake Center News



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

Hello Everyone!

Hopefully, all of you have started to recover from the storm that occurred on June 11, 2017. Many residents and businesses lost trees and power for up to three days. Sadly, many large oaks and beautiful pines were lost to the storm.

Mark July 4th on your calendar for the Lion's activities at Lion's Park from 10:00 am to 10:00 pm. There will be activities and food ending with fireworks at sundown. Lion's Park lost many old beautiful trees along Hwy. 70.

July 8, 2017 from 5-8 p.m. will be the annual Senior Resource Center "Piggy Roast" held at Red Schoolhouse Wine Shoppe in Stone Lake. So, save this date and come out and enjoy roasted pork along with some delicious sides & dessert. The Senior Resource Center will be using the new "Timber Grill" and Food Trailer, with some new pork recipes that they are trying this summer. Rather than rolling a whole pig, they will be offering some other "Piggy" options.

Starting July 12th and every other Wednesday until August 23rd, 7/12, 7/26, 8/9 & 8/23 BINGO will be held at the Red Schoolhouse Wine Shoppe from 6:00 pm to 8:00 pm. The cards are \$1 each and the pot is split with 1/2 going to the winner and 1/2 to benefit the Senior Resource Center. So, come out and enjoy an evening on the patio.

Don't forget to use your Farmer's Market Vouchers at the Stone Lake Farmers market from 1:00pm to 5:00 pm every Thursday.

The Stone Lake Historical Society will have speaker Tom Sybot presenting the history of the 1966 B52 plane crash in Stone Lake. The admission is free and will be held at the Town Hall from 7:00 pm to 9:00 pm.

Stone Lake Cranberry Cafe is still serving breakfast from 8:00 am to 10:00 am and lunch is served at 12:00 noon. Tuesday evening meals are served at 5:00 pm.

Stone Lake's Family Reunion Picnic will be Saturday, August 5th from noon until 4 pm at Lion's Park. This is a reunion of old friend, anyone who has lived in or vacationed in the Stone Lake Area. Music and games will be provided for children. Pre-registration and \$5 per person is required so food can be purchased. You can register at the Stone Lake Museum, the hardware store and at the Coop grocery store. Rain location will be the Lion's Hall.

## EVERYONE HAVE A SAFE AND ENJOYABLE SUMMER!!



# 7 Ways to Keep Your Feet Looking Pretty All Summer Long



**By Aly Walansky**

Your feet are on display this time of year, but it's hard to keep them looking their best when the weather's warm: Exposure to the sun and hot surfaces like sand and concrete can leave your poor dogs dry and rough. Here's how to protect them from the elements so they stay picture-perfect for the entire season (because you never know when you'll want to Instagram your pedi).

### Exfoliate At Least Once A Week

"This will help you get rid of surface dry skin cells, making them look and feel smoother," says Kristen Murphy, Spa Manager at the Woodmark Hotel's Still Spa. Plus, your moisturizer will be more effective when you slough off flaky skin first.

### Avoid Soaking Feet

Contrary to what you might think, soaking can further dehydrate already-dry feet, says Murphy. So instead of soaking your tootsies, apply a sugar scrub directly onto dry skin, and wipe it off with a moistened towel.

Keep a Pumice Stone in Your Shower  
Celebrity manicurist Jin Soon Choi, founder of the JINsoon Nail Lacquer line and Jin Soon Hand & Foot Spas in New York City, grew up in a small village in South Korea where foot-care products weren't available. "We would go to the river and find a textured stone, and we would scrub our callouses and feet with the stone," she says. "This really

worked." Of course, you don't have to search for your own stone since commercially available pumice stones are available. Use one daily or once every other day; just make sure to apply less pressure to soft skin and more to callouses when giving your feet a scrub-down.

### Do Some Heavy-Duty Moisturizing

Your heels are prone to over-use—and as a result, they tend to dry out more easily than the rest of your foot, says Choi. The heel is also protected by thicker skin, which means that it's less penetrable and it'll take a little more effort to lock moisture in. Apply a lotion or oil immediately after you shower to retain the moisture your feet have already soaked up.

### Don't Forget to Apply Sunscreen

Lots of people neglect to apply a good SPF to their feet, but don't make this big mistake. Not only does the skin on your tootsies need protection, but nails are made of protein and are therefore as vulnerable as your skin. "Cuticles serve a purpose," says Barbara Hershefelt, director of sales and marketing for Cutex. "They seal in moisture and protect new nail growth as it emerges from the base of the nail." Sun, wind, and sand can dry cuticles and nail folds (the areas of skin that frame your nails), which is bad for nail growth. You can avoid these issues by being

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# Elder Benefit Specialist News



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

## **EBS MONTHLY SCHEDULE**

Stone Lake: 1st Tuesday of Each Month  
 Exeland: 2nd Tuesday of Each Month  
 Winter: 3rd Tuesday of Each Month  
 Spider Lake: 3rd Thursday of Each Month

Trainings and other mandatory events may occasionally disrupt this calendar, so clients are also encouraged to call me before hand at 715-934-2177 to schedule an appointment.

## **NEW MEDICARE CARDS ARE COMING!**

Medicare has provided health insurance coverage to older adults for over 50 years. Medicare A & B have always utilized people's Social Security numbers as their identification numbers. However, with increasing instances of identity theft across the country, the Social Security Number Removal Initiative was signed into law in 2015 to change the means of identification of Medicare beneficiaries.

The Center for Medicare & Medicaid services (CMS) has been working on implementation of this change over the past few years to ensure a smooth transition, reduce the instances of scams related to the transition, and to work with both insurance providers and medical providers who will need to update their methods for submitting claims and billing Medicare on behalf of patients. The identification number conversion will affect over 55 million Medicare beneficiaries nationwide.

New Medicare cards will be mailed out to Medicare beneficiaries in two groups. Some people will receive their new Medicare cards towards the end of 2018 and others will receive their new Medicare cards in early 2019. The CMS expects all cards to be replaced by April 2019.

Medicare beneficiaries do not need to do anything to receive their new card—it will come automatically in the mail. As a reminder, Medicare will never call beneficiaries to ask for their Medicare numbers, or ask them to pay a fee associated with the replacement card. Anyone who receives a phone call from someone purporting to be calling from Medicare should hang up and report the contact to the Federal Trade Commission (FTC) here:

<https://www.ftccomplaintassistant.gov/>  
 For more information on the transition to new Medicare cards, visit:  
<https://www.cms.gov/medicare/ssnri/index.html>  
[https://www.consumer.ftc.gov/blog/new-medicare-cards-are-way?utm\\_source=govdelivery](https://www.consumer.ftc.gov/blog/new-medicare-cards-are-way?utm_source=govdelivery)

## **SPRING STORM DAMAGE DRAWS TRANSIENT CONTRACTORS**

We are midway through the spring storm season, and flooding, hail and tornadoes have already impacted a wide range of the state. For homeowners, the sudden fury of these seasonal storms can lead to extensive structural and landscape

**Continued on Page 15**



# Hayward Funeral Home

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# Hayward Menu



## BINGO!

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

**JULY 6**

Hamburger or Cheeseburger  
Pork Roast Sandwich  
Dessert

**JULY 13**

Hamburger or Cheeseburger  
BLT on Ciabatta Bun  
Dessert

**JULY 20**

Hamburger or Cheeseburger  
Gyro on a Pita  
Dessert

**JULY 27**

Hamburger or Cheeseburger  
Italian Beef Sandwich  
Dessert

**AUGUST 3**

Hamburger or Cheeseburger  
Orange Crispy Chicken & Rice  
Dessert

**AUGUST 10**

Hamburger or Cheeseburger  
Meatball Sandwich  
Dessert

**AUGUST 17**

Hamburger or Cheeseburger  
Chili Cheese Dog  
Desserts

**AUGUST 24**

Hamburger or Cheeseburger  
Italian Beef Sandwich  
Desserts

**AUGUST 31**

Hamburger or Cheeseburger  
Beef Stroganoff over Noodles  
Dessert

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



*By Ruth Brad,  
Winter Site Manager*

Our landscaping is growing beautifully and the flowers are so in full bloom. It is so nice to drive in the driveway and see the flowers, sure does bring on a smile. Also, I would like to remind everyone to get your raffle tickets. You can stop in and get them Monday through Friday 8 A.M. To 3 P.M. On these raffles, we are offering 1st -Face cord of firewood – 15-mile delivery 2nd prize an oak and cedar chest and 3rd prize is A Winter Greenhouse Gift Certificate for \$100.00. The drawing will be held Tuesday, July 4th and you need not to be present to win.

We are also looking for some Hosta donations for the center, so if anyone would like to donate feel free to stop in. We would love to see you.

We are restarting out Tuesday night meals which are served at 5:00PM, so if you can't make it for lunch come join us for supper.

I would like to take this opportunity to thank everyone who has been helping at your Waldo Center. I really appreciate every one of you. We are becoming a super fun family. How we all work together is amazing and so much fun. Thank You!

I would also like to share with all of you that our Wonderful CO-OP has given us some beautiful hanging pots to put out in our beds and I would also like to Thank the "Harvest of Friends" for their donations to the Center. We can all be so proud of the businesses in our small community.

Everyone please have a safe and happy 4th of July.



## HAYWARD AARP® NEWS

The Hayward AARP will hold their annual picnic instead of a regular meeting on Thursday, July 6, 2017 at Hatchery Creek Park at 11:30 a.m. Brat, buns, and condiments will be provided. Members and guests are asked to bring side dishes to fill out the menu. Bingo will be played after lunch. All are welcome.

The August regular AARP meeting will be held on Thursday, August 3, 2017 at 1:00 p.m. at the Senior Resource Center Upper Level, 15856 E. 5th St., Hayward. After that meeting, the general membership meets followed by refreshments and a program. Pam Stoutenberg, who is a diabetic nurse and nutrition consultant will discuss diet for elders with an emphasis on diabetic concerns. She will be happy to answer questions. Everyone is welcome. You need not be an AARP member to attend this meeting.

## PONTOONING, FISHING AND FRIENDS...

# OH MY!



## FREE Annual Boating Outing!

Join us in an afternoon of relaxing and fishing on a pontoon. Bring a friend or two and enjoy a relaxing afternoon.

**When: August 2, 2017  
& August 16, 2017**

**Where: Meet at  
The Senior Resource Center  
at 12:30 p.m. after lunch**

The bus will bring you to the pontoon and pick you back up and bring you to The Senior Resource Center roughly 4:00 p.m.

**Contact Samantha to reserve  
your spot: 715-634-3000**

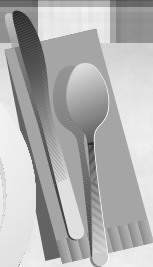
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Served  
Tuesdays at  
5:00 p.m.  
in Stone Lake  
& 5:30 p.m.  
in Hayward



# What's for Dinner?

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

## HAYWARD

### JULY

July 4th  
CLOSED

July 11th  
BBQ Ribs  
Baked Potato w/sour cream  
Salad Bar  
Angel Food Cake w/topping

July 18th  
Oven Fried Chicken  
Steak Fries  
Salad Bar  
Blonde Brownie

July 25th  
Roast Beef  
Mashed Potatoes & Gravy  
Salad Bar  
Peanut Butter Cookie

### AUGUST

August 1st  
Breaded Pork Chop  
Roasted Red Potatoes  
Salad Bar  
Strawberry Short Cake

August 8th  
Spaghetti w/meatballs  
Salad Bar  
Garlic Bread  
Frosted Chocolate Cake

August 15th  
Meatloaf  
Mashed Potatoes & Gravy  
Salad Bar  
Fresh Fruit Salad

August 22nd  
Baked Ham  
Sweet Potatoes  
Salad Bar  
Pudding

August 29th  
BBQ Pulled Pork Sandwich  
Potato Salad & Salad Bar  
Baked Beans  
Ice Cream

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

\*All meals include bread & milk

## STONE LAKE

### JULY

July 4th  
CLOSED

July 11th  
BBQ Ribs  
Baked Potato w/sour cream  
Salad Bar  
Angel Food Cake w/topping

July 18th  
Oven Fried Chicken  
Steak Fries  
Salad Bar  
Blonde Brownie

July 25th  
Roast Beef  
Mashed Potatoes & Gravy  
Salad Bar  
Peanut Butter Cookie

### AUGUST

August 1st  
Breaded Pork Chop  
Roasted Red Potatoes  
Salad Bar  
Strawberry Short Cake

August 8th  
Spaghetti w/meatballs  
Salad Bar  
Garlic Bread  
Frosted Chocolate Cake

August 15th  
Meatloaf  
Mashed Potatoes & Gravy  
Salad Bar  
Fresh Fruit Salad

August 22nd  
Baked Ham  
Sweet Potatoes  
Salad Bar  
Pudding

August 29th  
BBQ Pulled Pork Sandwich  
Potato Salad & Salad Bar  
Baked Beans  
Ice Cream

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

\*All meals include bread & milk



# July 2017

For Reservations call: **Stone Lake:** (715) 865-2025 **Winter:** (715) 266-2233  
**Exeland:** (715) 943-2990 **Hayward/Spider Lake:** (715) 634-4680 **Alternative Meals are available upon request. Please contact your site manager at least one day in advance.**

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| 3<br>Lasagna, Tossed Salad,<br>Garlic Bread, Twix<br>Apple Fluff Salad &<br>Milk                                  | 4<br>                                | 5<br>Baked Fish, Rice Pilaf,<br>Spinach Salad<br>w/Bacon Dressing,<br>Hawaiian Cheesecake<br>Salad, Roll & Milk            | 6<br>Pork Roast, Sweet<br>Potato, Caribbean<br>Blend Vegetables,<br>Marble Rye Bread,<br>Fruit & Milk.   | 7<br><b>Chef's Choice</b><br>          |
| 10<br>Scalloped Potatoes<br>w/Ham, Chop Chop<br>Salad, Apple Sauce,<br>Dinner Roll, Dessert &<br>Milk             | 11<br><b>"Wild Game Day"</b><br>Featuring Venison<br>Delights of your Chef<br>w/Side Dishes, Bread,<br>Dessert & Milk | 12<br>Liver w/Sautéed<br>Bacon & Onions OR<br>Request Alternative,<br>Red Potatoes, Green<br>Beans, Bread, Fruit &<br>Milk | 13<br>BLT on Ciabatta<br>Bun, Sidewinder FF,<br>Cottage Cheese,<br>3 Bean Salad,<br>Frozen Yogurt & Milk   | 14<br>Almond Chicken Salad<br>w/Craisins on a<br>Croissant, Veggies<br>w/Dip, Chocolate<br>Strawberry Shortcake<br>& Milk |
| 17<br>Meatloaf w/Garlic<br>Smashed Potatoes,<br>Corn, Pretzel Salad,<br>WW Bread & Milk                           | 18<br><b>Soup &amp; Salad Bar</b><br>Variety of Choices to<br>Build Salad, Sides,<br>Dessert & Milk                   | 19<br>Chicken Parmesan<br>w/Angel Hair Pasta,<br>Roasted Brussel<br>Sprouts, Garlic Bread,<br>Cheese Cake & Milk           | 20<br>BBQ Ribs, Baked<br>Potato, Baked Beans,<br>Corn Bread w/Honey<br>Butter, Fruit Parfait &<br>Milk   | 21<br>Gyro on a Pita,<br>Tomato, Lettuce,<br>Tzatziki Sauce, Pickle,<br>Chips, Fresh Fruit &<br>Milk                      |
| 24<br>Beef Stroganoff over<br>Rice, Beets, Cucumber<br>Salad, Crescent Roll,<br>Fresh Fruit & Milk                | 25<br><b>Homemade Pizza</b><br>Variety of Salads,<br>Dessert & Milk   | 26<br>Grilled Ham Steaks,<br>Potato Salad,<br>Coleslaw, Summer<br>Berry Cheesecake<br>Salad & Milk                         | 27<br>Italian Beef<br>Sandwich, Mozzarella,<br>Giardiniera, FF, Fruit,<br>Dessert & Milk   | 28<br>Baked Salmon,<br>Wild Rice Casserole,<br>Bacon Wrapped<br>Asparagus, Fruit,<br>Roll & Milk                          |
| 31<br><b>CHEF'S CHOICE</b><br> |   |  | <p><b>Age 60+ suggested donation of<br/>\$3 breakfast, \$4 lunch, \$5 dinner.</b><br/> <b>Under age 60 charge of<br/>\$5 breakfast, \$8.50 lunch, \$8.50 dinner.</b><br/> <b>Salad Bar (1) Trip w/Meal included at regular cost.</b><br/> <b>Salad Bar Alone All-You-Can-Eat, same cost as meal.</b></p> |   |



# YOU ARE INVITED



## AND RIBBON CUTTING CELEBRATIONS FOR THE SRC REVITALIZATION PROJECTS

*Thank you to the USDA,  
Staff & Volunteers!*

### **WALDO CENTER**

Friday, August 4th  
10 a.m. – 2 p.m.  
5141 Arntz Ave  
Winter, WI 54896  
Site Manager: Ruth Brad  
Phone: (715) 266-2233

### **GARDEN TERRACE CAFÉ**

Friday, August 11th  
3 p.m. – 7 p.m.  
15856 E Fifth St., Hayward, WI 54843  
Site Manager: Barb Applebee  
Phone: (715) 634-4680

### **CRANBERRY CAFÉ**

Friday, August 25th  
9 a.m. – 1 p.m.  
16831W Frost St.  
Stone Lake, WI 54876  
Site Manager: Christine Webster  
Phone: (715) 865-2025

### **THE CROSSINGS DINER**

Friday, September 1st  
10 a.m. – 2 p.m.  
946 N Washington Ave. Suite 1,  
Exeland, WI 54835  
Site Manager: Bonnie Klinger  
Phone: (715) 943-2990

### **Farm to Table**

#### **Continued from page 1**

providers of locally grown foods. Now if that doesn't pique your interest and stimulate your appetite. . . well, we know it will, especially when one considers all the renovations and improvements the senior dining centers have received—in their kitchens and dining rooms.

Sawyer County has an estimated 6,000 residents over the age of 60 and that number will jump to over 8,500 by 2030. With ongoing drops in funding from the state for the senior nutrition program, this project is designed to sustain and even improve the elder nutrition needs in our county.

The senior dining centers that will participate in the project include the Garden Terrace Café in Hayward; WALDO Center in Winter, Cranberry Café in Stone Lake, Crossings Diner in Exeland, Spider Lake Country Café and the Food Trailer on the Road.

The partners and "drivers" who helped to kick this initiative off are Wenonah Johnson, Chair SRC Board and retired UW-Extension Agent; Kevin Schoessow, Area Agriculture Development Agent, UW-Extension Agriculture Research Station; Michael Starita, Marketing chair of Harvest Market Community Cooperative; Beverly Thompson, Hayward Farmer's Market; Jules Hand, Event Coordinator, APG Media; Billy Sobralski, Local Chef for SRC Food Trailer and Menu; Christopher Ray, Local Chef and Owner Five-Course Catering; Edward Metcalf, DVM and local pork producer; and Mark Heath, Owner Whiskey Ridge Meat Processing.

Some of the steps that have already begun and others proposed include:

Working with local farmers to purchase/barter their fresh beef, pork, chicken turkey, lamb, eggs, fruit, cheese, milk, butter, wild rice, vegetables honey, maple syrup, herbs and cranberries—all of which will be used in the senior meals. In turn, these local vendors will receive advertising by the SRC.

Cooking classes will be offered at the



**Michael Starita, Marketing Chair of Harvest Market Community Cooperative is a driving partner in the Farm to Table initiative in Sawyer County.**

sites using these foods and produce. Menus in cooking classes that include these foods will be incorporated into existing programs such as Stepping On for Balance, Living Well with Chronic Conditions, Healthy Living with Diabetes, Powerful Tools for Caregivers and Strong Women-Healthy Hearts. Food Trailer events will get products out to isolated areas. The Harvest Market Community Cooperative and the Hayward Farmer's Market will also invite the Food Trailer to join them for events. Farmer's Market participants will use the Senior Resource Center kitchen, which is restaurant certified, to process their produce in exchange for some of their products.

Local area educators will offer seminars on food safety in canning, pressure cook-

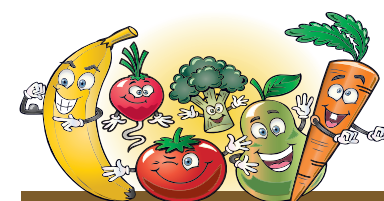
ing, freezing, drying and smoking of foods.

Michael Starita, who is the marketing chairman for the Harvest Market Community Cooperative, said, "What I do is help members of this community become aware of the importance of local farm to table, sustainability and healthy and loving lifestyles that reflect this community."

Starita said their five-person board is working together to see this community have its own brick and mortar store that is owned by its community members but the goal is much larger than a store. . . it's "healing our communities, showing people that when you come together under a greater purpose, great change can be made on a large scale. . ."

Linda said she is waiting to hear back from the State of Wisconsin to see if additional funding for this

project can be obtained, and she is also investigating other grant opportunities to assure the sustainability of the program. "These projects will not all happen overnight, but we hope that we are able to start the process and continue the idea of growth throughout the county. If any local producers are interested in partnerships with this project, please contact me. Our motto is 'Great Food, Made with Love, For the Right Reasons,' and we want to use as much fresh, local products as possible," Linda said.



**THINK ORGANIC!**



# Lumberjills of the Senior Resource Center



Executive Director Linda Hand, Health Promotions Coordinator Samantha Phillips, and Elder Benefit Specialist Desmonde Bennett attended Advocacy Day in Madison, along with Sawyer County representatives Joey Johnson SRC Board Chair, Jennifer Ellis WITC Gerontology Program Director, Waldo Asp Hayward AARP, Betty Hutchinson Hayward AARP, Doc Brueggen, Hayward Senior Center Nutrition Committee Chair. At the state capital, they received advocacy training and then met with state representatives.

relax breathe smile 'me time' relax breathe smile 'me time'

Dear Stress,  
Let's break up  
- me

## Tips to De-Stress

- 1• Relax
- 2• Breathe
- 3• Smile

4• Take some 'me time' and get a tune-up - visit one or both of our tune-up practitioners at the Senior Resource Center

**Mary Jo Jirik** (715-558-9077) releases Trapped Emotions, teaches Hatha Yoga on Tues (8:30am & 4:30pm) & Thurs (8:30 & 10:00am) & offers Reiki sessions and training

**Eagle Spirit Woman** (Marj - 715-558-2499) offers Therapeutic Massage & Reiki sessions

**More info at: [www.HealingStarSpirit.com](http://www.HealingStarSpirit.com)**

relax breathe smile 'me time' relax breathe smile 'me time'



# 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)





# August 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   |
|---|---|--|---|--|
| <b>Alternative Meals are available upon request.</b><br>Please contact your site manager at least one day in advance. | <b>1 Fish Taco or Sandwich</b><br>w/a variety of choices to build your own Salad, Sides, Dessert & Milk   | <b>2 Liver &amp; Onions OR</b><br>Request Alternative w/Sautéed Bacon & Onions, Bacon Pea Salad, Fruit Pie, & Milk | <b>3</b><br>Orange Chicken Stir Fry w/Vegetables, Rice, Egg Roll, Fortune Cookie, Tropical Fruit Salad & Milk | <b>4</b><br>Pork Chop, Roasted Sweet Potato, Mixed Vegetables, Fruit, Cream Cheese Banana Bread & Milk   |
| <b>7</b><br>Turkey, Mashed Potatoes w/Gravy, Corn on the Cob, Cranberries, Crescent Roll, Fresh Fruit & Milk          | <b>8 Build a Brat Burger:</b><br>Start with the “Naked Brat Burger & Bun” add choice of toppings, side salads, dessert & Milk                             | <b>9</b><br>Baked Chicken Breast, Rice Pilaf, Spinach Salad w/Bacon Dressing, Fruit Parfait, Crescent Roll & Milk  | <b>10</b><br>Italian Spaghetti, Fresh Grape Broccoli Salad, Bread Stick, Fruit, Dessert & Milk                | <b>11</b><br>Open Faced Beef Sandwich w/Mashed Potatoes & Gravy, Glazed Carrots, Fruit Parfait, & Milk   |
| <b>14</b><br>Sweet & Sloppy Joes w/Whole Wheat Bun, American-Italian Pasta Salad, Chips, Berry Apple Cobbler, & Milk  | <b>15 French Onion Soup</b><br>with a variety of side salads/fruit, Bread Stick, Dessert & Milk   | <b>16</b><br>Grilled Burger or Hotdog, French Fries, Sweet Corn, Summer Fruit Salad, Root Beer Float, & Milk       | <b>17</b><br>Chicken Kiev, Broccoli Rice Casserole, Spring Salad, Hard Roll, Rhubarb Custard Bars, & Milk     | <b>18 CHEF’S CHOICE</b><br>  |
| <b>21</b><br>Italian Turkey Meatball Soup, Crusty French Bread, Salad, Chocolate Brownie & Milk                       | <b>22 Build Your Own Baked Potato Bar:</b><br>Choose your Potato & “Top It” with Cowboy Beans, Cheese, Veggies, Bacon...Side Salad, Roll, Dessert, & Milk | <b>23</b><br>Smoked Salmon Pasta Primavera, Cottage Cheese, Fresh Fruit Salad, Lemon Bars, & Milk                  | <b>24</b><br>Italian Beef Sandwich w/Mozzarella Cheese, Chips, Coleslaw, Dessert Bar & Milk                   | <b>25</b><br>Ham Steak, Scalloped Potatoes, Caribbean Blend Vegetables, Hawaiian Cheesecake Salad, Hawaiian Sweet Roll & Milk  |
| <b>28</b><br>Finger Licken’ BBQ Chicken, Corn on the Cob, 3 Bean Salad, Fruit, Dessert & Milk                         | <b>29 CHEF’S CHOICE WITH SALAD BAR</b><br>                             | <b>30</b><br>Pulled Pork Sandwich, Baked Beans, Coleslaw, Chips, Carrot Cake w/Maple Cream Cheese Frosting & Milk  | <b>31</b><br>Beef Stroganoff over Egg Noodles, Broccoli & Cauliflower, Fruit Parfait, Bread & Milk            | <div>For patrons 60+ suggested donation \$3 breakfast, \$4 lunch, \$5 dinner.<br/><b>Age under 60 welcome!</b> Charge of \$5 breakfast, \$8.50 lunch, \$8.50 dinner.</div> |





# What's for Dinner?

July and August Tuesday Evening Menus at Exeland and Winter Centers

## EXELAND

### JULY

July 4th  
CLOSED

July 11th  
NO EVENING MEAL

July 18th  
Baked Chicken  
Rice Pilaf  
Peas  
Strawberry Shortcake

July 25th  
BBQ Ribs  
Baked Potato  
Salad  
Peach Cobbler

### AUGUST

August 1st  
Meatballs  
Mashed Potatoes & Gravy  
Garden Salad  
Brownie

August 8th  
Beef Tips in Gravy  
Rice or Noodles  
Asparagus  
Fresh Fruit  
Cookie

August 15th  
Beef Tips in Gravy  
Rice or Noodles  
Asparagus  
Fresh Fruit  
Cookie

August 22nd  
BBQ Ribs  
Baked Potato  
Mixed Vegetables  
Fruit Cobbler

August 29th  
Baked Chicken  
Baked Regular or Sweet Potato  
Asian Coleslaw  
Fruit  
Cake

\*All meals include  
bread & milk

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

## WINTER

### JULY

July 4th  
CLOSED

July 11th  
Grilled Pork Chops  
Side-winders  
Salad Bar  
Peanut Butter Cookies

July 18th  
Pork Roast  
Parsley Buttered Potatoes  
Salad Bar  
Fruited Jello

July 25th  
Baked Chicken  
Mashed Potatoes/Gravy  
Salad Bar  
Chocolate Peanut Butter Cake

### AUGUST

August 1st  
BBQ Ribs  
Baked Potato/Sour Cream  
Salad Bar  
Strawberry Shortcake

August 8th  
Roast Beef  
Mashed Potatoes/Gravy  
Salad Bar  
Apple Crisp

August 15th  
Beef Tips over Egg Noodles  
Salad Bar  
Warm Spiced Apples

August 22nd  
Roast Pork  
Mashed Potato/Gravy  
Salad Bar  
Apple Crisp

August 29th  
Baked Chicken  
Mashed Potatoes/Gravy  
Salad Bar  
Apple Pie

\*All meals include bread & milk

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



## Summer Foot Care

### Continued from Page 5

diligent with your sunscreen routine.

#### Eat Foot-Friendly Foods

Believe it or not, some foods can cause your feet to swell and become bloated. Foods high in salt are the most likely culprits, says Carolyn Dean, M.D., a member of the medical advisory board for the nonprofit Nutritional

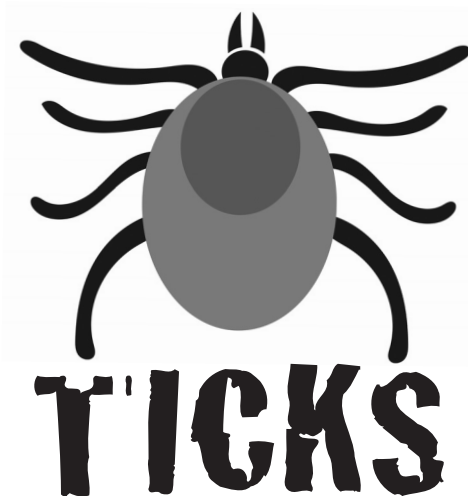
Magnesium Association. To keep your feet looking great, avoid packaged foods, which are heavily salted. Sugars can also cause foot puffiness, so you'll want to minimize your intake of that, too, says Dean.

#### Let Toes Breathe

Since nails are a living part of your anatomy, they need a break to "breathe" from time to time so they can continue healthy growth patterns and rid themselves of chem-

ical residue, says Choi, who recommends a break from nail polish about once a month for a few days to a week. This can help prevent discoloration—particularly if you like to use dark-colored nail polishes—and keep your pedi looking pretty.

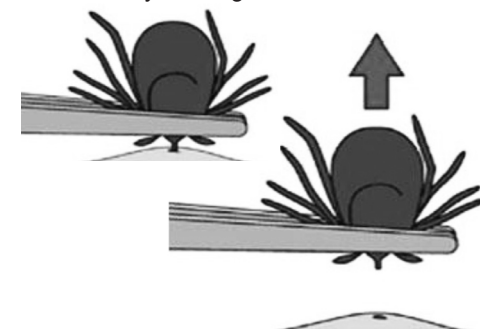
If you need assistance with your Foot Care needs, contact our Foot Care Specialist, Holly Duffy at 715-699-9987.



If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

How to Remove a Tick....

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.



## Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a 6 week workshop that teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional and financial needs, you become a better Caregiver.

### The workshop gives you the tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate effectively with the person needing care, family members, doctors, and paid helpers

When you register, you will receive a book to help you:

- Recognize changes in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Make decisions about driving
- Help memory-impaired elders



*Caregiving is easier when you're better prepared to face the challenges that arise.*

**Class COMING to Hayward, 2017**

Call Samantha Phillips Health Promotions Coordinator

at 1-715-634-3000 to register.



**Elder Benefit Specialist News****Continued from Page 6**

damage, leaving them scrambling to hire help in getting their properties back in order.

The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) asks homeowners affected by storm damage to seek trusted local contractors for home repair projects and to be on the lookout for transient contractors (or “storm chasers”).

“Already our agency is hearing from homeowners and law enforcement who have had contacts with out-of-state work crews canvassing neighborhoods in the aftermath of the recent storms,” said Frank Frassetto, Division Administrator for Trade and Consumer Protection. “Use caution in your interactions with these groups, never let them into your home, and don’t give in to their high-pressure pitches.”

“These workers move quickly from town to town, leaving you with little or no recourse if you are ripped off, if they damage your property, or if there is a problem with a repair they make on your home,” said Frassetto.

A good first step with a storm repair project should be to research trusted local contractors. Ask for references from friends, family members, and co-workers, and contact DATCP’s Consumer Protection Hotline (800-422-7128) to find out about complaints against particular businesses.

Wisconsin’s “Storm Chaser Law” gives DATCP enforcement tools to protect consumers and honest businesses alike by helping prevent insurance fraud. Highlights of the law include:

- Contractors cannot promise to pay all or some of a property insurance deductible.
- Contractors cannot represent or negotiate with the customer’s insurer on behalf of the customer. The contractor can, with the consent of the customer, discuss damages and • costs associated with the repairs with the insurer.

- Before entering into a contract with a

customer, the contractor must give the customer a questionnaire to determine whether the work requested is related to an insurance claim.

- Customers have a right to cancel the contract within three business days of being notified that their insurer has denied all or any part of the claim for work. Contractors must notify customers of this right.

Here are additional Consumer Protection tips for homeowners with storm damage:

- Ask contractors if they are subcontracting your job. If they are, find out who the subcontractor will be and check them out as well.
- Get lien waivers from anyone you pay for home repairs. Lien waivers protect you if the person collecting the money does not pay the suppliers or workers.
- Get a written contract with a start and completion date and warranty information. Also, make certain that the contract states exactly what work is to be done and what materials are to be used. Never rely on a verbal commitment.
- Have someone watch the work being done. Check with your local building inspector to see if the work requires a permit. Make sure an inspector visits the job site before you make a final payment.
- Request a copy of the contractor’s certificate of liability insurance.

Local door-to-door solicitation rules vary by municipality, and there are legitimate businesses that may knock on your door with a sales pitch. A good practice to follow is to request a business representative’s permit to operate if your municipality has a door-to-door sales ordinance.

For additional information or to file a complaint, visit the Consumer Protection Bureau at [datcp.wisconsin.gov](http://datcp.wisconsin.gov), send an e-mail to [datcp hotline@wisconsin.gov](mailto:datcp hotline@wisconsin.gov) or call the Consumer Protection Hotline toll-free at 1-800-422-7128.

Connect with WI Department of ATC on Facebook at [www.facebook.com/wiconsumer](http://www.facebook.com/wiconsumer).

*Articles reprinted with permission of DATCP.*

# Traveling



## with Dementia

If a person has Alzheimer’s or other dementia, it doesn’t mean he or she can no longer participate in meaningful activities such as travel; but it does require planning to ensure safety and enjoyment for everyone. Whether taking a short trip to see friends and family or traveling a far distance for vacation, it’s important to consider the difficulties and benefits of travel for a person with dementia. In the early stages of dementia, a person may still enjoy traveling. As the disease progresses, travel may become too overwhelming.

When you take into account the needs, abilities, safety and preferences of the person with dementia, what’s the best mode of travel?

Consider the following:

- Go with the option that provides the most comfort and the least anxiety.
  - Stick with the familiar. Travel to known destinations that involve as few changes in daily routine as possible. Try to visit places that were familiar before the onset of dementia.
  - Keep in mind there may come a time when traveling is too disorientating or stressful with a person with Dementia..
  - Changes in environment can trigger wandering. Even for a person in the early stages, new environments may be more difficult to navigate. Keep the person safe by taking precautions, such as enrolling in MedicAlert® + Alzheimer’s Association Safe Return®
- If you will be at a location for an extended period of time, consider contacting the local Alzheimer’s Association for resources and support.

Have a bag of essentials with you at all times that includes medications, your travel itinerary, a comfortable change of clothes, water, snacks and activities.

**Continued on Page 16**





Feel better.

Be in control.

Do the things  
you want to do.

Take Charge of  
your life!

Join Us!

Class Coming 2017

# Put Life Back in Your Life

Are you an adult with an ongoing health condition? Or just want to live a better life?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the *Living Well* Workshop can help you take charge of your life.

## Traveling with Dementia

Continued from page 13

Pack necessary medications, up-to-date medical information, a list of emergency contacts and photocopies of important legal documents.

- Create an itinerary that includes details about each destination. Give copies to emergency contacts at home. Keep a copy of your itinerary with you at all times.
- If you will be staying in a hotel, inform the staff ahead of time of your specific needs so they can be prepared to assist you.
- Travel during the time of day that is best for the person with dementia.

### Documents to Take with You when Traveling

- Doctors' names and contact information
- A list of current medications and dosages
- Phone numbers and addresses of the local police and fire departments, hospitals and poison control
- A list of food or drug allergies
- Copies of legal papers (living will, advanced directives, power of attorney, etc.)
- Names and contact information of friends and family members to call in case of an emergency
- Insurance information (policy number, member name)



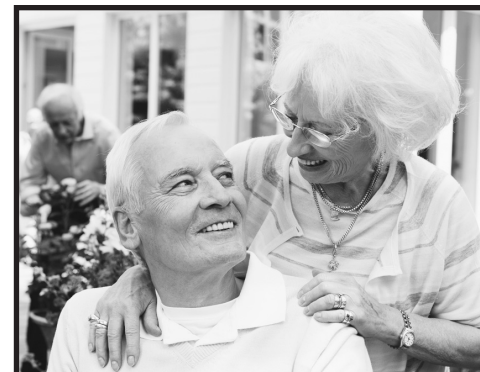
*"The workshops put me  
back in charge of my life,  
and I feel great. I only wish  
I had done this sooner."*

### To Register Call:

Samantha Phillips

Health Promotions  
Coordinator

**715-634-3000**





# BINGO ON THE PATIO



Join us at Red Schoolhouse Wines in Stone Lake for "Bingo on the Patio" during July & August, to raise money for Senior Resource Center programs in Sawyer County.

**Wednesdays – July 12, July 26,  
August 9 and August 23 from 6-8 p.m.  
Call the SRC Office at 715-634-3000  
for more information!**

## PROGRESSIVE BINGO

Join us each Thursday to raise funds for the Hayward Building

Join us each Thursday evening at the Senior Resource Center to raise funds for the Hayward Building and for the programs we provide for Sawyer County residents 60+ by playing Progressive B-I-N-G-O.

Each week we will be cooking up some great meals for great deals, so bring your appetite!

**Doors open and food being served at 5:30**

**Early Birds 6:15 • Regular Session 7 p.m.**



Get updates of menu and where the progressive pot is at:

<https://www.facebook.com/HaywardBingo/>

Senior Resource Center located in Sawyer County, WI • 15856 E. 5th Street, Hayward, WI

Please call 715-634-3000 for more information

# STONE LAKE BREAKFAST MENU

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

## JULY

- 3) Scrambled Eggs, Bacon, Raw Fries
- 4) CLOSED- 4th of July
- 5) Sausage Gravy & Biscuits, Oatmeal
- 6) Scrambled Eggs, Smoked Polish Sausage, Pancakes
- 7) Egg Casserole/ Breakfast Quiche, Hash Browns, Cream of Wheat

- 10) Scrambled Eggs, Sausage Links, Waffles
- 11) Build an Omelet, Raw Fries, Oatmeal
- 12) Sausage Gravy & Biscuits, Oatmeal
- 13) Scrambled Eggs, Potato Pancakes, Sausage Patties
- 14) Breakfast Pizza, Hash Browns, Cream of Wheat

- 17) Scrambled Eggs, Bacon, French Toast
- 18) Baked Eggs, Raw Fries, Ham
- 19) Sausage Gravy & Biscuits, Oatmeal
- 20) Scrambled Eggs, Sausage Links, Blueberry Pancakes
- 21) Breakfast Burrito, Tater Tots, Baked Oatmeal

- 24) Scrambled Eggs, Smoked Polish Sausage, Potato Pancakes
- 25) Build an Omelet, Raw Fries, Cream of Wheat
- 26) Sausage Gravy & Biscuits, Oatmeal
- 27) Scrambled Eggs, Sausage Patties, Waffles
- 28) Breakfast Sandwich, Tater Tots, Cream of Wheat

- 31) Scrambled Eggs, Ham, Pancakes

## AUGUST

- 1) Baked Eggs, Bacon, French Toast
- 2) Sausage Gravy & Biscuits, Oatmeal
- 3) Scrambled Eggs, Sausage Links, Raw Fries
- 4) Egg Casserole/Quiche, Hash Brown, Oatmeal

- 7) Scrambled Eggs, Sausage Patties, Waffles
- 8) Build an Omelet, Raw Fries, Oatmeal
- 9) Sausage Gravy & Biscuits, Oatmeal
- 10) Scrambled Eggs, Smoked Polish Sausage, Pancakes
- 11) Breakfast Pizza, Hash Browns, Cream of Wheat

- 14) Scrambled Eggs, Ham, Potato Pancakes
- 15) Scrambled Eggs, Sausage Links, Blueberry Pancakes
- 16) Sausage Gravy & Biscuits, Oatmeal
- 17) Scrambled Eggs, Bacon, Raw Fries
- 18) Breakfast Burrito, Tater Tots, Baked Oatmeal

- 21) Scrambled Eggs, Sausage Patties, Waffles
- 22) Build an Omelet, Raw Fries, Oatmeal
- 23) Sausage Gravy & Biscuits, Oatmeal
- 24) Scrambled Eggs, Bacon, French Toast
- 25) Breakfast Sandwich, Tater Tots, Cream of Wheat

- 28) Scrambled Eggs, Smoked Polish Sausage, Raw Fries
- 29) Baked Eggs, Ham, Pancakes
- 30) Sausage Gravy & Biscuits, Oatmeal
- 31) Scrambled Eggs, Sausage Links, Waffles

\*\*\*Breakfast Includes: Fruit, Pastry, Toast, Coffee, Hot Chocolate, Juice (V-8 & Orange), Milk

**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 • JULY/AUGUST 2017 • 8:00 a.m. to 4:00 p.m.

## FIT BITS

A Look in  
the Mirror...  
What Can't  
You See?

By Judy Holmes,  
Certified Fitness  
Instructor



Most people establish an exercise routine to get in better shape, but beyond appearance, exercise benefits the mind and body in ways you cannot see in a mirror. From improved physical health, increased productivity at work, or stress reduction, all have profound impacts on your life.

Exercise also offers a unique boon to the circulatory system, more good stuff happening beneath the skin and behind the scenes.

Most of us take for granted how the circulatory system delivers blood to the body's tissues until a health hazard or challenge occurs. Aerobic exercise provides many heart-healthy benefits including blood-vessel flexibility and inducing protection to aging arteries against multiple adverse factors.

Exercise opens the door for an amazing feat: new blood vessel growth. By adding exercise, research showed that people with heart failure who rode a bike for up to 30 minutes a day for 4 months had new blood vessel creation. The challenging activity stimulated stem cells to build and repair.

So, seek out something you love whether it's cycling, swimming, running, walking, or dancing your heart out, and do it for 20 minutes a day! "An ounce of prevention is worth a pound of cure."

| Monthly Happenings                     | Day  | Time   | Place                            |
|--|--|--|----------------------------------|
| Alzheimer's Day Respite                | <u>Thursdays</u> - 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 each 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                      | <u>Thursdays</u> - 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                | <u>No Classes</u> May thru August  | <u>Resumes after Labor Day</u>                           | Lower 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 ( <u>Wednesdays</u> ) | May - October 2017   | 6:00 p.m.  | Lower Level                      |
| Activities/Speakers                    | Day  | Time   | Place                            |
| Hatha Yoga Class                       | Tuesday's  | 8:30-9:30am/4:30-5:30pm                                  | Lower Level                      |
| Hatha Yoga Class                       | Thursday's   | 8:30-9:30am/10:00-11:00am                                | Lower Level                      |
| Sit-Fit Exercise Class/\$5 per class   | Tuesdays – <i>Come Join Us!</i><br><u>NO CLASSES</u> JUNE thru AUGUST                                  |  |                                  |
| <u>AARP</u> – ANNUAL PICNIC            | Thursday, July 6, 2017   | 11:30 a.m.   | Fish Hatchery Creek Park         |
| "Piggy Fest" Fundraiser                | Saturday, July 8, 2017   | 5-8 p.m.   | Red Schoolhouse Wines Stone Lake |
| Bingo on the Patio                     | Wednesday, 7/12, 7/26, 8/9 & 8/23  | 6-8 p.m.   | Red Schoolhouse Wines Stone Lake |
| AARP – Diabetes Concerns               | Thursday – August 3, 2017  | Pam Stoutenberg, Diabetes Nurse/Consultant - Essentia    | 1:00 p.m. Upper Level            |
| FREE Pontooning & Fishing Trip         | Wednesday, Aug 2 <sup>nd</sup> & 16 <sup>th</sup>  | Meet 12:30 at SRC to Nelson Lake. Call for registration. | Upper Level                      |
| 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           | Thursday, July 20 <sup>th</sup>  | 1:00 p.m.  | Spider Lake Church               |
| Senior Resource Center Board           | Wednesday, August 16 <sup>th</sup>   | 1:00 p.m.  | Crossings Diner Exeland          |



# Storm Rips Through Sawyer County



On Sunday, June 11, 2017, a vicious storm hit Sawyer County. It left a path of destruction with power outages to many homes, especially in the Stone Lake area. The Senior Resource Center and Salvation Army staff partnered to deliver water and meals to the residents, volunteers, and workers the next day. A special thank you to Timber Ford for providing us a truck, Walmart, and Cliffy's Candy for supplies. Money received from the Emergency Food & Shelter Program grant was used to purchase the food that was distributed.





# Rehabilitation Services

## OPEN HOUSE

Wednesday, August 2  
3:00 - 6:00 PM

Hayward Area  
Memorial Hospital

11040 N State Rd 77 • Hayward, WI 54843



- Newly remodeled space
- Meet our providers
- Food, give-aways and more!



Hayward Area  
Memorial Hospital  
& Water's Edge

*Right here in the place we love.*

[haywardmemorialhospital.com](http://haywardmemorialhospital.com)

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Wound Care