

# Sawyer County COMPASS

VOLUME 2, ISSUE 1 • May/June 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**

## Executive Director News

## Welcome Spring!



Wow! A lot has gone on this last year at the Senior Resource Center, with a world wind of changes throughout the county. Starting with the award of a USDA grant of \$50,000, which we matched with \$45,000 to replace major commercial kitchen equipment at our four cooking sites. Along with

**Continued on Page 2**

## It's a Wrap — Eileen 'Bean' Timmerman Finishes Six Years on the Board

*By Kathy Hanson  
Compass Writer*

Eileen "Bean" Timmerman joined the Senior Resource Board of Directors six years ago and as her term ends this month in April she said she is "happy to report that things have developed into a vibrant resource for the seniors in our county."

The former Executive Director for Sawyer County Nonprofit Housing for 20 years, Bean retired in 2016 and was asked to serve on the board by Bonnie Flora, a former board member. While on the board Bean served as president, vice-president and secretary. She said her early years on the board were challenging since it was the time of many federal and state budget cuts.

"Making up the deficit was quite troublesome. There was a stagnant feeling in the centers and much-needed revamping

needed to be done," said Bean. She recalled that the addition of computers and Internet to the centers was one of the first major things she remembers—followed by the addition of new programs, continued education, better meal plans and more.

"The handover of the building in Hayward to the SRC was a huge step," she said, adding that it was also a challenge but as with many things before they met it.

She credits Linda Hand's tenacity in fundraising and finding grant money to much of the improvements and thinks one of the biggest challenges at this time is to increase the number of daily meals served at the centers.

"With the new menu changes and perhaps the addition of salad bars and such, this will be an incentive for younger seniors

**Continued on Page 5**



**Eileen "Bean" Timmerman leaves the SRC board after six years of service.**

## What's Up in this Edition:



Caregivers Guide ..... Page 13

Tuesday Night Dinner Menus ..... Page 10 & 11

What's on the Menu? ..... Pages 9 & 12

Senior Center News..... Pages 3, 4, 5 & 7



Esther Musser, John Peterson and Tom Wellnitz enjoy the new salad bar at the WALDO Center in Winter.



The addition of the salad bars at area senior sites has become quite a popular dining choice.

## Director News

### Continued from Page 1

this came cleaning and revitalization of each of the sites.

Also during this time, we were notified by Meals on Wheels of America, that we received approval of our EAT WELL=EAT FRESH grant proposal to implement salad bars at three meal sites. As of March 1, 2017, we opened salad bars in Winter, Hayward and will shortly in Exeland. This option has proven to be very successful, showing that on salad

bar days our numbers have risen significantly and the patrons are requesting us to offer it daily.

Our current project is one that I had proposed three years ago as part of a revitalization project. This was to incorporate a business acumen idea for sustainability of our nutrition program for additional income by using a transportable BBQ and traveling kitchen, a real Meals on Wheels! We did not get the funding but continued to fundraise for the future project.

Then an opportunity arose from a local



welder, who had constructed a large BBQ/Smoker/Pig Roller and offered to sell it to us at a very reduced cost. At the same time, I was in negotiations for the cooker, I was notified by the State of Wisconsin that they had relooked at my proposal for a food truck idea and were interested in reviewing a second submission of what we would use this for. Since the first proposal, I had attended a food truck training and business planning course through UW-Superior. If we had a traveling kitchen, we could do outreach meal events in locations that do not have close access to a senior meal site and are too far for Meals on Wheels delivery.

Before submitting, I printed out a map of the entire county and researched the most underserved areas. From this, I found listings of local business and contacted them to see if they would be willing to allow us to use their property and facilities to put on meal events for senior residents. Letters were sent to local organizations and churches in these areas to ask for event assistance and volunteers to deliver meals to those who are homebound in these rural communities. After submission, I was notified that we were chosen to be a food truck pilot project in a rural area of Wisconsin. We were awarded a grant for \$20,000 and have now purchased a self-contained, Wisconsin approved traveling food trailer.

Timber Ford of Hayward has agreed to collaborate with us to provide trucks to pull the BBQ and traveling kitchen to these senior meal events. We will also use the equipment at local events to raise awareness and funds for the programs that we provide to older adults throughout the county. Through social media on a Facebook promotion, we have received very supportive feedback, with offers of support and even financial donations. The community picked the name of Timber Grill, which goes along with the long history of logging in our community, with a Lumberjack theme and the partnership of Timber Ford. We have created a logo for the Timber Grill which has the hashtag of #fightinghunger #fightingisolation in Sawyer County. Complete Welding has attached the Timber Grill name and the Ford Grill to the BBQ grill, which was both ideas of community members. Grill and trailer are currently in the process of being cleaned, sandblasted and painted by Scott's Sandblast-ing.

Our "Timber Team" had their first shot at publicly showing off their expertise of food service during the Women's Expo on April 22nd at the Hayward High School. Chef Billy Sobralski is assisting us in creating menu ideas and once everything is ready, we will be hitting the road. Now I will have to start a Twitter





An opportunity arose from a local welder, who had constructed a large BBQ/Smoker/Pig Roller and offered to sell it to us at a very reduced cost.



The community picked the name of Timber Grill, which goes along with the long history of logging in our community, with a Lumberjack theme and the partnership of Timber Ford.

account, so they tell me, to let people know we are in your community. That's what food trucks do.

So, we are pulling up our big boy pants and will soon have an official Food Trailer/BBQ a REAL "Meals on Wheels". As far as I know, this will be the first of this kind in the Nation. We are accepting donations and volunteers in this venture. Please call 715-634-3000 and let us know if you would like to be a part of the Timber Grill Team! Please toot your horn when you see us on the road and by all means, stop by to eat some good grub at our events!

## Please Support...



## Hayward Senior Center News



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

Spring is dragging its feet in showing up. The robins have been here for weeks, but it still gets cool at night. Opening fishing is only days away. Some of the early spring flowers are already up. Hopefully within a few days it will warm up.

The Hayward site is looking for 2 or 3 new members for its Nutrition Advisory Committee. The duties include attending a meeting once a month, planning and executing treats for the congregate and/or home deliveries. Also, the committee holds several fund-raising events to raise money for various activities the committee or center participates in. Currently the committee is planning to have a float in the Musky Parade. Fun, right! If you would like a very rewarding volunteer position, please contact either Helen Chevrier (715-634-3449) or myself, Doc Brueggen (715-634-0249) by the 15th of May. Elections are the first Wednesday of June.

Also, the Hayward site is looking for someone to write the bi-monthly newsletter. The letter usually includes information regarding news for the kitchen or activities planned by the advisory committee. Please contact Barb at (715-634-3680).

Please mark your calendars for the Mother's Day luncheon on Friday, May 12th, at noon. It will be a special time to

remember our mothers, grandmother or even our daughters. Please join us for their special day.

Another "save the day" is May 26th in honor of Memorial Day. We will be having a special out door picnic and barbeque. We will be grilling out on the patio and hopefully enjoying the sunshine and each other. Taking some time together to remember those that have gone before us. The party starts at noon. If it rains we will move indoors.

We don't forget our Dads either. June 16th, we will honor our Fathers with a special treat. Please join us. Lunch is served at noon.

Last but not lease DON'T forget Musky Fest parade. The seniors will have a float and senior royalty in the parade. Come

**Continued on Page 4**

# Sawyer County Compass

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

**VOLUME 2 • ISSUE 1**  
**May/June 2017**

**Published Bi-Monthly  
by the Sawyer County Gazette**  
(USPS 482-580)  
PO Box 99  
5133N Main Street  
Winter, WI 54896-0099

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

For advertising rates or more information  
contact Sue Johnston:

Advertising: [gazetteads@centurytel.net](mailto:gazetteads@centurytel.net)  
Editor: [saj@sawyercountygazette.com](mailto:saj@sawyercountygazette.com)

# Exeland Center News

The Crossings Diner  
715-943-2990



By Bonnie Klinger  
Site Manager

Starting Tuesday May 2nd, we will be starting our Tuesday evening meals. We serve at 5:30 p.m. and the suggested donation for the evening meal is \$5 for those 60+ and an \$8.50 charge for those under 60. We would LOVE to have you come in and join us.

From June 5-9th, we will be closed to revitalize our center. We are looking for some volunteers for that week to help with painting and decorating. Our theme for our center is going to be Railroads and Trains. If anyone has any historical pictures or railroad themed items they would like to donate, that would be great also. Just give me a call (715-943-2990) and let me know, if you can help me out. Thanks, Bonnie

Stay tuned for dates of our Open House & Big Reveal of the newly renovated "Crossings Diner"!



## Think Summer!

# Recipe Corner



## Summer Berry Cheesecake Salad

### INGREDIENTS

1 pound strawberries, hulled and cut into quarters  
1 (9 ounce) container blueberries, washed and dried (remove stems)  
1 (9 ounce container) raspberries, rinsed and dried  
1 (8 ounce) package cream cheese  
1/2 cup Simply Pure Vanilla Coffee Creamer

### PREPARATION

Prepare berries and lay them on paper towels to dry while you prepare the cheesecake mixture.

In a medium tall bowl, using an electric mixer, whip cream cheese until it becomes smooth. It may bind up in the beaters, but continue as is and it will loosen up.

With mixer running slowly add creamer to the cream cheese. Add it about a tablespoon at a time and then mix until it becomes a smooth mixture and all of the creamer has combined into the cream cheese. Continue until all of the creamer has been added to the cream cheese. Whip until smooth.

Combine berries in a large bowl. Gently fold in cheesecake mixture until completely combined.

Chill until ready to serve or serve immediately. Enjoy!

**DONNA'S NOTES:** Do not pour all of the creamer into the cream cheese at once. It will get clumpy and no matter how long you beat it, it will stay that way. Trust me on this one.

If you have to substitute cream for the creamer, powdered sugar and vanilla would be the best swap. 1/2 cup heavy cream, 2 tablespoons powdered sugar and 1 teaspoon vanilla extract.

Recipe developed by Donna Elick - The Slow Roasted Italian

Copyright ©2016 The Slow Roasted Italian

— All rights reserved.



## Cranberry Scones

### INGREDIENTS

2 cups flour  
1/2 cup sugar  
1 Tbsp. baking powder  
1/2 tsp. salt  
3/4 cup craisins (cranberries)  
1 1/4 cup whipping cream  
1 cup white chocolate chips  
3 Tbsp. butter  
2 Tbsp. sugar

### DIRECTIONS

In large mixing bowl mix flour, sugar, baking powder and salt. Stir in craisins and chips. Add cream and stir until dough forms. Knead gently. Form dough into 10-12 circles 1/2 inch thick. Put on baking sheet, brush with melted butter and sprinkle on sugar.

Heat oven to 400 degrees. Bake 14-17 minutes.

## Hayward Senior Center News

### Continued from page 3

out and participate, show the younger generations that old is not necessarily senile or a bunch of wheelchairs and walkers.

Again, please contact the center if you have any desire to help by being on a board or by volunteering for some other activities. Meals on Wheels substitute drivers are always in demand. If you want to take a couple hours of your time to brighten the day of a shut-in call Barb at the center.

Be nice to each other and stay active.

# HAYWARD AARP® NEWS

The Hayward chapter of AARP meetings are held the first Thursday of every month at the Hayward Senior Resource Center located on 15856 E Fifth St. Meetings start at 1 p.m. with a board meeting followed by a general membership meeting. After a refreshment break, a program of general interest is presented. Meetings are open to everyone - you need not be an AARP member to attend.

Thursday, May 4, 2:30 p.m. - Trinke Mc Nurlin, Coordinator for the Sawyer County Health and Human Services Team will present a program titled 'Where to Find Help When You Need Assistance with Basic Needs'.

Thursday, June 1, 2:30 p.m. - Pam Stoutenberg, Diabetes Nurse/ Consultant with Essentia Health will discuss diet for elders with emphasis on diabetic concerns.

For more information on these programs, contact Carol Alcoe at 715-634-0988. For more information on AARP call Brenda Adler at 715-266-5779.



# Stone Lake Center News



By Peggy Johnson

## Stone Lake Senior Center Chef

Welcome Spring!!

Time to get the gardens ready for planting the vegetables and spruce up the yard with flowers after getting rid of the remains of last year's leaves. Also, the time for Garage Sales, Flea Markets, etc.

This year the Annual Stone Lake Garage Sale will be the first weekend June 3rd, starting at 9:00 am until 4:00 PM. What a wonderful way to start the spring and get some good bargains, that one-of-a-kind thing that you just cannot live without.

There will be NO Evening Meal on Tuesday, May 16, 2017. The Stone Lake Area Homemakers will be having their Annual Salad Supper as their major fundraiser. They will be serving all types of salads, rolls, desserts, coffee, etc. for a donation.

Starting in May, Chris will be offering a new breakfast item. She will offer a "build your own" omelet, so be sure to pick up a breakfast menu or join us daily. Breakfast is served Monday through Friday, starting at 8:00 am until 10:00 am. The cost is \$3 for age 60+ and \$5 for -60. Noon meals are served at 12:00, and the Tuesday Evening Meal is served at 5:00 pm. The Compass newspaper include all the menus and articles of interest for the upcoming two months.

Progressive Bingo is being played every Thursday night at the Hayward Center located at 15856 E. 5th Street, Hayward. Early bird starts at 6:15 pm and Progressive starts at 7:00 pm. Food is served starting at 5:30 pm.

The Historical Society will be opening the museum starting Memorial Weekend through Cranberry Fest on Friday and Saturday's from

12:00 to 4:00 PM. After visiting the museum take a walk around the Wetland Park and look for wildlife and birds.

Stone Lake Music Night is held the second Saturday of each month at the Stone Lake Lion's Hall. This is free to the public and light snacks and refreshments are served.

May 7th is the Historical Society major fundraiser for the year, held at the fire hall, from 4:00 pm to 7:00 pm. They will be serving a Scallop Potato Dinner, dessert bar. There is also a silent auction.

There will be no computer classes starting in May. Classes will resume in the fall.

Starting Thursday, May 25th, the Stone Lake Farmers' Market will be at the corner of Stone Lake Road (Main St) and Hwy 70 from 1:00 pm until 5:00 pm. And, don't forget the Stone Lake Lions Annual Fish Fry from 4:00 pm until 7:00 pm on Saturday, May 26.

There are new businesses in town, so take time to visit them this spring.

Enjoy the warmer weather!!

## Computer Classes



Computer help will not be available May – August. Classes will resume after Labor Day. Thanks for your interest! Connie Schield

## It's a Wrap

### Continued from page 1

to participate," Bean said.

A self-avowed cyclist who admits she's obsessed with the sport, Bean also enjoys playing bridge, gardening, her church community at St. Joe's, and traveling with her husband Joe.

Talk to her about their travels and you

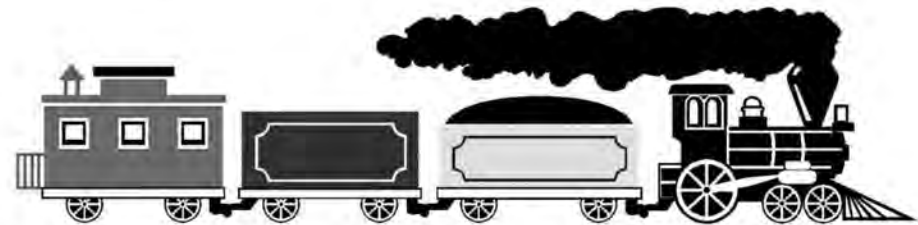


will quickly learn they shy away from nothing: museums, cathedrals in Europe, hiking the tallest mountain in the Rockies, going to Machu Picchu—they are as comfortable walking the paths of Rome where the saints and disciples strolled as they are biking in the Andes or admiring the original art of the Old Masters and Impressionists.

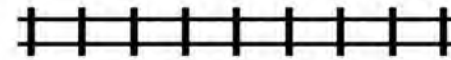
As Bean ends her time on the board she said she is "proud to have been part of the ongoing change, updating and increased marketing efforts.

"I hope the next six years for someone will be as rewarding," she said.

# Exeland Area Residents We Need Your Help!!!



## THE CROSSINGS DINER



Serving Homemade Nutritious Meals Monday -Friday

Lunch served promptly at 12:00 noon

Evening Meals Seasonal

Age 60+ Suggested Donation Under 60 Full Cost of Meal

Please call 715-943-2990 for Reservation

Or for Meals on Wheels Delivery

We will be doing a major cleaning & revitalization of the Exeland "Crossings Diner" aka Exeland Senior Center, the week of June 5th-June 9th. We are looking for volunteers to help. Do you like to paint? Do you have a flare for style, decorating and/or do you have items that you may be willing to donate such as historical pictures of the area? We are going with a Train theme to go along with our "Crossings Diner" new name and image. Please contact Bonnie at the Exeland Center. We are sorry for the inconvenience, but we will be closed this entire week for the remodel. Look for the Open House and big reveal, soon after!

# The Best of Both Worlds: Gerontology and the Senior Resource Center

By Kathy Hanson  
Compass Writer

She has her hands full, that Linda Hand. The pun is intended. All of you know her as the executive director of the Senior Resource Center and since she's been around no one's been bored: new programs, new kitchens, new meals, new events, new services, new infrastructures, all to enrich the quality of life for the senior population in Sawyer County.

But did you know that Linda is also a student?

She went back to school in the fall of 2016 to get a degree in Gerontology.

WITC offers the Gerontology-Aging Services Professional Program, an associate of Applied Science degree at all four of their WITC campuses located in Superior, New Richmond, Rice Lake and Ashland.

Jennifer Ellis, who is the program director and full-time instructor for the northern tier, said it's a two-year program, unique in its design to be accessible and available for adult students.

"The courses are eight weeks in length versus the traditional 16-week courses, in either hybrid or online formats. (Hybrid sessions are in-person and held in the evening one night a week every other week.) The degree and its courses are whole-person focused; it is not a clinical degree but more geared toward all facets

of personhood—psychosocial, physical and spiritual," Ellis said.

Linda said the program is designed to meet the emerging and rapidly growing demand for service providers needed to work with the aging population...training to prepare them to work with older adults in a variety of settings such as community, non-profit and government agencies, counseling centers, adult care,

memory care, senior centers, home health care, assisted living, long-term care, nursing homes, group homes, hospitals, hospice and business and industry.

Currently Linda is enrolled in Healthy Aging, which is online; and Death and Dying, which is in-classroom in Rice Lake every other Tuesday from 5:30 to 8:30 p.m.

She expects that she has about one year

to go before she gets her degree.

"This program has already given me so much insight into opportunities that I can provide to the residents of Sawyer County, which includes grant writing and programs, that I may have never known about otherwise," said Linda.

The growth of baby boomers (65 and over) is projected to be more than 27percent of Wisconsin's population by 2030, according to Wisconsin Department of Health Services.

Ellis said boomers need to educate themselves and make well-informed decisions for their well-being—financial planning, advanced planning and finding ways to remain active both in body and mind. She said communicating preferences and plans about their care to their children or others is important too.

As for Linda, could there be a better match

for what she's doing?

"Since I am living what I am learning, I can incorporate it into my studies and take what I am learning to use it at the SRC. It had been my dream to work with older adults again and also complete a degree program specific to this field. I am getting the best of both worlds," she said.



**These days are extremely busy for student and Senior Resource Center Executive Director Linda Hand. Quiet moments are few and far between, but when she's not elbow-deep in some project she cherishes the quiet moments with family and her faithful friend, Tara, the Irish Setter. -Photo Submitted**



# Hayward Menu



## BINGO!

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

**MAY 4**

Hamburger or Cheeseburger  
Pork Roast Sandwich  
Dessert

**MAY 11**

Hamburger or Cheeseburger  
Grilled Ham & Cheese Sandwich  
Dessert

**MAY 18**

Hamburger or Cheeseburger  
Gyro on a Pita  
Dessert

**MAY 25**

Hamburger or Cheeseburger  
Italian Turkey Sandwich  
Dessert

**JUNE 1**

Hamburger or Cheeseburger  
Orange Crispy Chicken & Rice  
Dessert

**JUNE 8**

Hamburger or Cheeseburger  
Meatball Sandwich  
Dessert

**JUNE 15**

Hamburger or Cheeseburger  
Chili Cheese Dog  
Desserts

**JUNE 22**

Hamburger or Cheeseburger  
Italian Beef Sandwich  
Desserts

**JUNE 29**

Hamburger or Cheeseburger  
Beef Stroganoff over Noodles  
Dessert

# WANTED!

The Senior Resource Center is a non-profit 501(c)(3) designated as the Sawyer County, WI Unit on Aging. We are seeking (2) volunteer Senior Resource Center Board representatives to join our dynamic team. Would you be willing to advocate and represent the older adults 60+ of our county? Board meetings take place on the third Wednesday of each month at from 1:00-2:00 p.m., in Hayward eight months of the year and one month in each Stone Lake, Winter, Exeland and Spider Lake. Mileage is reimbursed. A background check, confidentiality agreement and conflict of interest agreement are required. Please contact the Senior Resource Center Office at 715-634-3000 for an application.

## GET INVOLVED! BOARD MEMBERS NEEDED!



## 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:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Reduce stress, guilt, anger, and depression</li> <li>• Manage your time, set goals, and solve problems</li> <li>• Master caregiving transitions</li> <li>• Make tough decisions</li> <li>• Communicate effectively with the person needing care, family members, doctors, and paid helpers</li> </ul> | <p>When you register, you will receive a book to help you:</p> <ul style="list-style-type: none"> <li>• Recognize changes in someone who may need extra help</li> <li>• Hire in-home help</li> <li>• Recognize and understand depression</li> <li>• Make decisions about driving</li> <li>• Help memory-impaired elders</li> </ul> |
|--|--|



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

**Class COMING to Hayward, June 2017**

Call Samantha Phillips Health Promotions Coordinator

at 1-715-634-3000 to register.

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



*By Ruth Brad,  
Winter Site Manager*

The Waldo Center is starting their next project. The Winter Greenhouse has offered to re-landscape the front and the back of the WALDO Center, so we are very excited for spring.

We have also gotten new flower boxes from Winter Woods of Winter, WI. We are hoping to have this done by the time we have our Open House, which will be coming soon, so keep your eyes and ears open for the date.

I would like to share with all of you that our wonderful ladies of Winter, Draper, Loretta and Ojibwa "Red Hats" have given us a wonderful cash donation from their in-house garage sale. Also, the wonderful little Girl Scouts of Winter and the surrounding area, donated a case of girl scout cookies for the Easter Baskets for Home Deliveries. A GREAT Big Thank you to Ann Welniak and Dave Chier for dying the Easter eggs, filling the baskets, and delivering them.

I must say we do have a wonderful team of volunteers. I really love working with this crew and we can always use more, so if you would like to get involved please come in and join us we are always up for new suggestions.

The Winter Lions recently donated a beautiful picnic table. We would like to add an umbrella for shade, so if anyone has one that they are not using and could donate, it would be greatly appreciated. It will be so nice to

**Continued on Page 14**

# Elder Benefit Specialist News



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

## EBS TO REMAIN AT SENIOR RESOURCE CENTER

Although the Sawyer County Board voted in January to move the Elder Benefit Specialist position to the Aging and Disability Resource Center, after this vote it was decided that the EBS will continue to be based out of the Senior Resource Center. She will still travel to the remote meal sites in Exeland, Stone Lake, Spider Lake, and Winter once a month and she will also still work one day at week out of the ADRC's office in the Sawyer County building. Therefore, services to clients will not be affected by this change. If you would like to make an appointment with Desmonde for EBS services, you can contact her directly at 715-934-2177.

### HOTLINE SCAM

*By the GWAAR Legal Services Team*  
*(for reprint)*  
 The U.S. Department of Health and

Human Services (HHS) Office of Inspector General (OIG) recently announced that its hotline telephone number is being used by scammers to obtain personal information. The scammers represent themselves as hotline employees and alter the appearance of the caller ID to make it look like the call is coming from the hotline number. After obtaining personally-identifying information, the scammers can then steal money from bank accounts or for other fraudulent purposes.

### WHAT YOU NEED TO KNOW

The HHS OIG hotline never makes outgoing calls.

If you receive a phone call from 1-800-HHS-TIPS (1-800-447-8477), do not answer the call.

Never give personally-identifying information like your social security number, date of birth, credit card or bank account numbers, driver's license number, or mother's maiden name to anyone over the phone.

It is still safe to call in to the hotline number to report fraud.

If you believe you have been a victim of these scammers, you should report your case to the HHS OIG Hotline 1-800-HHS-TIPS (1-800-447-8477) or spoof@oig.hhs.gov. You can also file a complaint with the Federal Trade Commission 1-877-FTC-HELP (1-877-382-4357). Be sure to include the date and time you received the scam call.

### UPDATE ON LAWSUIT THAT ADVANCES ACCESS TO MEDICARE

*By the GWAAR Legal Services Team*  
*(for reprint)*

Every year thousands of Medicare patients receive physical therapy and other treatment to recover from a fall or medical procedure, as well as to help cope with disabilities or chronic conditions including multiple sclerosis, Alzheimer's or Parkinson's diseases, stroke, and spinal cord or brain injuries. The Medicare program is administered by the Centers for Medicare & Medicaid Serv-

**Continued on Page 15**



## Hayward Funeral Home

**BRATLEY-NELSON**  
**FUNERAL HOMES & CREMATORY**

*Locally Owned and Operated*  
*Proudly Supporting*  
*The Senior Resource Center*

**715-634-2609**

PO Box 307  
 15571W County Hwy B  
 Hayward, WI 54843

[www.bratley-nelsonchapels.com](http://www.bratley-nelsonchapels.com)

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



## A Great Place To Call Home!

**Utilities Included • Community Room**  
**Appliances • Indoor Mail Delivery**  
**Laundry Facilities**  
**NOW TAKING APPLICATIONS!**

**Call Mark @ CCB Housing Mgmt.**

5038 N. Ellen Street • Winter, WI 54896

Toll Free: 1-888-636-2366

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



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





# May 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
1 Lasagna, Tossed Salad, Garlic Bread, Twix Apple Fluff Salad & Milk	2 <b>ALL MEAL SITES CLOSED FOR STAFF TRAINING. NO MEALS ON WHEELS DELIVERY.</b>	3 Baked Fish, Rice Pilaf, Spinach Salad w/Bacon Dressing, Hawaiian Cheesecake Salad, Roll & Milk	4 Pork Roast, Sweet Potato, Caribbean Blend Vegetables, Marble Rye Bread, Fruit & Milk.	5 <b>Chef's Choice</b> 
8 Scalloped Potatoes w/Ham, Chop Chop Salad, Apple Sauce, Dinner Roll, Dessert & Milk	9 <b>"Wild Game Day"</b> Featuring Venison Delights of your Chef w/Side Dishes, Bread, Dessert & Milk	10 Liver w/Sautéed Bacon & Onions OR Request Alternative, Red Potatoes, Green Beans, Bread, Fruit & Milk	11 BLT on Ciabatta Bun, Sidewinder FF, Cottage Cheese, 3 Bean Salad, Frozen Yogurt & Milk	12 <b>Mother's Day</b> Almond Chicken Salad w/Craisins on a Croissant, Veggies w/Dip, Chocolate Strawberry Shortcake & Milk
15 Meatloaf w/Garlic Smashed Potatoes, Corn, Pretzel Salad, WW Bread & Milk	16 <b>Chef's Pumpkin Soup &amp; Salad Bar</b> Variety of Choices to Build Salad, Sides, Dessert & Milk	17 Chicken Parmesan w/Angel Hair Pasta, Roasted Brussel Sprouts, Garlic Bread, Cheese Cake & Milk	18 BBQ Ribs, Baked Potato, Baked Beans, Corn Bread w/Honey Butter, Fruit Parfait & Milk	19 Gyro on a Pita, Tomato, Lettuce, Tzatziki Sauce, Pickle, Chips, Fresh Fruit & Milk
22 Beef Stroganoff over Rice, Beets, Cucumber Salad, Crescent Roll, Fresh Fruit & Milk	23 <b>Homemade Pizza</b> Variety of Salads, Dessert & Milk	24 Grilled Ham Steaks, Potato Salad, Coleslaw, Summer Berry Cheesecake Salad & Milk	25 Italian Turkey Sandwich, Mozzarella, Giardiniera, FF, Fruit, Dessert & Milk	26 <b>MEMORIAL DAY COOKOUT</b> <b>Check with your site for menu &amp; festivities.</b>
29 	30 <b>Chef's Soup</b> Variety of Salads, Dessert & Milk	31 Baked Salmon, Wild Rice Casserole, Bacon Wrapped Asparagus, Fruit, Roll & Milk	<p>Age 60+ suggested donation of \$3 breakfast, \$4 lunch, \$5 dinner.            Under age 60 charge of            \$5 breakfast, \$8.50 lunch, \$8.50 dinner.  <b>Salad Bar (1) Trip w/Meal included at regular cost.</b>  <b>Salad Bar Alone All-You-Can-Eat, same cost as meal.</b></p>	





# What's for Dinner?

May & June Tuesday Evening Menus at Hayward and Stone Lake Centers

## HAYWARD

### MAY

May 2nd  
CLOSED STAFF TRAINING

May 9th  
Meatballs & Gravy  
Mashed Potatoes  
Peas & Carrots/Salad Bar  
Frosted Chocolate Cake

May 16th  
Oven Baked Chicken  
Roasted Red Potatoes  
Buttered Corn/Salad Bar  
Apple Turnover

May 23rd  
Baked Ham  
Sweet Potatoes  
Green Beans/Salad Bar  
Peanut Butter Cookie

May 30th  
Build Your Own Burger  
Lettuce, tomato, onion,  
& cheese on a Bun  
Side Winder Potatoes  
Dill Pickle  
Baked Beans  
Frozen Yogurt

### JUNE

June 6th  
BBQ Chicken  
Potato Salad  
Fresh Vegetables w/dip/  
Salad Bar  
Fruit Cobbler

June 13th  
Breaded Pork Cutlet  
w/applesauce  
Parslied Red Potatoes  
Pea Salad/ Salad Bar  
Frosted Brownie

June 20th  
Home Made Pizza w/toppings  
Fresh Side Salad  
Fresh Fruit Salad

June 27th  
Spaghetti w/Meatballs in Sauce  
Green Beans/ Salad Bar  
Oatmeal Raisin Cookie

\*All meals include bread & milk

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

## STONE LAKE

### MAY

May 2nd  
CLOSED STAFF TRAINING

May 9th  
Meatloaf w/Mashed Potatoes  
Vegetable Blend  
Bread  
Berry Cobbler

May 16th  
Chicken Schnitzel w/Spaetzle  
Garden Salad  
Roll  
Fruit Salad

May 23rd  
Fish Fry  
Side Winder FF  
Coleslaw  
Roll  
Chocolate Cake

May 30th  
Pork Chop  
Roasted Baby Reds  
Green Bean Salad  
Bread  
Cookie

### JUNE

June 6th  
Lasagna  
Garden Salad  
Garlic Bread  
Berry Trifle

June 13th  
Salisbury Steak over Pasta  
Corn  
3-Bean Salad  
Bread  
Strawberry Shortcake

June 20th  
BBQ Ribs  
Twice Baked Potato  
Garden Salad  
Corn Bread  
Ice Cream Sundae

June 27th  
Beef Stew  
Biscuit  
Fruit Salad  
Lemon Bars

\*All meals include bread & milk

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





# What's for Dinner?

May & June Tuesday Evening Menus at Exeland and Winter Centers

## EXELAND

### MAY

May 2nd

CLOSED STAFF TRAINING

May 9th

Baked Chicken

Rice Pilaf

Peas

Strawberry Shortcake

May 16th

Pork Roast

Mashed Potato & Gravy

Green Beans

Peach Cobbler

May 23rd

Meatballs

Mashed Potatoes & Gravy

Garden Salad

Brownie

May 30th

Breaded Pork Chop

Buttered Baby Red Potatoes

Chateau Blend Vegetables

Fruit Salad

### JUNE

June 6th

CLOSED

June 13th

BBQ Ribs

Baked Potato

Mixed Vegetables

Fruit Cobbler

June 20th

Baked Chicken

Baked Regular or Sweet Potato

Asian Coleslaw

Cookie

June 27th

Pork Loin Roast

Mashed Potato & Gravy

Green Beans

Strawberry Shortcake

## WINTER

### MAY

May 2nd

CLOSED STAFF TRAINING

May 9th

Pork Roast

Parslied Buttered Potatoes

Salad Bar

Fruited Jell-O

May 16th

Baked Chicken

Mashed Potatoes & Gravy

Salad Bar

Chocolate Peanut Butter Cake

May 23rd

Meat Loaf

Baked Potato & Sour Cream

Salad Bar

Cherry Pie

May 30th

BBQ Ribs

Garlic Mashed Potatoes

Salad Bar

Ice Cream Sundaes

### JUNE

June 6th

Salisbury Steak

Mashed Potatoes & Gravy

Salad Bar

Strawberry Shortcake

June 13th

Roast Beef

Mashed Potatoes w/Gravy

Salad Bar

Apple Crisp

June 20th

Beef Tips over Egg Noodles

Salad Bar

Warm Spiced Apples

June 27th

Spaghetti w/Meat Sauce

Garlic Bread

Salad Bar

Lemon/Raspberry Dessert

*Please Call:*

\*All meals include bread & milk

*715-943-2990 to make a reservation*


*Please Call:*

\*All meals include bread & milk

*715-266-2233 to make a reservation*

# June 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
<p><b>Alternative Meals are available upon request.</b>  Please contact your site manager at least one day in advance.  For patrons 60+ suggested donation \$3 breakfast, \$4 lunch, \$5 dinner.  <b>Age under 60 welcome!</b> Charge of \$5 breakfast, \$8.50 lunch, \$8.50 dinner.  <i>We do accept Quest Cards/Foodshare for payment, please call 715-634-3000 for arrangements or help with application.</i></p>			<p>1 Orange Chicken Stir Fry w/Vegetables, Rice, Egg Roll, Fortune Cookie, Tropical Fruit Salad &amp; Milk</p>	<p>2 Pork Chop, Roasted Sweet Potato, Mixed Vegetables, Fruit, Cream Cheese Banana Bread &amp; Milk</p>
<p>5 Fish Sandwich on a Bun, Tartar, Lemon, FF, Coleslaw, Pickle, Creamsickle Float &amp; Milk <b>EXELAND SITE CLOSED</b></p>	<p>6 <b>Build a Brat Burger:</b> Start with the "Naked Brat Burger &amp; Bun" add choice of toppings, side salads, dessert &amp; Milk <b>EXELAND SITE CLOSED</b></p>	<p>7 Baked Chicken Breast, Rice Pilaf, Spinach Salad w/Bacon Dressing, Fruit Parfait, Crescent Roll &amp; Milk <b>EXELAND SITE CLOSED</b></p>	<p>8 Italian Spaghetti, Fresh Grape Broccoli Salad, Bread Stick, Fruit, Dessert &amp; Milk <b>EXELAND SITE CLOSED</b></p>	<p>9 Open Faced Beef Sandwich w/Mashed Potatoes &amp; Gravy, Glazed Carrots, Fruit Parfait, &amp; Milk <b>EXELAND SITE CLOSED</b></p>
<p>12 Sweet &amp; Sloppy Joes w/Whole Wheat Bun, American-Italian Pasta Salad, Chips, Berry Apple Cobbler, &amp; Milk</p>	<p>13 <b>Gazpacho Soup</b> "Served Cold" with a variety of side salads/dishes &amp; Pineapple Cream Cheese Bread Pudding, &amp; Milk</p>	<p>14 <b>FLAG DAY</b> Grilled Burger or Hotdog, French Fries, Sweet Corn, Red/White/Blue Fruit Salad, Root Beer Float, &amp; Milk</p>	<p>15 Chicken Kiev, Broccoli Rice Casserole, Spring Salad, Hard Roll, Rhubarb Custard Bars, &amp; Milk</p>	<p>16 <b>FATHER'S DAY CHEF'S CHOICE</b> </p>
<p>19 Italian Turkey Meatball Soup, Crusty French Bread, Salad, Chocolate Brownie &amp; Milk</p>	<p>20 <b>Build Your Own Baked Potato Bar:</b> Choose your Potato &amp; "Top It" with Cowboy Beans, Cheese, Veggies, Bacon...Side Salad, Roll, Dessert, &amp; Milk</p>	<p>21 Smoked Salmon Pasta Primavera, Cottage Cheese, Fresh Fruit Salad, Lemon Bars, &amp; Milk</p>	<p>22 Italian Beef Sandwich w/Mozzarella Cheese, Chips, Coleslaw, Dessert Bar &amp; Milk</p>	<p>23 Ham Steak, Scalloped Potatoes, Caribbean Blend Vegetables, Hawaiian Cheesecake Salad, Hawaiian Sweet Roll &amp; Milk</p>
<p>26 Finger Licken' BBQ Chicken, Corn on the Cob, 3 Bean Salad, Fruit, Dessert &amp; Milk</p>	<p>27 <b>Fish Taco or Sandwich</b> w/a variety of choices to build your own Salad, Sides, Dessert &amp; Milk</p>	<p>28 Pulled Pork Sandwich, Baked Beans, Coleslaw, Chips, Carrot Cake w/Maple Cream Cheese Frosting &amp; Milk</p>	<p>29 Beef Stroganoff over Egg Noodles, Broccoli &amp; Cauliflower, Fruit Parfait, Bread &amp; Milk</p>	<p>30 Liver &amp; Onions OR Request Alternative w/Sautéed Bacon &amp; Onions, Bacon Pea Salad, Fruit Pie, &amp; Milk</p>



# Early-onset Alzheimer's: When symptoms begin before age 65

When Alzheimer's begins in middle age, misdiagnosis may be more likely. This rare form of Alzheimer's affects work, finances and family.

## What is early-onset Alzheimer's?

**E a r l y - o n s e t** Alzheimer's is an uncommon form of dementia that strikes people younger than age 65. Of all the people who have Alzheimer's disease, about 5 percent develop symptoms before age 65. So if 4 million Americans have Alzheimer's, at least 200,000 people have the early-onset form of the disease. Most people with early-onset Alzheimer's develop symptoms of the disease in their 40s and 50s.

## Causes

Some people with early-onset Alzheimer's have the most common form of the disease. Experts don't know why these people get the disease at a younger age than others do.

But others with early-onset Alzheimer's have a type of the disease called "familial Alzheimer's disease." They're likely to have a parent or grandparent who also developed Alzheimer's at a younger age.

Early-onset Alzheimer's that runs in families is linked to three genes — the APP, PSEN 1 and PSEN 2 — that differ from the APOE gene that can increase

your risk of Alzheimer's in general. Together, these three genes account for less than 1 percent of all Alzheimer's disease cases but about 60 to 70 percent of early-onset Alzheimer's cases. If you have a genetic mutation in one of those three genes, you may develop Alzheimer's before age 65.

Genetic testing for these mutations is available, but anyone who's considering it should pursue genetic counseling — to examine the pros and cons beforehand. For example, it may be helpful to

consider how a positive test may affect your eligibility for long-term care, disability and life insurance.

On the other hand, if you know you carry a form of the early-onset genes, you may be able to take steps to make it easier for you and your loved ones to cope with the effects of the disease. If you have early-onset Alzheimer's linked to one of the three genes or carry a form of these genes without symptoms, talk to your doctor about participating in a research study. By studying



the early-onset form of Alzheimer's, researchers hope to learn more about the causes and progression of the disease and develop new treatments.

## Accurate diagnosis critical

An accurate diagnosis of early-onset Alzheimer's is crucial for medical reasons to rule out other potential issues and get the most appropriate treatment as well as for personal and professional reasons.

For you and your family, the diagnosis is fundamental in helping the family respond with appropriate understanding and compassion. It can also give you and your family more time to make important decisions about financial and legal issues.

At work, it can allow you to explain your condition to your employer and perhaps arrange a lighter workload or more convenient schedule.

## How to cope with early-onset Alzheimer's

Alzheimer's disease has a tremendous impact at any age. But people with early-onset Alzheimer's disease may face some unique challenges. They may face stigmas and stereotypes about the disease. Due to their young age, people may not believe they have the disease or question the diagnosis.

People with early-onset Alzheimer's may lose relationships or jobs instead as a consequence of this misunderstanding

# Early Onset Alzheimers

## Continued from Page 13

rather than being identified as medically ill or disabled. They may also face a loss of income from being diagnosed while still working.

### What to do at work

Before your condition significantly affects your ability to do your job, talk to your employer. What you can do:

- Find out if you can switch to a position that better suits your emerging limitations.
- Familiarize yourself and your spouse, partner or caregiver with your benefits,

and find out whether an employee assistance program is available.

- Explore what benefits may be offered to you under the Americans with Disabilities Act, Family and Medical Leave Act and COBRA.
- If you feel overwhelmed, consider reducing your hours or taking time off.

### Coping tips for couples

After a diagnosis of early-onset Alzheimer's, spouses or partners often feel a sense of loneliness or loss as they face the possibility of spending many years without an active partner. Losing the romantic component and

changing to a caregiver status also complicates the relationship. Try to:

- Talk about what kind of help you need from each other. Communicate about changes you're experiencing and ways in which your needs also may have changed. Don't be afraid to ask for help.
- Continue participating in as many activities with your partner that you currently enjoy and adapt as necessary. Or find new activities that you can enjoy together.
- Keep a folder of resources you may need as the disease progresses.
- Find a counselor who works with couples facing issues you feel challenged by, such as sexuality and changing roles in the relationship.

### How to involve kids

A diagnosis of early-onset Alzheimer's can also be difficult for children, who may not understand. Children may blame themselves, become angry or react in any number of ways. Try to:

- Find activities you can enjoy together.
- Stay engaged and talk with your children honestly about what you're experiencing.
- Find a support group for children, and invite your kids to some of your counseling sessions. Make your child's school counselor and social worker aware of your condition.
- Keep a written, video or audio record of your thoughts, feelings and experiences for your children. They'll appreciate your sharing your wisdom and memories.

### Financial issues

People with early-onset Alzheimer's often have to quit work, and this loss of income is a serious concern. Finances get even tighter if spouses or partners also quit their jobs to become full-time caregivers.

Some medical benefits and many social-support programs won't provide assistance unless the person with Alzheimer's is older than age 65. Younger people may need special

waivers to get into such programs. What you can do:

- Talk with a financial planner and an attorney to help you plan for your future financial needs.
- Ask your employer whether early retirement is an option.
- Explore what benefits may be available to you through Social Security, Medicare or Medicaid.
- Organize your financial documents and make sure your spouse or partner understands and can manage your family's finances.

Key elements of Alzheimer's care are education and support. This is especially true given the unique challenges of early-onset Alzheimer's. Getting connected to services such as support groups can help you identify resources, gain a deeper understanding of the disability and learn ways to adapt.

Remember, you're not alone. Many resources are available to assist you, your family and caregivers to cope with this disease. Options for support may vary depending on where you live.

In the early stages of the disease, be sure that you and your spouse or partner do research and establish a plan for managing the progression of your condition. Knowing you have a plan and have identified support and resources will help everyone in the future.

[http://www.mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/alzheimers/art-20048356?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=housecall&pg=2](http://www.mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/alzheimers/art-20048356?utm_source=newsletter&utm_medium=email&utm_campaign=housecall&pg=2)

### WALDO News

#### Continued from Page 7

be able to grill out soon, sit outside, socialize, and eat on the back patio.

We will be starting our Tuesday evening meals on May 9th. Now that we have the salad bar, we will be offering that option with the evening meal. So, if you can't make for lunch you can try supper.

We here at the WALDO CENTER wish you a safe and Happy Spring.



Feel better.

Be in control.

Do the things  
you want to do.

Take Charge of  
your life!

Join Us!

Class Coming summer  
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.



*"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



**Elder Benefit Specialist News****Continued from Page 8**

ices (CMS), which is a federal agency within the United States Department of Health and Human Services.

On January 18, 2011, six Medicare patients and seven nationwide patient organizations sued CMS over Medicare coverage. Medicare contractors were improperly imposing an improvement standard to trigger Medicare coverage. The law does not require that the patients' condition improve. Rather, Medicare should cover the care if the care will maintain the patient's condition or prevent or slow further deterioration.

In October of 2012 the parties settled the lawsuit. The settlement provided that Medicare coverage does not depend on the "potential for improvement from the therapy, but rather on the beneficiary's need for skilled care." The settlement also required CMS to update its policies and conduct a nationwide educational campaign. The educational campaign would ensure Medicare contractors applied the correct standard.

The settlement is commonly referred to as the Jimmo Settlement because the lead plaintiff in the class-action suit was named Glenda Jimmo. Glenda Jimmo lost her right leg due to complications resulting from diabetes. A private Medicare contractor denied her coverage for nurses and home health aides because her condition was "unlikely to improve." But the key criterion should have been whether she had a demonstrated need for skilled care, regardless of her recovery prognosis.

Despite the settlement, CMS continued to deny coverage and care based on the improvement standard, according to the national nonprofit group the Center for Medicare Advocacy. "Three years after the Jimmo Settlement we are still hearing daily about providers who never heard of the case and patients who can't get necessary care based on an improvement standard," said Judith Stein, executive director of the Center for Medicare Advocacy, in a news release.

On March 1, 2016, the Center for Medicare Advocacy filed a motion with the federal court to end the non-compliance. The motion sought for CMS to end use of the improvement standard. The motion sought to require CMS to fulfill the "failed" campaign to educate providers and Medicare decision-makers on the settlement's policies.

The federal court found that CMS breached the settlement agreement. On February 1, 2017, the federal court ordered:

(a) A Corrective Action Plan that included, among other things, that CMS should:

- 1) Develop a web page with links to public documents about the settlement;
- 2) Develop a web page to answer Frequently Asked Questions about the settlement; ad
- 3) Provide additional training for contractors and adjudicators about the settlement.

(b) CMS to issue a corrective statement that the Medicare program covers skilled nursing care and skilled therapy when a beneficiary needs skilled care to maintain function or to prevent or slow decline or deterioration (provided all other coverage criteria are met).

CMS must fully implement the Corrective Action Plan by September 4, 2017. Regarding the Corrective Action Plan and Corrective Statement, Ms. Stein stated "[w]e are hopeful this will truly advance access to Medicare and necessary care for people with long-term and debilitating conditions."

**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 I will make sure each site has a monthly confirmation of the date. Clients are also encouraged to call me beforehand to schedule an appointment, but walk-ins will always be accepted as well



# Nutrition NEWS

## Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program (Senior FMNP) offers low-income older citizens an opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers.

Senior FMNP checks can be used from June 1 through Oct. 31 at any participating farmers' market or roadside stand in Wisconsin. In addition to offering nutritious foods, Senior FMNP supports local economies by increasing the use of farmers markets. To be eligible to receive Senior FMNP checks, there must be at least one individual in the household who is age 60 or older who meets income eligibility requirements. Native Americans may participate at age 55 or older. In addition, the individual must live in Sawyer County where checks are distributed.

**DISTRIBUTION DATES ARE:**

**Monday, June 12: 10:30 to 11:30 a.m.,**

**Cranberry Café – 16831 W Frost St. - Stone Lake**

**Friday, June 16: 10:30 to 11:30 a.m.,**

**The Crossings Diner – 946 N Washington Ave.- Exeland**

**Monday, June 19: 10:30 to 11:30 a.m.,**

**Garden Terrace Café – 15856 E 5th St - Hayward**

**Friday, June 23: 10:30 to 11:30 a.m.,**

**WALDO Center – 5141 Arntz Ave. - Winter**

**Wednesday, June 28: 10:45 to 11:45 a.m.,**

**LCO Reserve Center – 13878 W Agency Rd**

Household Size	Monthly Income	Annual Income
1	\$1,860	\$22,311
2	2,504	30,044
3	3,149	37,777
4	3,793	45,510
5	4,437	53,243
6	5,082	60,976
7	5,726	68,709

For each additional household member, add \$645 monthly, \$7,733 annually.

# Regional Hospice Grief Support Group



Grief is what we call that set of feelings that arise from the loss of a loved one. Grief is painful. Grief is a natural part of life. There is no right way to grieve and many factors effect how we grieve. Regional Hospice nurses, chaplains, and social workers are all available to help our patients and families cope with the difficult process of grief and loss that accompany dying and death. Experiencing the death of someone you are close to is not the end of the journey. Someone once compared the experience of providing support, care, and companionship to a loved one who is dying to that of climbing a mountain. While the journey to the top can be physically, emotionally, and spiritually draining, the trip back down the mountain can be even more challenging. It is helpful if you have someone sharing that journey with you.

Regional Hospice provides ongoing, individualized support and follow-up for 13 months following the death of a loved one. Our program consists of follow-up telephone calls, informative mailings and visits when requested. You can choose to receive any combination of these services, or none at all. In addition, from time to time, Regional Hospice offers Grief Support Groups. Please contact the Regional Hospice office closest to you for current availability. Hayward, WI: (715) 634-6433

## **6-WEEK EDUCATION/SUPPORT GROUP**

**First Lutheran Church: 1:00-3:00 PM**

**Every Thursday, April 20th - May 25th**

**AND First Lutheran Church: 1:00-3:00 PM**

**Every Thursday, September 14th - October 19th**

## **ONGOING MONTHLY GROUP**

**First Lutheran Church: 10680 North Main Street, Hayward, WI  
1:00-3:00 PM**

**Second Thursday of every month**

## **Exeland March for Meals Community Champions Recognition Day**

The Crossings Diner in Exeland honored their Community Champions on March 29, 2017. These public officials and Meals on Wheels volunteer drivers from the Exeland area Villages and Townships joined then for their annual March for Meals celebration. The Exeland site proclaimed, "We are thankful for your community spirit and service to our area".



**Pictured are Ben Clements, John Clark, Cindy Veness, Sue Koprass, Mark Bartlett, Anita Veness and Betty Brown. We are thankful for their community spirit and their support to our area.**

Many others from the surrounding communities came for lunch that day. Bonnie Klinger, Site Manager said that she sincerely appreciates everyone who comes in to dine and the willingness to help in any way they can. The Exeland Nutrition Committee Board paid for the dinner of the invited officials and volunteers.

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 and 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'



# Winter Area Lions Donation



The Winter Lions Club has donated a brand-new picnic table to the WALDO Center in Winter. Pictured are Brian Coss, Jerry Passow, Lowell Tesky, and Nancy Rickert.



## 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)



# STONE LAKE BREAKFAST MENU

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

## MAY

- 1) Scrambled Eggs, Potato Pancakes, Sausage Links
- 2) CLOSED FOR STAFF TRAINING
- Sausage Gravy & Biscuits, Oatmeal
- 4) Scrambled Eggs, Blueberry Pancakes, Ham
- 5) Breakfast Quiche, Hash Browns, Oatmeal

- 8) Scrambled Eggs, French Toast, Bacon
- 9) Scrambled Eggs, Waffles, Sausage Patties
- 10) Sausage Gravy & Biscuits, Oatmeal
- 11) Baked Eggs, Raw Fries, Sausage Links
- 12) Breakfast Sandwich, Tater Tots, Cream of Wheat

- 15) Scrambled Eggs, Potato Pancakes, Smoked Polish Sausage
- 16) Build an Omelet, Raw Fries, Oatmeal
- 17) Sausage Gravy & Biscuits, Oatmeal
- 18) Scrambled Eggs, Pancakes, Sausage Patties
- 19) Breakfast Pizza, Hash Browns, Oatmeal

- 22) Scrambled Eggs, Raw Fries, Ham
- 23) Scrambled Eggs, French Toast, Bacon
- 24) Sausage Gravy & Biscuits, Oatmeal
- 25) Baked Eggs, Waffles, Sausage Links
- 26) Breakfast Burrito, Tater Tots, Cream of Wheat

- 29) CLOSED—MEMORIAL DAY
- 30) Scrambled Eggs, Blueberry Pancakes, Sausage Patties
- 31) Sausage Gravy & Biscuits, Oatmeal

## JUNE

- 1) Build an Omelet, Raw Fries, Cream of Wheat
- 2) Breakfast Quiche, Hash Browns, Oatmeal

- 5) Scrambled Eggs, French Toast, Ham
- 6) Scrambled Eggs, Potato Pancakes, Smoked Polish Sausage
- 7) Sausage Gravy & Biscuits, Oatmeal
- 8) Scrambled Eggs, Raw Fries, Bacon
- 9) Breakfast Sandwich, Tater Tots, Cream of Wheat

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

- 19) Baked Eggs, Raw Fries, Bacon
- 20) Scrambled Eggs, Pancakes, Ham
- 21) Sausage Gravy & Biscuits, Oatmeal
- 22) Scrambled Eggs, Potato Pancakes, Smoked Polish Sausage
- 23) Breakfast Burrito, Tater Tots, Cream of Wheat

- 26) Scrambled Eggs, French Toast, Sausage Patties
- 27) Build an Omelet, Raw Fries, Cream of Wheat
- 28) Sausage Gravy & Biscuits, Oatmeal
- 29) Scrambled Eggs, Waffles, Sausage Links
- 30) Breakfast Sandwich, Tater Tots, Oatmeal

\*\*\*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 • MAY/JUNE 2017 • 8:00 a.m. to 4:00 p.m.

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	8:30-9:45am/4:30-5:45pm	Lower Level
Hatha Yoga Class	Thursday's	9:15-10:30/10:45-noon	Lower Level
MEAL SITES CLOSED for Training	Tuesday, May 2, 2017	SRC Office Will Be Open	SRC Bus Running
Stepping-On Class (\$20 Fee)	Tuesday May 2 thru June 13	10:00 – 12:00am	Lower Level
<u>Aging Advocacy Day</u> – to Madison	Wednesday, May 17, 2017	9 a.m.–3 p.m. at Capitol	Call Linda: 715-634-3000
Sit-Fit Exercise Class/\$5 per class	Tuesdays – <u>Come Join Us!</u> <u>NO CLASSES</u> JUNE thru AUGUST	10:00 – 11:00 a.m.	Lower Level
<u>AARP</u> – "Where to find help when you need Assistance with basic needs"	Thursday - May 4, 2017	Trinke McNurlin - Coordinator Sawyer County Services Team	2:30 p.m.-Upper Level
Happy Mother's Day!	Sunday – May 14, 2017	Luncheon – Friday, May 12	Upper Level at Center
Medicare Presentation 10:30	Wednesday, May 24, 2017	Getting the Most Out Of Your Medicare	10:30am/Upper Level
Memorial Day! CLOSED	Monday – May 29, 2017	Meal Sites Closed NO MOW	SRC Office & Bus Closed
AARP – Diabetes Concerns	Thursday - June 1, 2017	Pam Stoutenberg, Diabetes Nurse/Consultant - Essentia	2:30 p.m. Upper Level
Exeland Center (Closed for week)	Monday, June 5 ~ June 9	Revitalization & Cleaning	Need Volunteers
Happy Father's Day!	Sunday, June 18, 2017	Luncheon – Friday, June 16	Upper Level at Center
Monthly Meetings	Day	Time	Place
Advisory Committee	1 <sup>st</sup> Wednesday	10:00 a.m.	Upper Level
AARP Board Meeting	1 <sup>st</sup> Thursday	1:00 p.m.	Upper Level
Senior Resource Center Board	3 <sup>rd</sup> Friday	Friday, May 19 at 10:00am	WALDO Center Winter
Senior Resource Center Board	3 <sup>rd</sup> Wednesday	Wed, June 21 to 1:00pm	Cranberry Café St. Lake

## FIT BITS

### SHOULD OLDER EXERCISERS TRY NORDIC POLE WALKING?

By Judy Holmes,  
Certified Fitness  
Instructor



Nordic pole walking is a highly enjoyable, easy-to-learn way for exercisers to get outdoors and get moving, it is a hybrid of cross-country skiing and walking, minus the skis. By pushing the pole-tips against the ground, the body weight is distributed away from the lower extremities relieving stress on the walker's joints while activating upper-body muscles.

Nordic pole walking engages 90% of the body's muscles making it an effective total-body physical activity for older adults and those living with chronic diseases. This activity has gone from a sidewalk oddity to an activity that is increasingly incorporated into elder fitness programs, improving core strength and stability and offering a cardio workout.

Walking with poles helps the walker stand up straight, correct rounded shoulders, and gives the opportunity to walk farther with less effort. It encourages more core muscle activity and places less pressure on the joints, thus movement with less pain.

What other physical activity is so affordable, effective, portable, and easy to learn? There isn't one!

Please note: If interested in trying Nordic Walking, please contact Judy Holmes @ 715-865-3005 for more information

SIT-FIT Classes: Will continue every Tues. at 10:00 a.m. in the Lower level thru May. No classes June, July, August. Cost: \$5 per class.





# Fundraising Updates:



## DJ's Dock Chili Cook-off Fundraiser

DJ's Dock on Round Lake held a Chili Cook-off Fundraiser for the Senior Resource Center programs supporting Sawyer County residents with Alzheimer's and their caregivers. The total amount raised was \$6,232.00. We would especially like to thank Jamie and Dee Arnold who hosted the event, along with the staff and volunteers who worked it, and the individuals and businesses that made donations for the silent auctions and raffles. A special thank you to Dan & Kathy Manders for sponsoring the cash raffle. A great time was had by all and these funds will be used for a great cause. If you are a Sawyer County resident that is dealing with Alzheimer's, yourself or as a caregiver, please contact the Senior Resource Center to see what services might be available to assist you.

## March for Meals Spring Style Show & Luncheon 2017 "Small Town Cinderella" Update

During the month of March, we had over 150 people who volunteered their time either with assisting to deliver meals or with preparation and execution of the finale event of the Style Show on March 25, 2017, ranging in age from 3 to 97. The Senior Resource Center and staff would like to thank everyone that volunteered their time and the individuals and businesses that made donations to this year's March for Meals events. Once again, the show was a grand event at The Steakhouse, with many surprises to those in attendance. We raised over \$8000 for the programs we provide to older adults in Sawyer County. We hope that you can make it next year - Saturday, March 24, 2018, mark your calendars now!



Sawyer County can be proud that the youngest residents have stepped forward to support our older adults from all corners of the county.



Donations were received from individuals and businesses representing all areas of Sawyer County.

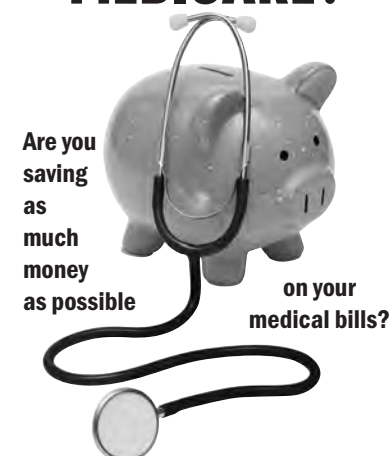


Our very own "Small Town Cinderella's" took time out of their busy schedules to once again assist throughout the day. Royalty representatives from Exeland, Winter, Birchwood and Hayward donned their crowns and were willing to step in where needed.



The Cinderella Characters intertwined their performance throughout the style show

## GETTING THE MOST OUT OF YOUR MEDICARE?



Are you  
saving  
as  
much  
money  
as possible

on your  
medical bills?

**Find out by attending a  
presentation by  
Desmonde Bennett,  
Elder Benefits Specialist**

**Wednesday, May 3rd at 10:30 a.m.**

**Stone Lake Cranberry Cafe' -**

**16831W Frost St., Stone Lake, WI**

Continental Breakfast served 8-10 a.m.

no reservation required

Call (715) 865-2025 if you would like to make a  
noon lunch reservation

**Tuesday, May 16th at 10:30 a.m.**

**The Crossings Diner - 946 N Washington Ave.**

**Suite 1, Exeland, WI 54835**

Call (715) 943-2990 if you would like to make a  
noon lunch reservation

**Tuesday, May 23rd at 10:30 a.m.**

**The WALDO Center -**

**5141 Arntz Ave., Winter, WI**

Call (715) 266-2233 if you would like to make a  
noon lunch reservation

**Wednesday, May 24th at 10:30 a.m.**

**Garden Terrace Café -**

**15856 E Fifth St., Hayward, WI**

Call (715) 634-4680 if you would like to make a  
noon lunch reservation

**Questions? Contact:  
Desmonde X. Bennett,  
715-934-2177**

[Desmonde@seniorresourcecenternorth.org](mailto:Desmonde@seniorresourcecenternorth.org)



# What to Expect Urgent Care vs. Emergency Room



**Hayward Area  
Memorial Hospital**

*Right here in the place we love.*



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



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

**Urgent Care: Set Hours**

**Emergency Room: 24 hours per day**

Hayward Memorial Hospital provides both Urgent Care and Emergency Care.

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

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



**Hayward Area  
Memorial Hospital**

*Right here in the place we love.*

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

11040 N. State Rd 77  
Hayward, WI 54843