

'Mr. Bingo' Runs the Game

Dick Langton Holds the Cards and He's Got Your Number!



By Kathy Hanson, Contributing Writer

The history of Bingo in Hayward, Wisconsin may date as far back as its beginnings in the United States, which was 1929 when it was played with dried beans, a rubber stamp and cardboard sheets. A winner called out "Beano", instead of "Bingo." Today, some might say "not much difference."

In Hayward it appears to have originated at the Moose Lodge where it ran on and off for years as a fundraiser, according to Dick Langton who I shall refer to as Mr. Bingo for the purposes of this story, since nearly all the credit for keeping that game/fundraiser going at the SRC belongs to him.

Dick said Bingo in its current format started at the SRC on June 15, 2010, two weeks after the closing of the Moose Lodge.

He suggested to the director of the SRC—Nancy Gustafson at that time—that Bingo be moved to the Senior Center. He polled the players at the Moose one evening and the response was positive, and the Building Board at the SRC also approved of it once they learned the Moose team would come and work it.

Bingo! It was an immediate success. The Moose team was Dick, bingo chairman; Dave Macintosh, cook; Dave Acheson, recently moved to Illinois; Ken Paffel, caller; and Gordie Pederson, now deceased.

Current helpers include Dave Stimpson, Tom Burgess

Continued on Page 4

Executive Director News

Give the Gift of Survival & Living this Holiday Season



By Linda Hand

Some things seem so basic and are often taken for granted. My mother always told me that when you are looking for a home, to make sure that it has good water. Well, why wouldn't it? I have learned since then that

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EXPERT SURGERY Close to home.

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Director News**Continued from page 1**

having safe, clear water is critical. Some things are just so simple that on a day-to-day basis we just look past them. The five basic needs to survive are Oxygen, Water, Food, Shelter (Warmth) & Sleep. Going beyond that there are also other requirements, meaning what are the most important things in life? There are many surveys out there, and some of the top-rated were: Faith in a Higher Being, Love, Family, Health, Friends, Happiness, Touch (Hugs), Knowledge, Music, Pets, Transportation, and the list goes on and on.

Having the basic needs is great; we would not survive otherwise, but if that were all we were to have and nothing else it would be a very lonely life. There are many people right in Sawyer County that are not only missing some of the most important things in life but are also missing the basic needs to survive.

Rather than having a Giving Tree this year, we have decided to encourage people to Give the Gifts of Survival and Living. We have many Sawyer County residents who are alone, either by themselves or as a couple, with one being a full-time caregiver. Many of them are homebound without transportation and live in very rural areas. We would like to suggest the following services that we can provide, as a way for you to help with your donations. For each service that you purchase for someone in need, a gift card will be made and sent along with it.

Gift Certificates can be purchased at the Senior Resource Center Office or our meal sites for meals and transportation. For other services, please contact the instructor directly to buy a gift certificate to give personally. If you just want to make a donation for someone to receive these health services anonymously, please specify the service with



the amount and either bring or send the donation to the Senior Resource Center at 15856 E. 5th Street, Hayward, WI 54843. We will make sure that it is given to someone in need, who will appreciate that service the most. Please indicate if you would like a return receipt for the donation.

**FOR JUST \$4, YOU CAN
PROVIDE A GIFT OF A
HOT HOMEMADE MEAL:**

We serve hot homemade meals in Exeland, Hayward, Spider Lake, Stone Lake and Winter. Sawyer County residents 60+ are welcome to dine in and socialize at our centers. Volunteers deliver Meals on Wheels to the homebound, which may be the only meal they eat that day and it also serves as a safety check. Human contact with others is vital, so by having the ability to dine on site or having a meal personally delivered, we are providing a very important service to our residents and their families.

**FOR JUST \$10, YOU CAN PRO-
VIDE BUS
TRANSPORTATION:**

This punch card will allow passengers to ride 20 times within a five-mile radius of Hayward. A ride is an excellent gift for someone who is homebound and can no longer drive. The bus gives them the independence to go to medical appointments, grocery shopping, church or other places without having to depend on others for rides or trying to walk.

**FOR JUST \$20, YOU CAN PRO-
VIDE FOOT/NAIL CARE:**

This may seem like something unusual as a gift, but as we age and acquire disabilities, it is not easy to bend down and cut your toenails. The inability to cut one's nails may also be due to vision loss or lack of hand coordination with arthritis. Cutting and trimming nails are then completely neglected, which leads to infections and ingrown toenails. Call Footcare Specialist, Holly Duffy at 715-699-9987.

**FOR JUST \$20, YOU CAN
PROVIDE YOGA
FOR BALANCE:**

Four different class sessions are provided each week in Hayward and once a week in Winter. For those 60+ there is a charge of \$2 each session. A punch card will provide for ten sessions. Proven benefits of Yoga are: Improves sleep quality and depression, reduce stress, control blood sugar in people with diabetes, enhance respiratory function, alleviate arthritis pain, increase bone density and prevent osteoporosis, improve balance and moderate chronic pain. Call Instructor, Mary Jo Jirik at 715-558-9077.

**FOR JUST \$20,
YOU CAN PROVIDE
STEPPING ON FOR BALANCE:**
The Stepping On workshop is a high-evidenced based program which is designed specifically for people who are at risk of falling, have a fear of falling or have fallen one or more times. Participants meet for two hours a week for seven weeks and are facilitated by trained leaders. These classes will be held at each of our meal sites in 2017. Call Trainer Samantha Phillips at 715-634-3000.

**FOR JUST \$25, YOU CAN
PROVIDE A
½ HOUR MASSAGE:**
Massage is no longer available only

through luxury spas and upscale health clubs. We have a beautiful private spa area at the Senior Resource Center. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain, muscle tension, anxiety, digestive disorders, fibromyalgia and headaches. Beyond the benefits for specific conditions or diseases, some people enjoy massage because it often produces feelings of caring, comfort, and connection. Many people do not have anyone to touch or hug them, and that is a paramount factor in our health. Call Masseuse, Marj Champney at 715-558-2499.

**FOR JUST \$5, YOU CAN
PROVIDE AN
EXERCISE CLASS:**
There are currently Sit Fit (Chair Exercise), Flirt with Fitness and Core Challenge classes being given at the Stone Lake and Hayward Centers. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the signs of aging. And not only is exercise good for your body, but it's also good for your mind, mood, and memory. Whether you are healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness. Contact Instructor, Judy Holmes at 715-865-3005.

So for those of you who never know what to get for Aunt Susie and Uncle Joe or you would just like to provide an anonymous gift to someone in our community, these are a couple of great ideas. Cards will also be available to enclose with your gift certificate or punch card for gift giving.

May you have a Blessed Season and a Happy New Year and hope to see you on the lake, ice fishing of course!

GIVING BACK



Peggy Johnson is known to make a pretty mean burger for BINGO night on Thursdays in Hayward.

Mr. BINGO Continued from page 1

and Donna Dreczko, with Peggy Johnson running the kitchen.

Since that time Bingo has raised over \$100,000, all of which has been used for building improvements, including remodeling of the kitchen, new furniture, interior improvements to other parts of the building and parking lot, and annual donations to Meals on Wheels.

Recently the Building Board decided to dissolve themselves as an entity and gave the entire building and funds of the SCSC with all Bingo funds going directly to the SRC.

Dick said the Bingo attendance goes up and down with the jackpot cycle.

"The biggest crowd we ever had was 95 players on August 23, 2012 when the jackpot went for \$1,259. To our dismay, the jackpot also went the following week on the 47th number for \$500," Dick said. (Usually a jackpot goes between the 57th and 61st numbers.)

Lately, competition from other Bingo sites, especially St. Francis at LCO, has



Guests line up to purchase their BINGO cards.



Ken Paffel calls out the numbers.

affected our attendance negatively, Dick explained.

Because of that, Dick introduced a sliding scale for prizes, based on headcount,

which increases the jackpot if there's a big crowd and reduces it if there's a small crowd. He's now fine-tuned it again and is using a sliding scale based on actual book sales, which is proving popular, he said.

Dick is a committed volunteer to many causes in Hayward, as so many people are aware. Bingo is at the top of his list and it is an arduous, demanding, and time-consuming job, straining one's physical and intellectual capacities. In the worst of weather, Dick shows up. He is constantly looking for people to backfill when other volunteers can't make it. He does all the bookwork and paper work—and there are a lot of requirements to legally run Bingo for a nonprofit organization.

One night in the dead of winter he left his home to go to Bingo. As he was driving he looked down to make sure he had remembered the money bag with the \$500 it takes to start the



Joe Phillips is the lucky winner!
-Photos Courtesy of Tom Burgess

game. He ended up in the bed of Fiddler's Creek and had to call a tow truck. One of the other Bingo workers came and retrieved the money bag. Dick still went to Bingo after he had his tires re-mounted because he was the only one who knew how to calculate the jackpot for the night.

Even with all the planning and energies of Mr. Bingo, it takes consistent volunteers to run the game every Thursday night.

"We really need a minimum of three people to run the Bingo," Dick said, "a caller, a cashier and a floor walker. A fourth person is nice to have if you have a big crowd, The kitchen can get by with one person but you really need a second person to cashier and take the orders," he added.

Bingo is held every Thursday at the SRC. Doors open at 5:15 p.m. Early Birds start at 6:15 p.m. Main Bingo starts at 7 p.m. and is usually over by 9 p.m. Everyone is welcome; it is not just for seniors. Excellent food is served, including burgers, wraps, salads and desserts.

Hayward Senior Center News



By Doc Brueggen
Hayward Advisory Chair

Happy Fall! The weather is starting to really chill down at night. The same winds that were warm in the spring are now not so pleasant. Soon it will be December and the snow will fall and lakes will freeze. After that it is only four more months till Spring. Optimism my friends, roll with it.

Do not forget to turn back your clocks on Saturday, November 6th. This date will end daylight savings time for 2016. Fall back and Spring forward is the key.

There are a lot of events coming up in the next couple months. The first major event of November is, of course, the Presidential Election. As scary as it is, PLEASE get out and vote. Tuesday, November 8, show up at the Hayward Senior Center with an I VOTED sticker and we will give you a free cup of coffee. The Senior Center is now serving Backroads Coffee and homemade dessert bars will also be available for purchase.

November 12, 2016 the Hayward Center will hold its 3rd Annual "COUNT DOWN TO CHRISTMAS" Sale. We will have around a dozen craft vendors plus a sale from our gift shop. It will be a garage sale with a variety of items. We will also be serving walking tacos and hot dogs to help to keep up your strength while you shop.

There will be a special Thanksgiving

dinner in November and one for Christmas in December.

November 11th is Veterans Day. Please make it a point to thank a veteran for their service. Due to their sacrifices and bravery, we have the freedoms we enjoy today.

December is always a busy time for all of us, but let's try to be nice to each other. Maybe you know of someone that would like to send out Christmas cards, but because of arthritis or whatever cannot do it themselves. Wouldn't it be a great gift to write them out for them, help them wrap packages or take them shopping? You've got the idea.

Happy Thanksgiving and Merry Christmas to all.

Stone Lake Center News



By Peggy Johnson
Stone Lake Senior Center Chef
Hello Everyone!

The Cranberry Festival is now behind us for the 2016 year. The weather cooperated this year to make this a very successful and well attended Festival. Our King is Myron Lindell and Queen is Vera Lindell. Myron was born in a house near the public landing on Stone Lake, June 5, 1944, along with a twin sister, Marion. Myron's parents, Karl and Irma, were lifetime Stone Lake residents. The Lindell's had eight children. Karl was Sand

Lake Treasurer and the local mechanic for years. Irma rode herd on the eight children and sold Avon products. The twins, Myron and Marion (Butch and Sis) have many memories of living in Stone Lake and lived there until Myron married Vera Groat. Vera was born and raised in Washburn County (Stanbury) and attended school in Hayward. Vera has three siblings still in the area. Myron and Vera went to high school together and married in Hayward. They moved to Janesville, WI in 1968. Myron worked for and retired from General Motors after 30 years in 1998. Vera retired from the University of Wisconsin after working for the state for 25 years. They have two sons, James and Steven. In 1998 they returned to Stone Lake and live here seasonally.

The Annual Veteran's Dinner, to honor our veterans, will be held at noon on November 10, 2016. Please be sure to make reservations by noon Monday, November 8, 2016.

The Cranberry Café is closed Thursday, November 24 and Friday, November 25 to celebrate the Thanksgiving weekend.

The Annual Christmas Party will be held on Wednesday, December 14, 2016. Music will start at 11:30 a.m. and lunch will be served at noon. So mark this date on your calendars for a wonderful Christmas Party again this year with your friends.

Breakfast is still being served from 8:00 a.m. to 10:00 a.m. Monday through Friday and lunch is served at 12:00 noon. You do not need reservations for the breakfast, but reservations are appreciated for the noon meal. Also being served is an evening meal at 5:00 p.m. on Tuesday evenings.

Everyone please have a safe, Merry Christmas and a prosperous New Year.



HAYWARD AARP NEWS

AARP PROGRAM TOPICS FOR NOVEMBER AND DECEMBER

Hayward Chapter of AARP meetings are held the first Thursday of every month at the Hayward Senior Center. After a 1 p.m. business meeting, a program is presented followed by refreshments.

BOARD & GENERAL MEETING WITH GUEST SPEAKER

On Thursday, November 3, 2016 after the 1:00 p.m. Board Meeting and general meeting. Local author, publisher and historian James Brakken will present his latest book "Early Life Among The Indians"... This book is one of several Jim has written, including "The Namekagon Trilogy", "The Secret Life of Chief Namekagon", "Saving our Lakes and Streams" and more.

BOARD & GENERAL MEETING WITH GUEST SPEAKER

Our Christmas Party will be held Thursday, December 1, 2016 at 12:00 Noon. This year's event will be held at "Flat Creek Eatery" - 10290 State Hwy 27 South - Hayward, WI. Everyone is welcome to attend and must pay their own way.

GUESTS/VISITORS ARE WELCOME TO ATTEND THESE EVENTS. CALL:
CAROL ALCOE AT (715) 462-3213
OR WALDO ASP AT (715) 354-7450
FOR MORE INFORMATION.

Recipe Corner



Tuscan White Bean Stew

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, quartered
- 1 slice whole-grain bread, cut into 1/2-inch cubes
- 2 cups dried cannellini or other white beans, picked over and rinsed, soaked overnight, and drained
- 6 cups water
- 1 teaspoon salt
- 1 bay leaf
- 2 tablespoons olive oil
- 1 yellow onion, coarsely chopped
- 3 carrots, peeled and coarsely chopped
- 6 cloves garlic, chopped
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh rosemary, plus 6 sprigs
- 1 1/2 cups vegetable stock or broth

DIRECTIONS

To make the croutons, heat the olive oil over medium heat in a large frying pan. Add the garlic and saute for 1 minute. Remove from the heat and let stand for 10 minutes to infuse the garlic flavor into the oil. Remove the garlic pieces and discard. Return the pan to medium heat. Add the bread cubes and saute, stirring frequently, until lightly browned, 3 to 5 minutes. Transfer to a small bowl and set aside.

In a soup pot over high heat, combine the white beans, water, 1/2 teaspoon of the salt and the bay leaf. Bring to a boil over high heat. Reduce the heat to low, cover partially and simmer until the beans are tender, 60 to 75 minutes. Drain the beans, reserving 1/2 cup of the cooking liquid. Dis-

card the bay leaf. Place the cooked beans into a large bowl and save the cooking pot for later use. In a small bowl, combine the reserved cooking liquid and 1/2 cup of the cooked beans. Mash with a fork to form a paste. Stir the bean paste into the cooked beans.

Return the cooking pot to the stove top and add the olive oil. Heat over medium-high heat. Stir in the onion and carrots and saute until the carrots are tender-crisp, 6 to 7 minutes. Stir in the garlic and cook until softened, about 1 minute. Stir in the remaining 1/2 teaspoon salt, the pepper, chopped rosemary, bean mixture and stock. Bring to a boil, then reduce the heat to low and simmer until the stew is heated through, about 5 minutes.

Ladle the stew into warmed bowls and sprinkle with the croutons. Garnish each bowl with a rosemary sprig and serve immediately.

Nutritional analysis per serving
Serving size :About 1 1/4 cup stew and 1/6 of the croutons

- Total carbohydrate 48 g • Dietary fiber 12 g
- Sodium 450 mg • Saturated fat 1 g
- Total fat 8 g • Trans fat 0 g • Cholesterol 0 mg
- Protein 16 g • Monounsaturated fat 6 g
- Calories 328 • Added sugars 0 g

Recipe adapted from Mayo Clinic



Brussels Sprouts Salad

INGREDIENTS

- 12 oz. brussels sprouts, outer leaves removed
 - 1 pear, chopped
 - 1/3 cup dried cranberries
 - 1/3 cup bleu cheese, crumbled
 - 1/4 cup pecans, roughly chopped
- Dressing:**
- 1/4 cup extra-virgin olive oil
 - 2 tablespoons balsamic vinegar
 - 1 tablespoon maple syrup
 - 2 teaspoon Dijon mustard
 - Kosher salt and freshly ground pepper, to taste

PREPARATION

Holding brussels sprouts by the stalk, use a sharp knife to cut brussels sprout into strips. Place brussel sprouts in a large bowl, along with chopped pear, cranberries, cheese and pecans. In a small bowl, whisk together olive oil, balsamic vinegar, maple syrup and mustard, and season generously

with salt and pepper. Pour dressing over the salad and toss together until everything is evenly coated. 15 minutes to prepare, serves 6-8
Recipe adapted from Back To Her Roots

Bon Appétit

Chart of High-Fiber Foods

By Mayo Clinic Staff

Looking to add more fiber to your diet? Fiber — along with adequate fluid intake — moves quickly and relatively easily through your digestive tract and helps it function properly. A high-fiber diet may also help reduce the risk of obesity, heart disease and diabetes. Here's a look at the fiber content of some common foods. Read nutrition labels to find out exactly how much fiber is in your favorite foods. Women should try to eat at least 21 to 25 grams of fiber a day, while men should aim for 30 to 38 grams a day.

Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Banana	1 medium	3.1
Orange	1 medium	3.1
Grains, cereal and pasta	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat	1 cup	6.3
Barley, pearled	1 cup	6.0
Bran flakes	3/4 cup	5.5
Oat bran muffin	1 medium	5.2
Oatmeal, instant, cooked	1 cup	4.0
Legumes, nuts and seeds	Serving size	Total fiber (grams)*
Split peas, boiled	1 cup	16.3
Lentils, boiled	1 cup	15.6
Black beans, boiled	1 cup	15.0
Lima beans, boiled	1 cup	13.2
Baked beans (veg., canned, cooked)	1 cup	10.4
Almonds	1 ounce (23 nuts)	3.5
Pistachio nuts	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7
Vegetables	Serving size	Total fiber (grams)*
Artichoke, boiled	1 medium	10.3
Green peas, boiled	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Brussels sprouts, boiled	1 cup	4.1

*Fiber content can vary among brands. Source: USDA National Nutrient Database for Standard Reference, Release 27

Exeland Center News

The Crossings Diner
715-943-2990



By Karen Skogen

By the time you receive this newsletter, the feel of fall will definitely be in the air and we will soon be wishing everyone Happy Thanksgiving, then Merry Christmas.

We are thankful that there is a meal site

in the southern region of Sawyer County where, for a nominal donation, seniors can enjoy home-cooked style meals and where volunteers will graciously deliver these noon meals to seniors unable to come to the Center.

The administration offices and the advisory board of the Senior Resource Center (SRC) that oversee the five meal sites in the county are located in Hayward and in the same building as the meal site there. SRC, however, is not under the jurisdiction of Sawyer County government. So, you can enjoy the meals, programs, social time, etc. without feeling that you need to be under a certain income level or that it is a welfare program. Your support is needed and the best way for you to support is to just enjoy the fine dining experience as often as you can.

The Exeland Senior Center has been known by that name ever since it was established in 1970. Now, 40 plus years later it will receive a new name "The Crossings Diner". As we age, we some-

times don't like changes very much, but this is just a name on a sign, a document or a publication. It is still basically for the seniors, and the food, the service and the great social atmosphere remain the same.

Bonnie reported that we have had several great events recently. First, eight residents of the Ladysmith Care Community, and originally from the Exeland area, spent a wonderful day out enjoying the fall colors and joined with many of their friends and family members for a delightful time and lunch at the Center.

On another day, 20 people came for their flu shot. The flu shots were provided by Walgreens and arranged by the Senior Resource Center. They also arranged for free memory screenings and five people took advantage of this service.

Five people from the Exeland site area recently took advantage of the Stepping On Class that was offered at the Waldo

Center in Winter.

Our condolences go to the family on the recent death of Jim Veness from the Exeland area.

At a recent Advisory Board meeting, Bonnie was authorized to use donated funds to purchase a new stainless steel cuber/tenderizer for the kitchen. She has made the purchase and she says that it works great! It is a big improvement over the old one. We have learned that in the near future, SRC will be using grant money to upgrade some larger appliances in our kitchen also.

On October 5, sixteen volunteers from the Exeland area chose to accept the invitation to the annual Volunteer Appreciation Luncheon at The Steakhouse & Lodge in Hayward. A delicious lunch was served and everyone enjoyed the program, the fun and the fabulous prizes.

MERRY CHRISTMAS
and Happy New Year

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STEPPING ON CLASSES

STEPPING ON is now taking reservations for our 2017 classes for... WINTER, EXELAND, STONE LAKE, SPIDER LAKE AND HAYWARD.

**Call to Reserve your spot now!
Samantha Phillips Healthy
Promotions Coordinator
Senior Resource Center
715-634-3000**

Stepping On is designed specifically for people who are: 1) at risk of falling, 2) have a fear of falling, or 3) who have fallen one or more times. Participants meet for two hours a week for seven weeks.

Workshops are facilitated by trained leaders and provide a safe and positive learning experience. It is the process in which the program is taught that makes it effective. Classes are highly participative; mutual support and success build participants' confidence in their ability to manage their health behaviors, reduce their risk of falls, and maintain active and fulfilling lives.

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NORDIC WALKING CLUB



LOOKING TO GET OUT OF THE HOUSE, EXERCISE & SOCIALIZE?

The Senior Resource Center has partnered with the American Birkebeiner Ski Foundation to start a Nordic Walking Club which will run once a week for six weeks.

When: Fridays, Nov 4, 2016– Dec 16, 2016

Time: 10:00 – 11:00 a.m.

**Where: Meet at The Senior Resource Center
15856 E. 5th Street, Hayward, WI 54843**

Cost: \$15

Registration is limited.

Walking poles are encouraged, but not required.

Sign up at the Senior Resource Center

in Lower Level

or contact Samantha Phillips, Health Promotions

Coordinator at 715-634-3000





What's for Dinner?

November & December Evening Menus at Hayward and Stone Lake Centers

HAYWARD

NOVEMBER

November 1st

Make Your Own California
Burger on a Bun
Side-winder Fries
Lettuce Salad
Fruit Salad

November 8th

BBQ Rib
Baked Potato
Buttered Corn
Peanut Butter Cookie

November 15th

Roast Pork
Mashed Potatoes & Gravy
Carrots
Cake

November 22nd

Oven Fried Chicken
Baked Sweet Potato
Green Beans
Pie

November 29th

Salisbury Steak w/Bacon
Peas & Carrots
Herbed Noodles
Brownie

DECEMBER

December 6th

Meatballs w/Gravy
Mashed Potatoes
Green Peas
Apple turnover

December 13th

Breaded Pork Chop
Baked Potato
Roasted Brussels Sprouts
Brownie

December 20th

BBQ Rib
Rice Pilaf
California Blend Vegetables
Fruit
Pudding w/Topping

December 27th

Texas Style Chili
Crackers
Grilled Cheese Sandwich
Side Salad
Fruit Salad

*All meals include bread & milk

Please Call:

715-634-3000 to make a reservation

STONE LAKE

NOVEMBER

November 1st

Turkey
Dressing
Mashed Potatoes
Green Beans
Pumpkin Pie

November 8th

BBQ Ribs
Baked Potato
Sour Cream w/Cives
Corn
Ice Cream

November 15th

Chicken Kiev
Rice Pilaf
Peas
Chocolate Mousse

November 22nd

Spaghetti
Angel Hair Pasta
Green Salad
Bread Stick
Chocolate Cake

November 29th

Meatloaf
Mashed Potatoes
Roasted Brussels Sprouts
Pretzel Salad

DECEMBER

December 6th

Pork Cutlet
Scalloped Potatoes
Broccoli
Banana Cream Pie

December 13th

BBQ Ribs
Steak Fries
Pea Salad
Blueberry Cobbler

December 20th

Turkey
Dressing
Mashed Potatoes
Gravy
Carrots
Pumpkin Pie

December 27th

NO EVENING MEAL

**MERRY CHRISTMAS
& HAPPY NEW YEAR!**

*All meals include bread & milk




Please Call:

715-865-2025 to make a reservation



November 2016



Monday	Tuesday	Wednesday	Thursday	Friday
 November 5th	1 Beef Stroganoff w/Egg Noodles, Honey Glazed Carrots, Cucumber Salad, Crescent Roll/Butter, Fruit & Milk	2 Italian Spaghetti w/Meat Sauce, Salad, Garlic Bread, Frozen Yogurt & Milk	3 Chicken Wild Rice Soup, Ham & Egg Salad Sandwich w/Lettuce, Tomato, Pickle, Fudge Brownie & Milk	4 CHEF'S CHOICE 
7 Liver & Onions, Rice Pilaf, Sauté Shredded Brussel Sprouts w/Bacon & Walnuts, Brown Bread/Butter, Dessert & Milk	8 ELECTION DAY Baked Fish w/Lemon & Tartar, Rosemary Sweet Potato FF, Coleslaw w/Craisins, Roll, Apple Crisp & Milk	9 Creamed Chicken over Biscuit, Peas & Carrots, Tator Tots, Cranberry Juice, Pretzel Salad & Milk	10 Roast Beef & Mashed Potatoes w/Gravy, Corn, WW Bread/Butter, Fruit Root Beer Float & Milk	11 VETERAN'S DAY BBQ Ribs, Baked Potato w/Sour Cream, Baked Beans, Corn Muffin w/Honey Butter, Red/White/Blue Fruit Parfait & Milk
14 Boiled Dinner, Crusty Bread w/Butter, Fruit Cobbler with Whipped Cream & Milk	15 CHEF'S CHOICE 	16 Thanksgiving Dinner Roasted Turkey, Mashed Potatoes w/Gravy, Stuffing, Cranberries, Roll, Pumpkin Pie w/Whip Cream & Milk	17 Meaty Chili w/Cheddar Cheese Grilled Sandwich, Veggies w/Dip, Fruit/Yogurt and Granola Parfait & Milk	18 Scalloped Potatoes & Ham, Buttered Broccoli, Applesauce, Dinner Roll & Cake
21 Beef Tips in Gravy over Rice, Chinese Cabbage Salad, WW Bread/Butter, Fruit, Dessert & Milk	22 Black Forest Sandwich w/Ham, Sauerkraut, Whole Grain Mustard, Smoked Gouda on Pumpernickel, Chips, Pickle, Fruit & Milk	23 Meatloaf & Mashed Potatoes w/Brown Gravy, Bacon Pea Salad, Crescent Roll/Butter, Cookie, Fruit Juice & Milk	24 CLOSED 	25 CLOSED
28 Almond Chicken Salad w/Craisins, Croissant, Lettuce Salad w/Hard Boiled Egg, Cheese, Pickle, Dessert Bar & Milk	29 Baked Salmon w/Bacon Braised String Beans, Garlic Baby Red Potatoes, Fruit, Pie & Milk	30 Breaded Pork Chop w/Sauté Spatzel & Cabbage Mix, Pickled Beets, Roll/Butter, Fruit & Milk	Phone Numbers for SRC Meal Sites: Stone Lake: (715) 865-2025 Winter: (715) 266-2233 Exeland: (715) 943-2990 Hayward/Spider Lake: (715) 634-4680 The Senior Resource Center accepts Food Share as a donation towards your meal cost. Contact the SRC Office at 715-634-3000 to use your Quest Card for payment or to schedule an appointment with the Elder Benefit Specialist to apply for a Quest Card.	

December 2016



Monday	Tuesday	Wednesday	Thursday	Friday
Phone Numbers for SRC Meal Sites: Stone Lake: (715) 865-2025 Winter: (715) 266-2233 Exeland: (715) 943-2990 Hayward/Spider Lake: (715) 634-4680 The Senior Resource Center accepts Food Share as a donation towards your meal cost. Contact the SRC Office at 715-634-3000 to use your Quest Card.			1 	2 White Chicken Chili Topped w/Grated Cheese, Salad, Tortilla Chips, Salsa, Sour Cream, Crackers, Fruit & Milk
5 Cabbage Roll Casserole, Brown Buttered Carrots, Pickled Beets, French Bread/Butter, Fruit Fluff & Milk	6 Italian Beef Sandwich, Sidewinder FF, Coleslaw, Pretzel Salad & Milk	7 Baked Chicken Breast, Irish Potato Salad, Baked Beans, Marble Rye Bread/Butter, Fruit, Bacon & Carmel Sundae and Milk	8 Lasagna, Caesar Salad, Bread Stick, Lemon Bar & Milk	9 Salisbury Steak w/Brown Gravy & Grilled Onions, Creamy Mashed Potatoes, Peas, Angel Food Cake w/Fruit & Milk
12 Shaggy Man Split Pea Soup, Grilled Cheese Sandwich, Veggies & Dip, Frosted Banana Bar & Milk	13 CHEF'S CHOICE 	14 Christmas Dinner Maple Glaze Baked Ham, Sweet Potatoes, Green Bean Casserole, Cranberry Walnut Bread, Fruit Salad, Snowberry Cookie & Milk	15 Meatball Lover's Sandwich On/OR beside Hoagie Bun w/Sliced Onion, French Fries, Fresh Salad, Fruit & Milk	16 Chicken Tetrazzini, Mandarin Bacon Crunch Salad, Crusty Bread/Butter, Dessert & Milk
19 Pork Chop, German Potato Salad, Fresh Fruit w/Dip, Hard Roll/Butter, German Chocolate Cake & Milk	20 Savory BBQ Chicken, Christmas Tortellini Pasta, Beans, Crescent Roll/Butter, Fruit & Milk	21 Best Italian Sausage & Ziti Bake, Salad, Garlic Bread, Fruit, Frozen Yogurt & Milk	22 Baked Salmon, Bacon Wrapped Asparagus, Angel Hair Pasta, French Bread/Butter, Fruit, Cream Pie & Milk	23 CLOSED 
26 CLOSED 	27 Swedish Meatballs, Garlic Mashed Potatoes, Corn, Bread/Butter, Fruit Juice, Cake & Milk	28 Stuffed Sweet Pepper Soup, Fresh Garden Salad, Crusty Bread, Cottage Cheese w/Peach & Milk	29 Pork Roast, Baked Potato, Baked Beans, Applesauce, Marble Rye Bread/Butter, Dessert & Milk	30 Spice-Rubbed Turkey Breast w/Cranberry BBQ Sauce, Sweet Potato, Fruit Fluff, Holiday Eggnog Bread Pudding & Milk

Stone Lake's Cranberry Café

Serving Up Lots of Food and Friendship



The Cranberry Café is the perfect place to enjoy a hearty breakfast and engaging conversation.



Peggy Johnson (L) and Chris Webster (R) cooked up a delicious batch of sausage gravy and biscuits on Wednesday, September 28.



Bob Gundry, 77, lives two blocks from the Cranberry Café and has been coming here for the past 10 years for both breakfast and lunch.

By Kathy Hanson, Contributing Writer

Every Wednesday morning between 8 and 10 a.m. the Cranberry Café at the Stone Lake Senior Citizens Center serves up a breakfast of sausage gravy and biscuits. It is a big draw for them, bringing in anywhere from 18 to 25 people.

Chris Webster is the Stone Lake Senior Center Manager and she is the go-to person for the breakfast menus, food-ordering, paperwork, oversight and the prepping and making of it five days a week.

While the sausage gravy and biscuit menu is popular, all the breakfast foods are impressive: scrambled eggs, meats, potatoes, pancakes, waffles, quiche, breakfast burritos—and most recently, something new—egg cups!

“I try to find something different to try,” Chris said. Some things are a hit and some things not so much. Potato pancakes and smoked sausage are another thing that seems to go quite well. We serve hot cereal two to three times a week, more during the cold months,” she added.

Lunch is also made and served five days a week at the Cranberry Café, with Peggy Johnson or Barb Coddington usually splitting the responsibilities for making the lunches. Up to 18 people usually arrive for lunch.

La Vern Slauson, who is employed with Experience Works, helps out and gives the kitchen a hand with “odds and end things,” Chris said.

Peggy does the evening meal on Tuesdays, serving at 5 p.m.

Chris said after the Cranberry Fest is over in the fall many of the seniors head south for the winter and the number of people coming for meals drops to about half.

Chris owned and operated a restaurant in Gilman Wisconsin in 2003 and then in

2009 moved to Minnesota where she worked for a major food catering business for major office complexes.

Both she and her boyfriend grew up in this area and decided to return to this area where she now lives on the Chippewa River, just outside of Radisson.

She said everyone is welcome at the Cranberry Café; there is no age limit to eat here.

“From the three cooks in the kitchen doing things in our own special way and helping each other out, to the seniors who come in to eat, play some cribbage, or just visit with each other, I believe this senior center is really about the seniors. It’s their place and they are the reason we keep going,” she said.



Rick and Ginna Bentley of Edgewater enjoyed breakfast at the Cranberry Café on Sept. 28: sausage gravy and biscuits with a side of oatmeal.



All are welcome to dine at the Cranberry Café regardless of age. -Photos by Kathy Hanson

Healthy Breakfast: Quick, Flexible Options

By Mayo Clinic Staff

It might be the last thing on your morning to-do list, or worse, it might not be on your list at all. But a healthy breakfast refuels your body, jump-starts your day and may even benefit your overall health. So don't skip this meal — it may be more important than you think.

THE BENEFITS OF A HEALTHY BREAKFAST

Breakfast gives you a chance to start each day with a healthy and nutritious meal.

Adults who report regularly eating a healthy breakfast are more likely to:

- Eat more vitamins and minerals
- Control their weight
- Eat less fat and cholesterol

The basics of a healthy breakfast

What exactly counts as a healthy breakfast?

Here's what forms the core of a healthy breakfast:

- Whole grains. Examples include whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers, and Melba toast.
- Lean protein. Examples include peanut butter, lean meat, poultry or fish, and hard-boiled eggs.
- Low-fat dairy. Examples include milk, plain or lower sugar yogurts, and low-fat cheeses, such as cottage and natural cheeses.
- Fruits and vegetables. Examples include fresh or frozen fruits and vegetables, 100 percent juice drinks without added sugar, and fruit and vegetable smoothies. Choose low-sodium versions of beverages, though.

Together, these food groups provide complex carbohydrates, fiber, protein and a small amount of fat — a combination that packs health benefits and helps you feel full for hours. Find options from these core groups that suit your tastes and preferences. And try to choose one or two options from each category to round out a healthy breakfast.

Join us Monday-Friday between 8-10 a.m. at the Cranberry Café in Stone Lake for a Healthy Breakfast! It is so easy all you have to do is show up and serve yourself, no reservation needed. Our breakfast is served continental style with several options daily. Age 60+ is a suggested donation of \$3 and for anyone under 60 we request that you pay the full price of \$5. This breakfast is open to the public, no matter what your income is. We have FREE WiFi and the great small hometown atmosphere where everyone feels welcome.

Elder Benefit Specialist News



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

BENEFIT SPECIALIST RECOMMENDATION & REQUEST

To continue to provide efficient and prompt service to as many clients as possible, especially during the busy Medicare Open Enrollment period, we would like to encourage everyone to call the Elder Benefits Specialist, Desmond Bennett, at 715-934-2177 to make an appointment before coming into the office to see us. This will prevent you from having to wait if we are unavailable and it will help us to assist you in a more confidential, respectful and timely manner.

**Thank You ~ The Senior
Resource Center**

MEDICARE PART D ANNUAL ENROLLMENT PERIOD

By the GWAAR Legal Services Team

Each year from October 15 through December 7, there is an Annual Enrollment

Period (AEP), also known as the Open Enrollment Period, for Medicare Beneficiaries to change their Part C and/or Part D plans.

During the AEP, a person can make any of the following changes:

- Join a Part D plan (if not already enrolled);
- Drop a Part D plan;
- Switch to a new Part D plan;
- Drop a Medicare Advantage plan and return to Original Medicare;
- Join a Medicare Advantage plan with or without drug coverage.

Changes made during the AEP will be effective on January 1, 2017. Even if Medicare beneficiaries are happy with their current Part D plan, they should still re-evaluate that drug plan to determine if it will best meet their needs for 2017. Because Part C and Part D plans are privatized, they are allowed to change the terms of coverage every year. New Part D plans become available, and some Part D plans stop offering coverage in the state. Even if a plan continues to offer coverage for the following year, its monthly premium, formulary, pharmacy network, deductible, and copay amounts could all change! It's important that Medicare beneficiaries review their Annual Notice of Change (ANOC), which arrives in the mail on or before September 30th. This document notifies Medicare beneficiaries of the changes to their Part D plan that become effective January 1, 2017.

The most effective way to choose a Part D plan is by going on the www.medicare.gov website and using the "planfinder" tool. The planfinder asks a person to enter his or her zip code, prescription medications, and preferred pharmacies. Based on this information, the planfinder will list the plans that would be most cost effective for that person.

Unfortunately, research shows that fewer than 10% of Medicare beneficiaries are enrolled in the most cost-effective Part D plan. Name recognition or looking at a plan's monthly premium alone are not good ways to choose a plan.

If a person is unsure how to pick and evaluate a plan, the person can utilize the following resources:

- Local benefit specialist. In Sawyer County, you may contact the Elder Benefits Specialist, Desmond Bennett, at 715-934-2177.
- Case manager or social worker.
- Board on Aging and Long-Term Care Part D helpline (ages 60+) at (855) 677-2783.
- Board on Aging and Long-Term Care Medigap helpline at (800) 242-1060.
- Disability Rights Wisconsin Part D helpline (ages 18-59) at 800-926-4862.

Technology/ Computer Classes are Available at the Senior Resource Center



If you are trying to figure out that new smart phone that you received as a gift or are just want help in setting up a Facebook page on your laptop, bring it in and Connie Shield will assist you with your technology needs. Join us for FREE Computer/Tablet Classes at the Hayward Senior Center in the Upper Level of the Senior Resource Center, which is located at 15856 E. 5th Street, Hayward, every Tuesday morning from 10 a.m. to noon. If you have questions, please call Connie Schield at 715-865-4940.

Sawyer County



VETERANS Service Office News

By Gary Elliot,

Sawyer County Veterans Service Officer

KNOW YOUR VA BENEFITS

Serving our veterans for the last three years, I've found that a lot of our veterans do not fully understand their benefits. This is especially true in regard to VA Health Care Benefits.

If approved, VA Health Care Benefits does meet the Minimum standards of the Affordable Health Care Act and alleviates the veteran from a fine for not having Health Insurance. However, each veteran must pay particular attention to the "Priority Group" they have been assigned. Depending on where you fit within the VA Health Care system your priority group is tied directly to your costs in receiving health care through the VA.

There are eight priority groups (1-8) with number eight having six subpriorities and each having different cost(s) to the veteran when seen by a VA health care provider, or issued prescription medications.

Enter the Veteran's Choice Act of 2014. This program was passed to aid veterans

Continued on Page 15

WALDO Center News Winter Area Site 715-266-2233



**By Ruth Brad,
Winter Site Manager**

Hello everyone,

I bet all of you have been very busy getting the fall yard work down and getting ready for. Yes, you guessed it, SNOW!!!

Well that's why we live here in the Northwood's, because we love the four seasons.

As I write this, the center is all decorated up for Halloween and we are enjoying our garden yet. Can you believe it? Our tomatoes are doing just fine and we are having our last taste of fresh cucumbers till next year. I think we had better pick the green ones and can them for winter. Does anyone have any good recipes that they would like to share? If you do please send them or bring them in.

We are still doing Hatha Yoga every Monday so if you are interested please give me a call at 715-266-2233, so we can get you the information, it is Monday afternoons at 2:00 P.M.

The Center is also looking at trying a AARP class on November 3rd, so if you are interested you can call me at the WALDO Center to sign up for that.

**Your friends at the
WALDO CENTER**

Loss and Grief in Caregiving INFORMATION FOR CAREGIVERS

By Jane Mahoney,

November is National Caregiver's month – a month to celebrate and honor all of you who are caring for your spouse, parent or friend. Over 25% of households in the United States are involved in caring for an older adult. Isn't it wonderful that so many people are dedicated to helping those they love? Being able to take care of your loved one in their older years is a joy and an honor.

But caregivers also know that their job is not always joyful, or easy! In fact, there is a lot of loss associated with caregiving. Some of the more obvious things that caregivers lose are jobs/careers, social interactions, free time and often their own well-being. Other losses are less clear, like when you are feeling sadness and grief but can't quite explain exactly what it's all about. For example, you may feel like you have already lost your loved one even though they are still alive. This ambiguous loss is particularly difficult to overcome because it is often brushed aside as not being real. When losses are not identified and feelings of grief are not validated, depression will often follow.

I'm sure all caregivers will agree that they have experienced various losses as a result of their caregiving role. Most of these losses are unavoidable and must be faced. Grief is the emotional process of working through these losses. Grief can be experienced in many different ways. Some common responses to grief are



anger and frustration, shock and denial, disorganization, helplessness and fear, guilt and regret, sadness, and fatigue. The most important thing is that the caregiver recognizes their losses and how they are responding, and then allows themselves to grieve.

How does a person grieve? Let yourself express all of the emotions you are feeling. Find a good friend, therapist or support group where you feel safe to share your feelings. Find a private time and space to gather memories and savor that which was lost. Write in a journal.

Take care of your health. Stay in touch with friends. Say "goodbye" to life as you knew it and say "hello" to your life as it is now.

The phrases "work through your grief" and "learn to let go" are common, giving the impression that the sadness and pain of your loss will end one day. But some grief and sadness will never completely go away. Living under the impression that you can somehow make your pain and grief disappear may be setting yourself up to fail. Dealing with loss is not forgetting that which you have lost, but learning how to integrate those losses into your life and move forward. It has been said, "You never get over a loss; you just get different."

One last suggestion to all of you hardworking caregivers: Give yourself a pat on the back for all that you do. Treat yourself to lunch with friends, a few hours doing your favorite hobby, a manicure or massage. You have definitely earned it.

And remember, you are admired by many for your dedication and selflessness. Keep up the good work!

*Jane Mahoney is an Older Americans
Act Consultant from the Greater Wisconsin
Agency on Aging Resources*



GET FIT Fitness Classes

EXERCISE CLASSES

**LOCATED IN THE UPPER
LEVEL OF THE SENIOR
RESOURCE CENTER AT
15856 E. 5TH STREET,
HAYWARD**

SIT-FIT:

Tuesdays from 9a.m.-10a.m.
This is an exercise program
designed for upper and lower
body strengthening while
seated in a chair.

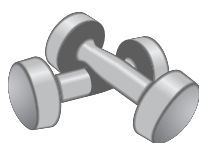
FLIRT WITH FITNESS & CORE CHALLENGE:

Tuesdays and Thursday from
10 a.m.-11 a.m. This is a
low-impact aerobic dance pro-
gram with some spicy moves
which is followed by a toning por-
tion using light
hand-held weights.

AEROBIC/ TONING PROGRAM

**\$35 for 4 weeks
or \$5 per visit**

SIT-FIT: \$5 per visit



**For more info
or to register
call Judy
Holmes @
715-865-3005**

Veteran's Service News

Continued from page 13

in receiving timely medical service. Now veterans are often asked by their VA health care provider if they would like to use the Choice Program. As a veteran, you need to understand that the same cost(s) associated with your priority group applies regardless of whether you were seen by a VA provider or a VA contracted provider. Also keep in mind that if you are seen by a VA contracted provider under the Choice Program, the appointment must first have been authorized by the VA and may not deviate from the authorized procedure(s) or visit. If the visit and/or procedure(s) were not approved, the veteran will bear all associated costs. Bottom line, having VA health care is an awesome benefit, but not knowing where you stand can cost you.

BURIAL BENEFITS

Veterans discharged from active duty (prior to September 7, 1980 (enlisted) or October 16, 1981 (officer) under conditions other than dishonorable may be eligible for VA burial and memorial benefits. Veterans discharged after these dates must have served 24 consecutive months or the full period of active duty (as in the case of National Guard or Reserve members for a limited duration activated under federal orders). Important to note that otherwise eligible individuals found to have committed federal or state capital crimes or certain sex offenses are barred from receipt of a Government furnished headstone, marker, medallion, burial flag, and Presidential Memorial Certificate.

Following this outline, if you were a former National Guard Member or Reservist and while serving in this capacity were active duty for training or activated under state control you are entitled to: State Funeral Honors and Flag.

In contrast, if you were a former National Guard Member or Reservist and were activated under federal orders, you are entitled to: Funeral Honors, Flag, Marker or Medallion, and Presidential

Memorial Certificate.

The VA will pay a burial and funeral allowance of up to \$2,000 for Veterans who die from service connected injuries; up to \$300 for Veterans who, at the time of death from non-service connected injuries were entitled to receive a VA pension or compensation or would have been entitled if they were not receiving military retirement pay. The VA will pay a burial and funeral allowance of up to \$734 when the Veterans' death occurs in a VA facility, a VA-contracted nursing home or a state Veterans nursing home.

The VA will also pay a plot allowance of up to \$734 when a Veteran is buried in a cemetery not under U.S. government jurisdiction if: the Veteran was discharged from active duty because of disability incurred or aggravated in the line of duty; the Veteran was receiving compensation or pension or would have been if the Veteran was not receiving military retired pay; or the Veteran died in a VA facility. Burial expenses paid by the deceased's employer or state agency will not be reimbursed.

HAYWARD VA CLINIC

The Hayward VA Clinic is open 8 a.m. to 4 p.m.. Monday, Tuesday, Thursday & Fridays (with exception to Holidays). To contact them via telephone the direct number is (715) 934-5454. If the phone line is busy the call will be re-directed to the VAMC-Minneapolis call center where you can leave a message for your provider.

Want to know more about your benefits? Please call your Veteran Service Office or make an appointment with Mike, Renee or Gary. We're here to serve you! (715) 634-2770.



WANTED



Volunteer Income Tax Assistance (VITA) Coordinator

VITA is a program sponsored by the IRS to prepare income taxes for low to moderate income folks. For the 2015 income tax filing season this group of six helped over 730 low to moderate income folks. All volunteers are trained by the IRS and certified to prepare income tax returns.

If this valuable service is to continue, we need a coordinator!

The coordinator's role is to lead the team that prepares income tax returns. This includes ordering materials, loading the IRS supplied tax preparation software, preparing income tax returns and electronically filing tax returns. The majority of the effort takes place in December through April 15 of the following year. Total hours spent by the coordinator will be about 200 during this period. There is a designated IRS person who is there to help.

Qualifications for this position include someone who has working knowledge of computers, is good at math and is organized. A working knowledge of federal and state income taxes is helpful but not necessary.

There are five volunteers who are willing to prepare income tax returns. All that is needed to carry on with a program which has operated for more than 20 years is a coordinator. Are you willing?

This is a change to give back to the community. Last year the average taxable income of those helped was \$22,500. These folks cannot afford to pay to have someone prepare their income tax returns. The folks you help are very grateful and it shows.

**If interested contact
Bruce Paulsen 715-634-3618
or blpaulsen@msn.com**

Hayward Menu



BINGO!

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

NOVEMBER 3

Hamburger or Cheeseburger
Chicken Wrap
Dessert

NOVEMBER 10

Hamburger or Cheeseburger
Egg Salad
Dessert

NOVEMBER 17

Hamburger or Cheeseburger
Soup
Dessert

NOVEMBER 24

CLOSED

DECEMBER 1

Hamburger or Cheeseburger
Ham Salad
Dessert

DECEMBER 8

Hamburger or Cheeseburger
Egg Salad
Dessert

DECEMBER 15

Hamburger or Cheeseburger
Chili
Dessert

DECEMBER 22

Hamburger or Cheeseburger
Soup
Dessert

DECEMBER 29

Hamburger, Cheeseburger,
Chicken Wrap
Dessert



Tai Chi Certified Instructors at Senior Resource Center



The Senior Resource Center is very excited to welcome Colleen Graham and Katie Culver to the SRC team for Health & Wellness in Sawyer County. With a grant awarded through the State of Wisconsin, we were able to send Colleen and Katie for state certification with Master Trainer Suman Barkhas of Oregon who has led many Tai Chi: Moving for Better Balance training sessions.

What Is Tai Chi?

Tai Chi (pronounced TIE-Chee) is a gentle form of physical activity ideal for people who have uncertain balance and a fear of falling. Frail persons who participate in Tai Chi activities can become more secure and confident. Tai Chi may be done sitting down and adapted for those with special needs including people in wheelchairs.

The gentleness of the Tai Chi movements helps promote the development of confidence and strength. This confidence helps reduce the 'fear of falling' that some people have. Participants have also noted relief from 'nerves' and anxiety, and report that life is more calm and serene. Many headaches and backaches disappear, and pain from arthritis or other joint or circulatory diseases is significantly lessened.

Health Benefits of Participating in Tai Chi: Moving for Better Balance

- Improved social and mental well-being,
- Improved balance and physical functioning,
- Improved confidence in conducting daily activities,
- Reduced risk of falling and sustaining associated injuries,
- Maintained independence and improved quality of life.

What to Expect from a Tai Chi Class Tai chi: Moving for Better Balance involves low impact exercise. The plan will be to start the classes after the 1st of January 2017. It will consist of one hour sessions two times a week. We hope to start with a day and an evening offering. The sessions will run for 16 weeks for the top performance and benefit of this evidence based program. If this sounds like something that you would be interested in attending, please contact Samantha Phillips, Health Promotions Coordinator, at 715-634-3000. Please indicate if you would prefer a day or evening class.



Medicare

**IMPORTANT OPEN
ENROLLMENT
INFORMATION**

**Annual Enrollment Dates for Medicare Part D
and Medicare Advantage Plans**

October 15 – December 7th

Plans can change their premiums, co-pays and other plan details each year. Be sure to review your plan and make any changes by December 7th!

For more information or assistance with plan comparisons contact the:

Senior Resource Center

Desmonde Bennett – Elder Benefits Specialist

15856 E 5th St

Hayward, WI 54843

Direct Line: (715) 934-2177

(715)634-3000

Sawyer County Compass

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

Advertising: gazetteads@centurytel.net

Editor: saj@sawyercountygazette.com



Hatha Yoga Classes

Give your feet some well-deserved attention and your whole body will begin to feel better. Our feet are often neglected even though they get us wherever we want to go, help to keep us upright and they help to ground us to the earth. Yet for all our feet do for us, we sometimes don't treat them very nice. We cram them into shoes that don't fit or support them properly, pound around on them all day long doing all kinds of activities and generally ignore them unless they start to give us problems, many of which can be prevented with awareness and a little care.

Robert Kornfeld, a holistic podiatrist in New York City, says he's seen it all: people hobbling in with knobby, inflamed bunions and hammer toes, the dull throb of tendinitis, and the achy soles of plantar fasciitis. Experts advise patients that some foot problems can alter the foot's structure and trigger pain elsewhere in the body and that one of the most important reasons to treat foot problems early is to prevent them from throwing the knees, hips, back and shoulders out of wack.

One of the best ways to take care of the feet is with yoga. "I recommend that all my patients start yoga immediately," Kornfeld says. "When you treat foot problems with yoga, you end up treating pack pain, hip pain, all kinds of structural problems. Not only does it stretch out the muscles and lead to a greater range of motion, but it helps heal the root issue of inflammation as well."

Yoga gives the feet a healthy workout that they rarely get any other way. "You couldn't ask for a better set of tools to reawaken the feet," says yoga teacher Rodney Yee, of the Piedmont Yoga Studio in Oakland, CA.

The feet are a vital part of nearly all yoga poses but here are a few techniques you can do at home that focus strictly on the feet. Give a little TLC to your feet regularly. They deserve your love and attention.

1. Massage your feet thoroughly and regularly, with or without lotion.
2. Soak your feet in a tub of warm water and Epsom salts to relax and soften your feet and your spirit.
3. Use a golf ball or tennis ball to stretch out the bottoms of your feet. Place the ball under your foot and gently apply pressure while rolling the ball all around the bottom of the foot. Give both feet equal time.
4. While standing or sitting, place feet flat on the floor. Lift one or both heels as high as you can to stretch out the bottom of the feet. Hold heel up for about 5 - 6 seconds. If doing one at a time, be sure to repeat with the other foot.

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

Tuesday at 8:30 a.m. • Tuesday at 4:30 p.m.

Thursday at 9:15 a.m. • Thursday at 10:45 a.m.

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

Monday at 2:30 p.m.

Senior Center Fees:

\$5 if under age 60 • \$2 if age 60 and over

FREE if you are a member of SilverSneakers

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

STONE LAKE BREAKFAST MENU

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

NOVEMBER

11-1-16: Baked Eggs, Raw Fries, Sausage Patties

11-2-16: Sausage Gravy & Biscuits, Oatmeal

11-3-16: Scrambled Eggs, Ham, Waffles

11-4-16: Breakfast Burritos, Tater Tots, Oatmeal

11-7-16: Egg Casserole, Pancakes, Cream of Wheat

11-8-16: Scrambled Eggs, Bacon, French Toast

11-9-16: Sausage Gravy & Biscuits, Oatmeal

11-10-16: Scrambled Eggs, Raw Fries, Sausage Links

11-11-16: Breakfast Quiche, Hash Browns, Cream of Wheat

11-14-16: Scrambled Eggs, Smoked Polish Sausage, Pot. Pancakes

11-15-16: Scrambled Eggs, Ham, Raw Fries

11-16-16: Sausage Gravy & Biscuits, Oatmeal

11-17-16: Baked Eggs, Blueberry Pancakes, Sausage Patties

11-18-16: Egg Cups, Hash Browns, Baked Oatmeal

11-21-16: Scrambled Eggs, Sausage Links, Raw Fries

11-22-16: Egg Casserole, Waffles, Cream of Wheat

11-23-16: Sausage Gravy & Biscuits, Oatmeal

11-24-16: CLOSED HAPPY THANKGIVING!!!

11-25-16: CLOSED

11-28-16: Scrambled Eggs, Bacon, French Toast

11-29-16: Scrambled Eggs, Raw Fries, Sausage Patties

11-30-16: Sausage Gravy & Biscuits, Oatmeal

DECEMBER

12-1-16: Baked Eggs, Ham, Potato Pancakes

12-2-16: Breakfast Pizza, Hash Brown, Oatmeal

12-5-16: Scrambled Eggs, Raw Fries, Smoked Polish Sausage

12-6-16: Egg Casserole, Pancakes, Cream of Wheat

12-7-16: Sausage Gravy & Biscuits, Oatmeal

12-8-16: Scrambled Eggs, Sausage Links, Waffles

12-9-16: Breakfast Burritos, Tater Tots, Cream of Wheat

12-12-16: Baked Eggs, Blueberry Pancakes, Sausage Patties

12-13-16: Scrambled Eggs, Raw Fries, Ham

12-14-16: Sausage Gravy & Biscuits, Oatmeal

12-15-16: Scrambled Eggs, Bacon, French Toast

12-16-16: Breakfast Quiche, Hash Brown, Cream of Wheat

12-19-16: Egg Casserole, Waffles, Oatmeal

12-20-16: Scrambled Eggs, Sausage Links, Raw Fries

12-21-16: Sausage Gravy & Biscuits, Oatmeal

12-22-16: Scrambled Eggs, Smoked Polish Sausage, Potato Pancakes

12-23-16: CLOSED

12-26-16: CLOSED

12-27-16: Scrambled Eggs, Bacon, French Toast

12-28-16: Sausage Gravy & Biscuits, Oatmeal

12-29-16: Baked Eggs, Raw Fries, Sausage Patties

12-30-16: Breakfast Pizza, Hash Browns, Oatmeal

HAPPY NEW YEAR!!!!!!!

**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 • NOV/DEC 2016 • 8:00 a.m. to 4:00 p.m.

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Thursday	9 am – 3 pm	Lower Level
Caregiver Support Group	2 nd Tuesday of month	1:00pm – 2:30pm	Lower Level
Blood Pressure	1 st & 3 rd Wednesday	11 – 12:00am	Upper Level
Ladies Bridge Group	Wednesday	9:00 – 12:00am	Lower Level
Cribbage	Tuesday & Thursday	1:00pm	Upper Level
Duplicate Bridge (Resumes 5/3/17)	Wednesday until 10/31	5:00pm	Lower Level
Evening Meal	Tuesday	5:30pm	Upper Level
Gin Rummy	Monday	10:00 – 11:30am	Upper Level
Pinochle & 500	Mon & Wed & Sat	1:00pm	Upper Level
Senior Center Bingo	Friday	1:00pm	Upper Level
Foot Care Clinic	Call: Holly Duffy	(715) 699-9987	Lower Level
Spider Lake Meals	Monday & Thursday	12:00 noon	Spider Lake Church
Progressive Bingo	Thursday	6:15 – 9:00pm	Upper Level
Weight Watchers	Thursday	5:30 – 7:00pm	Lower Level
Technology/Computer Classes	Tuesday	10:00am	Upper Level
Watercolor Painting	Friday	9:30 – 12am	Lower Level
Gift Shop	Monday - Friday	8:30am – 4:00pm	Upper Level
Activities/Speakers	Day	Time	Place
Hatha Yoga Class	Tuesday's	8:30-9:45am/4:30-5:45	Lower Level
Hatha Yoga Class	Thursday's	9:15-10:30/10:45-Noon	Lower Level
Evening Meals	Tuesdays (\$5.00)	5:30pm	Upper Level
AARP – Historian James Brakken	Thursday, November 3	2:00pm	Upper Level
<i>Thanksgiving Dinner</i>	Wednesday, November 16	12:00 Noon	Upper Level
<i>All Sites Closed – Happy Thanksgiving!</i>	November 24 & 25	<i>No Meals/Office/Bus</i>	<i>ALL Meal Sites & SRC</i>
AARP – Christmas Party!	Thursday, December 1	12:00 Noon	Flat Creek Eatery
Seated Exercise "Sit & Become Fit"	Tuesday (\$5.00 per class)	9:00am	Upper Level
Medicare Part D Annual Enrollment	October 15 – December 7	Ben Spec (715) 934-2177	Lower Level
<i>Christmas Dinner</i>	Wednesday, December 14	12:00 Noon	Upper Level
Holly Jolly X-Mas Cash Raffle	Drawing-noon-12/22/16	Tickets \$1 each/6 for \$5	Upper Level
<i>All Sites Closed – Merry Christmas!</i>	Friday 12/23 & Monday 12/26	<i>No Meals/Office/Bus</i>	<i>ALL Meal Sites & SRC</i>
Monthly Meetings	Day	Time	Place
Advisory Committee	1 st Wednesday	10:00am	Upper Level
AARP Meeting	1 st Thursday	2:00pm	Upper Level
Senior Resource Center Board	3 rd Wednesday	1:00pm	Lower Level

Senior Resource Center SEVERE WEATHER PREPAREDNESS POLICY OF CLOSURES

Closure of SRC Office, Transportation, Meal Sites and Delivery of Meals on Wheels

If your local school district is closed, then there will be no Senior Resource Center services available in that area that day. If school was not scheduled that day, then it will be the decision of the Senior Resource Center Director and the local site manager to determine if the site should be closed.

In Hayward this would include the Senior Resource Center Office, Bus Transportation, Hayward Meal Site and Meals on Wheels. Reference closure of Hayward Community School District.

In Spider Lake this would include the Spider Lake Meal Site and Meals on Wheels. Reference the Hayward Community School District.

In Stone Lake this would include the Stone Lake Meal Site and Meals on Wheels. Reference both Hayward Community School District and Spooner School District.

In Winter this would include the Winter Meal Site and Meals on Wheels. Reference Winter School District.

In Exeland this would include the Exeland Meal Site and Meals on Wheels. Reference the Bruce School District.

If severe weather is predicted in the forecast, the site managers will send home frozen meals to the Meals on Wheels recipients the day prior. If there are congregate meal recipients that are in need of this extra meal in case of closure, please let your site manager know.

Our priority is for the health and safety of our recipients and employees. Please make sure to listen to our local radio or television stations in the morning to find out if there are closures prior to heading out onto the road.

Volunteer Appreciation Dinner



The annual Volunteer Recognition Luncheon took place at The Steakhouse on Wednesday, October 5th. Pictured is Signe Lawson-Jones and her husband Jerry Jones. Signe recently retired from the position of Senior Resource Center Board Chair and her husband has volunteered many hours as our IT Tech. Many thanks to both of them for their tireless work and dedication to the Senior Resource Center.

Fitness Fit Bits:

CARDIOVASCULAR:

- 30 minutes of moderate intensity, 5 days a week
- 2 days per week using major muscle groups.

WALKING:

3000 to 4000 Steps per day

RESISTANCE TRAINING:

- 20-25 minutes of high intensity, Do, static stretching
- (Static stretching is used to stretch muscles while the body is at rest.)
- Hold each stretch for 30 seconds.
- 3 days per week

Exercise Recommendations
for Older Adults...



Employment & Volunteer Opportunities

EMPLOYMENT POSITION: MAINTENANCE

The Senior Resource Center is seeking the right person to fill the position of performing Maintenance Services primarily at the Hayward site, but must be willing and able to travel to the sites in Exeland, Winter and Stone Lake if needed. This new team member would be responsible for cleaning and light maintenance in the Senior Resource Center building located at 15856 E. 5th Street, Hayward approximately 20 hours per week, Monday-Friday, 5-9 a.m. These hours could be flexible. Starting pay is \$10 per hour. If you are interested, please stop at our office to complete an application at 15856 E. 5th Street, Hayward, WI. A background check, valid driver's license and reliable transportation will be required, prior to employment. There is also the possibility of combining services for the Senior Resource Center with another local business to bring this up to a full time position, with better pay if the services are contracted.

For more information please contact

Linda at 715-634-3000 or email at linda@seniorresourcecenternorth.org

LOOKING FOR VOLUNTEERS FOR OUR ALZHEIMER RESPITE PROGRAM.

Respite is held on Thursday's at the Hayward Site. We are looking to get a list of people wanting to help volunteer with our Alzheimer's clients on respite days. Talking with them, having fun, crafting, playing games. Must pass a background check, be compassionate, gentle and patient.

Contact: Samantha Phillips,
Healthy Promotions Coordinator
@ The Senior Resource Center-Hayward
1-715-634-3000



VENISON DONATIONS REQUESTED:

The Senior Resource Center has partnered with Whiskey Ridge Sports Shop & Processing, which is located at 10008 State Highway 27/70, Radisson, WI in a venison donation program. Full deer can be donated to the Whiskey Ridge and they will process the venison, just as they would for your home in order to provide meat for our senior meals and Meals on Wheels programs in Sawyer County. Mark requests that it please be full deer which can be left in the cooler on the east side of the building.

Please leave your name, with contact information and that it is to be donated to the Senior Resource Center. If you have any questions as to the process, please contact Whiskey Ridge at 715-945-2414.

Self-Defense and Gun Safety Classes to be Offered



Are you interested in attending a hands on Self-Defense class or a Gun Safety Class? We have had requests for this type of training and now we have an instructor available. **If you are interested, please contact Samantha Phillips at 715-634-3000 to register for one or both of these offerings.** Once we know how many would like to register and from what communities, we can determine where to hold the classes and when.





ASPEN ACRES

— ASSISTED LIVING —

CARE • COMFORT • COMPASSION

Close to Home Memory Care and Assisted Living



1ST ANNIVERSARY OPEN HOUSE

TUESDAY, NOVEMBER 15TH • 3 PM TO 5 PM

REFRESHMENTS • DOOR PRIZES

Please Join Us!

10214 Rock Creek Road
Hayward, WI 54843

715-634-5700

Email: admin@aspenacres.org

Website: www.AspenAcresAssistedLiving.com

