

LCO Elder Center Offers a Full Range of Services



*By Kathy Hanson
Compass Writer*

Located in the Reserve area off Highway E next to St. Francis Solanus Mission, overlooking the beautiful little Lac Courte Oreilles Lake, is the LCO Elder Center. They are counterparts to the Senior Resource Center, serving meals to participants age 55 and over and offering services to elders.

Director Mary Wolf explained, "We take it a step farther and also provide resources for disabled persons 18 and over in Sawyer County who reside within the Lac Courte Oreilles reservation boundaries. We partner closely with the LCO Community Health Center and Great Lakes Inter-Tribal

Continued on Page 10

Executive Director News



By Linda Hand

We have now completed four senior outreach events throughout Sawyer County. It has been a learning curve since the inception, but well worth the work. The Timber Team has strived to provide a great free homemade meal to all in attendance, while at the same time being flexible for change along the way.

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What's Up in this Edition:



Timber Grill Page 19

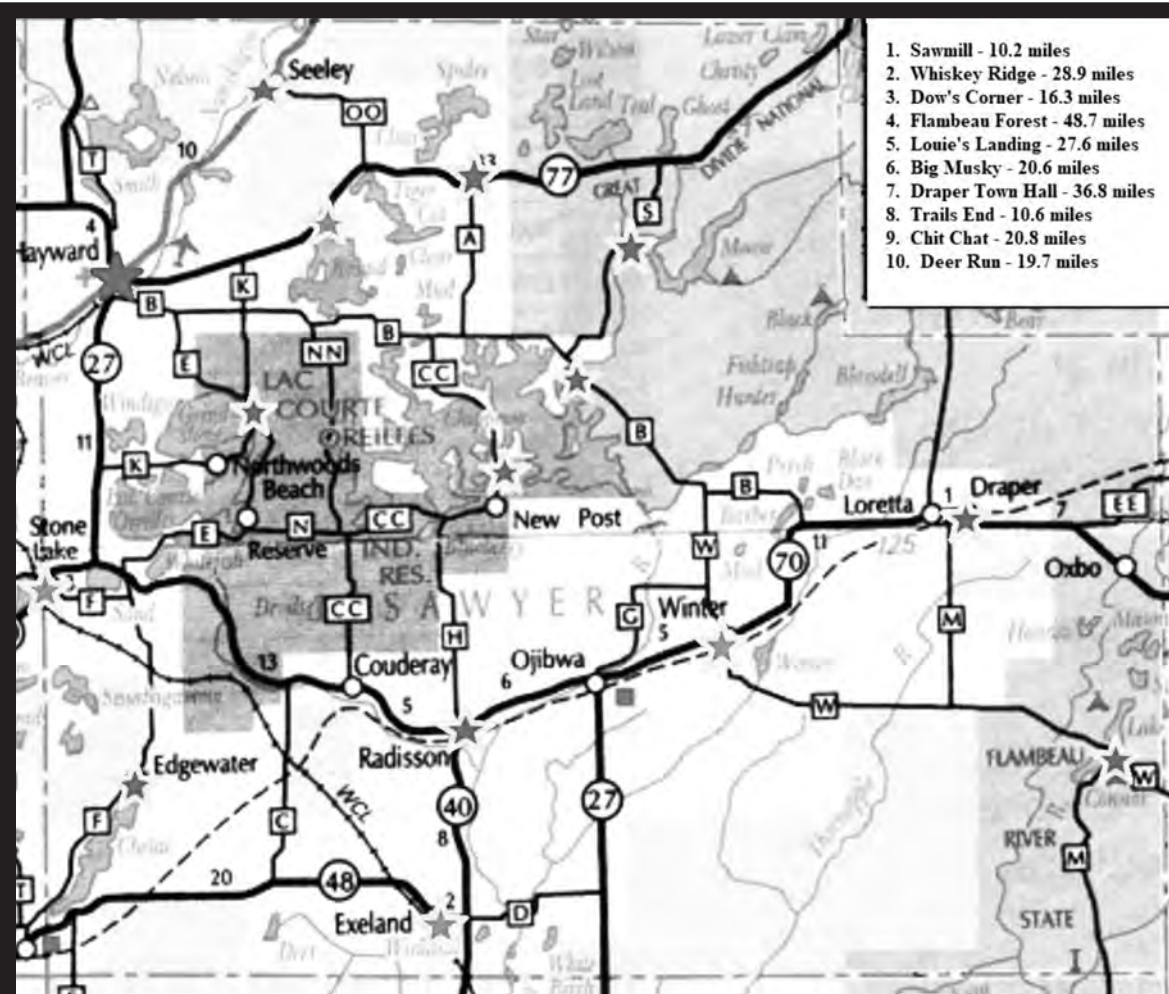
Tuesday Night Dinner Menus Page 8 & 13

Caregiver News Page 15

Senior Center News..... Page 4 & 5



Senior Resource Center staff visits with Timber Grill customers at the Flambeau Forest Inn.



Director News Continued from Page 1

Our “Chuck Wagon” has been joined with several agency partners, who are providing information, assistance, and health screens. These include Regional Hospice, Northern Lights Home Health, Valley of Hayward, ADRC of the North, and Namekagon Transit. Channel 6 & 3 Duluth News produced an exceptional story of our initial stop in Seeley at the Sawmill Saloon.

At our USDA Open House in Hayward, our site and the Timber Grill were visited and toured by WI State Representative James Edming, along with representatives of Congressman Sean Duffy, US Senator Tammy Baldwin, and staff of the US Department of Agriculture. We are now scheduled to have US Senator Tammy Baldwin visit on Wednesday, August 30th at Louie's Landing for our senior outreach event in Moose Lake. She will be there to see firsthand the importance of our senior meals and Meals on Wheels program, along with the other important programs that we and partnering agencies provide for our rural seniors in Northern, WI. Walgreens recently jumped on the wagon to provide flu shots for our events at the Draper Town Hall in Loretta and Chit Chat Bar in Edgewater. The initial project was to just serve a meal and we have found that we are now able to expand this pilot to offer “much more than just a meal”.

To show how vast Sawyer County is and give a better idea of where the Timber Grill has gone and is still going, I have created a map of the tour. Hayward (Red Star) is in the NW corner of the county, which houses the Senior Resource Center offices and the Hayward meal site. The stars (Yellow w/Blue Center) are the four meal sites that we have in Stone Lake, Exeland, Winter, & Spider Lake. The stars (Yellow w/Red Center) are the ten senior outreach events that we have planned for this summer. Total miles listed on the map of these locations are one way from Hayward, with the total round trip to each totaling over 480.4 miles. The county has a total area of 1,350 square miles of which 1,257 square miles is land and 93 square miles is water. It is the fifth-largest county in Wisconsin by land area. The population density is approximately 13 people per square mile. From this data and distance to our county seat (Hayward), you can see how hard it could be for some residents to get to the services that not only we offer, but other services such as health, government, shopping, church, and social activities.

With the current population of Sawyer County older adults 60+ being approximately 6000 and this is projected to grow to over 8500 by 2030, we are working on a plan for how this outreach will look in the coming years. The problem is funding. This shows how important it is for all of us to advocate for federal, state, and local funding that support these programs.

If cuts are made or they are just flatlined, how will we be able to support this growing population of aging residents in Sawyer County, while allowing them to age in place safely and with dignity?

HOPE TO see you at THE TIMBER GRILL!

New Sawyer County Senior Meal Site to Open at Hayward Community Veteran's Center

**Starting Monday,
September 18, 2017 –
Serving at Noon
on Mondays & Thursdays**

After having the Timber Grill at the Hayward Community Veteran's Center Musky Festival weekend, the conversation led to the idea of offering a meal there at least two days a week. Speaking to some of the Veterans who congregate daily to socialize, it was decided to investigate the possibility of providing a meal at this Hayward venue.

The meals would be prepared at the SRC Garden Terrace Café and transported to the community center, just as we take meals to the Spider Lake Church. Starting up a new meal site is not a process that just happens overnight. First, we needed to contact the state and GWAAR (Greater Wisconsin Agency on Aging Resources, Inc.), who is the agency that oversees our federal and state grant funding. We then had to explain why we felt there was a need and what we were proposing. We then contacted the local VA Office, so they could pole veterans if they were interested and would participate. The SRC boosted a post on Facebook and received numerous comments, all positive. Once it was determined that there is a need, it had to be approved by the Hayward Community Veteran's Center Board and the Senior Resource Center Board. Then an application was completed and submitted to GWAAR. After several discussions, the SRC was approved to open this new "pilot" of a senior dining site.

The SRC will serve hot homemade noon meals at the Hayward Community Veteran's Center on Mondays and Thursdays at noon. The meals will be offered the same as our regular sites for those

60+ or under 60/disabled a suggested donation of \$4. There is a waiver that needs to be completed and approved if applying for under 60 disability suggested donation. If someone is under 60 and not disabled they are still able to participate but will need to pay the full meal cost amount of \$8.50. Anyone eligible for the donation basis will be asked to complete a yearly registration form. This is for our state reporting of meals served and these numbers determine what funding we receive for our nutrition program. Maria Jalowitz will act as the site manager. We do request that participants make a reservation by no later than 9:00 a.m. of the day serving, so we know how much food to bring. There will be a sign-up sheet at the Veteran's Center or reservations can be called into the Hayward Center at 715-634-4680. Menus will be available at both sites, in the Compass newsletter, and on our website www.seniorresourcecenternorth.org. Our staff will deliver and serve the meals. All of our meals provide a full course of nutrients including meat, vegetables, fruit, bread, dessert, and milk. It is our hope that this will be a place where local veterans can congregate, socialize, and have a healthy meal together. A question asked was, "Can someone attend that is not a veteran?" Yes, it is a community center and is open to the public. Everyone is welcome!





SENIOR RESOURCE CENTER



**Door
Prizes**

Health Fair



Raffle

**Open to
the
public and
all ages.**

⇒ September 19, 2017 @
⇒ The Senior Resource Center
⇒ 15856 E 5th St
Hayward, WI 715-634-3000
⇒ 9:00 a.m. to 1:00 p.m.

**FLU
SHOTS**



**Hayward Area
Memorial Hospital
& Water's Edge**

Right here in the place we love.



Exeland Center News

The Crossings Diner 715-943-2990



By Karen Skogen

**OPEN HOUSE
FRIDAY,
SEPTEMBER 1
10:00 A.M. – 2:00 P.M.**

Come and see our renovated site and if you have already seen it, come just for the food and social time.

The Advisory Board purchased an indoor freezer for the site to make it more convenient for Bonnie for storage of frozen take-out meals and items for the salad bar. We are so thankful for the monetary donations that contributed to this purchase.

Thank you to the donors that have been bringing in fresh fruit and vegetables during the summer. We have enjoyed strawberries, raspberries, rhubarb, beans, tomatoes, kohlrabi, zucchini, cucumbers, etc. Bonnie has wonderful recipes for serving all the items you donate and many of them are also wonderful for our new Salad Bar.

The Salad Bar is usually available when there is salad listed on the menu and definitely on Tuesdays. You can always call Bonnie to check if the salad bar is stocked on any certain day.

Dennis Welling is the representative for Exeland on the SRC Board which meets monthly, so if you have any suggestions or concerns for him to present to the

board in regard to our Meals on Wheels program, the meal site, the menus, etc. please contact Denny.

You may see the following elsewhere in the Compass, but as a reminder, The Crossings Diner will be closed on the following dates:

- Monday, September 4 – Labor Day
- Friday, September 15 – Training
- Friday, September 22 – Training
- Monday, October 9 – Closed for Volunteer Recognition Luncheon
- Tuesday, October 10 – Training (Only if there is no one to cover, check with Bonnie during prior week)
- Tuesday, October 24 – Training

When you come in for dining and social time, remember that there are games, puzzles TV, a computer and an easy-chair all available for your use and enjoyment. There are also several items such as greeting cards, cleaning cloths, brooms, etc. available for you to purchase. Your purchases fund our Advisory Board treasury.



**Autumn
Begins
September 22**

Local Church Helps to Deliver Smiles and Meals on Wheels



Members of the Ascension Episcopal Church, located at 10610 California Avenue in Hayward, have made it part of their mission to assist the Senior Resource Center deliver Meals on Wheels on Fridays from the Hayward site. Members volunteer their time to deliver a hot homemade meal and do a safety check once a week for our homebound residents. In other communities there are business, organizations, and churches that do this as a project. In Stone Lake, several members of the Lions deliver meals to the homebound for us. It is our hope that this will catch on and others might be interested in volunteering as a group. This way it does not obligate one person every week and they know that they have substitutes within their group.

Many also deliver as a team.

Since doing the this, the church asked if there might be any other projects that they could assist with. At our meeting, we discussed several options. One thing that we had been planning, but never got around to, was starting a hat loan closet for women going through chemo. They have this available at in other communities and we felt there was the need. From donations that we had already gotten, we turned them over to the church and they are in the process of creating this. They also offer SOUP AT ASCENSION: Where their Outreach Team is offering "Soup on Sundays" every other week. From 11am-12noon, soup is offered not only to their parishioners, but also to all

Continued on Page 7

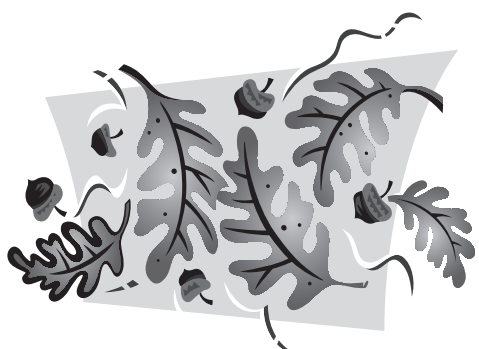
Stone Lake Center News



By Peggy Johnson
Stone Lake Senior Center Chef

WANTED VOLUNTEERS:

With the revitalization of the Cranberry Café, the Stone Lake Senior Nutrition Program needs to be revived and is asking for volunteers to represent the community on its Nutrition Advisory Council Committee. This group advises the Senior Resource Center as to the nutrition programs on site and the Meals on Wheels deliveries. They also play a role in organizing local senior events/activities, advocate for older adults, and assist in fundraisers for both the local site in Stone Lake and for the overall program of the Senior Resource Center. The initial planning meeting will take place at the Cranberry Café on Thursday, September 7, 2017 at 2:00 p.m. Everyone is welcome to attend!



New Class
Starting
Wednesday,
October 4th

Tai Chi Moving for Better Balance



Senior Resource Center – Lower Level
15856 E 5th St Hayward, WI 54843
Wednesdays 4:30-5:30 PM

What is Tai Chi: Moving for Better Balance?

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

Should I Attend? The program is intended for community-dwelling older adults aged 60 and older, who can walk easily with or without assistive devices.

What will I Learn? Participants will learn balance skills, good body alignment, and coordinated Tai chi movements.

How Often Will I Need to Practice? Participants should practice Tai chi: Moving for Better Balance for approximately three hours each week.

What Health Benefits Will I See?

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

Cost: 60+ is \$48 for 9 week course
60 and under is \$60 for 9 week course
Must be paid prior to start

TO SIGN UP, PLEASE CONTACT:
SAMANTHA PHILLIPS, HEALTH PROMOTIONS COORDINATOR
1-715-634-3000 (SPACE IS LIMITED)

Computer Classes with Connie Shield



Classes will resume in Hayward Tuesday, September 5th at 10:00 a.m. and Stone Lake on Monday, September 11th at 10:00 a.m.



Conceal and Carry Class



SEPTEMBER 23, 2017 • FEE: \$25

Open to anyone, but Senior Citizens take priority
9:00 AM @ The Senior Resource Center
15856 E 5th St, Hayward, WI 54843

**TO SIGN UP OR FOR MORE
INFORMATION:**

CALL: Samantha Phillips
Health Promotions Coordinator

715-634-3000



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HAYWARD AARP® NEWS

The Hayward chapter of AARP will hold the next meeting on September 7th at the Senior Resource Center, upper level, at 15856 E. 5th St., Hayward. A Board meeting will be held at 1 p.m. followed by general membership meeting with refreshments. A program will be presented at 2:15 pm. by Bill Smith, photographer, titled 'Getting the Most From your Camera'. Bill has had an extensive career in photography as an instructor, judge and has sold many of his works. He will show pictures to demonstrate his demonstrate his program.

The October AARP meeting will meet on Thursday, the 5th at the same location mentioned above.

Local Churches Continued from Page 4

those who would like a free meal. They offer two types of soup, with a vegetarian option. If anyone would like to help by bringing bread or soup, please talk to Deacon Marlene or Sarah Letke 715-634-3283.

Please Support...



**OFFERED FROM
8:30 A.M. TO 11:30 A.M.
EXCEPT CHIT CHAT BAR
WHICH WILL BE
10:00 A.M. TO 11:30 A.M.**

MARK YOUR CALENDARS...
September 6 • Spider Lake Church
September 13 • Draper Town Hall in Loretta
September 19 • Senior Resource Center
September 20 • WALDO Center in Winter
September 27 • Chit Chat Bar in Birchwood

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Cranberry Café

16831 W Main St, Stone Lake

Wednesday's October 18, 2017 to November 22, 2017

10:00 am to 12:00 pm

*Contact Samantha to register for class.
 Space is limited • 715-634-3000*

Sawyer County Compass


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

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

What's for Dinner?

September & October Tuesday Evening Menus at Hayward and Stone Lake Centers

HAYWARD

SEPTEMBER

September 5th

Meatballs
Mashed Potatoes & Gravy
Salad Bar
Pumpkin Bar w/Cream
Cheese Frosting

September 12th

Pork Roast w/Applesauce
Parslied Buttered Potatoes
Salad Bar
Fruit Cobbler

September 19th

BBQ Chicken
Baked Sweet Potato
Salad Bar
Applesauce Spice Cake

September 26th

Meatloaf
Loaded Baked Potato
w/Sour Cream
Salad Bar
Vanilla Ice Cream
w/Chocolate Sauce

OCTOBER

October 3rd

Beef Roast
Mashed Potatoes & Gravy
Salad Bar
Brownie

October 10th

Breaded Pork Cutlet
Oven Roasted Red Potatoes
Salad Bar
Strawberry Short Cake
w/Whipped Cream

October 17th

Honey Glazed Ham
Baked Sweet Potatoes
Salad Bar
Frosted Chocolate Cake

October 24th

CLOSED

October 31st

Parmesan Chicken & Noodles
Salad Bar
Garlic Bread
Peach Crisp

Please Call:

715-634-3000 to make a reservation

*All meals include bread & milk

STONE LAKE

SEPTEMBER

September 5th

NO MEAL

September 12th

Baked Chicken
Potato Salad
Baked Beans
Root Beer Floats

September 19th

Meatloaf
Mashed Potatoes/Gravy
Green Beans
Fruit
Chocolate Cake

September 26th

Roast Pork
Roasted Red Potatoes
Mixed Vegetables
Chocolate Mousse

OCTOBER

October 3rd

Meatballs over Noodles
Broccoli/Cauliflower Blend
Banana Pie

October 10th

Turkey
Dressing/
Mashed Potatoes/Gravy
Green Beans
Pumpkin Pie

October 17th

Beef Stroganoff over Noodles
Peas
Strawberry Shortcake

October 24th

CLOSED

October 31st

Chicken Kiev
Rice Pilaf
Glazed Carrots
Cookie








Please Call:

715-865-2025 to make a reservation

*All meals include bread & milk

September 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/Vets:** (715) 634-4680

Monday	Tuesday	Wednesday	Thursday	Friday
ALTERNATIVE MEALS are available upon request. Please contact your site manager at least one day in advance.				CHEF'S CHOICE Exeland Crossing's Diner "Open House" 10am – 2pm
4 	5 Meatloaf, Baked Potato, Salad Bar, Crusty French Bread w/Butter Fruit Cobbler & Milk	6 Chicken Stroganoff over Egg Noodles, Side Salad, Fall Apple Dessert, Biscuits & Milk	7 	8 Grandparent's Day Celebration Homemade Pizza, Fall Harvest Salad, Fruit, Creamsickle Float & Milk
11 Orange Chicken Stir Fry w/Vegetables, Rice, Egg Roll, Fortune Cookie, Tropical Fruit Salad & Milk	12 Texas Style Chili w/Grilled Cheese Sandwich, Salad Bar, Dessert & Milk	13 	14 Salisbury Steak w/Brown Gravy & Grilled Onions, Creamy Mashed Potatoes, Peas, Rye Bread, Fruit & Milk	15 CLOSED FOR ALL STAFF TRAINING
18 Marge's Chicken Casserole, Cranberry Sauce, Carrots, Dinner Roll w/Butter, Dessert & Milk	19 HEALTH FAIR  HAYWARD 9-1	20 FLU SHOTS WALDO Pork Chops, Baked Potato w/Sour Cream & Chives, Green Bean Casserole, WW Bread w/Butter, Frozen Yogurt & Milk	21 Smoked Salmon Pasta Primavera, Cottage Cheese, Fresh Fruit Salad, Pumpkin Bars & Milk	22 CLOSED FOR NUTRITION STAFF REGIONAL TRAINING
25 	26 Harvest Stew w/Variety of Side Salads/Fruit, Hard Roll, Dessert & Milk	27 Grilled Chicken Breast, Roasted Brussel Sprouts, Herbed Steak FF, Fruit, Dessert & Milk	28 Smoked Kielbasa, Rich & Cheesy Macaroni, Fresh Veggies w/Dip, Hard Roll w/Butter, Fruit & Milk	29 Italian Beef Sandwich, w/Mozzerella Cheese, Chips, Coleslaw, Fresh Fruit & Milk

LCO Elder Center**Continued from page 1**

Council, Inc., North Country Independent Living, ADRC of the North, LCO Vocational Rehabilitation and Division of Vocational Rehabilitation.”

Mary is the Aging Unit Director and has been working with the community elders in many capacities for the past 22 years, including former Elder and Disability Benefits Specialist and Aging and Disability Resource Specialist.

She was also a senior nutrition educator, positioning her perfectly to do what she does now—network with partners to bring services to the rural populations on the Lac Courte Oreilles Reservation.

- The Senior Meal Program is served at the Elder Center 11 a.m.-noon, Monday-Friday. It is popular and it is good, with an average of 20 people taking part every day. Clara Jalowitz is the Nutrition Manager and oversees the Senior Nutrition Programs; Alberta Stone, Danielle Bensen and Jean Gouge are the cooks.

- Courtesy of LCO College Extension, Chef Al Subera comes to the LCO Elder Center on Tuesdays 10:45- noon to give cooking demonstrations and tasting samples of his exciting flavors of the month. His easy recipes focus on seasonal food and are both fun and educational.

- Homebound clients also receive meals delivered by volunteers—approximately 85 per day. Many referrals are received from hospitals, clinics, social workers and the center will also refer clients to other senior centers in appropriate areas as needed. To reserve a meal, call Clara at (715) 865-3379 or email reserve.elderly@lco-nsn.gov

- Terrance Manuelito wears many hats: he is the Elder and Disability Benefits Coordinator, Housing Improvement Program Director and Tribal Veterans Service Officer—along with being the Tribe’s central point of contact for Elder Protection issues and working closely with the County Adult Protective Services program. He also works closely with



This is part of the LCO Elder Center team: Left to right: Alberta Stone, Mary Wolf and Carol Hamblin. -Photo by Kathy Hanson

the Social Security Administration to coordinate appointments for SSI, Disability, Retirement, etc., saving people a trip to a field office. He assists elders and persons with disabilities with Medicare and Medicaid issues and coordinates Medicare D annual enrollment services with the LCO Community Health Center and Income Maintenance to offer Medicare D Plan assistance to beneficiaries. Reach Terrance at (715) 957-0077 or email terrance.manuelito@lco-nsn.gov

- From finding resources to arranging transportation, Aging & Disability Resource Specialist Carol Hamblin provides information and assistance and referral services to elders, persons with

disabilities, or their family members. She is also a certified leader in leading workshops such as “Healthy Living with Diabetes,” “Stepping On,” and “Powerful Tools for Caregivers.” Passionate about developing a dementia-friendly community where businesses and staff are trained in best practices for working with clients with dementia, she has conducted workshops and conferences with the Alzheimer’s Association and Wisconsin Institute on Healthy Aging. Reach Carol at (715) 957-0076 or email carol.hamblin@lco-nsn.gov

- Ms. Kyla R. Karcz, J.D., Staff Attorney, WI Judicare, Inc., Indian Law Office is also available by appointment

and provides legal supervision for both the GLITC Elder and Disability Benefit Specialists who serve tribal members.

- Fundraising—the Elder Center is raffling a beautiful quilt made by Clara Jalowitz. Tickets are \$1 each or 6 for \$5. Purchase at the Elder Center for the drawing scheduled on Sept. 22. Need not be present to win.

“End of Summer Grandparents Picnic” is also scheduled Sept. 22, noon-4 p.m. at the pavilion, 13394 W. Trepania Rd. Hayward. It’s a potluck with food, live music, dancing, door prizes, information booths and fun. Bring a lawn chair.



Senior Resource Center Food Trailer Outreach Events 2017



The Senior Resource Center "Timber Grill" will be traveling throughout Sawyer County to isolated rural communities that do not have meal sites to serve hot homemade meals to residents 60+ FREE.

Date	Time	Place	Address
Wed, August 2, 2017	12-3 p.m.	Sawmill Saloon SEELEY	13505N US Hwy 63 Hayward, WI 54843
Wed, August 9, 2017	12-3 p.m.	Whiskey Ridge Sports Shop RADISSON	10008W State Hwy 27/70 Radisson, WI 54867
Wed, August 16, 2017	12-3 p.m.	Dow's Corner Bar SPIDER LAKE	10198W State Road 77 Hayward, WI 54843
Wed, August 23, 2017	12-3 p.m.	Flambeau Forest Inn FLAMBEAU STATE FOREST	W980 County Rd W Winter, WI 54896
Wed, August 30, 2017	12-3 p.m.	Louie's Landing MOOSE LAKE	10995 N Louies Landing Rd Hayward, WI 54843
Wed, September 6, 2017	12-3 p.m.	Big Musky Resort CHIPPEWA FLOWAGE	10211W Big Musky Rd Hayward, WI 54843
Wed, September 13, 2017	12-3 p.m.	Draper Town Hall LORETTA/DRAPER/OXBO	6994N Main Street Loretta, WI 54896
Wed, September 20, 2017	12-3 p.m.	Trails End Resort NORTHWOODS BEACH	8080N County Road K Hayward, WI 54843
Wed, September 27, 2017	12-3 p.m.	Chit Chat Bar, Grill & Resort EDGEWATER	15578W Main Street Birchwood, WI 54817
Wed, October 4, 2017	12-3 p.m.	Deer Run Resort CHIPPEWA FLOWAGE	9107N River Road Hayward, WI

We will be joined by local agency partners to provide services such as Benefit Assistance, Memory Screening, Health Screens/Blood Pressure Checks, Information on Healthy Aging Programs, Alzheimer's Respite/Caregiver Support, Hospice, Transportation, and more!

For more information please call 715-634-3000



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Octoberfest

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Chicken, Angel Hair Pasta w/Herbs, Mixed Veggies, Fruit, WW Bread/Butter & Milk	3 German Beer Cheese Soup, Salad Bar, Soft Pretzel w/Mustard, Apple Dessert & Milk	4  Chef's Choice	5 Italian Beef Sandwich, French Fries, Creamy Coleslaw, Sherbert & Milk CRANBERRY CAFÉ CLOSED FOR LUNCH	6 Meatballs, Mashed Potatoes & Gravy, Pea & Bacon Salad, Rye Bread w/Butter, Dessert & Milk
9  CLOSED	10 Baked Fish, Squash, Salad Bar, Cranberry Dessert & Milk	11  CHEF'S CHOICE	12 Black Forest Sandwich w/Ham, Sauerkraut, Whole Grain Mustard, Smoked Gouda on Pumpernickel, Chips, Pickle, Dessert & Milk	13 Chicken Kiev, Rice Pilaf, Romaine/Mandarin Orange Salad, Fruit, Roll, Butter & Milk
16 Bratwurst, German Potato Salad, Fresh Fruit w/Dip, Hard Roll w/Butter, German Chocolate Cake & Milk	17 Harvest Stew, Brown Bread w/Butter, Salad Bar, Apple Pie & Milk	18 	19 Salisbury Steak w/Brown Gravy & Grilled Onions, Creamy Mashed Potatoes, Peas, Marble Rye Bread, Fruit & Milk	20 Mustard Brined Pork Loin w/Sauteed Brussel Sprouts, German Dumplings, Apple Sauce, WW Bread/Butter, Dessert & Milk
23 Spaghetti & Meat Sauce, Salad Bar, Garlic Bread, Ice Cream & Milk	24 CLOSED Nutrition Staff Training	25 Boiled Dinner served with Marble Rye Bread, Butter, Fruit Dessert & Milk	26 	30 "Zigeunerschnitzel" Breaded Pork Chop w/Saute' Spatzel & Cabbage Mix, Pickled Beets, Bread, Fruit & Yogurt Parfait and Milk
30 Sweet & Sloppy Joes on WW Bun, American-Italian Pasta, Chips, Berry Cobbler & Milk	31 Halloween Party CHEF'S CHOICE 	FIGHT GET THE SHOT FLU 		ALTERNATIVE MEALS are available upon request. Please contact your site manager at least one day in advance.



What's for Dinner?

September & October Tuesday Evening Menus at Exeland and Winter Centers

EXELAND

SEPTEMBER

September 5th

Pork Loin Roast
Mashed Potatoes w/Gravy
Carrots
Salad Bar
Apple Turnover

September 12th

Baked Ham
Baked Sweet/Regular Potato
Salad Bar
Old Fashioned Rice Pudding

September 19th

Baked Chicken
Rice Pilaf
Green Beans
Salad Bar
Cookie

September 26th

Meatballs
Mashed Potatoes & Gravy
Peas
Salad Bar
Peach Cobbler

*All meals include
bread & milk

OCTOBER

October 3rd

Beef Stroganoff w/Noodles
Fresh Fruit
Salad Bar
Cookie

October 10th CLOSED

October 17th

Polish Sausage w/Sauerkraut
Parslied Baby Reds
Green Beans
Salad Bar
Strawberry Shortcake

October 24th CLOSED

October 31st

Baked Chicken
Mashed Potatoes w/Gravy
Salad Bar

WINTER

SEPTEMBER

September 5th

Pork Chop
Mashed Potatoes & Gravy
Salad Bar
Peanut Butter Cookies

September 12th

Baked Chicken
Mashed Potatoes & Gravy
Salad Bar
Strawberry Shortcake

September 19th

Pork Roast
Mashed Potatoes & Gravy
Salad Bar
Fruited Jello

September 26th

Meat Loaf
Baked Potato
Creamed Corn
Cranberry Pineapple Cake

OCTOBER

October 3rd

Baked Ham
Au Gratin Potatoes
Salad Bar
Strawberry Shortcake

October 10th

Roast Beef
Mashed Potatoes & Gravy
Salad Bar
Apple Crisp

October 17th

Beef Tips over Egg Noodles
Salad Bar
Warm Spiced Apples

October 24th CLOSED

October 31st

Roast Pork
Mashed Potatoes & Gravy
Salad Bar
Dessert

*All meals include bread & milk

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

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

Sawyer County



VETERANS Service Office News

Emergency Care for Veterans Enrolled in VA Health Care

By Gary Elliot

Sawyer County Veteran's Service Officer

In 2001, the U.S. Congress provided VA with authorization (called the Mill Bill) to pay for emergency care in non-VA facilities for veterans enrolled in the VA health care system. The benefit will pay for emergency care rendered for non-service-connected conditions for enrolled veterans who have no other

source of payment for the care. However, VA will only pay to the point of medical stability. There are very strict guidelines concerning these types of claims. Veterans and their non-V A providers should be aware that these claims must be filed with the VA within 90 days from the last day of the emergent care. This benefit is a safety net for enrolled veterans who have no other means of paying a private facility emergency bill. If another health insurance provider pays all or part of a bill, VA cannot provide any reimbursement. Veterans who retired from the U.S. military are covered

by Tricare/CHAMPUS insurance and cannot file a Mill Bill claim.

To qualify, you must be provided care in a hospital emergency department or similar facility providing emergency care. You must be enrolled in the VA Health Care System and must have been provided care by a VA health care provider within the last 24 months. You must be financially liable to the provider of the emergency treatment for that treatment, and have no other form of health care insurance including Medicare, Medicaid, or a state program. You cannot have any other contractual or legal recourse against a third party (such as a Workman's Comp Claim or a Motor Vehicle Accident) that will pay all or part of the bill.

The care must have been rendered in a medical emergency of such nature that a prudent layperson would have reasonably expected that delay in seeking immediate medical attention would have been hazardous to life or health. If you are an eligible veteran, and a VA facility is not feasibly available when you believe your health or life is in immediate danger, report directly to the closest emergency room (ER). If your condition is stabilized by the ER but additional medical care is needed, proceed to the nearest VA Medical Center (VAMC). If hospitalization is required for your service or non-service connected condition, you, your representative or the treating facility should contact the nearest VAMC's Transfer Center within 24 hours to arrange a transfer to VA care. Veterans have a responsibility to ensure that the VA Transfer Center is notified immediately upon any hospital admission.

Asbestos Exposure

Veterans from all branches of the military were once at risk of asbestos exposure. Even today, asbestos exposure remains an issue in the military, although it's much less likely for those currently in service to come into contact with the harmful mineral. If you're a veteran and

Timber Grill at Louie's Landing



U.S. Senator, Tammy Baldwin, joined the Timber Grill team in Moose Lake on Wednesday, August 30, to help serve meals and see the importance of Senior Meals, Meals on Wheels and other programs we provide to Sawyer County seniors.

have been diagnosed with an asbestos related illness, there are steps you can take to obtain compensation and medical coverage needed to help battle the disease.

Asbestos is a term for several different groups of naturally occurring minerals that were once mined and used in a many commonly used materials and fibrous products.

Over time, with prolonged exposure the fibers start to harm the body, attaching themselves to the areas around major organs. The fibers then start irritating the linings of the organs (typically the lungs, abdomen, and heart linings), which leads to scarring and cancerous tumors. These tumors can lead to asbestos related diseases, such as mesothelioma, asbestos related lung cancer, and asbestosis. Prior to the mid 1970s, the military used asbestos containing materials (ACMs) in over 300 products. The military used these ACMs during the construction of naval ships, barracks, engine rooms, boiler rooms, galleys, and more.

Veterans who worked aboard naval ships, in particular, were especially susceptible to asbestos exposure. Living and working aboard vessels that were built with asbestos was dangerous enough in itself, but many veterans worked in small, cramped areas, such as engine and boiler rooms, without enough adequate ventilation.

If you've developed an asbestos related disease after serving in the military, there is a good chance that you may qualify for compensation and medical care. According to the U.S. Department of Veterans Affairs (VA), if you were exposed to asbestos while in service and subsequently developed an asbestos related illness, you may be eligible for service connected benefits. The Sawyer County Veteran's Service office can assist you in all aspects of VA claim development.

For more information contact the Sawyer County Veteran's Service Office at: 715-634-2770.

Recharging as a Caregiver

Taking Care of Yourself is Important Too!



As a caregiver, you know how important it is to take care of yourself so you have the energy needed to care for your loved one. Without taking time for yourself you are at risk for burnout, depression and physical illness. The importance of finding ways to “recharge your battery” cannot be stressed enough. If it has been so long that you can’t remember what it is that gives you energy and feeds your soul, here are some suggestions to consider.

- Attend a caregiver class such as Powerful Tools for Caregivers. Contact Samantha Phillips, Health Promotions Coordinator 715-634-3000
- Go for a walk – around the block, at the

gym, or find a path in your home

- Take a bubble bath
- Read a fun book in your favorite chair
- Call a friend you haven’t talked with in awhile
- Meditate
- Listen to music – just listen, don’t do anything else
- Make music – play piano, guitar, sing
- Have lunch or coffee with a friend
- Write – a journal, poem, book, letter
- Play a game of golf – on a golf course, not the computer
- Participate in an exercise class Yoga at the Senior Resource Center
- Go for a bike ride
- Play cards
- Go to a movie – with a friend or alone

- Bird watching
- Visit someone
- Scrapbook
- Put a puzzle together
- Sew or do a craft
- Go to a fair, antique show or to the races

Now that you have some ideas of what you’d like to do to recharge, how can you make it a reality? Dream it, plan it, do it! Choose an activity monthly, weekly or even daily, write it on your calendar and keep it a priority to fol-

low through! If you are a 24-7 caregiver this will take additional planning, and possibly additional money, but it is well worth it. (How can you put a price on your health?)

When you live with the person you are caring for you will need to be creative in your planning. Sometimes you can re-energize yourself by doing something special in your home while your loved one is napping or engaged in an activity that holds his/her attention for a predictable amount of time. Resist your urge to always fill this time with chores and instead, treat yourself to “you time.” For other activities, you may need to have someone watch your loved one while you get your well-deserved respite. Several options are available to you in-

cluding:

- hiring someone privately
 - contacting a home care agency:
- Contact the ADRC for more information. 715-634-4806
- using a volunteer from your church, community, friends.
 - asking a neighbor, relative or friend to stay with your loved one while you get away
 - take your loved one to an adult day program.

Taking care of yourself is so very important, not only to your own self, but to the person you are caring for and all the people who love and care about YOU! Don’t push it off another day. Find ways to recharge so that you can be the best caregiver you can be!

*Jane Mahoney
Older American’s Act Consultant
Greater Wisconsin Agency
on Aging Resources*

Family Caregivers



COME TO SPIDER LAKE



STEPPING ON CLASSES



FALL PREVENTION CLASSES

**Thursday's, October 12th
to November 30th**

- **Spider Lake Church • 1-3 pm**
- **Suggested Donation of \$25**

- 1 in 4 people age 65 and over fall every year in the U.S.
- More than 95% of hip fractures are caused by a fall
- In 2014, the average hospital charge for a fall was \$34,854

**Don't be a Statistic!
Class Size is Limited**

**CONTACT:
SAMANTHA PHILLIPS**

Health Promotions
Coordinator/Stepping On Leader
Senior Resource Center
1-715-634-3000

Horse Spirit Program

THE 2ND ANNUAL
**SANDY
SHEEHAN**
MEMORIAL TRAIL RIDE



**Saturday,
September 9th**

The 2nd Annual Sandy Sheehan Memorial Trail Ride will be held on Saturday, September 9, 2017, at the Pine Brook Farm (Spooner). Trail Ride begins at 1:00 PM (\$10) and there will be a dinner at 5 PM (\$25, otherwise \$15 for children 12 and under). Live Auction at 6 PM and music provided by Larry's Drifters! Folks can find more information at wisconsinhorsespirit.com or by calling 205-422-6669. Hope to see you there!

The Horse Spirit program involves setting up ground activities using horses, which will require the participant, group, or family to apply certain skills. Non-verbal communication, assertiveness, creative thinking, and problem solving are many skills sets the activities focus on. For some, horses and their size are naturally intimidating. Accomplishing a task, in spite of those fears, creates confidence and provides wonderful metaphors when dealing with other challenging situations in life. Horse Spirit currently serves Active Duty Military, Veterans (families); First Responders, and certain youth at no cost through their fund-raising efforts and generous donations.

For Info Contact: Renee Brown at (715)-634-2770
Sawyer County Asst. Veteran Service Officer



FIT BITS

**YOUR
HEALTH
IN THE
NUMBERS**

*By Judy Holmes,
Certified Fitness
Instructor*



- Keeping hydrated is important and not only can you drink your fluids but you may eat your fluids also. Fifteen foods with high H2O are: Cucumber 96% Celery 95% Radishes 95% Zucchini 95% Tomato 94% Green Cabbage 95% Red Cabbage 92% Strawberries 92% Cauliflower 92% Sweet Peppers 92% Watermelon 92% Spinach 92% Broccoli 91% Grapefruit 91% Cantaloupe 90%

- Did you know that 80% of adults aren't current on their Tetanus, Diphtheria, and Pertussis Immunizations? And, 58% don't get an annual flu shot!

- 10 Minutes of low-intensity exercise such as climbing the stairs, gives you more of a boost than 50 milligrams of caffeine- about the amount in an espresso.

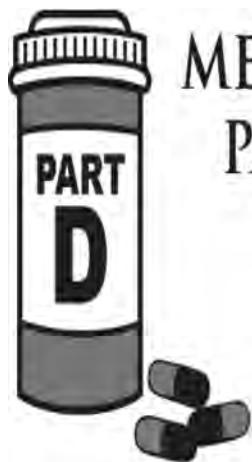
- 42% check work email on vacation. Unplug to truly refresh or log on only once daily.

- 3 years- That is how much time you'll add to your life if you run regularly. Aim for a total of 4 hours a week or try the aerobic exercises such as biking or walking.

- 179 calories are burned during 30 minutes of kayaking!

- 56% of adults have water competency skills that could save their lives.

Continued on Page 18



MEDICARE PART D



Open Enrollment

October 15, 2017 to December 1, 2017

HAVE YOUR PART D PLAN RE-EVALUATED YEARLY
DURING OPEN ENROLLMENT!

CALL Samantha to schedule an appointment:
715-634-3000



Join us each Thursday to raise
funds for the Hayward Building

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

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

Doors open and food being served at 5:30
Early Birds 6:15 - Regular Session 7 p.m.



Get updates of menu and where the progressive pot is at:
<https://www.facebook.com/HaywardBingo/>

Senior Resource Center located in Sawyer County, WI - 15856 E. 5th Street, Hayward, WI
Please call 715-634-3000 for more information

STONE LAKE BREAKFAST MENU

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

SEPTEMBER

- 1) Egg Casserole/Quiche, Hash Browns, Cream of Wheat
- 4) CLOSED- LABOR DAY
- 5) Build an Omelet, Raw Fries, Cream of Wheat
- 6) Sausage Gravy & Biscuits, Oatmeal
- 7) Scrambled Eggs, Sausage Links, Blueberry Pancakes
- 8) Breakfast Burrito, Tater Tots, Baked Oatmeal

- 11) Scrambled Eggs, Bacon, French Toast
- 12) Scrambled Eggs, Smoked Polish Sausage, Raw Fries
- 13) Sausage Gravy & Biscuits, Oatmeal
- 14) Scrambled Eggs, Ham, Waffles
- 15) CLOSED

- 18) Scrambled Eggs, Sausage Patties, Pancakes
- 19) Build an Omelet, Raw Fries, Cream of Wheat
- 20) Sausage Gravy & Biscuits, Oatmeal
- 21) Scrambled Eggs, Bacon, French Toast
- 22) CLOSED

- 25) Scrambled Eggs, Smoked Polish Sausage, Potato Pancakes
- 26) Baked Eggs, Ham, Waffles
- 27) Sausage Gravy & Biscuits, Oatmeal
- 28) Scrambled Eggs, Potato Pancakes, Smoked Polish Sausage
- 29) Breakfast Casserole/Quiche, Hash Browns, Cream of Wheat

OCTOBER

- 2) Scrambled Eggs, Bacon, French Toast
- 3) Build an Omelet, Raw Fries, Oatmeal
- 4) Sausage Gravy & Biscuits, Oatmeal
- 5) Scrambled Eggs, Sausage Patties, Pancakes
- 6) Breakfast Burrito, Tater Tots, Baked Oatmeal

- 9) CLOSED
- 10) Scrambled Eggs, Ham, Waffles
- 11) Sausage Gravy & Biscuits, Oatmeal
- 12) Scrambled Eggs, Smoked Polish Sausage, Potato Pancakes
- 13) Breakfast Pizza, Hash Browns, Cream of Wheat

- 16) Scrambled Eggs, Sausage Patties, French Toast
- 17) Build an Omelet, Raw Fries, Cream of Wheat
- 18) Sausage Gravy & Biscuits, Oatmeal
- 19) Baked Eggs, Bacon, Blueberry Pancakes
- 20) Breakfast Sandwich, Tater Tots, Oatmeal

- 23) Scrambled Eggs, Sausage Links, Waffles
- 24) CLOSED
- 25) Sausage Gravy & Biscuits, Oatmeal
- 26) Scrambled Eggs, Sausage Patties, French Toast
- 27) Breakfast Casserole/Quiche, Hash Browns, Cream of Wheat

- 30) Scrambled Eggs, Ham, Pancakes
- 31) Build an Omelet, Raw Fries, Cream of Wheat

***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 • SEPT./OCT. 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 nd Tuesday of each month	1:00 p.m. - 2:30 p.m.	Lower Level
Blood Pressure	1 st & 3 rd 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
Hayward Veteran's Center Meals	Mondays & Thursdays Starts September 18, 2017	12:00 noon	Hayward Community Veteran's Center
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	Tuesdays	10:00 a.m.	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.	Entry Upper Level
Duplicate Bridge (Wednesdays)	May - October 2017	6:00 p.m.	Lower Level
CLOSED Offices, Bus, Meal Sites	Monday, September 4 th	Labor Day	Office/Bus/Meal Sites
CLOSED Offices, Bus Meal Sites	Friday, September 15, 2017	All Staff Training	Office/Bus/Meal Sites
CLOSED Meal Sites	Friday, September 22, 2017	Nutrition Staff Training	Meal Sites
CLOSED Offices, Bus, Meal Sites	Monday, October 9, 2017	Volunteer Luncheon	Office/Bus/Meal Sites
CLOSED Meal Sites	Tuesday, October 24, 2017	Nutrition Staff Training	Meal Sites
Activities/Speakers	Day	Time	Place
Hatha Yoga Class	Tuesday's	8:30-9:30am/4:30-5:30pm	Lower Level
Hatha Yoga Class	Thursday's	8:30-9:30am/10:00-11:00am	Lower Level
Senior Health Fair	Tuesday, September 19, 2017	9am - 1pm	Lower/Upper Levels
Conceal & Carry Class	Saturday, Sept. 23, 2017	9:00 a.m.	SRC
Stepping On for Balance	Oct 12-Nov 30, 2017	Thursdays, 1-3 p.m.	Spider Lake Church
Monthly Meetings	Day	Time	Place
Advisory Committee	1 st Wednesday	10:00 a.m.	Upper Level
AARP Board Meeting	1 st Thursday	1:00 p.m.	Upper Level
Senior Resource Center Board	Wednesday, Sept. 20th	1:00 p.m.	SRC Lower Level
Senior Resource Center Board	Wednesday, October 18 th	1:00 p.m.	SRC Lower Level

Fit Bits

Continued from Page 16

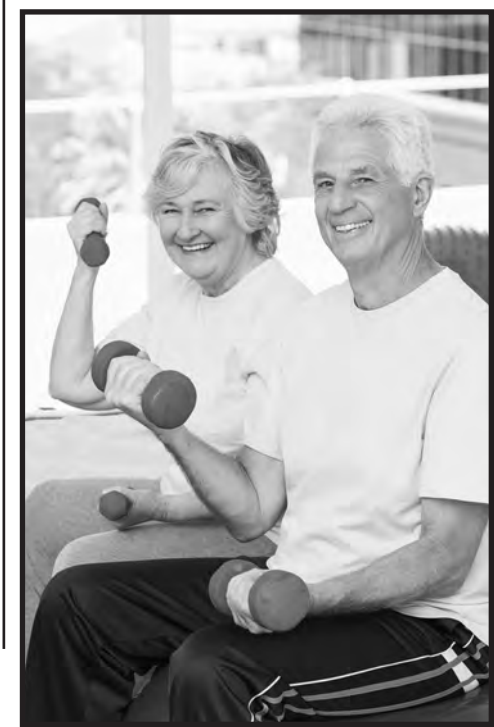
• You are 4 times more likely to have a car accident if you drive after getting 4 to 5 hours of sleep compared to 7 to 8 hours. That's the same risk as driving drunk!

• 5 minutes outside gives you a mood boost. 438 calories burned during an hour of hiking. And while hiking know that 24% Deet spray protects you for 5 hours from ticks and mosquito bites.

• Finally, all it takes is 2 weeks to feel an energy boost after increasing your intake of fruits and veggies. People who increased the amount of produce they ate to 4 servings a day felt a mood boost.

Please come join Judy for the SIT-FIT Class in Stone Lake! Classes are held at the Stone Lake Lion's Club Hall every Monday and Thursday at 8:45 a.m. to 9:30 a.m. This is a strength-training class using light resistance tools while seated. Cost is \$3.00 per class. Low-Impact Aerobics will start Sept. 8th every Monday and Thursday at 9:45 a.m. to 10:30 a.m. Cost is \$35 for 4wk. session.

**FOR MORE INFO CALL
JUDY AT 715-865-3005.**



Hitting the Road with the Timber Grill



The Timber Grill team has been on the road serving up great grub in isolated communities throughout Sawyer County. See page 7 for a schedule of chuckwagon stops for the months of September and October.

We will be partnering with the Hayward Vet's Center on Saturday, September 23, for Fallfest as a fundraiser... so be sure to stop in and see us. You'll get a great meal and support the Senior Resource Center and its projects in the process.





Congratulations to Water's Edge!



Two Outstanding Achievements

For the second year in a row, Water's Edge Care Center is the Winner of a 2017 Excellence in Action Award. Water's Edge is only one of ten facilities in Wisconsin to receive the award.

Water's Edge Senior Living received outstanding ratings from tenants on all areas surveyed, with a nearly perfect score on overall satisfaction.

Excellence in Action is awarded by My InnerView by National Research Corporation and the Wisconsin Coalition of Collaborative Excellence in Assisted Living conducts and rates the tenant surveys.



Water's Edge
SENIOR LIVING

Right here in the place we love.

**WATER'S EDGE SENIOR
LIVING COMMUNITY**
715-934-4308

**WATER'S EDGE
CARE CENTER**
715-934-4300

watersedgehayward.com