



*Here's What's Up*

# THE SENIOR CONNECTION

Editor – Alex Hohlfeld

Senior Resource Center | 15856 E Fifth Street | Hayward WI, 54843

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## Dates To Celebrate!

With the temperature below zero and the sky dark and gloomy every morning, it's sometimes hard to find reasons to smile; unless you have something to celebrate that is! In the months of January and February, there are **over 70 dates to celebrate!** So do yourself a favor and celebrate every day! Here's how.

### January is...

#### > All Things New Month

Try something new this month (a new food, hairstyle, ect.)

#### > Be Kind to Food Servers Month

Next time you stop in to eat at the Senior Centers, don't forget to thank them for all they do!

#### > Celebration of Life Month

It's time to pull out those old photo albums and celebrate the best memories in your life so far, and the ones yet to come.

#### > Folk Music and Dancing Month

Time to put on some folk music and dance! Whoo-hoo!!!

#### > International Creativity Month

One good way to celebrate creativity is by crafting; and lucky you! Your first craft is right in this newsletter on page 16!

#### > National High Tech Month

What better way to celebrate this than by signing up for one of Connie Schield's Technology classes here at the Hayward S.R.C

#### > National Eye Care Month

Time to get your eyes checked!

#### > Financial Wellness Month

No more putting off balancing your checkbook. Time to get those finances in order.

### February is...

#### > Celebration of Chocolate Month

Did you know that dark chocolate can improve health and lower the risk of heart disease? That is certainly something to celebrate! (with some dark chocolate of course!)

#### > American Heart Month

Speaking of heart health, February is American Heart Month and National Heart Healthy Month.

#### > Library Lover Month

What a great excuse to stop by our lending library here in Hayward and pick up a new book!

#### > Black History Month

It is so important to preserve the legacy of the parts of American history. The rich history should not only be discussed during Black History Month, but throughout the year.

#### > National Bake for Fun Month

Preheat that oven to 325 degrees! Page 2 has an amazing chocolate chip banana bread recipe!

#### > National Senior Independence Month

Have fun celebrating this month, keep smiling, and stay warm by enjoying some hot **chocolate!**





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## Calendar of Events

January & February 2014

### Winter Senior Center

(715) 266-2233

January

1<sup>st</sup> – Closed, Happy New Year

### Exeland Senior Center

(715) 943-2990

January

1<sup>st</sup> – Closed, Happy New Year

### Spider Lake Senior Center

(715) 634-3000

January

1<sup>st</sup> – Closed, Happy New Year

### Stone Lake Senior Center

(715) 865-2025

January

1<sup>st</sup> – Closed, Happy New Year

15<sup>th</sup> – Grand opening of the Cranberry Cafe



## Chocolate Chip Banana Bread

### Ingredients:

- > 2 cups all-purpose flour
- > 1 teaspoon baking powder
- > 1 teaspoon baking soda
- > 1 teaspoon salt
- > 3 ripe bananas, mashed
- > 1 tablespoon milk
- > 1 teaspoon ground cinnamon
- > 1/2 cup butter, softened
- > 1 cup white sugar
- > 2 eggs
- > 1 cup semisweet chocolate chips

PREP TIME

**15** Min.

COOK TIME

**70** Min.

READY IN

**85** Min.

### Directions:

1. Preheat oven to 325 degrees F (165 degrees C.) Grease a 9x5-inch loaf pan, preferably glass.
2. Mix flour, baking powder, baking soda, and salt in a bowl.
3. Stir bananas, milk, and cinnamon in another bowl.
4. Beat butter and sugar in a third bowl until light and fluffy. Add eggs to butter mixture, one at a time, beating well after each addition.
5. Stir banana mixture into butter mixture. Stir in dry mixture until blended. Fold in chocolate chips until just combined. Pour batter into prepared loaf pan.
6. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 70 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack before slicing.

This recipe is provided by...





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# THE SENIOR CONNECTION

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## HAPPY NEW YEAR

How many four-letter words can you make from the saying "Happy New Year"?

1. \_\_\_\_\_

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# THE SENIOR CONNECTION

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## Hayward Senior Center Activities

November & December 8:00 am – 4:00 p.m.

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Thursday	9 am – 3 pm	Lower Level
Caregiver Support Group	2 <sup>nd</sup> Tuesday of month	1:00pm – 2:30pm	Lower Level
Blood Pressure	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	11 – 12:00am	Upper Level
Bridge Group	Wednesday	9:00 – 12:00am	Lower Level
Cribbage	Tue & Thu	1:00pm	Upper Level
Duplicate Bridge	Wednesday	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
Low Impact Aerobics	Tuesday	10 – 10:45am	Lower Level
Progressive Bingo	Thursday	6:15 – 9:00pm	Upper Level
Weight Watchers	Thursday	5:30 – 7:00pm	Lower Level
Watercolor Painting	Friday	9:30 – 12am	Lower Level
Gift Shop	Monday - Friday	8:30am – 4:00pm	Upper Level
Spider Lake Meals	Monday & Thursday	12:00 noon	<b>Church</b>
Card Making	3 <sup>rd</sup> Wednesday of month	9:00 - ?	Upper Level
Computer Classes	Tuesday	10am - noon	Upper Level
Activities/Speakers	Day	Time	Place
Hatha Yoga Class	Tuesdays	8:30-9:45 am/4:30-5.45 pm	Lower Level
Hatha Yoga Class	Thursdays	9:15-10:30 am/10:45-Noon	Lower Level
<b>January Birthday Party</b>	Wednesday, Jan 14, 2014	11:30am	Upper Level
Elderly Benefit Specialist	2 <sup>nd</sup> Friday of each month	11:45am	Upper Level
<b>February Birthday Party</b>	Wednesday, Feb 11, 2014	11:30am	Upper Level
AARP Driving Class	Monday, Jan 19, 2014`	10 am - 3:00 pm	Lower Level
Monthly Meetings	Day	Time	Place
Advisory Committee	1 <sup>st</sup> Wednesday	10:00am	Upper Level
AARP Meeting	1 <sup>st</sup> Thursday	2:00pm	Upper Level
SCSC Building Board	2 <sup>nd</sup> Thursday	9:30am	Upper Level
Senior Resource Center Board	3 <sup>rd</sup> Wednesday	1:00pm	Lower Level

### Funniest (and truest) New Years Resolutions

"My New Years resolution for 2015 is to catch up on my New Years resolutions from 2012, 2013, and 2014!"

"My New Years resolution is to go to the gym... at least once this year!"





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## Cranberry Café

We are very proud to announce the date and time of the "Big Reveal" of the Stone Lake Senior Center "Cranberry Café" which will be serving a breakfast option.

### About the Cranberry Café

The Cranberry Café will be serving a continental breakfast Monday-Friday from 8-10 a.m. for a suggested donation of only \$3 for those 60+ and \$5 for those under 60. The cozy atmosphere will have wheel chair accessible tables and free wireless internet which will be available during the day for those who would like to play a game of cribbage, read the paper or just surf the web.

## The BIG Reveal!

The Open House will take place on Thursday, January 15th at 5:00 p.m. Please join us in celebrating this great addition to the services offered at the Stone Lake Senior Center.

*Stone Lake Senior Center*  
16831W Frost St.  
Stone Lake, WI 54876

No need to fear!



Technology classes are here!



## Technology Classes at the S.R.C.

Have you received a new technology gadget from family as a gift or are interested in purchasing something new? Connie Schield has been teaching classes at the Stone Lake Center for months and is volunteering her time to expand her lessons to Hayward on Tuesdays, starting on Tuesday, January 6, 2015 from 10 a.m. - 12 noon. Bring along that Nook, Tablet or Laptop and find out what it is capable of. Please call the office at 715-634-3000 to get on the list.





### Winter Senior Center

Brrrr!!!! First we have dreary day's with warm temps and now we have sunny days but it's below zero!!! Just can't win can we? Well I hope everyone had a wonderful Christmas and I really hope everyone is feeling o.k.. there is a lot of flu and colds going around and we all know how to beat that right? Remember to always wash your hands really well after everything you do. When you go to the store make sure that you wash your hands, those carts really carry a lot on the handles. Remember watch your step outside the ice is everywhere and we have to be on our toes when it comes to that slippery stuff. Well we are going to be entering January 2015!! A brand new year I can hardly wait to get through this month and then it's getting plans laid out for our garden and for our flowerbeds or projects that we want to do outside this spring. Lot's of planning. I always like January it's a good month to sit back and get a few inside projects done like the junk draw cleaned out or maybe get a few photos in the albums put a way or maybe clean out the silverware draw. That way we don't have to think about them in the spring and I don't know about you but I feel better when I get one small project done and then I can sit back and read or do a little sewing or whatever it is that you like to do. I like to have a puzzle

table up in the winter month's it seems to really pass the days by when I really don't feel like doing anything. It is also really good for the eyes and the mind to keep them both busy. If you are feeling a little blue come on in to one of the centers for a good hot meal and some fine company we would love to see you. Remember to stay warm and bundle up when you are going out and please be safe.

### Exeland Senior Center

There are so many kind and generous people in our area and they made 2014 a great year at the Center. Also, we love it when people that we haven't seen in some time stop in to eat or just visit. It is especially wonderful when residents of the nursing home get to come back and dine and visit with neighbors from their past.

Thank you to Bill Milner for the volunteer work he has done at the center since his retirement, especially for replacing the ceiling light panel. Thanks to Linda and Bill also for delivering meals.

Thank you to Carol Vierck for trimming the tree and for the beautiful table decorations. Thanks to her husband, Carl for helping with the heavy work. The Center looks very festive. Thank you to the Suzan family for the donation in memory of Frank Suzan which went to the Meals on

Wheels program. The last couple of months have been very sad for family members and friends of guests of the Exeland Center. Our sympathy goes out to friends and family of Vera Majka, Letha Pasanen, John Baker, Margie Gapinski, Frank Suzan, Dan Meyers, Ron Erickson, Dick Halberg, Ron Mills and Joy Barnett.

Paula Ladenthin gets the maximum number of stars for selling the most raffle tickets in our area and some of the people with an Exeland address that have won in the cash raffle for Meals on Wheels include Loretta Goin, Tony Gutowski, Bonnie Klinger and Ronald Freitag. Congratulations to them. Look for more up-to-date information on the Facebook page.

Bonnie appreciates that the Advisory Board allocated funds for the purchase of a new food processor and hand mixer. Also, the stove that has been a problem for her for years has finally been exchanged for a reconditioned one.

Don't forget, the Center is a good place to shop as we have a supply of dish cloths for sale for \$2.50 each. They are beautiful hand made from cotton yarn. We again have a supply of the cotton woven ones for \$2.00. Also for sale are scrubbies, cleaning cloths, greeting cards and brooms, and the book shelf is filled with books and VHS tapes for you to borrow.





## Sawyer County Senior Centers

# THE SENIOR CONNECTION

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### Stone Lake Senior Center

Hello to all our friends at the Senior Centers of the North. We are hoping that everyone has a good supply of books, so that you are ready for the colder months ahead of us. If your supply is low, we have a supply for you to take and read. If you have books at home that you have read and are looking for a place to donate them remember the Senior Center.

November 6<sup>th</sup> the Senior Resource Center, which includes all the centers in Sawyer County, was awarded a plaque for "Service Organization of the Year" from the Hayward Area Chamber of Commerce. Thank you to everyone who helped make it possible to win the award.

Our Veteran's dinner was held on November 12<sup>th</sup>. We had over 50 in attendance who enjoyed a meal of Turkey and the trimmings. Our guest speaker was Gary Elliot of Hayward. He gave us insights associated with airplanes, that he had learned while in the Military. We also enjoyed the singing and playing of tapes.

On December 6<sup>th</sup>, Meals on Wheels received a check from Timber Ford of Hayward for over \$1,900. For each vehicle sold, Timber Ford donates \$50 to the buyers choice of non-profit organization. Thank you to all who bought a Ford from Timber Ford in 2014, for the generous

donation. On December 11<sup>th</sup> the Christmas Party was held in the Lions Hall. The "Good Medicine" band performed, starting at 11:00 am and at noon a ham dinner was served.

The Feed a Family organization donated 75 fruit baskets that were distributed that day, and to other seniors in the Stone Lake area. Thank you for your generous donation from Feed A Family.

The meeting room by the kitchen has been painted and redecorated, new lights have been installed, and has taken on the look of a cafe, thanks to Linda Hand and a team of volunteers from the Lions and seniors.

Starting January 5, 2015, the Stone Lake Cranberry Cafe SLC will start serving a continental breakfast from 8 am to 10 am. There will be an assortment of juices, breads, rolls, scrambled eggs, sausage and coffee. So come in and enjoy a cup of coffee and roll, or a breakfast of eggs, sausage, toast, etc. and visit with friends each morning.

Watch for the Grand Opening of the Cranberry Cafe SLC, on January 15, 2015 from 5 pm.

Starting January 6, 2015 there will be no noon meal **on Tuesdays only**, for the months of January and February. A frozen meal will be sent with the Monday hot meal for Tuesday lunch to the home delivered. Frozen meals will also be available to anyone who would like to purchase one for the noon

meal. We will continue to serve the evening meal at 5 pm on Tuesdays.

Remember, Birthday Party the third Thursday of each month. Also, Connie Schield will continue having computer classes on Monday and Friday from 10am to noon in 2015. So, if you got a new computer or notebook, e-reader, etc., stop in for any of the classes. She is doing a great job teaching the computer basics and sometimes the difficult.

The Wii game is still here for anyone that would like to bowl after, before or in-between lunch. We've had some exciting games going at times.

Elaine Nyberg, Stone Lake Massage LLC, is here also giving chair massages. Please give the center a call to find out the dates she will be here giving chair massages. Any donation for the massage is given to the Senior Center. Thank you Elaine for your generosity. Also, a huge Thank You to Charlene Henk, who takes my scribbled notes and comes up with the newsletter. This is her second newsletter and she is doing a great job putting it together. We on the advisory board send New Year wishes of health and happiness to all in Sawyer County. May God bless you all with a fantastic year. Do one thing every day that will make someone smile.

### Hayward Senior Center

HAPPY NEW YEAR!!!!!! Boy, last





## Sawyer County Senior Centers

# THE SENIOR CONNECTION

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year just flew by. I hope the new year finds you all in good health looking forward to a fabulous 2015. Last year there were a lot of positive changes at all the centers, let's hope the good things continue to happen.

A Birthday Party is held once a month for persons who have a birthday in that month. Currently we are having some trouble inviting you to the parties as we don't always have your birthday. Please give Gloria a call with your correct birthday so we can include you in the festivities. You get waited on for lunch, you get candy and a gift. You may also bring a guest. The suggested donation is still \$4.00 for those over 60.

2015 will bring some changes to the Birthday celebration. We will send a invitation to the Birthday Party, usually the second or third Wednesday of the month. If you get an invitation to the birthday party we do expect you to respond either that you are coming or unable to attend. If you get an invitation and it is not your Birthday month please let us know so we can invite you during your birthday month. If you want to attend the birthday party all you have to do is call 715-634-3000 and let whoever answers the phone your name and that you will attend by yourself or with a guest. If you cannot attend or do not want to attend please give us a call at the same number and we

will remove you from the invitation list if you desire or we will note that you could not come for a legitimate reason. If we get no response from you we will remove you from the Birthday list and not impose on you again with a celebration you do not want.

You must let us know by the day before the party date that you will or will not be coming.

The suggested donation for the Birthday celebration is \$4.00 if you are 60 or over, \$8.00 is charged for your guest if they are under 60. The January Birthday Party will be held January 14, 2015 and the February party will be February 11, 2015. Hope to see you there.

Almost forgot the biggy, communal lunch is daily at 12 noon. Please join us for a great meal and some equally stimulating conversations. The lunches at noon are a suggested donation of \$4.00 over 60 and an \$8.00 charge under 60. I would dare anyone to find a more nourishing and complete meal at that price anywhere in town. Please join us in 2015 for lunch Monday thru Friday at the Center.

The fall dance that was to be held on Veterans was cancelled due to a snow storm that dumped some pretty heavy wet snow on us. The dance was rescheduled on November 25<sup>th</sup>. Carol Sheehan and the Good Medicine Band played for the dance that was in

conjunction with the Tuesday evening meal. A good time was had by those that were in attendance.

We at the center and some town folks participated in a secret Santa gift giving program for the Meals on Wheels participants. We had a tree filled with stockings with the name of the MOW patrons then varied persons picked the stockings and bought gifts. We had 33 participants and most of the participants were elated and very pleased with their gifts and send their sincere gratitude to all that participated in making their holiday a little brighter. Thank you for helping our shut ins enjoy Christmas more this year. Your ongoing generosity is amazing!!!!

Keep you eyes open for new outreach programs offered by Linda Hand our Benefits Specialist. They are usually held the 3<sup>rd</sup> Tuesday of the month. I sure the programs will be interesting and informative as they have been in the past. We wish you a happy New Year full of health and happiness to all. God bless you all with a fantastic year.

### This Month's Articles By:

*Doc Brueggen – Hayward*

*Peggie Johnson – Stone Lake*

*Karen Skogen – Exeland*

*Ruth Brad – Winter*



# January

## What's on the Menu?

At any time, if a participant is unable to eat what is on the menu, please contact your site manager for an alternative meal. We are here to serve you!

	Tuesday	Wednesday	Thursday	Friday
<div><div>Phone Numbers for Senior Resource Center Meal Sites:</div><div>Stone Lake: (715) 865-2025    Winter: (715) 266-2233</div><div>Spider Lake: Same as Hayward    Exeland: (715) 943-2990</div><div>Hayward: (715) 634-4680</div></div>				
5	Spaghetti with Meat Sauce, Green Beans, Garlic Bread, Pears, Milk	6 Pork Roast with Mashed Potatoes/Gravy, Sweet & Sour Cabbage, Rye Bread/Butter, Cinnamon Applesauce, Milk	7 Chicken Breast, Herbed Noodles, Romaine/Mandarin Orange Salad, Banana Cake, Milk	8 Hot Roast Beef Sandwich, Mashed Potatoes, Brussels Sprouts, Dessert, Milk
12	BBQ Chicken, Pasta Salad, Beets, Fruit, Whole Wheat Bread/Butter, Milk	13 Italian Beef Sandwich, French Fries, Carrots, Pudding, Milk	14 Baked Ham, Sweet Potatoes, Broccoli, Pretzel Salad Dessert, Whole Wheat Roll/Butter, Milk	15 Liver and Onions, Red Parslied Potatoes, Mixed Vegetables, Apple Dessert Whole Wheat Bread/Butter, Milk
19	Meatballs, Mashed Potatoes/Gravy, Lettuce Salad, Fruit, Rye Bread and Butter, Milk	20 Chop Suey, Rice, Egg Roll, Chow Mein Noodles, Sherbet, Fortune Cookie, Milk, Fruit Juice	21 Lasagna, Lettuce Salad, Garlic Bread, dessert Bar, Milk	22 Pork Chops, Baked Potato w/ Sour Cream & Chives, Spinach, Cookie, Whole Wheat Bread/Butter, Milk
26	Roast Beef, Mashed Potatoes/Gravy, Carrots, Apple Dessert, Whole Wheat Bread/Butter, Milk	27 Cook's Choice Please Call Center for Today's Menu	28 Baked Chicken, Sweet Potatoes, Green Beans, Pudding, Whole Wheat Bread/Butter, Milk Dinning room will close at 1pm	29 Chili, Toasted Cheese Sandwich, Crackers, Fruit, Milk
				30 Pork Cutlets, Parslied Potatoes, Broccoli/Cauliflower, Whole Wheat Roll/Butter, Cookie, Milk
				31 Cook's Choice Please Call Center for Today's Menu
				1 Chicken Kiev, Rice Pilaf, Romaine/Mandarin Orange Salad, Fruit, Whole Wheat Bread/Butter, Milk
				2 Tator Tot Hot Dish, Salad, Yogurt Parfait w/Berries, Whole Wheat Bread/Butter, Milk
				3 Ham and Bean or Pea Soup, Egg Salad Sandwich, Crackers, Pickles, Fresh Veggie Tray w/ Dip, Fruit Cobbler, Milk

# February




## what's on the Menu?

**Phone Numbers for Senior Resource Center Meal Sites:**

**Stone Lake:** (715) 865-2025    **Winter:** (715) 266-2233

**Spider Lake:** Same as Hayward    **Exeland:** (715) 943-2990

**Hayward:** (715) 634-4680

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Groundhog Day</b> BBQ Ribs, Baked Potato w/ Sour Cream & Chives, Corn, Cupcake, Whole Wheat Bread/Butter, Milk 	<b>3</b> Almond Chicken Salad w/ Craisins on Marble Rye, Lettuce Salad w/ Hard Boiled Egg & Cheese, Pickles, Mandarin Oranges, Milk	<b>4</b> Meatloaf, Potatoes, Squash, Ice Cream, Marble Rye/Butter, Milk	<b>5</b> Creamed Chicken over Biscuits, Peas, Fruit, Milk	<b>6</b> Taco on Whole Wheat Soft Tortilla, WW Tortilla Chips w/ Salsa, Lettuce, Tomato & Cheddar Cheese, Mexican Rice, Fruit, Milk
<b>9</b> Salmon Pattie, Pasta Salad, Creamed Peas, Rootbeer Float, Milk	<b>10</b> Turkey & Gravy, Mashed Potatoes, Dressing, Green Beans, Pumpkin Pie, Whole Wheat Bread/Butter, Milk	<b>11</b> Beef Stew in a Bread Bowl, Cottage Cheese, Fruit, Milk	<b>12</b> Sliced Ham, Scalloped Potatoes, California Blend Vegetables, Brownie, Whole Wheat Bread/Butter, Milk	<b>13 Valentine's Day</b> Tator Tot Hot Dish, Salad, Yogurt Parfait w/ Berries, Whole Wheat Bread & Butter, Milk 
<b>16 President's Day</b> Spaghetti with Meat Sauce, Green Beans, Garlic Bread, Pears, Milk 	<b>17</b> Pork Roast with Mashed Potatoes/Gravy, Sweet & Sour Cabbage, Rye Bread/Butter, Cinnamon Applesauce, Milk	<b>18</b> Chicken Breast, Herbed Noodles, Romaine/Mandarin Orange Salad, Banana Cake, Milk	<b>19</b> Hot Roast Beef Sandwich, Mashed Potatoes, Brussels Sprouts, Dessert, Milk	<b>20</b> Ham and Bean or Pea Soup, Egg Salad Sandwich, Crackers, Pickles, Fresh Veggie Tray w/ Dip, Fruit Cobbler, Milk
<b>23</b> BBQ Chicken, Pasta Salad, Beets, Fruit, Whole Wheat Bread/Butter, Milk	<b>24</b> Italian Beef Sandwich, French Fries, Carrots, Pudding, Milk	<b>25</b> Baked Ham, Sweet Potatoes, Broccoli, Pretzel Salad Dessert, Whole Wheat Roll/Butter, Milk	<b>26</b> Liver and Onions, Red Parslaid Potatoes, Mixed Vegetables, Apple Dessert Whole Wheat Bread/Butter, Milk	<b>27</b> <b>Cook's Choice</b> <b>Please Call Center for Today's Menu</b>

*At any time, if a participant is unable to eat what is on the menu, please contact your site manager for an alternative meal. We are here to serve you!*



*What's on the Menu?*

# THE SENIOR CONNECTION

Senior Resource Center | 15856 E Fifth Street | Hayward WI, 54843

## Tuesday Evening Meals

### Stone Lake Center

(715) 865-2025

#### January:

**6<sup>th</sup>** – Pork Roast, Mashed Potatoes, Gravy, California Blend, Rye Bread, Cinnamon Applesauce

**13<sup>th</sup>** – Italian Beef Sandwich, French Fries, Carrots, Pretzel Salad

**20<sup>th</sup>** – Chop Suey/Rice, Egg Roll, Chow

Mein Noodles, Sherbet & Fortune Cookie

**27<sup>th</sup>** – BBQ Ribs, Baked Potato/Sour Cream, Corn, Brownie

#### February:

**3<sup>rd</sup>** – Chicken Salad with Craisins On Rye Bread, Lettuce Salad with Hard Boiled Egg and cheese, Mandarin Oranges

**10<sup>th</sup>** – Turkey, Dressing, Mashed Potato, Gravy, Green Beans, Pumpkin Pie, Whole Wheat Dinner Rolls

**17<sup>th</sup>** – BBQ Ribs, Baked Potato, Mixed Vegetables, Ice Cream

**24<sup>th</sup>** – Beef Stew in Bread Bowl, Cottage Cheese, Fruit

### Hayward Center

(715) 634-4680

#### January:

**6<sup>th</sup>** – BBQ Ribs, Baked Potato/Sour Cream, Corn, Brownie

**13<sup>th</sup>** – Pork Cutlet, Parslied Red Potatoes, Green Beans, Cake and Ice Cream

**20<sup>th</sup>** – Oven Baked Chicken, Oven Roasted Potatoes, Peas, Strawberry Shortcake

**27<sup>th</sup>** – Spaghetti with Meat Sauce, Lettuce Salad, Garlic Bread, Peaches

#### February:

**3<sup>rd</sup>** – BBQ Ribs, Parslied Potatoes, Cauliflower and Broccoli, Fruit Salad

**10<sup>th</sup>** – Beef Roast, Mashed Potatoes with Gravy, Mixed Vegetables, Cake and Ice Cream

**17<sup>th</sup>** – Breaded Pork Chop, Baked Potato/Sour Cream, Green Beans, Cookie

**24<sup>th</sup>** – Meatballs with Gravy, Noodles, Buttered Carrots, Pears

## NOTICE:

Wednesday January 28<sup>th</sup> the dinning room will **close at 1:00pm** to prepare for the "Chamber Business after 5 and Dementia Presentation."





*Must Reads*

# THE SENIOR CONNECTION

Senior Resource Center | 15856 E Fifth Street | Hayward WI, 54843

## Beneficially Speaking

We have some very exciting changes taking place at the Senior Resource Center and our meal sites throughout Sawyer County. Our wish this next year is that you will join us for a meal and check out some of the great services that we have to offer to Sawyer County residents 60+. If you have the internet, LIKE us on our Facebook page to get up-to-date events and activities taking place throughout the county, "Senior Resource Center located in Sawyer County, WI".

Our Elder Benefit Program will be expanding this next year, due to a \$60,000 grant that we were recently awarded. The major focus of this will be marketing and outreach in rural communities to reach those who may be eligible for low income assistance, along with Medicare prevention and wellness benefits.

The Stone Lake Center will be starting their continental breakfast offering, after the first of the year. Watch our Facebook page for photos or join us for the "Big Reveal" on Thursday January 15 at 5:00 pm. We would like to welcome Ruth Brad to the Winter Center, as

our new site manager and is very enthusiastic to start some revitalization projects at this location. Watch for some great things to be happening there in 2015! There had been "rumors" that we were closing the Winter site and I would like to make it very clear that this was never proposed. After our 2014 nutrition budget cuts, it was our plan to work very hard to make sure that NO center in Sawyer County was closed or Meals on Wheels services suspended. We will continue to fundraise and revitalize for future sustainability of all of our centers into the future.

In Hayward we would like to welcome Tony MacIntosh to our cooking staff. He will also make a great addition to our team. We will miss Jessie greatly and hope that she will in time, come back to sub, volunteer or just visit us at the Center.

The move in Spider Lake has been a huge success and we thank the Spider Lake Church for offering this opportunity. Our numbers have gone up for the amount of people participating and we hope that this continues to grow in the coming new year. Exeland is also looking at some

revitalization projects and with our new Marketing Plan, we hope the residents of these rural areas of the county will join us for a great homemade meal. For those 60+ it is a suggested donation of only \$4. Income has nothing to do with your attending our meals or activities. If you want to give more, you are welcome to do that and it will help someone out who does not have the funds to pay. Remember that we also offer Meals on Wheels services throughout the county for those who are homebound. This could be due to recovery from an illness or injury and you just need them temporarily. Contact your local site manager for details or call our office at 715-634-3000.

The Senior Resource Center is very excited about the coming New Year, new names, images and big reveals. Have a Blessed Christmas and we look forward to serving you!

## EBS MIPPA Grant

The Senior Resource Center has been so blessed this past year for the outpouring of support we have received throughout Sawyer County for our meal programs and we thank each and every one of you who have





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extended this support. Even though our Senior Meals and Meals on Wheels programs are a very important part of our community, many do not realize that there are many other services that we offer to those 60+ in Sawyer County. I was reminded yesterday by another service organization director, that you need to often revisit your mission statement and make sure that everyone that works and volunteers for your organization understands what it is. The mission of the Senior Resource Center is to serve, support, assist, and advocate for the older adults of Sawyer County and their caregivers to help them achieve active, fulfilled, independent, and healthy lives.

With that said, we are very proud to announce that the Senior Resource Center was one of thirteen Wisconsin agencies recently selected to receive \$60,000 in funding for expanded Medicare outreach and assistance activities over the next three years. The awards were made available through a grant awarded to the State of Wisconsin by the Federal Administration on Community Living (ACL) under the Medicare Improvements for Patients and Providers Act (MIPPA). The grant

period extends from October 1, 2014 to September 30, 2017. Awardees were selected based on a competitive evaluation process.

Local grantees will assist state and national efforts to identify new and effective ways to reach Medicare beneficiaries. Awardees will use the MIPPA grant funds to conduct activities that go above and beyond the activities already funded by the State Health Insurance Assistance Program (SHIP) and the Elder Benefit Specialist (EBS) program. Priorities include reaching people likely to be eligible for low income assistance with Medicare out-of-pocket costs; reaching people in rural areas; and increasing awareness of Medicare prevention and wellness benefits.

This is the fourth time that the State of Wisconsin has received MIPPA funding since the passage of federal MIPPA legislation in 2008. During the current grant period, the State has elected to offer larger grant awards to a smaller number of local agencies in order to allow for substantial innovation and expansion of staff hours, community partnerships and outreach.

We are very excited about this opportunity and look forward to sharing this opportunity, through our expanded services, for Sawyer County residents.

## What's on Your Bucket List?

I walked in on a conversation the other day that some people were having at one of the centers. The topic of discussion was of trips they had taken and things they did while on these trips. It had nothing to do with going to a condo in Florida and lying around or playing golf. They were talking about going to jungles to zip line, bungee jumping in Vegas and parasailing in the tropics. These were definitely not things my grandparents did when or even thought about doing when they retired to Stone Lake in the 1970's.

They went to the local senior center played cards, participated in lunchbox socials and went on hayrides, which was all the excitement in town with the wagon tipped over. That was almost 40 years ago. It isn't all about running to Spooner in a snowstorm anymore, to save





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money on Surejel to make jelly over the weekend for fun.

The UBS Investor Watch published an article, "80 is the new 60". It starts out, "Retirement does not equal old. As people are living longer, the definition of 'old' is changing. Investors feel that for their parents' generation, 62 was the age when someone became old; this was also close to the traditional retirement age. However, today, most people do not feel old until they are in their 80's. And being 'old' is not just defined by a number. Investors believe that when people lose their independence, i.e., they can no longer live in their own homes or can no longer drive, that's when they've become old. Eighty-four percent of investors say retirement is not a sign of being old. If 80 is the new 60, and retirement does not = old, then what does retirement look like going forward. Nine to 10 working investors under 65 believe they will go through multiple distinct phases of retirement, which together, may last as long as 30 years. They foresee three phases. **1. Transition** – When they will still work, but

in a reduced or different capacity. **2. My Time** - Focused on travel and leisure.

**3. The Last Waltz** – When they will lead a relaxed, simpler life, and health issues eventually will become the focus."

This brings me back to the bucket lists and our revitalization projects for the sustainability of our 5 meal site "Senior Centers" in Sawyer County. We recently distributed surveys to find out how local residents feel about our meal programs and are currently compiling this information.

I have spoken to locals in their 90's who state that they "will not" come to the senior center, because they are not "old enough". So how do we get people who are 60+ to feel comfortable about walking through our doors? In this New Year we are looking at taking the "Senior" out of Center, meaning renaming each of the centers something that is less intimidating to those who do not feel "old enough". Our goal is to make image changes and affordable updates as allowed, so they have more of a café or lodge style feeling that is so popular at restaurants in the

Northwoods. We are also concentrating on finding activities to offer, for a wider range of adults throughout the area. Our Hayward Yoga class started this last year and has grown to 4 class times each week. Massage has taken off in Hayward and is now also offered in Stone Lake. Computer classes were started in Stone Lake and will expand to Hayward in 2015. Throughout the State of Wisconsin and the nation, revitalization of senior centers is on the forefront of importance to keep these programs in existence.



One option that is being tested throughout the State of WI is a café or bistro style breakfast option at the centers. We are in the process of creating this style in Sawyer County at our Stone Lake Center. It will serve a continental breakfast Monday-Friday from 8-10 a.m. and has free wireless internet available. There will be smaller wheel chair accessible tables, which will offer more



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privacy for those who would prefer to meet as a smaller group or larger ones for bigger groups. This cozy atmosphere can also be a meeting place throughout the day for those who would prefer to eat their lunch there rather than in the dining room, play a game of cribbage, read the newspaper or surf the web.

We have also purchased a salad bar and a movable cooking station, with hopes of adding a lighter meal option and cooking classes to the Hayward Center.

A while back we had invited some "secret shoppers", all over the age of 60 to drop in at one of our centers while nobody was there. We asked their first impression of walking into the dining area. The responses were, "nursing home cafeteria", "too open" and "outdated". This is an issue that nursing homes are also facing. Nobody **wants** go into a nursing home, so they are also revitalizing their facilities to make them modern and welcoming. Water's Edge is the perfect example of this in Hayward, it is beautiful! They are also changing their names to reflect the times, needs and

wants of the public. Many are now called assisted living, community living, convalescent care or rehabilitation centers.



So where does all of this lead to? In order for us to stay in business we need to make updates and changes to draw in the 60+ population of all demographics, to enjoy a great meal and socialization. This in turn will allow us to financially be able to provide meals to those who cannot afford to pay the suggested donation and to continue to be able to deliver Meals on Wheels to the homebound in Sawyer County.

The Senior Resource Center is very excited about the coming New Year, new names, images and big reveals. These are our Bucket List items that we are looking forward to sharing with you.

*Linda Hand*

Nutrition Director & Outreach Coordinator

## Make Your Own Bucket List!

Write down some things that you would like to do in your retirement. They can be extravagant, like going skydiving, or they can be simple, like trying a new food!

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_



Breaking News

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## The S.R.C. is Sponsoring the Chamber Businesses After 5 and Dementia Presentation

### AARP Smart Driver Class

The Senior Resource Center and AARP Chapter 914 are sponsoring another AARP Smart Drive Class **Monday January 19<sup>th</sup>, 2014.**

The class will be held in the lower level of the Sawyer County Senior Resource Center. Registration starts at 9:30am and the class runs from 10am to 3:00pm. Call Gloria at 715-634-3000 or email her at [ghagberg@cheqnet.net](mailto:ghagberg@cheqnet.net) to sign up. Cost for the class is \$20 if you are not an AARP member, and only \$15 if you are a member. But you can save much more than that on a car insurance discount!

For Local Course Information call toll free at 1-888-227-7669 or on the web at [www.aarp.org/drive](http://www.aarp.org/drive)

### About the Event

The Senior Resource Center will be sponsoring the January Chamber Business After 5 at the Hayward Senior Center along with the Hayward Area Dementia Network to participate as presenters to the local businesses about the network. There will be a brief presentation related to why they have developed as a network and what their goals are. This is a wonderful opportunity to share with other community entities ways that they may participate in helping the Hayward area become "Dementia Friendly". The presentation will be followed by a tour of the updates that have been made to the Sawyer Community Senior Center building, which includes the newly revitalized lounge area in the lower level also used for the Thursday Alzheimer's Respite Group. All of these great events will take place at 5pm on Wednesday January 28<sup>th</sup>. We hope to see you all there!

## Valentine's Day Heart Wreath

### What you'll need:

- > Double-sided scrapbook paper
- > Ribbon
- > Glue dots
- > Scissors



### Directions:

Cut 12 strips of double-sided scrapbook paper into **2 inch** by **11 inch** strips and fold them in half.

 **2" x 11"**

Put 3 glue dots on the **edge** of one of the strips and then press the join the two ends together to form a heart shape.

>>>Put glue dots here



Continue to make these hearts until you've used up all of your paper strips. Next attach the hearts together using your glue dots only on the **edges** of the heart.

Paper Heart



Glue Dots

Once you've completed your circle hearts, you'll want to thread your ribbon in **between the glue dots** connecting two hearts and **tie a knot** to hold it in place.

>>>Tie knot here



Ribbon

When you have the ribbon the your desired length, tie a knot there too, trim your ribbon ends and hang your wreath!





And More

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RENEE BROWN  
COUNTY VETERAN SERVICE OFFICER

GARY ELLIOTT  
ASSISTANT CVSO

## Sawyer County Veterans Service Office

WISCONSIN  
MONTH: DECEMBER 2014

PHONE: 715-634-2770  
FAX: 715-638-3213

### Veterans "Choice Card" Program

On August 7, 2014, President Obama signed into law the Veterans Access, Choice, and Accountability Act of 2014 (Public Law 113-146) ("VACAA"). Technical revisions to VACAA were made on September 26, 2014, when the President signed into law the Department of Veterans Affairs Expiring Authorities Act of 2014 (Public Law 113-175).

Section 101 of VACAA required the VA to establish a temporary program ("the Choice Program") to improve Veterans' access to health care by allowing eligible Veterans to use eligible health care providers outside of the VA system (non-VA care). It also required the VA to expand the options for eligible Veterans to elect to use non-VA health care for a period of up to three years, based either on the distance a Veteran lives from a VA facility, or if he or she is experiencing wait-times beyond the 30 day standard. Veterans who meet certain eligibility requirements will be able to elect to receive care from eligible non-VA entities and providers through the Program.

The VA will provide a Choice Card to all Veterans who were enrolled in the VA health care system as of August 1, 2014, and to recently discharged combat Veterans.

### Eligibility

A Veteran must have been enrolled in VA health care on or before August 1, 2014, or be eligible to enroll as a recently discharged combat Veteran within 5 years of separation. Additionally, a Veteran must also meet at least one of the following criteria:

- a) The Veteran is told by his/her local VA medical facility that he/she will need to wait more than 30 days from his/her preferred date or the date medically determined by his/her physician.
- b) The Veteran's current residence is more than 40 miles (Straight Line Distance, NOT Driving Distance) from the closest VA health care facility.
- c) The Veteran resides in a location other than Guam, American Samoa, or the Republic of the Philippines and needs to travel by plane or boat to the VA medical facility closest to his/her home.
- d) The Veteran faces a geographic challenge, such as extensive distances around water or other geologic formations, such as mountains, that presents a significant travel hardship.

### Cost Sharing

If an eligible Veteran has another health-care plan, VA will be secondarily responsible for costs associated with non-service connected care and services furnished to eligible Veterans

through the Choice Program and primarily responsible for service connected care.

### Medical Records

When a Veteran receives care from an eligible non-VA health care entity or provider, the entity or provider must submit to VA a copy of any medical record information related to the care and services provided. This information will be included in the Veteran's medical record maintained by the Department.

### Indian Health Service and Native Hawaiian Health Care Systems

VA will work with the Indian Health Service (IHS) to ensure that certain medical facilities operated by an Indian tribe or tribal organizations are aware of the opportunity to negotiate reimbursement agreements with VA. This is in accordance with section 102(a) of VACAA.

### Sawyer County Veterans Service Office Advice

We are concerned that our Veterans understand even though they may have received a Choice Card, they are still required to contact the VA (by calling the number on the back of the card) to gain permission from the VA prior to using this program. Failure to do so will most likely result in the Veteran receiving the full billing cost(s) and without remedy.

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## Free Income Tax Preparation

Bruce Paulsen and his volunteer helpers will once again be preparing taxes. This is a wonderful service that is sponsored by VITA, the Senior Resource Center and Hayward Community Credit Union. This year taxes will be done in Hayward, Winter and Cable. There is no charge, but donations are always appreciated. The preparers very generously volunteer their time. This service is open to everyone with incomes below \$60,000.

**>>> We will start taking appointments Monday, January 12<sup>th</sup>. Please call if you have questions about dates & times.**

**Hayward Senior Center** – Monday's starting January 26<sup>th</sup> 2015  
**715-634-3000**

**Cable Credit Union**  
**715-798-3535**

**Winter Senior Center** – Wednesday's starting February 4<sup>th</sup> 2015  
**715-634-3000**

**Minong Senior Center**  
**715-635-4460**