Here's What's Up Sept./Oct. 2015

THE SENIOR CONNECTION

Editor – Linda Hand

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

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'Celebrate every day and don't look at the calendar'
Ruth, 100, who enjoys pilates and weightlifting

Advanced Style

Movie Screening...

This is a very special edition of the Senior Connection, because we are about to embark on a celebration of "Healthy Aging & Fighting Ageism" in Sawyer County.

After our Spring Style Show in March, the state had an aging convention. The guest speaker was a famous photographer, Ari Seth Cohen, from New York who had released the movie "Advanced Style". He spoke about the importance of healthy aging, fighting ageism and recognizing that just because we get older, does not mean we cannot be stylish. All of his photographs are of women 60+. Several people from the state had already seen the video contacted me to say that we, meaning Sawyer County, could be a great example for the entire state, because we were already doing this.

I researched and watched the movie and contacted them about a screening in Hayward. As a non-profit I was able to apply and was accepted to do a screening at the Park Center on Saturday, September 19th. The state agreed to allow me to use grant money for this great event, which will be celebrating the 50th anniversary of Medicare along with promoting healthy aging and fighting ageism throughout Sawyer County.

The screening and some other "very special surprises" will take place on Saturday, September 19th at 1:00 p.m. at the Park Center. Following the screening we will have a reception at the Hayward Vet's Center, which will include wine tasting, refreshments, cash bar and a first viewing of our healthy aging marketing posters. This display will be of local Sawyer County residents promoting healthy aging, which will be used in our new marketing plan, to be launched by the end of this year. Look for more info throughout this edition.

Linda Hand, Executive Director

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Senior Resource Center
15856 E Fifth Street Hayward WI, 54843
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Here's What's Up

THE SENIOR CONNECTION

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

Calendar of Events

September & October 2015

Stone Lake Senior Center

(715) 865-2025

September:

- 7th – Labor Day – Center CLOSED
- 17th – September Birthdays Celebrated
- 25th – Center CLOSED

October:

- 1st – Cranberry Dinner 6:00 p.m.
- 3rd – Cranberry Festival
- 9th – Center CLOSED
- 12th – Columbus Day
- 15th– October Birthdays Celebrated
- 28th – Center CLOSED
- 31st – Halloween

All Senior Meal Sites will be **CLOSED** Monday, Sept 7th for Labor Day. There will be NO Meals on Wheels delivery.

All Senior Meal Sites will be **CLOSED** Friday, Sept 25th for staff regional nutrition training. There will be NO Meals on Wheels delivery.

All Senior Meal Sites, Senior Resource Center Office & Transportation will be **CLOSED** Friday, Oct 9th for Volunteer Recognition. There will be NO Meals on Wheels delivery

All Senior Meal Sites, Senior Resource Center Office & Transportation will be **CLOSED** Wednesday, Oct 28th for ALL STAFF training. There will be NO Meals on Wheels delivery.

Stepping On Program to Start

The Stepping On program offers people a way of reducing falls and at the same time increasing self confidence in situations where they are at risk of falling. Falls are a serious problem, but can be prevented at any age. This program, which was developed in Australia and been implemented in the USA and internationally is considered to be one of the most effective falls prevention programs available, giving people the confidence to undertake their everyday activities safely. Participation in a program like Stepping On will help older people maintain independence and give them confidence in their mobility so they are able to undertake their everyday activities safely and without the risk of falling.

The Stepping On program incorporates a group setting plus individualized follow-up. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall and understanding how to initiate a medication review. The following is a testimonial from recent Stepping On workshop attendee and shows how the Stepping On program can benefit older people:

"A positive attitude to ageing is so important. There are so many grumpy people. They can bring you down and make you feel a little depressed if you let them. I try and mix with other positively minded people and limit my time with the grumpy ones. Stepping On has helped me enormously. It has given me confidence to get out, socialize and pursue other health promotion activities. I enjoyed being part of the Stepping On poster. I really didn't understand how important it is to do exercises to improve my balance and prevent me from falling. I go out a lot it is so important for your mental attitude. It makes all the difference to my outlook. The Stepping On group makes me realize I have to be strong so I can get on and off a chair and get out and about. It changed my Life" Ruth, aged 90

Call 715-634-3000 for registration.
Minimal charge of $20 per person,
this covers 7 sessions & follow-up apt.

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Hayward Senior Center Activities & Events

September & October 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	2nd Tuesday of month	1:00pm – 2:30pm	Lower Level
Blood Pressure	1st & 3rd Wednesday	11 – 12:00am	Upper Level
Bridge Group	Wednesday	9:00 – 12:00am	Lower Level
Cribbage	Tuesday & Thursday	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
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	**Church**
Card Making	3rd Wednesday of month	9:00 - ?	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
Elderly Benefit Specialist	2nd Friday of each month	11:45am	Upper Level
Centers Closed for Labor Day	Monday, September 7th	All Day	All Meal Sites & SRC
Advanced Style Movie Screening	Saturday, September 19th	1:00 pm	Park Center
Stepping On Class Building Confidence & Reducing Falls	Mondays-Starts Sept. 21st for 7 weeks	9:30-11:30 am	Lower Level
Centers Closed for Training	Friday, September 25th	All Day	All Meal Sites
Hayward Fall Festival	Saturday, September 26th	9 am – 5 pm	Downtown Hayward
Sawyer County Senior Health Fair	Wednesday, September 30th	8 am – Noon	Upper Level & Lower Level
Spider Lake Senior Health Fair	Friday, October 2nd	9 am - Noon	Spider Lake Town Hall
Centers Closed for Volunteer Lunch	Friday, October 9th	All Day	All Meal Sites & SRC
Centers Closed for Training	Wednesday, October 28th	All Day	All Meal Sites & SRC
2nd Annual Holiday Bazaar	Saturday, October 24th	All Day	Upper Level
Monthly Meetings	**Day**	**Time**	**Place**
Advisory Committee	1st Wednesday	10:00am	Upper Level
AARP Meeting	1st Thursday	2:00pm	Upper Level
SCSC Building Board	2nd Thursday	9:30am	Upper Level
Senior Resource Center Board	3rd Wednesday	1:00pm	Lower Level

HIGHLIGHTED special dates & events for September & October

Sawyer County Center News

THE SENIOR CONNECTION

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The Winter Senior Center has changed its name back to the original… WALDO Center

As in Stone Lake, the centers are looking for ways to attract and make ALL local residents feel welcome. There are many "seniors" that do not want to be referred to as "seniors". With that said, when developing our plan for the breakfast option in Stone Lake we came up with the Cranberry Café as the name and it has been a HUGE success! More and more residents 60+ are attending and for the month of July, Chris & Peggy served breakfast to over 400 people!!! Winter went back to its roots and found that the original center was actually called the WALDO Center for Winter Area, Loretta, Draper & Oxbo. Many Sawyer County residents do not even realize that these southern communities are even a part of Sawyer County. They may be small, but they are an integrate part of our Sawyer County family and need to be recognized. There are other small rural parts to our county and we are working on trying to reach out to all of them in our future plans.

The WALDO Center News

Hello from the Waldo Center here in Winter! We would like to do some planting out front and in the back of our building, so we are looking for donations of some perennials to put in and of course we would love to have you help us. If you have a green thumb, we are looking for volunteers for this fall and for in the spring/summer for planting & taking care a small vegetable container garden. These vegetables could then be incorporated into our daily meal. The Center has also purchased some new valances for our living room and we are going to take one wall at a time and get it washed up. If you are interested in doing some cleaning with us, we could use a hand. We are also looking for donations of soil or any ideas that you have or would like to see happen. We are always welcoming any ideas that you might have. Remember if you need to get on the internet with our computer or use our wireless access, would like to shoot a game of pool or sit quietly and read a book, the WALDO Center is open from 8 a.m. – 3 p.m., Monday-Friday. We are here for you and you are always WELCOME we would love to see you.

Ruth Brad, Site Manager & Your friends at the WALDO Center

Hayward Senior Center

It is already September, the kids will be going back to school soon. If you haven't started canning yet, soon you will be. The days will be getting shorter starting this month, and the snow birds will begin disappearing. You know what all those signs mean…autumn. A beautiful season here in the Northwoods. Enjoy the great weather while you have a chance. Take a walk, rake some leaves and volunteer to do some outdoor activities. Just enjoy the beauty God gives us during this season.

The Sawyer Community Senior Center will be celebrating 30 years of service to the senior community on August 29th in Hayward. Come help us to honor the occasion. There will be food, music, and prizes. Please join us for a fun afternoon.

The last four or five months The Hayward center has been raffling off theme baskets. We have had one for Easter, Mother's Day, Father's Day, fishing and camping. Each basket is loaded with gifts appropriate for the title.

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The tickets are $1.00 each or 6 for $5.00. Due to the lack of response to the joint birthday party every month, we will be discontinuing the event. You will however be able to receive a free birthday lunch any day during the month of your birthday. You must call the day before to make a reservation and let us know at that time it is your birthday lunch. You may of course, bring a guest but the suggested donation for the guest is $4.00 if that guest 60+ or $8.00 if under 60.

Starting September 1st the price for the EVENING meal will increase to a suggested donation of $5.00 for those 60+ at all locations.

On September 19th the Senior Resource Center will present a special viewing of the movie "Advanced Style" at the Park Center(Theater), starting at 1:00 p.m. This movie is a collection of beautifully, stylish women all over age of 60. Some of the ladies are eccentric, some fashionable, some outrageous and all are beautiful, inside and out. The thing that binds these women together, is a photographer that loved his Grandmothers dearly and their incredible flare for fashion. The film shows that just because you are no longer 20-30 years old or don't wear a size 2, you can still be stylin'. Pre-tickets are available at the Senior Resource Center office for an affordable charge of only $5. The show will include some much unexpected surprises (just as our style show did). Everyone is then welcome to then join us for a reception afterwards at the Hayward Vet's Center, where there will be wine tasting, refreshments, cash bar and the unveiling of our "Healthy Aging" photo shoot of local Sawyer County residents 60+. These photos will be used for the new Senior Resource Center marketing plan. There is limited seating of 250 and we did sell out at our

style show in March, so do not wait until the the last minute! *Also feel free to wear whatever style makes you feel great, beautiful and sexy.* Please join us to find out just how phenomenal "we" the over 60 crowd really are.

September 26th is the Fall Fest in downtown Hayward. The seniors will once again have a table to sell pull tabs and possibly other goodies. Please stop and say Hi when you are in town. Last but not least the Hayward center is holding their 2nd annual Holiday Bazaar on Saturday, October 24th. We will be renting tables for you to sell your homemade projects. Last year we had 24 vendors and the bazaar was a great success. The rent tables is donated to the Meals on Wheels program. If you are interested please contact Betty Hutchinson for additional information at 715-634-4793. We will also be selling cheesecake, coffee, soda, brats and walking tacos. We hope you will join us.

Doc Brueggen, Hayward Volunteer

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Stone Lake Cranberry Café

Hi to all you wonderful seniors. Summer is winding down and the gardens are in full production to enjoy. Take advantage of your Farmer's Market vouchers on Thursday's behind Marie's from 2 PM to 6 PM.

Over 100 were served at the Pig Roast held July 11th at the Red Schoolhouse Wines. Two bundles of meat were raffled and we still have 4 more were raffled at the Red Schoolhouse Wines in August.

Bingo was played on the Patio at Red Schoolhouse Wines every other Wednesday from 6-8 p.m. from July thru August. The winner of each game received ½ of the money collected for that game. We are considering doing this during the Tuesday evening meals during the winter.

The Birthday Parties are still being held the 3rd Thursday of each month.

All Centers will be closed on Friday, September 25th for training in Hayward. There will be no meals served on that day.

The **Cranberry Café** is still serving breakfast Monday thru Friday from 8-10 a.m. The cost is $3 suggested donation for those 60 years of age or older and $5 for those under 60. You do not need a reservation for breakfast; however, a reservation would be appreciated by 10:00 AM for the lunch and the Tuesday evening meal. Our special on Wednesdays is homemade biscuits and gravy. Each day breakfast is served continental style and there is always one or more hot choices, fruit, juice, coffee, muffins, toast… Join us for conversation and start the day with a great meal!

The Cranberry Festival is just around the corner. The Festival will be held on Saturday, October 3 and the Senior Center will be selling pull tabs and raffle tickets inside the Lion's Hall. On October 1st, there is a Cranberry Dinner held starting at 6:00 PM with food and entertainment. Also, the Senior King and Queen will be introduced at this event.

Come to the Center and enjoy a cup of coffee. Breakfast, or Lunch and visit with your friends or make new friends. Everyone is welcomed.

We have enjoyed our summer guests and with the fall quickly approaching, the "Snowbirds" will be going south. Hope to see you soon.

Peggy Johnson,
Stone Lake Site Manager

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Hayward

Tuesday Evening Meals

September:

1st – Oven Roasted Chicken, Rice Pilaf, Peas, WW Bread/Butter, Dessert Bar & Milk
8th – Meatloaf, Mashed Potatoes w/Gravy, Corn, WW Bread/Butter, Strawberry Shortcake & Milk
15th – BBQ Ribs, Baked Potato w/Sour Cream, California Blend Veggies, WW Bread/Butter, Ice Cream & Milk
22nd – Homemade Pizza, Garden Salad, Fruit Salad & Milk
29th – Spaghetti/Meat Sauce, Fall Garden Salad, Garlic Bread, Pudding & Milk

October:

6th – BBQ Chicken, Pasta Salad, Green Beans, WW Bread/Butter, Fruit & Milk
13th – Grilled Brats on Bun, Sauerkraut, Roasted Red Potatoes/Brussel Sprouts, Cake w/Ice Cream & Milk
20th – Meatballs & Rice w/Gravy, Green Beans, WW Bread/Butter, Blonde Brownie & Milk
27th – Oven Roasted Turkey, Stuffing, Mashed Potatoes w/Gravy, Chateau Blend Veggies, WW Dinner Roll/Butter, Pumpkin Pie & Milk

Reservations Call 715-634-4680
***Meals served Tuesdays @ 5:30

Stone Lake

Tuesday Evening Meals

September:

1st – Grilled Pork Chop, Baked Potato w/Sour Cream, Peas, WW Bread/Butter, Fruit Pie & Milk
8th – BBQ Ribs, Baked Potato w/Sour Cream, Coleslaw, WW Bread/Butter, Ice Cream & Milk
15th – Spaghetti/Meat Sauce, Garlic Bread, Fall Garden Salad, Cookie & Milk
22nd – Beef Stew, Biscuit, Apple Pie & Milk
29th – Meatloaf & Rice w/Gravy, Mixed Vegetables, Strawberry Sundae, WW Bread/Butter & Milk

October:

6th – Turkey, Dressing, Mashed Potatoes w/Gravy, Green Beans, WW Bread/Butter, Pumpkin Pie & Milk
13th – Pork Chops, Mashed Potatoes, California Blend Vegetables, WW Bread/Butter, Peach Cobbler & Milk
20th – Roast Beef, Mashed Potatoes w/Gravy, Green Beans, Applesauce Spice Cake, WW Bread/Butter & Milk
27th – Chicken Parmesan w/Noodles, Lettuce Salad, WW Bread/Butter, Banana Cake & Milk

Reservations Call 715-865-2025
***Meals served Tuesdays @ 5:00

Winter
Wednesday Evening Meals

September:

2nd – Baked Pork Chop, Baked Potato w/Sour Cream, Cauliflower Broccoli Mix, WW Bread/Butter, Brownie & Milk

9th – Liver & Onions, Baked Potato w/Sour Cream, Creamed Peas, WW Bread/Butter, Blueberry Zucchini Cake & Milk

16th – Baked Ham, Au Gratin Potatoes, Lettuce Salad, WW Dinner Roll/Butter, Cherry Pie & Milk

23rd – Tuna Casserole, Carrot Salad, WW Bread/Butter, Ice Cream Sundae & Milk

30th – Roast Beef, Mashed Potatoes w/Gravy, Green Beans, WW Bread/Butter, Molasses Cookie & Milk

Call 715-266-2233 to Make a Reservation

Meals are served Wednesday at 5:30pm

Exeland
Tuesday Evening Meals

September:

1st – Pork Loin Roast, Mashed Potatoes w/Gravy, Carrots, Apple Turnover, WW Bread/Butter & Milk

8th – BBQ Ribs, Baked Sweet or Reg Potato, Lettuce Salad, Old Fashioned Rice Pudding, WW Bread/Butter & Milk

15th – Baked Chicken, Mashed Potato w/Gravy, Green Beans, Raisin Oatmeal Cookie, WW Bread/Butter & Milk

22nd – Pork Cutlet, Oven Roasted Potatoes, Mixed Vegetables, Fruit Cobbler, WW Bread/Butter & Milk

29th – Turkey, Mashed Potatoes, Dressing w/Gravy, Cranberries, Pumpkin Bar, WW Bread/Butter & Milk

October:

6th – BBQ Ribs, Baked Potato, Corn, Cookie, WW Bread/Butter & Milk

13th – Polish Sausage/Sauerkraut, Parslied Baby Reds, Green Beans, Strawberry Shortcake, WW Bread/Butter & Milk

20th – Baked Chicken, Mashed Potatoes w/Gravy, Tossed Salad, Apple Turnover, WW Bread/Butter & Milk

27th – Salisbury Steak, Mashed Potatoes w/Gravy, Peas, Cake, WW Bread/Butter & Milk

Call 715-934-2990 to Make a Reservation

Meals are served Tuesday at 5:30pm

September 2015

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot Beef Sandwich, Beets, Mashed Potato, Dessert & Milk	2 Grilled Hamburger or Brat on a Bun, Potato Salad, Baked Beans, Dill Pickle, Fresh Fruit Salad & Milk	3 Beef Chop Suey, Rice, Chow Mein Noodles, Vegetable Egg Roll, Mango Vanilla Ice Cream & Milk	4 Almond Chicken Salad w/Craisins, Croissant, Lettuce Salad w/Hard Boiled Egg, Cheese & Pickle, Dessert & Milk
 Labor Day **CENTERS ARE CLOSED**	8 Baked Fish, Au Gratin Potatoes, Stewed Tomatoes, WW Bread/Butter, Apple Turnover & Milk	9 Parmesan Chicken over Noodles w/Marinara Sauce, Green Beans, Bread Stick/Butter, Fruit Cobbler & Milk	10 BBQ Ribs, Baked Potato w/Sour Cream, Buttered Corn, WW Dinner Roll/Butter, Fresh Fruit & Milk	11 Ham Steak on the Grill, Sweet Potato Fries, Cauliflower Broccoli Carrot Salad, WW Bread/Butter, Cookie Milk
14 **Cook's Choice** Please call individual Dining Center for Today's Menu	15 Pork, Sweet & Sour Cabbage, Corn, WW Bread/Butter, Mixed Fruit Salad & Milk	16 BLT Chicken Salad w/Croissant, Cucumber Salad, Grapes, Pudding w/Topping & Milk	17 Fish Sandwich, Baked Sweet Potatoes or Fries, Creamy Coleslaw, Apple Dessert & Milk	18 Beef Tips in Gravy over Rice, Buttered Peas, Corn, WW Bread/Butter, Dessert & Milk
21 Lasagna, Green Beans, Fresh Lettuce Salad w/Dressing, Garlic Bread, Pretzel Salad & Milk	22 Roast Beef w/Mashed Potatoes & Gravy, Roasted Brussel Sprouts, WW Bread/Butter, Cookie & Milk	23 Chicken Tender Wrap, Tortellini Pasta Salad, Fresh Fruit & Milk	24 BBQ on a Bun, Potato Salad, Baked Beans, Brownie & Milk	25
28 Taco on WW Tortilla, WW Tortilla Chips w/Salsa, Lettuce, Tomatoes & Cheddar Cheese, Rice, Fruit & Milk	29 Grilled Chicken Breast, Squash, Fresh Veggie Platter, Peach Cobbler & Milk	30 Spaghetti & Meat Sauce, Fresh Garden Salad, Garlic Bread, Cookie & Milk HealthFair	***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!***	

October 2015 – 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!

Monday	Tuesday	Wednesday	Thursday	Friday
Phone Numbers for Senior Resource Center Meal Sites: **Stone Lake:** (715) 865-2025 **Winter:** (715) 266-2233 **Exeland:** (715) 943-2990 **Hayward/Spider Lake:** (715) 634-4680			1 Smoked Turkey Club Wrap/ Sandwich, Bacon, Lettuce, Tomatoes, Cheese & Mayo, Fresh Veggies w/Dip, Fruit Salad & Milk	2 Italian Beef Sandwich, French Fries, Creamy Coleslaw, Sherbert & Milk
5 Polish Sausage or Brat Served on a Bun w/Sauerkraut, Pasta Vegetable Salad, Fruit Pie & Milk	6 BBQ Chicken, Angel hair Pasta w/Herbs, Spring Mix Salad, Fruit, WW Bread/Butter & Milk	7 Hamburger on a Bun, Potato Salad, Baked Beans, Dill Pickle, Blonde Brownie & Milk	8 BBQ Ribs, Baked Potato w/Sour Cream, Buttered Corn, WW Dinner Roll/Butter, Fresh Fruit & Milk	9
12 **Cook's Choice** Please call individual Dining Center for Today's Menu	13 Harvest Stew, Biscuit, Mixed Fruit Salad, Cookie & Milk	14 Tuna Noodle Casserole, Veggie Tray w/ Dip, Fruit pie & Milk	15 Baked Fish, Squash, Creamy Coleslaw, Cranberry Dessert & Milk	16 Beef Tips in Gravy over Rice, Cauliflower Brocolli Carrot Salad, WW Bread/Butter, Dessert & Milk
19 Chicken Kiev, Rice Pilaf, Romaine/Mandarin Orange Salad, Fruit, WW Bread/Butter & Milk	20 Breaded Pork Chop, Baked Potato, Broccoli/ Cauliflower/Carrot Salad, WW Bread/Butter, Cake & Milk	21 Chicken Tender Wrap, Tortellini Pasta Salad, Fresh Fruit & Milk	22 Meatballs, Mashed Potatoes w/Gravy, Mandarin Spring Mix Salad, WW Bread/Butter, Dessert & Milk	23 Homemade Pizza, Garden Salad, Fruit, Rootbeer Float & Milk
26 Chicken Breast, Roasted Brussel Sprouts, Apple Sauce, Brownie & Milk	27 Fall Harvest Chili, Grilled Cheese Sandwich, Veggie Tray w/Dip, Carmel Apple Dessert & Milk	28 	29 Salmon Pattie w/Bun, Creamed Peas, Parslied Red Potatoes, Fruit Parfait & Milk	30 Pulled Pork Sandwich, Sidewinder Potatoes, Baked Beans, Pickle, Spooky Halloween Treat & Milk

Sawyer County Senior Health Fair Scheduled

Carol Bacon, RN, and Senior Resource Center Board Member, has been working diligently this last couple of months to organize our yearly health fair. The Fair is scheduled for Wednesday, September 30th from 8 a.m.-noon.

She not only has secured the very important flu shots with Walgreens again this year, but has also organized with several new additions for educating our residents.

The Hayward Lions will once again assist with the paperwork for the flu shots and help with setup and tear down.

Sawyer County Public Health, Sawyer County Sheriff's Department, Hayward Police Department, Sawyer County Ambulance, Marshfield Clinic Mammogram Van, Hayward Fire Department, Regional Hospice, Northernwater's Ophthalmology, Essentia Health, Hayward Hospital Diabetes Educator, Circle of Life Home Health and AARP will all have representation. This will be along with an informational table for the American Cancer Society, American Heart Association, Parkinson's Disease, Alzheimer's

On the Road for Better Women's Health

Committed to better health

As part of its commitment to providing better health service to everyone in Wisconsin, Marshfield Clinic is sponsoring the Mobile Digital Mammography Unit.

Prevention is the key to good health – and now Marshfield Clinic is making it more convenient for you

Marshfield Clinic

Marshfield Clinic's Mobile Digital Screening Unit,

a motorized, credentialed digital mammography van, accommodates medical staff to perform digital mammography screening services for women in a confidential manner.

The Mobile Digital Mammography Unit is coming here to serve you.

Date: Sept 30th - Weds - Health Fair

Location: Senior Resource Center - Hayward

Time: 8AM - 12N By Appt only - Seniors

For more information or to schedule a mammogram call: 1-715-389-3822

99-0237-02 (06/09) © 2009 Marshfield Clinic

Make your Preventative Medicare appointment for your yearly mammogram! Medicare will pay for (1) per year. If you are due, call Marshfield Clinic at 715-389-3822 to have yours done at the Sawyer County Senior Health Fair at the Senior Resource Center in Hayward.

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Advanced Style

Documentary / Biography / Comedy
72 min.
USA
PG
Director: Lena Pliopyte

Showtimes:
TBA

Synopsis: Street style photographer Ari Seth Cohen and director Lina Plioplyte dive into the personal lives of New York City's most fashionable women over 60. In an industry obsessed with youth, these older women dispel conventional ideas about beauty and aging and prove that with age comes grace, confidence, boldness, flair and new, unimagined opportunities for fame and fortune.

> *"Inspired by Ari Seth Cohen's blog by the same name, Advanced Style is a love letter to older women who've elevated dressing to an art form." – Seattle Times*
>
> *"They reject the youth-culture diktat that age makes you invisible, and offer us all an example of self-acceptance." – Globe & Mail*

Join us on Saturday, September 19th to celebrate the beauty of all women 60+, who will prove that getting older does not mean that you can have fun, be vibrant, laugh out loud or strut your stuff.

Advanced Style Movie Screening & some special surprises at the Park Center in Hayward
1:00 p.m.
Followed by Reception at the Hayward Vets Center.
Tickets available at the Senior Resource Center for $5 each.
715-634-3000

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VETERAN SERVICE OFFICER
RENEE BROWN

ASSISTANT VSO
GARY ELLIOTT

Sawyer County Veterans Service Office

WISCONSIN
MONTH: JULY 2015

PHONE: 715-634-2770
FAX: 715-638-3212

VA Hearing Aids/Eyeglasses

Our office often receives inquiries regarding hearing aids. The first step in determining eligibility for hearing aids is meeting enrollment for VA health care. If a Veteran is not using VA health care, our office will initiate the enrollment process to verify the veteran meets VA eligibility requirements. If the Veteran is enrolled and using VA health care, Veterans may be eligible to receive sensori-neural aids (eyeglasses and hearing aids) as authorized under 38 CFR 17.149, which reads as follows:

"VA will furnish needed sensorineural aids (i.e., eyeglasses, contact lenses, hearing aids) to the following veterans:

(1) Those with a compensable service connected disability;

(2) Those who are former prisoners of war;

(3) Those awarded a Purple Heart;

(4) Those in receipt of benefits under
38 U.S.C. 1151;

(5) Those in receipt of increased pension based on the need for regular aid and attendance or by reason of being permanently housebound;

(6) Those who have a visual or hearing impairment that resulted from the existence of another medical condition
for which the veteran is receiving VA care, or which resulted from treatment of that medical condition;

(7) Those with a significant [illegible]tional or cognitive impairment living, but not including normally occurring visual or hearing impairments; and

(8) Those visually or hearing impaired so severely that the provision of sensori-neural aids is necessary to permit active participation in their own
medical treatment." Even though glasses and hearing aids may be provided at no charge, there may be a co-pay required. Audiology is a specialty clinic with a $50 dollar co-pay for some services. There is no co-pay for the devices or the batteries, nor are there any charges for visits for the purpose of adjusting, repairing or modifying hearing aids.

Veterans History Project

The United States Congress created the Veterans History Project (VHP) in 2000 as part of the American Folklife Center at the Library of Congress. VHP's mission is to collect, preserve, and make accessible the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war. VHP collects and preserves the firsthand interviews of America's wartime veterans. A participant may be a veteran, an interviewer, or person donating a veteran's collection. Students in the 10th grade and above may also participate and there are special resources for educators and students.

VHP relies on volunteers, both individuals and organizations, veterans' stories to VHP. In addition to audio- and video-recorded interviews, VHP accepts memoirs and collections of original photographs, letters, diaries, maps and other historical documents from World War I through current conflicts. If you are a Veteran, please share your story. Simply sit down with a friend or loved one and record a conversation about your military experiences for 30 minutes or longer.

Here in Sawyer County, Tom Blumenberg is currently conducting interviews. For additional information about VHP, or if you would like to be interviewed or know of someone who may interested, you can may contact our office and we will connect you with Tom. **Searching for Veterans to Assist Local Honor Guards** Many local Veteran Service Organizations assisting with funeral honors are in great need of veteran volunteers to be part of local Honor Guard teams. These organizations include American Legion, VFW, and AMVETs. Please consider giving your time and assisting these organizations in honoring our military men and women. These volunteers may complement a military funeral honors detail by providing additional elements of honors such as a firing party, pallbearers, buglers, or color guard.

CONTACT SAWYER COUNTY VETERAN SERVICE OFFICE AT (715) 634-2770

Exeland News:

Summer went so fast and now schools will be starting again (many even before Labor Day this year). At the end of August we will be saying farewell to our great helper, Teryona Ladwig, as she will be starting her sophomore year at Winter High. She has been with us previous summers so we will again miss her working quietly behind the counter. We wish her success with her studies.

Late summer and fall is the time for harvest and Bonnie (and her customers also) are very thankful for all of the fresh vegetables that are donated to the Center. Thank you to the Gordons', Markleys' , SRC, Dave Vitcenda and others for sharing their bounty. Even if Dave doesn't grow the items in a garden, he scouts out the Farmer's Markets, fresh produce vendors and bakeries and comes up with something almost every week. We love those cakes, strawberries for shortcake and candy that he brings to spoil us.

Trout Fest is just around the corner and the Senior Resource Center is looking for volunteers to help sell Pull Tabs at the events on Saturday and Sunday (September 5 and 6).
If you can help for even a few hours, please call Bonnie.

Did you notice the nice new sign that the Housing Authority people put up at the entrance to the Center? Everyone should now be able to find this great place to eat!

Bonnie says she is "here to please" and she means just that! If you don't care for the menu of the day, just let her know and she will have an alternative available. On Cook's Choice days, be sure to call to see what nice surprise is on the menu, you will probably like it. She usually attempts to prepare home style favorites such as pork, beef, turkey, liver potatoes & gravy, etc. Tuesday Evening meal menus are listed in *The Senior Connection* newsletter and in the *Gazette* newspaper also. Be sure to let Bonnie know what you like or don't like and don't let the published menus keep you away from the Center. Spread the word about the good meals and service at the Center available to anyone 60 years of age and over.

Something to look forward to in the winter months will be the Exeland Site Cash Raffle ticket sale! All of the centers in Sawyer County are trying to do their part in helping to supplement the overall shortage to the Meals program. Exeland will be selling raffle tickets and the Drawing and Celebration will be in the month of March when we acknowledge the annual National Meals on Wheels program. Watch for more information in the next editions.

Renee Brown, the Veterans Service Office Representative is available at the Center every third Thursday from 9:30 to 11:30 a.m. Please call her at 715-634-2770 if you wish to make an appointment for a private consultation.

If you were looking for greeting cards and would like more choices, please check again as we should have a new supply available in September.

Like cebook!

Senior Resource Center
15856 E Fifth Street Hayward WI, 54843
(715) 634-3000 or (715) 634-8639
Visit us on the web: http://seniorresourcecenternorth.org/

Thank you to Bob and Nancy Kessler who have been volunteer drivers for many years. We very much appreciate their dedication and many years of faithful service to our Exeland Senior Center. They are true friends of our center as they also help out by attending meetings and sharing ideas and concerns; by dining at the center often and helping out wherever there is a need. Congratulations to Bob and Nancy who celebrated their 60th Wedding Anniversary in August.
Karen Skogen, Exeland Volunteer

Join us for Trout Fest Labor Day Weekend in Exeland!

Like us on Facebook!

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Senior Resource Center
15856 Fifth Street
Hayward, WI 54843

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. **{Donations are requested}**

☐ 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.