

Older and Wiser and Loving Life

Oneida County Department on Aging Newsletter

**Oneida County Department on Aging
Oneida County Senior Center
Aging & Disability Resource Center of the Northwoods (ADRC)**

100 W. Keenan St.
Rhineland, WI 54501

715-369-6170

Toll Free 800-379-7499

ADRC 800-699-6704

The Importance of Volunteering

“Without volunteers we could not exist” is not just a catch phrase or slogan, it’s a reality! In calendar year 2016, our volunteers worked 15,258.35 volunteer hours for the Department on Aging. Consider that even estimating the volunteers work in the most conservative range (minimum wage \$7.25 per hour) means our generous volunteers hours are valued at \$110,623.04!



Every person is unique and valued as such. Each individual contributes his or her own special touch to the task each performs whether it is checking participants in for lunch, serving and delivering meals at any of our seven dining sites, driving folks to medical appointments, entertaining diners during lunch and other events to working the myriad of fundraisers at the Center throughout the year. You are special, you are unique and YOU ARE VALUED beyond any price tag!

The really great thing about volunteering is it’s a two-way street. It not only helps others, it has many positive aspects for you as a volunteer. Statistics show that volunteering provides physical and mental rewards. Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns and reduces stress. Moods and emotions like optimism, joy, and control over one’s fate, strengthen the immune system so volunteering helps make you healthier!

Over the past two decades we have seen a growing body of research that indicates volunteering provides individual health benefits. This research, which was presented by the Corporation for National Community Service in a report titled “The Health Benefits of Volunteering: A Review of Recent Research” has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

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WHO'S WHO

DEPARTMENT ON AGING STAFF

Director, Dianne Jacobson
Assistant Director, Joel Gottsacker
ADRC Specialist, Anne Erfourth
ADRC Specialist, Laura Javenkoski
ADRC Specialist, Jennifer Sackett
Elder Benefit Specialist, Kris Schiek
Activities & Volunteer Coordinator, Stephanie Schroeder
Nutrition & Transportation Coordinator, Mary Boyer
Account Clerk, Maria Cox
Secretary, Dawn Johnson
Receptionist, Jolene Schirmacher

Senior Dining Site Managers

Jeanne Merwin, Cassian
Elaine Carpenter, Lake Tomahawk
Linda Jacobson, Nokomis
Richard Eades, Rhinelander
Eleanor Yeager, Sugar Camp
Diana Kern, Three Lakes
Nancy Bruno & Kathy Pecka, Woodruff


HEALTH & AGING COMMITTEE


Bob Mott, Chair
Jackie Cody, Vice Chair
Nancy Brisse
Bill Freudenberg
Ed Hammer
Tom Kelly
Marge Saari
Carol Pederson
Barbara Young


SENIOR CENTER ADVISORY COUNCIL

Jeff Anderson, Chair
Walter Gager, Vice-Chair
Carolyn Caron, Secretary
Melody Anderson
Brian Bergeson
Deanna Jacobs
Jean Johnson
Darlene Scheidegger
Patricia Sparks

WHO TO CALL

 *To reserve or cancel your lunch at the Rhinelander dining site?*

 *For information on a Senior Center activity?*

 *For help with Medicare or Social Security?*

 *To schedule a volunteer escort driver?*

 *Are you a caregiver looking for options?*

CALL the Department on Aging

715-369-6170 OR


TOLL-FREE 800-379-7499

E-mail: doaging@co.oneida.wi.us




 *To reserve or cancel lunch at other dining sites?*


SEE BOTTOM OF MENU ON PAGE 9


 *For options on how you can remain independent living in your own home or apartment?*

 *For assistance finding help in your home?*

 *To discuss your choices for housing or care?*

 *To learn about financial assistance for older adults or adults with disabilities?*

 *You're worried about an older family member and don't know where to start?*

 *How do I find out what services I'm eligible for?*

**CALL the Aging & Disability
Resource Center (ADRC)
of the Northwoods
TOLL-FREE 800-699-6704
www.adrcofthenorthwoods.org**



DEPARTMENT NEWS



From the Director's Desk

Dianne Jacobson, Director of the Department on Aging

The theme of the newsletter this month is VOLUNTEERING because we could not exist without our many dedicated volunteers located all over Oneida County!

Our dining sites could not exist without the volunteers who package Meals on Wheels (MOW) as well as serve the site-diners and clean-up. The MOW and Escort Drivers travel through snow, sleet and rain to deliver meals and people to medical appointments. We also have volunteers for special events, fundraisers, meal attendance, tax other programs and activities. The list is endless! Look over page 6 to review

the 183 people who submitted 2016 volunteer hours.

Volunteers (with a minimum set number of hours) check out page 17 for information on our event to honor 2016 volunteers with a cruise on the Wisconsin River with food and entertainment. There are two dates to choose from, so RSVP early to get the date you prefer.

And last, but not least, Dallas Ashbrenner is the winner of the free lunch gift certificate for finding at least one spelling error in our May newsletter. If YOU find a spelling error in this June issue, call or stop by and your name will get entered in the drawing for a free lunch too!

There are many ways to get this Newsletter

The O.W.L. newsletter is published monthly to keep you informed of programs and activities important to older adults and their families. You can receive this newsletter FREE each month by:

1. Picking up a copy at one of our eight (8) Senior Dining Sites (for locations see bottom of menu on page 9)
2. All Home Delivered Meal participants will receive an issue with their meal each month.
3. Going to the link on our website at <http://ourseniorcenter.com/find/oneida-county-department-on-aging>
4. Stopping by one of the community distribution locations listed here.

IN RHINELANDER: Oneida County Senior Center, Rhinelander District Library, Friendly Village, Grace Lodge, Milestone, YMCA, Days Inn, Country Terrace and Rennes

IN MINOCQUA/WOODRUFF: Lakeland Senior Center/Hiawatha Clubhouse, One Penny Place, Country Terrace, K Care, Milestone, Minocqua Public Library

IN THREE LAKES: Reiter Center, Demmer Memorial Library

IN PELICAN LAKE: Musky Mart

5. Paying \$1 per month to have this newsletter mailed to you (complete and return the form below)

Sign up to have this newsletter mailed to you each month!

Name _____ Phone _____

Mailing Address _____

City _____ State _____ Zip _____

You have the June newsletter in your hand,. The next six issues (July—December 2017) can be mailed to you for \$1 per month, for a total of **\$ 6 dollars.**

Just complete this form and return with your check payable to the Oneida County Department on Aging
To : "Newsletter Subscription", 100 W. Keenan St., Rhinelander, WI 54501



VOLUNTEERS!

VOLUNTEERS, continued from page 1

When health benefits of volunteering for different age groups have been compared, it shows older volunteers are the most likely to receive greater benefits from volunteering! That could be because volunteering provides older adults with both physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a “considerable” amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.

Volunteering brings people together. It unites people from diverse backgrounds to work toward a common goal. It builds camaraderie and teamwork. It promotes

personal growth and self esteem. Volunteers also discover hidden talents that may change their view on their self worth. Volunteering has a direct impact on our community and makes a better place for everyone!

To all the volunteers from the bottom of our hearts... **THANK YOU!!!** See page 17 for our volunteer appreciation cruise!

For details about how YOU can volunteer contact Stephanie Schroeder (see page 2)



Your Loved Ones Deserve The Very Best



We Provide:

- Assistance for in home care with daily activities to include, hygiene, bathing, meal preparation, housekeeping and more
- Security and peace of mind for you and your family
- Respite for caregivers
- Companionship, errands, shopping, medication reminders, transportation
- Specializing in Dementia, Alzheimers Care, Geriatric Care
- Services offered 24/7 (3 hour minimum)



Helping Hands
Senior HomeCare
Services L.L.C.

Offering services within
a 50 mile radius of
Rhineland

715.362.4625 (Office)
715.360.4695 (Cell)



Grace Lodge
Assisted Living

Private apartments all with private bath and kitchenettes, full time RN, 24 hour care, award winning chef, activity director, beauty salon, exercise room, library, community vegetable garden and much more.

For a Tour Contact:

Barry Wallis
manager@gracelodge.com

1000 Day Street • Rhineland
715-365-1234
GraceLodge.com

Locally owned by Calvin and Susan Sprik

03264994

Wood Court Apartments

One Penny Place

Your Senior Housing & Assisted Living Resource

Kathy McCaughn
715-358-5541

Woodruff Appliance & TV

Three Generations Of Sales & Service

GE Monogram
Hotpoint



715-356-2107

Hwy. 47 West • Woodruff, WI 54568
David Knapstein



THANK YOU VOLUNTEER TAX AIDES!

One group of volunteers has a very unique annual mission... to provide free tax assistance through the AARP Tax-Aide program. This is the 49th year as the nation's largest free tax preparation service available to help anyone, but especially those who are 50 and older, who can not afford a tax preparation service.

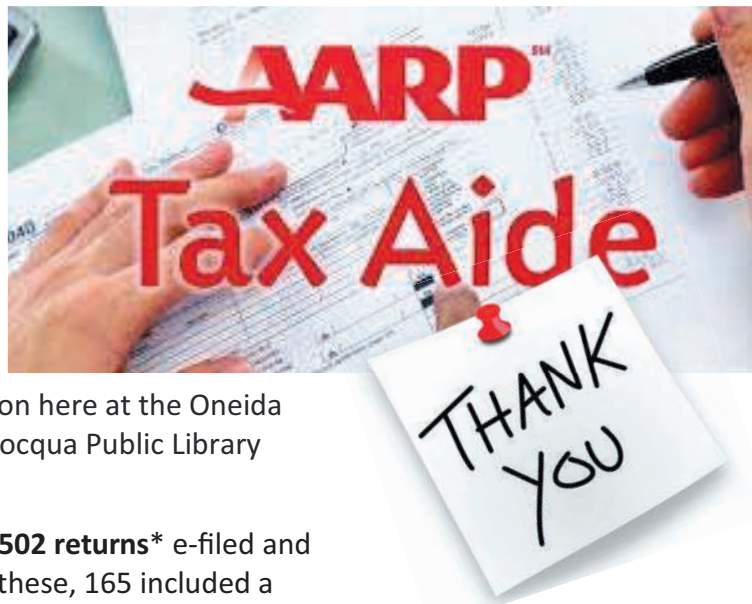
Oneida County is fortunate to have 2 locations that provided this service in both Rhinelander and Minocqua. The Oneida County Department on Aging partners with the Rhinelander team to provide a location here at the Oneida County Senior Center and take appointments. The Minocqua Public Library partners with the Minocqua team.

The Rhinelander Tax Aide Site prepared an impressive **502 returns*** e-filed and accepted (* includes a federal and a state return). Of these, 165 included a Wisconsin Homestead Tax Credit return. The total number is a **12% increase from last year**—made even more amazing because they had to deal with a new very challenging software tax program. A conservative estimate is this saved tax payers in excess of \$50,000 (not having to pay for tax preparation fees).

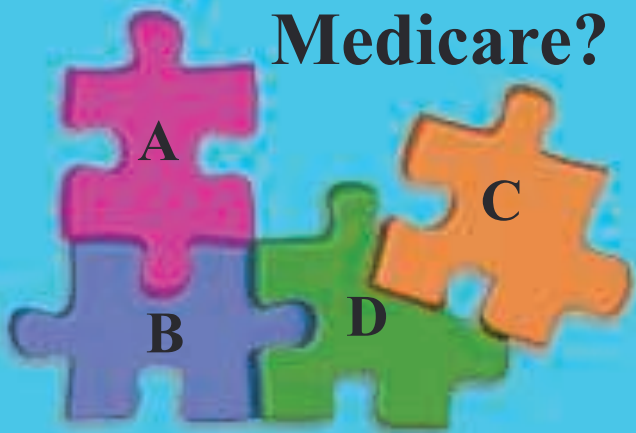
In addition to the e-filed returns, the group completed paper filed returns that included; five 2016 returns, two 2015 returns, three amended returns and 17 WI Homestead Tax Credit returns. The volunteers also had 51 questions and answers contacts.

The Rhinelander Tax Aide team members were: Rose Block, Ashley Grimm, Jim Hagen, Pam Karoliussen, Beth Kost, Melinda LaVoy, Joanne Lubich, Pat Wahouske and Tom Winquist. The Team Leaders were Nancy Brisse and Bill Vancos.

The Minocqua Tax Aide team reported completing 501 returns! In Oneida County alone, over 1,000 returns were completed for Tax Year 2016 by Tax Aide volunteers. We thank the amazing talented volunteer Tax Aide teams for their time and efforts!



Puzzled About Medicare?



FREE Medicare Seminars
with Elder Benefit Specialist
Kris Schiek.

Sign-up for the next seminar on
Tuesday, July 18th
1:00 p.m.

Oneida County Senior Center, Rhinelander
715-369-6170

THANK YOU 2016 VOLUNTEERS!

Thank you to the following generous volunteers who gave of their TIME and their TALENTS to serve Oneida County older adults! Without you, the Department on Aging could not provide all of our services and programs.

Louis Adams	Shondi Christensen	Florence Holewinski	Mary Lowenberg	John Rademacher
Judith Albano	Donna Clovent	Mel Hook	Vernon Lowther	Christine Rademacher
Alec Albee	Kenneth Clovent	Nancy Horn	Carol Marach	Delores Raymark
Elaine Altman	Joseph Conlin	Peter Hougan	Dave Marach	Judy Reason
Sandra Anderson	Thomas Conlin	Konnie Hunter	Joanne Matson	Barbara Reed
Bill Anderson	John Cooper	Deanna Jacobs	Connie Mazier	Cookie Richardson
Melody Anderson	Marilyn Cooper	Dorris Jenkins	David McCarren	Paul Rohner
Susan Anderson	Chuck Corr	Dorothy Johnson	Mary McCarren	Vivan Rude
Jeffery Anderson	Mary Lee Cox	Allan Johnson	Joann McCurdie	Shirley Ryan
Frances Anderson	Mary Dahl	Brian Johnson	Maxine Meyer	Russell Sanderson
Suzanne Artin	Greg Dahl	Sue Johnson	Walter Meyer	Barbara Scheeler
Robert Artin	Minka Dawson	Catherine Joppa	Gerald Meyers	Darlene Scheidegger
Michael Baker	Richard Dehart	Patricia Kalies	Joann Meyers	Donald Schindhelm
Joe Baltus	Gerald Diehl	John Karnes	Robert Michaels	Linda Schmelter
Ron Becker	Brian Dierzen	Thomas Kern	Janet Miller	Richard Schmelter
Carl Belter	Chuck Eaves	Paul Kern	Angeline Mraz	Linda Schmelter
Jodi Belter	Paul Ellenbecker	Maryann Kipper	Patricia Mroz	Rhae Ellen Schnoor
Brian Bergeson	Judy Evans	Yvonne Klappa	David Murray	Vicki Severt
Carol Berigan	Ken Everson	Patricia Klug	Ruth Musson	Kay Shellestad
Charles Berigan	Charles Fietz	Carl Koch	Darlene Neumann	Kris Solsrud
Betty Birginal	Mary Fortier	Joyce Koch-Heil	Gregory Nevinski	Patricia Sparks
Hazel Bogart	Elaine Gaber	Michael Koltz	Thomas Nykolayko	Suzanne Stevens
Carol Bohlin	Dale Gaber	Daniel Kortenhof	Alan Olds	Judy Stoehr
Keith Bohlin	Thomas Gadzalinski	Robert Krause	Beverly Olson	Daniel Stroede
Dorothy Bouffiou	Henry Galvin	Carol Krause	Ruth Ann O'Neil	Arlene Suchomski
Sharon Braun	Patricia Gluch	Allen Krueger	Marilyn Otterholt	Sherry Tischendorf
Nancy Brissee	Michell Goersch	Ann Kuntzsch	Vern Otto	Tom Vandenberg
Susan Broadbridge	Helen Gray	Randy Landis	Sheryl Otto	Dick VanOoyen
John Bruno	Delayne Griffin	John Larson	Margie Peck	Barbara Vetterman
Christopher Buhl	Lori Grinde	Dona Lehman	Kathleen Pecka	Charles Waalkens
Jared Bunnell	Patricia Guzman	Paul Lehmkuhl	Anice Perkins	Donna Welch
Joyce Burdick	Wilma Hannie	Al Lewis	Joan Phelan	Robert Welch
Ray Burgan	Elizabeth Hargraves	Kathy Lewis	Timothy Phelan	Lois Wetterau
Rick Burke	Lonni Harrison	Stanley Lewis	M. Jane Phillips	Diana Wheeler
Carolyn Caron	Dennis Harrison	Arlene Loehrke	Manuel Phillips	Judith Wilson
Beverly Chilicki	Joan Heenahan	James Loehrke	Joseph Pozarski	
Connie Chilicki	Jamie Hill	Diane Longseth	Walter Prien	

This list was compiled with information volunteers submitted to the Department on Aging during 2016.

We apologize for any errors or omissions. Please notify the office with any corrections.

Attendance at the annual volunteer recognition event is based on a set minimum hours served.

YOUR MEAL DONATION AT WORK



Your Meal Donation Does Make a Difference!

Last year participants donated 34.5% of the money we needed to serve meals

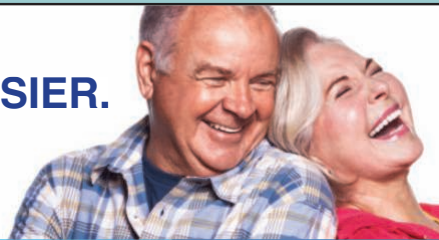
Suggested Donation for age 60 or older:
\$ 3.50 for Dining Site Meals
 (in 2016 the actual average donation was only \$ 3.15)
\$ 4.25 for Meals on Wheels
 (in 2016 the actual average donation was only \$ 2.67)

*Pay only what you can afford.
 All donations are confidential and voluntary. No one will be denied a meal due to inability to pay.*

Having summer guests join you at the dining site? Great, but remember anyone under age 60 must always pay the full cost of providing the meal which is **\$6.60** (includes: food from caterer, Site Manager, supplies & administration)

SALES AGENTS CAN MAKE UNDERSTANDING MEDICARE EASIER.

UnitedHealthcare® sales agents are licensed and can help you find a UnitedHealthcare Medicare Advantage plan.



TAKE THE CONFUSION OUT OF MEDICARE



GET HELP COMPARING PLANS



RECEIVE ONE-TO-ONE SERVICE



MAKE SWITCHING PLANS EASIER

I'm Bob Enders, a licensed sales representative in Central Wisconsin.

When it comes to Medicare, one size definitely does not fit all. What works well for your neighbor may not be the best fit for you. And what met your needs last year might not be the best fit this year. Now's the time to explore your choices so you can enroll in a plan with confidence.

I'm here to help. As a licensed sales representative, I know the ins and outs of Medicare. And I know how to make it easier for you to understand, as well.

Bob Enders

Licensed Sales Representative

715-572-0821, TTY 711

UHCMedicareSolutions.com



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注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-814-6894 (TTY: 711)。

Y0066_160726_112701 Accepted

SPRJ27886

D & J

AUTO & TRUCK REPAIR

Mon-Fri 8am-5pm

1874 N. Stevens

715-365-7400

AFFORDABLE HOUSING

Senior Citizens and Persons with Disabilities
 715-369-2550 • 1-800-362-2550

- Rent is 30% of monthly adjusted income
 - Utilities Included
 - Air Conditioning • Appliances
- Secured Access • Laundry Facilities
- Smoke-free building and grounds (excludes Sumac Trail)
 - Free Antenna TV (excludes Sumac Trail and Acorn)
 - Indoor Mail Delivery (excludes Sumac Trail)
- Accessible Apartments Available
- Community Room • Off Street Parking

A Great Place to Call Home

Rhineland

- Phoenix Villa Apartments (Seniors)
- Sumac Trail and Timberlane Apartments (Persons with disabilities)

Crandon

- Acorn Apartments (Seniors)



CCB Housing Management

880 E. Timber Dr. • Rhineland, WI 54501

Equal Housing Opportunity - An Operator of Catholic Charities Bureau



Celebrate Strawberry Month

Mary Boyer, Nutrition and Transportation Coordinator



Strawberry Supreme

Serves: 4 Serving Size: 1 cup

Ingredients:

1 cup plain Greek yogurt
1 tablespoon vanilla extract OR
1/2 tablespoon almond extract
1/2 cup marshmallow cream
2 cups sliced fresh strawberries

Directions:

In a medium bowl, combine yogurt with extract and marshmallow cream. Blend well.

Place 1/4 cup yogurt mixture in the bottom of each dessert glass, followed by 1/2 cup of sliced strawberries and another 1/4 cup of yogurt mixture on top.

ENJOY!

May is National Strawberry Month but in Wisconsin it should be June. Here are some facts about strawberries:

Strawberries are extensively used in food and medicines for their extraordinary rich flavor, taste and color. In addition to antioxidants, they have many other nutrients, vitamins, and minerals that contribute to overall health. These include folate, potassium, manganese, dietary fiber, and magnesium. One serving of strawberries also contains about 150% of our daily requirement for vitamin C! Together, these components have over-whelming health benefits.

The antioxidants in strawberries, can help avoid eye problems caused by free radicals or a deficiency of certain nutrients. Vitamin C is a huge booster for the immune system. Strawberries have powerful anti-inflammatory ability to ease the inflammation and pain associated with arthritis and gout. Daily doses of vitamin-C and the many flavonoids in strawberries have excellent antioxidant and anticarcinogenic properties. Together, they form an excellent line of defense to fight cancer and tumor growth. Free radicals are the agents responsible for signs of aging. They can have an adverse effect on both memory and control over certain activities, muscles and limbs.

In short, strawberries are good for you!





JUNE 2017 MENU



Oneida County Senior Dining

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Delicious Meals by Lynn's Catering</i></p> <p>Suggested donation for age 60 + \$3.50 for On-Site Dining \$ 4.25 for Meals on Wheels \$6.65 required payment if under 60. Reserve at least one day in advance!</p>			<p>1</p> <p>Roast Beef Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Birthday Cake</p>	<p>2</p> <p>Creamy Chicken Vegetable Casserole Summer Blend Veggies Multi Grain Bread Mixed Fruit Cherry Crisp</p>
<p>5</p> <p>Shepherd's Pie Cauliflower Peas Whole Wheat Bread Cranberry Bar</p>	<p>6</p> <p>Chicken Salad on a Croissant Romaine Leaf & Tomato Potato Salad Summer Fruit Salad Blonde Brownie</p>	<p>7</p> <p>Pork Loin w/ Pineapple Glaze Parsley Buttered Potatoes Carrots Dinner Roll Chocolate Mousse</p>	<p>8</p> <p>Spaghetti & Meat Sauce Romaine Lettuce Salad Dressing Garlic Breadstick Diced Pears Pistachio Dessert</p>	<p>9</p> <p>Liver, Onions, & Bacon Mashed Potato Broccoli Multi Grain Bread Apple Bar</p>
<p>12</p> <p>White Bean Chicken Chili Cheddar Cheese Rye Bread Romaine & Spinach Salad Dressing Mandarin Oranges Cookie</p>	<p>13</p> <p>Salmon Filet Baby Red Potatoes Coleslaw Rye Bread Raspberry Sherbet Jell-O</p>	<p>14</p> <p>Stuffed Green Pepper Casserole Carrots Whole Wheat Bread Strawberries Angel Food Cake</p>	<p>15</p> <p>Ranch Baked Chicken Baked Sweet Potato Broccoli Salad Fresh Roll Peaches & Vanilla Pudding</p>	<p>16</p> <p>Salisbury Steak Mashed Potatoes Gravy Pea, Cheese, & Onion Salad Whole Wheat Bread Chilled Pineapple</p>
<p>19</p> <p>Herb Baked Fish Tartar Sauce Parsley Buttered Potatoes Peas Whole Wheat Bread Pineapple</p>	<p>20</p> <p>Sirloin Tips Mashed Potatoes Seasoned Squash Multi Grain Bread Fresh Summer Fruit</p>	<p>21</p> <p>Roast Turkey Mashed Potatoes Stuffing Gravy Broccoli Cranberries Rhubarb Cake</p>	<p>22</p> <p>Hearty Bean Soup Ham & Swiss on Marble Rye Romaine Leaf & Tomato Mayo Grape Juice Rice Krispie Treat</p>	<p>23</p> <p>Chicken Pot Pie Stew on a Big Biscuit Cauliflower Apricots Cookie</p>
<p>26</p> <p>Hamburger On a Bun Grilled Onions Ketchup Potato Salad Baked Beans Banana Cream Pie Bar</p>	<p>27</p> <p>Chicken Breast Mushroom & Bacon Sauce Mashed Potatoes Vegetable Blend Whole Wheat Bread Brownie</p>	<p>28</p> <p>Meat Lasagna Wax Beans Romaine & Spinach Salad Dressing Garlic Breadstick Fruit Jell-O Dessert</p>	<p>29</p> <p>Crab Pasta Salad over Romaine Tomato Wedges Dinner Roll Peaches Lemon Bar</p>	<p>30</p> <p>Roast Pork Boiled Potatoes Gravy Sweet & Sour Red Cabbage Whole Wheat Bread Cinnamon Applesauce</p>

Cassian: Tu-Th 715-277-4190
 Three Lakes: Mon-Tu-Thu 715-891-2146
 Woodruff: Mon thru Fri 715-892-4045

Lake Tomahawk: Mon-Wed 715-490-2075
 Nokomis: Mon - Wed 715-499-5026
 Sugar Camp: Tu-Th 715-499-5027
 Rhinelander: Mon thru Fri 715-369-6170

FUN AND GAMES



Weather

F O R E C A S T Y W F O G R T O
D P C W N T R T I N V T E B H D
R I T H O T E N H E N T S L E A
I S H G O N D M R U E U F I R N
Z U G N H Y S C P M N A S Z M R
Z I U I P E A H O E H D C Z O O
L S O N Y S I R U R R I E A M T
E L R T T R A E E M M A L R E P
I E D H S B U N N A I L T D T F
E C O G R O H O N A A D I U E R
N O O I A E R U P U C M I A R E
O L L L I T S F Q N T I R T H E
L D F T N T A S H O W E R O Y Z
C Y T I L I B I S I V O E R T E
Y T I M O N S O O N O N D L U S
C C L O U D S F I R R U L F S H

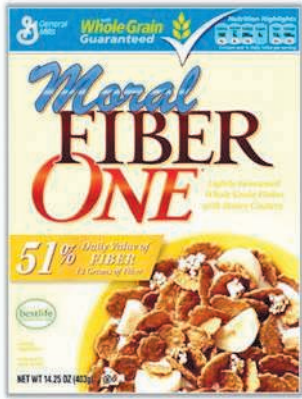
BAROMETER
BLIZZARD
CELSIUS
CLOUDS
COLD
CYCLONE
DOWNPOUR
DRIZZLE
DROUGHT
FAHRENHEIT
FLOOD
FLURRIES
FOG
FORECAST
FREEZE
FROST
HAIL
HOT
HUMIDITY
HURRICANE
ICE
LIGHTNING
MIST
MONSOON
OVERCAST
RAIN
SHOWER
SLEET
SNOW
SQUALL
STORM
SUNNY
TEMPERATURE
THERMOMETER
THUNDER
TORNADO
TSUNAMI
TYPHOON
VISIBILITY
WINDY



FROM THE CREATIVE WRITERS...

Senior Creative Writers Thrive on MORAL FIBER!

Ed Taylor, OCSCWC



The Oneida County Senior Creative Writer's Club (OCSCWC), has created a new "cereal" for your consumption; we've named it MORAL FIBER. The more moral fiber we consume the more we will think of ourselves and others to exemplify upright lives.

Our goal is to enrich all

lives with "cereal" so rich in moral fiber it will instantly enrich all lives.

Folks we need your help: What "ingredients, vitamins, minerals," constitute moral fiber? Who has moral fiber? Are we born with moral fiber? How do

people show that they have moral fiber? What inspires one to acquire moral fiber? Why should moral fiber be consumed by every family? Does one serving fit all? Should we produce a kids' strength, a youths' strength and an adult strength? Please let us know what you feel we should put into moral fiber cereal? Your input will improve our product. Our goal is to enrich!

The writing group has chosen our first candidate as the person we feel truly exemplifies our quest in finding persons in our community who have displayed moral fiber. That person is Lily Kongslien and you can read our article below.

Do you know of others you feel could be honored next year with the distinction of being a person with moral fiber? Let the OCSCWC know your ideas so we will be ready next spring. Watch for our "cereal" box article in the May 2018 issue of the OWL in honor of Older Americans Month!

Lily Kongslien Living a Life Full of Moral Fiber!

Lily's daughter, Lorraine, agreed to interview her mother using the Senior Writing Class student's questions. Below are the questions and Lily's responses.



"What did you experience and who in your life helped you develop moral fiber—how did they influence you?"

"In my early teens we lived on a farm in McNaughton. Our barn burned down during a storm and we had no insurance. We eventually had to kill our three cows because we had no place to keep them during the winter. When the Depression started in 1929 the banks failed and my father lost all income including all the value of his 50 silver foxes.

When I was fourteen I left home to get a job in town and continue my schooling. I graduated from high school and took 2 years of schooling from the Oneida County Normal School for teachers. In 1944 I then taught in a one-room country school in Newbold.

These were very hard years for me. Because of my upbringing from my mother and my father and the way of life they taught me from very, very young. I was able to pursue my teaching career with perseverance to reach my goals for life!"

"How young were you when you discovered your passion to serve others?"

"When Duane and Lorraine were very young I started as a Sunday School teacher at Calvary Baptist Church. I taught all grades in our Sunday School class. I also served as the church clerk, treasurer and deaconess until the middle or late 1980's. I also did visitations for nursing homes residents and "shut-ins" from our church.

See MORAL FIBER , Page 14

ELDER BENEFIT SPECIALIST



IRS NOW USING PRIVATE DEBT COLLECTORS:

STEPS TO AVOID BEING SCAMMED

Kris Schiek, Elder Benefit Specialist ,

Congress passed a law that requires the IRS to once more use private debt collectors to collect delinquent taxes.

Here is how program works:

1. The IRS will notify a taxpayer, by letter first, when the IRS turns over the taxpayer's account to a private debt collector.
2. The private debt collector will also send a letter to the taxpayer.
3. The private debt collector then will be able to call the taxpayer to discuss payment options.

But many worry the new program could lead to more ***fraud and confuse taxpayers.***

Since 2013, nearly two million people posing as government agents have scammed taxpayers. It is estimated that scammers have stolen nearly \$55 million from 10,000 taxpayers as a result.

People can take the following steps to prevent their hard earned money from being stolen:

Understand that you will receive two letters before you receive any call from a private debt collector.

You should first receive a letter from the IRS with the name of the private debt collecting firm and contact information. Then, a second letter from the private collection firm before you receive a phone call.

Never send a payment to a private agency or anyone besides the IRS. Only send payments directly to the IRS made out only to the "United States Treasury". A request for payment directly to the private agency is a fraud. Anyone calling and demanding immediate payment by prepaid debit card, gift card or wire transfer or asking for a taxpayer's credit card or debt card number is a fraud.

Unpaid taxes must have not been paid for a long time. Taxpayers will not receive a call from a private collection agency unless the taxpayer has several years of unpaid tax debts and the taxpayer has already heard from the IRS multiple times.



The private debt collectors must respect taxpayers' rights. The private debt collectors must follow the Fair Debt Collection Practices Act. This includes, but is not limited to:

- a) Prohibits telephone calls outside of 8:00 a.m. to 9:00 p.m. local time.
- b) Debt collectors cannot annoy, abuse, or harass anyone including using abusive or profane language.
- c) A debt collector can not threaten action unless the law permits the action and the debt collector actually intends to take the action.
- d) Prohibits misrepresenting the debt or using deception, including a debt collector's misrepresentation that he or she is an attorney or law enforcement officer.
- e) Debt collectors can not communicate about the debt with third parties other than the taxpayer's representative.

The IRS only has contracted with the following four debt collection firms: Conserve - Fairport, NY; Pioneer - Horseheads, NY; Performant - Livermore, CA; and CBE Group - Cedar Falls, IA.

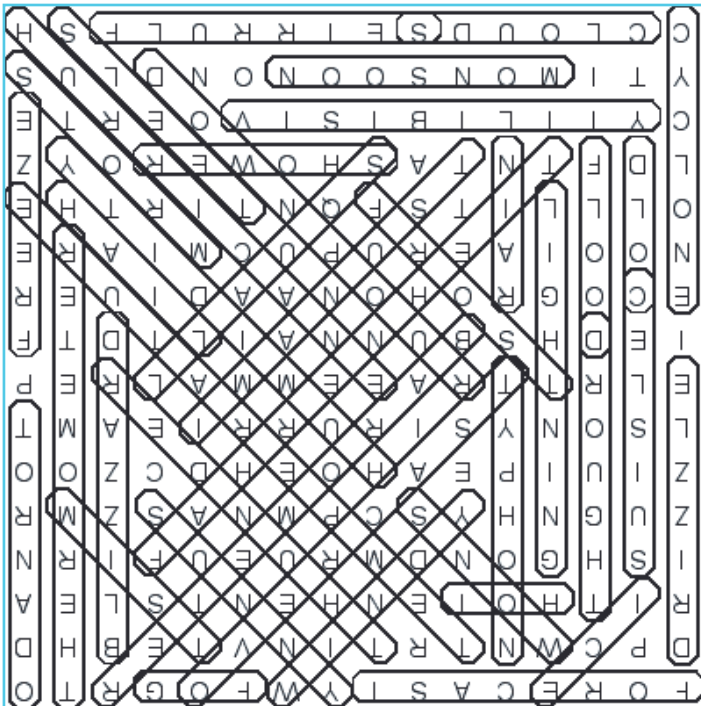
The IRS has not authorized any other private debt collector to attempt to collect delinquent taxes.

Contact the IRS. If in doubt, check IRS.gov or call the IRS at 800-829-1040 for more information.

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FUN AND GAMES SOLUTIONS

Solution from puzzle on page 10



Watch for the **July** issue of the **O.W.L** for information on Senior Farmer's Market Nutrition Program voucher distribution dates and locations.

Vouchers are **ALWAYS** distributed **AFTER** July 4th each year.

Who is eligible?

An eligible person must be:

- 1) an Oneida County resident
- 2) a senior age 60 or above or Native American age 55 years or above
- 3) has a monthly household income of \$ 1,860 or less for one person household, or \$ 2,504 for a two person household.



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CHECK IT OUT!

LILY KONGSLIEN, MORAL FIBER
continued from page 11

I always had a place in my heart for those who were less fortunate and for children who were in unfortunate family situations. When I was older I learned about Tri-County Domestic Abuse Center and I wanted to do something to help. I volunteered to watch children at the shelter so their mothers could go to court appointments or doctor appointments. I also volunteered to answer the "Hot Line" at night in my home, answering phone calls from men and women in domestic situations. I did this as a volunteer for twenty five plus years.

Later I wrote articles for *Historically Speaking* and volunteered at Pioneer Park. I retired from volunteering when I broke my shoulder. I was sad to leave but I knew I had to. I don't leave my house much today because I like to be on my couch doing word search, and reading the paper. I enjoy games on TV like Jeopardy and Wheel of Fortune."

What was your motivation? Do you have any regrets?

"The desire to help others. I always had a heart for the underdog. My parents always taught me to work hard for what I want and to love people—go the extra mile! I believe I have done this in everything I've done in my lifetime— Therefore, I have no regrets!"

A HUGE thank you to everyone who helped make our 2017 Rummage Sale a Great Success!

Special thanks to Doc and Donna Gager for hunting down a location to hold the sale. Without that that, we would not have had a sale!



Thanks also to the awesome volunteers that worked so hard to set up and help manage the sale donating 405.24 hours.

Jeff Anderson
Melody Anderson
Diane Borchardt
Dorothy Bouffiou
Karen Butzlaff
Jouce Burdick
Lorraine Franz
Mary Fortier
George Henzler
Kathy Henzler
Jody Herman
Deanna Jacobs
Cathy Jensen

Jean Johnson
Maria Kapellen
Carol Krause
Robert Krause
Shirley Ryan
Janice Scheeler
Darlene Scheidegger
Rhae Ellen Schnoor
Vicki Severt
Jane Sharkey
Sue Sharkey
Pat Sparks
Lois Wetteau

Thanks also to Pat Bouffaux and Jane Sharkey for donating the building rental. Thanks also to Advance Disposal and GoodWill.



Last but not least, thank you everyone that donated to the sale and came in to shop. We made **\$4,880!**

Thank you for a donation received

In memory of Ce & Ken Pazdernick

"...to support Oneida County Senior Center exercise classes and social functions. Ce and Ken met some really nice friends at the Senior Center."
Jayne Scott (daughter)

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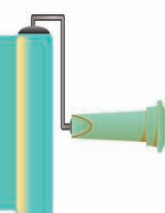


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ONEIDA COUNTY SENIOR CENTER



Trips and Excursions

Stephanie Schroeder
Activities & Volunteer Coordinator

Dancing Horses and Milwaukee River Cruise, July 20th & 21st

This is a must see trip for any animal lover at the Dancing Horse Theater in Lake Geneva. The theme of this year's show is "The Power of a Dream." It has been crafted to evoke memories that many of us have from childhood. This vision has been beautifully created, specific to this unique performance venue by a talented team of creative artistic and technical professionals. Their entertainer roster includes performers who have worked for All The Kings Horses, Arabian Nights, Ringling Bros., Universal Orlando and Walt Disney World.



This dazzling spectacle features an array of horse breeds performing alongside their trainers in this fantastic cavalcade of equestrian artistry. Visually stunning, and performed in a state-of-the-art, yet intimate, 300-seat theatre, this live show is truly a must-see for any horse lover. Wheelchair-accessible, and fully climate-controlled for all seasons, the venue is both comfortable and accommodating.

Before the horse show we will also be treated to an talented collection of birds. Echo, the singing bird, was featured on America's Got Talent!



On Friday we will take a historic, narrated boat tour of the Milwaukee River and Lake Michigan shoreline. We'll travel through downtown Milwaukee underneath its bridges, cruise past historic landmarks and get a front-row view of the Milwaukee skyline. The narrated tour focuses on Milwaukee's historical development, brewing history and contribution to manufacturing, German heritage, and architectural treasures. Call me at 715-369-6304 for more details and MARK YOUR CALENDAR NOW!!!

AARP Smart Driver Course

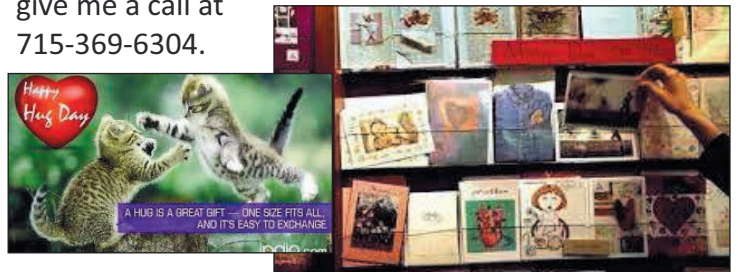
If you missed the class last month, you will have another chance on **Wednesday, June 21st** to take advantage of this great AARP program. The class will be from 9:30 a.m. until 3:00 p.m. The cost is only \$15 for AARP member and \$20 for nonmembers. After you have completed the course you may be eligible for insurance discounts; please contact you insurance agent to see if any discounts apply.

This course is classroom only and is a great driver refresher for current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You will also learn how you can manage and accommodate common age-related changes in vision, hearing and reaction times. Please call the Center at 715-369-6170 to register.

Volunteers wanted

Greeting Card Rack Manager

Greeting cards are one of our fundraisers at the Center but we need someone to switch them out for the different "holidays." Some of the cards stay in the racks; such as the birthday, get well, sympathy and thank you cards. Others are seasonal and need to be brought out 3-4 weeks before the seasonal event occurs along with new purchases. If you are interested in helping with this please come in and see me or give me a call at 715-369-6304.



MORE SENIOR CENTER HAPPENINGS

2017 Volunteer Banquet will be a River Cruise!



The Department on Aging and the Retired Senior Volunteer Program is doing something different this year to honor our volunteers since the banquet will be the end of June, why not enjoy the warmer weather with a RIVER CRUISE on the Wisconsin River? Anyone with the required number of volunteer hours in 2016 should have received a post card invite by the time this newsletter is out. If you did not, please contact Stephanie at 715-369-6304. There are two dates to accommodate everyone; Monday June 19th and Monday, June 26th. We are limiting the group to about 60 for each day so the sooner you R.S.V.P. the better your chance to get the day you want. We will be having sub sandwiches, chips and dessert as well as some music for your enjoyment. Please be at the dock area on Hwy. 47 just south of Hwy. 8 on the east side of Hwy. 47 by no later than 3:45 pm. We depart at 4:30 p.m. SHARP both days. The boat has enough enclosed seating area that weather is not an issue.



The Senior UTV Rides are Back!

Thanks to members of the Oneida County ATV Association, the Pelcho Mudd Nutz and the Parrish Highlanders, we will again be doing the UTV rides for seniors. The dates scheduled will be all Wednesdays, June 21st, August 2nd, and September 20th. Seating is limited so get your reservation in soon! Call 715-369-6170 to get your name on the list. Besides a fun ride in the woods, come enjoy a nice campfire, food and fun. We'll be leaving the Senior Center at 12:30 p.m. If you have any questions just give me a call at 715-369-6304 and come enjoy the great outdoors!



Mark Your Calendar...

Walking Taco Fundraiser - July 4th

Everyone is busy on the 4th of July so let us take care of your hunger pangs! Come to the Senior Center for a walking taco. Start with a bag of Fritos, add any of your favorite fixings, and your ready to go. No long lines



standing around waiting! We'll also have cookies, brownies and other treats to satisfy your sweet tooth as well. **Serving from 11:30 until 1:30 p.m.**

All proceeds go to support programs and activities at the Senior Center.



ONEIDA COUNTY SENIOR CENTER ACTIVITIES

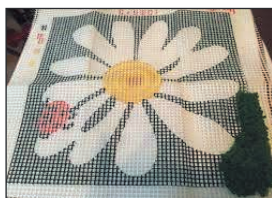
June 2017

New or beginner participants are always welcome to attend any of the following programs.

All programs are held at the Oneida County Senior Center, 100 W. Keenan St. unless otherwise noted. For more information about any of the activities, please contact Stephanie Schroeder, Department on Aging Activities and Volunteer Coordinator at 369-6304 or toll-free 800-379-7499.

• Arts/Crafts

Crafter's Circle: Meets every 1st and 3rd Tuesday (**June 6th & 20th**) at 1:00 p.m. Express your creative side with a freeform design latch hook rug. Bring in your ideas and I will help you transfer it to the canvas or check out samples provided. Please call to register in advance. There will be a \$3 materials charge. Please call Stephanie at the Center at 715-369-6304.



• Cards/Games

Card Club: Every Friday afternoon 1:00 – 3:30 p.m. Come play 500, Bridge, Pinochle or anything we have players for. Refreshments served. Annual fee of \$1 plus 50¢ per week.

Chess Club: Meets Mondays and Fridays at 1:00 p.m. Beginners or experienced are welcome, please call Chuck Corr at 715-550-0638

Cribbage: Thursdays from 12:30 - 3:30 p.m. Betty Hargraves will also teach beginners who are interested in learning.

Duplicate Bridge: Wednesdays, Intermediate 9:00 a.m. - noon—designed for players with some experience who wish to enhance their understanding of bridge. Advanced, 12:30 – 4:00 p.m. For more info call Flo Erickson at 715-437-0867. Flo is an ACBL accredited teacher on site to answer any questions.

Euchre: Fridays from 9:00 - 11:30 a.m. Euchre is a plain-trick game for four players in fixed partnerships; partners sitting opposite. Just 5 cards are dealt to each player and the object is to win at least three of the five tricks - with an extra bonus for winning all five.

Games Day: Thursdays 1:00—2:30 p.m. Games available include Boggle, Chess, Hunting & Fishing Trivia, Mexican Train (Dominos-type of game). Scrabble, Trivial Pursuit, Uno, Yahtzee and more.

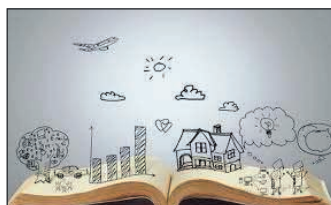
Mahjong: (Ancient Chinese tile game) –Tuesdays and Thursdays from 9:00 a.m. until 12:00 noon. New players are encouraged, Betty will teach you!

• Educational

Basic Spanish: Meets on Wednesdays at 1:00 pm. Learn simple phrases helpful when requesting directions, services, food etc. For more info, please call Chuck at 715-550-0638.



Better Health at Your Fingertips Through Writing: Meets every 2nd and 4th Thursday (**June 8th & 22nd**) from 1:00 until 2:00 p.m. Everyone has a story to tell and through the process of telling that story, the teller experiences benefits



to both mind and body. Participants will be encouraged to write through prompts and share their experiences. Pen, paper, and participation are required. Led by Jeff Anderson.

Civil War Discussion Group: Meets every 2nd and 4th Tuesday (**June 13th & 27th**) from 1:00 p.m. until 3:00 p.m.

They discuss battles, events and people of the era, and relevance on the course of history. Relevant excerpts from "Great Lectures" on DVD will also be utilized. Open to everyone. For more information, call Jim Behling at 715-479-2343.



Creative Writing Class: Note: On Summer Break. Class resumes Sept. 8th. Friday mornings from 10:00 - 11:30 a.m. Taught by Jan Lambele (retired teacher), who volunteers to lead this popular class which includes writing short stories, poetry and other interesting English class assignments. No writing experience necessary. \$10 for 10 week session.

ONEIDA COUNTY SENIOR CENTER ACTIVITIES

• Fitness

Gentle Fitness Class: Wednesday and Fridays from 9:30 - 10:30 a.m. Group follows award winning fitness DVD by Catherine Joppa (Rhineland resident). Seated and standing exercises. No Cost.

Strong Bones Exercise Class: – Tuesdays and Thursdays from 10:30—11:30 a.m. This program is designed to help people become or stay fit, strong, and healthy. Developed by doctors at the Center for Physical Activity and Nutrition and the Friedman School of Nutrition Science and Policy at Tufts University. Led by certified instructor Stephanie Schroeder. **Current session June 20th through September 14th.** Cost is \$20 for the 12 week session. Preregistration is required.

Wii Fitness: Older adults are welcome to use the Senior Center's Wii console and giant flat screen TV for Wii bowling, golf, boxing, and tennis or Wii Fitness program whenever the room is unscheduled. Call the Center for availability.

Zumba® Gold: Tuesday mornings from 9:30 – 10:30 a.m. Dance exercise for older active adults set to international rhythms including cha cha, mambo, merengue, cumbia, belly dance, hava nagila and more. Zumba® Gold is not as intense as other Zumba® sessions but is still a good workout and includes stretching and balance elements. Led by certified Zumba® Gold instructor, Stephanie Schroeder. Exercise class punch cards are \$20 for any 10 classes get the 11th free.



• Support Groups

Alzheimer's Caregivers' Support Group: Meets third Thursday, (June 15th) 1:00—2:30 p.m. Sponsored by the Greater Wisconsin Chapter of the Alzheimer's Association. Anyone with a loved one with any kind of memory loss is welcomed to attend. Respite care available to allow caregivers to attend meeting. Please call ahead at least 2 days for this service.

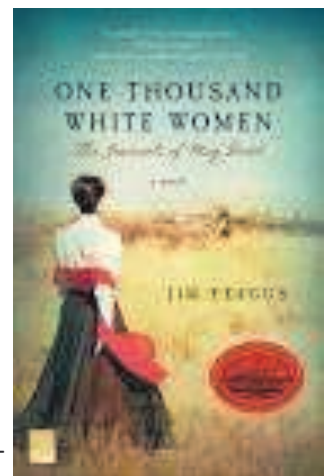
• Wellness

Alzheimer's—Healthy Living for Your Brain and Body: Tuesday, June 20th from 1:00 p.m. until 2:30 p.m. At any age, there are lifestyle habits we adopt to help maintain or even potentially improve our health. These habits may also

help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. To help people age well, the Alzheimer's Association is offering the Healthy Living for Your Brain and Body: Tips from the Latest Research program. This workshop covers four areas of lifestyle habits that are associated with healthy aging: 1) Cognitive activity, 2) Physical health and exercise, 3) Diet and nutrition, 4) Social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do – steps to take now to improve or maintain overall health in each area. This program is designed for **any** individual of any age who is looking for information on ways to age as well as possible. Presented by Julie St. Pierre, Community Outreach Specialist, Alzheimer's Association, Northwoods Chapter.

• Miscellaneous

Senior Center Book Club: Friday, June 23rd. Selection will be **"One Thousand White Women: The Journals of May Dodd"** by Jim Fergus. *"One Thousand White Women" begins with May Dodd's journey west, into the unknown. Yet the unknown is a far better fate than the life she left behind: committed to an insane asylum by her blueblood family for the crime of loving a man beneath her station, May finds that her only hope of freedom is to participate in a covert and controversial 'Brides for Indians' program launched by the administration of Ulysses S. Grant. The program is intended to help assimilate the Cheyenne Indians into the white man's world. What follows is the story of May's breathtaking adventures: her brief, passionate romance with the gallant young army captain John Bourke; her marriage to the great chief Little Wolf; and her conflicts of being caught between two worlds. Jim Fergus has so vividly depicted the American West that it is as if these diaries are a capsule in time.* This book will be available for distribution at the May 26th book club meeting or see Stephanie.



Sing-Along Before Lunch: Don Schindhelm, song leader and guitarist is at the Center on Fridays at 11:00 a.m. with several different "theme" collections of music for you to enjoy and sing along with before lunch. Lyrics provided.

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June 18th



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