



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

13th Annual Alive to Life May 3, 2017

*A day away for people who
want to stay alive
for as long as they live!*



This day is designed for adults, sixty and older, to dispel the myths of aging, to reinforce the positive aspects of aging, to provide information to help meet the physical, mental, emotional and spiritual needs of older adults, and to provide an opportunity for unadulterated fun.

This event is held in the Rouman Cinema (next to Kohl's in Rhineland). This large facility is ideal with a huge lobby for our continental breakfast and luncheon and break-out workshops in the theaters with comfortable high-backed chairs. Fully handicap accessible.

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Mary Pierce, Keynote

We have a wonderful lineup of presenters starting with our Keynote Speaker , Mary Pierce, a funny motivational speaker who tickles the funny bone as she touches hearts, offering wit and wisdom to start our day. Following the keynote, we have a day full of wonderful educational and entertaining workshops for you to choose from. Pick up a registration flier available by April 5th (and being mailed to participants who have attended in the last 2 years).

This day is made possible by our major sponsor, Rennes Health & Rehab Center. The Oneida County Department on Aging is the hosting agency with support from Vilas County Commission on Aging and Forest County Office on Aging. Stop in our Rhineland office to pick up a registration brochure after April 5th so you can register early.

We start talking about this event in April's newsletter, because by the time our May newsletter comes out this event will likely be sold out! Avoid disappointment and register soon.

WHO'S WHO

DEPARTMENT ON AGING STAFF

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

Senior Dining Site Managers

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

HEALTH & AGING COMMITTEE

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

SENIOR CENTER ADVISORY COUNCIL

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Carolyn Caron, Secretary
Melody Anderson
Brian Bergeson
Yvonne Klappa
Darlene Scheidegger
Patricia Sparks
Jean Johnson

WHO TO CALL



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



*For information on a Sen-
ior 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

Alive to Life is right around the corner and we anticipate another spectacular day full of learning, fun and fellowship.

Please do not call our office for a brochure until April 5th. If you have come in the past 2 years, you WILL receive one in the mail with plenty of time to register.

The most asked question I have received in the past 2 weeks is regarding the flood of national news that Meals on Wheels is being cut. PLEASE read the "rest of the story" on page 5 and rest assured we will keep you informed of issues like this that effect the older adults we serve.

Important information for our Congregate (on-site) diners at all six of our Senior Dining Sites on page 4. Receiving contributions for ALL of the food you take home (in your stomach or in your containers) is vital to keeping this program going.

ANNUAL RUMMAGE SALE! April 19-21 (new this year, Wednesday-Friday only) is our largest fund raiser of the year to support the activities of the Oneida County Senior Center. Please see article on page 17.

And last, but not least, Pat Guzman wins the free lunch gift certificate for finding at least one spelling error in our March newsletter. If YOU find a spelling error in this issue, call or stop by (on or before April 15th) and

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 seven (7) 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 www.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, Rhinelander Chiropractic, Grace Lodge, Milestone, YMCA, Musky Mart, Days Inn, Country Terrace, Rennes, and Friendly Village.

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

IN THREE LAKES: Reiter Center, Demmer Memorial Library

5. **6.** 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 April newsletter in your hand. The next eight issues (May—December 2017)

can be mailed to you for \$1 per month, for a total of **\$8 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



DINING SITE TID-BITS

To all of our Congregate (on-site) Diners:

Please plan ahead so that you have the proper



when you make your donation at your local dining site. We don't always have the money to make change for everyone!

THANKS !

What happens to the leftovers at lunch?

Many days there is leftover food due to cancellations or no-shows. When you order a meal and cancel late or don't show, we still pay the caterer for your meal. **Please call the day before and cancel!**



The Site Manager will offer all diners & volunteers, who reserved a lunch, the leftover food including entire meals if all items are available.

Diners should come prepared with their own containers, or purchase a new container from the site.

If you receive leftover food PLEASE put an extra donation in the box so we can serve more meals!

Your Loved Ones Deserve The Very Best



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- 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
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manager@gracelodge.com

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David Knapstein



IS MEALS ON WHEELS IN TROUBLE?



Get all the facts on the Meals on Wheels Story

The news is full of stories on the so-called cuts to Meals on Wheels. But as Paul Harvey used to say, “Now for the rest of the story”

What is Meals on Wheels? You know that the “term” *meals on wheels* is when volunteers deliver meals to homebound elderly folks. **Basically, it is only a name.**

Our program used to be called *Home Delivered Meals* for many years. We changed it last year when we became a member of *MEALS ON WHEELS AMERICA* (a national organization with thousands of member agencies like us!). We receive a lot of information, training, discount purchasing, and materials by being a member. *MEALS ON WHEELS AMERICA* does NOT deliver meals, receive federal funding and they do not give us money.



Where do we get the money for Oneida County Meals on

Wheels? In Wisconsin, every county designates an agency to operate older adult programs. In Oneida County, it's us— the Department on Aging. Federal money (from the OLDER AMERICANS ACT) is given to each state to operate local programs (including home delivered meals). Each state decides how much additional state funding will be added to the federal money before allocating it to us. Some counties, like Oneida County, contribute additional tax dollars to support older adult programs. All participants of the programs are also given the opportunity to donate towards the programs. We also receive donations from the general public and local service groups. Let's not forget about our VOLUNTEERS who make this possible by packing meals and delivering!

The news says the President's budget is going to cut Meals on Wheels! The President's budget does not specifically state cuts to Meals on Wheels. This is the start of the budget process with recommendations on spending levels for all discretionary federal programs, and is a starting point for conversations with Congress. Lawmakers will ultimately have to draft their own funding bills and send to the President for approval. President Trump did propose reducing funding by 16.2 percent to the Department of Health and Human Services (HHS), which administers the Older American Act federal funds. The media jumped to the conclusion that this would cut “meals on wheels” and that would be an attention getter. However, the first budget outline released lacks many details on individual agency spending, we do not know exactly how this overall cut would affect Older Americans Act programs, including the Oneida County Meals on Wheels program.

Should I be contacting my legislators? Not quite yet, we do not have all the details. In late April or early May, the Administration is expected to release a second, more detailed budget package on the President's plan. You can count on us to keep you informed on issues relevant to older adults. **Mark your calendars for AGING ADVOCACY DAY on Wednesday, May 17th at the state capitol!** There are many state issues of importance as well as federal issues like the budget.



The primary thing we want everyone to know, ESPECIALLY our Meals on Wheels diners is, don't panic!

**Your meals will continue to be delivered.
Stay tuned for more information as we receive it.**

CAREGIVER'S CORNER

Grand Love

When we think of caregivers, many of us probably think of a spouse caring for their spouse or a child caring for their parent. As our world continues to spin and change, some roles tend to change – even go in reverse! This is especially true for grandparents who are caring for their grandchildren. When parents are absent or unable to raise their children, grandparents are often the ones who step in and raise their grandchildren.

Raising a second generation brings many rewards, like giving your grandchildren a sense of security and making a real difference in your grandchild's life, but it also brings some challenges. No matter how much you love your grandchild, taking them into your home requires many major adjustments, such as finding the right support systems. The following are some helpful tips that could be useful in your day-to-day experiences with your grandchild.

Acknowledge Your Feelings: The prospect of raising your grandchild is bound to trigger a variety of emotions – good and bad – and that's normal. The love you feel for your grandchild and the joy of seeing them grow are positive emotions that you may feel. Negative emotions, such as guilt, resentment, or fear are difficult to admit, but feeling and admitting these emotions doesn't minimize the love you have for your grandchild. When you start to feel overwhelmed, remember that you may not have the energy you did when you were younger, but you do have the wisdom that comes with experience. You are at an advantage – you've done this before and learned from your mistakes! Don't underestimate what you can offer.



Create a Stable Environment: Children thrive in stable and predictable environments. While it may take your grandchild some time to adjust, there are steps you can take to make the transition easier. Routines make the world feel safe so establish a routine for mealtimes and bedtimes. Also, encourage your grandchild's input in their new home. Let them decorate their room – they will feel more control of themselves and their environment. Set clear, age-appropriate rules that are enforced consistently.

Encourage Open Communication: It is essential to truly listen to your grandchild and to encourage honest and open communication. In difficult times, they need an adult that they can go for questions, concerns, and feelings. Plan regular times to sit down and talk with your grandchild (without the distraction of TV and electronics). Also, encourage the child to talk about their feelings – good and bad – and listen without judging or dismissing their feelings. Remember: it's okay to say "I don't know" – you don't have to have an answer for everything.

We are here to help support you in your role as caregiver to your grandchildren. Please contact our Caregiver Coordinator, Joel Gottsacker, Assistant Director (after April 10th) at the Oneida County Department on Aging at 715-369-6170 or 1-800379-7499. Joel can offer options and information including some unique caregiver grants we have available to older adults raising grandchildren.



EVENTS FOR YOUR CALENDAR!

ALIVE TO LIFE

Wednesday,
May 3rd
(See front page story)



Thanks to our
friends at
Rennes Health &
Rehab Center in
Rhineland for being the
major sponsor of this event!

alzheimer's association

Saturday,
April 22
5 - 8 p.m.



at Holiday Acres Resort
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raffles and silent auctions*

Call for information 715-362-7779

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

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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)。

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AFFORDABLE HOUSING

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- 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
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SENIOR NUTRITION NEWS



April is National Garlic Month and April 19th is Garlic Day!

Mary Boyer, Nutrition and Transportation Coordinator

Did you know garlic is both a vegetable and an herb?

Here are a few garlic facts:

- ✧ Garlic is a member of the onion family, which also includes leeks and shallots.
- ✧ When picking out garlic at the grocery store, select firm, tight, heavy, dry bulbs.
- ✧ Garlic has been used medicinally since the Greek and Roman times. Today garlic is a widely recognized health enhancing supplement. It promotes the well-being of the heart and immune systems with antioxidant properties and helps maintain healthy blood circulation. One of garlic's greatest health benefits includes the ability to enhance the body's immune cell activity
- ✧ Its pungent flavor is caused by a chemical reaction that occurs when the garlic cells are broken. The flavor is most intense just after mincing. The smell can be removed from your hands by running them under cold water while rubbing a stainless steel object.
- ✧ If your rose garden is being attacked by aphids – or plant lice – spritz the leaves and blooms with a mixture of crushed garlic and water.
- ✧ Drinking lemon juice or eating a few slices of lemon will stop bad garlic breath. Add garlic to vegetable dish-



Sicilian Roasted Brussels Sprouts – Delicious!

Yield: 1 large pan; about 6 servings

Ingredients:

- 1 1/2 pounds Brussels Sprouts
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon crushed red pepper flakes
- 2 tablespoons fresh lemon juice, separated
- 2 cloves garlic, finely chopped or grated
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup Parmesan cheese, grated
- 2 tablespoons balsamic vinegar

1. Preheat oven to 400 degrees (F). Line a large baking sheet with parchment paper; set aside.
2. Cut off the ends of the brussels sprouts and slice them in half, vertically. Toss them in a large bowl with the olive oil, crushed red pepper flakes, lemon juice, garlic, salt and pepper. Pour them out onto the prepared baking sheet and roast for 35 to 40 minutes, or until lightly brown and crispy on the outside. Shake the pan every 10 minutes or so to ensure they brown evenly. Once removed from the oven, transfer sprouts to a large serving bowl, stir in balsamic vinegar and cheese, mixing well to coat. Taste and adjust seasonings as needed (I typically add a little extra salt and lemon juice). Serve warm.



APRIL 2017 MENU

Oneida County Senior Dining

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ranch Baked Chicken Baked Sweet Potato Broccoli Salad Fresh Roll Peaches & Vanilla Pudding	4 Salisbury Steak Mashed Potatoes Gravy Pea, Cheese, & Onion Salad Whole Wheat Bread Chilled Pineapple	5 White Bean Chicken Chili Cheddar Cheese Slice Rye Bread Mandarin Oranges Cookie	6 Stuffed Green Pepper Casserole Carrots Whole Wheat Bread Strawberries Birthday Cake	7 Salmon Filet Baby Red Potatoes Coleslaw Rye Bread Raspberry Sherbet Jell-O
10 Sirloin Tips Mashed Potatoes Seasoned Squash Multi Grain Bread Fresh Summer Fruit	11 Chicken Pot Pie Stew on a Big Biscuit Cauliflower Apricots Cookie	12 Baked Ham Au Gratin Potatoes Green Bean Casserole Rye Bread Easter Dessert	13 Roast Turkey Mashed Potatoes Stuffing Gravy Broccoli Cranberries Rhubarb Cake	14 Closed for Good Friday
17 Chicken Breast with Mushroom & Bacon Sauce Mashed Potatoes Vegetable Blend Whole Wheat Bread Brownie	18 Roast Pork Boiled Potatoes Gravy Sweet & Sour Red Cabbage Whole Wheat Bread Cinnamon Applesauce	19 Meat Lasagna Wax Beans Romaine & Spinach Salad Dressing Garlic Bread Fruit Jell-O Dessert	20 Crab Pasta Salad over Romaine Tomato Wedges Dinner Roll Peaches Lemon Bar	21 Hamburger On a Bun Grilled Onions Ketchup Potato Salad Baked Beans Banana Cream Pie Bar
24 Baked Rosemary Chicken Mashed Potatoes Gravy 3-Bean Salad Whole Wheat Bread Pumpkin Bar	25 Chef Salad with Romaine Lettuce, Tomatoes, Diced Turkey, Hard Boiled Egg, Shredded Cheese & Dressing Fresh Roll Split Pea Soup Cookie	26 Creamy Chicken Vegetable Casserole Summer Blend Veggies Multi Grain Bread Mixed Fruit Cherry Crisp	27 Roast Beef Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Éclair Dessert	28 Boneless BBQ Pork Rib Roasted Potatoes Steamed Baby Carrots Rye Bread Honey Bee Ambrosia
 Happy Easter!		<i>Delicious Meals by Lynn's Catering</i> Suggested donation for on-site dining is \$3.50 for adults 60 & older \$6.65 <u>required</u> if under age 60 Meals on Wheels suggested donation \$4.25 Reserve at least one day in advance.		

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 715-490-2875
 Nokomis: Mon - Wed 715-437-0009
 Sugar Camp: Tu-Th 715-499-5027
 Rhinelander: Mon thru Fri 715-369-6170

The Golden Girls

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E D O O P C E D E C H S O I
C C S H N L A T C C E I R E
A E I A R D T L N L Y T O N
K A L A G Y A A I D E C T D
E B H I W N Y M E N P O H S
A C B H A T I M A I M M Y H
S P I H S N O I T A L E R I
L T A U A C L A Y T O N C P
E N R E S H A D Y P I N E S

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ROSE
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RUSTY ANCHOR
SHADY PINES
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SOPHIA
SOUTHERN
BELLE
ST OLAF
STAN



EVENTS TO CHECK OUT!

AARP DRIVER SAFETY CLASS



**Wednesday, May 17th
9:30 a.m.– 3:00 p.m.**

WHY TAKE THIS CLASS?

Because driving has changed since you first got your license, and doing so could save you money on insurance!

By taking a driver refresher course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. The importance of eliminating distractions, such as eating, smoking and using a cell-phone.

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

Over nine in 10 course participants report changing at least one key driving behavior for the better as a result of what they learned in the course and over eight in ten participants felt that information they learned in the course has prevented them from being in a crash. **Plus, you may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details!**

AARP membership is not required to take the course. The classroom course costs only \$15 for AARP members and \$20 for nonmembers.

**CONTACT THE DEPARTMENT ON AGING TO
REGISTER AND PAY IN ADVANCE
at 715-369-7362**

FREE VISION SCREENING

**Wednesday
April 12
10–2:30**



Intended to help identify persons that may be at high risk of eye disease.
For persons age 40 and older.

NO APPOINTMENT NEEDED!



MULTI-COUNTY VETERANS BENEFITS EXPO

FRIDAY, APRIL 21

8:00 a.m. - 5:00 p.m.

**Rhineland National Guard Armory
1136 Adams Way, Rhineland, WI
(formerly 1136 Military Road)**

**A variety of vendors will be present with
benefits/services for Veterans.**

**American Veterans Post 724
will be selling burgers and brats!**

For more information call the
Oneida County Veterans Service Office
(715) 369-6127.

ELDER BENEFIT SPECIALIST



When You Can't Afford a Funeral

Kris Schiek, Elder Benefit Specialist

It's not unusual to avoid thinking about your death or a loved one's death. The unintended result, however, is that you may not adequately plan for payment of your funeral, burial, or cremation. When a person has not prepaid for funeral services and has not set aside enough money to cover the expenses of those services after death, there is another option in Wisconsin: the Wisconsin Funeral and Cemetery Aids Program (WFCAP).



The benefit: The benefit is actually payable to funeral/burial/cremation service *providers* – not the deceased person or family member. If an eligible person died and his or her estate does not have the money necessary to pay all expenses, the service provider may be paid up to \$1,000 for cemetery/crematory expenses and up to \$1,500 for funeral/burial expenses (for a total of \$2,500).

Eligibility requirements:

The deceased person must have been eligible for one of the following benefits at the time of death:

- BadgerCare+ (some restrictions apply);
- Categorically needy EBD Medicaid (but not MAPP);
- Categorically or medically needy institutional Medicaid;
- Home and Community-Based Waiver recipient (including IRIS, Family Care, & COP);
- Federal and/or State SSI or SSI Medicaid; or
- Medicaid deductible (once the deductible has been met).

If the deceased person was eligible for one of the above benefits but not actually receiving them/enrolled at the time of death, the representative of the estate may still apply for benefits after his or her death if the program permits post-death applications.

Other things to consider:

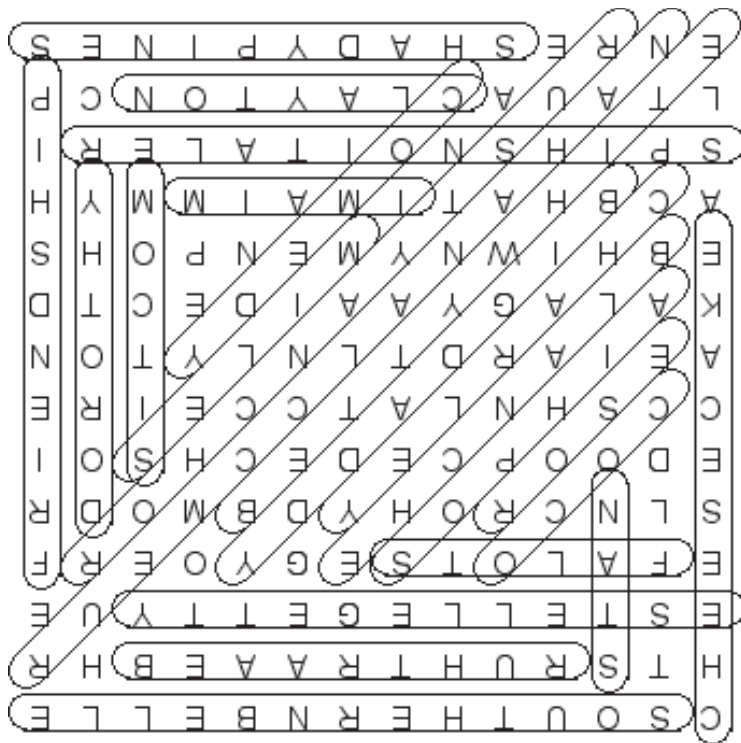
- Only funeral homes and cemeteries/crematoriums can submit WFCAP applications, and they must do so within 1 year of the date of death. (Families cannot apply on their own.)
- In order to receive any benefit amount, the total funeral/burial costs cannot exceed \$4,500 and the total cemetery/crematory costs cannot exceed \$3,500.
- Payments are made to the service provider only, and only to an outstanding balance. This benefit will not reimburse anyone for funeral costs already paid.
- Service providers must make a reasonable effort to locate all other funding sources before submitting an application, which now includes life insurance policies where the deceased person is named as the insured.

For more information, see the WFCAP manual: www.emhandbooks.wisconsin.gov/wfcap.htm



FUN AND GAMES SOLUTIONS

Solution from puzzle on page 10



Sunday, April 16th

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NIMSGERN

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www.nimsgernfuneral.com

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ASK THE ADRC

ASK THE ADRC

Dear ADRC staff,

I'm worried about my parents, and don't think they should be living alone anymore. Family and friends keep telling me I should move my mom and dad to an "assisted living" facility. I am confused exactly what assisted living is and when it is time for them to move. Please help. Signed, Concerned Daughter

Dear Concerned Daughter,

Thank you for contacting the ADRC during this challenging time. We understand your primary concern is about the safety and well-being of your parents. The ADRC is the right place to contact for information and options related to older adults (or adults with disabilities) being able to live as independently as possible.

ADRC Specialists are professionals who are available (at no cost) to discuss current living situations, services and offer options to consider. Remember, as long as your parents have not been declared incompetent or incapacitated by a judge or doctors, they are entitled to continue to make their own decisions including where they choose to live.

The term *assisted living* is a very broad term encompassing several different housing options. In order to get "assistance with living", persons may not even need to move out of their home! When deciding what type of care would be best, that decision should be based on the needs of the individual.

It is not always easy to tell when your parent, family member, or loved one is in need of more help. The following warning signs may indicate that it's time to talk about what, if any, assistance is needed.

- ◆ **The refrigerator is empty or filled with spoiled food or your loved one is losing weight.**
- ◆ **You notice frequent bruises.**
- ◆ **Your loved one wears the same clothes over and over again or neglects personal hygiene.**
- ◆ **The house and yard is not as clean and tidy as it used to be.**
- ◆ **Your loved one forgets things including appointments and taking medication.**
- ◆ **You are receiving an increased number of calls from your loved one.**



- ◆ **Your loved one seems depressed.**
- ◆ **You notice strange or inappropriate behavior** (eg. Dressing inappropriate for the current weather)

If you see any of these warning signs it is probably time to discuss with your loved one options for keeping them safe. Here are some key questions to ask:

- ◆ **Do you need more help than family and friends can provide?** (eg. Bathing and dressing)
- ◆ **Do you feel lonely or isolated at home?**
- ◆ **Do you worry for your safety?**
- ◆ **Are you concerned that you are not able to maintain your home?**
- ◆ **Are you having more difficulty keeping your home clean?**
- ◆ **Is transportation getting more difficult?**
- ◆ **Are you able to get food from the store and prepare it without difficulty?**
- ◆ **Is your home easily accessible with your changing needs?**
- ◆ **Are you having difficulty moving around your home?**

If the answer to any of these questions is yes it may be time to contact the ADRC to find out about options and services that may be available to your loved one. Losing independence is very difficult so these discussions need to be focused on the safety and well being of your loved one. The ADRC is an unbiased resource to help families with tough decisions.

You can contact the Aging and Disability Resource Center of the Northwoods at 1-800-699-6704. One of the ADRC Specialists would be happy to work with you and your family.

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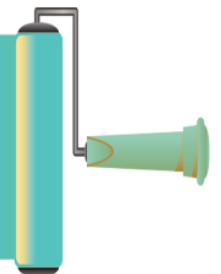


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ONEIDA COUNTY SENIOR CENTER



Trips and Excursions...

Stephanie Schroeder
Activities & Volunteer Coordinator

ArtRAGEOUS! May 13th Oshkosh, WI

You may have seen them on TV...dynamic, wildly colorful, harmonic and just plain fun! For one day only, **ArtRAGEOUS** will be in Oshkosh, WI at the Grand Opera House on May 13th. We have a trip scheduled to see them as well as a host of other activities for the entire day, (*Mother's Day is May 14th so celebrate in style with this great one-day trip!*) Just as the title implies; imagine an artist creating a masterpiece right before your eyes in mere moments. With a palette of captivating vocals, intricate choreography and exciting audience interaction, **ArtRAGEOUS** takes you on a unique visual journey. The **ArtRAGEOUS** troupe of artists, musicians, singers and dancers pay tribute to a variety of art forms, pop icons and musical genres culminating in a gallery of fabulous finished paintings. It truly is Art and music Gone Wild! They will only be there this one day so this is your only chance to see this fabulous production. Check out their sample video at www.grandoperahouse.org and you will be hooked for sure.

As usual, we'll have an action packed day for you. We leave the Oneida County Senior Center at 8:00 a.m. on Saturday, May 13 and will head to the **Paine Art Center and Gardens** for a docent-guided tour of the Paine mansion. The mansion itself is amazing and it is packed with opulent art displays of sculpture, paintings, photography, Russian Imperial porcelain Easter eggs, quilts, electric Tiffany lamps, costumes worn by movie stars in major motion pictures, and more. By May 13th the extensive gardens may also be starting to bloom.



*The Paine in
spring bloom*

After our tour we stop for lunch at **Johnny Rockets**, which has 50's décor and music. After lunch you'll have plenty of time to get your shopping fix and the mall will hand out coupon books for everyone. I'll hand out mall maps on the coach so you can maximize your shopping time. After shopping you will be able to relax while we pick up our tour guide and then enjoy an educational **historic tour of Oshkosh** by coach. After our tour we'll be dropping our guide off at the **Golden Corral** where we'll have dinner (included). They always have something yummy for everyone!

After dinner we will depart for our evening at the **Grand Opera House** and take in the **ArtRAGEOUS** production. The production starts at 7:30 p.m. and we will be getting back around 12:30 so feel free to bring a pillow and snooze on the way home.



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ONEIDA COUNTY SENIOR CENTER

Colorado Rockies Trip

The Oneida County Senior Center will be sponsoring a 9-day trip to the Colorado Rockies from September 29th through October 7th, 2017, and the fall colors should be fabulous for this tour.



Some of the highlights include two nights in Durango; a fun-filled cowboy town where you can relive the excitement of the Old West. You will also ride on the world's highest cog railroad up Pikes Peak, a stunning backdrop for Colorado Springs. View one of the largest cliff dwellings built by ancestors of the Pueblos. There will also be a winemaker's dinner at a lovely vineyard. Experience an old west adventure complete with cowboy food. Explore the massive and rugged Rocky Mountain National Park. At Arches National Park, you will see the world's largest concentration of natural sandstone arches. Travel to the majestic Island in the Sky mesa at Canyonlands National Park.

Limo pick-up at the Senior Center to Austin Straubel Airport in Green Bay, and fly out to Denver, CO.

Double: \$3,169; Single: \$3,919; Triple: \$3,139
Call 715-369-6304 for more info.



Senior Center



WE HAVE A LOCATION!



After months and months of searching, we have a new location for our annual rummage sale. It will be at **1421 Lincoln St.** (the old Aqualand building) next to St. Mary's Cemetery on the north side of Lincoln.

The new dates are **April 10th through 18th for drop-off and set-up** (weekdays) from 8:30 a.m. until 4:00 p.m. or by arrangement (call 715-369-6304). The actual **SALE** will start Wednesday, **April 19th** from 9:00 a.m. until 6:30 p.m., Thursday, **April 20th** from 8:00 a.m. until 4:00 p.m., and then Friday, **April 21st** from 9:00 a.m. until 1:00 p.m. (NOTE: No Saturday times!)

We will then **CLOSE** at 1:00 p.m. to get ready for the \$2 bag sale which will start at 2:00 p.m. until 6:30 p.m. so all sales need to be finalized at 1:00 p.m. when the doors will close for 1 hour. If you would like to volunteer to help call me at 715-369-6304.

GET YOUR RID OF STUFF

ONEIDA COUNTY SENIOR CENTER ACTIVITIES

April 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 715-369-6170 or toll-free 800-379-7499.

Arts/Crafts

Crafter's Circle: Meets every 1st and 3rd Tuesday (**April 4th & 18th**) at 1:00 p.m. We had some beautiful bisque ceramic pieces donated to us so we will continue painting them for our April Craft Class. There are plenty of nice pieces left so if you like to paint, please join us. If you have an idea for something you'd like to try, 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.

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

Better Health at Your Fingertips Through Writing: Meets every 2nd and 4th Thursday (**April 13th & 27th**) 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 (**April 11th & 25th**) from 1:00 to 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: 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 is March 7th through June 8th. Cost is \$20 for the 12 week session.

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 (April 20th), 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 welcome to attend. Respite care available to allow caregivers to attend meeting. Please call 2 days ahead at least for this service.

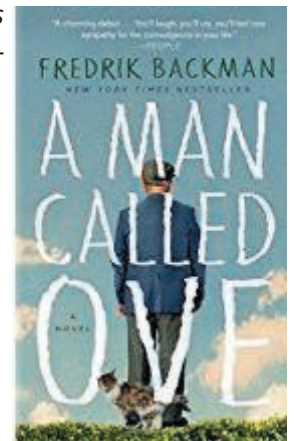


•Wellness

Alzheimer's—Legal and Financial Planning: Tuesday, April 11th from 1:00 p.m. until 2:30 p.m. The diagnosis of Alzheimer's disease makes planning for the future more important than ever. *Legal and Financial Planning for Alzheimer's Disease* is an interactive program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. Led by Julie St. Pierre, Community Outreach Specialist, Alzheimer's Association, Northwoods Chapter.

•Miscellaneous

Senior Center Book Club: Last Friday of the month (April 28th). Selection will be **"A Man Called Ove"** by Fredrik Backman. *Meet Ove. He's a curmudgeon; the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him 'the bitter neighbor from hell'. But must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time? Behind the cranky exterior there is a story and sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heart-warming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local resident's association to their very foundations.* This book will be available for distribution at the **March 31st** 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). Collections such as his Stephen Foster collection, WWII hits, Cowboy Campfire, Riding the Rails, and Folksey Sixties.

Oneida County Department on Aging
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