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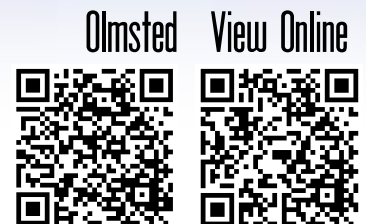
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# LOCAL AREA EVENTS

## JANUARY

Chatfield Chillfest  
Martin Luther King Breakfast | Rochester

## FEBRUARY

Winterfest | Rochester  
Rochester on Tour at the Capitol

## MARCH

Stewartville Home Show

## APRIL

World Festival | Rochester  
City Wide Garage Sales | Pine Island

## MAY

Memorial Day Program | Chatfield  
Legion Fish Fry | Eyota  
City Wide Garage Sales | Eyota & Stewartville  
Downtown Oronoco Gold Rush  
Taste of Italy | Stewartville  
Victory Junction Tournament | Stewartville  
Memorial Day Parade | Stewartville  
Evergreen Cemetery Breakfast | Dover

## JUNE

Pine Island Cheese Festival  
Rochesterfest  
Palette to Palate | Rochester  
Sloan Award Ceremony | Rochester  
Summerfest | Stewartville

## JULY

Eyota Days  
Good Neighbor Days | Byron  
Western Days | Chatfield  
4th of July Celebration | Oronoco  
Independence Day | Rochester  
St. John's Block Party | Rochester  
Chamber Golf Outing | Rochester

## AUGUST

Rubber Ducky Race | Dover  
Prairie Fire Children's Theatre | Eyota  
Downtown Oronoco Goldrush Days  
Olmsted County Fair | Rochester  
Days of Yesteryear | Rochester  
Olmsted County Gold Rush | Rochester  
Home Art Tour | Rochester  
Rochester Greek Fest  
Good Neighbor Picnic | Stewartville

## SEPTEMBER

Labor Day Celebration | Rochester  
Olmsted County Gold Rush | Rochester  
Quarry Hill Fall Festival | Rochester

## OCTOBER

Fire Department Breakfast | Stewartville

## NOVEMBER

Maywood Mansion Christmas Tour | Rochester  
ARTINI | Rochester  
Polka Party | Rochester  
Festival of Trees | Rochester

## DECEMBER

Holiday Reception | Dover  
Festival of Lights | Rochester  
Christmas Lighting Contest | Stewartville



# RESIDENTIAL SERVICES

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Assessor.....	328-7636
Child Support .....	328-6500
Community Corrections .....	328-7200
Community Services.....	328-6350
County Attorney .....	328-7600
Emergency Management.....	328-6100
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Property Records.....	328-7636
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Originally home to Ojibway, Winnebago and Dakota Sioux Indians, Olmsted County was opened for settlement in 1853 after a treaty was signed. Townships were organized in 1854 and the county was named in honor of David Olmsted, the first mayor of St. Paul. Lush prairies, fertile soil, and ample natural resources brought settlers to the area and the arrival of the railroad sparked dramatic growth. Rochester was selected as the county seat and the area continued to develop. After a devastating tornado swept through the region in 1883, Dr. William Worrall Mayo along with the Sisters of St. Francis established the first hospital in the area which has since become one of the most well respected medical centers worldwide. By 1950 the population of Olmsted County had doubled to 48,228 residents and diversified industry aided its growth. Today Olmsted County is home to approximately 143,962 residents.

## CITIES:

**BYRON** – pop. 4,550

**CHATFIELD** – pop. 2,518

**DOVER** – pop. 637

**EYOTA** – pop. 1,765

**ORONOCO** – pop. 949

**PINE ISLAND** – pop. 3,326

**ROCHESTER (COUNTY SEAT)** – pop. 100,413

**STEWARTVILLE** – pop. 5,553

**FARMINGTON** – pop. 512

**HAVERHILL** – pop. 1,088

**HIGH FOREST** – pop. 4,550

**KALMAR** – pop. 1,194

**MARION** – pop. 6,165

**NEW HAVEN** – pop. 1,313

**ORION** – pop. 643

**ORONOCO** – pop. 2,444

**PLEASANT GROVE** – pop. 833

**QUINCY** – pop. 600

**ROCHESTER** – pop. 2,351

**ROCK DELL** – pop. 686

**SALEM** – pop. 1,130

**VIOLA** – pop. 794

*\*Populations are approximate.*

## TOWNSHIPS:

**CASCADE** – pop. 2,944

**DOVER** – pop. 724

**ELMIRA** – pop. 400

## **BYRON**

The first settlers arrived to the Byron area in 1854 and as the railroad was constructed in 1856, the area began to develop. Streets were platted in 1864 and the community was named by S.W. VanDusen who was a landowner and businessman. VanDusen suggested Byron after Byron, New York, his birthplace and the area quickly grew. Early businesses included general stores, bank, saloon, hotel and specialty shops. Today Byron is home to approximately 4,550 residents.

## **CHATFIELD**

Settled in 1853 by Thomas Twiford, the community was named in honor of Judge Andrew Gould Chatfield, an associate justice of the supreme court of the Minnesota Territory. The community was platted in 1854 and incorporated in 1857. Chatfield was originally selected as the county seat until it was moved to Rochester. By 1900 Chatfield housed a sawmill, hotel, newspaper office, and a variety of manufacturing centers. Today Chatfield is home to approximately 2,518 residents.

## **DOVER**

Dover was originally known as Dover Center due to its central location in its township and its name was derived from Dover, New Hampshire, where many settlers originated. The community was organized in 1859 as pioneers arrived seeking fertile farmland and ample timber. Streets were platted in 1869 and as the railroad arrived, the area continued to develop. Dover was incorporated in 1908 and in 2008 residents celebrated its centennial celebration. Today Dover is home to approximately 637 residents.

## EYOTA

First known as Springfield, Eyota was organized in 1858. The name Eyota was derived from a Dakota Indian word meaning, "superior or highest." The community began as a railway village and was platted in 1864. Dover developed quickly as it was a stopping place for travelers and shipping point for goods in the area. In 1875 the community was incorporated and by 1900 its population had reached 400. Today Eyota is home to approximately 1,765 residents.

## ORONOCO

Oronoco was founded in 1854 and named after the Oronoco River in South America. The "Oronoco Courier," published in 1856, was the first newspaper in Olmsted County. The area was organized in 1858 as settlers arrived to establish homes and pan for gold. Businesses including a hotel, grist mill, sawmill and general store were founded to meet the growing needs of the community and the area continued to thrive. Today Oronoco is home to approximately 949 residents.

## PINE ISLAND

Located in Goodhue and Olmsted Counties, Pine Island was surveyed and platted in 1856. Settlers were attracted to the land that was ideal for agricultural plots and farm land. Early on Pine Island was known for being one of the better cheese and butter producers in Minnesota. At one point there was more than 40 dairy producers in the area. Pine Island's population grew steadily as the railroads expanded and after Highway 52 was established in 1921. Today Pine Island is home to approximately 3,326 residents.

## ROCHESTER (COUNTY SEAT)

In 1854 the first permanent residence in the area was built by William Head and soon settlers arrived to stake land claims. Head named the settlement after his hometown of Rochester, New York, and assisted with the layout of the community. Rochester's proximity to the Dubuque Trail attracted many travelers and the area began to develop dramatically upon the arrival of the railroad in 1864. The community was selected as the county seat and early industry was dominated by agriculture as goods were easily transported. A variety of businesses were established including manufacturing shops, mills, food processing factories and many specialty shops. A devastating tornado hit the area in 1883 and Rochester was nearly destroyed. With efforts from Dr. William Worrall Mayo and fellow members of the community, homes were rebuilt and businesses re-established. A hospital was constructed and Rochester became world renown for its exceptional health care which attracted many new residents. Construction of an airport in 1928 allowed for the continued growth of the community and Rochester has now

grown to be one of the leading medical centers in the world. Today Rochester is home to approximately 100,413 residents.

## STEWARTVILLE

Located in High Forest Township, Stewartville was first settled in 1857. The community was named in honor of Charles Stewart, a local resident who established a mill and assisted with surveying the area. Streets were platted in 1891 and the area grew dramatically due to its proximity to Lake Florence and Rochester. Stewartville is widely known as the birthplace of Richard Sears, the founder of Sears, Roebuck and Company. Today Stewartville is home to approximately 5,553 residents.



## Summer Energy Saving Techniques

Conduct an energy assessment to find out where you can save the most. This will allow you to see where the biggest problem areas are.

### Windows

- Close curtains during the day to block sunlight and open them at night.
- Plant trees, shrubs, or vines to help shade your home.
- Apply solar window film to windows.

### Adjust Your Thermostat

- When you're home and awake, set your thermostat at the highest comfortable temperature.
- When you're out of the house, turn your thermostat up. You can save 1-3 percent per degree, for each degree the thermostat is set above 72 degrees, depending on the outside temperature.
- You can set a programmable thermostat to keep the temperature where you want day and night.

### Maintain Your Cooling Systems

- Schedule service for your cooling system.
- Do regular maintenance to keep your cooling system operating efficiently.

### Fans and Vents

- Keep inside air vents clear from furniture and other objects.
- Run energy efficient ceiling and whole-house fans to circulate the air.
- Use the bathroom vent to remove the heat and humidity after showering.

### Appliances and Electronics

- Try not to use the oven on hot days. Cook on the stove top, microwave, or grill outside.
- Keep your fridge and freezer full. The refrigerator will run less often.
- Air dry dishes in the dish washer.
- Wash laundry with cold water and air dry.
- Unplug electronics when not in use.

### Lighting

- Use light emitting diodes "LED's". They use less energy and have a longer life span, plus they produce less heat than incandescent and CFL bulbs.

## Winter Energy Saving Techniques

### Windows

- Open curtains during the day to allow sunlight in and close them at night.
- Tape a clear plastic sheet or film to the window frames.
- Install insulating drapes or shades on windows.

### Adjust Your Thermostat

- When you are home and awake, set your thermostat at the lowest comfortable temperature.
- When you are asleep or out of the house, turn your thermostat down about 12 degrees for eight hours and save around 10% a year on your heating bills.
- You can set programmable thermostats to keep the temperature where you want day and night.

### Air Leaks and Insulation

- Seal the air leaks on the inside and outside walls of your home. These can be holes for pipes and wires, gaps around chimneys, or unfinished spaces behind cupboards and closets.
- Add caulk or weatherstripping to seal air leaks around leaky doors and windows.
- Check your attics insulation. Depending on what climate you live in there are different insulating products and thickness that work best for your area.

### Maintain Your Heating Systems

- Schedule service for your heating system.
- Do regular maintenance to keep your heating system operating efficiently.
- Furnace - Replace your furnace filter once a month or as needed.
- Fireplace - Clean the flue vent regularly and the inside of the appliance with a wire brush periodically to ensure that your home is heated efficiently.

### Lower Your Water Heating Costs

- On average 18% of the energy consumed in your home is from the water heater. Turn down the temperature of your water heater to a setting around (120°F). This will save energy and can help prevent burns.

### Lighting

- Use light emitting diodes "LED's". They use less energy and have a longer life span.



## Precautions:

- KNOW WHERE YOU CAN TAKE SHELTER IN SECONDS.
- HAVE A PLACE, EVERYONE KNOWS, TO GO TO AFTER THE STORM HAS PASSED.
- FLYING DEBRIS IS THE BIGGEST DANGER DURING A TORNADO. YOUR SHELTER SPACE SHOULD HAVE MATTRESSES OR THICK BLANKETS AROUND, TO PROTECT YOURSELVES.
- DO NOT OPEN YOUR WINDOWS TO TRY & "EQUALIZE THE PRESSURE." THIS ONLY MAKES IT EASIER FOR DEBRIS TO INJURE YOU.
- ALSO, STAY AWAY FROM WINDOWS!

## Things to Look and Listen for:

- CONSTANT ROTATION OF THE CLOUDS BASE.
- FLYING/ROTATING DEBRIS UNDER THE CLOUD.
- TORNADOS DON'T ALWAYS HAVE A VISIBLE FUNNEL.
- HEAVY RAIN OR HAIL FOLLOWED BY EITHER BY AN EERIE CALM IN THE STORM OR RAPID WIND CHANGES & SHIFTS.
- LISTEN FOR LOUD, CONTINUOUS RUMBLING WITH NO BREAKS IN IT LIKE THUNDER.

## Lightning Distance Tracker

YOU CAN FIGURE OUT HOW FAR AWAY THE LIGHTNING IS FROM YOU LIKE THIS...  
COUNT THE SECONDS IN BETWEEN THE FLASH OF LIGHTNING & THE CRACK OF THUNDER.  
DIVIDE THE NUMBER OF SECONDS BY 5 & YOU HAVE YOUR DISTANCE IN MILES.

0 SECONDS	5 SECONDS	20 SECONDS	60 SECONDS
0 MILES	1.08 MILES	4.35 MILES	13.06 MILES

# Do Not Open Your Windows!

The winter can be tough for everyone, especially seniors. During these months you find yourself dealing with cold temperatures, ice, and snow. Here are a few ways to make your winter safer and more enjoyable.

## Prevent Slips and Falls

- Wear cleats on your boots or shoes while outdoors.
- Take your boots or shoes off when indoors. They may have snow or ice on the bottom making them slick on smooth surfaces.
- Salt/sand driveway and sidewalks or have someone do it for you.
- Use an ice tip on your cane.

## Keeping Warm

Older adults tend to produce less body heat than younger people and run a higher risk of getting hypothermia or frostbite. Warning signs of hypothermia include, lots of shivering, cold skin that is pale or ashy, feeling very tired, confused and sleepy, feeling weak, problems walking, slowed breathing or heart rate. Warning signs of frostbite include, skin that's white or ashy (for darker skin) or grayish-yellow (for lighter skin), skin that feels hard or waxy, and numbness. Dress in Layers when going outside. For the best results, wear polypropylene or another man-made fabric next to the skin, a knit middle layer, and a man-made outer layer. Never stay in the cold if you have wet or damp clothing, it cools the body more quickly. Depending on the temperature or wind chill you may want to cover all exposed skin to reduce the risk of hypothermia or frostbite.

## CARLEY STATE PARK

Plainview | (507) 932-3007

Located on 209 acres near Plainview, Carley State Park features nature trails, fishing opportunities, and picnic and camping areas.

## RICE LAKE STATE PARK

Owatonna | (507) 455-5871

Located 7 miles East of Owatonna, Rice Lake St. Park features excellent wildlife watching opportunities.

## CHESTER WOODS PARK

Eyota | (507) 285-7050

Located near Bear Creek, Chester Woods Park features a campground, handicapped accessible fishing pier, fish cleaning house, swimming beach, scenic overlook, picnic shelters, canoe and paddleboat rentals and recreational trails. A daily or annual park pass is required for all vehicles entering the park.

## DOUGLAS TRAIL

Pine Island | (507) 356-4591

The Douglas Trail extends 13 miles from Pine Island to Northwest Rochester. The trail offers, hiking, biking, horseback riding, snowmobiling and cross-country skiing.

## GRAHAM PARK

Rochester | (507) 328-7070

Located on 60 acres in Rochester, Graham Park features a campground, grand stand, picnic areas, park buildings for rentals, hockey arena and hosts the Olmsted County Fair annually.

## GREAT RIVER BLUFFS STATE PARK

Winona | (507) 643-6849

Located in Winona, Great River Bluff State Park features recreational trails, a picnic area and plots for camping.

## NERSTRAND-BIG WOODS STATE PARK

Nerstrand | (507) 333-4840

Located on 2,882 acres near Faribault, Nerstrand-Big Woods State Park features 11 miles of hiking and nature trails. Snowmobile and cross-country ski trails are open during the winter months. Other amenities include picnic areas, a visitor center and restroom facilities.

## OWBOW COUNTY PARK

Byron | (507) 775-2451

Located in Byron, Oxbow County Park features hiking trails, snowmobile trails, cross-country ski trails, a campground, picnic areas, baseball fields, playground equipment, fishing opportunities, a nature center and the Zollman Zoo.

## WHITewater STATE PARK

St. Charles | (507) 932-3007

Located on 2,700 acres in St. Charles, White-water State Park features excellent trout fishing, a swimming beach, visitor center, campsites and nature, hiking and biking trails.



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## **GOONIES COMEDY CLUB**

7 SW 2nd St. | Rochester | (507) 288-8130

## **HERITAGE HOUSE**

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## **HISTORY CENTER OF OLMSTED COUNTY**

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3720 SW Mayowood Rd. | Rochester | (507) 282-9447

## **NORTHERN HILLS GOLF COURSE**

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## **OAK SUMMIT GOLF COURSE**

2751 Cty. Rd. 16 SW | Rochester | (507) 252-1808

## **OLDE PINE THEATRE**

113 SW 2nd St. | Pine Island | (507) 356-4900

## **PINE ISLAND POOL & PINS**

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## **REC LANES MINI GOLF**

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## **ROCHESTER BALLOON COMPANY**

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## **ROCHESTER CIVIC MUSIC**

201 4th St. | Rochester | (507) 285-8076

## **ROCHESTER CIVIC THEATRE**

20 Civic Center Dr. SE | Rochester | (507) 282-8481

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3100 SW Country Club Rd. | Rochester | (507) 282-2708

## **ROCHESTER MUSTANGS**

21 Elton Hills Dr. | Rochester | (507) 281-6167

## **ROCHESTER ORCHESTRA & CHORALE**

301 Broadway | Rochester | (507) 286-8742

## **ROCHESTER RECREATION CENTER**

21 NW Elton Hills Dr. | Rochester | (507) 281-6167

## **ROCHESTER REPERTORY THEATRE**

103 NE 7th St. | Rochester | (507) 289-7800

## **ROCHESTER SYMPHONY ORCHESTRA**

103 NE 7th St. | Rochester | (507) 286-8742

## **SKYLINE RACEWAY**

2250 SW 40th St. | Rochester | (507) 287-6289

## **ST. CHARLES GOLF COURSE**

1920 Park Rd. | St. Charles | (507) 932-5444

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# 10 Tips for Green Thumb GARDENING

Don't like all the dirt in your fingernails while you work in the garden? Before you go out, run your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt cannot accumulate. Then, after you are all done gardening, use a toothpick or nailbrush to remove the soap and your nails will be sparkling clean.



Spray vegetable oil on your string trimmer to help prevent jamming or breaking (Treat before installing string in trimmer).



Make a convenient measuring tool out of a long handled garden tool by laying it on the ground next to a tape measure. Use a permanent marker to copy the inches and feet. Next time you are spacing plants you already have a dual-purpose measuring tool in your hand!



Write the names of your plants (with a permanent marker) on the flat parts of stones of any size and lay them in front of your plants for natural looking markers.



The next time you boil or steam vegetables, use the leftover water to water potted patio plants, and you'll be surprised at how the plants grow with "vege-soup."



You can use leftover tea and coffee grounds to help acidify the soil of acid-loving plants like azaleas, rhododendrons, camellias, gardenias and blueberries. A light sprinkle of about 1/4 of an inch applied once a month will help keep the pH of the soil on the acidic side.



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### **DIAMOND RIDGE**

4502 10th St NW | Rochester  
(507) 252-6920

### **EVERGREEN PLACE**

220 3rd St NW | Pine Island  
(507) 356-8585

### **GOLDEN LIVINGCENTERS - WHITEWATER**

525 Bluff Ave | St Charles  
(507) 932-3283

### **GOLDEN LIVINGCENTERS - ROCHESTER EAST**

501 8th Ave SE | Rochester  
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### **GOLDEN LIVING CENTERS**

2215 US-52 | Rochester  
(507) 288-1818

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304 6th St SW | Rochester  
(507) 285-1700

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3035 Salem Meadows Dr SW | Rochester  
(507) 252-5400

### **MADONNA TOWERS**

4001 19th Ave NW | Rochester  
(507) 288-3911

### **MEADOW LAKES SENIOR LIVING**

22 45th Ave NW | Rochester  
(507) 252-5069

### **PRIME TIME ASSISTED LIVING**

105 N Broadway Ave | Rochester  
(507) 258-5071

### **PRAIRIE MEADOWS SENIOR LIVING**

800 5th Ave NW | Kasson  
(507) 634-9500

### **RIVER BEND ASSISTED LIVING**

NW, 30 W Silver Lake Dr NE | Rochester  
(507) 282-1550

### **SHALOM ESTATES LLC**

2070 Century Hills Dr NE | Rochester  
(507) 281-9700

### **SHOREWOOD SENIOR CAMPUS**

2115 2nd St SW | Rochester  
(507) 252-9110

### **STEWARTVILLE CARE CENTER**

120 4th St NE | Stewartville  
(507) 533-4288

### **ST. CROIX HOSPICE**

4481 N Frontage Rd #101 | Rochester  
(507) 281-5700

### **SUNRISE COTTAGES ROCHESTER**

4220 55th St NW | Rochester  
(507) 286-8528

### **SUNSET HOMES ASSISTED LIVING**

3686 Kenosha Dr NW | Rochester  
(507) 206-4856

### **THE HOMESTEAD AT ROCHESTER**

1900 Ballington Drive NW | Rochester  
(507) 288-2884

### **THE WATERS ON MAYOWOOD**

827 Mayowood Rd SW | Rochester  
(507) 252-2910

### **WILLOWS & WATERS SENIOR LIVING INC**

707 Upper Meadow Ln NW | Rochester  
(507) 288-0593

### **VISITING ANGELS SENIOR HOMECARE**

302 Elton Hills Dr NW #200 | Rochester  
(507) 289-1147

## **DENTAL HEALTH SERVICES**

### **CALCAGNO COSMETIC & FAMILY DENTISTRY**

1801 Greenview Dr SW Suite 101 | Rochester  
(507) 281-3659

### **GENTLING DENTAL CARE**

2210 N Broadway Ave | Rochester  
(507) 288-7379

### **HAGSTROM DENTAL**

2112 Viking Dr NW | Rochester  
(507) 288-1744

## **HEALTH CARE SERVICES**

### **AGING & CARE COORDINATION SERVICES**

2100 Campus Drive SE  
Suite 200 | Rochester  
(507) 328-6400

### **ELDERLY WAIVER PROGRAM**

Adult and Family Services Division  
2100 Campus Drive SE  
Suite 200 | Rochester  
(507) 328-6400

## **TRANSPORTATION SERVICES**

### **HOME INSTEAD SENIOR CARE**

304 6th Street SW | Rochester  
(507) 550-1700

### **ROLLING HILLS TRANSIT**

Call To Schedule  
(800) 528-7622

## Veteran's Services

2100 Campus Drive SE  
Suite 200 | Rochester  
(507) 328-6355

## Rochester VA Clinic

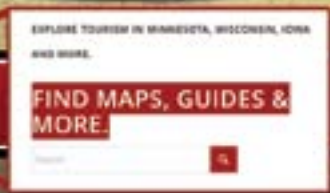
3900 55th Street NW | Rochester  
507-252-0885

## Veterans Preference

The Minnesota Veterans' Preference Act (VPA) grants most veterans a limited preference over non-veterans in hiring and promotion for most Minnesota public employment positions. (952) 442-2323 for more info

## Check out YOUR NEW County Web Page!!!

1. Go to: [www.LincolnMarketing.us](http://www.LincolnMarketing.us)
2. Type in the county you wish to visit & BOOM!!! You have everything you need!



- Maps • Resident Guides
- Residential Services
- Important Phone Numbers
- Hunting/Fishing Seasons & More

Bowfishing - 2015 season  
04/25/15 - 02/28/16

Bowfishing - 2016 early season - south of Hwy 210 only on lakes and on Minnesota, Mississippi or St. Croix rivers, from boats only.  
02/29/16 - 04/29/16

Bowfishing - 2016 season  
04/30/16 - 02/26/17

Smallmouth Bass - 2016 Season -South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County  
05/28/16 - 09/11/16

Smallmouth and Largemouth Bass - 2015 season -North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County  
05/09/15 - 02/28/16

Smallmouth and Largemouth Bass - 2016 season -North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County  
05/14/16 - 02/26/17

Smallmouth and Largemouth Bass - 2016 early Catch and Release season Only -South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County  
05/14/16 - 05/27/16

Largemouth Bass - 2015 season -South and West of US Hwy 53 from Duluth to International Falls except Pelican and Ash Lakes in St. Louis County  
05/23/15 - 02/28/16

Largemouth Bass - 2016 season -South and West of US Hwy 53 from Duluth to International Falls except Pelican and Ash Lakes in St. Louis County  
05/28/16 - 02/26/17

Smallmouth Bass - 2015 Catch and Release season only (statewide)  
09/14/15 - 02/28/16

Smallmouth Bass - 2016 Catch and Release season only (statewide)  
09/12/16 - 02/26/17

Stream Trout (Winter) SE - 2016 season Catch and Release season only  
01/01/16 - 04/15/16

Stream Trout (Fall) SE - 2016 season Catch and Release season only  
09/15/16 - 10/15/16

Stream Trout in streams SE - 2016 season  
04/16/16 - 09/14/16

Stream Trout in streams, except SE - 2016 season  
04/16/16 - 09/30/16

Lake and Stream Trout - Winter (entirely within the BWCA)-2016 season  
01/01/16 - 03/31/16

Lake and Stream Trout - Winter (outside or partly outside the BWCA) - 2016 season  
01/16/16 - 03/31/16

Lake Trout (summer) - 2016 season  
05/14/16 - 09/30/16

Take-a-Mom fishing weekend  
05/07/16 - 05/08/15

Walleye, sauger, northern pike - 2015 season  
05/09/15 - 02/28/16

Walleye, sauger, northern pike - 2016 season  
05/14/16 - 02/26/17

Take-a-Kid fishing weekend  
06/03/16 - 06/05/16

Muskellunge (Muskie) - 2016 season  
06/04/16 - 12/01/16

## **Congratulations! You're (not) a Millionaire! But reading this article is for your benefit.**

Clever schemes are used by people every year. They often combine technology and sophisticated tricks to get people to send money and give personal information. New twists and old schemes add pressure to get people to make important decisions.

Some common work-at-home scams tell you how the Business Opportunity Rule requires people who promote legitimate opportunities to support their claims. If you're looking to work at home whether it's an internet business, mystery shopping job, direct selling through a multilevel marketing plan, or something else do your homework first.

Be cautious when receiving mail and email that offer money, jewelry, or vacations in exchange for money or personal information. Also beware of prize and sweepstakes scams. Sweepstake scams often target older people and have official looking letters, with seals, stamps and identification numbers and will say things like "You have won a million dollars" but to claim the million they will have you send money by cash, check or money order. The only ones collecting money are the scam artists behind the scheme.

Don't send money or give them your checking account or credit card number. Take your time and talk to someone you trust before you do anything. By talking about the scams you might help someone you care about avoid falling for one. Report scams at [ftc.gov/complaint](http://ftc.gov/complaint) or 1-877-FTC-HELP. Your report makes a difference.

Tactics are constantly changing for scammers. The Financial Industry Regulatory Authority (FINRA) funded research to better understand these tactics. Many of these techniques are similar to marketing approaches used by legitimate businesses.

To report a scam you should contact the Better Business Bureau (BBB) at 3033 Wilson Blvd, Suite 600 Arlington, VA 22201. This should be done by letter or by e-mail: [ask@thefirstbbb.org](mailto:ask@thefirstbbb.org)



## Here are some tips to make your life with vision impairment easier:

### Brushing teeth-

Use the most colorful toothpaste available in store. This way when you are squirting it on your tooth brush it's easier to see how much to apply.

### Using a cell phone-

Most Smart phones are voice activated. Ask your phone provider to set up your phone so it may be activated by voice commands.

### Marking dials on the stove-

Use tactile paint or puffy paint to mark levels on the knobs. (These can be found at fabric stores) Or use liquid white out if you have dark colored or black stove dials.

### Matching Socks-

Pin your socks together before putting them into the laundry. Use brass or stainless steel safety pins so they do not rust.

### Lighting-

Increase the amount of light and focus it directly over the task at hand. LED lights, natural light and natural daylight bulbs are recommended. Do not use fluorescent lights, as fluorescent light causes glare.

### Pouring liquids-

Pour coffee into a white mug; the contrast between the color of the mug and the coffee will make it easier to see how full the cup is. For cold liquids you can place your index finger inside the cup; you will feel when the liquid touches your finger.

Yoga is good for adults of all ages, especially seniors. Studies have shown that yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Some yoga poses increase core strength and balance, which reduces the risk of fall-related injuries. Other poses can alleviate senior-related health issues. Above all, yoga is a form of exercise that can help seniors feel younger.

The One-legged Wind Releasing pose is a good, gentle stretch for the mid- to low back and hips because it stretches all of the muscles in those areas, which helps resolve low back pain.



## Here's How...

1. Lie down on your back with your knees bent and your feet on the floor.
2. Hug your right thigh to your chest, using a strap or belt to assist you, if necessary.
3. Straighten your left leg along the floor, keeping your foot flexed.
4. Keep your pelvis and right buttock on the floor (or, if you're unable, keep your left leg slightly bent).
5. Breathe deeply until you feel the muscles relax, and then stay a few breaths longer.
6. Repeat on the other side.

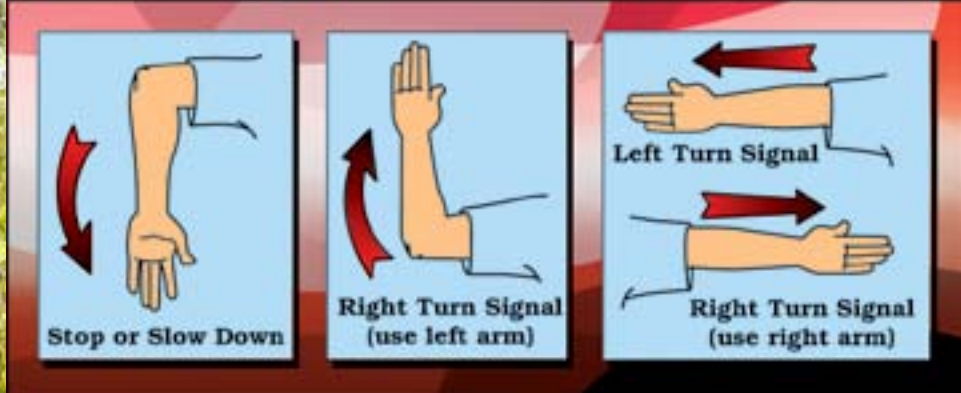
You may find that one side may take more or fewer breaths to relax, so pay attention to what your body's telling you.

Other poses aimed at reducing chronic back pain include relaxation pose, forward fold and seated forward bend in a chair.

Seniors know that other aches and pains can also get in the way of an active life.



# Be Cautious of Other Bikers



# Bicycle Hand Signals

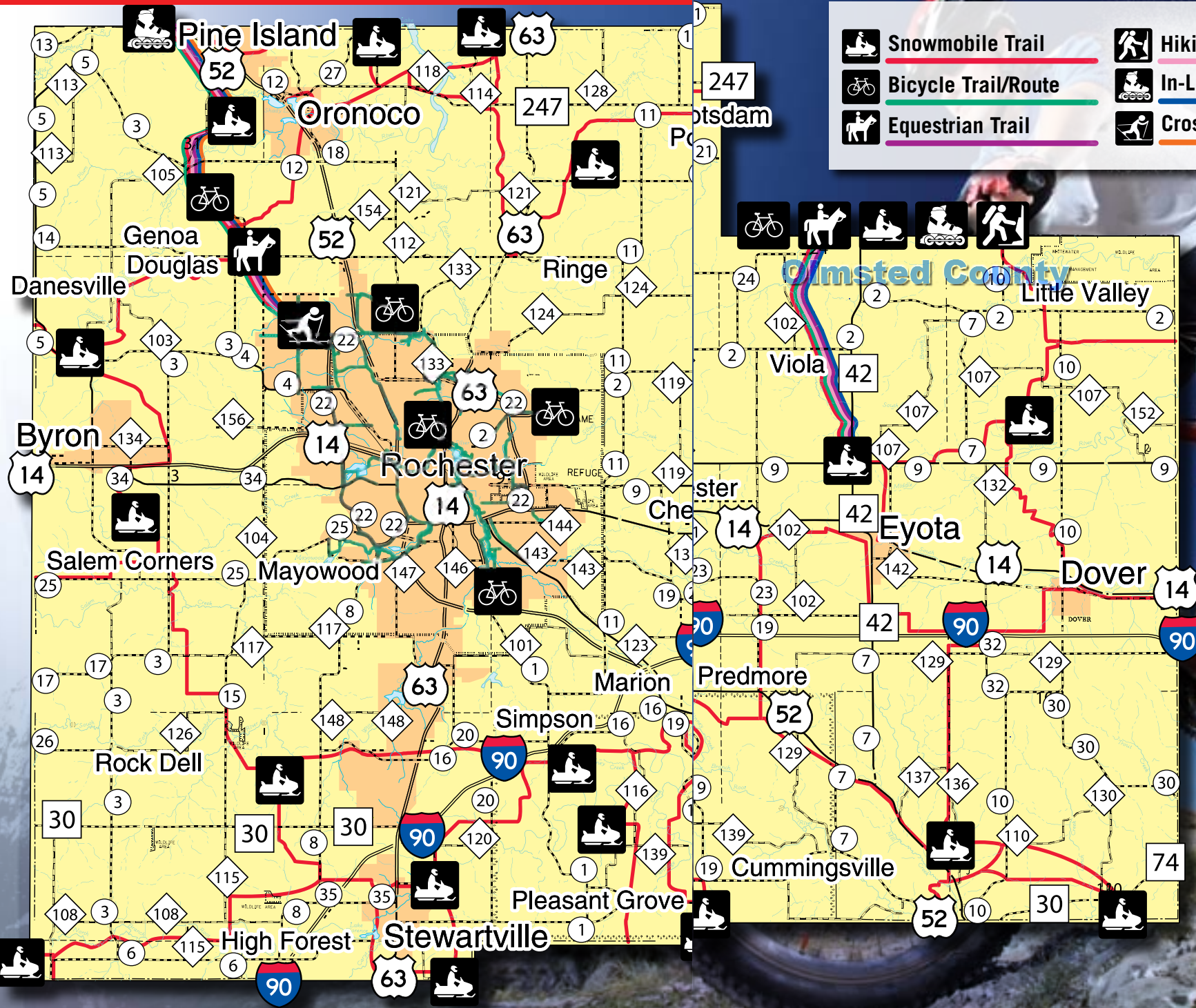
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic.
- Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.

## Drink lots of Water!



- Always use bicycle hand signals to alert traffic of your changing direction.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.

# LOCAL AREA TRAILS



	Snowmobile Trail		Hiking/Walking Trail
	Bicycle Trail/Route		In-Line Skating
	Equestrian Trail		Cross-Country Ski Trail



# Online Safety Tips

With the internet we can email, send messages, check the news and weather, stay in touch with family and friends, shop, make travel plans, manage spending.

With so much being done on the computer, you need to go about things safely. Many crimes today are committed on the internet. People can be scammed, stolen from or abused online, and many of the scammers target older people, often through things like emails, health care, and dating services.

- Don't reveal any personal information online. This includes things such as your name, email, social security, address, age, birthday and phone. Thieves can piece together your information and use it to steal your identity or money. Seniors are defrauded twice as much as others.
- Most banks and other organizations will never ask for your personal information via email. Be wary of any emails asking for your information or offering something for free, and do not open emails from unknown senders.
- When looking up information be sure the information and the website it is on are current, and do not only use a single website. Sites with .edu or .gov at the end can be good information sources.

# SUCCESSFUL AGING

## Regular Exercise -

Exercise boosts your mood and keeps you in shape

## Education -

Keep learning new things

## Maintain Good Relationships -

Spend time with friends and family

## Watch What You Eat -

Keep a balanced diet and regular proportions.

## Positive Attitude -

Keeping a good outlook keeps you happy

## Get Plenty of Rest -

Take the time to relax

## Keep Trying New Things -

Be open to new experiences

## Stay Creative and Curious -

Never stop expanding your boundaries



## FALL PREVENTION SAFETY

1. Remove obstacles in the house that could cause tripping—everything from small floor rugs to objects on the floor like an oversized vase or magazine stand.
2. Install handrails and lights on staircases, with light switches at the top and bottom of the stairs.
3. Install shower and tub grab bars in the bathroom, around the toilet and the tub.
4. Place no-slip mats on the shower floor and bathtub.
5. Paint doorsills with a different, highlighting color to avoid tripping.
6. Put on hip pads if you're at high risk for falls.
7. Make home lighting brighter, but prevent glare.

## STAY HYDRATED

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

## PROTECT YOUR EYES

Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

## RUB ON SUNSCREEN AND WEAR HATS

Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.



## FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

### INSECT BITES/ANAPHYLAXIS

Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite with these symptoms, seek medical attention.

### POISON PREVENTION

Teach your children about poison and how it can look like a food or drink.

They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

**Lock up your poisons and medications.** Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

**Follow directions carefully.** Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

**Keep your pets safe from household chemicals.** Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.



## FIRST AID FOR BURNS & CHOKING

### BURNS

**For minor 1st and 2nd degree burns smaller than 3" in diameter:** Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

**Bandage the burn with sterile gauze:**

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

**Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:**

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sunscreen outdoors. Avoid giving aspirin to children.

**For 3rd degree burns/all major burns - DIAL 911**

**DO NOT run cold water over large severe burns - this can cause shock.**

**DO NOT remove burnt clothing.**

**Check for signs of breathing/coughing/movement.**

**If there are no signs of breathing begin CPR.**

**Elevate burned areas above heart level, if possible.**

**Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.**

### CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.



**IN AN EMERGENCY, DIAL 911**

Corner Home Medical

36 17th Ave NW • Rochester, MN 55901  
Phone: 507-208-4350 • Fax: 507-208-4236



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Friendly, personal service  
Just around the corner

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**Now Open Saturdays • 9:00-2:00**

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- Portable Oxygen Concentrators • Stationary Oxygen Concentrators
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- Comfort Products • Filters & Tubing • Health & Wellness
- Hot & Cold Therapy • Incontinence • Lift Chairs • Massage Therapy
- Mattress & Extremity Padding • Mobility • Portable Nebulizers
- Power and Batteries • Rolls & Bolsters
- Sleeping Solutions • Wound Care

One of Corner Home Medical's specialties is the treatment of patients with Obstructive Sleep Apnea (OSA), providing the largest selection of CPAP equipment and supplies in the area.

[www.cornerhomemedical.com](http://www.cornerhomemedical.com)