DECEMBER 2021 Vol.38 No.12

"Presenting" this Month at the Senior Center…

Event details on pages 10-12

Tree Decorating
Dec. 3, 9:15 AM

SASC Town Hall Meeting
Dec. 8, 9:30 AM

Yahara Strummers
Dec. 14
12:45 PM

Live Music on various dates

Reflecting on 2021 Program
Dec. 15, 2:30 PM

Bingo!
Dec. 15
1:00 PM

Madrigal Musical Performance
Dec. 17, 10:30 AM

Plus,
our many ongoing classes, group and social activities!
See inside for details.

The Senior Center is Closed:

Tuesday, Dec. 24
Monday, Dec. 27
Friday, Dec. 31

No meals served when Stoughton schools close due to dangerous weather conditions

Our Mission:

We are dedicated to the enrichment of the lives of older adults and their families by providing diverse programs, social services and volunteer opportunities.

Local Services

Case Management Service Area
Stoughton, Towns of Albion & Dunkirk
The Case Management program links older adults with services (food, housing, legal, medical, financial, social well-being, etc.) that are available to help them remain as independent as possible in their own homes and community. Our Senior Center's case managers are devoted to coordinating, evaluating and advocating for such services to meet each individual's needs and preferences. **See back cover for contact information.**

Equipment Loan Closet
Equipment such as wheelchairs and walkers may be checked out on a short-term basis to those residing in our case management service area: City of Stoughton, Albion and Dunkirk Townships. Monetary donations accepted.

Foot Care Clinic
Stoughton Health provides foot care services at their Community Health & Wellness Center at 3162 Co Hwy B. Call (608) 873-2332 to schedule an appointment.

Home Delivered Meals
Meal delivery is available to homebound older adults in the Stoughton service area every weekday. Details and menu on pages 16 & 17.

Tech Help Volunteers
Do you have questions on how to use your tablet, phone or computer? We have tech savvy volunteers ready to give you a hand by phone, or at the Center on the last Thursday of the month 11 AM - 1 PM. Sign up, or call the Center to set up a meeting for another time.

Elder Law & Local Estate Plans
As a service to the community, Attorney Eric Christoffersen offers meetings at his local office at 194 W. Main St. on Mondays at no charge. If additional work is required, you may be offered to retain his law firm for a fee. Call for details at (608) 662-0440 or edc@dfgrams.com.

Local Transportation
City Cab / Running Inc.—Lift Equipped Van
(608) 873-7233 runninginc.net/Stoughton-transit

Rides for Shopping
Transit Solutions Inc./Lift Equipped Van
Rides to in-town stores and Farm Market. Mondays -Fridays, 9:30 AM to 2:00 PM. Suggested donation: $1 round trip. Rides to Madison stores on Fridays for $3 round trip. Check the activity calendar for the stores. No one is denied rides based on ability to pay. To register, call the Senior Center (608) 873-8585.

Volunteer Ride Programs
RSVP Driver Program
Contact: RSVP request line 205-9422
Donation-based transportation to medical appointments for Stoughton based seniors, 60 years or older who live independently. Rides based on driver availability; 5 day advance notice & proof of COVID vaccination is now required for all riders. Please allow for additional time to complete registration paperwork.

Affordable Transportation Program
Contact: Richard Hoffman 873-6112, 9AM-4PM
Low-income residents of all ages are eligible for free transportation Monday – Friday to various types of appointments in the Madison area. Donations are appreciated. Qualifying individuals are considered based on driver availability. Masks and proof of COVID vaccination required. Discuss exceptions with Coordinator.

Vets Helping Vets Program
Contact: Lorrie Hylkema (608) 238-7901
Volunteer drivers provide medical, job application and support transportation within Dane County for any veterans, including immediate family members regardless of age.

Veterans Assistance
Call (608) 266-4158 to speak with a Dane County Veterans Assistance Representative.

Support & Resources

Alzheimer's Disease & Dementia

- **Alzheimer's Association**, alz.org/wi
  24/7 Helpline: (800) 272-3900
- **Alzheimer's & Dementia Alliance of WI**
  alzwisc.org, (608) 232-3400
- **Stoughton Center: Memory Loss Caregiver Support Group,** 2nd Thurs., 2:00 PM, Senior Center, Stoughton Room; Led by Dorie Arkin, Alzheimer's Association trained facilitator.
  Contact: (608) 873-8585

Caregiver Support Group

For information on support groups available to Dane County caregivers, contact Jane De Broux, Caregiver Program Coordinator at 608-261-5679.

Diabetes Support

American Diabetes Association, diabetes.org

Grandparents & Other Relatives as Parents

Generations United, gu.org

Grief Support Group

- **Stoughton Grief Support Group:** in-person led by Heartland Hospice Bereavement Counselor. Contact Carmen Sperle at (608) 819-0033 to register.
- **Agrace**, Virtual support groups for adults agrace.org/grief-support or call (608) 327-7118

Hearing Loss Support

Office for the Deaf & Hard of Hearing
dhs.wisconsin.gov/odhh, (855) 359-5252

LGBTQ 50+ Alliance

Currently offering in person Gay, Gray & Beyond Group, Current Events group as well as Mindfulness Movement & Key Yoga.
For more information, please call Karen Kane at (608) 712-3411 or email lgbtq50plus@gmail.com .
More resources at: bit.ly/LGBTQMadison

Low Vision Support

- WI Council of the Blind & Visually Impaired
  wcblind.org, (800) 783-5213
- **Stoughton Low Vision Group**
  3rd Thursday, 1:00 –2:30 PM
  Senior Center, Stoughton Room
  Contact: (608) 873-8585

Multiple Sclerosis Group

- **National MS Society**, nationalmssociety.org
- **Stoughton MS Support Group**
  2nd Tuesday, 10:00-11:30 AM
  Senior Center Mandt Room
  Contact: (608) 873-8585

Parkinson's Disease

- **American Parkinson Disease Association**
  apdaparkinson.org/community/wisconsin
- **WI Parkinson Association**: wiparkinson.org
- **Stoughton Parkinson Group:**
  Tuesday, December 14, 1:00 - 2:00 PM
  Senior Center, Mandt Room
  Contact: (608) 873-8585

Project Recovery, projectrecoverywi.org

Free crisis counseling program in Wisconsin

Stepping On Fall Prevention

Concerns about balance, home safety or falls? Call Ashley Hillman, Safe Communities Falls Prevention Program Manager (608) 235-1957.

Substance Abuse

- **Stoughton Alano Club**
  500 Giles Street, (608) 873-6004
- **Alcoholics Anonymous**
  mtg.area75.org, (608) 222-8989
- **Al-Anon Family Support**
  alanonmadisonwi.org, (608) 258-0314
- **Narcotics Anonymous**
  badgerlandna.org, (608) 258-1747

Institute on Aging's Friendship Line: (800) 971-0016
24-hour crisis line in for people aged 60 years and older, and adults living with disabilities.

News & Information

Largest Increase in 40 Years: Social Security Benefits to Increase 5.9% for 2022

The Social Security Administration (SSA) recently announced that the cost-of-living adjustment (COLA) for 2022 would be 5.9%, the largest increase since 1982. The average recipient will see a $92 monthly increase over 2021. However, 2022 Medicare premiums are also expected to increase, reducing the impact of this COLA increase. With the COLA for 2022, the average monthly Social Security benefit will increase from $1,565 to $1,657, and for individuals collecting Social Security Disability Insurance (SSDI), the average monthly benefit will increase from $1,282 to $1,358.

Additional Social Security Changes for 2022

- Maximum earnings subject to the Social Security tax will increase from $142,800 to $147,000.
- Maximum earnings working recipients under full retirement age can earn before a reduction in benefits will be $19,560 in 2022 vs. $18,960 in 2021.
- Maximum Social Security earnings before someone will see an early retirement work penalty will increase to $19,560 per year or $1,630 per month, unless the beneficiary reaches full retirement age (FRA) in that year, then the limit will increase to $51,960 per year or $4,330 per month.
- In 2022 it will take $1,510 to earn a Social Security quarter, up $40 from 2021.

Things That Won't Change for Social Security

- Social Security tax rates remain the same for 2022: 6.2% on employees and 12.4% on the self-employed.
- Individuals with earned income of more than $200,000 ($250,000 for married couples filing jointly) will continue to pay an additional 0.9% in Medicare taxes.

For more information see:
SSA Press Release:
ssa.gov/news/press/releases/2021/#10-2021-2
2022 COLA Fact Sheet:
ssa.gov/news/press/factsheets/colafacts2022.pdf

Avoid Coronavirus Scams

The Federal Trade Commission (FTC) gives advice on avoiding scams related to COVID-19.

- COVID-19 vaccines are free. If anyone charges you for help signing up or the shot itself, it's a scam. You can't buy the COVID-19 vaccine anywhere. It's only available at federal and state approved locations.
- Always talk with your doctor or healthcare professional before you try any product claiming to treat, prevent, or cure COVID-19.
- Don't post your vaccination card to your social media account. Someone could use the information for identity theft.
- Right now, there are no official plans to create a national vaccine verification app or certificate or passport. If someone asks you for personal information or money to get a national vaccine certificate or passport, that's a scam.
- Contact your state government about its vaccine verification plans and requirements.
- Check with airlines, cruise lines, and event venues about their vaccine verification or negative testing requirements.
- When you're looking for pandemic-related help, start with sites like coronavirus.gov and usa.gov/coronavirus.

Details at Federal Trade Commission (FTC):
ftc.gov/coronavirus/scams-consumer-advice

News & Information

Weatherization Assistance Program

The weatherization assistance program is available year-round (not just during the heating season).

The Division of Energy Housing and Community Resources contracts with local agencies to provide basic weatherization services to reduce home heating bills, save energy, and make your home warmer in the winter and cooler in the summer.

If you are eligible for weatherization services based on your Wisconsin Home Energy Assistance Program (WHEAP) application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition. Some common weatherization services include:

- Insulating attics, walls and floors
- Insulating or replacing water heaters
- Installing energy efficient lighting
- Reducing air leakage
- Repairing or replacing furnaces
- Testing and/or replacing refrigerators
- Performing a general health and safety inspection
- Providing information about maintenance and energy conservation

How to Apply

Households must complete a Home Energy Plus application through the local WHEAP agency or apply online via: energybenefit.wi.gov/.

Residents in Dane County, may contact Dane County Tenant Resource Center at (608) 257-0006. If you live outside of Dane County you may contact 1-833-900-9372, or visit the "Where to Apply" tab on homeenergyplus.wi.gov to find your local energy assistance agency.

home energy+

Energy Services Inc.

Energy Service Inc. is now booking appointments for the 2021 heating season. Appointments will not be in person. Returning and new clients may apply three ways:

1) Apply online: energybenefit.wi.gov
2) Schedule an appointment by phone: 1-800-506-5596
3) Book an appointment online at: esiwi.com/book-an-appointment

2021-2022 Home Energy Plus Program Year (10/01/2021 - 9/30/2022)
60% of State Median Income Guidelines:

Household Size	One Month Income	Annual Income
1	$2,591.92	$31,103
2	$3,389.42	$40,673
3	$4,186.92	$50,243
4	$4,984.42	$59,813
5	$5,781.92	$69,383
6	$6,579.42	$78,953
7	$6,729.00	$80,748
8	$6,878.50	$82,542

Tips to Prevent a Fall this Winter

To prevent falls during winter, make sure all walking areas near your home are free from ice and snow by using salt or sand. Consider hiring a service, a neighbor, or ask a friend or family member to help keep walkways clear and salted in winter. If you must walk on an icy surface, walk like a penguin. To do this, bend slightly and walk flat footed. Keep your center of gravity over your feet as much as possible. Point your feet out slightly and shuffle your feet and take short steps. And, of course, wear shoes with good tread when venturing out in the winter elements.

News & Information

Medicare Part D Open Enrollment Ends Dec. 7

It is important to review your Medicare Part D Prescription Drug plan and compare it to other available plans to be sure it will be a good plan for you in the new year.

Four Reasons to Review your Drug Plan:

1. Your plan may cost more due to changes in deductibles, premiums, and copays.
2. Your plan may no longer cover all your medications because insurance companies change their formularies.
3. Your plan may have put restrictions on some of your medications such as reauthorizations, quantity limits and step therapy.
4. You may be taking different medications now.

You may compare plans online using the Medicare Health and Drug Plan Finder at medicare.gov. To assist with this process, the Stoughton Area Senior Center has links to step-by-step guides and videos for using the Plan Finder and creating a MyMedicare account at: stoughtonseniorcenter.com/medpartd.

The following agencies are also available to give unbiased assistance with plan comparisons over-the-phone: **Medicare:** 1-800-MEDICARE, **Medigap Helpline:** 1-800-242-1060, **Disability Drug Helpline** (under 60yrs):1-800-926-4862, or **Wisconsin Medigap Prescription Drug Helpline:** 1-855-677-2783

Please contact the Stoughton Area Senior Center Case Managers if you have questions at (608) 873-8585. The Senior Center is always a resource for fielding questions for Medicare Part D. Unfortunately, due to our limited staff time the Center will have limited appointments for Medicare D. We strongly encourage people to reach out to the above numbers or website and a family member/friend to help with the enrollment process.

Adapted from GWAAR Medicare Outreach Team
gwaar.org

Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action

Free Program for Adults with Memory Loss and their Caregivers

Caring for a loved one with memory loss is difficult under the best of circumstances, but folks in the LGBTQ+ community face additional challenges because of their identity and a lifetime of marginalization, stigma and trauma. Caregivers might be reluctant to take advantage of resources in the community, fearing discrimination or hostility. They might feel unwelcome in support groups. Or they might forego medical care for their loved one because they don't have an "official" status to make decisions.

Aging with Pride: IDEA (Innovations in Dementia Empowerment and Action) at the University of Washington is offering a free program for the LGBTQ community. Aging with Pride: IDEA is the first federally-funded research study examining ways to improve the health and quality of life for adults with memory loss and their caregivers in the LGBTQ community.

The person with memory loss (must be 50 years or older) and their caregiver participate as a pair and at least one of them must be LGBTQ. The caregiver can be a spouse, partner, adult child, relative, friend, or anyone who helps the person with memory loss.

The IDEA program includes nine individualized sessions with a trained coach. The coach teaches the pair problem-solving skills to improve behavioral challenges and communication. A low-impact exercise program is also included.

The sessions are individualized and virtual, using easy video chatting. Participants can live anywhere in the U.S., and are compensated for completing phone interviews. Tablets with connectivity and simple instructions for using, plus tech support can be provided if needed.

To learn more call 1-888-655-6646 or email ageIDEA@uw.edu. You can also visit the IDEA website at ageidea.org.

COA & Community News

Commission on Aging
November 9, 2021 at 11:00 AM

Introductions:

- Introduced Brian Aarstad, the Senior Center's newest staff member to COA.
- Welcomed Superintendent Dr. Tim Onsager who is joining COA as Stoughton School District representative.

Director Comments:

- We are grateful the parking lot construction is now complete!
- Case Managers are in the middle of Medicare Part D enrollment, plus many new referrals. We still have a 2-3 week waiting list to meet with new clients.
- Beginning plans for a town hall meeting.

Fundraising:

- We are getting a great return from our fundraising letter requesting donations to fund our annex space renovation.
- The Wahlin Foundation awarded us a $50,000 grant and the Stoughton Area Community Foundation awarded us $4,000.
- So far we have brought in about $80,000 towards the $200,000 we need for the renovation project. And we are just $1,500 short of the annual $29,500 funds we need to raise to contribute to the operational budget.

Committee Reports: No committees met.

Legislative Update: City Council is meeting to approve the 2022 operational budget.

Next meeting via Zoom:
December 7, 2021 at 11:00 AM

Full meeting minutes and Zoom meeting links are available at:
stoughtoncitydocs.com

Alone Together: A Look at Seniors' Experience During the Pandemic

There's no question that the social isolation forced on us by COVID-19 has lasting impact on our lives. In the article, " Alone together: Seniors experienced heightened isolation during COVID-19 pandemic," The Cap Times brought to light the personal experiences of some local seniors and discussed how senior centers addressed some of the daily challenges faced by their community. Read the full article which is linked on our website: stoughtonseniorcenter.com/blog

Donate While You Shop!

This holiday season we invite you to participate in the Stoughton Area Senior Center's latest fundraiser. We are selling gift cards to various vendors to help us raise funds to support our annex renovation project. Purchase some as gifts, or treat yourself. For more details, please call (608) 873-8585.

Thanksgiving Day Meal Thank You

Stoughton Health and the Stoughton Area Senior Center provided a Thanksgiving Day meal to community seniors. Many thanks to the volunteers and staff who helped make and deliver the meals.

Fireside Trips 2022

The Sugar River Senior Center in Belleville has offered us an opportunity to join them on trips to the Fireside Theatre.

For trip information and registration, **call the Sugar River Senior Center at (608) 424-6007**.

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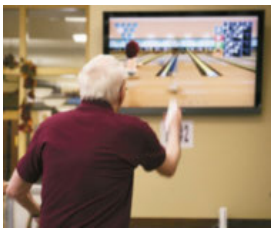
In-Person Activities & Events

Fitness & Wellness Activities

Blood Pressure Screening, FREE
Thursday, Dec. 2 & 16, 10:00AM - Noon

Chair Exercise
Mondays, Wednesdays, Fridays, 8:15 AM
Cost: $2/class

Line Dancing, FREE
Tuesdays, 2:00 PM



Ping Pong, FREE
Mondays & Wednesdays
3:00 - 4:00 PM
Fridays, 10:30 AM

Wii Bowling, FREE
Mondays & Fridays, 10:00 AM

Thirteen Moves Tai Chi
Monday Drop-in Class
Beginners: 10:30 -11:30 AM
Advanced: 1:00 - 2:00 PM
Senior Center Yahara Room
Cost: $10/per class or 4 classes for $36.

Reflexology with Heidi Fromi
Thursday, Dec. 2 1- 4:30 PM
Tuesday, Dec. 21 1- 4:30 PM
Reflexology is a form of massage applying deep pressure to reflex points upon the feet, opening nerve pathways to increase circulation and create a sense of balance within the body. The feet are like a roadmap that connect to organs and glands within the body and by working the feet it can return the body to normal function and flow. Heidi has been practicing reflexology for over 23 years and has a wonderful following of clients privately and through the Stoughton Area Senior Center. Space is limited, call to schedule an appointment (608) 873-8585.

Coffee with the Mayor
Friday, December 10, 9:30 AM
Mayor Tim Swadley of the City of Stoughton holds monthly meetings to the public at the Senior Center. Please come by, grab a cup of coffee, and join in on discussion of the latest local news.

Lunch Bunch
Friday, December 10, 11:00 AM

Join others for a lunch outing on the 2nd Friday of the month. This month the group will be meeting at the Sunrise Family Restaurant in Stoughton. Call the Senior Center (608) 873-8585 to register.

Social & Recreation Activities

Bridge
Tuesdays, 9:30 AM

Cribbage
Mondays, 1:00 PM

Euchre, cost $1 to play
2nd Friday, 1:00 PM

Handiwork Group
Mondays, 1:00 PM

Mahjong
Mondays, 1:00 PM

Pinochle
Wednesday, 1:00 PM

Pool Tables
Available daily, 8:00-4:30 PM

Sheepshead
Thursdays, 1:30 PM

Train Dominoes
Thursdays, 1:30 PM

In-Person Activities & Events

Special Event!
Friday, December 3
9:15 - 11:00 AM
Ms. Traci Brennan's Second Grade Class from St. Ann's School will be helping us ring in the holiday spirit by making Christmas ornaments for our Senior Center Tree, share in a holiday story and bring delicious snacks for members of the Senior Center. Come join in the fun. All are welcome!

SASC Town Hall Meeting
Wednesday, December 8, 9:30 AM
Please join us for a year-end discussion with Director Cindy McGlynn. There will be coffee and treats provided. Come and share your ideas, concerns and hear about our remodeling project for the building next door. Home to see you there!

BINGO!
December 15 1:00 PM
Thank you to our friends at the Partners of Stoughton Hospital for sponsoring Bingo at our Center!

Come See A Movie At The Center!
Friday, December 17, 1:00 PM

Mary Poppins Returns

The magic returns in Disney's reimagined classic as Mary Poppins (Emily Blunt) helps the Banks family remember the joy of what it's like to be a child. Together with her friend Jack the lamplighter (Lin-Manuel Miranda), fun is brought back to the streets of London in celebration that everything is possible…even the impossible!

Music Event at the Opera House
Sunday, December 5, 4:00 PM
The Stoughton Chamber Women's Ensemble under the direction of John Beutel will present a concert of Christmas Music at the Stoughton Opera House. Donations accepted.

Musical Events at the Senior Center

Piano at Lunch
December 1, 2, 3, 9 & 16, Noon
We are grateful to have two musicians willing to play piano to enhance our lunch experience! Margo Martens will join us on: Dec. 1, 2 & 3. Sherry Matson will be here Dec. 9 and 16.

Festive Accordion Music
Wednesday, December 8, 12:30 - 1:00 PM
Tuesday, December 21, 12:30 - 1:00 PM
For years John Beutel has been providing musical education and entertainment for the Stoughton Community through coordination of his well-attended Music Appreciation series. This month he has agreed to share his own musical talent on the accordion!

Yahara Strummers
Tuesday, December 14, 12:45 - 1:30 PM
We are excited to announce that Stoughton's very own Yahara Strummers Ukulele Group will be performing at the Senior Center! They will play some favorite classics followed by a Christmas sing along. The Strummers will share their talents with us; we will provide the song lyrics; you provide your voice and cheer. Please join us for this fun, interactive event!

Madrigal Musical Performance
Friday, December 17, 10:30 AM
The Stoughton High School Madrigal singers will present a special holiday concert at the Senior Center! We are unfortunately unable to provide the traditional dinner show this year. Please join us to celebrate the holiday season with this talented group of young performers. Space is limited, so please make a reservation.

Ways to Engage

Volunteer Opportunities

Please contact Julia at 873-8585 for more information on these and other volunteer opportunities at the Senior Center:

Writing Group Facilitator

Do you love to write and help others develop this skill? If so, this position may be for you!
We are looking for a kind, encouraging and thoughtful person who is skilled in writing to help senior participants explore and develop their creative writing skills. The group leader will meet monthly with writers at the Senior Center, assign a common topic, listen and provide constructive feedback to writers and share writing tips with participants.

Substitute & Regular Meal Drivers

Being a Meals on Wheels volunteer is a wonderful way to support home bound seniors in our community. The trained volunteer picks up meals at the Senior Center and delivers them along a pre-determined route directly to the homes of several older adults.
Once you're done, you return the delivery packaging items to the Senior Center. Make a positive difference in someone's life today!

Kitchen Volunteers

Kitchen volunteers assist in the packaging of meals to be delivered to home bound older adults and in serving and cleaning up after congregate meals at the Senior Center. Hands on training is provided. Volunteer 1-2 days per week or on a substitute basis. Must be able to stand for 1-2 hours. Enjoy fellowship while helping others!

Parkinson's Support Group

December 14, 1:00- 2:00 PM

We are pleased to announce that our drop-in Parkinson's Support Group is returning to the Senior Center! In this session, individuals with Parkinson's disease and their care partners will get an opportunity to get to know each other and share concerns. The group will also discuss how to communicate with family and friends about Parkinson's Disease. This is especially relevant now that we are in the holiday season. We hope you can join us!

Reflecting on 2021

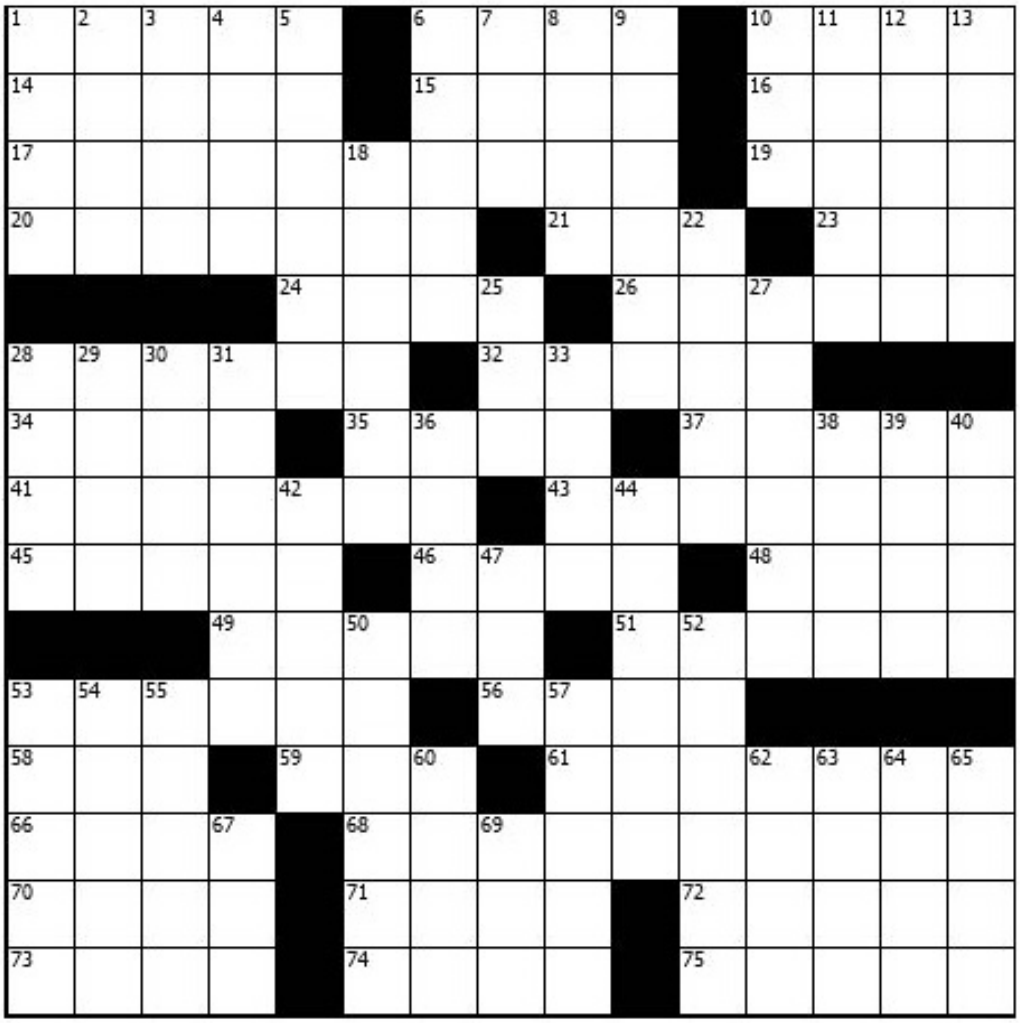
Wednesday, Dec. 15
2:30 PM

2021 – what was it like for you? For most of us, it was a time of change and challenge. While it tested our patience, it also made us hopeful that we could return to what once was. One thing is for sure –it was like no other and we could all use an opportunity to talk about its impact on us. Join Carmen Sperle, Licensed Professional Counselor with Heartland Hospice, for an informal gathering with coffee and sweets as we share our experiences and support one another. Whether the changes in your life were concrete or more abstract, they were real and we need each other now more than ever. You do not have to do this alone.

Ready to Travel?

Are you interested in taking an organized trip? Whether you're looking to take a trip abroad, within the United States, or just a nearby day trip—we want to know your thoughts! How about a bus trip to a Brewer's, Mallards, or another sporting event? Please share your feedback by contacting Cindy McGlynn at (608) 873-8585 or cmglynn@ci.stoughton.wi.us

Crossword Puzzle



ACROSS

1 Moved upward
6 Blacken
10 Spring event
14 Lawful
15 Citrus fruit
16 Strong cord
17 Pierced
19 36 inches
20 Dozing one
21 _____ guilty
23 Apparatus
24 Historic periods
26 Sewing tool
28 Globe
32 Make right
34 Vietnam's neighbor
35 Female singer
37 Common contraction
41 Guacamole ingredient
43 More unpleasant
45 Olympic award
46 Wound covering
48 Aware of
49 Basil sauce
51 Most tender
53 Snapshot taker
56 Shapeless mass
58 Fuss
59 Blasting substance (abbr.)
61 Arms depot
66 Wander
68 On purpose
70 Smile
71 Bring up
72 ____ Says
73 Wallet stuffers
74 No ifs, ___, or buts
75 Leaks slowly

DOWN

1 Swiss peaks
2 Film holder
3 Folklore monster
4 Secure
5 Las Vegas groom, often
6 Barton or Bow
7 Successful song
8 Prayer response
9 Remodeled
10 Attempt
11 Stash
12 Spring month
13 Pie slice
22 Looks after
25 Rested
27 Magazine VIP
28 Bridge coup
29 Apply asphalt
30 Cowl
31 Get free
33 "____ Lisa"
36 Missing
38 Eat at eight
39 Butterfly catchers
40 Horse's gait
42 Observant
44 Soak up
47 Corn holder
50 ____ Day O'Connor
52 Preoccupy
53 Freight
54 Embellish
55 "Brokeback Mountain", e.g
57 Dens
60 Adolescent
62 Great Lake
63 Moniker
64 Over
65 Telescope glass
67 Naval rank (abbr.)
69 Boy

Virtual Classes & Social Events

Let's Connect!

1st & 3rd Wednesdays, 10AM

Join fun and informative bi-monthly calls. Dane County agencies are partnering to provide entertaining and educational programs by phone in an effort to reduce feelings of isolation.

Dec. 1: Dementia & The Holidays

Learn about the basics of dementia with Rose Kearney form the Alzheimer's & Dementia Alliance of Wisconsin and Audrey Warrington of the Aging & Disability Resource Center. Learn how to make holidays and visits the most meaningful for people with dementias, as well as friends, family and caregivers. We will discuss navigating caregiver stress and managing changes.

Toll free 1-833-558-0712;
Access code: 199 641 6875##

Dec. 15: Music & the Brain

The brain is the most complicated structure that we know of in the universe. Not bad for a 5 pound collection of cells and fluids that sits in the quiet darkness of our skulls! And from that organic lump comes our experience of the heroic heights of Beethoven's Ninth Symphony, and the earthy grind of the Delta Blues. Join Dr. David Mays for a journey into the brain and how music moves us.

Toll free 1-833-558-0712;
Access code: 199 195 6932##

Healthy Living with Mild Cognitive Impairment (MCI): Medications, Supplements and Vitamins

Friday, December 10, 2021
9:30 am - 11:30 am, Online/Zoom

Holly Altenberger, PharmD, from O'Connell Pharmacy and Nathaniel Chin, MD, UW Health memory clinic doctor will share their expertise. You may register for this class, earn more about theclass series and view upcoming dates and archived past classes at: adrc.wisc.edu/mci
If you have questions, contact Bonnie Nuttkinson at (608) 265-0407.

QiGong Online Classes

Led by Jo Chern of Five Element QiGong.
For more information, visit fiveelementqigong.net and email Jo at: jochern5@gmail.com

Tai Chi Fundamental Form

Two options are available for this fun gentle exercise class! A Friday in-person class and Tuesday virtual class. Please contact Rachel Sandretto.at sandretto.taiji@gmail.com for more information and to register. Chairs are used for stabilization and no mats are necessary.

Senior Strength & Stretch Classes

Mondays & Wednesdays at 9:00 AM

Virtual classes via Zoom for light cardio, balance, strength training, and flexibility. $20/month. Contact Becky Otte-Ford at (608) 215-4119 or raonine@gmail.com.

A	R	O	S	E	■	C	H	A	R	■	T	H	A	W
L	E	G	A	L	■	L	I	M	E	■	R	O	P	E
P	E	R	F	O	R	A	T	E	D	■	Y	A	R	D
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G	R	I	N	■	R	E	A	R	■	S	I	M	O	N
O	N	E	S	■	A	N	D	S	■	S	E	E	P	S

Solution to puzzle on p. 13

More Highlights

Tablets to Loan

Did you know that you can borrow e-tablets from the Senior Center? Tablets can be borrowed for a 90-day renewable term at no cost! Borrowing entails a brief coaching session at the Senior Center to familiarize borrowers with the device and following of all rental guidelines. Please call the Senior Center for more details at (608) 873-8585 or to schedule your coaching session.

Traveling for Tootsies Mobile Pedicurist

Safe practices for diabetics, seniors & immunocompromised clients. Services in your home by Amy Foster, a Certified Master Pedicurist. Contact Amy directly to schedule an in-home appointment at (608) 576-8986 or travelingfortootsies@gmail.com.
Cost: Nail trims, $35. Full pedicure, $55.

Do you or someone you know need assistance accessing mental health and/or substance use services?

The Behavioral Health Resource Center (BHRC) is a community resource available to any Dane County resident regardless of insurance, financial or legal status, identity, ability or age.

(608) 267-2244 • BHRC@countyofdane.com
danebhrc.org • interpretation services available

Hardanger Embroidery with Donna M. Olson

Wednesdays,
January 5 – April 13
8:15 – 10: 15 AM or
10:15 – 12:15 PM

Classes are designed for beginner through experienced stitchers of this thread count Norwegian technique. Cost for the 15 week class is $50 and payment is made directly to the instructor on the first day of class. Call the Senior Center at (608) 873-8585 to register. Kits are available from the instructor for all levels for $25 - $35. Kits include fabric, thread, needles and pattern. Please register by December 15.

Take Action Now to Prevent the Flu!

The Centers for Disease Control and Prevention (CDC) recommends that almost everyone 6 months of age and older get a seasonal flu vaccine each year, and for people 65 years and older it is especially important. Even healthy older adults are at higher risk of contracting the flu due to age-related weakening of the immune system, making it more difficult to fight off disease. And for those who may be managing a chronic condition, such as diabetes or heart disease, the flu can be even more dangerous as you may be more likely to develop complications or become hospitalized.

Make an appointment with your physician or visit your local clinic or drug store to receive the shot. Medicare Part B covers the cost of the flu vaccine once per flu season when it's given by doctors or health care providers who accept Medicare. If you have a Medicare Advantage Plan, you may need to use an in-network doctor or pharmacy. In addition to getting a flu shot, people 65 and older should take the same everyday precautions that the CDC recommends for everyone, including avoiding people who are sick, covering your cough and washing your hands often. Don't wait! Taking precautions now can protect you and your loved ones, so schedule your flu shot today.

Details at Centers for Disease Control and Prevention: cdc.gov/flu/prevent/keyfacts.htm

Nutrition News

Healthy Cranberry Sauce

- 12 oz fresh or frozen cranberries rinsed and drained
- 1/3 cup maple syrup or honey
- 1/2 cup orange juice
- 1/8 tsp vanilla extract optional
- 1/8 tsp cinnamon optional

Add cranberries, maple syrup and orange juice to a small pot. Bring to a boil covered, reduce heat to medium and cook for 6 minutes. Cranberries are cooked when you hear them pop. Remove lid, add cinnamon and vanilla if you wish, stir and cook for 3 more minutes or until sauce has thickened. From: ifoodreal.com

Senior Center Nutrition Program:

Meals provided by Dane County Consolidated Food Services. They are packed, delivered and served by Senior Center staff & volunteers. * Contains Pork on the menu. MO=Meatless Option. NCS= Low Sodium

Home Delivered Meals: Delivery is available to homebound older adults in the Stoughton Area School District in Dane County every weekday.

Nutrition Site: Note the additional salad choice available on Fridays. See pg. 2 for transportation information.

Cost for Meals: Individuals 60 years or older pay by donation. **Suggested minimum donation is $4**. Individuals under age 60 must pay the total cost of **$9.69**. Drivers can take meal payments. Any cancellations made on the day of are still subject to payment to the Senior Center or Dane County.

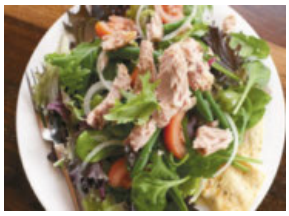
All menu items are prepared in kitchens that are **not** allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.

DURING INCLEMENT WEATHER:

NO MEALS WILL BE SERVED WHEN STOUGHTON SCHOOLS ARE CLOSED DUE TO SNOW OR OTHER DANGEROUS WEATHER CONDITIONS.

Friday Salad Options

This is for Meals on Wheels **or** meals at the Stoughton Center. You must call by Noon on the **Wednesday** before 608-873-8585.



Fri. Dec 3:Tuna Salad
Mixed greens topped with tuna salad, tomato, cucumber, dinner roll with butter, mixed fruit, chocolate pudding cup

Fri. Dec. 10: Beef Taco Salad
Shredded lettuce topped with seasoned ground beef, corn, cheese, salsa, black olives, sour cream, tortilla strips, dinner roll/butter, mixed fruit, frosted pumpkin bar

Fri. Dec. 17: Chicken Cranberry Bacon Bleu Salad (CCBB)
Mixed greens topped with diced chicken, bacon crumble, dried cranberries and bleu cheese crumbles, mandarin oranges, croissant/butter, and cherry pie. Dressing: Balsamic Vinaigrette.

Kim's Home-Cooked Curbside Pick-Up Meal or Dine In

For those 60 years of age and older, we are offering Kim's home-cooked meals via curbside pick-up or dine in at the Center on these dates:

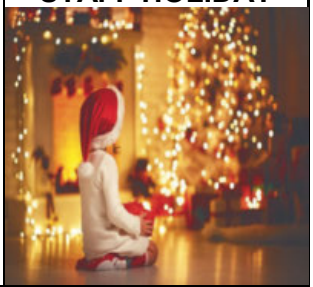
Thurs. Dec. 2 : Baked Chicken, twice baked potatoes, vegetable, roll/butter & dessert. Dine in or pick up.
Thurs. Dec. 9 : Italian wedding soup, salad, roll/butter and dessert. Dine in only.
Thurs. Dec. 16: Ham dinner, Au gratin potatoes, vegetable, roll/butter, and dessert. Dine in or pick up.
Thurs. Dec. 30: Pot roast, potatoes, vegetable, roll/butter and dessert. Dine in only.

Please bring exact cash or check payment. Suggested donation: $4.00. Pay what you can afford. Call (608) 873-8585 at least one day in advance to reserve your meal. Pick up is between 11:00 AM & Noon. Serving time for dine in is 11:30AM.

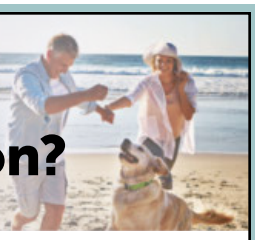
Stoughton Area Senior Center

All meals provided by: **DANE COUNTY CONSOLIDATED FOOD SERVICES**

DEC 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		*Italian Sausage NAS – chicken breast Coney Bun Roasted potatoes Stewed tomatoes Mandarin Oranges Vanilla Ice Cream Cup MO – Veggie Dog NCS – SF Ice Cream	Chicken Broccoli Rice Cass. Carrot Coins Chickpea Salad Tropical Fruit Glzd.Lemon Loaf Cake MO-Veg. Brocc. Cass. NCS – SF Cookie	*Meatballs /gravy Mashed potatoes Mix greens salad/ Dressing WW Dinner roll/butter Mixed Fruit Choc. Pudding Cup MO-Vegg Meatballs NCS – SF Pudding
Bone-in Garlic Parm. Chicken Stewed tomatoes Spinach casserole WW Bread/Butter Peaches Lemon Bar MO-Blk Bean Burger NCS – SF Cookie	Beef Stew & Biscuit Corn Chunky Apple Sauce Banana Bar MO – Veggie Stew NCS – Banana	Sausage& Veg. Egg Bake Fruit Cup Oven roast potatoes Orange Juice Cinnamon Raisin Bread Butter MO-Veg.Egg Bake NCS – n/a	Chicken Strips Honey Mustard Sauce Stmd.Brussel Sprouts Calico Beans NAS-stmd .peas WWdinner roll/butter Pineapple tidbits Sugar Cookie MO – Veg Chicken NCS – SF cookie	Pot Roast in Gravy Garlic Herb Mashed Potatoes Carrots Mixed Fruit WWdinner roll/butter Frost. Pumpkin Bar MO-Garden Burger NCS – SF Pudding
*Ham & Potato Casserole WW dinner roll/butter Peas Peaches Strawberry jell-o w/ pears MO-Veg & potato casserole NCS – SF jell-o	Chicken and Gravy (NAS to omit gravy) Over White bread Carrots Broccoli Orange Carnival Cookie MO – Veggie Chicken in gravy NCS – SF Cookie	Sloppy Joe/WW Bun Potato Salad Mixed Vegetable Banana Frosted Strawberry Cake MO – Chickpea Joe NCS – SF jell-o	*BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner roll/ butter Warm spiced pears MO – BBQ multigrain burger NCS – n/a	Roast Beef in Gravy Mashed Potatoes Green Bean Cass. Mandarin Oranges Croissant/butter Cherry pie MO – Veg. Meatballs NCS – SF Cherry Pie
Chicken Stew Mixed Greens/ Dressing Crackers Copper Penny Salad Pears Chocolate Pudding MO – Veggie stew NCS – SF Pudding	*Pork Loin in Gravy Cranberry stuffing Yam Bake California Vegetables Apple Sauce Chocolate Pie MO-Hummus Wrap NCS-SF choco. pie	Cheeseburger: Beef Patty/WW Bun Am. Cheese(NAS omit) Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Candy cookie MO-Garden Burger NCS – SF Cookie	*Meatballs/Marinara Over Penne Pasta 4 bean salad Peaches Cheesecake Brownie MO – Veg. Meatballs NCS – SF Pudding	**STAFF HOLIDAY** 
STAFF HOLIDAY 	Rustic Tomato Bean Soup WWdinner roll/butter Caesar Salad: Lettuce, Shaved Parm. (NAS omit), WW croutons Caesar Dressing Pineapple Strawberry Jell-O MO-Veg Bean soup NCS – SF Jell-O	Bone-in BBQ Chicken Baked Potato WW Bread/Butter Banana Apple Crisp MO-BBQ veg chicken NCS – Spiced Apples	Traditional Meatloaf Baked Potato Casserole Broccoli White Bread/Butter Chunky Applesauce MO-Veg. Meatballs NCS – n/a	**STAFF HOLIDAY**

Do you have a chronic condition?



A Special Needs Plan just for you

A Special Needs Plan may provide you with extra benefits if you have a qualifying condition and live in the plan's approved area. Verification from your doctor is required.

Qualifying Illnesses

Cardiovascular Disease (CVD)

Chronic Obstructive Pulmonary Disease (COPD)

Congestive Heart Failure (CHF)

Diabetes

Schedule an appointment to find out if you qualify:

Anew Insurance Agency
(608) 884-0362
4 Lord Street, Edgerton, WI 53534

By calling the number above, you will be directed to a licensed insurance agent.

Anew Insurance Agency, Inc.

Diaz Roofing Company, L.L.C.
12 Garfield St., Edgerton
608-209-5099 or 608-209-5355
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• NEW CONSTRUCTION • REMODELING
ALL WORK GUARANTEED
LICENSED & INSURED

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My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

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From a Name You Can Trust

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- Fire Safety
- Carbon Monoxide

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jparkinson@lpicommunities.com
or (800) 950-9952 x5887

Getting You Back in the Game

Stoughton Rehabilitation & Sports Medicine Clinic
2300 US Highway 51-138
(608) 873-2292

STOUGHTON HEALTH

Stoughton Area Senior Center Activities

DEC. 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Available Daily: ***Computers/I-Pads** ***WiFi** *** 2 Pool Tables**		1 8:15 Chair Stretch 12:00 Piano 1:00 Pinochle 3:00 Ping Pong	2 8-12 Woodcarving 10-12 BP Readings Kim's Meal Dine In or Pick Up 12:00 Piano 1-4 Reflexology 1:00 Ukulele 1:30 Train Dominoes 1:30 Sheepshead	3 Shop @West Towne 8:15 Chair Stretch 9:15-11 Student Visit 10:00 Wii Bowling 10:30 Ping Pong 12:00 Piano
6 8:15 Chair Stretch 10:00 Wii Bowling 10:30 & 1 Tai Chi 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 3-4:00 Ping Pong	7 9:30 Bridge 11:00 Commission on Aging Meeting via Zoom 2:00 Line Dancing	8 8:15 Chair Stretch 9:30 Town Hall Meeting with Cindy 12:30 Accordion 1:00 Pinochle 3:00 Ping Pong	9 8-12 Woodcarving Kim Meal Dine In Only 12:00 Piano 1:00 Ukulele Group 1:30 Train Dominoes 1:30 Sheepshead 2 :00 Memory Loss Support Group	10 8:15 Chair Stretch 9:30 Coffee w/Mayor 10:00 Wii Bowling 10:30 Ping Pong 11:00 Lunch Bunch 1:00 Euchre
13 8:15 Chair Stretch 10:00 Wii Bowling 10:30 & 1 Tai Chi 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 3-4:00 Ping Pong	14 9:30 Bridge 10:00 MS Support Group 12:45 Yahara Strummers Ukulele Sing-a-long 1:00 Parkinson Support Group 2:00 Line Dancing	15 8:15 Chair Stretch !:00 Page Turners 1:00 Pinochle 1:00 Bingo! 2:30 Reflecting on 2021 Support Grp. 3:00 Ping Pong	16 8-12 Woodcarving 10-12 Blood Pressure Readings? Kim Meal Dine In or Pick Up 12:00 Piano 1:00 Low Vision Grp. 1:00 Ukulele Group 1:30 Train Dominoes 1:30 Sheepshead	17 Shop @ Target 8:15 Chair Stretch 10:00 Wii Bowling 10:30 Madrigals Musical Performance 10:30 Ping Pong 1:00 Movie Time
20 8:15 Chair Stretch 10:30 & 1 Tai Chi 10:00 Wii Bowling 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 3-4:00 Ping Pong	21 9:30 Bridge 12:30 Accordion 1-4 Reflexology 2:00 Line Dancing	22 8:15 Chair Stretch 1:00 Pinochle 3:00 Ping Pong	23 8-12 Woodcarving 1:00 Ukulele Group 1:30 Train Dominoes 1:30 Sheepshead	24 Staff Holiday
27 Staff Holiday 	28 9:30 Bridge 2:00 Line Dancing	29 8:15 Chair Stretch 1:00 Pinochle 3:00 Ping Pong	30 NO Woodcarving 11-1 Computer and Tech Help Kim Meal Dine In Only 1:30 Train Dominoes 1:30 Sheepshead	31 Staff Holiday

Yahara Senior News
248 West Main Street
Stoughton, WI 53589
Phone: (608) 873-8585
Fax: (608) 873-8162

The Stoughton Area Senior Center, a municipal agency, coordinates, develops, supports and monitors programs and services for adults 55 years and older. Aside from our case management and nutrition services, which have area and eligibility restrictions, all adults over 55 years are welcome to participate at the center.

If you wish to have this newsletter mailed to you, the cost is $9.00 per year. Call (608) 873-8585 for details.

Accredited by National Institute of Senior Centers

WASC Wisconsin Association of Senior Centers

Senior Center Staff

Cindy McGlynn—*Director*
Hollee Camacho—*Assistant Director*
Tanya Kelly—*Case Manager-Stoughton*
Brian Aarstad—*Case Manager-Stoughton*
Marla Janssen—*Case Manager-Stoughton (M-W)*
Kim Whitford—*Nutrition Coordinator*
Julia Hayde—*Program & Volunteer Coordinator (M-Th)*
Kristin Ott—*Receptionist /Office Assistant (M-Th)*

Township Case Managers

Albion & Dunkirk
Murl MacKinnon—*Case Manager*
Cell Number 608-335-6677
Office is at the Stoughton Area Senior Center

Cambridge, Christiana, Dunn, Pleasant Springs, Rockdale, and McFarland
838-7117 McFarland Senior Outreach

Rutland & Village of Oregon
835-5801 Oregon Senior Center

See page two for a detailed description of the case management program.

Commission On Aging

All COA Meetings Are Open To The Public

Cathy Christman—*City of Stoughton*……. 205-2214
Rosalind Gausman—*Town of Dunn*…….. . 835-3077
Lou Havlik—*City of Stoughton*…….. 873-4915
Barb Manson—*City of Stoughton*…….. 873-9901
Bob McGeever—*City of Stoughton* 873-4529
Dr. Tim Onsager—*School District Rep*……..877-5001
Faith Schuck—*Town of Pleasant Springs*….. 234-0759
Jeanne Schwass-Long—*Town of Dunkirk* 873-9227
David Sharpe—*City of Stoughton* 332-8723
Marcia Standard—*Town of Albion*……561-6354
David Thomas—*City of Stoughton*……..205-2166
Joyce Tikalsky—*City Council Rep*……205-8158
Sue Wollin—*Town of Rutland*…….. . 455-4374

WE ARE DEMENTIA FRIENDLY

We are active members of the Stoughton Dementia Friendly Community Coalition. Visit Facebook.com/StoughtonDFC or call the Senior Center for more information on this initiative.