



January 2022 Vol.39 No.1



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.

Help the Senior Center Expand!

The older adult population in our area is growing, and the Stoughton Area Senior Center needs space to expand. “The Annex” next to our main building (circled in yellow above) is owned by the City of Stoughton. Stoughton City Council has approved this building to be used by the Senior Center beginning in 2023. With some basic renovation, this will become an area for larger group presentations, and more fitness and wellness classes.

Monday, January 17



The Senior Center must fund raise the cost of the renovation and any equipment needed. The project will cost approximately \$200,000. Renovations must be accessible for all participants.

We encourage you to help continue the great work for our 55+ population! At some point, you and your loved ones may be involved in programs or support at the Center. Your gift will assist with making services available now and for many years to come!

If you have any questions or suggestions, please contact Director Cindy McGlynn at (608) 873-8585.

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 call the Center to set up a meeting.

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 are 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

Offering in-person Gay, Gray & Beyond, Current Events, Mindfulness Movement & Yoga Groups
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**
2nd Tuesday, 1:00 - 2:00 PM
Senior Center, Lower Level Yahara 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



Here's the Scoop on Medicare

Not to sound like a broken record, but Wisconsin Medicare beneficiaries continue to fall victim to a variety of Medicare related scams. The good news? They are calling the Wisconsin Senior Medicare Patrol helpline to report the scams and figure out what to do next. The bad news? The fraudsters are still successful in convincing people to share their personal information, including Medicare numbers.

Let's talk about the bad news first. When the fraudsters convince you to share or verify your Medicare number, that's where the problems start. Whether you were contacted about a new Medicare card, a back brace, or a cardiac genetic test, sharing your Medicare number allows the fraudsters to submit claims to Medicare on your behalf for payment. This is fraud.

Important to remember:

- Medicare will never call you uninvited and ask for your personal or private information. If someone calls, stating they are calling from or on behalf of Medicare, hang up. They are up to no good.
- There is NOT a new Medicare card. Not a plastic card, a chip card, a different colored card, or a different card because of COVID-19. Your paper red, white, and blue card is the only card issued by Medicare.
- If a person calls you out of the blue and starts asking you questions about your health history or about pain you may have, hang up! If you have specific concerns, talk directly with your health care provider.

- The best practice in all of this is to never share your personal information, including your Medicare number, over the phone with people who are unknown to you. Do not share this information via email or text message either.

What's the good news in all of this? People are reporting these scams to us. If it is reported, we can do something to address it.

If you suspect Medicare fraud, errors, or abuse, it is best to immediately take these steps:

- Call the provider or plan and ask for an explanation if you have questions about information on a Medicare Summary Notice (MSN) or Explanation of Benefits (EOB).
- Get assistance from your Senior Medicare Patrol (SMP). We will listen and provide suggestions and next steps related to your concerns.

Medicare fraud is big business for criminals—to the tune of about \$60 Billion dollars each year. We all need to take an active role and be conscientious health care consumers. What does this mean?

- Protecting our personal information and sharing it with only those who are directly involved in our health care.
- Reviewing all statements to ensure they are an accurate reflection of received services.
- Asking questions of providers or plans when we don't understand.
- Reporting concerns in a timely manner.
- Sharing this information with friends and family members to help protect all of us from scams.

Here's the Scoop on how you can reach SMP:

Call: (888) 818-2611

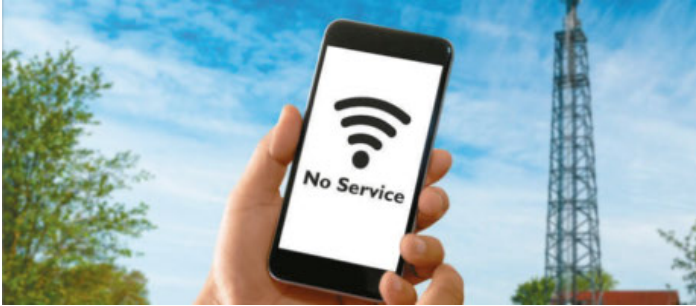
E-mail: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

Facebook: [@WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

Article by Ingrid Kunding, Wisconsin Senior Medicare Patrol Project Manager

News & Information



Is Your Cell Phone a Flip Phone?

Be Prepared for 3G Network Shutdowns

Mobile providers will be shutting down their 3G networks in 2022, which means that older phones may be unable to make or receive text messages and phone calls, including calls to 911, or use data services. In addition to phones this may affect some medical devices, tablets, smart watches, home security systems and other products with 3G network services. The 3G network retirement is being done in order to free up infrastructure to support new technology, like 5G.

It's important to plan ahead so that you don't lose the ability to use your phone or other device. For more information on your mobile provider's plans to phase out 3G, contact your provider directly. Timing will vary by company.

Some devices may need to be upgraded while others will just require a software update. Many mobile service providers are offering discounted or free upgrades for people who need to purchase a new device. In addition, some people may be eligible for assistance through two Federal Communications Commission programs. The Lifeline Program provides discounted phone service to qualifying low-income consumers. checklifeline.org/lifeline The Emergency Broadband Benefit Program provides a temporary discount towards broadband service to eligible households during the COVID-19 public health emergency. fcc.gov/broadbandbenefit

Adapted from GWAAR Legal Service Team
gwaar.org



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

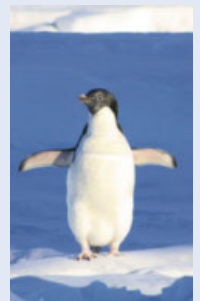
Dealing With Winter Weather

When on snow and ice, walk like a penguin!

- * Position center of gravity over your front leg
- * Have a slight bend in your knees
- * Walk flat-footed
- * Point feet a bit outward
- * Extend arms for balance
- * Take small steps

Walk slowly so you can react to changes in iciness or ground conditions, and don't put your hands in your pockets. Stay safe, and stay upright!

From Senior Medicare Patrol Team



News & Information

Just As Important: Pneumonia Vaccine

Understandably, all eyes are on the COVID-19 vaccination process: who is eligible, the side effects, its availability and effectiveness.



We're also all familiar with getting our annual flu shots each fall. Often overlooked, however, is the importance of getting a pneumococcal (pneumonia) vaccine.

Pneumococcal disease is a term used for a wide range of infections including:

- Ear infections;
- Sinus infections;
- Pneumonia (lung infection);
- Bacteremia (bloodstream infection);
- Meningitis (infection of the covering of the brain and spinal cord); and
- Sepsis (the body's extreme response to an infection).

Mild symptoms include cough, ear pain, fever, and sore throat. More severe symptoms include fever or chills, cough, rapid or difficult breathing, chest pain, headache, stiff neck, increased pain when looking at bright lights, and confusion or low alertness. Pneumococcal bacteria spread from person to person through coughing, sneezing, and close contact. People can carry the bacteria in their nose and throat without being sick and spread the bacteria to others.

Some adults are at increased risk for pneumococcal disease, including those who:

- Are 65 years or older;
- Use alcohol excessively;
- Smoke cigarettes; and
- Have certain medical conditions including chronic illnesses of the heart, liver, or kidney; chronic illnesses of the lung (including chronic

obstructive lung disease, emphysema, and asthma); diabetes; conditions that weaken the immune system; cochlear implants, and cerebrospinal fluid leak.

Medicare Coverage of Pneumonia Vaccine

Medicare Part B covers two separate pneumonia vaccines. Part B covers the first shot if you have never received Part B coverage for a pneumonia shot before. You are covered for a different, second vaccination one year after receiving the first shot.

If you qualify, Original Medicare covers pneumonia shots at 100% of the Medicare-approved amount when you receive the service from a participating provider. Medicare Advantage Plans are required to cover pneumonia shots without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

As with any vaccine, it is best to talk with your doctor about your specific conditions and any potential risks of side effects. More details are at: [medicare.gov/coverage/pneumococcal-shots](https://www.medicare.gov/coverage/pneumococcal-shots)

Article by GWAAR Legal Services Team



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

COA & Community News

Commission on Aging December 7, 2021 at 11:00 AM

Director Comments:

- Discussed the ShopwithScrip fundraiser. The Center can earn a percentage when people purchase gift cards through us. There are over 700 vendors participating. People are encouraged to fill out a form at the front desk and pay with cash or check.
- The County's latest modified masking mandate has been a little difficult. Staff are still wearing their masks while around groups of people. Since we don't have the staff availability to check vaccine status at the doors, we are continuing to require masks universally.

Fundraising:

- Cindy is working with City Planning Department to get an architect to help figure out the development of the annex building's construction needs and a more specific budget report.
- So far we have brought in about \$94,000 towards the \$200,000 we need for the renovation project. And we just reached our annual \$29,500 funds we need to raise to contribute to the operational budget.
- We look forward to opportunities for fundraising for our 50th anniversary celebration planning next year.

Committee Reports: No committees met. Julia will be reaching out to the Program Committee members to discuss current programming, ideas for future space, and to review instructor agreements.

Legislative Update: City Council approved the 2022 operational budget.

**Next meeting via Zoom:
January 4, 2022 at 11:00 AM**

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

Recognition of Grants

We would like to thank two local organizations for awarding the Senior Center grants to help support our Annex reconstruction project (front page). The Stoughton Area Community Foundation awarded us \$4,000.00 and the Wahlin Foundation awarded us \$50,000.00! We are so fortunate to be so supported by our community.



Thank You Dan!

For years, many of us have helped ourselves to food items left by our front entrance: bread, baked goods, and snacks, etc. Do you know the story behind how we receive these items? It is thanks to one Stoughton resident, Dan Metz.

Over ten years ago, Dan realized that in order to make room for new products, grocery stores often toss their overstocks, expired or soon-to-expire food. He hated to see food go to waste so he reached out to our local Pick n' Save stores offering to deliver their unwanted goods to area food pantries, shelters, churches and schools.

Now, Dan has turned this one-man community service project into a 6-day a week commitment. While he has received some donations for his efforts, the majority of the costs he incurs for gas, coolers, and storage bins have come generously out of his own pocket.

His generosity is astounding. So next time you see Dan delivering to the Center, please extend your gratitude and appreciation to him.

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Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.





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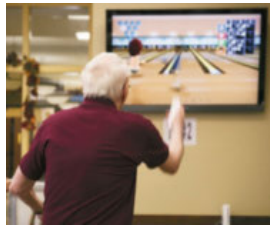
In-Person Activities & Events

Fitness & Wellness Activities

Blood Pressure Screening, FREE
Thursday, Jan. 13 and 27, 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 Starts Jan. 24
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, Jan. 6, 1- 4:30 PM
Tuesday, Jan. 18, 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. 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. Space is limited, call to schedule an appointment (608) 873-8585.
Cost: \$35/30 minutes or \$60/hour.



Coffee with the Mayor
Friday, January 14, 10:00 AM
Mayor Tim Swadley of the City of Stoughton holds monthly meetings to the public at the Senior Center. This month meet new City Clerk Candee Christen and discuss the 2022 Elections.

Lunch Bunch

Friday, January 14, 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 Stoughton VFW. Please call the Senior Center at (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

Rosemaling
Wednesdays, 9:30 AM - 12:30 PM

Sheepshead
Thursdays, 1:30 PM



Train Dominoes
Thursdays, 1:30 PM

In-Person Activities & Events

Celebrating Dr. King: His Legacy and His Words Thursday, January 20, 10:00 AM Sponsored by Skaalen Retirement Services

In honor of his federal holiday, which falls on January 17 this year, Michael Hecht will present on Reverend Doctor Martin Luther King, Jr., the legendary spokesman and leader of the American Civil Rights Movement. Hecht will discuss Dr. King's life and the making of some of his most impactful speeches. Thank you to Skaalen Retirement Services for sponsoring this important presentation. To register, call (608) 873-8585.



Come See A Movie At The Center Friday, January 21, 1:00 PM



Senior Moment

Victor Martin (William Shatner) is a retired NASA test pilot who loves speeding around Palm Springs in his vintage Porsche convertible. When his drivers license is revoked, and car is impounded for drag racing, he meets his polar opposite while taking

public transportation. He learns to navigate life and love when he fights the state's new DA to get back his car and license.

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

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.

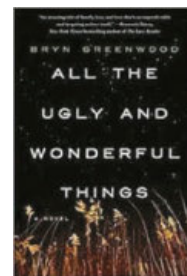
Special Event!

Senior Gadgets presented by SSM Tuesday, January 25, 1:00 PM

Staying at home is important for all of us as we age. There is no place like home! But at times, tasks become difficult and can facilitate a fall or long term care placement. Janet Bollig, MSW, from SSM Health at Home will present on new gadgets and equipment to help you stay home longer. Janet has decades of experience working with older adults to help them maintain their independence and have a voice in their future care and support. Come and learn more about the equipment, tools and gadgets that can help you maintain your independence! Please register by calling (608) 873-8585.

Page Turners: Adult Book Discussion Wednesday, January 26, 1:00 PM

Join library staff at the Senior Center for an in-person discussion of the book All the Ugly and Wonderful Things by Bryn Greenwood. This is a beautiful and provocative love story between two unlikely people and the hard-won relationship that elevates them above the Midwestern meth lab backdrop of their lives. Contact the Adult Services Desk at the library with any questions and to check out copies of books at storef@stolib.org or (608) 873-6281. Masks are required to attend this event.



Ways to Engage



Volunteer Opportunities

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

RSVP Driver Escort*

Driver Escorts provide seniors rides to medical appointments on weekdays, between the hours of 8:30 am and 4:00p m. Both drivers and passengers are masked and required to be vaccinated for Covid-19.

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!

*RSVP-registered volunteers receive mileage reimbursement at .56 cents/mile and additional liability insurance coverage while volunteering.

THANK YOU
for your generosity

We wish to extend heartfelt gratitude to the following individuals and groups that have made recent contributions to the Stoughton Area Senior Center. Each year we must fundraise \$29,500 to cover our operational budget; and each year, we are fortunate to reach this goal because of your donations. Thank you for choosing to support our mission to serve our community's older adults.

You may learn more about our many funding options at stoughtonseniorcenter.com/donate.

Anonymous
Louise Ahn
Arne Dullum
Mark Holzmann
Judeen Reese
Betty Elsner
Marcia Trentz
Daryl Anderson
Louisa Havlik
Marilyn Vandrell
Furseth Brothers
Robert L. Bennett
Mary Jane Hanson
Linda Harrison
Betty Elsner
Marilyn Vandrell
Don Breckbill
George & Anna Paul
Jack & Helga Cope
Carolyn & Tom Selsor
Ann Marie Winecke
P. Stephen Christenson
Ahn Family Charitable Trust
Leitha & Bob Schenkenberg
Duwayne & Margo Stellmacher
John Hallinan & Joyce Tikalsky
Elizabeth Circle-Christ Lutheran Church

Wil Venske Memorials:
Bernadine Wideen
Mark and Becki Barberino
Ed & Colleen Gregorich
David & Linda Mayfield
Janey Barberino
Richard & Dolores Hall
Karen Mohr
Rich, Karen, & Pam Venske

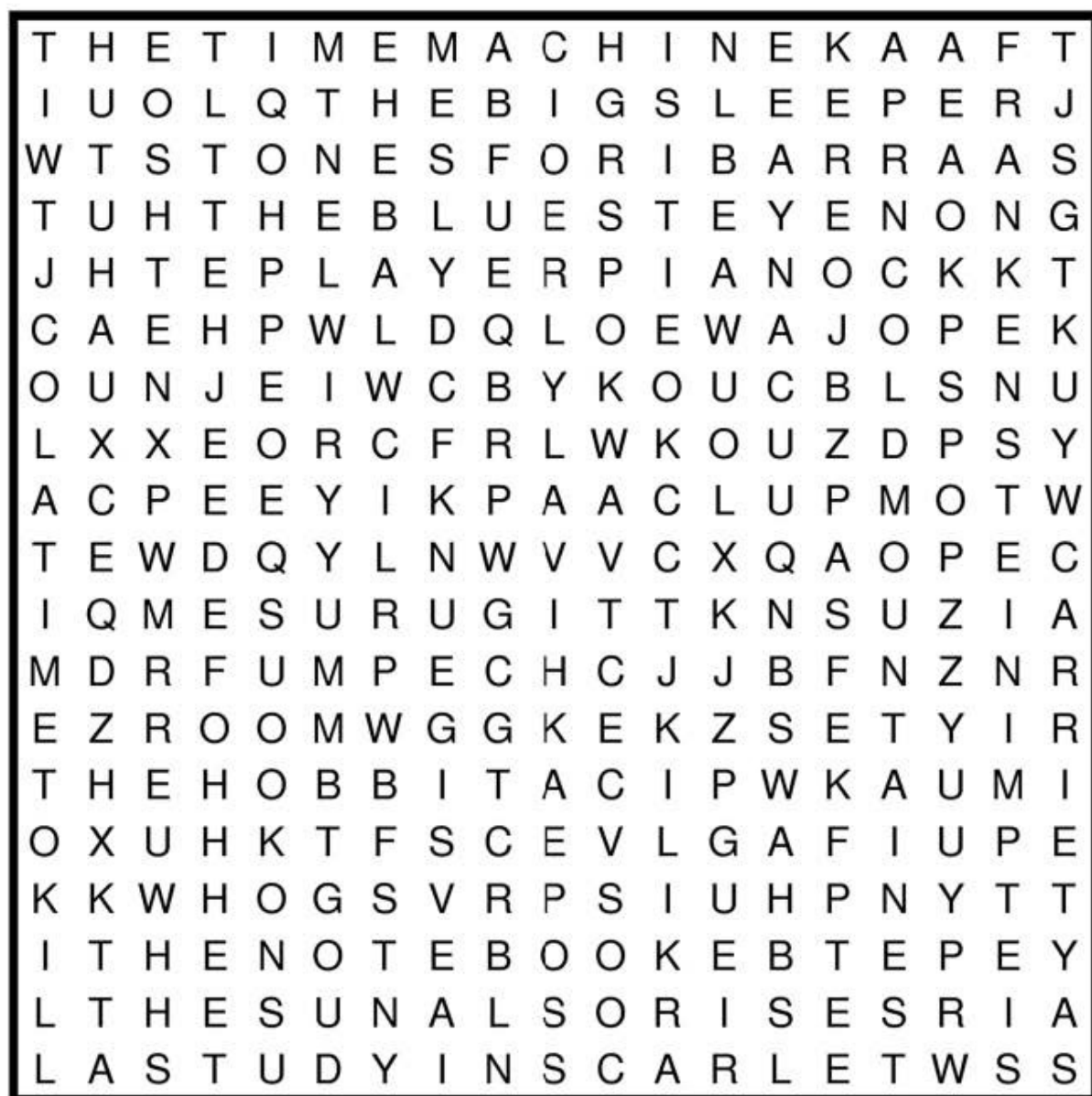
Family of Bert Klitzke
Memorials

William/Bud Halverson
Memorial: Furseth Brothers
Jerry, Dale, Jim & Dan

Dorothy M. Seamonson
Memorial: Mark Seamonson



FIRST NOVELS WORD SEARCH PUZZLE



A STUDY IN SCARLET

A TIME TO KILL

BLACK BEAUTY

CARRIE

COLD MOUNTAIN

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THE BIG SLEEP

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THE JOY LUCK CLUB

THE NOTEBOOK

THE PICKWICK PAPERS

THE SUN ALSO RISES

THE TIME MACHINE

WUTHERING HEIGHTS

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Virtual Classes & Social Events



ONLINE EXERCISE OPTIONS

QiGong Online Classes

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

Gentle Exercise

Tuesdays, 11:00 AM - 12:00 PM

For more information and to register contact
[Rachel Sandretto](mailto:Rachel.Sandretto@taiji.com).at sandretto.taiji@gmail.com
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.



The Meaning of Freedom

Speaker: Daniel Kapust

Sunday, January 16, 10:00 AM

This is a FREE talk hosted by Free Congregation of Sauk County. What does it mean to be free? How should we understand the relationship between individual liberty and collective liberty? Does government impede or promote freedom, individual or collective? These questions are at the center of the American political tradition, and have animated debates since the 1780s. This talk focuses on different ways of thinking about freedom and government.

badgertalks.wisc.edu

Plants and Human Well-Being

Speaker: Irwin Goldman

Thursday, January 27, 6:30 PM

This is a free talk hosted by Waunakee Public Library. The talk explores major points of intersection between plants and human wellbeing from a horticultural point of view, and attempts to understand the beauty and functionality of plants for humankind while simultaneously appreciating the tremendous humanity footprint that our pursuit of these plants has left on the planet.

badgertalks.wisc.edu

Consuming Happiness:

Research and Application

Speaker: Christine Whelan

Wednesday, February 2, 6:30 PM

This is a free talk on line hosted by Middleton Public Library. You CAN buy happiness, if you know how to spend your money right. (Think experiences, relationships and time-not the latest gadget!) Christine Whelan will delve into various research regarding happiness. Further, she will apply this vast knowledge to present countless solutions and action steps that you can take. Registration for this event is required. Simply register by visiting: midlibrary.org/Events

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 Center for more details at (608) 873-8585, or to schedule your coaching session.



More Highlights



Photo Flashback: Veterans Day, November 2021

Donate While You Shop!

The Stoughton Area Senior Center is now offering a fundraiser option with *ShopwithScrip*. You may buy gift and e-cards from your favorite brands to use for your daily purchases, and the Senior Center will receive a percentage of the purchase. Buy them as gifts, or purchase for stores you frequent all year. Some participating stores in town include Pick 'n Save, Kwik Trip, Starbucks and Dunkin'. You may check out the full list of over 700 vendors at shopwithscrip.com. Order forms are available at our front desk.



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.

Rag Rugs Crocheting Class Bas- kets, Rugs and More! Thurs-

days, February 3 - 24, 9:00 AM - Noon

Join others in a fun and relaxing 4-week craft class where you can create two baskets plus other items (e.g.-rugs, placemats) from sheet yarn. Crochet knowledge is a plus but not necessary. Cost for starter kit (includes crochet hook and starter materials) is \$20. Call the Senior Center with questions and you will be connected with the instructor. Class size is limited, so call to reserve your spot soon!



Mark your calendars...

Jessica Michna as Jenny Appleseed
Wednesday, February 9, 1:00 PM

Michael Hecht Presents:
American Artists
Thursday, February 10, 1:00PM

SSM Health's "Talking with your Doctor"
Tuesday, February 22, 1:00 PM

Nutrition News

Tuesday Salad Options

Notice the new day: **Tuesday!** You may choose a salad option for Meals on Wheels **or** meals at the Senior Center. You must call (608) 873-8585 by noon the **Friday** before to sign up.

Tues. Jan. 4: Harvest Salad

Mixed greens topped with beets, garbanzo beans, cucumber, red onion and feta. Balsamic Vinaigrette dressing, cornbread, warm cinnamon spiced apples, and chocolate chip cookie.



Tues. Jan. 11: Tuna Salad

Mixed greens topped with tuna salad, tomato, and cucumber. Biscuit, chunky applesauce and banana bar.

Tues. Jan. 18: Hummus Platter

Pita wedges, hummus, roasted vegetables, green garnish, orange, and carnival cookie

Tues. Jan. 25: Chicken Cranberry Bacon Bleu (CCBB) Salad

Mixed greens topped with diced chicken, bacon crumble, dried cranberries, bleu cheese crumbles and croutons, balsamic vinaigrette dressing, peaches, and cheesecake brownie.



Meals on Wheels delivery will be canceled when there is a posted Dane County winter weather

advisory. You may check the latest National Weather Service news at weather.gov or by calling (262) 965-2074.

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. Jan. 6: Loaded potato soup, tossed salad, roll/butter & dessert. **Dine in only.**

Thurs. Jan. 13: Beef tips over rice pilaf, vegetable, fruit, roll & dessert. **Dine-in or pick-up.**

Thurs. Jan. 27: Cream of chicken over a biscuit, vegetables, fruit & dessert. **Dine-in or pick-up.**

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.

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.

Stoughton Area Senior Center



**JAN 2022
MENU**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 Chicken a la King Brown Rice Capri blend Broccoli Salad Fruit Cocktail Frosted Chocolate Cake MO – Soy a la king NCS – SF Pudding	4 Chili Cheese (NAS to omit) Baked potato Sour cream/butter Cornbread Warm Cinnamon Spiced Apples Chocolate Chip Cookie MO – Veggie Chili NCS – SF Cookie	5 *Italian Sausage NAS – chicken breast Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Orange Vanilla Ice Cream Cup MO – Veggie Dog NCS – SF Ice cream	5 Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Tropical Fruit Glazed Lemon Loaf Cake MO – Veggie Chicken Brocc, Casserole NCS – SF Jello	6 *Meatballs in gravy Mashed potatoes Mixed greens Dressing WW Dinner roll/butter Mixed Fruit Butterscotch Pudding MO – Veggie meatballs in Gravy NCS – SF pudding	
10 Bone-in Garlic Parmesan Chicken Stewed tomatoes Spinach Casserole WW Bread/Butter Peaches Lemon Bar MO – Garden Burger NCS – SF cookie	11 Beef Stew Biscuit Corn Chunky Apple Sauce Banana Bar MO – Veggie Stew NCS – banana	12 Sausage Veg. Egg Bake Fruit Cup Oven Roasted potatoes Orange Juice Cinnamon Raisin Bread/Butter MO – Veggie Egg Bake NCS – n/a	13 Chicken Strips Honey Mustard Sauce Stmd Brussel Sprouts Calico Beans NAS – steamed peas WW Dinner roll/butter Mixed Fruit Sugar Cookie MO – Veggie chicken NCS – SF cookie	14 Pot Roast in Gravy WW Dinner Roll/butter Garlic herb mash potatoes Carrots Pineapple tidbits Frosted Pumpkin Bar MO –Black Bean Burger NCS – SF pudding	
17 STAFF HOLIDAY NO MEALS TODAY  Martin Luther King Jr. Day	18 Chicken and Gravy NAS – no gravy Over White bread Carrots Broccoli Orange Carnival Cookie MO – Veggie Chicken in Gravy NCS – Sf cookie	19 Rustic Tom. Bean Soup WW Dinner roll/butter Caesar Salad: Lettuce Shaved parmesan NAS – no parm. WW croutons Caesar dressing Pineapple Strawberry Jell-o MO-Veg.Tom. Bean Soup NCS – SF jell-o	20 *BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll/butter Warm spiced pears MO – Veggie Wrap NCS – n/a	21 Cheeseburger: Beef Patty WW Bun Am.Cheese (NAS No) Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Candy cookie MO – Multigrain burger NCS – SF cookie	
24 Chicken Stew Mixed greens/Dressing Crackers Copper Penny salad Applesauce Chocolate Pudding MO – Veggie Stew NCS – SF pudding	25 *Meatballs/Marinara Over Penne 4 bean salad Peaches Cheesecake Brownie MO – Veggie meatballs in marinara NCS – SF brownie	26 Fish Sandwich: Breaded Fillet WW Bun Cheese (NAS to omit) Tartar Sauce Yams Peas Pears Frost Choc. Banana Cake MO-Black Bean Burger NCS – SF cupcake	27 Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana Frosted Strawberry Cake MO – Chickpea Joe NCS – SF cupcake	28 Rstd. Turkey in Gravy Cranberry stuffing 3 Beans Salad NAS – green beans Yam Bake Pears Pumpkin pie MO – Veg Chick/gravy NCS – SF pumpkin pie	
31 Bone-in BBQ Chicken Baked Potato WW Bread/Butter Banana Apple Pie MO – Veggie BBQ Chicken NCS-SF apple pie bar	<p>DURING INCLEMENT WEATHER: NO MEALS WILL BE SERVED WHEN STOUGHTON SCHOOLS ARE CLOSED DUE TO SNOW OR OTHER DANGEROUS WEATHER CONDITIONS.</p> <p>Thank you.</p>				

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:

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4 Lord Street, Edgerton, WI 53534

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



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1-800-963-0035

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DHS Approved 4/22/2021

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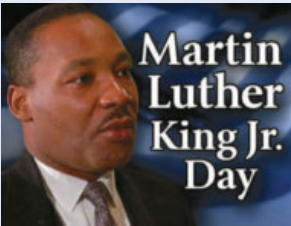


For ad info. call 1-800-950-9952 • www.lpicommunities.com

Stoughton Area Senior Center, Stoughton, WI

C 4C 01-1133

Stoughton Area Senior Center Activities

JAN. 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:15 Chair Stretch 10:00 Wii Bowling NO Tai Chi 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 3-4:00 Ping Pong	4 9:30 Bridge 11:00 Commission on Aging Meeting via Zoom 2:00 Line Dancing	5 8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 3:00 Ping Pong 	6 8:15 Woodcarving Kim Meal Dine In 1-4:30 Reflexology by appt. 1:30 Train Dominoes 1:30 Sheepshead	7 Shop @ Farm and Fleet 8:15 Chair Stretch 10:00 Wii Bowling 10:30 Ping Pong
10 8:15 Chair Stretch 10:00 Wii Bowling NO Tai Chi 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 3-4:00 Ping Pong	11 9:30 Bridge 10 :00 MS Support Group 1:00 Parkinson Support Group 2:00 Line Dancing	12 8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 3:00 Ping Pong	13 8:15 Woodcarving 10-12 Blood Press. Readings Kim Meal dine in <u>or</u> drive thru 1:30 Train Dominoes 1:30 Sheepshead 2 :00 Memory Loss Support Group	14 8:15 Chair Stretch 10:00 Coffee w/Mayor 10:00 Wii Bowling 10:30 Ping Pong 11:00 Lunch Bunch 1:00 Euchre
17 Staff Holiday 	18 9:30 Bridge 1-4:30 Reflexology by appt 2:00 Line Dancing	19 8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Page Turners 1:00 Pinochle 3:00 Ping Pong Grief Support (call Carmen to register see p. 3)	20 8:15 Woodcarving 10:00 Dr. King Presentation 1:00 Low Vision Grp. 1:30 Train Dominoes 1:30 Sheepshead	21 Shop @ East Town 8:15 Chair Stretch 10:00 Wii Bowling 10:30 Ping Pong 1:00 Movie Time
24 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	25 9:30 Bridge 1:00 Senior Gadgets Presentation 2:00 Line Dancing	26 8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 1:00 Page Turners 3:00 Ping Pong	27 8:15 Woodcarving 10-12 Blood Pressure Readings Kim Meal dine in <u>or</u> drive thru 1:30 Train Dominoes 1:30 Sheepshead	28 8:15 Chair Stretch 10:00 Wii Bowling 10:30 Ping Pong
31 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	<p>Available Daily:</p> <p>*Computers/I-Pads</p> <p>*WiFi</p> <p>* 2 Pool Tables</p>		<p>*No Ukulele Group in January*</p> 	



Yahara Senior News

248 West Main Street
Stoughton, WI 53589
Phone: (608) 873-8585
Fax: (608) 873-8162
stoughtonseniorcenter.com

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.



WASC
Wisconsin Association of Senior Centers



Senior Center Staff

Cindy McGlynn—*Director*
Holle 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 active members of the Stoughton Dementia Friendly Community Coalition. Visit [Facebook.com/StoughtonDFC](https://www.facebook.com/StoughtonDFC) or call the Senior Center for more information on this initiative.