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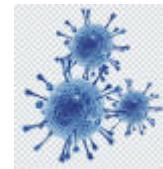
The Courier

301 Blankenheim Lane, Sun Prairie, Wisconsin 53590, 608-837-4611

Mission Statement—"To enhance the well-being and independence of older adults"

A COVID-19 Vaccine is on the Way So are the Scams

As the United States comes close to approving a COVID-19 vaccine, government officials expect scams to emerge as distribution begins. The Better Business Bureau Serving Wisconsin (BBB) urges consumers to watch out for everything from phony treatments to phishing messages.



What to expect from scammers

Government officials have cracked down on phony COVID testing kits and treatments. Now efforts are being ramped up to prevent the sale of fake vaccines.

U.S. Immigration and Customs Enforcement (ICE) is working with the drug companies who are developing the vaccines to stop the sale and distribution of phony versions. Also, the Federal Trade Commission (FTC) issued warning letters to several companies claiming they had a product to cure or prevent the virus.

Fake vaccines and other treatments will not be the only way scammers will try to cash in on the vaccine release. Scammers will also try to trick consumers into sharing passwords and personal information. Con artists have already impersonated the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) in phishing emails that claim to have news about the disease. BBB has also seen an increase in scams using robocalls to impersonate government officials.

How to spot a vaccine con

Research carefully. Scammers are very creative. If something sounds too good to be true, it probably is. Double check information about the vaccine with official news sources. Keep in mind that vaccines can't be purchased online or in physical stores.

Check with your doctor. Do you want to be one of the first in line when the vaccine is available? Reach out to your healthcare provider about your options. If you don't have a primary care physician, check the official website of your local health department for more information

Ignore calls for immediate action. Don't let a sense of urgency cloud your judgment. Scammers try to get you to act before you think. Don't fall for it.

Think the link may be real? Double check the URL. Scammers often buy official-looking URLs to fool victims. Be careful and check the link is really what it pretends to be. If the message alleges to come from the local government, make sure the URL ends in .gov. When in doubt, perform a separate internet search for the website.

If you've spotted a scam (whether or not you've lost money), report it to [BBB Scam Tracker](#). Your report can help others avoid falling victim to scams.



From Where I Sit

Happy New Year!

If there was ever a year that we wanted to put behind us, it has to be 2020. Let's not dwell on all the negativity that 2020 brought us, rather let us offer a warm and hearty welcome to 2021!

January provides us with a chance to make those New Year resolutions. We're going to lose weight, we're going to be less of a workaholic or we're going to spend more time with our family. Thirty-one days later February arrives and the resolutions are often left on the curb with our dried out Christmas tree. So maybe it's time to re-think this whole resolution thing. While there's nothing wrong about wanting to improve our lives, maybe resolving to appreciate what we have is the way to go.

In that spirit, the Colonial Club appreciates:

The many wonderful & dedicated volunteers who are here Monday-Friday delivering meals to homebound older adults.

The amazing staff that has weathered the pandemic and worked tirelessly to continue providing services.

The outpouring of generosity and support from our donors that have allowed us to keep the doors open, the lights on and programs and services delivered.

The steadfast support of the City of Sun Prairie, the Village of Cottage Grove, the Town of Cottage Grove, Marshall, Medina, Bristol & Burke.

Let's start 2021 with a renewed sense of hope and optimism. Let us hope that the pandemic that has caused so much grief and heartache will be, at the very least, subsiding in the coming months. While the Colonial Club begins the year with the same restrictions in place, we're hopeful that by spring we may be able to return to a more normal schedule.

Bob

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Management Staff 608-837-4611

Bob Power, Executive Director,
ext. 110

Melody Riedel, Director of Operations,
ext. 115

Laura Jennings, Director of Activities,
Volunteer and Special Events Coordinator,
ext. 129

Nick Curran, Director of Finance

Gail Brooks, Case Management
Coordinator, ext. 127

Todd Schultz, Building & Grounds
Coordinator, ext. 114

Jean Detert, Nutrition Coordinator,
ext. 112

Programs and Activities



Winter Weather Policy

As winter approaches, it is time to remind you about Colonial Club's winter weather closing policy. Normally, we follow the Sun Prairie School District on closing due to snow/ice/bitter cold. This year we will be following the National Weather Service (NWS). The Colonial Club will close for the day when the National Weather Service issues one of the following warnings:

- Winter Storm Warning
- Blizzard Warning
- Wind Chill Warning
- Ice Storm Warning



If a warning has been issued by and/or is already in effect before 6:00 am, home delivered meal recipients will NOT receive a meal that day and the Colonial Club building will not be staffed or answering phones. Messages can be left on the Main Office voicemail extension, #100, and calls will be returned when the office reopens. These warnings are aired on local television and radio stations.

Thank you for your understanding.

Exercise Class Opportunities

In person QiGong classes remain cancelled until further notice. However, there is an online class available to Stoughton and Sun Prairie class members via Zoom on Tuesdays at 1:00 pm. If you wish to join the class, contact Jo through her website, fiveelementqigong.net, specify your request to join the class and she will get back to you.

Music and Motion is available on KSUN, Charter channel 983, and TDS channels 13 and 1013, at 9:00 am, Wednesdays, and 9:30 am, Thursdays. The following classes: Beginning Tai Chi/QiGong on Tuesdays at 11:00 am; Continuing Tai Chi/QiGong on Thursdays at 10:00 am; Chair Tai Chi/QiGong on Thursdays at 11:00 am are available on cable channel 979 or 980 on Charter/Spectrum.

Programs and Activities



New Membership Year started October 1

The new membership year started October 1. As you might imagine, membership has been affected by our continued closing. This year we are offering the FAMily (Fiftieth Anniversary Membership). For just \$50 you can become a premium member of the Colonial Club.

Normally these memberships cost \$60 and are limited to individuals age 60 and over. In this special anniversary year, we've reduced the price and done away with the age restriction, so people of any age can join. Our goal is to enroll 500 members. If you renew, you will receive a renewal sticker in the mail for your current card. New members will receive a new card with the sticker.

This is also a good opportunity for you to update your Emergency Form with correct, current information including address, phone number and 2 emergency contacts with at least one contact not living in the same household.

Thank you for your continued support. Please call 608-837-4611 if you have any questions. We look forward to the day we can welcome our participants back in the building. In the meantime, we appreciate your support to help us continue our vital services to seniors in our community.



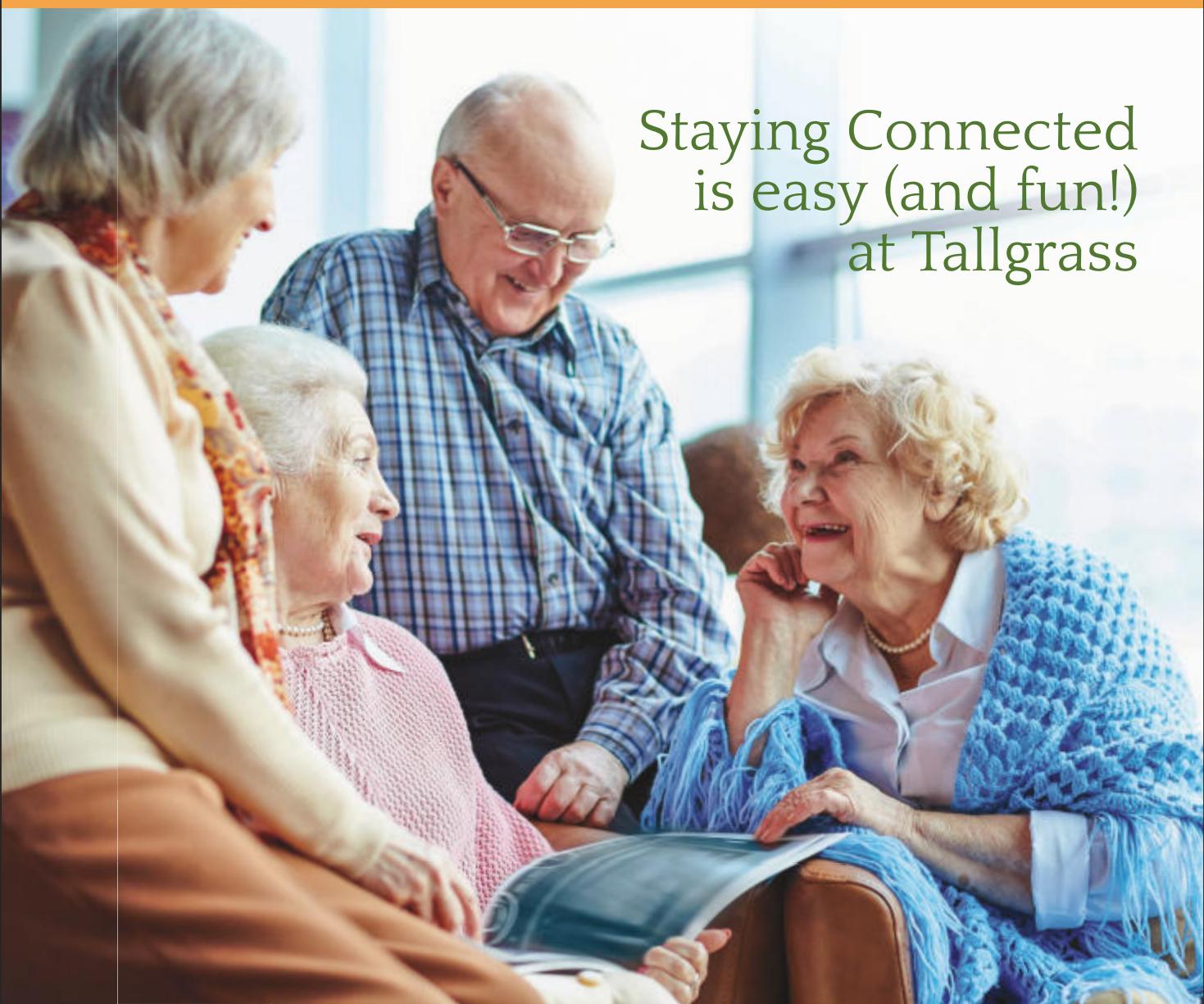
[Badger Talks LIVE](#)... is a Facebook Live series intended to pleasantly distract, help you cope and stay engaged during these challenging times. Badger Talks features over 350 UW- Madison faculty and staff who are available to give talks virtually around Wisconsin. If you would like to request a virtual talk, feel free to check out our website, badgertalks.wisc.edu, where you can search for speakers by topic or keyword using the search bar at the top, and submit a request for a virtual talk. To watch past talks go to <https://www.facebook.com/UWConnects/> live and select a topic that interests you.

RSVP Group Projects

Do you enjoy sewing, knitting, or crocheting? As an RSVP Group Projects/Homeworker volunteer, you can make quilts, hats, mittens, scarves, shawls, fidget blankets, masks, and other items that help children, families, and adults in need! Volunteers are unable to meet in groups during the pandemic but can make these items at home. There is still a strong need for these handcrafted creations in Dane County. Supplies can be dropped off (if needed) and finished items picked up. Contact Kate Seal at kseal@rsvpdane.org or 608-310-7280 to make arrangements.

Please do not drop items off at the Colonial Club. Thank you.

Tallgrass residents enjoy living steps away from the Colonial Club Senior Activity Center and close to downtown Sun Prairie.



Staying Connected is easy (and fun!) at Tallgrass

Tallgrass is quite affordable and, in addition to a robust lifestyle, offers an impressive array of amenities and a la carte services.

Tallgrass
of SUN PRAIRIE
ASSISTED LIVING

605 Chase Boulevard
Sun Prairie, WI 53590
PHONE: **608.837.2124**
tallgrassofsunprairie.com

We Warmly Welcome Newcomers
Learn more! Schedule a Tallgrass Tour
by calling **608-837-2124**.

Programs & Activities



2021 AARP Tax Assistance

Do you need assistance preparing your taxes? The VITA Program and Tax Consulting for the Elderly (TCE) will offer appointments at the Colonial Club again this year. To qualify for this program, you should be a senior, disabled or low income.

Appointments will start Monday, February 8 and run on Mondays through April 5. We will start taking call for appointments on Monday, January 4.

Because of COVID restrictions, the procedures will be different this year.

Client will arrive for appointment and submit all **completed** paperwork as well as a phone number where he/she can be reached that day.

Client will be directed to safe area to wait for completion of preparer review.

Preparer will receive and review documents to confirm all necessary information is present. Once that determination has been made, client will be notified that he/she may leave.

Returns will be prepared and printed the same day.

Client documents will be returned to the client the following day (Tuesday).

Returns prepared each week will be efiled on Friday of the same week.

If you plan to take advantage of this service, you should assemble the following documents **in advance**. Be prepared to bring the documents to your appointment:

◊ Intake/interview worksheets (state and federal) **completed in advance** ◊ 2020 Medical insurance premium information. Wisconsin allows **all** medical insurance premiums to be deducted. Be sure to provide this information if you want the deduction. ◊ **A complete copy of your 2019 federal and state income tax returns is required ONLY if you have a capital loss carryover.**

All 2020 informational statements, including but not limited to:

1. Proof of identification-photo ID.
2. Social Security cards for you, your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration.
3. Social security income from the 2020 statement with the pink total in box 5.
4. Rent Certificate (completed) if you are a renter.
5. Homestead qualifications: less than \$24,680 income; 12 months Wisconsin residency, 2020 property tax bill.
6. Birth dates for you, your spouse and dependents on the tax return.
7. Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers.
8. Interest and dividend statements from banks (Form 1099).
9. Bring a voided check which is needed for your direct deposit of refunds or direct debit for money owed (you will be taking your blank check back home with you).
10. Total paid for daycare provider and the daycare provider's tax identifying number (the provider's Social Security number or the provider's business Employer Identification Number).
11. Stock transactions must reflect the cost basis and totals only.
12. Total amount of economic stimulus received-reportable but not taxable.

Please note: To itemize your deductions, they must exceed \$14,050 for a single person, \$26,100 for married filing jointly. Only \$10,000 of taxes can be deducted. All donations must be totaled by category. Medical expenses will only be deductible if they exceed 7.5% of AGI. They must be totaled by category (i.e. doctors, prescriptions, optical, dental, insurance premiums and medicare). Stimulus money does not need to be reported. Cash donations to charity are deductible up to \$300 this year (NEW) without itemizing.

All plans are subject to change depending on COVID conditions and any state or local restrictions.

Going forward



What We Know

As of the date of printing grocery stores, medical clinics, hospitals, pharmacies and gas stations are open. Please call ahead to confirm your destination facility is open and confirm their COVID safety protocols. Masks will be required. Clinics are now scheduling telemedicine and some routine office medical appointments; some elective surgeries are now allowed. Wearing a mask in public is now required.

Dane County Order #11 eased restrictions on indoor gatherings and exercise so we are able to offer a few more activities in January. Of course, these are subject to change in accordance with any new Dane County orders. See page 3 for the bingo and exercise class schedules.

At the Colonial Club:

- Daily delivery of regular meals (see the menu on page 22) continues. We still will not be able to serve meals on site until further notice.
- Massage therapist John Santiago plans to continue his regular schedule for the first Tuesday of the month and he is adding the third Tuesday of the month to the schedule. For January he will be here on **Tuesdays, January 5 and 19**. You may call him directly at 608-446-2844 to schedule an appointment.
- SSM Health will no longer provide foot care services for us. We are working to arrange for a new provider but no appointments will be scheduled for January. Call the Main Office at 608-837-4611 with any questions.
- The RSVP Driver Escort Program remains unavailable until further notice. Dane County Transportation Center, 608-242-6489, is continuing to provide rides to essential medical appointments such as dialysis, chemotherapy and infusion treatments.
- Transit Solutions and Care Van Service (Group Access Service & Rural Senior Group) “Dane County Delivers: Senior Grocery Solutions”: This is a new program where volunteers shop for groceries and Transit Solution/Care Van Service delivers groceries to homes. Contact the Call Center at 242-6489 with your grocery list.
- **The Other Einstein** by Marie Benedict will be available in the Main Office for Book Club members on January 18. Members can pick up this new book in the Main Office by appointment. If you still have a copy of any of the previous books, please return them when you pick up the new book. Call the office at 608-837-4611 to make arrangements.
- The Red Hats will not be meeting until further notice; we assume it will be spring before we are able to meet. Call Carla Minter at 249-7539 if you have questions. Carla will notify members if there are any changes.
- If an in-person meeting with a staff member is necessary, please schedule an appointment in advance and follow all protection protocols listed on page 8.
- Madison College will not be offering any classes at the Colonial Club this spring. Watch for the



We are grateful
for
your friendship
and
support!

Going forward



Upcoming Changes

We will continue to take appointments for one person at a time in the computer lab, gift shop, woodshop and exercise room. Please call the Main Office, 608-837-4611, for information about Massage appointments, Adult Day Care, Case Management, Supportive Home Care and Nutrition.

If you wish to leave a message, please do so on the Main Office Voice Mail extension, #100, and the Main Office will forward your call to the correct individual or return your call directly.

Appointments will be available for the following areas. Please call the Main Office at 608-837-4611 to schedule your appointment.

Woodshop — 2 hour appointments at 9 am and 1 pm

Giftshop — 30 minute appointments at 9 am, 10 am, 11 am, 1pm, and 2 pm

Computer Lab — 45 minute appointments at 9 am, 10 am, 11 am, 1pm and 2 pm

Exercise Room — 30 minute appointments at 9 am, 10 am, 11 am, 1pm and 2 pm

Book Club book pick up — between 10 am and 2 pm

For your safety and the safety of our staff, volunteers and participants, please follow these guidelines:

1. Arrive no earlier than 5 minutes before your scheduled appointment time. If you are here earlier, you will need to wait in your car or outside.
2. Enter at the sliding glass door on Chase Blvd only. All other entrances will be locked.
3. Ring the bell on the table by the main corridor and wait for staff to meet you.
4. Wear a mask at all times while you are in the building. Please bring your own mask if you have one. If not, we will provide a mask when you arrive.
5. Please refrain from touching anything outside the area you are working or visiting.
6. Stay in your area. We ask that you not walk down the halls or visit staff or other areas of the building unless you have an appointment.

When you arrive:

1. You will be met at the door and escorted to your area.
2. We will take your temperature.
3. We will ask if you have been in contact with anyone who has been diagnosed with, quarantined for or been in contact with someone with COVID-19 (aka coronavirus)?
4. We ask that you reschedule if you have any of the following symptoms:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue, muscle or body aches, headache, new loss of taste or smell, diarrhea, sore throat, congestion or runny nose, nausea or vomiting.

Please refer to the CDC website, [cdc.gov](https://www.cdc.gov), for more information.

January Activities & Events



Senior Scams Program

Join us on **Thursday, January 14, at 1:00 pm** for a Zoom program to hear from Tiffany Bernhardt Schultz, Southwest Wisconsin Regional Director, the Better Business Bureau on the most recent scams and how to protect yourself from being a victim.



For more than 100 years, the Better Business Bureau (BBB) has been helping consumers find businesses, brands and charities they can trust. In 2019, consumers turned to BBB more than 183 million times for BBB Business Profiles on more than 5.8 million businesses, and Charity Reports on 11,000 charities, all for free on BBB.org. The BBB also collects consumer data on scams via the BBB ScamTracker tool. In turn, reported information helps BBB investigate illegal schemes and fraud, and also helps to warn others. In this all-encompassing presentation and discussion, you'll learn about the latest scams targeting seniors, how to spot the scams and what to do if you or a loved one becomes a victim.

To register for this program, call 608-837-4611 or email ljennings@colonialclub.org with your name and email address, by Monday, January 11. Laura will email you a meeting invite with a link to join the zoom presentation

AREA AGENCY ON AGING
OF DANE COUNTY

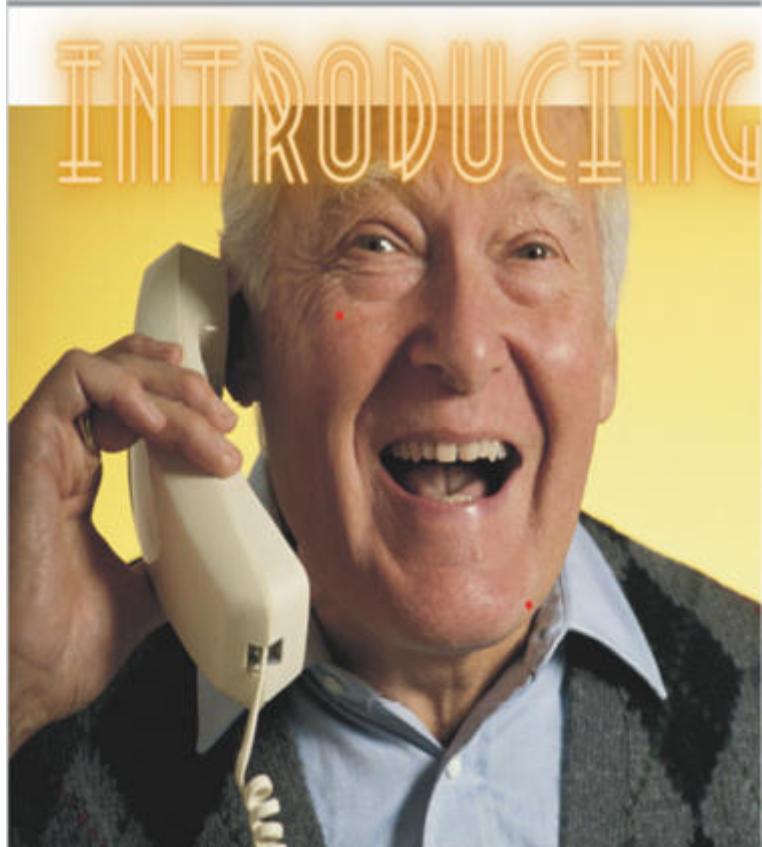
NEWS CALL

Nutrition Education and Wellness Social Call

10:30 AM to 11:30 AM
Dial-In (215) 446-3656
Dial-In Toll-Free (888) 363-4734
Access Code: 9400768

January 5, 2021
January 19, 2021

Join this conference call to learn all things nutrition, wellness, healthy aging and more! The December 8th call will focus on healthy holiday habits and recipes.



Resources and Support

Alzheimer's Association 24/7 Caregiver Hotline: 800-272-3900

Alzheimer's Association Caregiver Support Groups

The Alzheimer's Association of South Central Wisconsin offers two Caregiver Support Group Meetings in Sun Prairie:

Second Tuesday of the month, 6:00 to 7:00 pm Fourth Thursday of the month, 1:30 to 2:30 pm

New Perspective Senior Living
(formerly The Lighthouse)
222 South Bristol St
Facilitator: Karen Kane, 608-712-3411 for questions

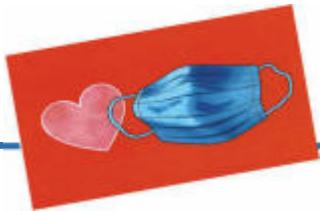
Hyland Park
881 Liberty Blvd
Facilitator: Lizzie Gernon, 608-228-7936 for questions

We have not been notified of schedule changes for these groups. Please call in advance if you plan to attend.

Elder Abuse Hotline

The purpose of the Elder Abuse Hotline is to make sure that elders who are experiencing abuse have a place to turn in order to find the right resource in their community. Joanna Reinstein is the Elder Abuse Hotline Coordinator at GWAAR.

The Elder Abuse Hotline website is www.reportelderabusewi.org. There are printable program materials under the Resources tab on the website. Individuals are also able to report elder abuse on the website under the Report Elder Abuse tab or by calling the Hotline at 1-833-586-0107.



Masks available for purchase:

\$4 pleated

\$6 pleated with bendable nose piece

Good quality, handmade and washable

Please call Rosalie
608-515-2449



Alterations

Need a hem or trousers altered?

Check out In Stitches Alterations and Repairs
by Rosalie Stankovich.

For information and pricing,
call Rosalie at 608-515-2449

ADRC Services

The Aging and Disability Resource Center of Dane County offers free, unbiased information and assistance on resources and services for older people and adults with disabilities. The ADRC provides information to all callers regardless of their income, assets, age, or disability. ADRC staff will help callers identify options, solve problems and plan for the future. The ADRC is accepting calls at 608-240-7400, **7:45 am – 4:30 pm, Monday through Friday**. You can also visit their website at <http://www.daneadrc.org>; or e-mail them at ADRC@countyofdane.com. The ADRC has recently added a Facebook page: [Facebook.com/ADRCDaneCo](https://www.facebook.com/ADRCDaneCo).

The ADRC is not accepting walk-ins at this time.

Resources and Support



RSVP

RSVP medical rides remain unavailable due to Covid 19 and the loss of so many drivers who fall into the At Risk age group. You can now call the Dane County Transportation Center, 608-242-6489, if you have a need for a ride to a medical appointment. RSVP looks forward to resuming normal operations as soon as the updated guidelines permit.

Dane County Transportation Center

The DCTC provides a Mobility Manager who can provide information on all travel options available and personalized assistance with your transportation needs.

Call the Mobility Manager at the Dane County Transportation Center for assistance at 608-242-6489.

Taxi Vouchers available for the Sun Prairie Emergency Food Pantry

Simply contact the Sun Prairie Taxi service at 837-5550 to schedule a ride and let them know you want to go to the Food Pantry. When you arrive at the Pantry, a voucher will be provided to you to give to the taxi driver and you will be given a second voucher for return trip home.

Call the Food Pantry, 608-825-3875, with questions to confirm availability/hours.

Express Bus Service to Madison

The City of Sun Prairie and Metro Transit offer express commuter service between a new park-and-ride on the corner of Reiner Road and O'Keeffe Avenue (south of Reiner Rd Hwy 151 exit) and downtown Madison.

Additional stops available within Prairie Lakes, on West Main Street, and on O'Keeffe Avenue by Walmart.

Bus For NE Dane County

All shopping trips are available for people over the age of 60 and/or those with a disability.

Transit Solutions—Shopping bus from Marshall and Sun Prairie—1st & 3rd Thursdays. East Towne Mall. Pick up **at your home** around 10:00 am. Return trip 1:30. Drop off and pick up at Food Court. \$3 round trip. Marshall residents can go to Pick & Save in Sun Prairie on same trip. Call Transit Solutions at 608-294-8747—24 hours in advance to make a reservation. Request for wheelchair accessible bus must be made when making reservation.

Cottage Grove and Deerfield-Wednesday pick up at **9:30 am** to shop at Piggly Wiggly. They'll leave from Piggly Wiggly at approximately **11:00 am**. \$2 Round Trip.

East Towne Mall Shopping Trips-Southern Region

Deerfield/Cottage Grove 1st and 3rd Tuesdays. Pick up at **10:00 am** in Deerfield and then Cottage Grove. They will leave the Mall about **1:30 pm.** \$3 round trip.

Sun Prairie Shared-Ride Taxi Service

This service provides one-way trips within the city limits at affordable fixed rates. To request a ride, please call 608-837-5550. Regular fare prices listed are for one-way trips within the city limits: Senior and disabled adults, youth aged six to 18 years-\$4.00. Additional passengers-per rates listed. Wait fee-\$,.50 per minute.

Income qualified residents are eligible for a reduced \$2.00 fare. To apply for this program, pick up an application at the Sun Prairie City Hall or call 608-825-1192. Funding is limited and operates on a first-come/first-served basis.

You may now purchase Shared-Ride Taxi Booklets at City Hall or the Sun Prairie Public Library during their regular business hours. Each booklet will contain 5 tickets for regular fare or reduced fare rides. Booklets can also be purchased through drivers or by contacting Running, Inc., the service provider for Sun Prairie's Shared-Ride Taxi service at sunprairietaxi@runninginc.net.

This service also provides rides to the bus stop at the East Towne Mall seven days a week with pick up at your home or another location you specify. The fare for this service is \$5 each way, cash only. A one hour notice is required and rides leave Sun Prairie on the hour, 6:00 am to 6:00 pm, and return from the Mall on the half hour, 6:30 am to 6:30 pm. To request this service, call 608-837-5550.

Resources and Support



Sunshine Suppers for January 2021

The Sunshine Supper is a free community meal and is now being served, *drive thru only, Mondays and Wednesdays from 5:00 to 6:00 pm* at the Sunshine Supper building, 1632 W Main St, Sun Prairie, as long as volunteers are healthy. While we are dealing with the coronavirus, plans may continue to change at any time. **To confirm that the meal will be served as scheduled or to learn what the schedule and procedures will be, please check online at the website www.sunshinesupper.org or call 608-561-1632.**

Can't find the Courier online?

You can now find the Courier on our website, www.colonialclub.org. Go to the “About” section on the home page, and click on the “Courier Newsletter” heading. There you will find several months of the Courier available. If you press the subscribe button, you will receive notification each month when the new Courier is available.



EAT RIGHT WHEN MONEY IS TIGHT!

The FoodShare Helpline is a service of Feeding Wisconsin and its member food banks. FoodShare is a monthly benefit deposited on a debit-like card, the QUEST Card, to help with food purchases, freeing up money for bills, medications and other necessities. It's easier than ever to apply and you can even get free, confidential assistance. No future appointments are currently scheduled.

Did you know...

Even the minimum benefit would give you **\$180 per year!** Eligibility is based on income and certain expenses, so you can own a home and car and even have a savings account. Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers. Receiving benefits does NOT take away from others. **EVERYONE who is eligible and applies will get benefits.**

For more information, call Heidi at 608-630-4113 or the FoodShare Helpline at 1-877-366-3635 today.

Generations Online

As Covid19 tragically forces many of us into isolation, we can at least enjoy virtual togetherness. **Easy Tablet Help for Seniors** is a free app to guide your loved one on to FaceTime, Zoom or Skype, texting, taking photos and email with large type, simple on-screen instructions. Direct your loved one to www.gol4apple.org or wwwgol4android.org for simple instructions.

Resources and Support



COMMODITY SUPPLEMENTAL FOOD PROGRAM



Commodity Supplemental Food Program (CSFP) works to improve the health of low-income adults ages 60 years and older by supplementing their diets with nutritious foods. Talk to one our Case Managers to see if you qualify. If you are eligible you will receive a monthly package of nutritious food provided by the U.S. Department of Agriculture (USDA) including: Canned fruits and vegetables, canned meat, fruit juices, cheese, milk, dry powdered or shelf stable cartons, peanut butter or dried beans, cereal & grains, rice, instant potatoes or pasta.

Income Limits

**(Income is based on GROSS income
before deductions are taken out)**

\$16,584 annually or \$1,382 monthly 1 Person Household
\$22,404 annually or \$1,867 monthly 2 Person Household

Colonial Club Senior Center plans to host the next Commodity Supplemental Food Program

Wednesday, January 6, 2021

***1:45-2:30 pm (Must arrive at the Colonial Club,
Chase Boulevard sliding glass doors during this time)
1:00-1:30 pm for Colonial View residents
in their dining room***

Contact Case Management at the Colonial Club at 837-4611 ext 135, if you have questions.

Are Home Energy Costs Putting the Squeeze on You?

Dane County Energy Services, Inc., has not scheduled any outreach service days at the Colonial Club this fall but they are now scheduling appointments directly for the 2021 heating season.

Clients can apply one of three ways.

- **Apply directly online at <https://energybenefit.wi.gov/>**
- **Book an appointment via phone: 608-333-0333 or 608-267-8601**
- **Book an appointment online at: <http://www.esiwi.com/index>**

*****New and returning clients can apply online or via phone.*****

INCOME GUIDELINES FOR THE 2020-2021 HOME ENERGY PLUS PROGRAM YEAR (9/01/2020 through 9/30/2021)

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

HOUSEHOLD SIZE	ONE MONTH INCOME	ANNUAL INCOME
1	\$ 2,490.08	\$29,881
2	\$ 3,256.33	\$39,076
3	\$ 4,022.50	\$48,270

Resources and Support



Monthly MIPPA Moment: Medicare's General Enrollment Period and the Medicare Savings Programs

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.

January is always a favorite new beginning! January 1 of every year is also the beginning of Medicare's **General Enrollment Period**. If you missed your Medicare Initial Enrollment Period when you were first eligible at age 65, you can also sign up for Parts A and B during Medicare's General Enrollment Period (**January 1–March 31**), and your coverage will start July 1 of that year. You can enroll online (<https://www.ssa.gov/benefits/medicare/>) or by calling Social Security (local, 866-770-2262; Federal, 1-800-772-1213).

You can enroll in Part A, Part B, or both during this time.

You may have to pay a late enrollment penalty of 10% for each 12 month period you were eligible but didn't have Part B, with the exception of special circumstances.

You may be eligible enroll into a Medicare Advantage (Part C) or a prescription drug (Part D) plan April 1 – June 30 of the same year you use the General Enrollment Period for Parts A and B of Original Medicare, if you do not have those and want them.

If you have difficulty paying your Medicare costs, this is an important reminder that "Medicare Savings Programs" (MSP) can potentially help pay premiums, deductibles, coinsurance, or copayments, depending on the program you may be eligible for.

[Qualified Medicare Beneficiary \(QMB\) Program](#)

[Specified Low-Income Medicare Beneficiary \(SLMB\) Program](#)

[Qualifying Individual \(QI\) Program](#)

[Qualified Disabled and Working Individuals \(QDWI\) Program](#)

To see if you may qualify for the Medicare Savings Programs, apply online at access.wi.gov, over the telephone at **1-888-794-5556**, by mail (<https://www.dhs.wisconsin.gov/library/F-10101.htm>), or in person with your local Medicaid agency. The local agency in Dane County is the **Capitol Consortium**, at 1819 Aberg Avenue, Madison, WI 53704. The Capitol Consortium can also send you an application and answer any questions you may have about the application or these programs if you call the number above.

For more information call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.

2021 Social Security Cost of Living Adjustment

Social Security and Supplemental Security Income (SSI) benefits will increase 1.3% in 2021 due to the Cost-of-Living Adjustment (COLA). Starting in early December, Social Security and SSI beneficiaries are normally notified by mail about their new benefit amount. Most people who receive Social Security payments will also be able to view their COLA notice online through their *my Social Security* account, which can be accessed or created at www.socialsecurity.gov/myaccount.

When 2021 Medicare changes are announced, that information will be available at www.medicare.gov. Social Security will not be able to compute the new benefit amount for Social Security beneficiaries receiving Medicare until after the Medicare premium amounts for 2021 are announced. Final benefit amounts for 2021 will be communicated to beneficiaries in December.

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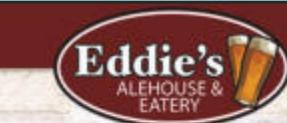
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Resources and Support



NO FLU for you

Protect Yourself. Protect Others. Get a Flu Shot.

Flu vaccine: Your best shot for avoiding influenza

Getting a flu shot often protects you from coming down with the flu. And although the flu shot doesn't always provide total protection, the experts at the CDC and Mayo Clinic say that it's definitely worth getting. This year's annual flu shot will offer protection against three or four of the influenza viruses expected to be in circulation this flu season. A high-dose flu vaccine as well as an additional vaccine also will be available for adults age 65 and older.

Influenza is a respiratory infection that can cause serious complications, particularly in young children, older adults and people with certain medical conditions. Getting an influenza vaccine — though not 100% effective — is the best way to prevent the misery of the flu and its complications. The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone age 6 months or older.

Here are the answers to three of the most common questions about flu shots:

(1) When is the flu vaccine available and when should I get it?

It takes up to two weeks to build immunity after a flu shot, but you can benefit from the vaccine even if you don't get it until after the flu season starts. It's usually best for people in the United States to get their flu vaccine in September and October; however, you can still protect yourself against late flu outbreaks if you get the vaccine in February or later.

(2) Why do I need to get vaccinated every year?

Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. New flu vaccines are released every year to keep up with rapidly adapting flu viruses. When you get vaccinated, your immune system produces antibodies to protect you from the viruses included in the vaccine. But antibody levels may decline over time so this is another reason to get a flu shot every year.

(3) Who should get the flu vaccine?

The CDC recommends annual influenza vaccinations for everyone age 6 months or older. Vaccination is especially important for people at high risk of influenza complications, including older adults and especially if you have a chronic condition.

Flu shots are available at most pharmacies or through your primary care provider.

Adapted from materials from Mayo Clinic website.

From Ready Wisconsin

Put together your winter supply kit. Some items to include:

- Flashlight and extra batteries
- Battery powered NOAA Weather Radio
- Bottled water and easy open, non-perishable food
- First aid supplies
- Fire extinguisher, smoke and carbon monoxide detectors
- Extra medications



Make sure you have proper ventilation for fireplace and space heaters.

Make sure pets have shelter and food.

Resources and Support



APDA Parkinson's Roadmap for Education and Support Services (PRESS)



- January 5 Dealing with Physical Symptoms (#4)**
January 12 Impact on Daily Coping and Relationships (#5)
January 19 Tips for Daily Living (#6)
January 26 Caring for Others, Caring for Yourself (#7)
February 2 Building your Healthcare Team (#8)

Free program. Registration required. Limited space.

Online sessions via Zoom
(Computer and internet access required).

Tuesdays, January 5–February 2, 4:30–6:00 pm.

PRESSENTING SPONSOR



PRESS™ is an 8-week closed session support group that provides support, education, and resources, but more importantly, it provides an opportunity for people with PD, their care partners, and families to meet with others facing a similar experience and share coping strategies regarding day-to-day issues related to living with Parkinson's disease. It is a safe place to share feelings in a caring environment. Each group is facilitated by a credentialed healthcare professional with expertise in group facilitation. No other group of this kind exists for the PD community.

The group is open to any adult who has been diagnosed with Parkinson's disease within the last 5 years, their care partners and adult family members.

To register for PRESS or for additional information, please contact: Theresa Fishler, 920-397-5328 or tmfconsultingllc@outlook.com.

Apdaparkinson.org/wisconsin

American Parkinson's Disease Association

We know that most of you can't participate in your regular fitness routines or in-person events, so APDA is proud to sponsor community programs that bring opportunities to you wherever you are! Most programs are offered on Zoom and registration is required. Visit the APDA Virtual Calendar at apdaparkinson.org/upcoming-events for a complete list of our virtual programs.

Winter Weather Safety Tips For Walking in Winter

1. **Walk slowly and deliberately.**
2. **Exercise caution when getting in and out of vehicles.**
3. **Be aware and feel for slippery floors when entering buildings.**
4. **Avoid carrying items.**
5. **As you walk, note the importance appropriate lighting can play in your safety.**
6. **Wear footwear which has good traction**
7. **Use a handrail when possible,**
8. **If walking with someone, work with them as a guide.**
9. **Take extra time when coming in or out of buildings.**
10. **Use winter safety equipment**



Health and Wellness



Don't miss *The Commentator*



Check out *The Commentator* on Charter Channel 983 or TDS Channel 13 or 1013. Pat features events and programs happening at the Colonial Club. Check the Star or www.ksun.tv for times and to view over 100 archived programs; catch up on Colonial Club events you've missed.

If you would like to have a personal history interview for the *Living History* program contact Laura at 837-4611 to set up an interview.

Emergency Supplies Available

Are you or is someone you know in temporary need of toothpaste, shampoo or other toiletries or supplies? Call case manager Peggy Draeger to make a request or for more information at 608-837-4611 before coming to the Colonial Club. **Please note: we do not have hand sanitizer available.**



New Food Pantry Hours

Monday, Wednesday and Friday - 12:00 to 3:30 pm.
Tuesday (Same Hours) - 5:00 to 7:00 pm.
Saturday - 9:00 to 11:00 am.

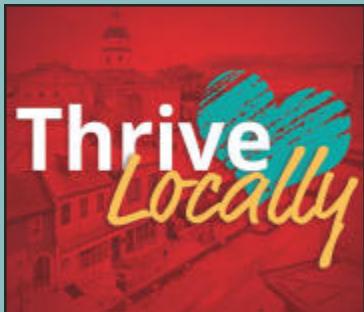
Wellness Guide to Overcoming Isolation During COVID-19: Being Connected, Staying Connected, and Choosing Connection

This free resource guide provides practical guidance for overcoming feelings of isolation and loneliness through building connections with oneself and others. It is designed for self-exploration about being connected, staying connected, getting reconnected, and choosing connection - even during difficult times. You can use it on your own, with a friend, or with groups. There are six sections:

1. What is Connection
2. Enjoying Alone Time
3. Connection Tools
4. Daily Routine
5. Creating Structure
6. Qualities of Supporters

Find the guide at: <https://www.wrapandrecoverybooks.com/store/wellness-guide-for-isolation-during-covid-19-being-connected-staying-connected-and-choosing-connection--details.html>

Provided by: Angie Sullivan, GWAAR Health Promotion Specialist



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Health and Wellness

Project Recovery

Project Recovery is a free crisis counseling program in Wisconsin. <https://projectrecoverywi.org/>

If you or a loved one are emotionally impacted by COVID-19, you may be experiencing: Anxiety, anger, resentment and conflict, uncertainty about the future, prolonged mourning, diminished problem-solving ability, isolation and hopelessness, health problems, physical and mental exhaustion, lifestyle changes or financial stress.

Project Recovery can offer: • Compassionate and nonjudgmental emotional support •Organizing and prioritizing tasks • Information and resource referral • Problem solving • Coping Skills • Better understanding of your current situation and reactions • Stress management • Developing plans to address unmet needs.

Driver's License Renewal Deadline Extended

The WI Department of Transportation DMV has announced an extension until January 21, 2021, for the renewal of driver's licenses without a late fee for people over 60 to allow them to renew safely during the pandemic. The department "recognizes the elevated health risk to drivers over age 60 during the pandemic." Drivers over age 65 are required to renew their license in person, but a trip to the DMV can be expedited by using WisDOT's Driver License Guide at dlguides.wi.gov to make an appointment and submit forms electronically.

Drivers who no longer wish to use their driving privileges but still want an identification card can swap out their license for a new ID card online. The new ID will be sent in the mail.

Colonial Club Travel Shoppe



All Badger trips for 2020 have been cancelled. We are working with other companies for options for 2021.

Client Services



Contact us at 608-837-4611

Adult Day Center-Monday-Friday, 8:00 am to 4:30 pm. For information or a brochure, contact Mary Martin.

Case Management Services-For information or a brochure, call Rosalie at the Main Office. Existing clients can call their case managers: Gail Brooks, Peggy Draeger, or Deb Klein.

Nutrition-Meals served at the Colonial Club or at home to the homebound. Contact Jean Detert.

Supportive Home Care-SHC aides can provide numerous home care services. Contact Aileen Ostermeier.

As of the time if this printing, the Colonial Club will continue to provide these services during the coronavirus outbreak. For updates and changes, please check our website, Colonialclub.org.



January 2021



Please note: For meal reservations/cancellations, call the office by noon the day before at 608-837-4611. Our nutritious lunches are currently offered Monday-Friday by home delivery only. The suggested minimum donation for those 60 and older is \$4.00 per meal, but please pay only what you can afford. Anyone under 60 is required to pay the full cost to provide the meal, which is \$9.07 as set by Dane County. Help keep the program going. Donate what you can afford. Menus are subject to change. When meatless and salad options are available, they must be specified one day in advance. Transportation is available

				I– Friday Happy New Year Closed.
4- Monday Chicken Parmesan Pasta Green Beans Blueberries Cheesecake MO: Pasta, no meat	5-Tuesday Cream Soup Turkey/Cheddar Sand. Lettuce/Tomato slice Apple Juice Granola Bar MO: Cheese Sandwich	6-Wednesday Teriyaki Chicken Seasoned Rice Carrots Broccoli Pineapple Brownie MO: Rice/Beans	7-Thursday Egg Omelet Sausage Patty Hash browns BP Biscuit OJ Krispie MO: No meat Omelet/ Veggie Sausage	8-Friday Ham Scalloped Potatoes Baked Beans Wheat Bread Strawberries Angel Food Cake MO: Veggie burger SO: Chicken Caesar Salad
11- Monday Chicken Stuffing Casserole Mixed Veggies Wheat Roll Cranberries Frozen Yogurt MO: Veggie Lasagna	12- Tuesday Tomato Bisque Soup Egg Salad Sandwich Broccoli/Cauliflower Salad Peaches Cream Pie MO: Cheese Sandwich	13- Wednesday Goulash Glazed Carrots French Bread Banana Frosted Cupcake MO: No meat goulash	14- Thursday Minestrone Soup Roast Beef Sandwich Lettuce/Tomato Slice Fruited Applesauce Spice Cake with Topping MO: Cheese Sandwich	15- Friday Tuna Casserole Lettuce Salad Wheat Bread Tropical Fruit Brownie MO: Mac N Cheese SO: Chef's Salad
18- Monday Salisbury Steak Mashed Potatoes Mixed Veggies Wheat Dinner Roll Applesauce Pie MO: Rice/Beans	19- Tuesday Stuffed Chicken Twice Baked Potato Wheat Bread Blueberries Ice Cream MO: Veggie Lasagna	20-Wednesday Turkey Tetrazzini Mixed Veggies Wheat Roll Mixed Berries Ice Cream MO: Rice/Beans	21- Thursday Breaded Fish Potato Wedges Baked Beans Applesauce Rye Bread Frosted Cupcake MO: Cheese Sandwich	22- Friday Pot Roast Parsley Potatoes Carrots Peaches Wheat Roll Cookie MO: Veggie Burger SO: Chicken Salad (no pasta)
25-Monday Spaghetti Meatballs Corn Garlic Bread Fruit Cocktail Cream Pie MO: Pasta, no meat	26-Tuesday Roast Chicken Mashed Potatoes/Gravy Broccoli BP Biscuit Pears Jell-O MO: Mac N Cheese	27-Wednesday Parmesan Tilapia Cheesy Potatoes Green Beans Mandarin Oranges Rye Bread Sherbet MO: Veggie Lasagna	28-Thursday Chicken and Biscuit Peas and Carrots Blushing Pears Cookie MO: Veggie Burger	29-Friday Turkey Mashed Potatoes/Gravy Squash Wheat Roll Cranberries Pie MO: Veggie Burger SO: Taco Salad

Menu Guidelines: Menus for the Dane County Senior Dining Centers are averaged over one month to meet one third of the Daily Reference Intake for Adults. A menu analysis is available at most meal sites for you upon request. Ask for it from your site manager. Hot foods are served at 140+ degrees F. and Cold foods at 40 degrees F. All menus are reviewed by Alyce Miller, MS, RDN, CD. Your comments are welcome.

DON'T FORGET TO RENEW

Colonial Club's 2021 Courier Home Delivery Information

- If you want the convenience of having the newsletter mailed to your home, please complete the form below and either mail it to the Colonial Club, 301 Blankenheim Lane, Sun Prairie, WI 53590 with your check or drop it off with your payment at the main office.

All Courier subscriptions expire December 31. 2021 subscription cost is \$18.24 (January-Dec).

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Donors often wonder how their donation actually impacts an organization. Take a look at how your donation to the Colonial Club can make a difference:

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Cash donations are always welcome!

Please contact Laura at the Colonial Club at 608-837-4611 before making a donation to assure your gift can be accepted. Our storage space is extremely limited.

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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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Return to: Colonial Club Senior Activity Center, 301 Blankenheim Lane, Sun Prairie, WI 53590.

Membership Card: New, renewal and replacement cards are issued in the Main Office. Membership year begins October 1. Membership fees prorated for Premium Membership only. **Scholarships:** Please consider donating towards a member scholarship. If you are in need of a scholarship, please apply by contacting **Laura Jennings, Director of Activities, at 608-837-4611.**

The following discounts are for use with Premium Membership only:

Beans 'N Cream CoffeeHouse, 345 Cannery Square	10% discount on total purchase on Mondays and Tuesdays
Capitol Physical Therapy, 1266 W Main St, Suite I	Free wellness and/or balance screening appointment. Call 608-318-1357
Clements Wright Vision Care, 1455 W Main St	10% off a complete set of glasses-not to be combined with insurance
Club Pilates, 390 S Grand Ave #106	3 free classes and 10% discount on membership
Collectors Choice Coins, 211 E Main St	One hour free appraisal. Call for appointment
Colonial Club, 301 Blankenheim Ln	Selected activities for free or at reduced rates
Day One Pizza, 355 E. Linnerud Dr	Free breadsticks with any \$10 purchase dine-in or carry-out. Not valid with other coupons or offers
El Patron, 1303 W. Main St	10% off of your total bill
Forever Yours Jewelry, 211 E Main St	10% off any single store item. Not to be used with any other promotion
Ganser Company, 1906 W Beltline Hwy, Madison	\$500 off window replacement project. \$500 off bathroom remodel.
Gus's Diner, 630 N Westmount Dr	One free cup of coffee
Harms Insurance Group, 804 Liberty Blvd #203	Special program through Auto-Owners for home and auto insurance. Call 837-2484 for details
Hometown Pharmacy Sun Prairie, 13 N Bird St	10% off all over the counter medications and vitamins every day
Jo-Jo's Beauties, 601 Thomas Dr	\$5.00 off one service the month of your birthday
Market Street Diner, 110 Market St	10% senior discount daily. Colonial Club members 20% off on Wednesdays
Michaels Arts and Crafts, 4271 Lien Rd	10% off class fees, which includes a 10% discount on supplies purchased for the class (the Bob Ross Painting class is not included). Contact Michael's for a list of classes
Prairie Athletic Club, 1010 N Bird St	Free soda and brewed coffee refills at the Lost Court Restaurant and Bar. Smoothies and alcoholic beverages not included
Sonic Sun Prairie, 2564 Ironwood Drive	10% off food purchase and free cup of coffee between 7:00 and 11:00 am
Take 5 Oil Change, 1900 McCoy Rd	\$20 off full service oil change. Not valid with other oil change offers
The Salt Room, 1738 Eagan Rd, Madison	Intro Session \$15 plus 25% off all packages and memberships (including Gold memberships). Ask us how you can salt or sauna for less than \$1/day
Two Men and a Truck, 3817 Kipp St,	5% discount on a move
What's Brew'N, 3140 Edmonton Dr	10% off your total bill

Be sure to take show your membership card and take advantage of your membership discount when you visit these businesses. When patronizing other local businesses, mention that you are from the Colonial Club so that they too become aware that they could benefit from supporting us and/or advertising with us.