



**MARCH 2021  
VOLUME 51 ISSUE 3**

# **The Courier**

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

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

### **Free Comprehensive Medication Review with a Pharmacist**

Call 608-441-6991 to schedule a video conference or telephone appointment for Tuesday, March 23, or Wednesday April 14, between 10 am and 2:30 pm. Additional dates will be available later in the year. Certain combinations of multiple medications and vitamins can cause negative effects. Some medications are inappropriate for adults over 60. This review will help you assess your risk for falls, dizziness, confusion or other negative effects. The review may identify potential problems and changes to discuss with your doctor.

Offered by the Pharmacy Society of Wisconsin and Bridge Lake Point Waunona Neighborhood Center

Hello March!

According to Jimmy the Groundhog, we were to have an early spring. With the bitter cold we have had in February, that would be a welcome relief.

Normally, we'd be saying that after a long, hard, cold and cruel winter, it's time to get out of the house, get involved and get active. But public health restrictions are still limiting what we can and can't do. As of this writing, the number of people allowed to gather inside and out has increased a bit, but physical distancing and masks are still required. You can be assured that after all we've been through in the past twelve months, the Colonial Club is not going to ease up on protocols that are in place. Like a lot of people, we are encouraged with the release of the vaccines and the slight decreases in positive cases. However, it doesn't make sense to us to throw open the doors and invite the whole town in to celebrate. So bear with us, keep the faith and we promise, as soon as it is safely possible, we will be throwing a big party and inviting you all to come!

To all our Irish friends and all who are at least Irish for a day on the 17<sup>th</sup>, Happy Irish Heritage Month!

*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

Once again we want 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 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](http://fiveelementqigong.net), specify your request to join the class and she will get back to you.

You can find a Music and Motion class on KSUN, Charter channel 983, and TDS channels 13 and 1013, at 9:00 am, Wednesdays, and 9:30 am, Thursdays. Other classes available on television are 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 on cable channel 979 or 980 on Charter/Spectrum.

We are offering a few opportunities for in person exercise classes. **All activities require an RSVP to the Main Office at 608-837-4611.** If you need to leave a message, please do so at the Main Office Voice Mail, extension 100.

**Music and Motion: Mondays and Wednesdays at 9:00 am.** Call the Main Office to reserve your spot. You will need a ball you can squeeze or at least go through the motions (some are using a small rubber ball), a stretch band usually from doing physical therapy, two sticks (most are using wooden spoons) and a weight (some are using a small soup can). Mondays by video on site; Wednesdays with DJ.

**Beat to the Music: Thursdays at 11:00, with Marge.** This is a class that combines aerobic movements with chair tapping, walking and stretching. Bring a water bottle, weights and stretch bands. Call the Main Office to reserve your spot.

**All activity attendance levels will be determined by social distancing requirements and are subject to change or cancellation in accordance with most current Dane County public health orders.**

# Programs and Activities



## Let's Connect!

Tired of being socially isolated?

Join us for fun and informative bi-monthly calls.

1st & 3rd Wednesdays at 10 a.m.— starts February

Dane County agencies are partnering to provide educational and entertaining programs by phone in an effort to reduce feelings of isolation during the pandemic and winter months.

Please join us by calling 1-800-767-1750.

**Follow the prompts.**

Passcodes:

First Wednesday of month use 97758#

Third Wednesday of month use 58501#

A variety of programs will be offered. Each Wednesday there will be something new, including music, poetry reading, sports celebrities, museum resources, health information, community resources and much more!

See the topics at <https://aaa.dcdhs.com/COVID-19.aspx>



Badger Talks is pleased to present a LIVE series of talks on topics to inspire, delight, and pleasantly distract in a time we are all needing positive experiences. Tune in to hear UW– Madison faculty and staff experts on a variety of interesting and engaging topics. Watch the live events on [Facebook](#), or on [Screenz](#). Not able to watch the live talks? Watch previous Badger Talks LIVE events on [YouTube](#).

**Tuesday, March 2, Noon, WPR's Stephanie Elkins on African American composer Florence Price**  
[Stephanie Elkins](#), Wisconsin Public Radio Host

**Tuesday, March 9, Noon, Community Economic Development Institute**  
[Kristin Runge](#), Community Development Specialist, UW Extension

**Tuesday, March 16, Noon, The Chemical Origins of Life and the Potential for Life on Other Worlds**  
[Lena Vincent](#), Kohler Science Fellow, PhD Candidate

**Tuesday, March 23, Noon, Welcome to the Kohler Art Library!**  
[Anna Simon](#), Art Reference and Instruction Librarian

## 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](mailto: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

of **SUN PRAIRIE**  
**Tallgrass**  
ASSISTED LIVING

605 Chase Boulevard  
Sun Prairie, WI 53590  
PHONE: **608.837.2124**  
[tallgrassofsunprairie.com](http://tallgrassofsunprairie.com)

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

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



# Programs & Activities



## AARP Tax Assistance for 2020 Income Tax Returns

The VITA Program and Tax Consulting for the Elderly (TCE) are currently preparing 2020 tax returns at the Colonial Club on Mondays through April 5. All appointment slots have been filled and we have a waiting list at this time. If you need assistance but have not yet made an appointment, we recommend that you contact Goodwill at 608-246-3140, ext 1155. They are offering appointments at 3 locations, East side, North side and Fitchburg. You can also contact the Madison Public Library, 608-315-5151. If you have access to the internet and choose to prepare and file your own return, you can go to the IRS website, [irs.gov/help/telephone-assistance](https://irs.gov/help/telephone-assistance). Select "File a Return" from the drop down menu, then choose the appropriate item under "Filing" or "Filing Help".

Because of COVID restrictions, the procedures for appointments at the Colonial Club 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 a 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 week.

Client will be notified when documents and returns are available for pick up.

Returns prepared each week will be e-filed the following week.

If you have scheduled an appointment but you have not picked up your Intake forms and packet, you should do so as soon as possible. A list of required documentation is included in the packet. You will need to bring this information to your appointment in order to have your return prepared by the AARP volunteer.

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 Adjusted Gross Income. They must be totaled by category (i.e. doctors, prescriptions, optical, dental, insurance premiums and medicare). Stimulus totals received do not need to be reported on the return but must be provided to the preparer. Cash donations to charity are deductible up to \$300 this year (NEW) without itemizing.

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

## Chimes to Begin

Now that many of us have received the vaccine and there is light at the end of the tunnel...



### Wanted

All who are interested in playing chimes.  
No experience needed. We will teach you.

If interested, call Laura at the Colonial Club, 608-837-4611. Please indicate if you are a beginner or have experience and whether or not you can read notes, which is helpful but not required. Enter at the sliding glass doors on Chase Boulevard. Masks will be required as well as a temperature check. We will be socially distanced. Our first session will be Tuesday, March 9, at 1:30 pm.

Please sign up by Friday, March 5, 2021.

# Going forward



## What We Know

As of the date of printing most businesses 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. Vaccine distribution has started in Wisconsin; contact your primary care provider to learn when you will be able to receive the vaccine. Dane County Order #12 eased restrictions on indoor gatherings and exercise so we are able to offer a few more activities in March. Of course, these are subject to change in accordance with any new Dane County orders. See page 3 or 9 for the exercise class schedules.

At the Colonial Club:

- Daily delivery of regular meals (see the menu on page 21) 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 March he will be here on **Tuesdays, March 2 and 16**. You may call him directly at 608-446-2844 to schedule an appointment.
- We have a new Foot Care provider who will be here the first and third Wednesday mornings each month from 9:00 am until noon. For March the dates are **March 3 and 17**. Call the Main Office at 608-837-4611 to schedule an appointment. The cost is \$20. We will not be able to provide care for diabetics at this time.
- 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.
- **A Gentleman in Moscow** by Amor Towles will be available in the Main Office for Book Club members on **March 15**. 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, you can 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. Call Carla Minter at 249-7539 if you have questions. Carla will notify members if there are any changes. Happy St Patrick's Day to all the Red Hat Ladies! Hope that the COVID risks and restrictions end soon.
- 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 the mail for the catalog of classes offered at other locations.



**We are grateful for  
your friendship and  
support!**

## Upcoming Changes

We will be answering the phones on a modified schedule of 10 am to 2 pm Monday– Thursday and 10 am to 12 pm on Friday. You can also leave a message and we will return your call. The Main Office will continue to schedule appointments for one person at a time for the areas listed below. The Main Office, 608-837-4611, can also provide information about Adult Day Care, Case Management, Supportive Home Care and Nutrition.

**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**

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.

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 may be asked 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 when you arrive** 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 we will take your temperature.
2. You will be escorted to your area.
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.

# March Activities & Events



**Bingo, Exercise Classes and Foot Care are back again!**

**Bingo:** We will have bingo **Thursday, March 11**, sponsored by **Drumlin Retirement Community, Tuesday, March 16**, and **Thursday, March 25**, sponsored by **Hebl & Hebl and Drumlin Retirement Community**. All begin at **1:00 pm**. Registration for the first session each month will open on the first business day of the month; for the second and third sessions, registration will open on the day of the first session. Attendance levels will be determined by social distancing requirements at any activity.

**Music and Motion: Mondays and Wednesdays at 9:00 am.** Call the Main Office, 608-837-4611, to reserve your spot. You will need a ball you can squeeze or at least go through the motions (some are using a small rubber ball), a stretch band usually from doing physical therapy, two sticks (most are using wooden spoons) and a weight (some are using a small soup can). Mondays by video on site; Wednesdays with DJ.

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**All activities are subject to change or cancellation in accordance with most current Dane County public health orders.**

## Trivia Fun-Answers

1. What year did the Beatles officially disband? **Practically-1970, Officially 1974**
2. What was the name of Elvis Presley's estate in Memphis, Tennessee? **Graceland**
3. Who wrote the Star Spangled Banner? **Francis Scott Key**
4. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955? **Rosa Parks**
5. What did the US Postal Service add in 1963 that is part of every address today? **Zip Code**
6. What was the first woman to make a solo flight across the Atlantic Ocean? **Amelia Earhart**
7. Ward and June were two main characters from what famous TV show of the late 50's and early 60s? **Leave it to Beaver**
8. Which rising young star from the movie *Rebel Without a Cause* died in an auto accident in 1955? **James Dean**
9. What are the names of the three stooges? **Larry, Curly, Moe**
10. In which movie did Humphrey Bogart say, "We'll always have Paris?" **Casablanca**

# Resources and Support



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

## Alzheimer's Association Virtual Support Groups

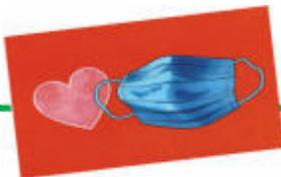
These support groups are designed to provide a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or other dementia. The meetings typically take place monthly and are always free and open to the public. There are support groups for persons living with mild cognitive impairment, general family caregivers, family caregivers for a loved one with dementia living at a facility, male family caregivers, family caregivers for a loved one with dementia in the early stages, family caregivers for a loved one with frontotemporal degeneration and a support group for grief and bereavement.

To register or to get more information about a specific group or group schedules, contact the 24/7 Helpline 800-272-3900 or visit [www.crf.com](http://www.crf.com). All support groups are virtual at this time.

## 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](http://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](mailto:ADRC@countyofdane.com). The ADRC has recently added a Facebook page: [Facebook.com/ADRC Dane Co](https://www.facebook.com/ADRC Dane Co).

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.

## 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.

## 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.

## 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.

## 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.

## 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.

All images in the Courier are taken from the LPI Arts & Media Portal, MS Publisher ClipArt, and Bing free clipart online except for photographs taken by Colonial Club staff and participants.

# Resources and Support



## Sunshine Suppers for March 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](http://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](http://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 you on using FaceTime, Zoom or Skype, texting, taking photos and email with large type, simple on-screen instructions. Go to [www.gol4apple.org](http://www.gol4apple.org) or [www.gol4android.org](http://www.gol4android.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, March 3, 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 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



## Rental Fraud Pervasive Among Home and Vacation Property Listings

The place seems like a dream come true: the right space, the right location, the right price. But is it really for rent? Or will you arrive to find your money gone with nowhere to stay?

Rental scams take place on various websites and platforms, and can be of several different forms. Con artists use both home and vacation rental listings to lure victims. Most commonly, fraudsters copy the photo and description of a rental property, post it online with their own contact information, and try to get a deposit and first month's rent from the unsuspecting victim. The fraudster may communicate only by email or text message, and may claim to be out of the country and unavailable to show the property. Once the victim sends money, the fraudster disappears.

In less common types of fraud, victims may be enticed to buy an online directory of homes supposedly for rent, or they may be tricked into signing up for credit monitoring that comes with recurring monthly charges.

Many consumers look for rental listings on free classified listing sites like Craigslist, Facebook Marketplace, Apartments.com, Zillow, Trulia, Realtor.com and Homes.com. Fake listings turn up frequently on these sites, despite the companies' efforts to remove them.

In addition, scams frequently appear on vacation rental websites such as Airbnb, VRBO and HomeAway.com. They follow the same pattern, preying on vacationers' inability to check out a listing before paying money for it. Cases also have been noted of scammers luring a renter away from Airbnb to deal with the "landlord" directly or spoofing Airbnb's site to impersonate the landlord and the company's payment portal.

### It's likely a scam if:

- The owner is out of town and the unit cannot be seen in person before sending money.
- There is a "for sale" sign in the yard.
- The alleged owner or property manager wants the renter to wire money or send gift cards as payment.
- The advertised rent is well below market rates.

### How to avoid rental scams:

- Beware of "owners" that want you to take the transaction off the online platform to communicate or send money.
- Watch out for fake websites that mimic legitimate websites. Real websites can be copied and created with a similar name and URL.
- Research the rental property owner, and call to be sure they exist.
- Do a quick internet search. Does the property exist at the address? Search an interesting phrase in the rental description to confirm if it's a real property or possibly a fake.
- Do a reverse image search using Google Image Search or TinEye.com to check for multiple listings.

Report rental scams to [BBB.org/ScamTracker](http://BBB.org/ScamTracker). Your report helps to warn others of the scams taking place in the marketplace.

## Protect Your Personal Information Online

Revealing your birth date and/or place of birth to another person/agency provides them 98% of the keys necessary to obtain the rest of the information they need to defraud you. Do not give this information to anyone calling you on the phone or disclose the information on social media. Most of us are honest and do not have a deceptive mind and can, therefore, fall for scams more easily.

From interviews with Frank Abagnale, author of *Scam Me if You Can* and *Catch Me if You Can*; Security Consultant with Abagnale and Associates

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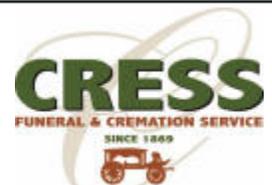


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# Resources and Support



## FREE Virtual (Online) Welcome to Medicare Seminars

*Sponsored by Area Agency on Aging of Dane County's  
Elder Benefits Specialist Program*

### What you need to know about enrolling in Medicare

If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

**March 20, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by **3/11/21**

**May 15, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by **5/6/21**

**July 17, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by **7/8/21**

Seminars will  
be offered  
via Zoom.

Email for more  
information.



## 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**



## Winter Weather Advice 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



## COVID Testing/Vaccine Fraud Alert

Remember:

You can't pay to put your name on a list to get the vaccine.

You can't pay to get early access to the vaccine.

Medicare covers the lab tests for COVID 19 testing at no cost to you.

Medicare covers the vaccine at no cost to you.

Medicare covers medically necessary hospitalizations after regular deductible, copay or coinsurance that apply.

**DO NOT** share any personal or financial information if someone calls, texts or emails you promising access to the vaccine for a fee.

## Agrace Offers Virtual Grief Support Groups

### VIRTUAL-Bridges Support Group

Conversations at Bridges reflect the concerns of the people who attend that day. We suggest waiting at least two months after the death before joining Agrace's other support groups, but Bridges may be helpful sooner.

Pre-registration is now required, please call (608) 327-7118.

Meeting time and dates: **Wednesdays, March 3, 17 and 31; April 14 and 28; May 12 and 26; June 9 and 23, 9:30-11:00 am.**

**COST: \$15** per session, payable in advance online or at the time of service. If needed, this fee can be lowered or waived. There is no fee if your family member was served by Agrace or another hospice in the past 12 months.

### VIRTUAL Spouse/Partner Loss Group – Pre-registration is required.

Fridays, February 5 – March 12; 10 a.m. – 11:30 a.m.

**COST: \$75\*** \*If needed, this fee can be lowered or waived. There is no fee if your family member was served by Agrace or another hospice in the past 12 months.

Please call Jody (608) 327-7118 to pre-register or for more details

## Feeling SAD this winter?

If you start feeling down this time of year, you are not alone. Known as the “winter blues”, Seasonal Affective Disorder (SAD) affects millions of people during the winter months. This year may be especially difficult for people with SAD when added to the social isolation of COVID-19. SAD is a type of depression that has a recurring seasonal pattern. It can include symptoms of depression such as feeling depressed for prolonged periods, feeling hopeless or worthless, having low energy, losing interest in activities you once enjoyed, having problems with sleep, changes in appetite or weight, feeling sluggish or agitated, difficulty concentrating, thoughts of death or suicide.

If you experience these feelings during this time of the year and it seems particularly difficult this year, talk to your doctor. There are treatments that can help including medication, light therapy, psychotherapy and taking a vitamin D supplement.

GWAAR Legal Services Team

## Kindness Matters

“Everyone you meet is fighting a battle you know nothing about. Be kind. Always.”

**Brad Meltzer**

# 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](http://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.

## 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

## Free Masks and Hand Sanitizer

Thanks to generous donors, Colonial Club has hand sanitizer and masks available at no cost to anyone in need. We will provide up to 10 disposable masks and one container of hand sanitizer per household while supplies last. Please call 608-837-4611 to make a request. Items can be picked up at Colonial Club, 301 Blankenheim Lane in Sun Prairie.

## Monthly MIPPA Moment: March is Save Your Vision Month

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

March is Save Your Vision Month as declared by the American Optometric Association. Original Medicare does not cover routine eye exams, glasses or contact lenses. However, Medicare coverage for specific tests or procedure is offered if you have glaucoma, cataracts, diabetes, or age-related macular degeneration. Advantage plans may offer more options for broader coverage of vision, depending on your plan.

Original Medicare Part B covers a glaucoma screening once every 12 months *if you're at high risk*. Medicare Part B covers cataract surgery if it's done using *traditional surgical techniques or using lasers*. Part B also helps pay for corrective lenses with standard frames or one set of contact lenses only *if you have cataract surgery to implant an intraocular lens*. You pay any additional costs for upgraded frames.

Medicare Part B covers eye exams for diabetic retinopathy once each year if you have diabetes. The exam must be done by an eye doctor who's legally allowed to do the test in your state.

Medicare Part B may also cover certain diagnostic tests and treatment (including treatment with certain injected drugs) of eye diseases and conditions if you have age-related macular degeneration.

With Original Medicare, you pay 20% co-insurance of the Medicare-approved amount for your doctor's services, and the Part B deductible applies. In a hospital outpatient setting you may pay a copayment and deductible if it applies.

*Adapted from [medicare.gov](http://medicare.gov). For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.*

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# Health and Wellness

## COVID-19 Vaccine Resources

### Centers for disease Control FAQs

[www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html)

### WI Department of Human Services Weekly Newsletter of COVID-19 Response & Vaccine Progress

[www.dhs.wisconsin.gov/covid-19/newsletter.htm](http://www.dhs.wisconsin.gov/covid-19/newsletter.htm)

### Public Health Madison & Dane County COVID-19 Vaccine Info

[www.publichealthmdc/coronavirus/covid-19-vaccine](http://www.publichealthmdc/coronavirus/covid-19-vaccine)

### Websites for Healthcare Providers in the County

#### Access Community Health Centers

[www.accesscommunityhealthcenters.org/covid-19-vaccine/](http://www.accesscommunityhealthcenters.org/covid-19-vaccine/)

#### Group Health Cooperative UW Health

[www.gchscw.com/covid19-vaccine-information](http://www.gchscw.com/covid19-vaccine-information)

#### SSM Health

[www.ssmhealth.com/newsroom/2021/1/covid-19-vaccine-rollout-in-wisconsin](http://www.ssmhealth.com/newsroom/2021/1/covid-19-vaccine-rollout-in-wisconsin)

#### UnityPoint Health—Meriter

[www.unitypoint.org/madison/covid-19-vaccine.aspx](http://www.unitypoint.org/madison/covid-19-vaccine.aspx)

#### UW Health

<https://coronavirus.uwhealth.org/covid-19-vaccine/>



**COVID-19 Vaccine Transportation for Dane County Older Adults, 65+**



*Have you exhausted all options available to you and still need a ride to your COVID-19 vaccine appointment?*

**NO COST FOR DANE COUNTY RESIDENTS.**



Funded by Dane County Department of Human Services. Coordinated by NewBridge.

**(608) 512-0000 Ext. 3**

# Colonial Club Travel Shoppe



Trips and Tours are being planned and now available. We are trying to determine interest before scheduling specific tours. If you are interested or want more information, please contact Laura at 608-837-4611.

# 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 of 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](http://colonialclub.org).



# March 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

<p>1-Monday Chicken Stuffing Casserole Mixed Veggies Wheat Roll Cranberries Frozen Yogurt MO: Veggie Lasagna</p>	<p>2-Tuesday Tomato Bisque Soup Egg Salad Sandwich Broccoli/Cauliflower Salad Banana Cream Pie MO: Cheese Sandwich</p>	<p>3-Wednesday Goulash Glazed Carrots French Bread Peaches Frosted Cupcake MO: No Meat Goulash</p>	<p>4-Thursday Minestrone Soup Roast Beef Sandwich Lettuce Leaf/Tomato Fruited Applesauce Spice Cake w/ topping MO: Cheese Sandwich</p>	<p>5- Friday Tuna Casserole Lettuce Salad Wheat Bread Tropical Fruit Brownie MO: Mac N Cheese SO: Taco Salad</p>
<p>8- Monday Salisbury Steak Mashed Potatoes Mixed Veggies Wheat Dinner Roll Applesauce Pie MO: Rice/Beans</p>	<p>9-Tuesday Stuffed Chicken Twice Baked Potato Wheat Bread Blueberries Ice Cream MO: Veggie Lasagna</p>	<p>10-Wednesday Turkey Tetrazzini Mixed Veggies Wheat Roll Mixed Berries Ice Cream MO: Rice/Beans</p>	<p>11-Thursday Bread Fish Potato Wedges Baked Beans Applesauce Rye Bread Frosted Cupcake MO: Cheese Sandwich</p>	<p>12-Friday Pot Roast Parsley Potatoes Carrots Peaches Wheat Roll Cookie MO: Veggie Burger SO: Garden Salad</p>
<p>15- Monday Spaghetti Meatballs Corn Garlic Bread Fruit Cocktail Cream Pie MO: Pasta, no meat</p>	<p>16- Tuesday Roast Chicken Mashed Potatoes/Gravy Broccoli BP Biscuit Pears Jell-O MO: Mac N Cheese</p>	<p>17- Wednesday Happy St. Patrick's Day Corned Beef Cabbage/Carrots Parsley Potatoes Wheat Roll Peaches Frosted Brownie MO: Veggie Burger</p>	<p>18- Thursday Parmesan Tilapia Cheesy Potatoes Green Beans Mandarin Oranges Rye Bread Sherbet MO: Veggie Lasagna</p>	<p>19- Friday Chicken and Biscuit Peas Carrots Blushing Pears Cookie MO: Veggie Burger SO: Chicken Caesar Salad</p>
<p>22- Monday Turkey Mashed Potatoes/Gravy Squash Wheat Roll Cranberries Pie MO: Veggie Burger</p>	<p>23- Tuesday Pulled Pork/Bun Calico Beans Broccoli Ambrosia MO: Meatless Egg Bake</p>	<p>24-Wednesday Swedish Meatballs Mashed Potatoes Mixed Veggies Wheat Bread Pears Sherbet MO: Veggie Burger</p>	<p>25- Thursday Stuffed Green Pepper Mashed Potatoes Wheat Bread Pineapple Cake MO: Rice/Beans</p>	<p>26- Friday Lasagna Green Beans Wheat Roll Fruit Medley Pudding MO: Veggie Lasagna SO: Chefs Salad</p>
<p>29- Monday Beef Stew BP Biscuit Spinach &amp; Tomato Salad Banana Cookie MO: Mac N Cheese</p>	<p>30-Tuesday Boneless Chicken Cacciatore Pasta Garlic Bread Carrots Applesauce MO: Pasta/beans</p>	<p>31- Wednesday Sloppy Joe/Bun Potato Wedges Coleslaw OJ Brownie MO: Cheese Sandwich</p>		

**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 \$13.68 (April-December).

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**Donor Information**

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:

- \$500 provides 43 hours of care in our Adult Day Center
- \$250 provides 10 hours of Supportive Home Care services
- \$100 provides 5 hours of case management assistance
- \$50 provides 2 roundtrip rides for seniors in need of specialized transportation
- \$25 provides 8 meals for home bound seniors

All contributions are tax-deductible. (Consult your tax advisor for details.) The Colonial Club publicly acknowledges donor names while maintaining strict confidentiality of all other personal information.

If you wish to contribute by credit card, please call the Business Office at 608-837-4611, ext. 125.

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**Wish List**

- iPad/tablet computer
- Gas cards
- Gift Cards for Dollar Stores/Michael's/ Grocery Stores
- Sandwich fold top baggies
- Sugar free candies, individually wrapped
- Prizes for Adult Day Center, Day for Seniors, Bingo and other events
- Pre-packaged snacks for Movie Day (second Tuesday of each month)
- White copy paper
- Brown Lunch Bags XL
- Dry Erase Markers

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.

**Thank you!**

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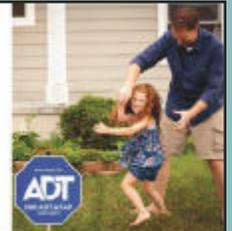
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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**Please note: Memberships are nonrefundable 30 days after purchase.**

**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 1	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.**