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Enjoy some treats with curbside pick up!!
Drive up curbside by the front steps to pick up your treat.

Tuesday, January 5th, 12:00-1:00pm
New Year's Eve Popcorn

Tuesday, January 19th, 12:00-1:00pm
Apple Cider & Scones from the Lingonberry Llama



Information Station

Sugar River Senior Center
PO Box 267
21 S. Vine St.
Belleville, WI. 53508

Directory

Hours.....M-F 9:00-3:00
Phone.....(608) 424-6007
FAX.....(608) 424-1552
Website.....www.sugarriverseniorcenter.org

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Sugar River Senior Center Mission Statement



Assist older adults to remain active in their community, independent in their own homes, and enhance their quality of life.

Newsletter

To receive the newsletter online visit
www.ourseniorcenter.com

Type in Sugar River Senior Center and zip code 53508, then click the search icon.

Sugar River Senior Center with our phone number and address comes up, click on our name.

Current and past issues of our newsletter come up, click on the one you want to read and **enjoy!**

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Weekly Gratitude Journal

Sunday _____

1. _____

2. _____

3. _____

Tuesday _____

1. _____

2. _____

3. _____

Thursday _____

1. _____

2. _____

3. _____

Saturday _____

1. _____

2. _____

3. _____

Monday _____

1. _____

2. _____

3. _____

Wednesday _____

1. _____

2. _____

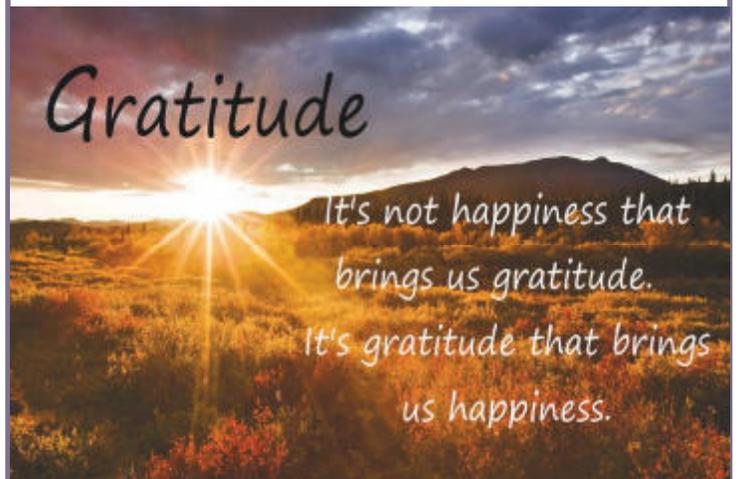
3. _____

Friday _____

1. _____

2. _____

3. _____



Sugar River Travelers

All trips are canceled until further notice.

THANK YOU!

We are going to try something new!

How do they do it?

Watch the videos below to find out!

If you would like to watch a “how it works” “how do they do it”, “magic of making”, and “how it’s made” video on a specific topic, let us know and we can try to get them in upcoming newsletters.



Sugar: How It's Made

<https://www.youtube.com/watch?v=jCKt02NGjFM>



How Cotton is Processed in Factories | How It's Made

<https://www.youtube.com/watch?v=QHgNoSYlhYs>



How Pecans Are Manufactured | How It's Made

<https://www.youtube.com/watch?v=EhqW-eZ9Vtg>



HONEY | How It's Made

<https://www.youtube.com/watch?v=hbfiJHW-LP4>

Let's Celebrate!



Happy Anniversary

Pat Backus	Rosalie Huntington	Deborah Versnik
Marilyn Bersing	Hannah Jelle	Charlotte Viney
Darold Blum	Jerry Judd	Don Vollmer
Mary Boley	Janice Kaminski	Marilyn Ward
Jeanette Bossingham	Judith Langton	Vicky Weasler
Beth Campbell	Sue LeVan Green	Cheryl Wells
Mary Catt	Patricia Mason	Shirley Zantow
Doreen Disch	Robert Mellenberger	Sylvia Zentner
Bev Doyle	Melodee Patterson	
Kristine Dreger	Joyce Poole	
Christine Dusk	Lucille Powers	
Wendall Fenstermann	Bonnie Radewan	
Shelby Fritz	Nancy Randall	
Elaine Gerber	Ann Rotar	
Betty Goke	Esther Sarbacker	
Juanita Harbort	Kenneth Schulz	
Jodi Hollis	Tom Swenson	

Jerry and Yvonne Remy
Weston and Esther Olson Severson
Ed & Kathy O'Connor
Howard & Maxine Ward

Please note that while we try to stay informed as to birthdays, anniversaries and passing's, we are often not notified of changes. If we have missed your birthday or anniversary please contact us. If we acknowledge a member who has passed, we apologize and ask that you notify us so we are able to update our records. Thank you.



Have we missed your birthday or anniversary? Please let us know.



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Sugar River Senior Center, Belleville, WI

A 4C 01-1408

Health & Wellness



Healing Touch is still Canceled for the month of January

BLOOD PRESSURE SCREENING



Tuesday, January 12th

Appointment times between 10:00-12:00

We will be offering blood pressure screenings by APPOINTMENT ONLY. Call Sugar River Senior Center to schedule your appointment 424-6007.

All persons are required to wear a mask and have an appointment, NO walk ins allowed.

FOOTCARE

Footcare is offered at the senior center by appointment only



If you are in need of footcare please call the senior center for an appointment. 608-424-6007 Thank You! Our next Footcare is **Thursday, January 7, 2020.**

Another option if you don't feel comfortable coming in for footcare, are 3 retired nurses that are helping with footcare and blood pressure in your home. Please contact them directly using their numbers below.

Susan Eisle, RN (retired)

smeisele@mhtc.net 516-9755/cell

Does Foot Care Clinic at NW Dane

Follows medical requirements (wears mask & gloves)
\$25/visit

Rita Stanton, RN (retired)

437-6959/home

Does Foot Care Clinic at SW Dane

Follows medical requirements (wears mask & gloves)
\$30/visit (includes blood pressure & oxygen)

Deb Chicks, RN (retired)

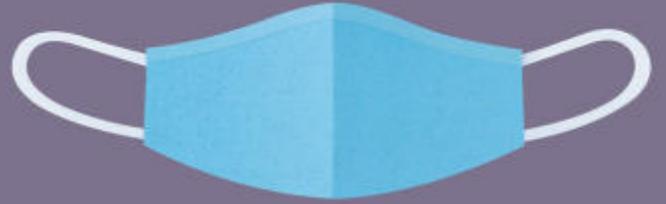
608-332-0965/cell

Does Foot Care Clinic at SRSC

Follows medical requirements (wears mask & gloves)
\$20/visit (will include blood pressure if needed)



SUPPORT GROUPS ARE CANCELLED UNTIL FURTHER NOTICE DUE TO AN



Tips for Winter Wellness

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the *Curcuma longa* plant, is widely regarded to have numerous positive health implications.

Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

(Courtesy of Family Features) ©LPi

Giving Matters

This Month's Donors

If you made a financial donation and feel you have been missed, please let us know. Thank you

Thank you to the more than 75 donors to our Thanksgiving Pie Sale. Your financial, supply and pie contributions made this a very successful event! Thank you all!



Each donation received will aid in our efforts to provide our community members with access to services and activities provided by the Sugar River Senior Center. Our program continues to provide Drivers Escort Program (for medical rides), Group Congregate and Home Delivered Meals, footcare and blood pressure screenings; as well as case management services (including benefit and Medicare assistance). Social events are also a vital part of our program and the list goes on...

Thank You to Our Funders: Village of Belleville, Township of Exeter, Township of Montrose, Township of Verona, Dane County Department of Human Services and Supporters like you!

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- Glarner Lodge (Assisted Living)
- New Glarus Home (Skilled Nursing)
- Chalet at Glarner Village (Short-term Rehabilitation)
- Chalet Wellness Center (Therapy and Wellness)
- St. Clare Friedensheim (Assisted Living)

Serving Monroe, Wisconsin

- St. John's Apartments (Independent Living)
- St. Clare Friedensheim (Assisted Living)

New Glarus Home offers a full continuum of services including retirement living, assisted living, skilled nursing, wellness and rehabilitation services in both New Glarus and Monroe, Wisconsin. Whether you or your loved no longer wants to deal with the maintenance of home ownership, or needs assistance in meal preparation and bathing, New Glarus Home has a program that's right for you.

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Case Manager Minute

Angie Markhardt Available: Monday-Friday 9am-3pm

11 Most Popular Gratitude Exercises & Activities

We usually show our gratitude to others when we feel indebted to them, when we have benefitted from their actions, and when we want to make our feelings towards them known.

Showing gratitude is sometimes a required or expected thing, but at other times, a spontaneous **“thank you”** to someone who has unknowingly made our day. On most occasions, we show gratitude to bring the good feelings we have been gifted back to the giver.

While it is admirable to want to share our gratitude and good

As it turns out, it does quite a lot for our brains and mental well-being.

The Benefits of Gratitude



Source: Merri (2016)

Positive Psychology

feelings with others, we rarely stop to think about what giving others our gratitude does for us.

With all of these benefits to practicing gratitude, your next question is probably “How do I do it?”

If so, you’re in luck! Read on to discover some of the most popular exercises and activities for this, as well as tips to cultivate your own gratitude practice.

There are infinite ways to show our gratitude to others, to ourselves, and to a higher power or even “the universe” itself. However, it can be tough to get started without practical ideas. These gratitude exercises and activities are some of the most well-known and proven ways to practice and

1. Journaling

Writing down a few things you are grateful for is one of the easiest and most popular exercises available.

The purpose of the exercise is to reflect on the past day, few days, or week, and remember 3-5 things you are especially grateful for. In this way, you are focusing on all the good things that happened to you in a given set of time.

When journaling becomes a banal task and not an enjoyable practice then you need to adjust the amount of journaling you do.

Besides the benefit of focusing on the wonderful things, this practice actually can increase your quality of sleep, decrease symptoms of sickness, and increase joy (Marsh, 2011).

Paying attention to what you are grateful for becomes easier as you practice it.

Imagine your life without the things or people that matter to you, before you begin writing. That should definitely boost your gratitude barometer.

2. Gratitude Jar

The gratitude jar is a stunningly simple exercise that can have profound effects on your well-being and outlook. It only requires a few ingredients: a jar (a box can also work); a ribbon, stickers, glitter, or whatever else you like to decorate the jar; paper and a pen or pencil for writing your gratitude notes; and gratitude!

Step 1: Find a jar or box.

Step 2: Decorate the jar however you wish. You can tie a ribbon around the jar’s neck, put stickers on the sides, use clear glue and glitter to make it sparkle, paint it, keep it simple, or do whatever else you can think of to make it a pleasing sight.

Step 3: This is the most important step, which will be repeated every day. Think of at least three things throughout your day that you are grateful for. It can be something as benign as a coffee at your favorite place, or as grand as the love of your significant other or dear friend. Do this every day, write down what you are grateful for on little slips of paper and fill the jar.

Over time, you will find that you have a jar full of a myriad of reasons to be thankful for what you have and enjoy the life you are living. It also will cultivate a practice of expressing thanks.

If you are ever feeling especially down and need a quick pick-me-up, take a few notes out of the jar to remind yourself of who, and what, is good in your life.

3. Gratitude Rock

This exercise may sound a little silly. You may be thinking, “A rock? How can a rock help me practice gratitude?”

The secret to this exercise is that the rock is a symbol, a physical object you can use, to remind yourself of what you have.

The instructions are about as simple as instructions can be: just find a rock!



Make sure to pick one you like, whether you like it because it's pretty because it is smooth or has an interesting texture, or because you picked it up from a special place. If you have another small object you'd rather use instead, feel free to substitute that for the rock.

Carry this rock around in your pocket, leave it on your desk where you will see it throughout your day, or even wear it on a chain around your neck or your wrist.

Whenever you see it or touch it, pause to think about at least one thing you are **grateful** for. Whether it's something as small as the sun shining down on you in this moment or as large as the job that allows you to feed yourself or your family, just think of one thing that brings you joy or fulfillment.

When you take the stone out of your pocket or off of your body at the end of the day, take a moment to remember the things that you were grateful for throughout the day. When you put it on or in your pocket again in the morning, repeat this process to remember what you were grateful for yesterday.

Not only will this help you remember the things you are grateful for, but also it can trigger a **mini-mindfulness moment** in your day. It will bring you out of your head and into the present moment, giving you something to focus your attention on. It can also act as a switch to more positive thinking.

When you flip this switch multiple times a day, you will likely find that your average day has become much more positive.

4. Gratitude Tree

The gratitude tree is a great activity for adults who are open to experiencing a childlike sense of fun and wonder. You will need several double-sided colored sheets of paper, string or ribbon, scissors, twigs or tree branches, some stones or marbles, a vase, and a sense of gratitude.

Step 1: Make one or more leaf cutouts to use as a template for your leaves. Trace your leaves on your colored paper using your template(s).

Step 2: Cut out the leaves, punch a hole at the top of each leaf, and loop your string or ribbon through each hole.

Step 3: Put the stones or marbles in a vase and stick the tree branch or twig in the middle.

Step 4: Then draw or write things that you are grateful for on the leaves. You can also use photographs if you'd like.

Step 5: Hang the leaves from the branches, and behold your gratitude tree!

5. Gratitude Box

The gratitude box is a thoughtful way to share your feelings with loved ones and cultivate your own sense of gratitude.

This is another easy activity that requires only a box, some paper, and a pen or pencil to write down gratitude messages. You can make the box yourself or buy one, the prettier the better!

On the paper, write down a heartfelt message of gratitude to your loved one. If you're not sure how to start, here are some suggestions to begin your message:

- 1) "Thank you for..."
- 2) "What I love about you..."
- 3) "My holiday wish for you..."

You can also collect messages from others about your loved one, to pack the box with multiple messages of gratitude and love.

Place the message(s) into the box, wrap it up or put a bow on it, and give it to your loved one as a special gift, to both your loved one and yourself.

6. Gratitude Prompts

Gratitude prompts are a great way to get started, continue your practice, or kick-start a stalled gratitude practice. This is also a relatively simple exercise, with only one instruction: fill in the blank!

These prompts provide several ways to begin a gratitude statement, with infinite possibilities for completion. They cover multiple senses, colors, people, and things. The goal is to **identify** at least three things in each category that you are thankful for.

The prompts include:

- I'm grateful for three things I hear:
- I'm grateful for three things I see:
- I'm grateful for three things I smell:
- I'm grateful for three things I touch/feel:
- I'm grateful for these three things I taste:
- I'm grateful for these three blue things:
- I'm grateful for these three animals/birds:
- I'm grateful for these three friends:
- I'm grateful for these three teachers:

.....Continued on page 12

Memories, Memories, and Memories

By Bob Hoffman



It was the drive home from a recent haircut that memories of hair cuts past came to mind. But first, why is it a hair cut and not hairs cut? We don't cut just one hair. I suppose it came to be from the term a full head of hair. We don't say a full head of hairs, but maybe we should. Anyhow that is not really very important to this column of memories.

I have been going to Bill the Barber in Belleville (try saying that ten times in a row), for most of my life. I think I was one of his original patrons, and we have grown older and wiser together..... pause for a comment or two from each of you. Before Bill my hairs were cut by my great uncle Oliver. Now for the first time, I am confessing that it was not a fun experience. His scissors pulled the hairs he was trying to cut; thus, it was pull and then a snip and so on and so on. I didn't say a word, but I dreaded each snip. Then when he reached for his clippers which were hand operated, I knew pinching would occur. Those darn clippers surely knew how to pinch. Despite the discomfort the finished project was good. No one ever teased me about my home made hair cut. I suspect most of my classmates got their hair/hairs cut at home, too. When I earned some spending money, I graduated to a visit to a real barber shop. I have not had pinching and pulled hair issues with those visits.

It is time for all of us to recall the time when a bath was a special thing.

Today daily showers are common, and many of you enjoy a good soaking in the bath tub. Thank goodness for indoor plumbing. We can shower and bath as often as we want. But I do recall that a bath was a special once a week thing. At first it was in the cellar near the furnace in a metal tub. We had to carry hot water in pails to pour into that tub.

You stood in the tub and scrubbed away. It was very comfortable in the winter, but in summer the basement was damp and cool. And now the shocking part: the bath water might be used for a second person's bath. So it was always my goal to get to that tub first. Some time during my high school years, our farm house got an indoor bathroom complete with sink and tub. A main floor bedroom became our bathroom, so we had a large spacious bath room. My dad and the owner of the farm installed it themselves. That included digging for the tank and pipes that ran from the house to the back yard. We felt we had entered the life of luxury with the arrival of that indoor bath room.

Today my house has three bath rooms. Such is the state of how life has improved.

A person can not recall our switch from outdoor to indoor bath room facilities without again thinking about our time in those outdoor spaces. In the winter it was beastly cold in there, and in summer it was too hot to spend much time there. I suspect we set some speed records during the coldest days when nature called us to that private little outhouse. I also suspect we didn't sit there long in hot hot days either.

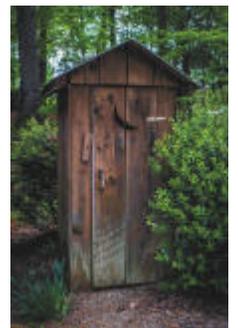
We did not take time to read while attending to our business. Yes, we did have old catalogs conveniently placed near the "seating area". Do I need to say more?

I believe it was January, 1951 when the temperature dipped to a minus forty and more. You can bet time spent in that outhouse was brief, but it was like being part of a world record. Can I put on my resume that I endured a visit to an outhouse in temperatures nearly 50 degrees below zero?

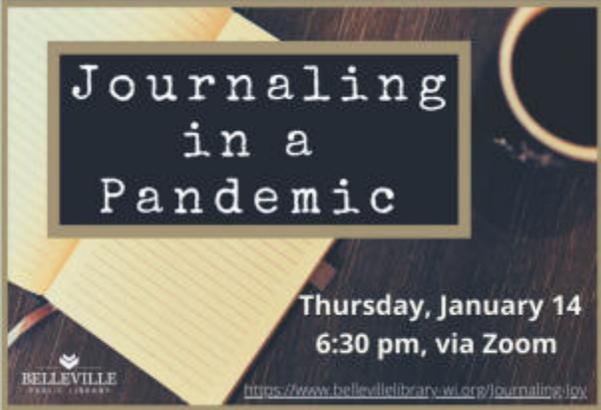
Well, these are some strange memories grouped together, but I guess that's the beauty of memories.

Stay well and Happy New Year!

Special thanks to so many of you that take time to share with me your thoughts after you read each month's This and That. Thank you for your support.



Important Library Information



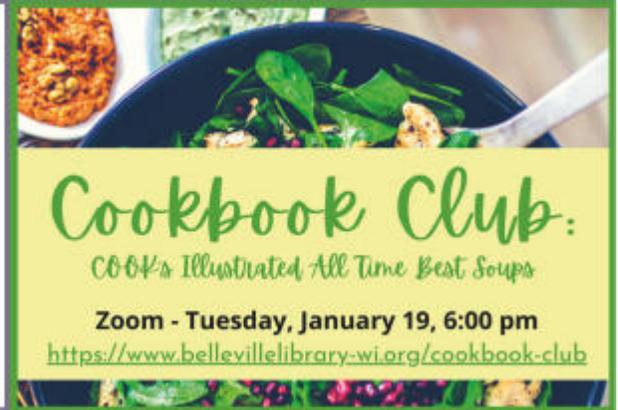
**Journaling
in a
Pandemic**

Thursday, January 14
6:30 pm, via Zoom

<https://www.bellevillelibrary-wi.org/journaling-joy>

To Register for a program go to the program listing at

<https://www.bellevillelibrary-wi.org/calendar/month>



Cookbook Club:
COOK's Illustrated All Time Best Soups

Zoom - Tuesday, January 19, 6:00 pm
<https://www.bellevillelibrary-wi.org/cookbook-club>



Moving Day
with Laura Ingalls Wilder

Tuesday, January 26
Zoom - 6:00 pm
For all ages

Featuring Laura Keyes,
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<https://www.bellevillelibrary-wi.org/MovingDay-LIW>



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- I'm grateful for these three family members:
- I'm grateful for these three things in my home:
- I'm grateful for these three people who hired me:
- Etc.

This simple exercise is a great way to identify all the things you are grateful for.

7. Gratitude Amble

This exercise only requires your sense of gratitude and a pair of feet or wheelchair.

When you are going through a particularly rough time, try cleansing your mind with a gratitude walk. Just as the combination of meditation and gratitude can combat stress or increase feelings of well-being, walking with a gratitude focal point can offer the same remedy.

Walking is therapeutic in itself.

It has health benefits like increased endorphins that decrease stress, increased heart health, and circulation in the body, decreased lethargy, and decreases in blood pressure. Couple this activity with a grateful state of mind and you are bound to nurture a positive mind and body (Rickman 2013).

The goal of the gratitude walk is to observe the things you see around you as you walk. Take it all in. Be aware of nature, the colors of the trees, the sounds the birds make, and the smell of the plants. Notice how your feet feel when you step onto the ground.

The effects are more potent when you can enjoy a gratitude walk with your partner or a friend. In this way, you can show them an appreciation for being able to spend the time walking together.



8. Gratitude Reflection

Reflection is an important part of mindfulness meditation and the cultivation of a sense of self-awareness. These practices can lead to an enhanced sense of well-being, among other benefits, although enhanced well-being is enough of a benefit for most of us.

To practice gratitude reflection, follow these steps:

1. Settle yourself in a relaxed posture. Take a few deep, calming breaths to relax and center. Let your awareness move to your immediate environment: all the things you can smell, taste, touch, see, hear. Say to yourself: "For this, I am grateful."
2. Next, bring to mind those people in your life to whom you are close: your friends, family, partner.... Say to yourself, "For this, I am grateful."

3. Next, turn your attention onto yourself: you are a unique individual, blessed with imagination, the ability to communicate, to learn from the past and plan for the future, to overcome any pain you may be experiencing. Say to yourself: "For this, I am grateful."

4. Finally, rest in the realization that life is a precious gift. That you have been born into a period of immense prosperity, that you have the gift of health, culture, and access to spiritual teachings. Say to yourself: "For this, I am grateful." (Still Mind, 2014)

9. Gratitude Letter or Email / Gratitude Visit

This might be the most powerful gratitude exercise. Write a hand-written letter to a person you are particularly grateful to have in your life. Be detailed. Express all the wonderful qualities about this person, and how they personally have affected your life for the better.

Do it unexpectedly. Your level of gratitude should skyrocket, as you observe the bliss the receiver gets from your generous act. It will probably be one of the greatest gifts you will ever receive.

The positive effects of this gratitude exercise were researched and carried out by Kent State professor Steve Toepfer, associate professor in Human Development and Family Studies. In his 2007 study, his undergraduate students experienced enhanced levels of life satisfaction and happiness, as well as decreased symptoms of depression. Toepfer's goal of this study was to determine the psychological benefits, if any, for the authors of these gratitude letters (Vincent, 2007).

The results of this study are quite straightforward. If you wish to increase your gratitude and happiness levels then intentionally script letters to inspiring people in your life.

If you are feeling down and maybe even depressed, you should most certainly give this practice a try.

Think about a person who has recently done something good for you, to whom you have not yet expressed your gratitude. This person may be a friend, family member, coworker, teacher, or mentor.

Next, write them a letter. Use these guidelines to write an effective and grateful letter:

1. Write as though you are addressing the person directly.
2. Don't worry about getting your grammar or spelling perfect.
3. Describe what this person has done that makes you grateful, and how they have impacted your life. Be as concrete as possible here.
4. Describe what you are doing in life now, and how

.....continued on page 15

Transportation

Bus Service Available

The senior center has bus service available **EVERY** Thursday 9am-1pm.

Please call Kristi to schedule a pick up time (608)444-7930.

Bus service is available for trips in our service area for the Grocery store, Pharmacy, Post Office, Food Pantry etc.

Cost: \$3.00 or less

MAXIMUM 3 persons per trip until further notice



IMPORTANT

NOTICE

.....PLEASE READ

RSVP Medical Appointment Rides and Vets Helping Vets Rides are suspended until further notice.

The RSVP Executive Committee has made the decision that for the safety of our volunteer drivers during the COVID-19 Pandemic, RSVP Driver Escort and Vets Helping Vets rides will be suspended until further notice. All essential rides will be referred to Dane County Transportation.

If you need an ESSENTIAL medical ride please call Dane County Transportation Center at 242-6489 & they will assist you in getting a ride.

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Events and Activities

Winter Wonderland

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S O T T I N S Y B S L E Y Y D N I W
T Z N R O N L E C A L P E R I F O I
O E I B E C L H P S H O V E L V J E
O N W T O O A L M T Y R A U R B E F
B S T A W T O G L O V E S T D E L S
B I T Z O W C D Y R E T S U L B N S
M S E T A N R E B I H O R S S O E S
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C A O I G B N T R Z A O I C Y E F L
I R N A A S A Y G R R Y T S O R F J
M G A C N L R A D F T A O C O C Z Q

WORD LIST:

BELOWZERO	SHIVER	GLOVES	CHILLY	SNOW	JANUARY
BOOTS	SLED	ICICLE	EARMUFFS	WINDY	SCARF
COCOA	SNOWSTORM	MITTENS	FROSTY	BLUSTERY	SKIING
FIREPLACE	BLANKET	SHOVEL	HAT	COATS	SNOWMAN
FROZEN	CABINFEVER	SLIPPERY	ICY	FEBRUARY	WINTER
HIBERNATE	COLD	SNOWSUIT	PLOW	FROSTY	
JACKFROST	FLURRIES	BLIZZARD	SKATING	HEATER	

Programs

.....continued from page 12

frequently you remember their act of kindness or generosity.

5. Try to keep your letter to about 300 words or so.

Go through the letter to make sure it is clear and you get the intended message across before you mail it.

10. Meditation

Gratitude meditations are a double-whammy for well-being. You are performing two of the most impactful happiness practice at the same time.



Meditation isn't always easy especially when the mind is aggressively wandering and distracting your attention, but if you practice this kind of mediation consistently be prepared to experience incredible upgrades in gratitude and joy

Unlike a normal meditation where intentionally become aware of your breath and keep your mind clear, during a gratitude meditation you visualize all the things in your life that you are grateful for.

It is important to give each person or item the concentration it deserves. You can take the time to go through all the people you are grateful for or all the physical objects you are grateful for.

I like to simplify this sometimes and show gratitude for the things that are often taken for granted: the ability to breath, hands to touch, eyes to see, legs to walk and run, etc. There are numerous advantages to meditating. These advantages magnify when you take the time to target your reasons for gratitude.

Spend some time really taking stock of the things you are grateful for and I am certain you will feel much better afterward. It is a powerful exercise.

11. Collage

This is similar to the gratitude journal, except you are going to take pictures of all the things you are grateful for. This gives you the opportunity to visualize your gratitude.

Try taking a picture of one thing you are grateful for every day for a week. Notice how you feel. Take a look back at the pictures every week. You don't have to find grandiose things to be grateful for. A simple picture of a flower will do.

The more you do this the easier it will be for you to spot out the things you are grateful for. You will no longer take these simple things for granted.

Perhaps you will document multiple pictures in a day. After a given time period put all your pictures together in a collage and simply be grateful for all that you have.

From positivepsychology.com

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		6		5				
	1		3			9	4	
4			2		1			
8		9			4			
				6			8	
	6	4	1		8	2		
5			8		2			
6	9	2						
		3		1				

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DIFFICULTY: ★☆☆☆☆

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			8				4	
	3				2			8
				6	7			9
			7	9	6	2		
								4
				2	1			6
7		8					2	3
			1					
6		1				8		

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Nutrition Information

Curbside Lunch Pick Up

We currently offer **Curbside Pick Up** along with continuing **Home Delivered Meals!**

Please call to reserve your meal!



Pick Up will be at **11:30**
Monday- Friday

Belleville Food Pantry Hours:

Tuesday 8am -11:30am

Thursday 1pm - 4pm



Verona Food Pantry Hours:

Tuesday & Friday 10am -12pm

Thursday 11am - 6:30pm

Saturday 10am - 12:30pm

Two visits per month are allowed at Verona.

Senior Dining



Senior Dining



Menu Guidelines:

Menus for the Dane County Dining Centers are prepared to meet one-third of the Daily Recommended Intake for Adults 50+ years of age. There is no salt added in the preparation of any item. Some items are higher in sodium and cholesterol than others. Overall the menu for the month has a moderate amount of both. Hot foods are served at 140+ °F. and cold foods at 40 °F., which may affect food consistency. This menu is approved by Alyce Miller, DTR. Make comments to her at 608-261-5678 or the Sugar River Senior Center at 424-6007.

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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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Nutrition Information

Healthy Eating As We Age

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults:

Nutrients

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B12, minerals, and dietary fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meet individual calorie and nutrition needs.
- Help to maintain energy levels.

Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetables to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

Info & recipe from www.choosemyplate.gov

Be Active Your Way

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.

- Adults at any age need at least 2 1/2 hours of 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week.
- Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening.
- If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.

Peanut Butter & Apple Wraps

Ingredients:

- 1 whole wheat tortilla (8 inch)
- 1/4 cup peanut butter, reduced-fat
- 2 tablespoons granola cereal
- 1/2 apple, sliced (suggest Red Delicious apple)



To Make:

1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides
2. Sprinkle 2 Tbsp granola over peanut butter.
3. Cut apple slices into small chunks and place them on top of the granola.
4. Fold over the edges of the tortilla and roll up "burrito style"
5. Eat and Enjoy!

THIS DAY IN HISTORY

JANUARY 1, 1968: Daredevil stunt performer Evel Knievel lost control of his motorcycle midway through a jump over the fountains in front of Caesar's Palace in Las Vegas.

JANUARY 2, 1929: The United States and Canada reached an agreement on joint action to preserve Niagara Falls.

JANUARY 3, 1964: The Beatles appeared in a film clip on the Jack Parr Show," making their first U.S. television appearance. They sang "She Loves You."

JANUARY 4, 1974: U.S. President Nixon refused to hand over tape recordings and documents subpoenaed by the Senate Watergate Committee.

JANUARY 5, 1934: For the first time in 33 years, the National and American baseball leagues decided to use a uniform-size baseball.

JANUARY 6, 1942: Pan American Airlines became the first commercial airline to complete an around-the-world flight.

JANUARY 7, 1990: Due to an accelerated rate of leaning, the Leaning Tower of Pisa was closed to the public for renovations.

JANUARY 8, 1877: In Montana, Crazy Horse and his warriors fought their final battle against the U.S. Cavalry.

JANUARY 9, 2007: Steve Jobs, Apple Inc.'s CEO, announced the first generation iPhone.

JANUARY 10, 1990: Time Inc. and Warner Communications Inc. completed a \$14 billion merger, making Time Warner the world's largest entertainment company.

JANUARY 11, 1964: "Ring of Fire" by Johnny Cash became the first country album to top the U.S. pop album chart.

JANUARY 12, 1960: Dolph Schayes of the Syracuse Nationals

became the first pro basketball player in the NBA to score more than 15,000 points in his career.

JANUARY 13, 1983: The American Medical Association urges ban on boxing, citing Muhammad Ali's deteriorating condition.

JANUARY 14, 1954: The Hudson Motor Car Company merged with Nash-Kelvinator, creating the American Motors Corporation.

JANUARY 15, 1908: Alpha Kappa Alpha Sorority became America's first Greek-letter organization established by African-American college women.

JANUARY 16, 1956: The Cavern Club opened for business in Liverpool, England. The rock club was where the Beatles began.

JANUARY 17, 1990: Due to his practice of polygamy, Brigham Roberts was denied a seat in the U.S. House of Representatives.

JANUARY 18, 1944: Louis Armstrong, Benny Goodman, Lionel Hampton, Artie Shaw, Roy Eldridge, and Jack Teagarden performed the first jazz concert at the Metropolitan Opera House in New York City.

JANUARY 19, 1955: U.S. President Eisenhower allowed a filmed news conference to be used on television for the first time.

JANUARY 20, 1974: Stevie Wonder played his first show after an auto accident that almost took his life five months earlier.

JANUARY 21, 1957: Patsy Cline appeared on Arthur Godfrey's nighttime TV show and sang "Walking after Midnight."

JANUARY 22, 1905: 500 people were killed when insurgent workers were fired on in St. Petersburg, Russia, resulting in "Bloody Sunday."

JANUARY 23, 1971: In Prospect Creek Camp, Alaska, the lowest



temperature ever recorded in the U.S. was reported as minus 80 degrees.

JANUARY 24, 1848: Some 300,000 people traveled to California after James W. Marshall found gold in Coloma, California, thereby starting the California Gold Rush.

JANUARY 25, 1961: John F. Kennedy presented the first live presidential news conference from Washington, DC. The event was carried on radio and television.

JANUARY 26, 1992: Boris Yeltsin announced that Russia would stop targeting U.S. cities with nuclear weapons.

JANUARY 27, 1951: Atomic testing began in the Nevada desert as an Air Force plane dropped a one-kiloton bomb on Frenchman Flats.

JANUARY 28, 1956: Elvis Presley made his first appearance on national television on "The Dorsey Brothers Stage Show" on CBS.

JANUARY 29, 1886: The first successful petrol-driven motorcar, built by Karl Benz, was patented.

JANUARY 30, 1933: "The Lone Ranger" was heard on radio for the first time. After 2,956 episodes, the program ended in 1955.

JANUARY 31, 1893: The trademark "Coca-Cola" was first registered in the United States Patent Office.

January Dining Menu

Home Delivered Meals: Monday– Friday between 11am and 1pm



Meals provided by: Dane Count Consolidated Food Service
All menu items are prepared in kitchens that are not allergen-free.
We cannot guarantee that food allergens will not be transferred through cross-contact.
No substitutions allowed.

Please note: Guests on a NAS diet should not be receiving:
 gravy, ketchup, mustard or other condiments.
 MO = meatless option



Friday 1

CLOSED

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Pears Lemon Bar MO – Chickpea Joe NCS–Pineapple tidbits	Honey Baked Chicken Broccoli Yams Dinner Roll/Butter Banana Blueberry cobbler MO – Veggie Honey Chicken NCS – SF Cookie	Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Frosted White Cake MO – Marinara Sauce NCS – SF Pudding	Lemon Dill baked Fish Tartar Sauce Baked Potato Sour Cream Fruit Cup WW Bread/Butter Sugar Cookie MO – Black Bean Burger NCS – SF Cookie	*Italian Sausage on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Choc. Ice Cream Cup MO – Veggie Hotdog NCS – SF Ice Cream
Monday 11	Tuesday 12	Wednesday 13	Thursday 14 BULK	Friday 15
Sweet & Sour Chicken Brown Rice Peas Mandarin oranges Chocolate Chip Cookie Bar MO – Egg Salad NCS – SF Cookie	*BBQ Pulled Pork on a WW Bun Chickpea Salad Carrots Fruit Cocktail Vanilla Pudding MO – Black Bean Burger NCS – SF Pudding	Chicken Stew Saltine Crackers Broccoli Tropical Fruit Brownie MO – Veggie Stew NCS – Applesauce	Egg Salad On WW Bread Split Pea Soup Apple Sauce Peach Pie Bar MO – n/a NCS – SF Jell-o	*BBQ Ribs Baked Potato Sour cream/Butter Peaches Roll/butter Peanut butter cookie MO – Garden Burger NCS – SF Cookie
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Chicken and Gravy NAS – no gravy Over White bread Carrots Green Beans Fruit Cocktail Vanilla Pudding MO – Veggie Chicken/Gravy NCS – SF Pudding	<u>Fish Sandwich:</u> Breaded Fillet WW Bun/Cheese NAS – no cheese Tartar Sauce Yams & Coleslaw Fruit Cup Lemon Italian Ice MO – Multigrain Burger NCS – SF Ice Cream	*Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Dressing Banana Cheesecake Brownie MO-Veggie Meatballs in Marinara NCS – SF Pudding	*Pork Loin in Gravy Mashed Potatoes Garden Blend Veg. WW Bread/Butter Mandarin Oranges Carnival Cookie MO – Hummus Wrap NCS – SF Cookie	Hearty Chicken Noodle Soup Mixed green salad Dressing Saltine Crackers Pears Pumpkin Bar MO – Tomato Soup NCS – SF Jell-o
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<u>Cheeseburger:</u> Beef Patty/WW Bun Cheese NAS – no cheese Ketchup/Mustard 4 Bean Salad 4 Way Veggie Blend Warm Spiced Apples MO--Black Bean Burger NCS – n/a	Turkey in Gravy Mashed potatoes Broccoli Pineapple tidbits Mini croissant/butter Frosted Marble Cake MO – Garden Wrap NCS – SF Cookie	Beef Stew Biscuit Green beans Chunky Apple Sauce Chocolate Chip Banana Cake MO – Tomato Cheese Sandwich NCS – SF Jell-o	Traditional Meatloaf Sweet Potato/Butter White Bread/Butter Cinnamon Apple Sauce MO--3 Veggie Meatballs NCS – n/a	Sloppy Joe WW Bun Carrot Coins Black Eyed Pea Salad Pineapple Chocolate Pudding MO – Hummus/Pita NCS – SF Pudding



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Kindness Matters 

The SUGAR RIVER SENIORS NEWSLETTER for January 2021, Issue 547, is the official publication of the Senior Citizens Program of Belleville, Exeter & Montrose, Inc. 21 S. Vine St. Belleville, WI 53508. Bulk mailing permit #12. The Sugar River Seniors Newsletter is published monthly and sent to members, friends and sponsors. There is no fee for membership; area residents age **50 and over** are welcome to participate. Contributions to offset the cost of mailing are gratefully accepted.

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 1st of every year is also the beginning of Medicare’s **General Enrollment Period**. If you missed your Medicare Initial Enrollment Period when you are 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.