

Sugar River Senior Center

April 2021 / Issue 550



No Bake Sale 2021



For over 40 years the Sugar River Senior Center has helped to support Seniors maintain independence and remain in their homes. 2020 was one of our busiest years yet. The pandemic made more homebound services necessary increasing meal needs, assistance with groceries, prescriptions and general home and personal needs. We served more than 8000 home delivered meals (about 1500 more than 2019) We have seen a dramatic decline in much of our senior population requiring additional assistance and services over the last year. Angie our Case Manager has assisted more than 250 area members (about 120 more than then previous year) Our Program continues to bring warm home delivered meals to Seniors, provide benefit, referral and resource assistance as well as medical appointment transportation to a broad range of Seniors. We are excited to bring back many small group activities as we move into a safer 2021. Please remember that we don't require membership fees and our newsletter comes to you free of charge. Fundraising such as our NO BAKE SALE! continues to make this possible.

Donation Curbside Drop off Days
Tuesday, April 13, 2021 noon-1pm
Tuesday, April 27, 2021 noon - 1pm
Dropoff your donation and get a treat!

This and That: Judgment by Pies

By Bob Hoffman

We had a friend that was an excellent pie baker. She took her wonderful pies to family or neighborhood gatherings, bake sales, pot luck dinners, and to funeral meals. On the occasion that I am remembering, she heard that her neighbor's sister had died. Thus being a good neighbor, she make two pies to take to the church hall for the funeral dinner. When she arrived at the church, she noticed other people there carrying food items into the dining room. She counted five other pies. Now she had a strong belief that the number of pies at a funeral judged on how good of a person you were in life. The more pies the better a person you were. She counted those pies, and she turned around and came home with her pies along side her. That evening she explained to me what she had done. "I think she was a good woman, but she wasn't that good. There is no way she was worth seven pies."

I am not asking you to make pies for me or to make judgments for me, but I am asking if you will please consider making a donation to our annual NO BAKE SALE. This is an important fund raiser for our Senior Program. The tax payers of the village of Belleville and the townships of Exeter, Montrose, and Verona support the daily operation of the Sugar River Senior Center, but it is fund raising that supports the social aspects of what goes on within our program. Music programs, pot lucks, card games, other games, crafting, coffee hours, special breakfasts, and our bus trips are supported by donations. Please put some money in an envelope or write out a check, and send it or bring it to the Senior Center during the month of April, 2021. This very newsletter is supported financially by donations. We need you. Thank you for whatever you can give.

Curbside Pick-Ups

Tuesday, April 6th Fruit Filled Pastry, Yum!
Pick-up 12:00-1:00pm



Tuesday, April 20th Earth Day Dirt Cups!
Pick-up 12:00-1:00pm



Thursday, April 22nd Earth Day Dirt Cups!
Town Of Verona Hall Pick-Up 12-1:00

This Issue

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Cognitive Challenges	pg 10 & 11



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

Staff

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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!**

What's Inside

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We have received many calls over the past few months about peoples birthdates being incorrect, or they don't want it shared or some one has passed. While we try our best to keep track of our many, many members it has been increasingly difficult to monitor. We will no longer be posting birthdays or anniversaries in our newsletter. We apologize if this is upsetting to you but hope you can understand. Thank you and Happy Birthday to all!



Transportation

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.**

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

In a
WORLD
 where you can be
 anything
BE KIND

This Month's Donors ~ Giving Matters

Toni Frank
 Anne Gravel Sullivan
 Dottie Mellenberger

No Bake Sale 2021 
Donation Curbside Drop off Days
Tuesday, April 13 noon-1pm
Tuesday, April 27 noon - 1pm
Dropoff your donation and get a treat!

Thank you for your generous gift! We at Sugar River Senior Center greatly appreciate your donation and are thrilled to have your support. Through your donation we have been able to further our mission of congregate & home delivered meals, rides to medical appointments, footcare, blood pressure screenings and so much more. You truly make the difference for us, and we are extremely grateful!

Thank You!

Donations can be delivered or mailed to:
Sugar River Senior Center
PO Box 267
Belleville WI, 53508



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

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!

Health & Wellness

Footcare

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, April 15th, 2020.**

Another option if you don't feel comfortable coming in for footcare, are 2 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

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)



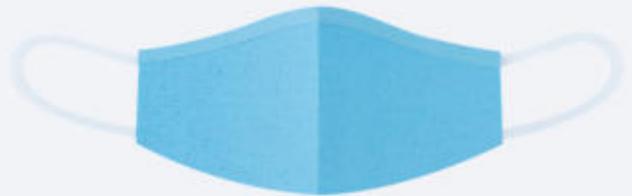
Blood Pressure Screening

Tuesday, April 13th
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.



Healing Touch
is Cancelled for the
month of April



Angie's Advice

4 Festive Spring Activities For Seniors

1. Get outside and enjoy nature

Walk around the neighborhood or in the park, eat a meal outside, visit a plant nursery, or take a scenic drive

2. Decorate with a spring or Easter theme

It's fun to mark the seasons with festive decorations.

3. Create an indoor garden

Having plants around the house brings a little piece of nature indoors

4. Do some spring cleaning

Spring cleaning is a good excuse to get rid of unnecessary clutter.



Health & Wellness

COVID-19 VACCINE: WHO IS ELIGIBLE IN WISCONSIN?

CURRENTLY ELIGIBLE GROUPS IN PRIORITY ORDER

- Frontline health care personnel
- Residents and staff in skilled nursing and long-term care facilities



- Police and fire personnel, correctional staff
- Age 65 and older



- Educators and child care
- Individuals enrolled in Medicaid long-term care programs
- Some public facing essential workers
- Non-frontline essential health care personnel
- Staff and residents in congregate living facilities



NEXT ELIGIBLE GROUPS

MARCH 29

Individuals age 16 and older with certain medical conditions known to be associated with an increased risk of severe illness from COVID-19.

MAY 1

Everyone age 16 and older.

For more details on eligibility, please visit www.dhs.wisconsin.gov/covid-19/vaccine-about.htm.



P-02902 (03/2021)



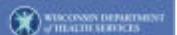
MASK FIT IS IMPORTANT



Gaps in your mask can let air with respiratory droplets and aerosols leak in and out around the edges.

Improve the way your mask fits and functions. Follow this checklist:

- Wear your mask snug around your face.
- Choose a mask with a nose wire and fit it around your face.
- Add layers of material by using a cloth mask with multiple layers of fabric, or wearing a disposable mask underneath.



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

	Pfizer	Moderna	Astra Zeneca	Johnson & Johnson	Novavax
Type	mRNA	mRNA	Adenovirus	Adenovirus Vector	Protein plus adjuvant
Schedule	Two doses, 21 days apart	Two doses, 28 days apart	Two doses, at least 30 days apart	Single dose (also testing 2-dose regimen)	Two doses, 21 days apart
Results	95% effective in preventing symptomatic COVID-19	94% effective in preventing symptomatic COVID-19	70% effective overall in preventing COVID-19	66% effective in preventing moderate-severe disease	96% effective in preventing symptomatic COVID-19
Notes	<ul style="list-style-type: none"> • \$14.47/dose • Stored at -80° 	<ul style="list-style-type: none"> • \$18.00/dose • Stored at -4°, refrigerate x 1 month 	<ul style="list-style-type: none"> • \$2.21/dose • Stored at -4°, refrigerate x 6 months 	<ul style="list-style-type: none"> • \$8.50/dose • Stored at -4°, refrigerate x 6 months 	<ul style="list-style-type: none"> • Cost unclear • Stored at -4°, refrigerate x 6 months



Monthly MIPPA Moment

April is Irritable Bowel Syndrome Awareness Month

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

In the United States, there are between 25 and 45 million people who have irritable bowel syndrome (or IBS, *not* to be confused with Irritable Bowel Disease or IBD) according to the International Foundation for Functional Gastrointestinal Disorders. IBS is a chronic condition affecting the large intestine that causes cramping, abdominal pain, constipation, and gastrointestinal distress. Since 1997, April has been designated nationally as IBS awareness month.

Medicare generally covers all *medically necessary* tests ordered by your doctor to diagnose IBS, including a physical examination, diagnostic imaging studies such as colonoscopy or CT scan, and laboratory tests such as a stool test or lactose intolerance testing. If you aren't at high risk for colorectal cancer, Medicare covers a colonoscopy once every 120 months, or 48 months after a previous flexible sigmoidoscopy. If you have Part B, Medicare generally pays 80% of allowable charges once you meet your Part B deductible. If you have Medicare Advantage, you may also have a copayment for these tests.

Important Library Information



**Belleville Public Library
& Community Center**

NOW OPEN!

With a limit of TEN patrons at a time in the building

HOURS MONDAY - THURSDAY 9 AM - 7 PM
FRIDAY 9 AM - 5 PM
SATURDAY 9 AM - NOON

20 S Park St | 608-424-1812 | www.bellevillelibrary-wi.org

Your Garden Can Feed You All Year

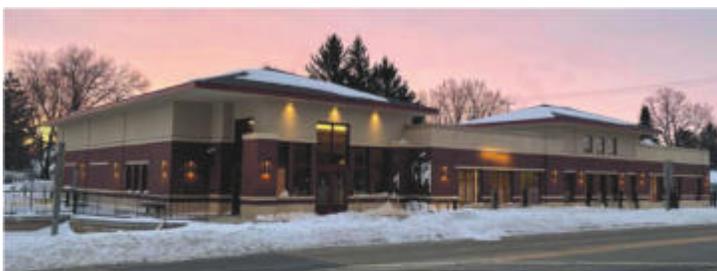


Thursday, April 8
6:00 pm
Belleville Public Library (Zoom)



Join with Zoom at www.bellevillelibrary-wi.org/Garden-all-year

20 S. Park St. Belleville | 608-424-1812



**THANK YOU BELLEVILLE
FOR MAKING THIS POSSIBLE!**

**AUTHOR TALK
ANN GARVIN**



6:00 pm
Tuesday, April 6
Belleville Public Library (Zoom)

Join via Zoom:
www.bellevillelibrary-wi.org/Author-Ann-Garvin



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Sugar River Travelers



Welcome Sugar River Travelers!

It's travel time! Join us at Sugar River Senior Center to view some fun and exciting travel videos, brought to you by Prime Video. We will be handing out

Passport Books and every time you come and view a video you get a destination sticker in your passport book. Once you collect 8 stickers in your book, you will earn a \$5.00 gift certificate to be used on one of our upcoming trips (once we are able to resume our travels).

We will also be offering a small gift or food item that each destination is known for at every travel time showing. They will be available for around \$3.00 each depending on the item.

This is a great opportunity to travel all around the world, learning about different cultures, the people, the food, the land and much more!



Hidden Poland Friday, April 2nd at 9:30

This one-hour special hosted by CBS News Travel Editor Peter Greenberg gives viewers a look at Poland's enduring culture. Watch Peter take a hot air balloon ride over the 13th century Czocho Castle and glide across the Tatra Mountains.



Discover Switzerland The Complete Tour Monday, April 5th at 9:30

You'll see the very best of Switzerland in this practical travel guide, visiting Lucerne, Interlaken, Jungfrau, Shilthorn, Bern, Zermatt, Locarno, Lugano and Zurich. We'll see Mount Titlis, Rigi, Pilatus, Matterhorn and more. We feature some of Europe's most beautiful scenery, including wild majestic landscapes and charming historic cities, balancing urban adventures with natural wonders.



Sicily Land of Love and Strife Friday, April 16th at 9:30

This exploration of Sicily takes the viewer to a place of spectacular beauty, epic human struggle, depth and diversity of culture, philosophic insights, and historic sites.



Smart Travels wit Rudy Maxa Sydney & Queensland Australia Monday, 22nd at 9:30

Australia's stunning metropolis, Sydney seduces with its glorious harbor, carefree attitude and sunny beaches. From the Opera house to the Harbor Bridge to Circular Quay Rudy basks in the sights along the harbor.

Sun-washed beaches, chic beachside towns, cliffs and rainforests and one of the seven natural wonders of the world, The Great Barrier Reef, Queensland is the ultimate outdoor adventure.

We will be offering 2 "travel times" for each video. The 2nd video time will only open up once the first time slot is full.

Travel Times are as follows:

Friday, March 5th & 19 9:30 & 12:30

Monday, March 8th & 22nd 9:30 & 12:30

- There are openings for 6 attendees for each time slot, by reservation only.
- Please call to your reserve your seat today! 608-424-6007
- Masks are required in the building at all times.
- Seats will be set 6 feet apart.



Events and Activities

Craft Hour is here!

We will be offering craft hour this month!
Here's how it works:

- We will have craft boxes available that have all of the supplies and directions for the craft inside.
- Craft hour is by reservation only, so please call to reserve your spot 608-424-6007, we have a limit of six participants for each craft hour.
- You must wear a mask while in the building. We will have the tables set up with six feet spacing between each work area, you get your box and can work on the craft during craft hour.
- We will have two craft hour times available, the first one on Tuesday, April 6th from 10:00-11:00 and the second one on Wednesday, April 7th from 1:00-2:00.

Wii Bowling is back!

Call now to sign up and come in to play wii bowling! You can also form a team of 2 to 4 players and sign up as a team to bowl.



- Masks must be worn in the building.
- We will have the bowling spots 6 feet apart for social distancing.
- You will have the use of your own Wii remote & Wii remotes will be wiped down after use.

Bowling times are available twice a month:

Thursday, April 8th 10:00 & 12:00

Thursday, April 22nd 10:00 & 12:00

We will fill up the 10:00 spot first on each day and if there is more than four people signed up, we will then start signing up for the 12:00 spot.

We are adding a Town of Verona Curbside Pick-Up!

For those of you who may not know, we also serve the Town of Verona. So come out to the Town of Verona Hall, say Hi and pick up your curbside treat!

This Curbside pick-up will be on:

Thursday, April 22nd from 12:00-1:00

All seniors in the Town of Verona area are welcome to come and we can't wait to meet you!



Movie Days

We will be offering 2 movie times for each movie. The 2nd movie time will only open up once the first time slot is full.

Movie dates are as follows:

Friday, April 9th 9:30 & 12:30

Friday, April 23rd 9:30 & 12:30

- There are openings for 6 attendees for each time slot, by reservation only.
- Please call to your reserve your seat today! 608-424-6007
- Masks are required in the building at all times.
- Seats will be set 6 feet apart.

Enola Holmes

April 9th at 9:30am

While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord.



The Dressmaker

April 23rd at 9:30 am

Based on Rosalie Ham's best selling novel, *The Dressmaker* is the story of femme fatale Tilly Dunnage who returns to her small home town in the country to right the wrongs of the past. A stylish drama with comic undertones about love, revenge and haute couture.

Written by Sue Maslin.



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Sugar River Senior Center, Belleville, WI

A 4C 01-1408

April Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 9:30-10:30 Travel Time Hidden Poland 
5 9:30-10:30 Travel Time Discover Switzerland The Complete Tour 	6 Craft Hour 10:00-11:00 By Appointment or curbside pick-up	7 Craft Hour 1:00-2:00 By Appointment or curbside pick-up	8 10:00 Wii Bowling By Appointment	9 9:30 Movie Day Enola Holmes 
12	13 10:00-12:00 Blood Pressure Screening By Appointment Only 12:00-1:00 Donation Drive-Up 	14 1:00 Solitary Living Support Group By Appointment	15 9:00-2:30 Footcare By Appointment 	16 9:30-10:50 Sicily Land of Love and Strife 
19 9:30-10:20 Smart Travels with Rudy Maxa Sydney and Queensland Australia 	20 12:00-1:00 Curbside Pick-Up	21 1:00 Care Giver Support Group By Appointment	22 10:00 Wii Bowling By Appointment 12:00 Town Of Verona Curbside Pick-Up	23 9:30 Movie Day The Dressmaker 
26	27 12:00-1:00 Donation Drive-Up 	28	29 9:00-2:30 Footcare By Appointment 	30

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gwaar.org/senior-medicare-patrol
WisconsinSeniorMedicarePatrol

Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

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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Programs

Program Schedule

Craft Hour

Tuesday, April 6th at 10:00am
Wednesday, April 7th at 1:00pm

Footcare

Thursday, April 15th by appointment only
Thursday, April 29th by appointment only

Blood Pressure

Tuesday, April 13th by appointment only

Curbside Pick Up

Tuesday, April 6th 12:00-1:00pm
Tuesday, April 20th 12:00-1:00pm

Curbside Pick Up Town of Verona

Thursday, April 22nd 12:00-1:00

Solitary Living Support Group

Wednesday, April 14th 1:00pm

Caregiver Support Group

Wednesday, April 21st 1:00pm

Wii Bowling

Thursday, April 8th at 10:00am
Thursday, April 22nd at 10:00am

Movie Day

Friday, April 9th at 9:30am
Enola Holmes
Friday, April 23rd at 9:30am
The Dressmaker

Travel Time

Friday, April 2nd -9:30 & 12:30
Monday, April 5th -9:30 & 12:30
Friday, April 16th 9:30 & 12:30
Monday, April 19th 9:30 & 12:30

Donation Drive-Up

Tuesday, April 13th 12:00-1:00
Tuesday, April 27th 12:00-1:00

Angie's Advice

Pairing Physical and Mental Activities

There is only one physical activity that was shown to improve brain function in the study: dancing. It can be as simple as doing a little dancing in the living room after dinner, or as organized as taking ballroom dance lessons. To do a new mental activity and combine it with dance could be greatly beneficial.



Want to register for events or activities on your own at home?

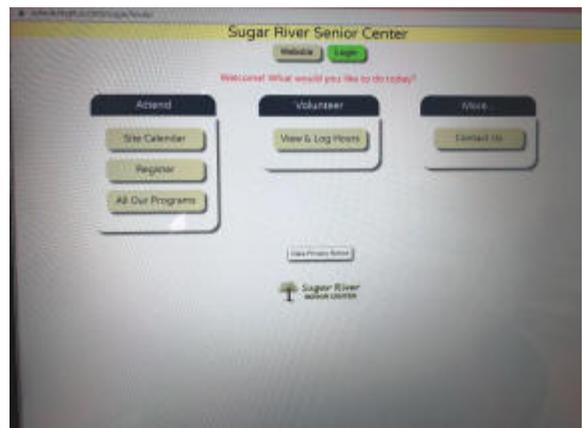
Log on to:

<https://schedulesplus.com/sugar>

Check out the **Site Calendar!**

If you want to **Register:**

Use your phone number to log into our SchedulesPlus system and sign up for activities you are interested in!

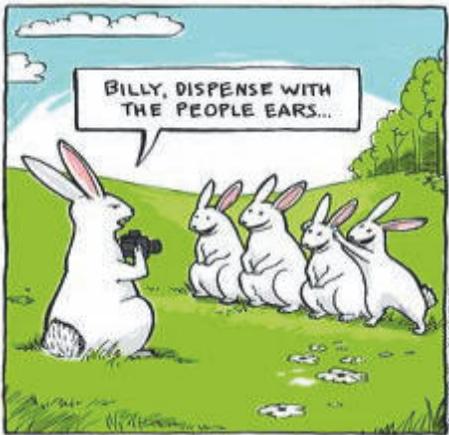


Brain Games

Joke of the day

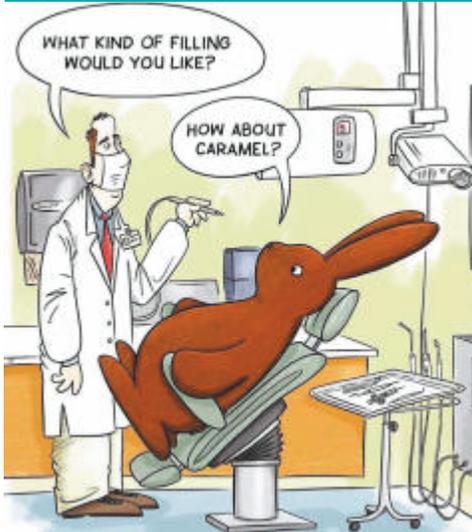
WHAT IS THE
EASTER BUNNY'S
FAVORITE KIND
OF MUSIC?

HIP HOP



What do you call a
parade of rabbits
hopping backwards?

A receding
hare-line.



Sudoku

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

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

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DIFFICULTY: ★★★★★

HAPPINESS
IS A MOOD.
POSITIVITY
IS A MINDSET.

#POSTHAPPYPRESENT

What is one of your
favorite quotes?
Write it here ↓



Brain Games

EASTER WORD SEARCH

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

BASKET
 BONNET
 BUNNY
 CANDY
 CHICKS
 CHOCOLATE
 DAFFODIL
 DECORATE
 DUCKS
 DYE
 EASTER
 EGG HUNT
 EGGS
 FAMILY
 FLOWERS
 GRASS
 HAPPY
 JELLYBEANS
 LILY

PARADE
 PEEPS
 RABBIT
 SPRING
 SUNDAY
 TULIPS
 TRADITION



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EARTH DAY WORD SEARCH

AIR
 APRIL
 CLEAN
 CLIMATE
 COMPOST
 CONSERVATION
 ENERGY
 ENVIRONMENT
 EXTINCTION
 FOREST
 GLOBAL
 LAND
 LITTER
 NATURE
 OCEAN
 OZONE

PEOPLE
 PLANET
 POLLUTION
 RECYCLE
 REDUCE
 RESOURCES
 REUSE
 SMOG
 TRASH
 TREES
 WASTE
 WATER
 WILDLIFE

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Earth Day
 Every Day

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

This & That ~By Bob Hoffman

The Survivor Generation

By Bob Hoffman



My hypothesis for this month is that we are members of the survivor generation. If we look back on our lives, we will see all sorts of ways that we survived against the odds. I shall continue explaining this amazing theory.

Take time to picture our playgrounds. You see a thing we called a slippery slide, we spot a see-saw and some monkey bars, and we locate the free standing set of three swings. What is under all those devices? It was hard packed dirt. There was no saw dust, wood chips, or ground rubber to cushion our falls and mishaps. We all survived the journey down the slide on a hot day when the slide burned our back sides. We all were victims of the person behind us losing patience and sliding right after us and knocking us to the ground when we both reached that place. Some time or other our clothes got caught on a loose rivet that might also have scratched us. We survived without any rules or regulations ordering that the hard packed ground would not be what be landed upon.

We all were on a see-saw when the other person weighed more than us, and that bully held us up on the air daring us to jump off from that height. Or maybe the bully decided to simply get off the see-saw and send us flying to the ground. The landing spot was more of that hard packed dirt. Some of us climbed like monkeys from bar-to-bar, and when we reached the end, we dropped to the ground--the same hard packed dirt from years of kids doing the same. If there was a merry-go-round, someone would be the person to push and propel the device hoping to reach a good speed. Often times that person, dropped to the ground exhausted from the efforts. Everyone of us jumped off that merry-go-round at some time or the other. No rubber or wood chips or saw dust to protect us. We survived.

We can not forget how we survived our time on those play ground swings. Is there any one person that never jumped off the swing in mid flight? Then as we sat on the ground the swing swung around and hit our heads a good whack. If you were being the good guy and pushing someone else in the swing, did you not lose concentration and the swing returning back to you hit you a jolt or two.

We survived riding bikes with no helmets. We survived getting our pant legs caught in the chain. We all hit a patch of gravel and went flying head over heels into a ditch or onto that gravel.

Our ball fields were often make shift diamonds. Maybe dried cow pies for bases? No helmets or chest protectors for our players or for ourselves.

We survived riding in smoke filled cars as at least one of our parents smoked. Those of us in the back seat seemed to get the blunt of the cigarette smoke. We survived that second-hand smoke. And we rode in vehicles that did not have seat belts!

Our diets included bacon grease and lard. Our milk came right from the cows. We had plenty of red meat and eggs almost daily. We had lots of homemade baked stuff. We didn't count anything in our diets. We ate what was placed in front of us. If we dared to complain, we survived the reply and threat our parents offered us---do I need to say more?

We played outside in summer night beyond sunset. We ran into each other and into objects in our night games like hide and seek or kick the can. We played tug of war, and we played Red Rover and survived someone running into our locked arms hoping to break through.

We survived all the childhood diseases that came our way: measles, mumps, and chicken pox for example. We survived wet feet in cold temperatures. We survived conditions that could lead to heat stroke.

We survived bloody noses, bumps and bruises and cuts and scratches.

On our farms we survived hay chutes and kicking cows and angry bulls.

We survived the mother cow protecting her newly born calf---she did not want you anywhere near her baby. Loads of hay tilted on us as we drove the load of hay to the barn.

And we survived weeks of going bare foot. Glass and nails were all about us hoping to inflict some wound or infection. We roasted hot dogs over open fires, and if it fell to the ground, we gave it a quick shake and blew on it, and then gobbled it down as fast as we could.

The five second rule applied to any food we dropped. Yep, we survived that, too.

Maybe just maybe we are not only survivors but tough and lucky.

So next time you drive by a playground and notice the piles of soft materials in and around the various equipment, you can smile to yourself and feel that you did INDEED survive.

Nutrition Information

Oregano Benefits for Inflammation, Infections & More



Although many people think of it as the herb that's sprinkled on top of pizza or into pasta sauces, oregano has been considered a precious plant for over 2,500 years in folk medicines around the world. It's one of the [top herbs for healing](#) because of its antioxidant and antibacterial activity.

With powerful antioxidants and components that help fight bacterial and viral infections, this common herb holds important space in both your kitchen and medicine cabinets. Although [oregano oil](#) is much more concentrated and has greater therapeutic potential, cooking with oregano has its health benefits, too.

What Is Oregano?

Oregano (*Origanum vulgare*) is an herb that's a member of the [mint](#) (*Lamiaceae*) family. It has been used for thousands of years in folk medicines to treat upset stomach, respiratory complaints and bacterial infections.

Article is from [draxe.com](#) Continued on page 18

Angie's Advice



Support Groups

Solitary Living Support Group

Are you living alone or just feel alone and would like to meet with a small group of people walking the same path?



During the pandemic physical distancing can feel like social isolation. With small groups we would like to help this time feel a little less isolated. Groups will meet on the 2nd Wednesday of the month at 1pm and we will form as many groups as we need to keep our number around 6 people each time.

Please call 608-424-6007 to sign up

Masks are required, 6 ft. social distance will be maintained, Covid questions and temperature checks will be performed upon arrival.

Caregiver Support Group

Calling all caregivers!

The pandemic has shown what we already knew. Your job is hard. Your care for your loved one can make it harder to care for yourself. Let us help.



Caregiver groups will restart in February, the 3rd Wednesday of the month at 1pm. Groups will be kept to 4 or 5 caregivers and if you don't have respite to come alone, we will have an activity planned for your loved one in a different area. We will form as many groups as we need to keep our numbers small.

Please call 608-424-6007 to sign up

Masks are required, 6 ft. social distance will be maintained, Covid questions and temperature checks will be performed upon arrival.

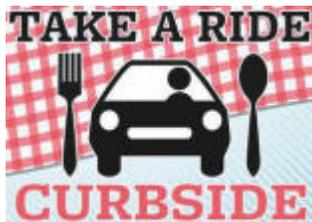


Nutrition Information

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



Phone: 608-424-3341

Verona Food Pantry Hours:

Tuesday & Friday 10am -12pm
Thursday 11am - 6:30pm
Saturday 10am - 12:30pm

Phone: 608-848-2499

Two visits per month are allowed at Verona.

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.



Senior Dining



Recipe

Easy Homemade Chicken Marsala Recipe



- Author: Dr. Josh Axe
- Prep Time: 10 min
- Cook Time: 20 min
- Total Time: 30 minutes
- Yield: 4
- Diet: Gluten Free

Restaurant versions of chicken marsala come with inferior chicken and tons of sodium. Instead, make it at home with gluten-free flour.

Ingredients

- ½ cup Paleo flour
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon dried oregano
- 4 boneless, skinless chicken breasts
- 3 tablespoons ghee (can use butter instead)
- 1 cup sliced mushrooms
- ½ cup marsala wine

Directions

1. In a medium bowl or shallow pan, mix the flour, garlic powder, salt, pepper and oregano.
2. Pat the chicken breasts dry, then coat the chicken breasts in the flour mixture.
3. In a skillet over medium-high heat, add the ghee and then the chicken breasts. Cook the chicken until slightly browned on one side.
4. Flip the chicken breasts and add the mushrooms to the skillet. Cook for another 2-3 minutes.
5. Pour the marsala wine over the chicken and cover the skillet. Reduce heat to low and allow to simmer for 10 minutes or until chicken is cooked through.

- Serving Size: 1 chicken breast
- Calories: 408
- Sugar: 0.8g
- Sodium: 620mg
- Fat: 15g
- Saturated Fat: 7g
- Unsaturated Fat: 7.6g
- Trans Fat: 0.4g
- Carbohydrates: 8.6g
- Fiber: 4.4g
- Protein: 54.3g
- Cholesterol: 155mg

Nutrition Information

Continued from page 16

Oregano leaves have a strong aroma and slightly bitter, earthy flavor. The spice was used in ancient Egypt and Greece to flavor meats, fish and vegetables.

The herb got its name from the Greeks, where “oregano” means “Joy of the Mountain.”

Types/Varieties

There are several types of oregano offered across the globe. Common oregano is known as “*origanum vulgare*” and is also called “wild marjoram.”

The varieties that are most popular for cooking are Greek oregano and Italian oregano. The Greek variety is more pungent, while the Italian type has a sweeter aroma.

Benefits

The leaves and dried versions are excellent sources of antioxidants and antibacterial compounds. Most studies involving the herb are done with its essential oils, which is a more concentrated form and has greater efficacy for promoting overall wellness and healthy aging.

Research shows that this herb has the following benefits:

1. Antioxidant Powerhouse

Oregano is jam-packed with health-promoting antioxidants. There are numerous benefits of eating foods high in antioxidants. They help slow the effects of aging by reducing free radical damage, which can contribute to many health issues and premature aging. Antioxidants positively impact your skin, eyes, heart, brain and cells as well.

2. Has Antibacterial Properties

Several studies [indicate](#) that oil of oregano has antibacterial effects against a range of bacterial strains. There’s even research supporting the use of the oil as an alternative to harmful antibiotics for a number of health concerns.

3. Reduces Inflammation

Cooking with this health-promoting herb, whether it’s dry or fresh, may help reduce inflammation. Studies on the herb’s essential oils show that it contains powerful anti-inflammatory properties.

Oregano products are used to relieve inflammatory conditions including allergies and rheumatoid arthritis. Herbal extracts are also used topically to reduce issues like insect bites, psoriasis, acne and muscle pain.

4. Fights Viral Infections

Carvacrol, one of the main components in oregano, has been shown to possess antiviral properties. This enables oregano oil to [delay](#) viral disease progression and improve resistance to infections.

Again, these studies use the herb’s essential oil, which is far more concentrated than consuming fresh or dried leaves. However, they do highlight the beneficial compounds that are present in the plant.

How to Add to Diet (Recipes)

It’s easy to add oregano spice and leaves into your everyday diet. It’s commonly added to Mediterranean dishes and serves as a versatile spice for sauces, stuffings, soups and salads.

It can be sprinkled on homemade pizzas, soups and doughs too.

Need some recipe ideas that incorporate this health-promoting herb? Try the homemade **Chicken Marsala** recipe on page 17.

Need some tips on optimizing freshness when cooking with this herb? Chopping or crushing the leaves provides more flavor, and add it in at the end of the cooking process for the best results.

Using fresh leaves gives you more flavor too. Thankfully, the herb is super easy to grow at home and even thrives in a pot on your windowsill.

Risks and Side Effects

Consuming dried or fresh oregano is safe in normal amounts, when added to recipes. People who are allergic to herbs within the *Lamiaceae* family, like mint and [basil](#), should be cautious when eating it for the first time.

Angie's Advice

What's in Season for April?

Beets	Peas	Mango
Apples	Cabbage	Lemons/Limes
Artichokes	Carrots	Mushrooms
Asparagus	Cauliflower	Parsnips
Avocados	Celery	Pears
Bananas	Citrus	Pineapple
Blueberries	Greens	Potatoes
Bok Choy	Kivi	Strawberries
Broccoli	Leeks	Vidalia Onions

Visit ProduceforKids.com for more info & recipes!

April Dining Menu

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

<p>Meals provided by: Dane County 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.</p> <p>Please note: Guests on a NAS diet should not be receiving: gravy, ketchup, mustard or other condiments. *contains pork CC = chocolate chip</p>  				Thursday 1 Chicken and Gravy NAS – no gravy Over White bread Carrots Green Beans Orange Juice Carnival Cookie MO – Veggie Chicken in gravy NCS – SF Cookie	Friday 2 Lemon Dill Baked Fish Tartar Sauce Baked Potato Sour Cream Fruit Cup WW Bread/Butter Banana Cream Pie MO – Garden Wrap NCS – banana
Monday 5 BBQ Chicken Breast Baked Sweet Potato WW Bread Butter Tropical Fruit Sugar cookie MO – Black Bean Burger NCS- SF Cookie	Tuesday 6 Enchilada Casserole NAS – Taco Chicken w/Rice Fiesta corn Pinto Beans Mandarin Oranges Frosted Churro Cake MO – Bean & Cheese Burrito NCS -SF Jell-o	Wednesday 7 Mushroom Swiss Burger Beef Patty/WW Bun Swiss/Am. Cheese Mushrooms Green Beans Potato Salad Fruit Cocktail Apple Crisp MO – Garden Burger NCS– n/a	Thursday 8 Chicken Strips Honey Mstd. Sauce Rstd. Brussel Sprouts Coleslaw NAS – steamed peas Dinner Roll/Butter Fruit Cup Chocolate pudding MO – Veggie Wrap NCS- SF Pudding	Friday 9 Tuna Casserole Stewed Tomatoes Pickled Beets Banana Lime Sherbet MO – Egg Salad NCS- SF ice cream	
Monday 12 Rstd. Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Dreamsicle Whip MO – Veggie Chicken in gravy NCS- SF Pudding	Tuesday 13 Taco Pasta Casserole Broccoli Cauliflower Pineapple Strawberry Swirl Ice Cream MO – Hummus & pita NCS- SF Ice cream	Wednesday 14 -Greek Chicken Pasta -Carrot Raisin Salad -4 bean salad Apple Juice Rainbow Sherbet Cup MO – Veggie Pasta NCS- SF ice cream	Thursday 15 *Meatballs in Gravy Mashed Potatoes California Blend Fruit cup Dinner Roll/Butter CC cookie MO – 3 Veggie meatballs NCS- SF Cookie	Friday 16 Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Blueberry Crisp MO – Chickpea Joe NCS- SF jell-o	
Monday 19 Tuna Salad Sandwich on WW Tomato soup Tropical Fruit Blueberry Pound Cake MO – Egg Salad NCS- SF Cookie	Tuesday 20 Saucy BBQ ribs Potato Salad Roasted Brussel Sprouts WW Dinner Roll/Butter Applesauce Peach Pie MO – Veggie Burger NCS- SF Pudding	Wednesday 21 Honey Baked Chicken Broccoli Yams Dinner Roll/Butter Pears Ambrosia Salad MO – Honey Baked Veggie Chicken NCS–Pineapple	Thursday 22 Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Brownie MO – Marinara Sauce NCS- SF Jell-o	Friday 23 *Italian Sausage on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Juice Chocolate Ice Cream Cup MO – Veggie Dog NCS- SF ice cream	
Monday 26 Sweet & sour chicken Brown Rice Peas Diced Melon Mix Rice Pudding MO – Soy Sweet & Sour NCS- SF Pudding	Tuesday 27 Sausage Veggie Egg Bake Fruit Cup Hash Brown Patty Orange Juice Cup Cinn. Raisin Bread/Butter MO – Veggie Egg Bake NCS- n/a	Wednesday 28 *BBQ Pulled Pork on a WW Bun Chickpea Salad Carrots Banana Frosted White Cake MO – 3 BBQ Veggie Meatballs NCS- SF Cookie	Thursday 29 Egg Salad On WW Bread Split Pea Soup Apple sauce Cherry Italian Ice MO – n/a NCS- SF Ice cream	Friday 30 Fish Sandwich: Breaded Fillet WW Bun/Cheese NAS – no cheese Tartar Sauce Yams Coleslaw Fruit Cup Lemon Bar MO – Black Bean Burger NCS- SF Jell-o	

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The SUGAR RIVER SENIORS NEWSLETTER for April 2021, Issue 550, 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.

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