

Sugar River Senior Center

May 2021 / Issue 551



There is still time to donate!

No Bake Sale

A bit of news we have today...
A **BAKELESS BAKE SALE** is on the way.
In these busy days, who wants to bake,
A pie or cookies or even a cake.

You'd be surprised if you counted the cost,
of ingredients, heat, and the time you've lost.
Baking for sales is extra work.
Yet nobody really wants to shirk.

So we've thought of a plan that's really grand,
and feel quite sure you'll understand.
In an envelope, if you like, please include the price...
of a pie or cake or anything nice.

Without fuss or bother, you've done your part.
We hope you'll give with a willing heart.
Wishing success for our **BAKELESS BAKE SALE**,
This is the end of our little tale.



You can now donate online!

Use the website below to support your Sugar River Senior Center!

<https://sugarriverseniorcenter.weshareonline.org/>

Calling All Veterans!

Join us for a curbside
Veterans Breakfast!

Thursday, May 20th 9:00-10:30am
at Sugar River Senior Center

Spouses & Veterans of all ages
are welcome to attend.

Please spread the word & invite a
Veteran who hasn't attended yet!

Please RSVP to 608-424-6007
By Monday, May 18th

This event is by invitation, if you
do not receive an invitation or
are new to this event, please let
us know so we can add you to
our veteran list.



Curbside Pick-Ups

Tuesday, May 4th Surprise Pick-Up!

Sponsored by Agrace Pick-up 12:00-1:00pm

Monday, May 17th

S'MORES PUPPY CHOW

Town Of Verona Hall Pick-Up 12-1:00

Tuesday, May 18th

S'MORES PUPPY CHOW

Pick-up 12:00-1:00pm



This Issue

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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

Executive Director:

Amanda Meade ext.105
rseniorcenter@outlook.com

Case Manager:

Angie Markhardt ext. 104
angie.srseniorcenter@outlook.com

Program & Volunteer Director:

Maria Lamboley ext. 103
maria.srseniorcenter@outlook.com

Nutrition Program Manager:

Rachel Markhardt

Program Assistants:

Judy Moe ext.102
Robert Hoffman ext. 101
staff.srseniorcenter@outlook.com

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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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In Memory and Gratitude,

The Sugar River Senior Center Staff and Board would like to take a moment to thank and honor the memory of one of our biggest supporters. **Richard Allen Kittleson** was a long-time Senior Center Board Member representing Town of Exeter and serving more than 20 years on the Board of Directors. His smile, energy, laughter and endless support will be greatly missed.



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!



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

Giving Matters ~ Recent Donors

Grace Methodist Church
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Dolores Schmidt
J.M & Toni Frank
Anne Gravel Sullivan
Bob Hoffman
Cynthia Tworek
First United Church of Christ

Nancy Zimmerman
Ron & Marie Vendon
Barb Mulhern
Fred & Sue Bonacker
Joan root
Palmer Christen
Charlene Boley
In Memory of Donovan Boley

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



Interested in making a monthly contribution or single donation?
Check out our donation website!
<https://sugarriverseniorcenter.weshareonline.org/>
Or visit our website
www.sugarriverseniorcenter.org
and click **Donate**

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, May 6th, 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, May 11th

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.



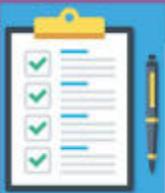
Healing Touch with Mara

Tuesday, May 18th & Tuesday, May 25th

- Reservations must be made ahead of time. Please call to your reserve your appointment time 608-424-6007.
- Masks are required in the building at all times.



Angie's Advice



Right on the Money

To stay on top of your finances, experts say, make sure you can answer these questions:

How much do I actually spend and make?

The simplest way to find this out: Look at your bank and credit statements for the past six months to see the cash flowing in and out.

When do I pay the bills?

Make it twice a month, says Wolfeboro, New Hampshire, adviser Susan MacMichael John: "If you have a routine to pay bills, you are going to avoid penalties for late payment."

What do I owe?

Build repayment into your budget, says Cathy Curtis, a financial planner in Oakland, California. (Get a personalized payback plan with AARP Money Map at moneymap.aarp.org/)

What am I Insured for?

"Plenty of people never look at their policy after taking it out," says New York City financial planner Gary Schatsky. "They could end up wildly overinsured or wildly underinsured."

Financial Health & Wellness

When the Bills Came Due

By Sheryl Nance-Nash

For more than three decades, Leslie Speed had a simple rule for sorting the mail: Anything related to money went straight to her husband, Bob. A math whiz and a footwear industry veteran, Bob was happy to handle their bank accounts, pay bills and invest their IRAs. He planned ahead, too, buying a term life policy that would pay Leslie \$300,000 if he died before turning 72.

All that was fine with Leslie, who balanced working as a teaching assistant with raising the couple's three daughters. "I never paid a bill," she says. "I was clueless."

Starting around 2017, however, Bob began to act strangely about money. He started buying more skin care products than he could possibly use. "He ordered things in multiples," Leslie remembers. "Three electric razors."

Complaining of memory lapses, Bob was tested for cognitive decline in late 2018. The diagnosis was dementia.

Life didn't change immediately. Bob, who had lost his job in a mass layoff in May 2018, had been hired at the local Habitat for Humanity ReStore, thanks to his retail experience. This would have been a good time for Leslie to dive into the finances, she acknowledges. But, partly because of her own anxieties around money, she didn't. His dementia didn't seem to impair him badly. And she didn't want to hurt Bob's feelings.

Eventually, Leslie had no choice. In December 2019, Bob experienced a sudden decline. "He woke up one day and didn't know what year it was or how to put his seat belt on," she says. "I remember him going to pay the bills, and he told me it took him two hours to write two checks."

The next several months were some of the most difficult of her life, says Leslie: "I woke each morning with trepidation as to how he would behave that day." The pandemic prevented family and friends from helping her care for Bob.

At the same time, Leslie was trying to piece together information about their finances. Bob couldn't remember his account passwords, which neither he nor Leslie had ever written down. Able to get into Bob's computer, she and her daughters would get password-reset links emailed to Bob's inbox, then create new passwords and log in.

Most of her discoveries were unpleasant ones. Leslie thought they owed less than \$100,000 on their four bedroom home in Huntington, New York. In fact, they owed \$130,000. They owed \$12,000 on an overdraft account and a credit card—much more than she thought. Bob's two IRAs held a total of \$200,000—not the \$300,000 to \$400,000 she expected to be there. "I kept thinking that there must have been more money somewhere," she says. "But there isn't."

And then there was the \$300,000 in life insurance. After Bob died in June of last year at the age of 69, Leslie, then 63, began hunting for the policy. After a long search, Leslie's daughter Amber found that Bob had paid his last

quarterly premium in December 2018. The policy had lapsed, and the insurer denied the claim. "I wasn't angry," says Leslie. "I just felt sad because I knew that Bob so wanted to make sure his family was taken care of financially."

Grieving for Bob and overwhelmed by money worries, Leslie sought financial guidance from her church's pastoral committee. The chair referred her to church member Brian Cohen, a financial adviser in Melville, New York. He had her write down all her expenses to help her see where her money was going and where she could save money. So she added it all up: food, mortgage, property taxes, a car payment and other obligations. Her basic expenses, before adding in clothing, emergencies and other daily costs, came to roughly \$3,700 a month.

As for income, Leslie had the salary from her \$23,000-a-year teaching assistant job, which she was able to keep through the pandemic. Her Social Security survivor benefit and Bob's pension came to nearly \$2,800 a month.

Based on these numbers, Cohen told Leslie she would have to sell the house and downsize, or come up with some other living arrangement. That was one of the worst surprises, she says: "I looked at an apartment to rent, and it was so depressing that I left crying."

So she put off her housing decision and started calling companies she was paying to ask how she could lower her costs. When she called her cellphone provider to take Bob's phone off her plan, she learned she could also get a 25 percent discount for teachers. She found a new hair salon charging a third of the price she had been paying. She cut her utility bill \$10 a month by going paperless.

Later she did find a housing solution. Amber and her husband, along with their children, are planning to move in with her once they sell their home in a nearby town. "This makes the most sense, as she has a toddler and newborn that I can help with, and they can help me financially," says Leslie.

Today, Leslie logs in to her bank account twice a week to make sure she has the money to pay all her bills.

And she has started filing in a personal journal: "What My Family Should Know: A Guide for Those Left to Handle My Affairs." In it, she has entered information about all her financial accounts, among other things. Says Leslie, "My daughters will not go through what I did."

This article was in the February/March 2021 AARP The Magazine on Pages 38-40. The Author Sheryl Nance-Nash has written about personal finance and business for Money, ABCNews.com, The New York Times and Black Enterprise.



Monthly MIPPA Moment

Monthly MIPPA Moment: May is Arthritis 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, more than 54 million people have arthritis. That number is expected to grow to 67 million by 2030. Arthritis is the nation's No. 1 cause of disability and there are over 100 different types of Arthritis, the two most common are: osteoarthritis (OA) and rheumatoid arthritis (RA). While OA occurs from normal wear and tear, RA is caused by your immune system attacking the tissues of the body.

Arthritis & Medicare Preventive Services

Among older Americans with RA and OA, studies have shown that important preventive tests and services such as influenza and pneumococcal vaccination were substantially underutilized. Based upon higher rates and risk factors for adverse events (for example, serious infections, fracture, malignancy, and cardiovascular disease) among patients with inflammatory arthritis, the need for the preventive tests and services we studied is generally more compelling for RA patients than for patients with OA or the general population and it is important to speak with your provider to see what preventive services you may be eligible to receive.

Original Medicare (parts A and B only) will cover services and supplies for any arthritis treatment and comorbid preventive services if your doctor has determined that it's medically necessary. If you have Medicare Part B (medical insurance), you'll most likely pay the monthly premium, which in 2021, for most people that amount is \$148.50. In 2021, you'll also probably pay \$203 for your annual Part B deductible.

After the deductible, you typically pay a 20% copay of Medicare-approved amounts for:

- most doctor services (including while a hospital inpatient)
- outpatient therapy
- durable medical equipment, such as a walker or wheelchair

Adapted from Health.com and Medicare.gov. For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.

Important Library Information



**Belleville Public Library
& Community Center**

CHECK US OUT!

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

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Now Available**

Sugar River Travelers



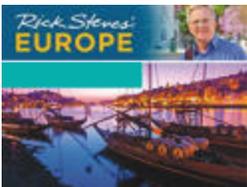
Welcome Sugar River Travelers!

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.

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



Rick Steves' Europe

Friday, May 7th 9:30-10:45

This has 3 episodes we will be watching. **Scotland's Highlands:** We'll visit Glencoe, Inverness, the Culloden battlefield-and keep our

eyes peeled at Loch Ness-as we work up an appetite for modern Scottish cuisine and traditional folk music.

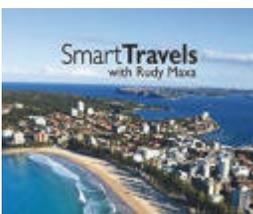
Scotland's Islands: On the windswept Isles of Iona and Skye we'll wander through Iron Age forts and a venerable distillery. Then we'll set sail for Orkney's 20th century wartime harbor at Scapa Flow. **Glasgow & Scottish Passions:** Starting in vibrantly gritty Glasgow, we'll tap into Scottish passions as we tour Stirling Castle, have a wee dram on the Speyside Whisky Trail, and watch a sheepdog demonstration.



Passport To The World: Corsica

Monday, May 10th at 9:30-10:47

Experience Corsica's picturesque shorelines and translucent bays with this beautiful documentary that shows the true magic of this island of splendours.



Rudy Maxa: New Zealand

Friday, May 21st at 9:30-10:20

This has 2 episodes we will be watching. New Zealand's South Island: The south island of New Zealand weaves Kiwi culture with scenic splendor. The vast vineyards

of Marlborough helped bring this country's wines to the world stage. New Zealand's North Island: With spectacular seismic activity, fascinating plant and animal life, and to-die-for natural beauty, New Zealand is a traveler's dream.



Passport To The World: Puerto Rico

Monday, May 24th at 9:30-10:45

Aside from its 430 kilometers of golden sand coasts, Puerto Rico hides a colonial treasure of untold wealth. In the capital city of San Juan, signs of its sixteenth-century origins remain.

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 15 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, May 13th 10:00 & 12:00

Thursday, May 27th 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, May 17th 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:

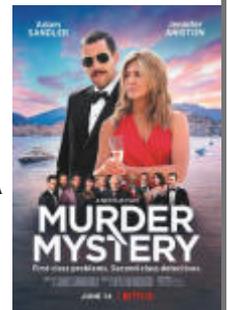
Friday, May 14th 9:30 & 12:30

Friday, May 28th 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.

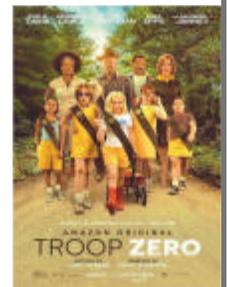
Murder Mystery May 14th at 9:30am

A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage. A chance encounter leads to them being framed for the murder of an elderly billionaire.



Troop Zero May 28th at 9:30 am

In rural 1977 Georgia, a misfit girl dreams of life in outer space. When a national competition offers her a chance at her dream, to be recorded on NASA's Golden Record, she recruits a makeshift troop of Birdie Scouts, forging friendships that last a lifetime and beyond.



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Happy Birthday! We hope you
enjoy your special day!*



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Sugar River Senior Center, Belleville, WI

A 4C 01-1408

May Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Craft Hour 10:00-11:00 12:00-1:00 Curbside Pick-Up	5 Craft Hour 1:00-2:00	6 9:00-2:30 Footcare 	7 9:30-10:30 Travel Time 1:00 Mother's Day Event
10 9:30-10:30 Travel Time	11 10:00-12:00 Blood Pressure Screening	12	13 10:00 Wii Bowling	14  9:30 Movie Day
17 12:00-1:00 Town Of Verona Curbside Pick-Up	18 12:00-1:00 Curbside Pick-Up Healing Touch with Mara Call for an appt.	19 1:00 Care Giver Support Group	20 9:00-10:30 Veterans Breakfast Curbside Pick up	21 9:30-10:50 Travel Time 12:30 Canasta 
24 9:30-10:20 Travel Time	25 Healing Touch with Mara Call for an appt.	26	27 10:00 Wii Bowling  9:00-2:30 Footcare	28  9:30 Movie Day 12:30  Bunco
31 Center Closed 	<p>All events and activities being held at the Sugar River Senior Center are by appointment or pre registration only. Please call us to sign up so we are able monitor group sizes. Thank you!</p>			

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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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Sugar River Senior Center, Belleville, WI

B 4C 01-1408

Programs

Program Schedule

Craft Hour

Tuesday, May 4th at 10:00am

Wednesday, May 5th at 1:00pm

Footcare

Thursday, May 6th by appointment only

Thursday, May 27th by appointment only

Blood Pressure

Tuesday, April 13th by appointment only

Healing Touch with Mara

Tuesday, May 18th by appointment only

Tuesday, May 25th by appointment only

Curbside Pick Up

Tuesday, May 4th 12:00-1:00pm

Tuesday, May 18th 12:00-1:00pm

Curbside Pick Up Town of Verona

Thursday, May 17th 12:00-1:00

Caregiver Support Group

Wednesday, May 19th 1:00pm

Wii Bowling

Thursday, May 13th at 10:00am

Thursday, May 27th at 10:00am

Canasta

Friday, May 21st at 12:30pm

Bunco

Friday, May 28th at 12:30pm

Movie Day

Friday, May 14th at 9:30am Murder Mystery

Friday, May 28th at 9:30am

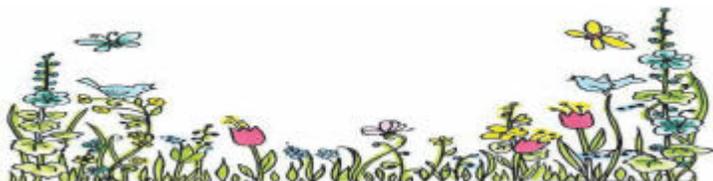
Travel Time

Friday, May 7th -9:30 & 12:30

Monday, May 10th -9:30 & 12:30

Friday, May 21st 9:30 & 12:30

Monday, May 24th 9:30 & 12:30



Angie's Advice

Tips on dining out on a budget

1. Eat out during the week instead of the week end. Some restaurants have deals on the slower days of the week.
2. Make the most of discounts.
3. Do breakfast or lunch instead of dinner. They are usually a lot cheaper than dinner.
4. Eat an appetizer before you go.
5. Eat entrees as the main meal. Serving sizes can be HUGE at some restaurants.
6. Limit drinks. You can save by limiting the number of drinks or just drinking water with your meal.
7. Share a meal.
8. Share an entrée or dessert.
9. Move on for dessert.



They're back!!

Canasta & Bunco are starting in May!

Friday, May 21st at 12:30 Canasta

Friday, May 28th at 12:30 Bunco

- There are openings for 12 attendees for each event, by reservation only.
- Reservations must be made ahead of time to attend. Please call to your reserve your seat today! 608-424-6007
- Masks are required in the building at all times.



Brain Games

Joke of the day

WHAT DO YOU CALL A PIG THAT DOES KARATE?



PORK CHOP

Two artists had an art contest.

It ended in a draw.

What do you call an alligator in a vest?



An investigator.

Q: What type of bee can't make up its mind?



A: A maybe.

Sudoku

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

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

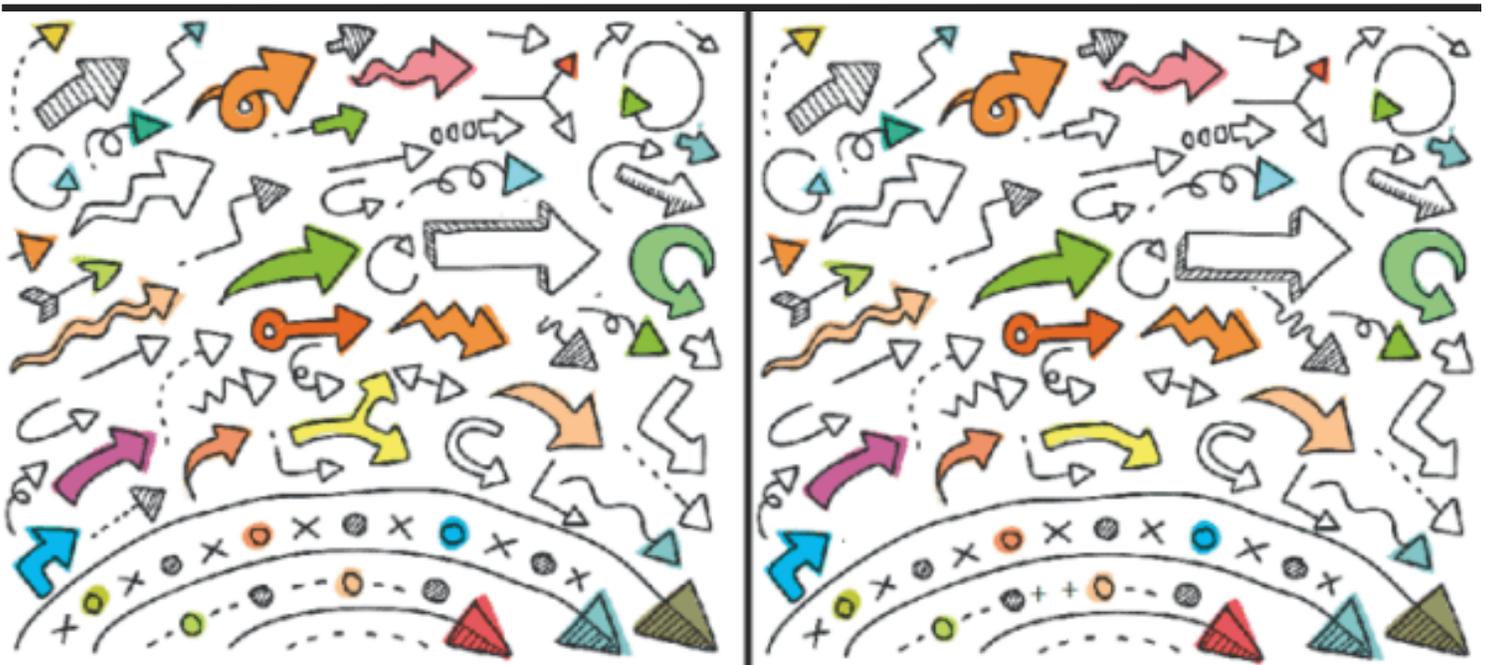
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DIFFICULTY: ★★☆☆


Kindness
Matters.

SPOT THE DIFFERENCE

The below two images are almost the same except six spots. Can you identify those six spots where they are slightly different?
Answers are on page 14



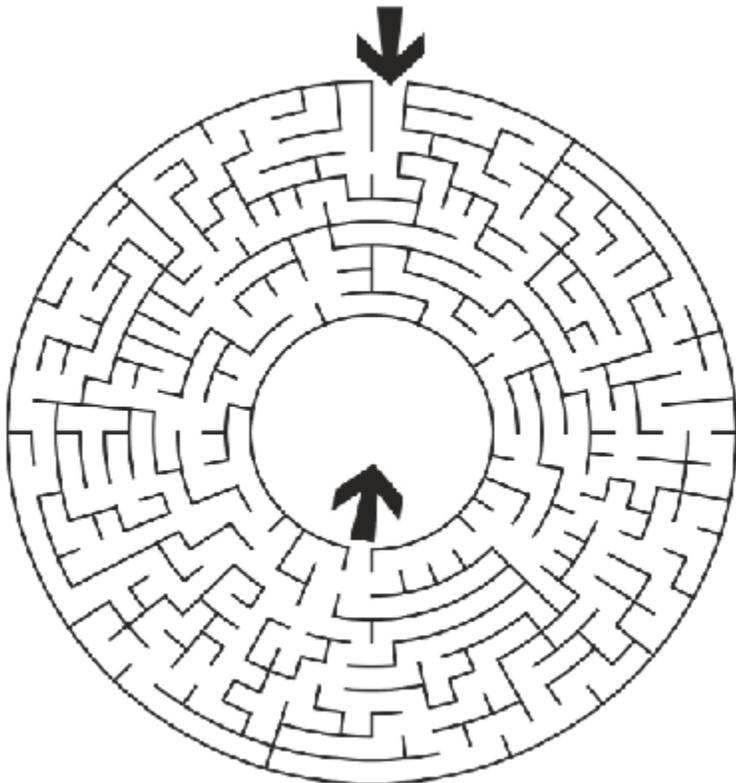
Brain Games

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

LET'S BAKE! WORD SEARCH

CUP
 SUGAR
 CREAM
 CAKE
 ROLLS
 OVEN
 WHIP
 BATTER
 CRUST
 VANILLA
 MILK
 BUTTER
 COOKIE
 PASTRY
 DOUGH
 BAKE
 SALT

TABLESPOON
 CHOCOLATE
 COOKBOOK
 TEASPOON
 BUTTERMILK
 CUPCAKE
 FROSTING
 YEAST
 FOUR
 EGGS
 COOKIESHEET
 BREAD
 ROLLINGPIN
 STIR
 LOAF
 PIE

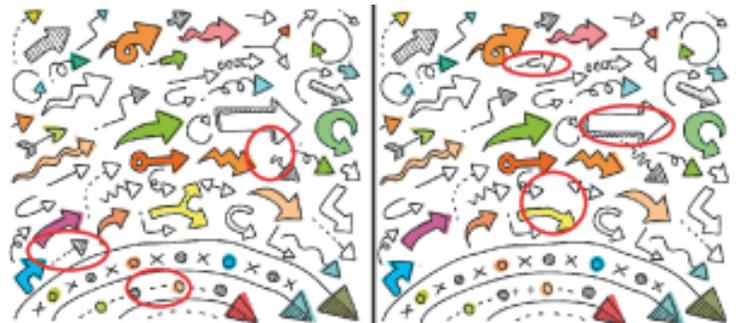


"EVEN THE HARDEST
 PUZZLES HAVE
 A SOLUTION"



25

Answers for puzzle pg 13



Maze from www.printableparadise.com

My Special Place

By Bob Hoffman

What is my special place? For some reason or other wood lots are so special to me. We called them "woods". They seemed to be mini forests. On the last lap of my walk to my country school west of Brooklyn, I walked by a wood lot. I was so intrigued by it. I imagined all sorts of exciting things lurking within the dense group of tall trees.

In May the edges of that woods were full of flowers. White and yellow and purple hues bent into the wind as I looked into my special place. Jack-in-the-pulpits swayed before my eyes. How regal they appeared to me. To this day I await the spring day when I spot my first Jack-in-the-pulpit plant breaking through the dirt.

My imagination put tribes of Native Americans in their teepees in the center of my woods. I could almost smell the smoke from their campfires. Were deer lurking somewhere in there staring back at me?

I was a first grader when I first walked by that wooded lot. Occasionally an eighth-grade boy walked with me. As we approached the woods, he would tell me that he was going to tie me to a tree and pour honey on me, and bears would come and lick off the honey. I did not believe him, but I did wonder if bears might be living in there.

On a nice spring day, our teacher did not object to our exploring that woods during recess. She would join us in a trek into that fascinating place. Once a year, we took our sack lunches and ate picnic style under some of those giant trees. Well, to me they were giant.

Today when I drive by that same area, I think of my dreams of the place. At least three others have had the same dream because there are now three houses spaced within the area. The owners mow much of the area in and around the trees.

We did have a wood lot on our rural Brooklyn farm. It was at the very end of the farm, and I could only visit it on a few occasions. My mother liked for us to be playing within her eyesight, and that woods was too far away for that. The few times I was allowed to go there were very special. It was not a thick woods, so there was lots of room to run and explore without encountering shrubs and weeds and young trees. It would have been a perfect place to camp.

On our farm south of Dayton, we had a small wood lot with some rock formations. I loved going into that

small wood lot and sit on the rocks and dream about what went on in and around that space "in days gone by". Today there is a new house built next to it, and those owners are enjoying the space as I see it is mowed and has benches for their relaxing times.

My grandmother's farm had both a creek and a river running through it. So, it was very special to me. She used the creek to keep her butter cool in the summer-time. She staked a metal container into the creek and put the butter inside. The container bobbed up and down in the moving water, but her butter kept its form and did not spoil. She had strict rules about our time near the creek and river as we did not know how to swim. But it was a joy to stand on the riverbank and think about the journey each drop of water had taken and would take. Occasionally we would see a small fish swim in the creek, and sometimes wading birds would be in the river.

In April and May, the swamp land between the creek and river was full of color from a variety of spring blooming flowers.

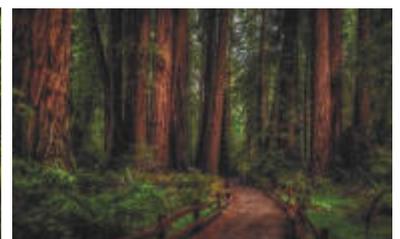
My love of nature came from such events in my life. Whenever we played cowboys and Indians, I wanted to be an Indian. They were more glamorous in my eyes, and they seemed more in touch to nature. I like to think I am a good observer of nature. And a secret? I love rainy days. Nature thrives on rain, and so do I.

One of my greatest joys in life came from my two visits to the John Muir Redwood Forest outside San Francisco. I felt such a connection to those giant trees. Imagine what they could tell us on what they have seen and felt in their long lives.

Even before building my present home, I planted several white pines on my four acres. I added more pines each year.

Today they are tall and stately and speak to me when the wind blows. It is my own personal "woods".

Before ending this monthly effort, I have a question for you: How far can you walk into a woods? I await your answer.



Nutrition Information

19 Clever Ways to Eat Healthy on a Tight Budget



Healthy food can be expensive. Therefore, it can be difficult to eat well when you're on a tight budget. However, there are many ways to save money and still eat whole, single-ingredient foods. Here are 19 clever tips that can help you eat healthy on a budget.

1. Plan Your Meals

Plan your meals for the week and make a grocery list. Only plan to purchase what you **know** you're going to use, so that you don't end up throwing away a lot of what you buy. Also, make sure to scan your fridge and cabinets to see what you already have. There are usually a lot of foods hidden in the back that can be used.

2. Stick to Your Grocery List

Once you've planned your meals and made your grocery list, **stick to it**. As a general rule, try to shop the perimeter of the store first. This will make you more likely to fill your cart with whole foods.

3. Cook at Home

Cooking at home is way less expensive than eating out. Some find it best to cook for the entire week on weekends, while others like to cook one meal at a time. By cooking yourself, you also gain the benefit of knowing exactly what is in your food.

Article is from [healthline.com](https://www.healthline.com) ...Continued on page 18

Angie's Advice

Dementia and Difficulty Managing Money— The Warning Signs of Dementia



- Difficulty determining change or paying for a purchase
- Difficulty balancing a checkbook, or having an overdrawn account
- Forgetting to pay their regular bills
- Forgetting where they put their cash
- Unusual charges on a credit card bill, or unusual merchandise in the home
- A pile of mail with overdue bills

Support Groups

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.



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

Log on to: <https://schedulesplus.com/sugar>

- You can click on the **Site Calendar** to check out what is going on at the center!
- If you want to **Register** for an event: Under Attend, click on Register and enter your phone number. Click on your name when it comes up.
- You can click on either of the orange boxes that say ongoing activities or special events.
- Click on the activity you want to sign up for. Then click on add to cart, you will see your item added to your card on the right hand side of the screen. When you are done adding the events you want to register for click on check out.
- It will then list which events you signed up for. Click on Save and Proceed to final review. Then click on complete order. It will say order complete and you are now signed up for the events you added to your cart.
- Congratulations! You did it!



Nutrition Information

Senior Farmers' Market Vouchers

The Area Agency on Aging of Dane County offers vouchers to seniors for use in purchasing \$25 worth of fruit, vegetables or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2021 season (June to October). The vouchers are distributed on a first come/first serve basis to those 60 or older, who have gross incomes under \$23,828 per year (or \$1,986/month) for a one person household and \$32,227 (or \$2,686/month) for a two person household, and live in Dane County. One set of vouchers per household regardless of household size.

By the end of May, past participants will receive an application in the mail along with instructions for this year's program. For those who have never participated in the program and wish to apply, contact AAA Dietitian Shannon Gabriel (261-5678). Once we receive and approve your application, vouchers will be mailed starting on June 1st.

For more information on farmers' market vouchers, contact your local senior services center or Shannon Gabriel at (608) 261-5678.

"This institution is an equal opportunity provider."

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.



Recipe

Vegetarian Hoppin' John

We've given a Southern classic comfort food a vegetarian makeover. Rather than meat, black-eyed peas are accompanied by a mixture of colorful peppers and corn.



Ingredient Checklist

- 2 cups vegetable broth
- ¾ cup uncooked regular brown rice
- 1 tablespoon vegetable oil
- 2 cups chopped yellow and/or red bell peppers
- 1 cup thinly sliced carrots
- 1 cup frozen whole kernel corn
- 2 tablespoons finely chopped shallot
- 4 cloves garlic, minced
- 1 teaspoon dried thyme, crushed
- 1 teaspoon ground chipotle chile pepper
- ½ teaspoon salt
- 2 cups chopped tomatoes
- 1 15 ounce can black-eyed peas, rinsed and drained
- 2 tablespoons chopped fresh Italian parsley

Directions

Step 1

In a medium saucepan combine broth and rice. Bring to boiling; reduce heat. Simmer, covered, 35 to 40 minutes or until rice is tender and liquid is absorbed.

Step 2

Meanwhile, in a 12-inch skillet heat oil over medium. Add bell peppers, carrots, corn, shallot, and garlic. Cook 6 to 8 minutes or until peppers are tender, stirring occasionally. Stir in thyme, ground chipotle pepper, and salt. Cook and stir 2 minutes more. Stir in tomatoes and black-eyed peas. Remove from heat.

Step 3

Stir cooked rice into black-eyed pea mixture. Sprinkle w/ parsley.

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.

Nutrition Information

.....Continued from page 16

4. Cook Large Portions and Use Your Leftovers

Cooking large meals can save you both time and money. Leftovers can be used for lunches, in other recipes or frozen in single-portion sizes to be enjoyed later on.

5. Don't Shop When You're Hungry

Shopping while hungry can lead to cravings and impulsive buying. If you're hungry, try to grab a piece of fruit, yogurt or other healthy snack before you go to the store.

6. Buy Whole Foods

Whole foods are often less expensive than their processed counterparts. You can also buy them in larger quantities. For example, a block of cheese is cheaper than shredded cheese and canned beans are cheaper than refried ones. Whole grains, like brown rice and oats, are also cheaper per serving than most processed cereals. The less processed foods are also often sold in larger quantities, and yield more servings per package.

7. Buy Generic Brands

Most stores offer generic brands for many products. These are often of the same quality as more expensive national brands. However, read the ingredients lists to make sure that you're not getting a product of lower quality than you're used to.

8. Stop Buying Junk Food

Cut out some of the junk food from your diet. It is expensive and packed with unhealthy ingredients. It also offers little or no nutritional value.

9. Stock up on Sales

Stock up on staples and favorite products when they're on sale. Just make sure that they won't go bad in the meantime.

10. Buy Cheaper Cuts of Meat

Fresh meat and fish can be quite expensive. However, you can get many cuts of meat that cost way less and are great to use in casseroles, soups, stews and burritos. These types of recipes usually make big meals and lots of leftovers.

11. Replace Meat With Other Proteins

Eating less meat may be a good way to save money. Try having one or two days per week where you use other protein sources, such as legumes, hemp seeds, eggs or canned fish. These are all very inexpensive, nutritious and easy to prepare. Most of them also have a long shelf life and are therefore less likely to spoil quickly.

12. Shop for Produce That Is in Season

Produce that is in season is typically cheaper and more nutritious. If you buy too much, freeze the rest or incorporate it into future meal plans.

13. Buy Frozen Fruits and Vegetables

Frozen fruits, berries and vegetables are usually just as nutritious as their fresh counterparts. They are available all year round and are often sold in large bags. Reducing produce waste is a great way to save money.

14. Buy in Bulk

Many foods are available in bulk for a way lower price. They keep for a long time in airtight containers, and can be used in a variety of healthy, inexpensive dishes.

15. Grow Your Own Produce

If you can, it is a great idea to grow your own produce. Seeds are very cheap to buy. With some time and effort, you may be able to grow your own herbs, sprouts, tomatoes, onions and many more delicious crops. Having a continuous supply at home saves you money at the store. Home-grown produce may also taste a lot better than the store-bought varieties. You can also guarantee that it is picked at the peak of ripeness.

16. Pack Your Lunch

Packing your own lunch reduces the expense of eating out. This can save you a lot of money in the long run.

17. Use Coupons Wisely

Coupons may be a great way to stock up on cleaning products and healthy foods. Just make sure to avoid the ones that involve processed and unhealthy foods.

18. Appreciate Less Expensive Foods

Incorporating more inexpensive yet healthy foods into your daily routine will help you save money and eat well. Try increasing your use of eggs, beans, seeds, frozen fruits and vegetables, cheaper cuts of meat and whole grains. These all taste great, are cheap (especially in bulk) and very nutritious.

19. Buy From Cheap, Online Retailers

Online retailers sometimes offer healthy foods for up to 50% cheaper, and deliver them all the way to your doorstep. Thrive Market is a very good online retailer that focuses exclusively on healthy and unprocessed foods.

20. Take Home Message

You don't have to break the bank to eat well. In fact, there are many ways to eat healthy even on a very tight budget. These include planning your meals, cooking at home, and making smart choices at the grocery store. Also, keep in mind that junk food costs you twice. Bad health comes with medical costs, drugs and even reduced work capacity. Even if eating healthy was more expensive (which it doesn't have to be), then it would still be worth it down the line. You really can't put a price on good health.

Written by Adda Bjarnadottir, MS, RDN (Ic) on June 3, 2017

May Dining Menu

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

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Tuna Salad on bed of lettuce Sicilian Pasta Salad Corn Salad Fruit Cup Chocolate chip cookie MO – Egg salad NCS – SF cookie	Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake MO – Chickpea Joe NCS – SF Jell-o	Honey Baked Chicken Broccoli Yams Macaroni salad Pears Vanilla ice cream cup MO – Veggie honey baked chicken NCS – SF ice cream	Chicken Caesar Salad: Lettuce Grilled chicken shaved Parmesan WW croutons Caesar dressing Copper Penny salad Apple sauce Rice Pudding MO – Hummus/Pita NCS – SF pudding	BBQ Ribs Cheesy Potatoes Pickled Beets Dinner roll/butter Mandarin oranges Lime Sherbet MO – Black Bean Burger NCS – SF ice cream
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Chicken a la King Brown Rice Green Beans Corn Salad Fruit Cocktail Raspberry Sherbet MO – Soy a la king NCS – SF ice cream	Taco Pasta Casserole Broccoli Cauliflower Peaches Blueberry Crisp MO – Bean/Cheese Burrito NCS – spiced apples	*Italian Sausage with pepper and onion Coney Bun Roasted potatoes Stewed Tomatoes Cuties or mandarin orange Cherry Italian Ice MO – Veggie Dog NCS – SF ice cream	Chicken Broccoli Rice Casserole Carrot Coins Black Eyed Pea Salad Tropical fruit Glazed Lemon Loaf Cake MO –Veggie Chicken rice casserole NCS – SF cookie	Tuscan Tortellini Pasta Mixed greens Dressing Dinner roll/butter Mixed Fruit Chocolate Pudding Sugar Cookie MO – Veggie Tuscan Pasta NCS – SF cookie
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Hot Dog Coney Bun Ketchup/mustard Calico Beans Green Beans Chunky Apple Sauce Candy cookie MO – Veggie Dog NCS – SF ice cream	Lemon Dill Baked Fish Tartar Sauce Baked potato Coleslaw Sour Cream WW Bread/Butter Ambrosia MO-Multigrain Burger NCS – banana	Egg Salad/WW Bread Beets Tomato Cucumber Onion Salad Banana Pineapple Upside Down Cake MO – n/a NCS – Pineapple	Meat Sauce Spaghetti Noodles Wax Beans Mixed Green Salad Dressing Peaches Brownie MO– Marinara Sauce NCS – SF Jell-o	*Pork Loin in Gravy Mashed Potatoes Peas WW Bread/Butter Mandarin Oranges Apple Crisp MO-Multigrain Burger NCS – spiced apples
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Cheeseburger: Beef Patty, WW Bun American Cheese Lettuce/tomato slice Ketchup/mustard Green Beans Potato Salad Fruit Cocktail Lemon Italian ice MO – Black Bean Burger NCS – SF ice cream	BBQ Chicken on the bone Baked Sweet Potato WW Bread Butter Banana Dreamsicle whip MO – BBQ veggie meatballs NCS – mandarin orange	Greek Chicken Pasta Salad Carrot Raisin Salad 4 bean salad Pineapple Apple Crisp MO –Veggie Chicken Greek pasta NCS – SF pudding	Fish Sandwich: Breaded Fillet WW Bun/Cheese NAS – no cheese Tartar Sauce Yams Pea salad Pears Banana Bars MO – Multigrain Burger NCS – Banana	*Meatballs in Marinara Over Penne Broccoli Salad Banana Cheesecake Brownie MO – Veggie meatballs NCS – SF cookie
Monday 31	<p>Meals provided by: Dane County Consolidated Food Service <i>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.</i> Please note: Guests on a NAS diet should not be receiving: gravy, ketchup, mustard or other condiments. *contains pork CC = chocolate chip</p>			
MEMORIAL DAY CLOSED				

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 Belleville WI 53508

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Kindness Matters 



The SUGAR RIVER SENIORS NEWSLETTER for May 2021, Issue 551, 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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