

Sugar River Senior Center

July 2021 / Issue 553

Belleville Community Picnic August 6th-8th

Chicken Dinner ~ Sunday August 8th

PRE-ORDER PIE SALE STARTS JULY 12TH!

Pre-Order a beautiful homemade pie (or two) to accompany you BCP Chicken Dinner! We will be down in the park for Pie Pick Up from **11:30-3:00 on Sunday, August 8th!**



Pre-Ordered Pies can be purchased online by calling the Sugar River Senior Center at 424-6007!

VISIT:

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

www.sugarriverseniorcenter.org

**Pre-Order Prices:
Large Pies \$12 - Small Pies \$6
(Apple , Cherry or Surprise)**

Pre-Order goes through August 4th!

Same Day Prices: Large Pies \$15- Small Pies \$8

All proceeds will benefit the Sugar River Senior Center and area Seniors.

Curbside Pick-Ups 12:00-1:00pm

Tuesday, July 13th

Klondike Bars sponsored by Oakmont Senior Community, Verona
See page 12 for more info

Tuesday, July 27th
Surprise Treat!



Live Music

Belleville Public Library presents:



MUSIC IN THE PARK

Tuesday Evenings 6:30-8 PM
in Belleville Library Park

July 6 - Ghosts in the Room /Americana-Rock

July 13 - Back 40 /Country

July 20 - Zweifel Brothers /Polka

July 27 - Squirrel Gravy /Bluegrass



All concerts are rain or shine!
(Concerts may be canceled or rescheduled due to severe weather)

Like us at: [facebook.com/BellevilleMusicInThePark](https://www.facebook.com/BellevilleMusicInThePark)

FUNDRAISING FOOD STANDS

JOIN US AT MUSIC IN THE PARK!

**Sugar River Senior Center will
be hosting a Foods Stand
EVERY Tuesday in July
for Music in the Park
from 6:00-7:30!**



Come on over to grab treat and support your area Seniors!

Lunch Stand will be located in the yard next to the Senior Center, our bathrooms will be open as well!
See you there!

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
srseniorcenter@outlook.com

Case Manager:

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

Program & Volunteer Director:

Maria Lamboley ext. 103
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Nutrition Program Manager:

Rachel Markhardt

Program Assistants:

Judy Moe ext.102
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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!**

**Sometimes it takes
only one act of
kindness and caring
to change a
person's life.**

—JACKIE CHAN

Advisory Council

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Open Seat	Town of Verona

Information Station

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!

Transportation

RSVP Medical Appointment Rides and Vets Helping Vets Rides

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 on a limited basis based on our driver pool and safety protocols.

If you need a medical ride please call us, and we will assist you in getting a ride.
424-6007

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

This Month's Donors ~ Giving Matters

Continued No Bake Sale
Supporters

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Want to make a donation online?

Visit our **WEBSITE!**

www.sugarriverseniorcenter.org

Click **"Support your Community"**

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!

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



Health & Wellness

Blood Pressure Screening

Tuesday, July 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.

Healing Touch with Mara

Tuesday, July 20th & 27th

- 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.



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, July 8th, 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)

Angie's Advice

Pump Up Your Heart Health



1. Brush and floss regularly. Swollen or bleeding gums caused by bad oral health may lead to microorganisms traveling into the bloodstream, which could cause inflammation and heart damage. Older adults who skimped on oral hygiene were 20 to 35 percent more likely to die during a 17-year study done by University of Southern California researchers.

2. Try doing 10 minutes of resistance training every morning. That adds up to a truly healthy week of muscle strengthening. In research published in 2017 in the Journal of the American Heart Association, women (average age 62) who did just 20 to 59 minutes of muscle-strengthening exercises each week were 29 percent less likely to die during the 12-year study than those who did none. Low muscle strength is associated with an elevated risk of death in people 50 and older, regardless of general health levels. Even cardio exercise doesn't appear to protect you if you allow your strength levels to deteriorate.

3. Be an avocado sneak. Replace half the butter in your baking recipes with mashed avocado, and sneak this source of healthy monounsaturated fatty acids (MUFAs) into smoothies and spreads whenever you can. Replacing saturated fats with MUFAs can help lower LDL (bad) cholesterol.

4. Put a banana on it. A diet rich in potassium can help offset some of sodium's harmful effects on blood pressure. Add bananas to everything from breakfast cereal to nighttime desserts to PB&J sandwiches. While you're at it, squeeze in more sweet potatoes, tomatoes and oranges.



How to Be Safe During (and After) Emergency Room Visits

For older people, a visit to the ER can lead to more health problems and additional hospitalizations

by Kenneth Frumkin, [AARP](#), May 19, 2021

Explaining post-hospital syndrome

After 36 years of emergency practice, this scenario had become all too familiar to me: A self-sufficient older patient visits the ER, often for a minor issue or injury. But what at first seems like a small setback begins a rapid functional decline and a loss of self-sufficiency that results in that patient returning to the hospital again and again. Often, those hospitalizations unleash a torrent of health woes that severely impact the patient's long-term well-being and that can even lead to death.

Successful aging requires us to optimize every bodily system in order to preserve an ever-more-fragile status quo. The ability of your body to compensate for even a minor health problem often becomes more limited with age. Think of a pyramid of oranges in a supermarket: It's stable, but if you remove just one of them, the whole structure collapses. It can be like that with an older person's health as well. Something like a fall or an illness happens and, all of a sudden, a once healthy person becomes frail.

Approximately 1 out of every 5 ER visits by people 65 and older result in readmission, even when the initial visit is for something minor, like Ma's broken wrist. One in 3 of those patients will return to the ER within 30 days; 1 in 10 will die within 90 days of their first visit. In a study, 34 percent of Medicare patients who were hospitalized experienced functional decline resulting in readmission.

This is the phenomenon known as post-hospital syndrome. Researchers attribute it to the stress of hospitalization itself rather than to the nature of the original illness or its treatment; in fact, only 17 to 30 percent of return hospital visits are for the same condition as the initial admission. Instead, patients wind up returning to the hospital for any number of reasons — from opportunistic infections and unrelated injuries to entirely unexpected diseases.

Each subsequent return to the hospital increases the likelihood of permanent functional loss and makes it more likely that the patient will need to be discharged into a long-term care facility.

No older adult's discharge paperwork ever states the reality of “a 15 to 35 percent short-term chance of functional decline, return to the hospital, or failing to regain one's prehospitalization state.” But if you need to visit the ER, or if you need to bring a loved one, it's important to understand that even a brief hospital visit may have long-term implications. That doesn't mean “don't go to the ER.” It means to “go prepared.”

Emergency Room Tips:

- Understand that you may have to fight to get your loved one admitted to the hospital.
- Watch for physical and emotional changes: Frailty, worsening memory, fatigue and lack of appetite are common among patients who have recently visited the ER.
- Keep pushing for more care. Schedule a follow-up visit for shortly after the patient is discharged from the ER.

Find the right specialists. Some hospitals now offer “acute care for elders” units with specialists on hand.

Monthly MIPPA Moment

Monthly MIPPA Moment: Preventive Services Reminder

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

One of the most popular Holidays is Independence Day, or the Fourth of July! This holiday is about the United States gaining our independence from England. Unfortunately, it can also be associated with gaining unwanted weight by over-indulging in festive barbeque celebrations loaded with calories, saturated fats, cholesterol and sodium.

If you become concerned, Medicare Part B (Medical Insurance) covers "obesity screenings" and behavioral therapy and counseling if you have a body mass index (BMI) of 30 or more. Medicare covers that counseling if your primary care doctor or other qualified provider gives the counseling in a primary care setting (like a doctor's office), where they can coordinate your personalized prevention plan with your other care. You pay nothing for this service if your primary care doctor or other qualified primary care practitioner accepts Medicare assignment.

Remember: focus on your overall positive well-being by practicing healthy behaviors, regardless of your weight or BMI. Be aware that Medicare preventive services can help!

Adapted from <https://www.medicare.gov/coverage/obesity-behavioral-therapy>.

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

Important Library Information

**Tuesday Evenings
in July
6:30 - 8 PM**
in Library Park



- July 6 - Ghosts in the Room / Americana-Rock
- July 13 - Back 40 / Country
- July 20 - Zweifel Brothers / Polka
- July 27 - Squirrel Gravy / Bluegrass

facebook.com/BellevilleMusicInThePark

**Celtic T-Shirt
Headbands**

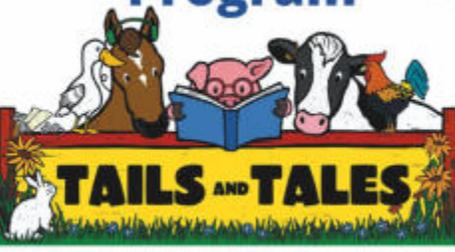
Monday, July 19
7:00 pm @ Library Park
Registration Required

Make a headband out of
an old T-shirt!



More Info/ Register: www.bellevillelibrary-wi.org/T-Shirt-Headband

**Summer Library
Program**



TAILS AND TALES

June 7 - July 30 * for all ages
www.bellevillelibrary-wi.org/SLP-2021

Library Hotspot



**NO WIFI AT
HOME?
CHECK OUT
THE INTERNET**

Check out a mobile hotspot with your library card.

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 up coming 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!



The last of the Backroads USA series is Monday, July 12th on Route 66! Then join us the following Mondays for West Coast and East Coast adventures!

Monday, July 12th at 9:30-10:15 **Route 66 Through the South West**

Popularized by pop culture, Route 66 was a central route for those traveling west in the early part of the 20th century. In this episode, the road is traveled, and its rich history explored.

Monday, July 19th 9:30-10:20

Discover San Francisco & Seattle on this west coast adventure with Rudy Maxa.

Monday, July 26th 9:30-10

Join us for Discovering the World on the east coast and the city of New York.

Thank you for helping us celebrate America!



Join us at the Fireside Theatre for Cinderella!

Thursday, August 12, 2021

Cost: \$98

Cost includes the live performance of Cinderella, a lovely lunch and bus fare to the performance.

What's on the menu?

Signature Salad

Watermelon, Cantaloupe, Honeydew, Kiwi, and Strawberries over Fresh Garden Greens, sprinkled with Sesame Croutons and our famous Papaya Chutney Dressing.

Freshly Baked Breads from our Artisan Bakery

CHICKEN KONA KAI

Skinless Breast of Chicken dipped in our own special egg batter, rolled in Coconut and Panko Bread Crumbs, sautéed to a golden brown, glazed with Brandied Apricot Sauce. Served with Stir-Fried Rice with Jones Cherrywood Smoked Canadian Bacon and Snap Peas with Roasted Red Peppers.

Pecan Treasure Pie

Our Homemade Vanilla Bean Custard mixed with bits of Pecan Treasures and striped with Caramel.

We have 24 tickets available so call and sign up today! 608-424-6072

BREWERS GAME

It's time! We can finally offer a Brewers Game Trip!!

The Brewers will play the Kansas City Royals
Wednesday, July 21st, 2021

Cost: \$42.00

Please call Sugar River Senior Center to reserve your seat today! 608-424-6007

The cost covers your ticket & bus fare. You are responsible for the cost of your own food.



Events and Activities

In Person Craft Hour

Wednesday, July 14 @ 10:00 am

We are going to take part in the Kindness Rocks Project. What is this you ask?

KRP is fun and simple! We paint rocks, any design will do, add an inspirational saying (if we like), and then place the rocks around our neighborhood (or anywhere really), usually in plain sight though so people can find them. Those who find the rocks can stop and enjoy them or if they like, they can take them with them to keep or to pass on to others.

This is a fun, little craft project that can be very uplifting especially during challenging times like we have experienced.



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, July 8th 10:00 & 12:00

Thursday, July 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.

Movie Days

There are openings for 16 attendees for each time slot, by reservation only. Please call to your reserve your seat today! 608-424-6007

Little Women

July 9th at 9:30am

Writer-director Greta Gerwig (Lady Bird) has crafted a Little Women that draws on both the classic novel and the writings of Louisa May Alcott, and unfolds as the author's alter ego, Jo March, reflects back and forth on her fictional life. In Gerwig's take, the beloved story of the March sisters -four young women each determined to live life on their own terms is both timeless and timely.



A Rumor of Angels

July 23rd at 9:30 am

Twelve-year-old James Neubauer (Trevor Morgan) is spending the summer in Maine. He's emotionally estranged from his father (Ray Liotta), resentful of his stepmother (Catherine McCormack), and haunted by the events surrounding his mother's death. James's summer takes a turn when he crashes through a fence owned by the local recluse, Maddy (Vanessa Redgrave). Reluctantly enlisted to repair the damage, he's at first put off by Maddy's personality and candor, but they eventually form a bond.



Euchre is back!!

Friday, July 16th at 12:30

There is a 16 person limit at this time so please call and sign up to reserve your spot, 424-6007.



Celebrating **YOU**

this July!

Happy Birthday,

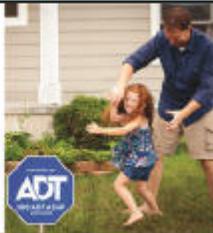
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Sugar River Senior Center, Belleville, WI

A 4C 01-1408

July Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All events & activities being held at the Sugar River Senior Center are by appointment or pre-registration. Please call us to sign up so we are able to monitor group sizes. Please be aware that all card groups, bunco, travel time, movie days, & craft hour group has a 16 person limit at this time.</p> <p>Thank You!</p>			<p>1</p> <p>9:00-2:30 Footcare</p> 	<p>2</p>
<p>5</p> <p>CLOSED</p> 	<p>6</p> <p>Music in the Park Food Stand 6:00-7:30</p>	<p>7</p> <p>10:00-1:00 Hyvee meal</p>	<p>8</p> <p>10:00 Wii Bowling</p>	<p>9</p> <p>9:30 Movie Day</p>  <p>12:30 Canasta</p> 
<p>12</p> <p>9:30 -10:30 Travel Time</p> <p>Noon Lunch</p> <p>12:30 Hoss & Pepper Pie Sale PreOrder Starts Today!</p>	<p>13</p> <p>10:00 Advisory Council 10:00-12:00 Blood Pressure Screening 12:00-1:00 Curbside Pick-Up Music in the Park Food Stand 6:00-7:30</p>	<p>14</p> <p>Craft Hour 10:00-11:00 In Person & Curbside pick-up</p> <p>10:00-1:00 Hyvee meal</p> 	<p>15</p> <p>9:00-2:30 Footcare</p> 	<p>16</p> <p>Noon Lunch</p> <p>12:30 Euchre</p> 
<p>19</p> <p>9:30 -10:20 Travel Time</p> <p>Noon Lunch</p>	<p>20</p> <p>Healing Touch with Mara</p> <p>Music in the Park Food Stand 6:00-7:30</p>	<p>21</p> <p>10:00-1:00 Hyvee meal 1:00 Care Giver Support Group BREWER GAME TRIP</p>	<p>22</p> <p>10:00 Wii Bowling</p>	<p>23</p> <p>9:30 Movie Day</p>  <p>Noon Lunch</p> <p>12:30 Canasta</p> 
<p>26</p> <p>9:30 -10:20 Travel Time</p> <p>Noon Lunch</p> <p>12:30 Hoss & Pepper</p>	<p>27</p> <p>Healing Touch with Mara</p> <p>12:00-1:00 Curbside Pick-Up Music in the Park Food Stand 6:00-7:30</p>	<p>28</p> <p>10:00-1:00 Hyvee meal</p>	<p>29</p>	<p>30</p> <p>Noon Lunch</p> <p>12:30 Bunco</p> 

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Programs

Program Schedule

Craft Hour

In Person Wednesday, July 14th at 10:00am
Craft Pick Up Wednesday, July 14th at 1:00pm

Footcare

Thursday, July 8th
Thursday, July 15th



Blood Pressure

Tuesday, July 13th

Healing Touch with Mara

Tuesday, July 20th & 27th



Curbside Pick Up

Tuesday, July 13th 12:00-1:00pm
Tuesday, July 27th 12:00-1:00pm

Caregiver Support Group

Wednesday, July 21st 1:00pm



Wii Bowling

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

Canasta

Friday, July 9th & 23rd at 12:30pm

Bunco

Friday, July 30th at 12:30pm

Euchre

Friday, July 16th at 12:30pm



Hoss & Pepper

Monday, July 12th at 12:30
Monday, July 26th at 12:30

Movie Day

Friday, July 9th at 9:30am
Friday, July 23rd at 9:30am

Travel Time

Monday, July 12th 9:30 & 12:30
Monday, July 19th 9:30 & 12:30
Monday, July 26th 9:30 & 12:30



Angie's Advice

Become More Resilient

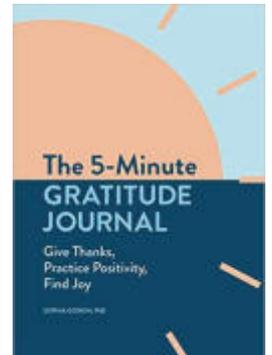
1. Spend 20 minutes among the trees. That's exactly how much time you need in nature to reduce your level of stress hormones significantly, according to a 2019 study.



2. Ask what you can do to help. Make a habit of asking others if you can be of service. The more connected you are with your community, the more support you will receive during difficult times.

3. Keep a "no regrets checklist." Write down a list of all the things you've had to put off over the years because of work or raising a family. Then make a timeline for how you'll revisit these goals. Regret is largely avoidable with a little reflection and mindful focus.

4. Journal a little each day. Keeping a daily gratitude journal in which you can count your blessings will help you keep perspective when hard times hit. At the end of each day, write down three or four things you feel proud of, positive traits you learned about yourself or positive actions you took toward nurturing yourself that day.



Our July 13th curbside is sponsored by Oakmont Senior Community, come by and say Hi!

A new Independent Living Plus apartment community in Verona, WI for residents 55+. At 841 North Main Street across from Sugar Creek Elementary School.

Leave the car at home and walk in a friendly neighborhood along flat sidewalks to the award-winning public library, ponds, restaurants, Walgreens, shops, Badger Prairie County Park and more. Or stay home and soak up the sun on Oakmont's 1,200 square foot deck.

Onsite management provided by Attic Angel, a non-profit organization on the west side of Madison that has championed for the health and wellness of children and seniors in Dane County for more than 130 years.

Follow us on Facebook at Oakmont Senior Community to be the first to know about construction progress and tours. Opening Fall 2021.

Brain Games

Joke of the day



Where did George Washington get his hatchet?

* At the chopping mall *

Why do bananas wear sunscreen?

So they don't peel!



What did the flag say to the pole?

* Nothing, it just waved *

What does corn say when you give it a compliment?

Aw shucks!



What stays in one corner but goes all over the U.S.?

* A stamp *

Sudoku

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

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

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DIFFICULTY: ★★★★★

Be the reason someone smiles today

Cheese TRIVIA

Match the cheese to its country of origin. Answers and Fun Facts on page two.



- | | |
|---------------------------|--------------------------------|
| 1. Edam
_____ | 9. Tasmania Highland
_____ |
| 2. Cheddar
_____ | 10. Bavarian Bergkase
_____ |
| 3. Feta
_____ | 11. Mull of Kintyre
_____ |
| 4. Brie
_____ | 12. Paneer
_____ |
| 5. Emmental
_____ | 13. Blarney
_____ |
| 6. Parmesan
_____ | 14. Queso Iberico
_____ |
| 7. Havarti
_____ | 15. Cwmtawe Pecorino
_____ |
| 8. Monterey Jack
_____ | |

Denmark
Scotland
Switzerland
Spain
United States
Australia
Greece
Wales
India
The Netherlands
Italy
Ireland
England
Germany
France

Brain Games

80s MOVIES WORD SEARCH

AIRPLANE	PREDATOR
AMADEUS	RAIN MAN
BATMAN	RAN
BIG	REDS
BODY HEAT	SCARFACE
COCOON	SILKWOOD
DAS BOOT	SPLASH
DIE HARD	STRIPES
DINER	TAPS
FRANCES	TOOTSIE
GANDHI	TOP GUN
GLORY	TRON
GOONIES	WARGAMES
GREMLINS	WITNESS
PLATOON	YENTL



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

RAFTING RIVERS WORD SEARCH

ALSEK	NEW RIVER
ANIMAS	NIZINA
CARSON	OWYHEE
CHEAT	POTOMAC
CHEOAH	ROGUE
COQUILLE	RUSSIAN
DEAD	SANTIAM
FEATHER	SELWAY
GAULEY	SILETZ
KINGS	SKAGIT
KLAMATH	SNAKE
LEHIGH	TOCCOA
LOCHSA	TRUCKEE
MERCED	TUOLUMNE
NENANA	WIND



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

This & That ~By Bob Hoffman

Were We Deprived? I Don't Think So.

By Bob Hoffman



This month I am thinking about what we didn't have in our lives. Well, maybe I am thinking more about what I didn't have in my life. We are what we are based on when we were born and how we were raised. Sitting around feeling sorry for ourselves doesn't solve a thing. So this is not a pity party. I am just remembering.

We didn't have a tooth fairly. Our teeth came out and that was it. We awaited for new ones to grow. No money under our pillows. No need to save that tooth that fell out. We did have some solutions when a loose tooth refused to come out. We tied string around the loose tooth, and we found ways to yank that tooth out. One end might be tied to a door knob, and then the door was shut thus tightening the string which pulled that tooth out. One time I complained about a loose tooth to my mother. She didn't say a word, but she handed me an apple. I took one bite, and there was the tooth embedded in the apple.

While thinking about teeth, I am reminded that we are the first generation to be pretty much free of dentures. We did have better dental care, and most of us have kept most of our teeth.

Trick and treating? No way did we do that. I think our parents considered that begging, and farm kids were doing chores during the time trick or treating occurred. Halloween was not much of a big deal in all ways. There might be a treat in school from a teacher or two, but it was an over looked "holiday". In our country school the older kids did plan a spook house for us. We were blind folded and taken through a chamber to touch and experience spooky things. Peeled grapes were human eyes, cold cooked pasta became a human brain, warm water was human blood, etc. You get the idea. I think we had bobbing for apples during last recess one Halloween.

My first Halloween as a teacher taught me a good lesson. I made hot pop corn for my students during last recess. They loved it, but when

I started sweeping the floor after school, I realized I had a mess on my hands. I needed some chickens to help me out. I didn't make pop corn again for my students.

Our idea of an April Fool's joke was telling someone that a robin was hopping on the lawn. When they looked and saw no robin, we could call out "April Fool". On one April Fool's Day I thought a joke on my dad would be a good idea. I went to his tool shed and moved a wrench from the counter to the window ledge. Later that day I heard some cussing coming from the tool shed. "Do you know where my wrench is?" I had to admit I attempted an April Fool's joke. He did not find it clever or funny. I didn't try that again.

We did not have swimming lessons either. Swimming season was haying season. There was no time to take someone to swimming lessons. A few of my friends were self taught and would go to a swimming hole on hot summer evenings. Not me. I did attempt adult drowning lessons. I didn't drown, but I didn't pass swimming either.

Vacations were unheard of among farm families. We would have to take our animals with us, and it was quite impossible to hire someone to care for a whole farm for a week to ten days. I did envy classmates that would talk about trips to other states and to National Parks, but I did not feel deprived.

Another thing we did not have on our family was graduation parties. I am not sure just why, but we didn't have them. I graduated four times in my life, and there was no party either time. That was just the way it was.

Deprived? I do not feel deprived about any of these things I have talked about. We made do with what we had. A tin can was my hockey puck on the frozen pond behind the barn, a worn baseball glove fit me fine, the softball will be unraveling but so what? I always had books that took me places and into situations I could only imagine--- and they still do.

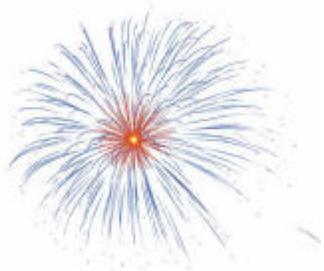
No way was I deprived. I felt lucky, happy, satisfied, and loved. I can not ask for more.

Lucky

Puzzle Answers

Answer to Sudoku

5	9	8	4	7	2	3	1	6
1	6	4	8	5	3	2	7	9
7	3	2	1	9	6	4	8	5
3	2	5	9	8	4	1	6	7
9	7	6	5	3	1	8	2	4
4	8	1	2	6	7	5	9	3
6	4	9	3	2	8	7	5	1
8	5	3	7	1	9	6	4	2
2	1	7	6	4	5	9	3	8



Cheese Trivia Answers from pg 13

1. The Netherlands
2. England
3. Greece
4. France
5. Switzerland
6. Italy
7. Denmark
8. United States
9. Australia
10. Germany
11. Scotland
12. India
13. Ireland
14. Spain
15. Wales

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.



The Caregiver Group will be on 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

Angie's Advice

Clean Up Your Diet

1. Bribe yourself into eating vegetables. Find a salad dressing or dip you love; you'll be more inclined to eat veggies dipped in it.



2. Store fruit at front of the fridge. When you bring fruit home, immediately wash and put in a bowl at the front of the top shelf rather than in a drawer. The minute you open the fridge, it will prompt you to eat some.

3. Portion out nuts. In a study that appeared in BMC Medicine in 2013 of adults ages 55 to 80 at high cardiovascular risk, those who ate more than three servings of nuts per week were 39 percent less likely to die of any cause over the next five years of the study. The problem is that people often overindulge and eat them straight out of a large bag or can. Prepack them into individual serving sizes in zip-close bags so you have just one serving, not five.

4. Decorate healthfully. If chocolates are on the table, you'll eat them. Hide the less-healthy snacks and put fruit and nuts on the table within reach.

5. Snack before you shop. Going to the grocery store on an empty stomach — even if it's a digital store — can lead to unhealthy impulse buys. Have a bite to eat, and while you're eating, write out a shopping list and stick to it.

6. Drink your fiber. Throw some fruit into the blender right before it goes bad. Try blending a banana, an orange and spinach; throw in some walnuts for even more fiber and omega-3 fatty acids

May Bunco Winners

1st Geraldine Nolden

2nd Lucile Grossen

3rd Marjorie Morgan

4th Mary Steers

CONGRATULATIONS WINNERS!!

Happy 4th Of July

Nutrition Information

Curbside Lunch Pick Up

Noon Meals are back in person at
Sugar River Senior Center!!
Starting July 12th at noon.

Monday & Fridays

Please call to reserve your meal!
Hyvee meals every Wednesday
(see page 18 for Hyvee info)

Home Delivered Meals and Curbside
Pick Up will continue as usual.

Curbside 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.



Recipe



Pineapple Salsa Grilled Chicken

INGREDIENTS

Juice of 4 limes, divided
1/4 c. plus 1 tbsp. freshly chopped cilantro
1/4 c. extra-virgin olive oil, plus more for grill
2 tsp. honey
Kosher salt
1 lb. boneless skinless chicken breasts
2 c. chopped pineapple
1 avocado, diced
1/4 red onion, diced
Freshly ground black pepper

DIRECTIONS

1. Make marinade: In a large bowl, whisk together juice of 3 limes, 1/4 cup cilantro, oil, and honey and season with salt.
2. Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the refrigerator at least 2 hours, or up to overnight.
3. When ready to grill, heat grill to high. Oil grates and grill chicken until charred and cooked through, 8 minutes per side.
4. Meanwhile, in a medium bowl, stir together pineapple, avocado, red onion, remaining lime juice, and remaining tablespoon cilantro. Season with salt and pepper.
5. Spoon salsa over chicken before serving.



My Meal, My Way:



Eat and Shop at Dane County's NEWEST Senior Dining Location Every Wednesday at 10am - 1pm starting July 7th

Hy-Vee – 3801 East Washington Avenue, Madison

Hy-Vee – 675 South Whitney Way, Madison

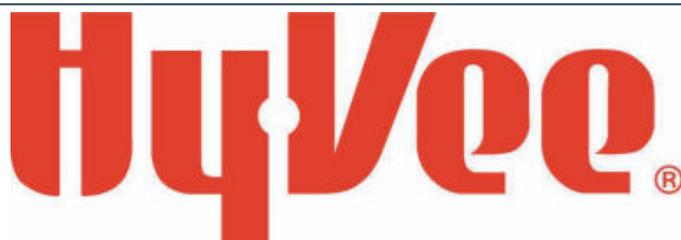
Hy-Vee – 2920 Fitchrona Road, Fitchburg

Welcome:

- ◆ All seniors 60 + are welcome regardless of your ability to donate.
- ◆ Meal donations are confidential: \$4.00/meal is recommended.
- ◆ Seniors order one meal from the My Meal, My Way Hy-Vee menu. Limit 1 meal per day.
- ◆ Meal cost supported by Dane County Senior Nutrition program, inclusive of tip.
- ◆ If someone under age 60 is joining you, they will order from the standard Hy-Vee menu and will pay Hy-Vee separately.

How it works:

- ◆ If transportation is needed, please call 424-6007 by 3pm the Monday before.
- ◆ Arrive at Hy-Vee Grocery Store and go to the Market Grille Restaurant inside.
- ◆ Sign in with My Meal, My Way program staff.
- ◆ Place your donation in the My Meal, My Way donation box.
- ◆ Staff will give you a My Meal, My Way Hy-Vee menu and seat you at an available table.
- ◆ Hy-Vee wait staff will come by your table to take your breakfast or lunch order.
- ◆ Wait for the wait staff to bring you your meal and enjoy!



Senior Dining



July Dining Menu

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

 <p>Meals provided by: Dane Count Consolidated Food Service</p> <p>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.</p> <p>*contains pork CC = chocolate chip</p>		<p>Thursday 1</p> <p>Greek Chicken Pasta Salad Carrot Raisin Salad 4 bean salad Pineapple Strawberry Jell-o</p> <p>MO-Veggie Chicken Pasta NCS – SF Jell-o</p>	<p>Friday 2</p> <p>Fish Sandwich: Breaded Fillet, WW Bun, Cheese NAS – no cheese Tartar Sauce Yams Pea salad Pears Banana Bars MO – Black Bean Burger NCS – Banana</p>	
<p>Monday 5</p> <p>SITES CLOSED</p>	<p>Tuesday 6</p> <p>*Meatballs in Marinara Over Penne Broccoli Salad Banana Cheesecake Brownie</p> <p>MO-Veggie Meatballs NCS – SF Pudding</p>	<p>Wednesday 7</p> <p>Sausage Veggie Egg Bake Fruit Cup Hash Brown Patty Orange Juice Cinnamon Raisin Bread/ Butter MO-Veggie Egg bake NCS – n/a</p>	<p>Thursday 8</p> <p>*Pizza Pasta WW Dinner Roll/Butter Broccoli Peaches Marble Loaf Cake</p> <p>MO – Veggie Pizza Pasta NCS – SF Cookie</p>	<p>Friday 9</p> <p>*BBQ Pulled Pork on a WW Bun Oven roasted potatoes Carrots Diced Melon Mix Strawberry Pie</p> <p>MO –Garden Burger NCS – SF Pie</p>
<p>Monday 12</p> <p>Chicken Strips Honey Mustard Sauce Roasted Brussel Sprouts 3 Bean Salad NAS-steamed peas WW Dinner Roll/Butter Mixed Fruit Rainbow Sherbet cup MO – Veggie Wrap NCS – SF ice cream</p>	<p>Tuesday 13</p> <p>*Brat Coney Bun Mustard Stewed tomatoes Coleslaw Applesauce Lemon Bar</p> <p>MO – Veggie Dog NCS –Mandarin Oranges</p>	<p>Wednesday 14</p> <p>Tuna Salad on bed of lettuce Sicilian Pasta Salad Corn Salad Fruit Cup Chocolate Chip Cookie</p> <p>MO – Egg Salad NCS – SF cookie</p>	<p>Thursday 15</p> <p>Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake</p> <p>MO – Chickpea Joe NCS – SF Cookie</p>	<p>Friday 16</p> <p>Honey Baked Chicken Broccoli Yams Macaroni Salad Pears Vanilla Ice Cream Cup</p> <p>MO – Veggie Honey Baked Chicken NCS – SF ice cream</p>
<p>Monday 19</p> <p>Chicken Caesar Salad: Lettuce Grilled Chicken shaved Parmesan WW croutons Caesar dressing Copper Penny salad Apple sauce Rice Pudding</p> <p>MO-Pita & Hummus NCS – SF Pudding</p>	<p>Tuesday 20</p> <p>*BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll/butter Mandarin Oranges Marble cake</p> <p>MO – Veggie BBQ Meatballs NCS – SF cookie</p>	<p>Wednesday 21</p> <p>Chicken a la King Brown Rice Green Beans Corn Salad Fruit Cocktail Raspberry Sherbet Cup</p> <p>MO – Soy a la king NCS – SF ice cream</p>	<p>Thursday 22</p> <p>Taco Pasta Casserole Broccoli Cauliflower Peaches Blueberry Crisp</p> <p>MO –Bean & Cheese Burrito NCS – SF jell-o</p>	<p>Friday 23</p> <p>*Italian Sausage with pepper and onion Coney Bun Roasted potatoes Stewed Tomatoes Cuties or Mandarin Orange Cherry Italian Ice</p> <p>MO – Veggie strips w/peppers & onion NCS – SF ice cream</p>
<p>Monday 26</p> <p>Chicken Broccoli Rice Casserole Carrot Coins Black Eyed Pea Salad Tropical Fruit Glazed Lemon Loaf Cake</p> <p>MO – Veggie Quiche NCS – Spiced Applesauce</p>	<p>Tuesday 27</p> <p>Tuscan Tortellini Pasta Mixed greens Dressing Dinner roll/butter Mixed Fruit Chocolate Pudding Cup</p> <p>MO – N/A NCS – SF pudding</p>	<p>Wednesday 28</p> <p>Chicken Sandwich: Chicken breast/Bun Lettuce leaf/tomato Mayo Calico Beans Green Beans Chunky Apple Sauce Candy cookie</p> <p>MO – Garden Burger NCS – SF cookie</p>	<p>Thursday 29</p> <p>Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream/Butter Coleslaw WW Bread/Butter Ambrosia</p> <p>MO – Veggie Burger NCS – SF Jell-o</p>	<p>Friday 30</p> <p>Egg Salad on WW Bread Pickled Beets Tom. cucumber onion salad Banana Pineapple Upside Down Cake</p> <p>MO – n/a NCS – pineapple</p>

Sugar River
SENIOR CENTER
 PO Box 267
 21 S Vine St
 Belleville WI 53508

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The SUGAR RIVER SENIORS NEWSLETTER for July 2021, Issue 553, 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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 We are committed to making each and every day meaningful and entertaining for our residents. We cater to each resident and create an activity plan as unique and fun as they are!

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