

Verona Senior Center Chronicle - February 2021

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**Registration required for
all programs.**

****Any information is subject to change****

Phone: (608) 845-7471 Fax: (608) 848-2784
Website: friendsofveronaseniorcenter.org

Updates from the Director

Hello and happy February! February, the second month of the year, is the only month that has less than 30 days. This is great news for those of us who live in the Midwest!! February was named after the Latin word februum, which means purification. As I write this, I can't help but feel that purification is a great word for 2021. To purify means "to remove contaminants from". I'd love to purify our world right now! I'd wave my magic wand and remove all the germs of COVID-19, all the political challenges and so on. But since I have no control over any of that, I'll try to focus on what I can control...myself, my attitude, and the energy I put back into the environment. As I pondered a little more as to what this might look like, I came across an action calendar from actionforhappiness.org. This calendar offers small steps for me (and you) to help purify our own lives as we continue to move forward. I hope you can find some time to try some of the ideas. Remember, dwelling on the negative only contributes to its power. Be well. Stephanie Ehle, Director

Screening Forms and Waivers

As COVID continues, VSC will continue to take precautions. A health screening tool and a liability waiver are required for participants for in-house programs. If you plan on attending any in-house activity, please arrive a few minutes early to fill out these forms. Thanks in advance for your help.

Friendly reminder - Thanks to all who thought about our staff this holiday season. We loved all the cards!! Unfortunately, as city employees, we are unable to accept material gifts. We appreciate you thinking of us! I'd instead suggest a verbal thank you, a nice card or a donation to the Friends Board. We love what we do; recognition is not necessary. Thank you for understanding.

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



Virtual Programming

If you are interested in participating, please call 608-845-7471.

What We Need To Know About The Corona Virus Vaccines Thursday, February 4 - 1:30 PM

Michael Roy has studied infectious diseases for over 40 years developing vaccines for biopharmaceutical firms and federal agencies. He served 30 years with the Army, active and reserves, developing and applying diagnostics for infectious diseases, taught in the Biotechnology Masters Program at UW-Madison, and is the co-author of *Biotechnology Operations: Principles and Practices*.

Michael will provide current information to help us make the personal decision about whether or not to be vaccinated against the COVID-19 infection.

The discussion will include information on the virus and human infection, the vaccines currently available to us, and the results of clinical studies on known risks or benefits.



Devils Lake Virtual Hike Friday, February 5 - 10:00 AM

Join the UW-Madison Geology Museum on a virtual hike at Devil's Lake State Park! Enjoy the beautiful bluffs and forest while learning about the interesting geological and historical story Devil's Lake has to tell.



Drive Thru Valentines Treat! Wednesday, February 10 - 10:30-11AM

Come enjoy a Valentine's Day cupcake! Sonrisas Assisted Living and the State Bank of Cross Plains are sponsoring this fun event. Bring your reusable travel mug for hot coffee too! We look forward to seeing you. Don't forget your mask!



Join us virtually!
You can join any Zoom presentation on your computer, tablet, or ANY phone.

See page six for more details.

More Virtual Programs

If you are interested in participating, please call 608-845-7471.

Eye Health: Shopko Optical Services Friday, February 12 - 1:00 PM

Getting a comprehensive eye exam is not only to update your prescription glasses. Routine eye exams are important so you can see your very best, but also to look for other issues that may be affecting your eyes.

Some of the topics that will be covered include presbyopia, cataracts, macular degeneration, glaucoma, and diabetic eye disease.



Eating Gluten Free Monday, February 15 - 1:00 PM

We hear a lot about “going gluten free,” but what does this mean? What does it look like to eat this way, and how do you know if it’s the right choice for you?

Come learn with Kara Hoerr as she discusses what a gluten free diet consists of, shares tips on how to cook and bake gluten free, and shares some new recipes to try.



“Love—Or Something Like It” Valentine’s day Music with John Duggleby

Join us for a romantic revel with several types of affection, including an occasional sting from Cupid’s arrows.

**Concert is prerecorded and
available on YouTube starting
February 12.**

[https://www.youtube.com/channel/
UCW6bZcgqoIC9BhuMgSEyDEQ](https://www.youtube.com/channel/UCW6bZcgqoIC9BhuMgSEyDEQ)



Library Home Services Monday, February 22 - 10:30 AM

Join Mary Driscoll from Dane County Library Services to learn more about free services available from your local public library. Participants will learn about the library’s home services program, which is available for individuals with an ongoing physical condition that prevents them from coming to the library.



**“There are better things ahead
than any we leave behind.”
-C.S. Lewis**

Support Local Businesses!



*Chocolates
bring us
together!*

Virtual Chocolate Tasting with Driftless Chocolates!

Tuesday, February 23 - 2:00 PM

\$20/person

Please RSVP by NOON on Monday, February 15.

Chocolate Kit Pick Up - Monday, February 22 – 1:00-1:30 PM

Experience tasting fine chocolate together – virtually, in the safety of your own home via Zoom. Driftless Chocolates, a shop in Paoli, offers artisan-created fine chocolate truffles and bonbons using single origin chocolate from around the equator.

Stan Kitson, chocolatier, will share a little chocolate history, and then guide us as we bite into flavors from countries like Colombia, Madagascar, Ghana, Dominican Republic, and Mexico...each offering a different flavor experience. Join us for some delicious fun!

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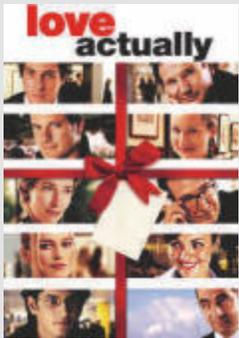


For ad info. call 1-800-950-9952 • www.lpiseniors.com

Verona Area Active Adults, Verona, WI A 4C 01-1435

In-House Movies and Zoom

Please RSVP to 845-7471. Space is limited to 10 people per movie.



Love Actually Wednesday, February 3 - 12 PM

Nine intertwined stories examine the complexities of the one emotion that connects us all: Love.



50 First Dates Wednesday, February 10 - 12 PM

A Hawaiian island man has to use his imagination to win over the girl of his dreams when he discovers she has no short-term memory.



Learn How to Zoom

You can use Zoom to connect with people anywhere in the world. Although Zoom meetings usually involve video, you can join using just a phone. Each Zoom link includes a toll free phone number to call in order to listen to the audio portion of the meeting. See directions below about how to join with a computer or phone. If you have any questions or need further assistance, please call Lauren at 608-845-0435.

Joining with a Computer:

To join a virtual program by computer, simply call 608-845-7471 to register. You will be sent an invitation similar to the one below. On the day of the program simply click the link to join.

Join Zoom Meeting

<https://us02web.zoom.us/j/82386477215?pwd=ZDJkZFBjZlIiWk0ZzTWZPbmIvTVNsQT09>

Meeting ID: 823 8647 7215
Passcode: 907393

Meeting ID and
password to
join by phone

Link to
join with a
computer.

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Dial by your location
+1 312 626 6799 US (Chicago)

Toll free number needed
to join by phone. Use the
Chicago phone number.

Board Fundraiser



Chili & Chocolate



**Wednesday, February 24
11:00 AM - 12:30 PM**

Chili and Chocolate; sounds really good, right?! Stop by for a Friends of Verona Senior Center drive thru event. Pick up a delicious lunch of chili, crackers, beverage and a brownie! There is no cost for this meal, but donations are accepted. We hope to see you then!

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Valentine Words

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

Word List:

| | | | |
|------------|-----------|------------|---------------|
| ADORE | AFFECTION | AMOROUS | ARROW |
| BELOVED | BEMINE | BOUQUET | CANDLELIGHT |
| CANDY | CARDS | CHERISH | CHERUB |
| CHOCOLATE | CUPID | DARLING | DEAR |
| DESIRE | DEVOTION | EMBRACE | ENDEARMENT |
| FEBRUARY | FLOWERS | FOURTEENTH | FRIENDS |
| HEART | HONEY | HUGS | KISSES |
| LOVE | LOVEBIRDS | PINK | POEM |
| RED | ROMANCE | ROSES | SECRETADMIRER |
| SWEETHEART | SWEETS | TEDDYBEAR | TENDERNESS |

From the Clutter of My Old Office Corner III

(A Continuing Saga of a Cluttered Office)
Submitted by an anonymous Verona resident

On this cold winter day while sitting at the old desk, my eyes fall on the many sections of a battered wooden Coca Cola case resting on its side against the bulletin board at the back of the desk. Each of the twenty-four 2½ x 2½ inch squares holds a variety of smaller objects collected over the years. Now I am wondering why I saved them!

In one square a royal blue glass jar with its pastel green and white top catches my attention. That's right, a small Vicks Vapor Rub jar. Vicks was a cure-all for any number of ailments in many a household. One can almost smell the aroma now just as when a dollop was added to a can of boiling hot water. The melting Vicks combined with the steam created an inhaler for those with colds. Or who can forget their mother rubbing a thick layer of the clear gel on their chest at bedtime and covering it with a warm cloth? Or the next day when everyone at school knew what remedy was applied the night before! Indeed, the treatment seemed to work, just as the fading label states, "Vicks Vapor Rub Relieves Distress of Colds".

As I gaze at two other sections that contain brown and black ceramic door knobs salvaged from a now-raised house, I wonder how many hands had touched each during their useful lifetime. Filling another space is a blue-green telephone insulator. For years anybody driving through rural areas took notice of the telephone poles paralleling the road. The poles were strung with one or more wires, each attached to an insulator affixed to the pole. Speaking of telephone lines, remember the "party line" with multiple families on one wire? Each residence had its own ring, for example, two long and one short. But that didn't stop others on the line from picking up their own receiver and listening in on private conversations!

A round pressure gauge fills another square. This gauge would control water pressure from a cistern throughout the house. A thing of the past, the cistern was often built into the basement for collecting rain water – used for purposes other than human consumption. Many other houses used pressure systems for an outdoor well pump.

Another compartment holds a cut-off piece of deer horn used to make buttons for one of my children's school projects. Sharing the same hole are three keys. Who doesn't have an assortment of keys lying around – their usefulness gone just as the object they opened is now long forgotten. One is the familiar skeleton key. The other is a "church key". These openers were offered free when needed for every six-pack of beer purchased. Today these openers are seldom used because of modern packaging.

The third key was once attached to the bottom of a can of Spam. With fresh meat being rationed in 1942, urban folks found a likely meat supplement in canned Spam. Spam then became the alternative meat as it required no meat stamps. Spam was eaten cold, fried, baked with pineapple and brown sugar, or prepared using one of the 169 recipes suggested in the Spam cookbook! It was also shipped overseas where GI's referred to it as "ham that didn't pass the physical". That Spam today evokes mixed emotions. The small key is a reminder of its many meals eaten although not always remembered with fondness; yet, once a year I buy the smallest can of Spam I can find and make a sandwich as a token gesture to the past. Until the next time, remember... it's good for you.



February 2021 Verona Senior

| Monday | Tuesday | Wednesday |
|--|--|---|
|  |  | <p>ZOOM with us!</p>  |
| <p>1 9:00 -12:00 Exercise Room (L) 9:00 -11:30 Foot Care (F,L) 1:30 Ageless Balance with Ron (V,F) 6:00 Guts and Glutes with Rachel (V)</p> | <p>2 9:00 -12:00 Exercise Room (L) 10:00 Caregivers group (V) 4:00-4:30 Meal Pickup (F)</p> | <p>3 9:00 -12:00 Exercise Room (L) 12:00 Movie: Love Actually (L) 1:30 Ageless Balance with Ron (V,F)</p> |
| <p>8 9:00 -12:00 Exercise Room (L) 9:00 -11:30 Foot Care (F,L) 9:30 Core Class with Alasa (V) 1:30 Ageless Balance with Ron (V,F) 6:00 Guts and Glutes with Rachel (V)</p> | <p>9 9:00 -12:00 Exercise Room (L) 4:00 - 4:30 Meal Pickup (F) 2:00 Mindfulness with Stephanie (V)</p> | <p>10 9:00-12:00 Exercise Room (L) 10:00 Book Club (V) 11:00-12:30 Chili and Chocolate Drive Thru Board Fundraiser (L) 12:00 Movie: 50 First Dates (L) 1:30 Ageless Balance with Ron (V,F)</p> |
| <p>15 Please RSVP by NOON for Driftless Chocolate Tasting 9:00 -12:00 Exercise Room (L) 9:00 -11:30 Foot Care (F,L) 1:00 Eating Gluten Free (V) 1:30 Ageless Balance with Ron (V,F) 6:00 Guts and Glutes with Rachel (V)</p> | <p>16 9:00 -12:00 Exercise Room (L) 4:00 -4:30 Meal Pickup (F)</p> | <p>17 9:00 -12:00 Exercise Room (L) 9:00 Board Meeting – Everyone Welcome (V) 1:30 Ageless Balance with Ron (V,F)</p> |
| <p>22 9:00 -12:00 Exercise Room (L) 9:30 Core Class with Alasa (V) 10:30 Library Home Service (V) 1:00 -1:30 Pick up your chocolate tasting kit! (must RSVP for this event) 1:30 Ageless Balance with Ron (V, F) 6:00 Guts and Glutes with Rachel (V)</p> | <p>23 9:00 -12:00 Exercise Room (L) 9:00 -11:30 Diabetic Foot Care (F,L) 10:00 Caregivers group (V) 2:00 Driftless Chocolates Tasting (V) 4:00-4:30 Meal Pickup (F)</p> | <p>24 9:00 -12:00 Exercise Room (L) 1:30 Ageless Balance with Ron (V)</p> |

Center Activity Calendar

| Thursday | Friday |
|--|---|
|  |  |
| 4 9:00 -12:00 Exercise Room (L) 1:30 What We Need to Know About the Corona Virus Vaccine (V) 4:00 - 4:30 Meal Pickup (F) 6:00 Strength & Cardio with Rachel (V) | 5 9:00 -12:00 Exercise Room (L) 10:00 Devils Lake Virtual Hike (V) 11:00 Tai Chi with Jody (V,F) 1:30 Ageless Balance with Ron (V,F) |
| 11 9:00 -12:00 Exercise Room (L) 4:00 - 4:30 Meal Pickup (F) 6:00 Strength & Cardio with Rachel (V) | 12 Valentine Concert with John Duggleby available on our YouTube channel (V) 9:00 -12:00 Exercise Room (L) 11:00-2:00 Foot Reflexology (L) 11:00 Tai Chi with Jody (V,F) 1:00 Eye Health (V) 1:30 Ageless Balance with Ron (V,F) |
| 18 9:00 -12:00 Exercise Room (L) 4:00 - 4:30 Meal Pickup (F) 6:00 Strength & Cardio with Rachel (V) | 19 9:00 -12:00 Exercise Room (L) 11:00 Tai Chi with Jody (V,F) 12:00 Virtual Chinese Cooking Class (V) 1:30 Ageless Balance with Ron (V,F) |
| 25 9:00-12:00 Exercise Room (L) 1:00 "Zoomin" with Case Management team (V) 4:00-4:30 Meal Pickup (F) | 26 9:00 -12:00 Exercise Room (L) 11:00 Tai Chi with Jody (V,F) 11:00-2:00 Foot Reflexology (L) 1:30 Ageless Balance with Ron (V,F) |

Please RSVP!

Registration required for ALL programs.

To sign up please call 608-845-7471.

(V) - Virtual Program

(F) - Fees may apply

(L) - Activity offered live at the Senior Center

Space is limited for ALL programs.

You can join any Zoom presentation on your computer, tablet, or any phone. See page 6 for more details.



Exercise Classes

Virtual Exercise Classes

Ageless Balance with Ron Dorr

Mondays, Wednesdays, Fridays - 1:30 PM

Please contact Ron Dorr: (608) 212-9120

Classes for any fitness level. Ron will help you to walk with more confidence, reduce your fear of falling, improve strength to stay active and independent, reduce weight, and improve flexibility to reduce joint pain. **Fees apply.

Guts and Glutes with Rachel Meudt

Mondays - 6 PM

Please register by calling the Senior Center.

Join Rachel for an exciting new floor-based class. This class will target your core, hips and glutes. This is a free class but donations are accepted.

Strength and Cardio with Rachel Meudt

Thursdays - 6 PM

**No class February 25th

Please register by calling the Senior Center.

Join Rachel for an upbeat and energetic cardiovascular workout. After working up a sweat you'll finish the class with some strength training and stretching. This is a free class but donations are accepted.

Check out our **FREE YouTube Classes!**

Join some of your own Senior Center staff and work out anytime. Here is the link to our YouTube channel:

<https://www.youtube.com/channel/UCW6bZcgqolC9BhuMgSEyDEQ>

Core Class with Alasa

Mondays, February 8 and 22 - 9:30 AM

Register by calling the Senior Center.

Build a stronger core with cardio, mat work, and weights. Modification exercises always offered. This is a free class but donations are accepted. Donations can be made to the Senior Center and will help with future programming. Mat and hand weights needed.

Tai Chi Balance with Jody

Fridays - 11:00 AM

Please contact: Jody Curley

jodycurley@gmail.com



\$5 per class contribution suggested; feel free, however, to contribute what you can, and if you can't contribute, just come!

Exercise Room is now Available Monday-Friday From 8:30 AM-NOON!



Reservations required.

Please call 845-7471 to schedule a 30 - minute appointment.

Happy exercising!

Treadmill is HERE!!!!

Thanks Friends of Verona Senior Center!!

Self-Care Opportunities

Please call 845-7471 to schedule an appointment. Please make checks payable to the provider.

Foot Care Clinic - \$20

Mondays, February 1, 8, 15 - 9-11:30 AM
15-minute appointments; please bring two towels. Make checks out to: Bobbi Lester

Diabetic Foot Care - \$25

Tuesday, February 23 - 9 – NOON
20-minute appointments; please bring two towels. Make checks out to: Franz Foot Care

Chair Massage

This service is currently unavailable.

We are working to accommodate requests and will advertise when available.

Thank you for your patience.



Please Welcome Foot Reflexologist Traci Hertzler!

Traci, certified Reiki Master and practitioner of the Energetic Healing Arts, has always been interested in health and wellness. She is a strong believer in the power of the body, mind, spirit connection. Traci has a passion for assisting others in finding and living their best life. Traci will be offering

Foot Reflexology appointments starting in February. Please call the Senior Center to sign up.

Friday, February 12 and 26 - 11AM - 2PM

\$30 for a 30 minute appointment

\$60 for a one hour appointment

Mindfulness with Stephanie Tuesday, February 9, - 2 PM

Mind Full or Mindful? Unfortunately, this is a difficult question for most of us right now.

Mindfulness, is the practice of purposely bringing one's attention to present experiences, and doing so without judgment. Mindfulness is a wonderful tool that can help decrease stress and increase your own personal wellness. Join Director Stephanie Ehle as she shares some simple ways to incorporate mindfulness into your daily life.

To register for this virtual program, please call 608-845-7471.



Case Management

Feeling Blue?

It's very common this time of year to feel a sense of sadness. Older adults often find themselves feeling a little sad when children and grandchildren get back to the grind with work and school. Most years this would happen after spending time with friends and family over the holidays.

This year may be more difficult as many spent time alone over the holidays or were only briefly with friends and family through a chilly porch visit, on a screen or over the phone.

There is also another factor to consider. Feeling blue can also be blamed on our climate. Sadness or depression are common during winter months since we don't go outside as often. Lack of time outside in the sun can cause our vitamin D and serotonin levels to drop which can result in "feeling blue" or depressed. This is a great time to be proactive to combat or minimize these feelings.

Here are some ideas to help prevent feelings of sadness and depression.



Ten Ways to Combat the Blues... Even During a Pandemic:

1. **Eat.** Focus on healthy and non-processed foods. While doing so, think about what you are putting in your body. It can make a huge difference in how you feel.
2. **Move.** Being active looks different for everyone. A stationary bike, a walk outside, or simply doing a few laps walking around at home. The important thing is just to move.
3. **Socialize.** This may look different this year. Make a list of friends to call this week or write them a letter. Set a goal and do it.
4. **Focus.** It's so easy to let the negativity grasp your attention. Focusing on positive things can improve your mood and perspective.
5. **Be Kind.** Start with you! Give yourself some grace during this difficult time.
6. **Discover.** Find something to do. Crafts, a project you put off, or something else you have always wanted to try.
7. **Feel.** Accept your feelings. If you are feeling blue reach out to someone such as friends, family, case manager, or your doctor.
8. **Be Grateful:** Take time each day to write down something you are grateful for.
9. **Schedule your sleep.** It's easy to sleep too much if we are feeling down. Set a regular sleep/wake schedule and minimize naps.
10. **Plan.** Be intentional. Plan your day, your week, your month, or even the rest of the year!

Hello Everyone!

If you are feeling blue, pick up the phone and give me a call! It's February already; the middle of winter. I am definitely a bigger fan of spring, summer, and fall but I do get some enjoyment out of winter. When it comes to the cold months I just wish they would wrap up a little sooner in the Midwest... say mid-February!

Here is a picture of the woods near my house. My children and I have been walking our puppy there daily and it has been a gorgeous sight with all of the snow on the trees. Be sure to check out the resources on page 16-17. We miss you! Stay warm and stay safe, Julie



Case Management

In December, I lost a good friend, Joni. Joni was my weekend sidekick and fellow dispatcher when I worked at Med Flight, and her passing was sudden. Joni had a beautiful virtual service, and even though under normal circumstances I would have grieved alongside my former colleagues, I still felt at peace with the way I said goodbye.



Joni & I, 1998

I understand finding peace has been difficult for many people who've experienced the loss of a loved one over the past year. The familiar traditions and human connections that help bring us comfort during our time of mourning, such as gathering with family and friends, have come to an abrupt halt. For other folks, mourning a loss during this time might be the fact that they've been unable to visit a loved one, or visit someone who's sick in the hospital. Mourning the loss of a pet, the loss of a daily routine such as volunteering, or the loss of a social connection like the Senior Center, has been like navigating uncharted waters. Please know we are here for you. If you need extra support during the pandemic, please call the Senior Center at 608-845-7471.

211

Did you know by calling 211, or by using their website, 211wisconsin.communityos.org, you have access to hundreds of resources and service information? The call is free and available 24/7. 211 offers local information and provides links for topics such as;

- COVID -19 vaccine information
- Contact numbers for mental health professionals, peer support, legal support and more
- Disaster and severe weather information and updates

We must accept finite disappointment, but never lose infinite hope.
~Martin Luther King, Jr.

Olivia will be 10 months old on February 11! She likes Cheerios, veggies, and is becoming quite the escape artist- she learned how to climb out of her bouncer saucer! She says "dada" & "hi" and has taken a few steps! For this grandma, nothing beats "Slumber Party Spa Saturday Nights" with my little bestie, Olivia. Oh, and she's getting a bottom tooth!! ❤️

Zoomin' with Case Management!

Thursday, February 25 - 1:00 PM

Meet the Case Management team and learn about what we do! Details on page 16. Call the Senior Center at 845-7471 to register.



Facebook page :

[facebook.com/BeckJewl](https://www.facebook.com/BeckJewl)

There's a light at the end of the tunnel, and I'm hopeful to see you soon! ~ Becky



Community Resources

Zoomin' with Becky, Julie & Lauren



Case Management 101

Thursday, February 25 - 1:00 PM

The city of Verona Senior Center offers **FREE** and confidential case management services to anyone 55 and older who reside in the city of Verona.

Case Managers can provide resources & referrals for housing, medical and financial assistance, and more. Our team can help navigate through confusing insurance or Medicare programs, and we offer resources and support to caregivers, veterans and more.

To learn more, join the VSC Case Management team for **Case Management 101** on Zoom. Please call the Senior Center at 845-7471 to sign up.

Don't forget to like us on Facebook!
facebook.com/BeckJewl



Transportation

Transit Solutions

Transit Solutions is available for rides within Verona, Monday - Friday, 9:30 AM-2 PM

Last ride must be done at 2 PM

Call 845-7471 by 12 PM the day before to schedule rides. Rides are first call, first serve. Current ride requirements such as masks and spacing distances are posted in the van.

Groceries

Dane County Delivers: Senior Grocery Solutions

Free grocery deliveries to seniors 60+ and individuals with disabilities in Dane County. Call 608-294-8747 to order essential groceries. Payment will be accepted by check or credit card. Donations are accepted.

Need More Resources?

For more resources please visit our website or call a case manager. Our website, friendsofveronaseniorcenter.org has a resource section with links and information for subjects such as diabetes, Crohn's, dementia, fall prevention, low-vision, caregiver resources, veterans, food pantry, social security, substance use, and processing grief.



Caregivers Support

Verona Caregivers Support Group - Caregivers group currently meets virtually via Zoom on the 1st and 3rd Tuesdays at 10 AM. Call 608-845-7471 for more information.

DID YOU KNOW?

All Verona Senior Center virtual programming can be accessed by any type of phone. Call the Senior Center to register for an event and staff will give you the call in phone number. If you leave a message we will get back to you ASAP. When you call in for the event you will need to enter a meeting ID and a passcode, all of which we will give you.

We encourage everyone to take advantage of the great programs available! Check out pages 3 and 4!



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My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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Verona Library and Loan Closet

Curbside PICKUP

The library is closed to the public and is offering curbside pickup.

Monday - Friday, 9:30 AM - 6:00 PM
Saturday, 9:30 AM - 3:00 PM

Appointments for curbside pick-up can be scheduled online or by calling the library at 608-845-7180. Materials can be returned in the outdoor book return at any time.

The library is now offering free WIFI in their parking lot. Call for more information.



Having a Difficult Time Getting to the Library?

Do you enjoy reading large print books or listening to audio books but have a difficult time getting to the library?

Dane County Library Service's Outreach Service program supplies books to individuals, living in Dane County, who are unable to use the library due to an ongoing physical condition. The large print and audio books are sent postage free and may be returned the same way. To learn more, call the Outreach Librarian Mary Driscoll at 266-4419 or email to: driscoll@dcls.info.



VERONA
public library

Virtual Book Club

Wednesday, February 10 - 10 AM

The book we will be reading for February is: *Educated* by Tara Westover.

For more information, please call the library at (608) 845-7180 or check out their website at: <https://www.veronapubliclibrary.org/>

Books can be picked up at the Verona Library.

Verona Senior Center Loan Closet



Due to the Covid-19 pandemic, we are not accepting any donations of equipment.

**If you you in need of assistive equipment call the senior center at:
608-845-7471**

Sorry for any inconvenience!

WISCONSIN'S

PRIVATE PRACTICE OF THE YEAR RECIPIENT

▶ No Referral Needed to Start PT!

▶ Medicare Accepted

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- Post-operative or inflammatory swelling
- Post-fractures
- Joint and muscle pain
- Tendonitis and bursitis

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ACTIVITIES AND AMENITIES

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!

- Restorative exercise program • On-site Beauty Shop
- Shows, theme parties, dances and special events
- Worship services and Bible Study • Weekly Happy Hours

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Verona Area Active Adults, Verona, WI D 4C 01-1435

February \$6 Take Out Menu & Order Form

Name _____ Phone _____

Circle your menu choices and drop-off or email to VSC by order deadline. Orders may also be called in to the nutrition line at 608-848-0438. Or emailed to nutrition@ci.verona.wi.us.

****Unfortunately, orders received after weekly deadline cannot be honored****

Week of February 1-5 ORDER DEADLINE WEDNESDAY, January 27 - 12 PM

TUESDAY, FEBRUARY 2

beef lasagna, garden salad, garlic bread, fruit cocktail, ice cream OR chicken taco salad, tortilla chips, salsa, pineapple, lemon cake

THURSDAY, FEBRUARY 4

tuna casserole, peaches, apple pie OR club croissant, potato salad, grapes, peanut butter cookie

Week of February 8-12 ORDER DEADLINE WEDNESDAY, February 3 - 12 PM

TUESDAY, FEBRUARY 9

pork sausage, biscuits and gravy, roasted potatoes, tropical fruit, blueberry muffin OR beef chili, roasted turkey and cheddar sandwich, banana, cookie

TUESDAY, FEBRUARY 11

chicken pot pie, apple, double chocolate cake OR BBQ chicken wrap, pasta salad, pears, magic bar

Week of February 15-19 ORDER DEADLINE WEDNESDAY, February 10 -12 PM

TUESDAY, FEBRUARY 16

two beef tacos, refried beans, rice, pineapple, peanut bar OR crispy chicken Caesar salad, grapes, M&M cookie

THURSDAY, FEBRUARY 18

country fried steak, gravy, mashed potatoes, corn, applesauce, brownie OR chicken salad croissant, chips, mandarin oranges, pumpkin bar

Week of February 22-26 ORDER DEADLINE WEDNESDAY, February 17 -12 PM

TUESDAY, FEBRUARY 23

chicken fettuccine alfredo, garlic bread, broccoli, pears, snickerdoodle bar OR chef salad, ranch, croutons, banana, orange sherbet

THURSDAY, FEBRUARY 25

BBQ ribs, cheesy potatoes, three bean salad, melon, french silk pie OR turkey and bacon with swiss on wheat sandwich, peaches, coleslaw, cookie



Drive up Meals from TNT Catering

****PRICE INCREASE EFFECTIVE JANUARY 1****

Due to cost increases of ingredients, the cost of drive-up meals has increased. The cost will change to \$6.00 per meal. Meals will be available on Tuesdays and Thursdays; pick-up only between 4 – 4:30 PM.

Food options are listed page 20 and you may preorder meals for the entire month. **All orders are due by Noon on the Wednesday before.**

****Unfortunately, orders received after the deadline cannot be honored****

Please call 848-0438 or email nutrition@ci.verona.wi.us to reserve your meals. Please have \$6.00 cash or \$6.00 check payable to Verona Senior Center when picking up meals.

Change will not be available.

You will need:

- Non-stick cooking pan with a lid
- Tongs

Sauce Ingredients:

- Vegetable oil
- Soy sauce
- Vinegar
- Ginger
- Garlic
- Cilantro
- Hot Sauce (if you like spicy food)

Additional Items Needed:

- Bag of frozen pot stickers



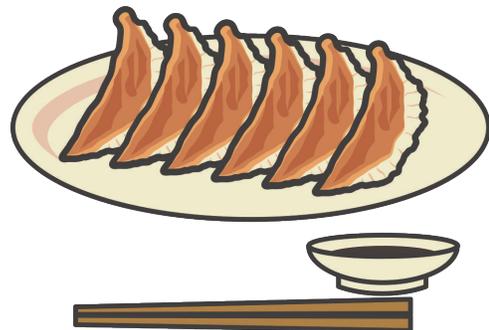
Virtual Chinese Cooking Class

Wednesday, February 19 - NOON

Join Alasa with guest chefs Sarah Tachon and Maggie Guo to learn how to cook dumplings and make a homemade dumpling sauce!

Cook along with us or just come watch.

Please RSVP by calling 845-7471.



Badger Prairie & Student Updates



Although BPNN's building is closed to patrons, the pantry is still offering assistance.

Those using the food pantry can drive up to the front door where a volunteer will bring food to you and load the food into your car. During this time of crisis the food pantry will be open to anyone in Dane County. Community meals and mending day have been suspended.

Curbside Pantry Hours

Tuesday: 10 AM - 12 PM

Thursday: 11 AM-6:30 PM

Friday: 10 AM - 12 PM

Saturday: 10 AM-12:30 PM

Closed Sunday, Monday & Wednesday

Please arrive 30 minutes before closing.

For safety reasons, the food pantry is currently not accepting food donations. If you are looking to help, please consider a monetary donation or sign up to volunteer. **For updates visit their website at bpnn.org.**



As you may know if you read my article in the October Chronicle, I am currently a graduate student at UW-

Madison. As a part of my course work, I have created the survey that can be found on page 25 of the Chronicle. I wanted to thank those of you who have responded. Your feedback is incredibly important to me and everyone here at the Senior Center. That said, I would love to hear from more of you to have a wide variety of thoughts and opinions.

Please fill out the survey and either mail it in or drop it off at the Senior Center. The survey can also be found online at www.friendsofveronaseinorcenter.org. Thanks for your help in advance.

Zoomin' with Becky, Julie & Lauren

Join us for **Case Management 101**, a Zoom session hosted by Julie Larson, and Becky Losby and me. We will be discussing what Case Managers do and how we can help you. I look forward to Zoomin' with you! Stay safe!

Lauren Wendland, V&C Intern



Lauren and her brother Ryan over Christmas break.

Fun Valentine Day Facts!

- Physicians frequently advised their patients to eat chocolate to ease their love-sickness during the 1800's. That seems reasonable – now chocolates are a common gift on Valentine's Day .
- Don't have someone this Valentine's Day? Buy yourself some goodies. 15% of U.S. women send themselves bouquets on Valentine's Day.
- Around 220,000 wedding proposals take place on Valentine's Day each year.
- In Finland, Valentine's Day is called Ystävänpäivä, which translates to "Friend's Day".
- In Victorian times, it was considered bad luck to sign a Valentine's Day card.
- Valentine's Day is the 2nd leading holiday for sending cards – the first being Christmas.
- Approximately one billion Valentine's day cards are exchanged every year in the U.S. alone.
- On this day in 1876, Alexander Graham Bell applied for his telephone patent.
- Sweethearts or conversation hearts were invented in 1866.
- About 10 new sayings for conversation hearts are introduced every year.
- Men tend to spend twice as much on Valentine's day as women.



Source: www.history.com

Looking for an easy way to support the Verona Senior Center? Look no further!

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization (Verona Senior Center!) every time you shop, at no cost to you.



Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know....the same products, same prices, same service.

Start today by clicking: <https://smile.amazon.com/ch/39-1374614>

For more information, please contact our Board of Directors.

SCAM ALERT



Protect Yourself

AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
 - You are asked to pay to put your name on a vaccine waiting list or to get early access.
 - Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
 - Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**



! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: 1-800-HHS-TIPS | tips.hhs.gov
- FBI Hotline: 1-800-CALL-FBI | ic3.gov
- CMS/Medicare Hotline: 1-800-MEDICARE

For accurate, up-to-date information about COVID-19, visit:

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Verona Senior Center Member Survey 2020

We are looking for ways to serve you better and making sure we are meeting the needs of our members.

Please return this survey by March 1st to the Verona Senior Center - 108 Paoli St. Verona, WI 53593

You can also complete the survey electronically and email it to lauren.wendland@ci.verona.wi.us

Link is available on the Verona Senior Center Facebook page and at www.friendsofveronasenircenter.org

How did you participate at the senior center last year? (Jan. 2020-Dec. 2020) Select all that apply.

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> Home delivered meals | <input type="checkbox"/> Veterans/ Caregivers group | <input type="checkbox"/> RSVP Rides | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Congregate meals | <input type="checkbox"/> Social/Recreational Programs | <input type="checkbox"/> Virtual Programming | <input type="checkbox"/> I did not visit the Senior Center this year. |
| <input type="checkbox"/> Drive thru meals | <input type="checkbox"/> Transit Bus Rides | <input type="checkbox"/> Volunteer | |
| <input type="checkbox"/> Health or Fitness | | <input type="checkbox"/> Case Management | |

1. Please check the box that best matches your response for each question.

| When I utilize the Senior Center I... | Agree | Disagree | Not Applicable |
|---|-------|----------|----------------|
| Became more socially engaged | | | |
| Have Improved or maintained my mental and/or physical health | | | |
| Eat meals that are healthy | | | |
| Feel able to stay independent | | | |
| Am familiar with case management and know how to access services | | | |
| Since the pandemic started last March I... | Agree | Disagree | Not Applicable |
| Find myself in need of additional resources and/or assistance | | | |
| Have experienced feelings (or increased feelings) of isolation or depression | | | |
| Please select yes or no for the following statements. | Yes | No | |
| I feel that the Verona Senior Center has had a positive effect on my life. | | | |
| I would recommend the Verona Senior Center to a friend or family member. | | | |
| I believe that the Verona Senior Center is an important resource to people aged 55 and older and the community. | | | |

2. On average how often have you attended a virtual VSC program since the shut-down in mid-March? Choose one of the following:

- | | | |
|---|--|---|
| <input type="checkbox"/> 1 time/week | <input type="checkbox"/> 3+ times/week | <input type="checkbox"/> I have not attended any virtual programs through VSC |
| <input type="checkbox"/> 2-3 times/week | <input type="checkbox"/> 1 time/month | |

3. How experienced are you with the virtual meeting platform, Zoom?

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Very experienced | <input type="checkbox"/> Somewhat experienced | <input type="checkbox"/> Little experience | <input type="checkbox"/> No experience |
|---|---|--|--|

4. If you haven't attended a virtual program, what barriers prevent you from participating?

5. What is becoming more important as you grow older?

6. Please share any concerns or comments that will help us serve you better.

Thank you for your response!

This and That

Do you have a story to tell?

Everyone loves a good story. And everyone has some type of story to tell. Some are funny while others give advice through actual experience. We want to hear your stories!



Jim Zelem, Board member, is gathering stories in hopes to publish a book. If you have a story to share, send it to Senior Center to the attention of Jim Zelem. Put on your thinking cap, grab a pen and paper and get started!!



Why tell your story?

Armed with decades of experiences, you can leave a legacy that will last for generations. Many have successfully managed mental and emotional well-being, rediscovered or found purpose in their lives, and connected with others from the wisdom and experience of the storytelling.

Only you can bring your unique perspective and experience to this world, so share your story today!



Jim is also looking for ideas for a title for the book, so start brainstorming!

Verona Historical Society Presents: "Verona's Top Five Historical Sites"

Saturday, February 13 - 10:00AM

Virtual program on Zoom



The meeting link will be posted at www.VeronaHistory.com the week of the meeting.

What makes something "historically relevant"? Does it just have to be old...or is there more to it? It's a fun question to ponder, and also the topic of the Historical Society's February virtual meeting. In lieu of a guest speaker this month, president Jesse Charles will be presenting a "Top Five" list of Verona's most important historical sites.

Over the last five years, Jesse has researched Verona's old schools, houses, cemeteries, and other sites while preparing for various tours and presentations. He would love to hear your opinion on the topic. Will his top five sites make your list as well? This will be a fun chance to dive deep into some of the hidden gems around Verona. The presentation will run from 10:00-10:40 AM. Afterwards, they will hold their official "Annual Meeting" to discuss other historical society matters and elect officers for 2021.

Friends of Verona Senior Center

Board of Directors

Linda Kaiser, *President*
Rich Bartlette, *Vice President*
Alyce Kocal, *Secretary*

Pat Nardi, *Treasurer*
Nancy Mendoza

Jim Zelem
Violet Konrad

If you would like to contact a Board Member, please call the Senior Center at 845-7471.

The Friends of Verona Senior Center raise funds to support the programs and services of the Verona Senior Center. They provide on-going financial support for music at the birthday-anniversary party, food for special events, snacks for coffee hour, Veterans Group, Caregivers' group, and Parkinson's group. Thank you!

Thank You and Happy New Year!!

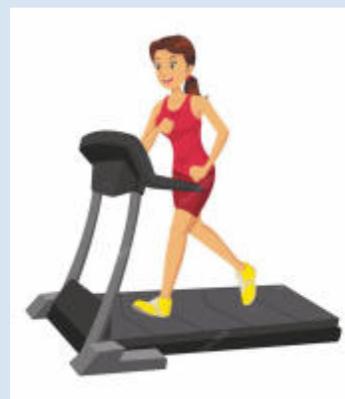
A new treadmill is here!!

It was brought to the Board's attention that a new treadmill is something our seniors have indicated is needed – and we agree.

Of course, as with everything we do, contributions to help with the cost of this purchase would be most appreciated. If you are interested in making a donation, please complete the contribution form below or drop off a contribution at the Senior Center.

Thank you for all your support. Be sure to watch for future Board sponsored events featuring some delicious meals!!

Linda Kaiser, President – Friends of Verona Senior Center Board



DONATE TODAY! FRIENDS OF VERONA SENIOR CENTER

Send to: 108 PAOLI STREET, VERONA, WISCONSIN 53593

Your personal donation provides programs, activities, and services for adults over 55. Please make checks payable to: *Friends of Verona Senior Center*.

Donor Name: _____ Phone: _____
Address: _____ City: _____ State: _____ Zip: _____
Email: _____ Amount Enclosed: _____

Donation for: Helping Hands Fund Vet Club 108 Caregivers General Fund Other
(please specify) _____

For a memorial or donation of \$100 or more, you may request your own plaque honoring your loved one or yourself. Please provide your plaque request:

We will contact you to ensure information is correct before plaque is produced.



Senior Center Staff

Director, Stephanie Ehle
608-848-0430, stephanie.ehle@ci.verona.wi.us

Case Manager, Julie Larson
608-848-0440, julie.larson@ci.verona.wi.us

Case Manager, Becky Losby
608-848-0432, becky.losby@ci.verona.wi.us

Social work intern, Lauren Wendland
608-848-0435, Lauren.wendland@ci.verona.wi.us

Program Assistant, Janice Paul
608-848-0436, janice.paul@ci.verona.wi.us

Program Manager, Alasa Wiest
608-848-0431, alasa.wiest@ci.verona.wi.us

Nutrition Aide, Torie Beckwith
nutrition@ci.verona.wi.us
Nutrition Line: 608-848-0438

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Verona Senior Services Committee
Voting Members: Christine Posey, Charlotte Jerney, Katie Kohl - City of Verona Alders

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<https://www.youtube.com/channel/UCW6bZcgqoIC9BhuMgSEyDEQ>



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WisconsinSeniorMedicarePatrol



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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