

Verona Senior Center Chronicle - March 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 March! Like many of you, I am really looking forward to warmer weather and spending more time outdoors. It's been fun to watch and listen for signs of spring....the smell of an outdoor grill, a robin sighting, tulips appearing or the distant sound of a motorcycle. One of the things I love most about Wisconsin is the change in seasons. This year in particular I'm excited about the possibilities and changes spring will bring. As restrictions begin to lift, one change you will see is more in-person programs at the Senior Center. This month I'm pleased to announce VSC will be partnering with Madison College Occupational Therapy Assistant students for a number of great virtual programs. Stay tuned for more possibilities in the months to come. Be well, Stephanie Ehle, Director

Virtual Events and Activities	Date & Time
Exercise: Strength Balance and Stretch This exercise class will focus on strength, balance, and stretching activities that can be incorporated into a light daily exercise program. Exercises can help to develop endurance and strength of functional movements. Supplies needed: hand weights, water bottles, or soup cans and a sturdy chair.	Tuesday, March 2nd 11AM
Craft: Tissue paper jars Join us for a fun crafting group to create a colorful jar made from tissue paper, glue, and other decorative add-ons you have at home. It can be used for storing items such as pens, pencils, spare change, or even just as an embellishing new piece for your home. Supplies needed: empty glass jar, Elmer's glue, paint brush or Q-tip, water, bowl, and tissue paper.	Tuesday, March 2nd 12PM
Did you know? Jeopardy style trivia	Wednesday, March 3rd - 10 AM
Trivia	Wednesday, March 3rd - 4 PM
No bake Oreo Cheesecake Ingredients: <ul style="list-style-type: none"> • large bag of Oreo's • 4 tbsp. butter • 16 oz brick-style cream cheese <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <ul style="list-style-type: none"> • 1 tsp vanilla extract • 2 cups cold heavy whipping cream • 1 cup powdered sugar </div> Other supplies - Food processor (a sturdy plastic bag and a rolling pin, a blender or any alternate method to crush up the Oreos), stand mixer or a hand held electric mixer, mixing bowl, spatula and spoon, 9 inch pie or spring form pan	Tuesday, March 9th 10 AM
Get up! Stand up! Core muscles, balance and coordination	Tuesday, March 9th - 12:30 PM
Stretching and resistance exercises	Tuesday, March 9th - 2 PM
Chicken Marsala Ingredients: <ul style="list-style-type: none"> • 4 chicken breasts, boneless/skinless • 1/2 cup flour • Salt, pepper, and oregano to taste <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <ul style="list-style-type: none"> • 4 tbsp. oil • 4 tbsp. butter or margarine • 2 cups fresh mushrooms, sliced • 1 cup Marsala wine </div>	Tuesday, March 9th 4:30pm
Craft: No Sew Sock Bunnies Supplies needed: rice, old crew sock, 3 rubber bands, ribbon, black marker, scissors, and measuring cup.	Friday, March 12th - 11 AM
Music and Movie Trivia	Friday, March 12th - 2 PM

To sign up for Madison College classes, please call 608-845-7471.

Virtual Programming

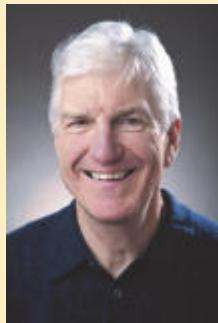
If you are interested in participating, please call 608-845-7471.

Gratitude and Meditation

Monday, March 8 - 10:30 AM

Robert McGrath, is a licensed psychologist who provides Mind/Body Wellness Services at University Health Services.

Robert has expertise in health psychology, positive psychology, authentic happiness, mind/body wellness, and stress management.



This presentation covers the many benefits and challenges of living mindfully. The presentation will include a review and experience of different types of meditation – Grounding Meditation, Mindful Meditation, Loving Kindness Meditation, Muscular Meditation, and Moving Meditation.

Women Who Dare

Thursday, March 11- 1PM

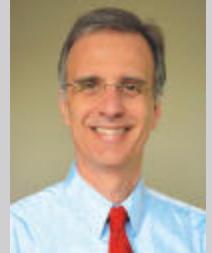
Cristabel and Emmeline Pankhurst, Susan B. Anthony, Emma Davisson, Elisabeth Cady Stanton; some names you may recognize, others you may not. In this program Jessica Michna appears as ...HERSELF! Join Jessica to learn about these and other women (and men) who championed the cause of women's suffrage in this country and overseas in the late 19th and early 20th century.



Climate Change

Friday, March 12 - 11AM

In April of 2020 Dane County issued a community-wide Climate Action Plan to cut all greenhouse emissions in Dane County in half by 2030. The priority now is to implement the climate action plan— to reduce emissions from buildings, transportation, and other sources.



Join Dane County Executive Joe Parisi and Kathy Kuntz, Director of the Dane County Office of Energy Climate Change, to learn about Dane County's efforts to create a clean energy future.

Brain Health and Understanding

Dementia: 2 Part Series

Mondays, March 15 and 22 - 10 AM

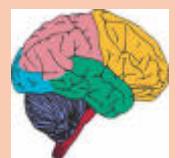
This series will be lead by Audrey Warrington, the Dementia Care Specialist with the Dane County Aging & Disability Resource Center.

March 15: Brain Health

Research indicates we have some control over how our brain changes as we age. Learn about how our lifestyle choices impact brain health.

March 22: Understanding Dementia

What is dementia? This presentation will help you understand the basics about dementia, including warning signs, and risk factors. Learn how dementia differs from changes we experience as a part of normal aging.



More Virtual Programs

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

Grief Basics and Words of Comfort Tuesday, March 16 - 1 PM

This presentation will be in person AND online! Please call the Senior Center to sign up. Limit to 10 people in person. When there is a death, whether in your professional or personal life, you may feel unsure about how to support those around you who are grieving. This presentation teaches the basics of grief and the grieving process, as well as common reactions to grief. This presentation will be given by Agrace Hospice.



New!! Travel Book Club with Kirsti Pope Every 3rd Thursday - 1 PM

The book for March 18 will be *The Geography of Bliss* by Eric Weiner.



The book for April 15 will be *Ireland to India with a Bicycle* by Dervla Murphy.

This book club will be led by Kirsti. To join please email Kirsti at: kirsti.pope898@gmail.com

Both books are available on AmazonSmile.

For more details on how to support the Verona Senior Center while shopping on AmazonSmile, see page 24.

Spring Break Opportunities! Zoom with the Grandkids!



Critter Connection

Tuesday, March 23 - 1 PM

Take a trip to the Henry Vilas Zoo virtually! In this 30 minute educational program we will get to meet some amazing zoo animals up close, and learn all about them.

Fossil Safari Friday, March 26 - 1 PM



Join the UW-Madison Geology Museum in a time-traveling safari to ancient Wisconsin! You will get to see what Wisconsin looked like 450 million years ago when it was covered by a shallow, tropical sea. You'll learn about the rocks we can see in southern Wisconsin, the fossils that are found in them, and what those creatures would have looked like when they were alive.

Support Local Businesses!



Waffle Brunch with Yola's Café
Wednesday, March 24 - 10:00 AM
\$10/person

Please RSVP by calling 608-845-7471 by NOON on Thursday, March 18.

Join us for a unique opportunity...drive-up brunch with Yola's Café! Brunch includes golden malted Belgian waffle, butter, syrup and coffee. Please bring your own mug.

Choose one of the following toppings:

- Pecans
- Fresh blueberries and strawberries
- Gluten free option available for \$1.00 extra per waffle.



Additional choices: Bacon - \$1.50 extra

Sausage - \$1.50 extra



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

In-House Programs Are Back!

**Please RSVP for in-house programs by calling 845-7471. Space is limited.

Wednesday Movies in March



Flyboys Wednesday, March 10 - 12 PM

Inspired by the true story of the legendary Lafayette Escadrille, this action-packed epic tells the tale of America's first fighter pilots.



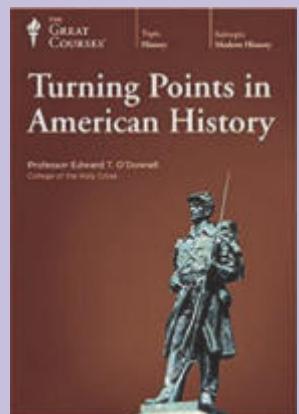
Sing Wednesday, March 24 - 12 PM

When an optimistic koala puts on a singing competition to save his failing theater, animals across the city gather to step into the spotlight!

Great Courses: DVD Series Mondays - 2:00 - 3:30 PM

Turning Points in American History

Professor Edward T. O' Donnell is Associate Professor of History at the College of the Holy Cross holds a doctorate in American History from Columbia University. He has broad knowledge of American history with special interests in the following: urban, labor, Irish American, New York City, and Civil War histories.



WIRE BRACELET CLASSES with Lin Standke

Tuesday, March 30 - 10 AM or 12 PM

First bracelet is free, additional bracelets \$2 each.



Combine rubber tubing and colorful beads to make a fun and unique bracelet! Bracelets slide on and off easily. Lin will demonstrate how to make these bracelets, and all safety precautions will be taken. Call to reserve your spot today!

St. Patrick's Day Brat & Hot Dog Drive-Thru Lunch!!

Event sponsored by the Verona Senior Center Board,
Brightstar Senior Living, and Gary and Janet Calhoun



Wednesday, March 17

11:00 AM - 12:30 PM



Drive by to pick up a brat or hotdog, chips, beverage and a cookie.
Lunch is free, but contributions are accepted.



Come and enjoy; don't forget to wear green!



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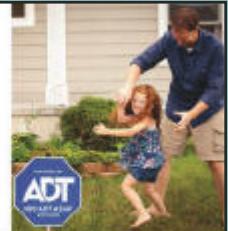
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St. Patty's Fun

St. Patrick's Day Jokes

1. What kind of spells do leprechauns use?
2. Why do leprechauns hate running?
3. Why do leprechauns love to garden?
4. What happens if a leprechaun falls into the ocean?
5. Why shouldn't you borrow money from a leprechaun?
6. When does a leprechaun cross the road?
7. Why did the leprechaun climb over the rainbow?
8. What do you call a leprechaun who broke the law?

1. Lucky Charms!
2. They'd rather jig than jog.
3. They have green thumbs!
4. He gets wet, of course.
5. Because they're always a little short.
6. When it turns green!
7. To get to the other side!
8. A lepre-con!



Source by: www.history.com

Source by: www.countryliving.com

Interesting Facts!

1. The first St. Patrick's Day parade was held in America.

Men march in the 1895 Saint Patrick's Day Parade in New York City.



Museum of the City of New York/Byron Collection/Getty Images

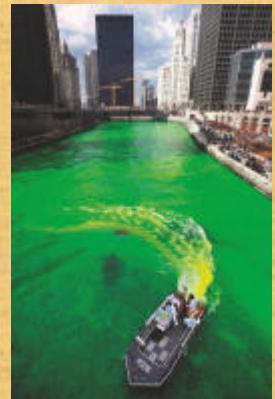
2. Corn Beef and cabbage was an American innovation!

One of President Grover Cleveland's favorite dishes was corned beef and cabbage!



3. The Chicago River Dyed Green!

As Irish immigrants spread out over the United States, other cities developed their own traditions. One of these is the annual dyeing of the Chicago River. The practice started in 1962, when city pollution-control workers used dyes as a unique way to celebrate the holiday.



From the Clutter of My Old Office Corner IV

(A Continuing Saga of a Cluttered Office)

Submitted by an anonymous Verona resident

Today finds me sitting at the ol' desk studying the wooden Coca Cola case. Among the many sections, two bright spots of Kodak yellow pop out commanding my attention. They take me back to my early cameras which today are completely foreign to the young generation as they whip out their smart phones and snap, snap, snap away.

Many people near my age began their picture taking with a point-and-shoot box camera or a Brownie Hawkeye, perhaps. And, of course, the film was black and white. Even though color film was around from the 1930's, it didn't become popular until the middle 1950's with the development and affordability of the 33mm slide camera.

The yellow can and yellow box I see are easily recognizable as the remnants of the 33mm period. This small, screw-top aluminum can contained either a 24- or 36-frame film. Unless one had a special event or a vacation on the schedule, it took a long time to use that many frames.

At the time the film purchase was made, one also bought a prepaid envelope to return the exposed film, by mail, to a processing company. Then the wait and anticipation! Would the slides be disappointing? Would they be in focus? Would there be any photo bombs or even mistakes like missing heads?

When the slides in the yellow box finally arrived, how were they viewed? A projector with slotted-trays was needed. Not used too often, the machine sometimes required one to dig through stuff on the closet floor to find it. One also needed a screen upon which to show the slides. Did your family have a roll-up screen, or did you use a light-colored wall...temporarily removing pictures and furniture to create a blank surface? In the first showing it was not uncommon to have some of the slides backwards or upside-down – somewhat embarrassing especially if neighbors had been invited over for the viewing.

So, do the yellow canister and box have a special use now? True to its calling, the box still has a dozen or so slides, culled duplicates of memorable events from decades ago. The canister, on the other hand, contains coins. There are 4 copper pennies from the 1950s and an aluminum one from 1943. The latter was part of the war effort but the minting of them had to be discontinued because the size and color were too similar to a dime. This valued 'treasure', according to Google, is only worth 50 cents or less now.

My eyes, returning to another slot in Coca Cola case, fall upon a shoe horn. Remember what a big deal it was to receive a new pair of shoes? It wasn't that long ago when a shoe salesman was ready to assist, a shoe horn handy in his back pocket. Often shoe horns like this one from northern Illinois were printed with the name of the store, then given to customers as an advertising tool.

Lastly, how many of you remember, "Walking the Dog"? In the section directly below the yellow canister is a "Genuine Beginners Yo-Yo" officially patented by Duncan, manufactured in northern Wisconsin. The pristine condition of this wooden yo-yo, one side painted black and the other red, has not been much help in my effort to "walk the dog" again. So much for not practicing over the years! Until the next time... Remember, it's good for you.

The Ol' Pack Rat



March 2021 Verona Senior

Monday	Tuesday	Wednesday
1 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) 2:00 Great Courses (L) 6:00 Guts and Glutes with Rachel (V)	2 9:00 -12:00 Exercise Room (L) 10:00 Caregiver's group (V) 11:00 MATC Strength, Balance, and Stretch (V) 12:00 MATC Tissue paper jars (V) 4:00 - 4:30 Meal Pickup (F)	3 9:00 -12:00 Exercise Room (L) 10:00 MATC Jeopardy style trivia (V) 1:30 Ageless Balance with Ron (V,F) 4:00 MATC Trivia (V)
8 10:30 Mindfulness and Meditation in Times of Stress 9:00 -12:00 Exercise Room (L) 9:00 -11:30 Foot Care (F,L) 1:30 Ageless Balance with Ron (V,F) 2:00 Great Courses (L) 6:00 Guts and Glutes with Rachel (V)	9 9:00 -12:00 Exercise Room (L) 10:00 MATC No bake Oreo cheesecake (V) 12:30 MATC Core balance and coordination (V) 2:00 MATC Stretch and resistance (V) 4:30 MATC Chicken Marsala 4:00 - 4:30 Meal Pickup (F)	10 9:00-12:00 Exercise Room (L) 10:00 Book Club (V) 12:00 Flyboys (L) 1:30 Ageless Balance with Ron (V,F)
15 9:00 -12:00 Exercise Room (L) 10:00 Brain Health Part I (V) 9:00 -11:30 Foot Care (F,L) 1:30 Ageless Balance with Ron (V,F) 2:00 Great Courses (L) 6:00 Guts and Glutes with Rachel (V)	16 9:00 -12:00 Exercise Room (L) 10:00 Caregiver's group (V) 1:00 Grief Basics and Words of Comfort (V, L) 4:00 - 4:30 Meal Pickup (F)	17 9:00 -12:00 Exercise Room (L) 11:00-12:30 Brat and Hot Dog Drive Thru (L) - Don't forget to wear green! 1:30 Ageless Balance with Ron (V,F)
22 9:00 -12:00 Exercise Room (L) 9:30 Core Class with Alasa (V) 10:00 Understanding Dementia Part 2 (V) 1:30 Ageless Balance with Ron (V,F) 2:00 Great Courses (L) 6:00 Guts and Glutes with Rachel (V)	23 9:00 -12:00 Exercise Room (L) 9:00 -11:30 Diabetic Foot Care (F,L) 1:00 - Critter Connection 4:00 - 4:30 Meal Pickup (F)	24 9:00 -12:00 Exercise Room (L) 10:00-10:30 Drive Thru Waffle Brunch from Yola's (L) 12:00 Sing (L) 1:30 Ageless Balance with Ron (V,F)
29 9:00 -12:00 Exercise Room (L) 1:30 Ageless Balance with Ron (V,F) 2:00 Great Courses (L) 6:00 Guts and Glutes with Rachel (V)	30 9:00 -12:00 Exercise Room (L) 10:00 - Bracelet Making Class (L) 12:00 Bracelet Making Class (L) 4:00 - 4:30 Meal Pickup (F)	31 9:00 -12:00 Exercise Room (L) 1:30 Ageless Balance with Ron (V,F) 2:00 Mindfulness with Stephanie (V)

Center Activity Calendar



Thursday	Friday
4 9:00 -12:00 Exercise Room (L) 4:00 - 4:30 Meal Pickup (F) 6:00 Strength & Cardio with Rachel (V)	5 9:00 -12:00 Exercise Room (L) 11:00 Tai Chi with Jody (V,F) 1:30 Ageless Balance with Ron (V,F)
11 9:00 -12:00 Exercise Room (L) 1:00 - Women Who Dare (V) 4:00 - 4:30 Meal Pickup (F) 6:00 Strength & Cardio with Rachel (V)	12 9:00 -12:00 Exercise Room (L) 11:00-2:00 Foot Reflexology (L) 11:00 Climate Change (V) 11:00 MATC No sew sock bunnies (V) 11:00 Tai Chi with Jody (V,F) 1:30 Ageless Balance with Ron (V,F) 2:00 MATC Music and movie trivia (V)
18 RSVP by Noon for Yola's Waffle Brunch 9:00 -12:00 Exercise Room (L) 9:30 Board Meeting – Everyone Welcome (V) 4:00 - 4:30 Meal Pickup (F) 1:00 Book Club with Kirsti (V) 6:00 Strength & Cardio with Rachel (V)	19 9:00 -12:00 Exercise Room (L) 11:00-2:00 Foot Reflexology (L) 11:00 Tai Chi with Jody (V,F) 12:00 Virtual Cooking Class (V) 1:30 Ageless Balance with Ron (V,F)
25 9:00 -12:00 Exercise Room (L) 1:00 "Zoomin" with Case Managers (V) 4:00 - 4:30 Meal Pickup (F) 6:00 Strength & Cardio with Rachel (V)	26 9:00 -12:00 Exercise Room (L) 11:00 - 2:00 Foot Reflexology (L) 11:00 Tai Chi with Jody (V,F) 1:00 Fossil Safari (V) 1:30 Ageless Balance with Ron (V,F)
<p>You can join any Zoom presentation on your computer, tablet, or any phone. See page 6 for more details.</p>	

NEW!!!
Saturday Yoga Flow

Saturdays - 10AM

March 6th
March 13th
March 20th
March 27th



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.

Virtual Exercise Classes

Ageless Balance with Ron

Mondays, Wednesdays, Fridays - 1:30 PM

Fees apply.

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.

Guts and Glutes with Rachel

Mondays - 6 PM

\$15 for the month or \$4/class

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.

Strength and Cardio with Rachel

Thursdays - 6 PM

\$12 for the month or \$4/class

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.

NEW!! Yoga Flow with Rachel

Saturdays— 10 AM

\$12 for the month or \$4/class

Please register by calling the Senior Center.

Join Rachel for a relaxing yoga class. Move through seated and standing poses that enhance flexibility, posture and balance.

Core Class with Alasa

Mondays, March 1 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 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!!

****Check out the FREE exercise
classes offered by Madison College
on page 2.**



Self-Care Opportunities

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

Foot Care Clinic - \$20

Mondays, March 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, March 23 - 9 AM- 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.

New Foot Reflexologist Traci Hertzler!



Traci, is a certified Reiki Master and practitioner of the Energetic Healing Arts, and has always been interested in health and wellness. She is a strong believer in the power of the body, mind, spirit connection. Traci is offering foot reflexology appointments. Please call the Senior Center to sign up.

Friday, March 12, 19, and 26 - 11AM - 2PM

\$30 for a 30 minute appointment

\$60 for a one hour appointment

Mindfulness with Stephanie Wednesday, March 31 - 2 PM

Join Director Stephanie Ehle for a relaxing afternoon of meditation practice. Practice will include breathing and guided imagery. No prior experience required.



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/UCW6bZcgqoIC9BhuMgSEyDEQ>



Next month's wellness topic:
Bladder Health

Case Management

Sleep Challenges for Older Adults



Many know that aging can have a significant affect on sleep which in turn can affect quality of life but few understand why. Here's the scoop. In the brain we have a "master clock" that controls our 24-hour cycle which includes, among other things, when we feel awake and sleepy. This "master clock" receives signals from other parts of the body that can affect the cycle. There are many things that can play a part in how the "master clock" functions. Here are some that can affect the "master clock" of older adults:

Light is a key factor that influences our "master clock" and this signal is received through our eyes. We run on a 24-hour cycle because when human biology evolved the only light was natural light. According to the Sleep Foundation, research shows that older people have insufficient exposure to daylight averaging only around one hour per day. Exposure to the light of modern technology can play a part as well including the light from a lamp, TV or the light from a cell phone screen.

Health Conditions can affect sleep, pain and discomfort being the most common. Others examples: Nocturia (nighttime urination), Insomnia, daytime drowsiness, Sleep Apnea, Restless Leg Syndrome and REM Sleep Behavior Disorder.

Hormones Changes can affect sleep. As we age our bodies secrete less melatonin, the well-loved hormone that helps promote sleep.

Aging itself plays a part. As we age, the part of the brain that houses our "master clock" begins deteriorating which can affect function and sleep.



Hello Everyone! Do you know what I love about March? Winter is coming to an end! I do enjoy winter around the holidays but would love for it to wrap up in February. This month I am working on keeping to my sleep schedule!

Be well, Julie Larson, Case Manager

Substances that we put in our bodies can affect sleep. Some examples include caffeine, alcohol and prescription or non-prescription drugs.

Eating & Drinking too close to bedtime can make for a rough night of sleep. Dinner time tip: Sleep experts recommend leaving three to four hours between dinner and bedtime.

There is however, a bright side to all of this. There are things we can do starting today that can greatly improve our sleep. Check out the list below!

Sleep Tips for Seniors!

1. Movement - Older adults that exercise fall asleep faster, sleep longer and have better quality of sleep. Want more information on exercising safely? Visit the National Institute on Aging website or call a case manager. See page 12 for exercise opportunities.

2. Be Distraction Free - Create a sleep space that is free of distractions. Leave the TV, cell phones, and bright lights in another room. Moving distracting electronics out of the bedroom can make it less tempting to "just check one more thing".

3. Schedule Your Sleep - Create a regular sleep schedule of seven to nine hours and stick to it. Don't believe everything you hear, it's a myth that older adults need less sleep.

4. Bedtime Ritual - Develop your bedtime ritual that prepares your body for sleep and follow it each night. It could include a bath, reading or something else quiet.

Example Bedtime Rituals

- 6:00PM - Finish drinking and eating
- 8:00PM - Turn off electronics and dim lights
- 8:05PM - Quiet activity (read, puzzle, needlework)
- 8:40PM - Personal care & use the bathroom
- 8:50PM - Pajamas and climb into bed
- 8:55PM - Silent prayer, affirmation or meditation
- 9:00PM - Sleep (and dream :)

Case Management



Scams are on the rise. It doesn't matter how educated, smart, or savvy a person is; anyone can become a victim. Scammers connect with victims by phone, email, text, internet, in person visits at your front door, etc. They will prey on your emotions and sound very official and convincing; they sound this way so you will believe them. Scammers can threaten or intimidate victims to make them believe they are in trouble. Or, scammers will be super nice and befriend victims. They do this to butter victims up before they ask for something, such as money or account numbers.

While we want to continue seeing the good in people, we also need to stay alert. If something doesn't sound right, it's probably not. YOU are in charge, and you can end any suspicious communication at anytime, for any reason, without feeling bad about it.

The IRS says the best way to avoid falling victim to a scam is knowing how the IRS communicates with taxpayers. The IRS does not send unsolicited texts or emails. The agency also does not call people with threats of jail or lawsuits, nor does it demand tax payments on gift cards.

****Local Scam Alert -** MGE customers have reported fraudulent activity that is constantly evolving in the form of phone calls, text messages or in-person contact from impostors claiming to work for MGE. They attempt to collect money for supposed past-due accounts and/or upgrades or repairs to utility meters. Phone scammers give instructions to pay with a prepaid debit card or with a wire transfer, and often threaten immediate disconnection. This is not MGE.

Be in the know!

As COVID-19 vaccine distribution continues, be aware of signs of potential scams. According to the **FBI website** it may be a scam if:

- You are asked to pay out of pocket for a vaccine
- Marketers offer to sell or ship doses of the vaccine for payment

In addition be aware of advertisements for vaccines on social media platforms, online, email, telephone calls, or from unsolicited/unknown sources.

Remember, anyone can fall victim to a scam. **Do not send cash, wire money or send gift cards to anyone you personally do not know.** Unfortunately every year, millions of dollars are lost to scammers and often the money is never recovered. For more information and where to report scams visit:

- www.usa.gov/scams-and-frauds by phone at 1-877-382-4357
- www.consumer.ftc.gov/articles/0208-phone-scams
- <https://www.fbi.gov/scams-and-safety>
- <https://www.bbb.org/scamtracker/reportscam> or in Wisconsin call, 414-847-6000

Bath hair don't care



Olivia will be 11 months old on March 11, and she is **ON THE GO!** Yup, pretty soon crawling will be just a thing of the past for this girl! Her favorite new thing to say is "eat, eat, eat" and by eat, she means big folks food (no more baby food!) She's starting to get a second bottom tooth, and I'm **pretty sure** she's trying to figure out how to climb out of the crib!

Recently I saw a robin outside my office window. Maybe he was confused, but I would rather think of it as a sign of hope. Stay hopeful. ~ Becky



Self-Care and Community Resources

Zoomin' with Becky, Julie & Lauren



Self-Care is for Everyone

Thursday, March 25 - 1 PM

Taking care of ourselves is often something that gets pushed down on our “to-do” list or is forgotten about altogether. Whether you are feeling exhausted or just want to learn new ways to take care of yourself, join the VSC Case Management team on Zoom where we will explore new ways to take care of ourselves. Call the Senior Center at 608-845-7471 to sign up.



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



Need a ride?

Transit Solutions offers rides within the City of Verona,
Monday - Friday, 9:30 AM-2 PM
(Last ride must be completed by 2 PM)
Call 845-7471 by 12 PM the day before to
schedule rides. Rides are first call, first serve.
Current ride requirements include masks and spacing
distances as posted in the van.

Need groceries but don't want to go out?

Dane County Delivers: Senior Grocery Solutions

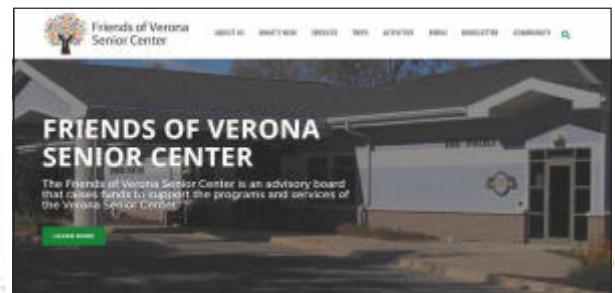
Free grocery deliveries to seniors 60+ and
individuals with disabilities in Dane County.
Call 608-294-8747 to order essential groceries.
Payment will be accepted by check or credit card.
Donations accepted.

Did you know?

Any phone can be used to
“attend” a Zoom event
offered by the Senior
Center! When you sign up
ask for the phone number
to use the “call in” option.



For additional resources visit our
website: friendsofveronaseniorcenter.org



Caregivers Support

Are you a caregiver
in need of support?

Verona Caregiver's Group
1st & 3rd Tuesdays
10 AM on Zoom

Call 608-845-7471 for more information.

Note: Outside of the pandemic we meet in Person at the Verona Senior Center.



Personal Emergency Response System

Are you in the market for a personal emergency response system for yourself or a family member?

There are many to choose from and we may be able to help. Call a case manager to discuss options and get your information packet. Packet includes questions to ask service providers.

We Make Medicare Uplifting
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WISCONSIN

Care Wisconsin and My Choice Family Care are now My Choice Wisconsin.

1-800-963-0035 | mychoicewi.org/LP

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

FAMILY CARE PARTNERSHIP
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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, March 10 - 10 AM

The book we will be reading for March is: *Where the Crawdads Sing* by Delia Owens.

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 are in need of assistive equipment call the senior center at:

608-845-7471

Sorry for any inconvenience!

Chronicle Advertiser of the Month!



Miller & Sons Supermarket has been family owned and operated for over 100 years! They have a long tradition of taking care of the community.

Millers provides many services including online shopping and an amazing bakery. They also donate to local sporting events, and offer a special senior discount day. (Wednesdays) When you shop Miller & Sons, you will find a full service grocery store with a vast selection and a knack for customer service.

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A photograph of a two-story apartment complex with multiple units and a parking lot in front.

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



March \$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 March 1-5 ORDER DEADLINE WEDNESDAY, February 24 - 12 PM

TUESDAY, MARCH 2

meatloaf, baked
potato, California
blend vegetables, fruit
cocktail, apple crisp

OR

chicken taco salad,
tortilla chips, salsa,
banana, chocolate
chip walnut cookie

THURSDAY, MARCH 4

scalloped potatoes
and ham, green beans,
pineapple, chocolate
marble cake

OR

roast beef & cheddar
on sourdough,
coleslaw, apple, peanut
butter cookie

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

TUESDAY, MARCH 9

tator tot casserole
w/ground beef, corn,
tropical fruit, ice cream

OR

navy bean soup,
ham and swiss on
rye, grapes, raisin
cookie

THURSDAY, MARCH 11

swiss steak w/
mushroom gravy,
mashed potatoes,
carrots, applesauce,
pecan pie bar

OR

chicken salad spinach
wrap, pasta salad,
orange, m&m cookie

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

TUESDAY, MARCH 16

beef lasagna, caesar
salad, garlic bread,
peaches, magic bar

OR

garden salad w/bbq
chicken, pineapple,
snickerdoodle
cookie

THURSDAY, MARCH 18

chicken stir fry,
white rice, mandarin
oranges, vanilla
funfetti cake

OR

club croissant,
potato salad, banana,
monster cookie

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

TUESDAY, MARCH 23

beef stew, french
bread, pears,
apple pie

OR

chicken cobb
salad, ranch,
orange, peanut
butter cookie

THURSDAY, MARCH 25

chicken parmesan
pasta, garden salad,
fruit cocktail,
lemon bar

OR

egg salad on wheat,
chips, apple,
pumpkin bar

Week of March 29-April 2 ORDER DEADLINE WEDNESDAY, March 24 -12 PM

TUESDAY, MARCH 30

bbq ribs, cheesy
potatoes, three bean
salad, melon, sherbet

OR

crispy chicken
caesar salad,
grapes, brownie

THURSDAY, APRIL 1

turkey pot pie,
peaches, mixed
berry muffin

OR

tuna and cheddar
croissant, pretzels,
tropical fruit,
pecan cookie



Drive up Meals from TNT Catering

Meals available on Tuesdays and Thursdays; pick-up only between 4 – 4:30 PM.
The cost is \$6.00 per meal. Gluten free meals available, call for more information.

**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.

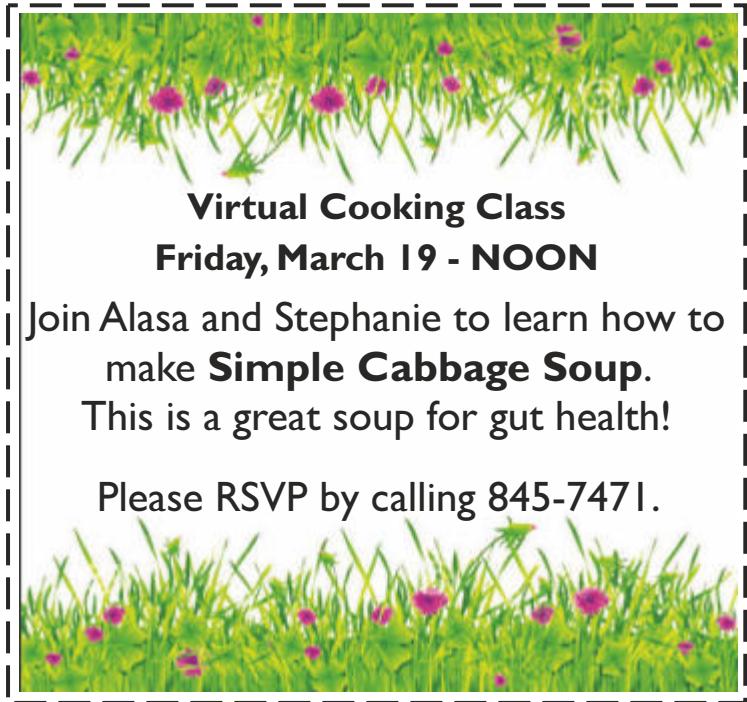
Simple Cabbage Soup

What you will need:

- half pound ground beef or turkey
(no meat if prefer vegetarian)
 - 1/2 head cabbage sliced and chopped
 - 4 cups chicken broth
 - 1 can 14 oz, diced tomatoes *Do not drain.
 - 2 tsp onion powder
 - 1 tsp minced garlic
 - 1/2 tsp black pepper
 - 1 tsp salt
 - Large pot and skillet

Instructions:

1. Brown the meat in large skillet.
 2. Drain the grease from meat add it to a large pot.
 3. Add the broth, onion powder, minced garlic, pepper, and salt to the pot.
 4. Bring the mixture to a boil.
 5. Once boiling, add in cabbage and can of diced tomatoes.
 6. Stir and turn down to simmer.
 7. Simmer for 15-20 minutes.
 8. Serve and enjoy!





St. Patrick's Dinner Order Form

Thursday, March 18.

NAME: _____ PHONE: _____

APARTMENT NUMBER: _____ BUILDING: _____

DINNER INCLUDES CORNED BEEF BRISKET, CABBAGE, ROASTED BABY RED POTATOES & BABY CARROTS, ROLL WITH BUTTER, & CHOICE OF ONE DESSERT

PICK MEAL SIZE: SMALL (5 OZ MEAT) \$11.00 LARGE (8 OZ MEAT) \$15.50

PICK DESSERT: MINT CHOCOLATE CHIP LASAGNA IRISH APPLE STREUSEL CAKE

GUINNESS STOUT CHOCOLATE CUPCAKE

DOUBLE FUDGE BROWNIE WITH BAILEYS IRISH CREAM WHIPPED FROSTING

EXTRA PORTIONS (SPECIFY QUANTITY, YOU MAY ORDER MORE THAN ONE):

5 OZ CORNED BEEF \$4.75 BABY RED POTATOES & CARROTS \$2.25

CABBAGE \$2.00 DINNER ROLL WITH BUTTER \$1.00

EXTRA DESSERT BY THE PIECE (SPECIFY QUANTITY):

MINT CHOCOLATE CHIP LASAGNA \$3.25 BAILEY'S BROWNIE \$2.75

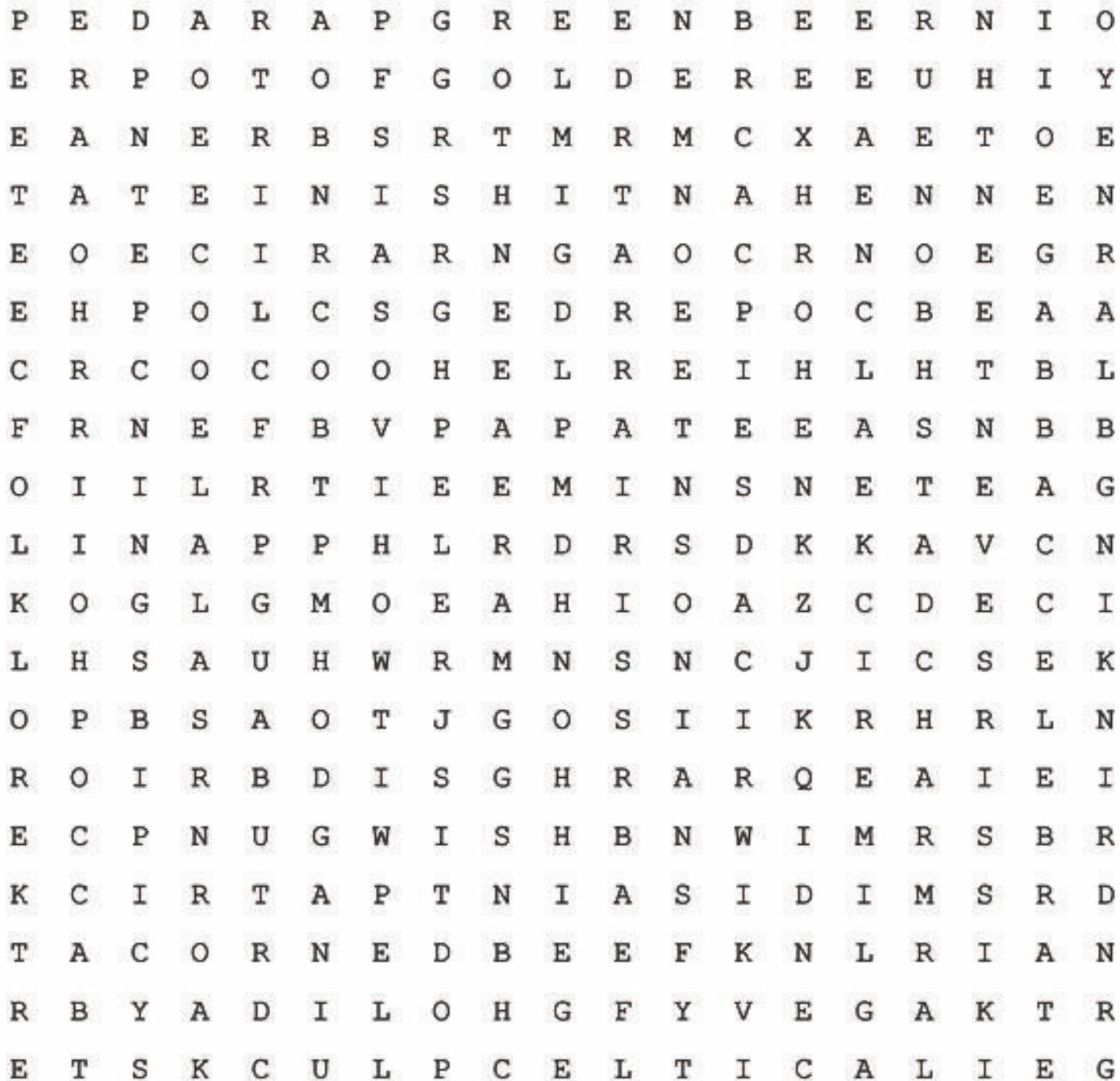
IRISH APPLE STREUSEL CAKE \$2.75 GUINNESS STOUT CUPCAKE \$3.25

Please order by Wednesday, March 10.
Please make checks payable to TNT Catering.

ORDER TOTAL:

\$ _____

Celebrate St. Patrick's Day



Word List:

BAGPIPE	BLARNEY	BLESSINGS	CABBAGE
CASTLE	CELEBRATE	CELTIC	CHARM
CHEER	CLOVER	COINS	CORNEDBEEF
DANCE	DRINKING	ERINGOBRAIGH	FOLKLORE
GREEN	GREENBEER	HARP	HOLIDAY
IRELAND	IRISH	JIG	KISS
LEPRECHAUN	LIMERICK	LUCK	MARCH
MUSIC	PARADE	POTOFGOLD	RAINBOW
SAINTPATRICK	SEVENTEENTH	SHAMROCK	SNAKES
TOPHAT	TOPOFTHEMORNING	TRADITION	WISH

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

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.**



I have just begun the final stretch of my journey as a graduate student at UW – Madison. My final

semester started January 30th and in May I will be graduating and receiving my Masters in Social Work. Although all of my classes had to be moved onto Zoom, much like the wonderful programs here at the Senior Center, my classmates, professors, and I adapted to the challenges and changes of learning through Zoom. If you are someone that would like to learn more about how to join a Zoom meeting or simply learn more about the opportunities it offers, please don't hesitate to ask!

Give me a call at (608)848-0435 and I would be happy to help you in any way!

Zoomin' with Becky, Julie & Lauren

Join us for **Case Management 101**, a Zoom session hosted by Julie Larson, Becky Losby and me. This month we will be discussing self care and how we can help you. I look forward to Zoomin' with you!

Stay safe!

*Lauren Wendland,
VFC Intern*



Lauren and her grandparents at undergraduate graduation from UW-Whitewater in 2019.

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!

Sudoku

Answer key

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

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

Friends of Verona Senior Center

Board of Directors

Linda Kaiser, President
Rich Bartlett, 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, Veterans Group, Caregivers' group, Parkinson's group and exercise equipment needs. Thank you!

Upcoming Lunch Fundraisers!

THANK YOU SO VERY MUCH! We appreciate all of your support for our fundraiser lunch on February 24. We will be having another lunch fundraiser on **March, 17 - St. Patrick's Day**, but it's not corned beef and cabbage! We will be having brats and hot dogs....thinking of summertime! Please see page 7 for more details on this event. Hope to see you then!

Save the Dates!

Mark your calendars with the following dates for upcoming Board Lunch Fundraisers: **April 16th & May 5th**. We will let you know what food will be served as the dates are closer.

Stay healthy, safe and smile as often as you can....even with your mask on!!

Linda Kaiser, President
Friends of Verona Senior Center



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:

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

Phone: (608) 845-7471

Website: friendsofveronaseniorcenter.org

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



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