

JANUARY 2021



LINKING THOSE 60 & OVER  
TO INFORMATION, RESOURCES, & EACH OTHER

A PUBLICATION OF THE ROCK COUNTY COUNCIL ON AGING

## Virtual Aging Mastery Class

Many of our readers were excited about participating in the 5 week aging Mastery Class this past spring of 2020, before COVID became a reality. Unfortunately, our scheduled class sessions had to be put on hold. You will once again have a chance to experience this life enhancing course. The Council on Aging is planning a virtual class, using ZOOM. This fun, innovative five week class for adults 50 and over, will empower you to take key

steps to improve your well being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to each other as you experience The **Aging Mastery** Journey together.

This **FREE** class runs for five Thursdays, beginning on **Thursday, February 18, through Thursday, March 18, from 10:00 a.m. – 2:00 p.m.** Pre-registration is required and the class is limited to 20 people.



### National Council on Aging

Want to find out more before you commit? Attend our **FREE ZOOM** info session on **Thursday, February 4, from 1 pm – 2 pm.**

Here is how the info session works: If you are interested in finding out more about the five week class, simply send an email requesting the link to the info session to: [paula.schutt@co.rock.wi.us](mailto:paula.schutt@co.rock.wi.us) Please put AMP in the subject line of the email. When your email is received you will be sent an email confirming your interest and it will have the link for you to log in on **Thursday, February 4 at 1:00 p.m.** During this hour, you can find out all the details on the five week class and determine if it is something from which you would benefit.

The five week session is free and all you need to participate is a computer or tablet, internet and the ability to use ZOOM.

The class is made possible by a grant from the National Council on Aging and is sponsored by The Rock County Council on Aging. To register, or for more info call The Council on Aging at **608-757-5416** or email [paula.schutt@co.rock.wi.us](mailto:paula.schutt@co.rock.wi.us)

### WHAT'S INSIDE

- PAGE 2..... COVID TESTING
- PAGE 4.....MEET THE COA STAFF
- PAGE 5.....CAREGIVER GROUP
- PAGE 8/9.....JANUARY MENU
- PAGE 10..... SOUP RECIPES
- PAGE 11.....ASK STEVE
- PAGE 12.....WELLNESS WORKSHOPS
- PAGE 13 .....LOOKING AHEAD
- PAGE 15.....WEDNESDAY WALK PHOTOS
- PAGE 16.....BE A VOLUNTEER

### Happy New Year

From the  
Council on  
Aging Staff



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## Rock County Transit Holiday Hours

Rock County Transit will be closed on January 1, 2021 to observe the New Year. There are no operations on this day.

Paratransit services will be running on January 18, 2021 to observe Martin Luther King Jr. Day. There is no general service this day and the office is closed.

**Rock County Continues COVID-19 Community Testing Site at Blackhawk Technical College's Central Campus**

Free COVID-19 testing will be available weekly on Wednesdays and Thursdays from 11 a.m. - 7 p.m. at Blackhawk Technical College – Central Campus, located at 6004 South County Highway G, Janesville WI. The last day of testing is tentatively scheduled for March 10, 2021.

The National Guard has extended its deployment to March 10, 2021.

Previously, Blackhawk Technical College was the community sponsor for the testing. Working collaboratively, BTC has transferred responsibility to Rock County, effective December 16, 2020.

**Additionally, a new entrance to the site will be in effect. The new entrance will be using the US Highway 51 entrance to the campus. The prior entrance for the testing had been off Sunny Lane. The change reflects updated traffic usage for the testing.**

Testing is open to anyone age five and older, but especially encouraged for those experiencing symptoms. COVID-19 symptoms include:

- Cough
- Fever
- Fatigue
- Muscle Pain
- Sudden loss of taste or smell
- Nausea or vomiting
- Shortness of breath
- Chills
- Sore Throat
- Headache
- Congestion or runny nose
- Diarrhea

## OUR MISSION

The mission of the Rock County Council on Aging shall be to advocate for the independence, self worth and dignity of residents of Rock County by assisting them to meet their varied health, nutrition, economic and social needs.

# Skip the Resolutions and Set New Year's Goals

Most New Year's resolutions are discarded pretty quickly. Studies have shown that less than 25% of people remain committed after 30 days. Yet there is value in setting goals to make things work more smoothly and to be sure you are living in a way that is true to yourself rather than always fulfilling the needs and expectations of others.



Before setting New Year's goals this year, I encourage caregivers (myself included) to begin by taking some time to think about this quote from author K. L. Toth, "*One of the greatest tragedies in life is to lose your own sense of self and accept the version of you that is expected by everyone else.*" Caregiving is a role often defined by the expectations of other people – the person you're caring for; other family members and friends; and medical, legal, and human services professionals. Take a little time to focus on your needs and what you might like to bring into your life as you look ahead to a new year. Think about how you can practice self-kindness, open yourself to new solutions as the caregiving landscape changes for you, and reach out for help when you need it.

A list of goals might include:

## Committing to Something Enjoyable

This could be anything from scheduling a daily walk or setting aside time to read a good book to taking on a fun project like learning to knit, recreating a dish from your favorite cooking show, playing an instrument, or learning to paint. You could even take this a step further by finding an online book club or class for cooking, painting, yoga or other activity. Commit to one thing and schedule it. Carving out time that feels good and reflects your authentic self is critical to your health and well-being.

Continued on page 7

JAN. 2021

03

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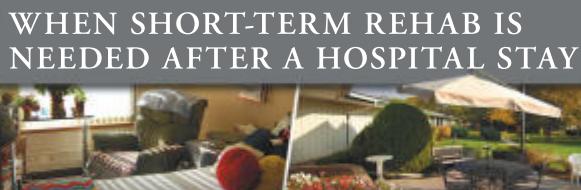
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Rock County Council on Aging Janesville, WI

A 4C 01-1597



# Meet the Staff of Council on Aging

The Rock County Council on Aging has been around for over 40 years. In spite of that, many Rock County residents have no idea we exist, or what we do. In this issue, we are going to introduce you to each of the staff, put a face with the name and let you know all we do. In subsequent issues, we will have updates each month on programs within each of our specific areas.

Bios continued on page 6



**Lachel Fowler** is the Council on Aging's Elder Benefit Specialist. The specialists are trained to help older people who are having problems with their private or government benefits. Many times they are often referred to as "Red Tape Cutters" because they are experts at helping older adults with the extensive and complicated paperwork that is often required in benefit programs.

Lachel can help you if you just want to know more about any public or private benefit, if you need help in organizing the paperwork for benefits, or if you have been denied a benefit that you think you are entitled to receive.



**Paula Schutt** is the Rock County Council on Aging Director. Paula has been in her position with COA since July of 2018.

Paula has worked in the field of aging for almost 30 years. What she enjoys most about her job is the dedicated staff with whom she works, as well as being able to have a positive effect on seniors throughout Rock County with the variety of programs and classes that the Council on Aging offers.

Paula has three adult children, six grandchildren, and two much loved pugs, Steve and Molly. Her favorite pastime is spending time with her children grandchildren and her "pug children" as well as reading. She also loves music and nature.



**Julie Seeman** is the Family Caregiver Support Specialist. She has been with the Council on Aging for 20 years! She provides information, support, and resources which assist family caregivers (spouse, adult child, other relative, friend or neighbor) with their concerns related to caregiving. She supports family caregivers to find solutions in their caregiving journey.

Julie is in the process of scheduling workshops and educational opportunities for family caregivers for 2021. She markets these opportunities on the Council on Aging Facebook page (@RockCountyCOA) and the COA webpage at [www.co.rock.wi.us/aging](http://www.co.rock.wi.us/aging). "Like" the Facebook page and "Save to Favorites" the webpage! In her spare time, Julie loves to take photos (mostly of my grandchildren and nature), make kettle corn and travel.



**Lisa Messer** began her duties as the Health Promotion Coordinator for Rock Co Council on Aging in October 2019.

Her duties include marketing evidence based health and wellness programs, recruiting class leaders and participants, participating in community coalitions and teaching workshops.

Lisa is a lifelong Wisconsinite and a Rock County resident for 21 years. She has lived in Southern Wisconsin for 26 years. Her husband is a Beloit native and his family has lived in Beloit for 60 years. Their two children attended Milton schools and they have three spoiled pets—two furry dogs and a cat.

Lisa has been a registered dietitian for 27 years. Her work goals for the coming year include increasing the number and variety of programs we offer, as well as the number of participants. Also, she plans to work on conducting programming in more rural areas that are not often served and to recruit new and long term leaders for the programs.



**Jennifer McIlhone**, Mobility Manager, provides transportation related training, resources, and programming to Rock County residents. A wide range of transportation topics and activities are addressed to include general resources, driver classes, public transit instruction, walking programs/Wednesday Walks, Biking/Cycling Without Age, and more.

Jennifer says, "Personally I enjoy both the city and the country. As the Mobility Manager I get to enjoy both professionally by partnering and participating with county peer groups in the community, and conversely preparing programs that provide organized hiking and biking on the beautiful trails in the city and county parks."

Rock County is a beautiful community with fantastic, energetic, and active residents. Whether walking, biking, diving, riding the bus or alternate transportation, Mobility Management serves and creates opportunities



## Rock County On Line Caregiver Support Group

Please join us  
**Every Tuesday  
1:30 p.m.**

For more information and log in details,  
please contact  
Cori Marsh at  
[Cori.marsh@co.rock.wi.us](mailto:Cori.marsh@co.rock.wi.us)  
or call 608-921-7165  
during business hours.  
You can also contact Julie Seeman at  
[julie.seeman@co.rock.wi.us](mailto:julie.seeman@co.rock.wi.us)

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JAN. 2021  
05

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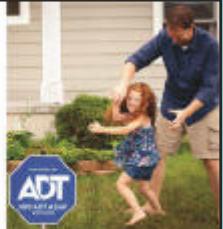
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Rock County Council on Aging Janesville, WI

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## Meet the Rock County Council on Aging Staff

(continued from page 4)



**Joyce Jass** has worked at the Rock County Council on Aging for 30 years. Some of her many responsibilities include answering phones, serving as a back up transportation dispatcher and handling accounts payable. She helps out in any area where there is a need and is the reigning “historian” for the Council on Aging. Joyce has two adult children, four grandchildren and four dogs. Some of her favorite things are Investigation Discovery TV, shopping, crocheting and collecting recipes.



Ryan and his son Elliot

**Ryan Booth** is the Transportation Program Supervisor. Ryan has been with Council On Aging since the winter of 2016. Rock County Transit provides door to door service for Rock County citizens. Ryan’s team has worked hard to provide safe transportation during COVID-19. His team consist of a Dispatcher/Scheduler, Brian Hoppe, 6 full time Rock County Transit Drivers, and 6 part time drivers. Prior to Ryan coming to Council On Aging, Ryan worked in Economic Support and Juvenile Detention Center. Ryan is married with 2 boys, ages 7 and 3. Ryan enjoys coaching many youth sports through the YMCA, which he has done the past 4 years. Ryan likes to follow the Chicago Cubs, Indianapolis Colts, Marquette basketball, and the Wisconsin Badgers. Ryan encourages anyone who has questions on Rock County Transit to reach out to him so he may assist with questions or provide a group presentation on Rock County Transit.



**Brian Hoppe** is the Transportation Scheduler/Clerk. He takes ride requests, schedules them to the fleet of buses, and schedules the drivers to the buses. He enjoys helping people and building relationships with our customers, as well as the puzzle aspect to fitting all the rides into a comprehensible schedule. When he is not at work , he enjoys reading, sewing, and making hats on a loom with yarn.



**Mary Barrett** is the Nutrition Program Assistant. She does the clerical work for the senior meal program and has worked for Rock County Council On Aging since September 2018. She enjoys working for seniors in the community. Mary shared “It is very rewarding every day to know that you have helped someone in need”. Mary takes reservations for the Senior Dining Sites pick up meals, talks with seniors who need the home delivered meal program, works closely with the volunteer drivers and site managers who help make this program such a success. Mary places the daily food order with Best Events , the caterer for the program. So many things go into making sure every qualifying senior who needs a meal receives one. She also enters the data for all the participants.



**Linda Hardie** is the Nutrition Program Supervisor. The Nutrition Program offers meals on a donation basis for seniors age 60+ (and a spouse of any age). Suggested donation is \$4/meal. Meals may currently be obtained via curbside pickup at any of the five dining sites around the county (Janesville, Beloit, Milton, Clinton, and Evansville), with advance reservations. Reservations must be made no later than noon of the prior business day. To make reservations, please call 608-757-5474.

Home Delivered Meals are also available for those seniors who are age 60+ and homebound. To inquire about eligibility for this service, please call 608-757-5474. Suggested donation is \$4/meal.

All senior meals are designed by a registered dietitian; then prepared by a local caterer. See website for current menu. <https://www.co.rock.wi.us/aging-nutrition-meals>

“What I most enjoy about my job is getting to meet and to speak with those we serve. I get satisfaction from knowing that Nutrition Program meals make a difference for a significant number of seniors, many of whom are enabled to stay in their homes because of the program.”

Linda has been married for 31 years to her husband, Bob, who has been a volunteer driver with the meal program since 2007. They have two grown children: Tim, a mechanical engineer supervisor; and Emily, an athletic trainer who is attending school to become physical therapist. In her spare time, Linda enjoys cooking, baking, and entertaining.

### Delegating and Asking for Help

Delegating and asking for help ensures that you can keep your commitment to doing something for yourself. Can someone call and visit with your care partner while you attend your class, group, or practice? Is there a family member, friend, or neighbor who wouldn't mind regularly taking over a chore that would free up some time for you? If there isn't anyone who comes to mind, brainstorm with professionals to see what is available. Contact **The Rock County Council on Aging at 608-757-5472** or the **ADRC of Rock County at 608-741-3600** for programs and referrals.

### Planning for Your Care Partner's Future

There may come a day when you are no longer able to provide care due to your own limitations or because your care partner's needs are too advanced to handle. Research available options knowing that doing so can save time and stress in the future and can bring peace of mind now. And, difficult as it may be, determine who would provide care if anything interfered with your ability to do so. Designate that person as the alternate to care for your loved one in your will. Contact **The Aging & Disability of Rock County at 608-741-3600** for assistance and referrals.

—Jane De Broux, Caregiver Program Coordinator, Area Agency on Aging of Dane County

Talk to your health care providers **to see** if you are a candidate for a flu vaccine. To find a location giving flu shots near you go to <https://vaccinefinder.org/>

JAN. 2021  
07



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[Facebook: WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to **prevent, detect, and report** health care fraud, errors, and abuse through outreach, counseling, and education.



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.

# JANUARY 2021

**MONDAY**

**TUESDAY**

**WEDNESDAY**

*While Dining Centers are  
Closed  
Due to COVID-19  
Please arrive for curbside  
pickup meals at  
11:00 a.m.*



**JANUARY 4**

Burgundy Tips  
Egg Noodles  
Winter Squash  
Beets  
Whole Wheat Bread  
Mandarin Oranges

Roast Turkey  
Mashed Potatoes  
Corn  
Whole Wheat Bread  
Peaches  
Pumpkin Bar

Lasagna Casserole  
Cauliflower  
Romaine w/dressing  
Breadstick  
Warm Cinnamon Applesauce  
Butterscotch Pudding

**JANUARY 11**

Cabbage Casserole  
Carrots  
Cottage Cheese  
Breadstick  
Warm Peach Crisp

Chicken Breast /Gravy  
Mashed Potatoes  
Asparagus  
Whole Wheat Bread  
Apple Slices  
Peanut Butter  
Chocolate Pudding

Sloppy Joe  
Whole Wheat Bun  
Baked Beans  
Broccoli Slaw  
Warm Spiced Pears

**JANUARY 18**

Hot Pork  
Whole Wheat Bread  
Red Potatoes  
Stewed Tomatoes  
Mandarin Oranges  
Poke Cake

Hamburger Patty  
Whole Wheat Bun  
Baked Beans  
Carrots  
Coleslaw  
Jello

Mac & Cheese w/Ham  
Peas  
California Blend  
Breadstick  
Cottage Cheese  
Peaches

**JANUARY 25**

Chicken Parmesan  
Pasta  
Cauliflower Florets  
Peas & Carrots  
Wheat Breadstick  
Cherry Orchard Bar

Baked Cod  
Sweet Potatoes  
Broccoli  
Whole Wheat Bread  
Pineapple  
Vanilla Yogurt

Chili w/Beans  
Corn  
Cauliflower Blend  
Cottage Cheese  
Wheat Dinner Roll  
Fudgy Fiber Brownies

**Eligibility:** Any person age 60 or older, regardless of income and a spouse (any age).

Suggested donation: \$4.00. All donations are appreciated.

**Dining centers:** Reservations required . Must be made no later than noon of the prior business day.

**Home delivered:** Must also be homebound. Suggested donation \$4.00.

# JANUARY 2021

THURSDAY	FRIDAY	DINING CENTERS
<i>While Dining Centers are Closed Due to COVID: Please arrive for curbside pick-up meals at 11:00</i>	JANUARY 1  NO MEALS	<b>Call 608-757-5474 for reservations, cancellations, and home delivered meal information.</b> <b>Rock County Nutrition Program Dining Centers.</b>
JANUARY 7	JANUARY 8	<b>Beloit</b> Grinnell Hall Senior Center 631 Bluff Street, Beloit <b>Serving Monday – Friday</b>  <i>Dining Center Manager Cindy Ross</i>
Chicken & Bean Chili Carrots Cornbread String Cheese Pears	Southwest Turkey & Rice Green Beans Cottage Cheese Whole Wheat Bread Warm CranApple Crumble	
JANUARY 14	JANUARY 15	<b>Clinton</b> Clinton Senior Center 508 Front Street, Clinton <b>Serving Monday - Friday</b>  <i>Dining Center Manager Chris Tracy</i>
Sausage Breakfast Bake Breakfast Potatoes Warm Cinn Applesauce Tomato Juice Cinn. Raisin Bread	Chicken Cordon Bleu Casserole California Blend Vegetables Corn Mandarin Oranges Oatmeal Raisin Cookie	
JANUARY 21	JANUARY 22	<b>Evansville</b> Creekside Place 102 Maple Street, Evansville <b>Serving Tuesday &amp; Thursday</b>  <i>Dining Center Manager Amy Martinson</i>
Creamy Chicken & Vegetables Mashed Potatoes Broccoli Whole Wheat Bread Strawberry Yogurt	Spaghetti & Meatballs Green Beans Cauliflower Romaine Salad w/dressing Carrot Spice Bar	
JANUARY 28	JANUARY 29	<b>Janesville</b> Riverview Heights Apartments 930 N. Washington Street Janesville <b>Serving Monday - Friday</b> <i>Dining Center Manager Position currently open</i>
Baked Chicken Breast Mashed Potatoes/gravy Steamed Spinach Whole Wheat Bread Peaches Snickerdoodle Cookie	Roast Beef w/Gravy Rosemary Red Potatoes Green Beans Whole Wheat Bread Banana Chocolate Cake	

**Reservations are required and must be made by noon of the prior business day.**

Call the Rock County Nutrition office at  
**(608) 757-5474**

JAN. 2021

09

# How to Turn Canned Soup into a Complete Meal

January is National Soup Month, and nothing beats a warm bowl of soup on a cold winter day. Not only does soup warm your body, it's good for your body too! Soup has a calming effect; so can help reduce stress and anxiety; is an easy way to get a variety of food groups into one meal; and the broth in soup not only keeps you hydrated, it is also full of nutrients that were released from foods during cooking so don't let it go to waste!



Although homemade soup is usually the best when it comes to controlling sodium, for many, making soup from scratch can seem overwhelming. Well, the great thing is that by adding a few ingredients, a can of soup can become a nutrient dense meal with minimal effort. Here are some tips on how you can turn that can of soup into a complete meal.

**Start with a healthier can of soup:** Choose soups low in sodium and high in fiber. Foods labeled "low sodium" or "no added salt" can identify foods that contain less salt and are a good place to start. Be sure to compare nutrition labels as similar foods can vary significantly in sodium content.

**Check the ingredient list:** Generally speaking, the shorter the ingredient list, the better. Choose soups that contain ingredients you recognize.

**Add a source of protein:** Increase the protein by adding bite size pieces of leftover fish, chicken, beef, pork or canned or cooked beans or lentils. Beans and lentils not only increase the protein but are a great source of fiber as well.

**Load up on vegetables:** Adding extra vegetables is a great way to add nutrients, antioxidants, and fiber. Stir in leftover vegetables or cook fresh or frozen vegetables in the soup until tender. Want to add color? Toss in a handful of baby spinach leaves and stir until wilted.

**Add whole grains:** Whole grains are a good source of fiber and B vitamins. Try adding cooked brown rice, whole wheat pasta, barley or quinoa.

**Spice it up:** Experiment with flavorful herbs and spices in place of salt. Try adding flavors. Use basil, black pepper, curry powder, cumin, garlic powder, onion powder, coriander, oregano and onion. If using dried spices, add them towards the end, so they retain their flavor.

**Soup Safety:** Place leftover soup in a shallow container and refrigerate within 2 hours. Be sure to reheat to 165° F. Eat refrigerated soup within three days or freeze it in individual portion containers.



## No Fuss Chicken Soup

Making home made chicken soup can be a half day process. This recipe is for those times you are craving a bowl homemade goodness but don't want to spend the afternoon in the kitchen. Just a couple easy steps will have you enjoying a nourishing bowl of this delicious soup.

1 carton of reduced sodium chicken broth  
1 bag of frozen carrots  
1/2 bag of frozen, diced onions  
1 tsp garlic powder  
1 1/2 cup shredded rotisserie chicken

Put broth, onions, carrots and garlic powder in 4 quart saucepan,. Bring to a boil, reduce heat and simmer 7 minutes or until vegetables are tender. Stir in chicken and heat through.

# ASK STEVE



Welcome to our monthly column, "Ask Steve". Steve is the young but wise and compassionate pug mascot of the Council on Aging.

**Ellen from Colorado writes:** Dear Steve, I am an only child and my parents live in Janesville. I get home as often as I can. I am, of course, concerned about their well being. In my upcoming trip, do you have a list of medical documents I should make sure they have prepared so that we can avoid confusion and panic in the event that one may suddenly become ill?

Dear Ellen, It is wonderful you are thinking ahead. Nothing makes an emergency more difficult than not knowing critical medical information. Here is a list of the most basic documents your parents should have prepared:

1. Medical Proxy/Power of Attorney for Health Care
2. Directive to Physicians/Living Will
3. Authorization to Release Medical Records
4. Out - of - Hospital Do Not Resuscitate Order (OOHDNR)
5. Personal Medical History
6. Long Term Care Plan and Insurance Policy

There are other important financial documents that should be considered so that your parents wishes will be properly carried out in the event of a sudden death or illness.

For a complete list of these documents go to the following website:

<https://www.arborcompany.com/blog/the-most-important-legal-documents-for-seniors-to-keep>

If you have a question, email Steve at [paula.schutt@co.rock.wi.us](mailto:paula.schutt@co.rock.wi.us) or send your questions to:  
Rock County Council on Aging, 51 South Main St. Janesville, WI 53545

JAN. 2021  
11

  
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- Care Consultations
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Contact Dementia Outreach Specialist Teena Monk-Gerber,  
608-843-3544 [Teena.Monk-gerber@alzwisc.org](mailto:Teena.Monk-gerber@alzwisc.org)

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# Senior Wellness Workshops

Rock County Council on Aging offers evidence-based health and wellness classes for older adults and caregivers. These classes cover a number of topics and are low or no cost. Scholarships are available!! To enroll go to: <https://www.co.rock.wi.us/aging> (click on classes and workshops)

If you have any questions about the workshops listed below or need assistance in enrolling, please call Lisa Messer, Health Promotion Coordinator, at: (608) 757-5309 or email: [Lisa.Messer@co.rock.wi.us](mailto:Lisa.Messer@co.rock.wi.us)

## Eat Smart, Move More, Weigh Less

An online weight management program that uses strategies proven to work for weight loss and maintenance.



Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor. **Rock County residents - Contact Lisa Messer for class code by December 30 in order to register for workshops starting in January, 2021**

## LIVING WELL WITH CHRONIC CONDITIONS



A six-week workshop that provides information and support to people with any kind of ongoing health condition: e.g., Parkinson's, arthritis, depression, high blood pressure, heart disease, chronic pain, anxiety, cancer, and any others. These workshops build the participant's confidence in their ability to manage their health, communicate more effectively with family members and healthcare providers, de-stress and relax, and maintain active and fulfilling lives. **Online/virtual workshops starting in 2021 . Contact Lisa Messer for assistance to register.**

**POWERFUL TOOLS FOR CAREGIVERS** and its adaptation for Parents of Children with Special Needs: Caregiver support program is a six-week class for caregivers designed to help them better cope with



the challenges of caregiving. Proven to decrease negative emotions related to caregiving, increase confidence and increase awareness and use of community resources for family caregivers. Participants will receive support and resources that will help make their journey easier.

## NEW! MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER.

Three sessions over five weeks. Designed to give older women learning strategies for preventing or lessening symptoms - researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%.



**Online/virtual workshops being conducted throughout the state. Contact Lisa Messer for assistance. 2021 workshops will be available in person and online.**

## Healthy Living with Diabetes /Vivir Saludable con Diabetes\*



Self-management program for people with diabetes offered in English and Spanish\*. Proven to increase knowledge and confidence in dealing with diabetes, improve self-care behaviour, and reduce emergency department visits and hospitalizations for diabetes.

**In person sessions postponed until 2021. Online/ virtual version may be available throughout the state. Please call or email Lisa to find out more.**

**[lisa.messer@co.rock.wi.us](mailto:lisa.messer@co.rock.wi.us) or call 608-757-5309.**

## LOOKING AHEAD: WEDNESDAY WALKS 2021

The Wednesday Walks program offers opportunities for individuals to connect with nature, history, the community, and fellow Rock County residents. The walks are geared towards persons age 60+, at no cost, and take place most Wednesdays (not all – check brochure for dates), from May through October.



Wednesday Walker  
Richard Gerhard

The Walks span a wide range of walking activities and interests and are FUN! There is a walk for everyone and it often feels like you're on vacation visiting the attractions... in your own town. There are tours and locations you haven't visited since you were a kid. Others you either didn't know about or didn't have the time to enjoy. And then others that are long-standing favorites. Enjoy the great beauty, compelling history, and genuine substance that makes up the people and places of Rock County.

So where will Wednesday Walks be going in 2021? The itinerary is only in the planning stages at this point. A good number of guided nature hikes, and reliable favorites from previous years such as Hoo's Woods, Lincoln-Tallman House, Skelly's, etc., will stay on the list.

Here is a first draft of new potentials ideas for 2021. New walks being considered may include: WCLO Radio tour, a Cemetery tour, Wisconsin Wagon Co., a farm or Community Supported Agriculture tour, Beloit College, Tolken Creek Alpacas, and more!

If you have any walks that you particularly liked in 2020 and would like to see on the itinerary again, or have any new ideas for 2021 please reach out and let us know. Your input is greatly valued. Give Jennifer McIlhone, Rock County Mobility Manager a call at 608-757-5408, or email her at [Jennifer.mcilhone@co.rock.wi.us](mailto:Jennifer.mcilhone@co.rock.wi.us) She is looking forward to seeing you in the year ahead!

More information regarding when, where and how to sign up will come out closer to the program start date.

JAN. 2021

13

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# Be a Leader!

Help yourself — and your community — to better health by becoming a health promotion program leader!

As a program leader, you'll receive training and support as you facilitate a workshop of older adults providing valuable information and strategies for healthier living. It's a great opportunity to share your skills and give back to your community.

## Consider becoming a leader in one of these programs:

**Stepping On** - Researched and proven to reduce falls by 31%!

**Living Well with Chronic Conditions/ Tomando Control De Su Salud**

An evidence-based workshop for people with on-going health problems such as arthritis, obesity, high blood pressure, heart disease and others.

**Healthy Living with Diabetes/ Vivir Saludable con Diabetes** -

A proven program to improve health and well-being for people with diabetes.

**Mind Over Matter** - Taught by women for women! Researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%!

**Powerful Tools for Caregivers**: You will help family caregivers who are struggling with the challenges of caregiving gain important knowledge and skills to improve their situation.

Contact the Rock County Council on Aging at: 608-757-5309 or email: [Lisa.Messer@co.rock.wi.us](mailto:Lisa.Messer@co.rock.wi.us). For more leader information about each program visit WIHA's website: <https://wihealthaging.org/become-a-program-leader>



# More Wednesday Walk Adventures



JAN. 2021  
15

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## Help Us Bring a Smile to Their Face and a Meal to Their Door

Rock County Council on Aging Senior Nutrition Program is in need of volunteer drivers to deliver meals on weekdays. Currently, drivers are needed once or twice a week or to assist as substitute drivers. Drivers will be provided training, driving directions and other importation information for deliveries. Mileage is reimbursed at the current IRS rate.



All drivers practice safe delivery methods, using masks and hand sanitizer.

Kitchen volunteers are also needed in Milton at The Gathering Place to help with home delivered meal packing.

The pandemic has resulted in a large increase of seniors who are homebound and in need of not only the meal, but the safety check that is provided with each delivery. Many times, the only person a homebound senior sees each day is the meal delivery driver.

Just a couple hours a week can make a huge difference in the lives of many people. For more information on this fulfilling volunteer opportunity, please call the Rock County Nutrition Program at

**608-757-5474**

Or email

**Linda.hardie@co.rock.wi.us**

