

The DeForest, Windsor & Vienna



Scoop

THE DEFOREST AREA COMMUNITY AND SENIOR CENTER

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Center Closed to Public - COVID
Phone Hours: Monday-Friday
9:00am—4:00pm 608-846-9469

Mission Statement

We are a cooperative inter-municipal Community and Senior Center providing area residents a welcoming place to meet, participate and volunteer while promoting independence, self-reliance and well-being for older adults and their families.

The “Scoop” newsletter is available for you to pick up monthly at the Center. They are located in a small plastic container to the right of the front door. Annual mail subscription is \$12.

Our History The DeForest Area Community and Senior Center has strong roots that run deep into the community. In the early 1970's the Half Century Club was formed by a small group of senior citizens having monthly meetings and potluck luncheons. In the early 1980's community leaders foresaw the need for a community and senior center where community members could gather and connect to one another through service and recreation. This grass roots effort supported the community in building the center with gifts of money, materials and labor. This month we are highlighting our history with key events that have made the Center a wonderful place to be among friends!



1982	Fred Chase donated land and building shell to DeForest Half Century Club (HCC) for a facility which would serve citizens within the DeForest Area School District. Volunteers and private fundraisers helped complete building. In 1983 HCC was recognized as a 501(c)(3) Tax Exempt Organization.
June 1984	Open House held to introduce the facility to the public and to serve as fundraiser.
Sept 1993	The municipalities of DeForest, Windsor and Vienna formally agreed to jointly provide services to their citizens and an inter-municipal commission was formed.
2001	DeForest Half Century Club's Articles of Incorporation were restated forming the Board of Directors and adopting Bylaws.
2005	A capital campaign to expand the Community and Senior Center began. Donors contributed half of the \$1.2 million project, which was matched by support from the municipalities.
May 2006	Grand Opening of expanded and renovated Center was held.
2011, 2016, 2021	The DeForest Area Community and Senior Center has been accredited by the Wisconsin Association of Senior Centers.
2013 & 2015	The former UW Health clinic and additional land was purchased with donor support for future use at the Center. The Center received a generous donation from a community member establishing the Half Century Club Endowment Fund.
2020	The Center celebrates its 35 th anniversary with special events.

A Message to You

Center Plans

We hope many of you have gotten 1 or 2 COVID vaccinations. Obviously, this massive effort will take considerable time to be widely administered. We are anxious to re-open, but need to be cautious for everyone's safety. For now, the Center will be closed to the public until participants, volunteers, and staff have been vaccinated and Dane County advises the re-opening of senior centers. We will continue to offer limited programming by appointment only, at this time nail care and tax prep. When we have announcements, we will send e-mails and automatic calls to participants.

Top 5 Reasons to Get Vaccinated

1. These new vaccines have been under study for many years. While it might appear that the vaccine was developed in record time, ongoing research of mRNA vaccines has been studied for more than two decades.
2. Receiving an mRNA vaccine will not alter your DNA or genetics. This vaccine cannot interact or modify your DNA (genetic material) because it is unable to get to the nucleus of the cell where the DNA is stored.
3. Receiving a vaccine will not give you Covid-19. If you get a temporary side effect from the vaccine – like body aches or fever, it's a sign that your immune system is fighting the virus by generating an immune response.
4. Getting vaccinated can help prevent you from getting sick with Covid-19. The vaccine helps protect you by creating an antibody response without having to experience sickness. The success rate in prevention is over 90 percent for both the Pfizer and Moderna vaccines.
5. If you do get Covid-19, and you've had a vaccination, you'll likely be only mildly sick. Studies from both vaccines found that there were a few people who did catch the virus, however, none became severely ill.

Source: nbcnews.com know your value



Center Re-opening:

The Center will continue to be closed to the public. Our re-opening will be a phased-in approach until conditions return to "normal". We will send e-mails and automatic calls to participants when we announce our re-opening. Updates will be posted on our website—deforestcenter.org.

Giving Matters

With Appreciation To:

The Center truly appreciates the support given by the following community members and businesses:

Ted Arend
Christ Lutheran Church
Barb & Rich Cooper
DeForest Scrappers
Vida Gilbert
Mary Wendt
Mona Duppen in memory of Ron Duppen
Richard Wildermuth in honor of Angie Kraemer & Robert
Walton PhD birthdays
Sue Bellefeuille

The Hope of Spring

"Where flowers bloom, so does hope" Lady Bird Johnson. Please consider a cash or in-kind gift to the Center to support all of our services.

Wish List - Help the Center and seniors!

Paper towels & toilet paper
Sanitizing Wipes & alcohol swabs in packets
Batteries (D and 9V)
Puzzles
Microwave
Individually wrapped chocolate candy



Sign up for Amazon Smile

Enroll and shop on Amazon Smile and your purchases will benefit the Center! Amazon will donate 0.5% of the price of your eligible purchases. Amazon Smile is the same Amazon you know. Same products, same prices, same service. Shopping can be fun and helpful too! Go to smile.amazon.com and choose DeForest Half Century Club, Inc. as your non-profit choice.



Resources and Groups

Vaccine Q&A with Dr. Alexis Eastman, Medical Director, Badger Prairie Health Care Center

Can I get COVID from the vaccine? No! There is no live virus in the vaccine, just small pieces of mRNA. mRNA stands for “messenger ribonucleic acid” and, simply put, provides instructions to your body on how to make a protein, in this case the “spike protein” of the virus.

I already had COVID, do I still need the vaccine? Yes! The coronavirus, like all viruses, has ways to try and avoid our immune systems, but the vaccine does not, and is specifically designed to interact with our immune systems to create as much immunity as possible.

Can the mRNA in the vaccine alter my DNA? No! DNA exists inside a walled-off center structure of human cells called the nucleus.

I have had an allergic reaction to bees, medications, or foods in the past, can I get the vaccine? Yes! Pfizer and Moderna have both published the ingredients list for their vaccines, so you can review them if you have rare allergies. The current vaccines are all preservative-free.

I heard there aren't any long-term studies on mRNA vaccines, is that true? No! While the COVID vaccine is new, of course, the mRNA platform that the vaccine uses has been researched for over 30 years.

This vaccine was developed so quickly; were any steps in testing (like animal testing) skipped? No! As noted above, the basic technology for the COVID vaccine has been under development for over 30 years and included many safety trials in animals and humans.

I'm worried that we don't know the long-term risks of the vaccine. While it's true that the COVID vaccine is new, as previously stated, we've had over 30 years of studying the mRNA platform, so we know the backbone of the vaccine is safe over the long term. Because there is no actual virus in the vaccine, it's probably one of the safest vaccines ever created.

New Open Enrollment for Market Place Health Care Announced

Wisconsinites who missed either the original enrollment deadline or their first payment for their enrolled plan, now have another opportunity to sign up. HealthCare.gov will be re-opening for Americans to enroll in health insurance beginning February 15, 2021 through May 15, 2021.

Most people on a HealthCare.gov plan qualify for financial help that lowers their monthly payment. Visit WisCovered.com to find free, expert help. These experts can help you understand your coverage, simplify the enrollment process, and help you select a plan that fits your family and your budget. You can also call the Center for guidance.



Kristin & Natalie



Grief Support Group Please call Julia at 608-640-6435 to get more information on the phone group.

Caregiver Support Group Thursday, March 18 at 3:00 p.m. by phone conference. Call 608-846-9469 or email Natalie at raemisch@deforestcenter.org to get the number and code to call in.



Additional Resources

March is Save Your Vision Month

Monthly MIPPA Moment

March is Save Your Vision Month as declared by the American Optometric Association.

Original Medicare does not cover routine eye exams, glasses or contact lenses. However, Medicare coverage for specific tests or procedures are offered if you have glaucoma, cataracts, diabetes, or age-related macular degeneration. Medicare Advantage plans may offer more options for vision coverage, depending on your plan.

Original Medicare Part B covers a glaucoma screening once every 12 months if you're at high risk.

Medicare Part B covers cataract surgery if it's done using traditional surgical techniques or using lasers. Part B also helps pay for corrective lenses with standard frames or one set of contact lenses only if you have cataract surgery to implant an intraocular lens. You pay any additional costs for upgraded frames.

Medicare Part B covers eye exams for diabetic retinopathy once each year if you have diabetes. Medicare Part B may also cover certain diagnostic tests and treatment (including treatment with certain injected drugs) of eye diseases and conditions if you have age-related macular degeneration. With Original Medicare, you pay 20% co-insurance of the Medicare-approved amount for your doctor's services, and the Part B deductible applies. In a hospital outpatient setting you may pay a copayment and deductible if it applies. MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.

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Nutrition Information

Green Spring Salad

1 bunch	Broccoli
1 bunch	Green Asparagus
1	Avocado
1 cup	Fresh Green Peas
½	Zucchini
¼ cup	Fresh Oregano Leaves
2	Lemons
2 tablespoons	Pistachio Oil (or olive oil)
add	Salt & pepper to taste

Arrange asparagus and broccoli on a baking tray in a single layer, drizzle with the juice of one lemon, sprinkle with salt and pepper, and bake for about 10 minutes at 200°C/400°F.

For the dressing whisk together juice of one lemon, oil, salt and pepper.

Slice avocado and zucchini thinly, zest one lemon and add to a big bowl with oregano leaves, roasted broccoli and asparagus and lemon dressing. Mix well together. Enjoy!

March is Nutrition Month!

How to Eat as You Age

Eating well helps keep your body strong, your mind sharp, and your energy level up as you age. So put these five types of foods on your grocery list.

1. Colorful Fruits and Vegetables

"The darker the red, the deeper the green, the more yellow, the more orange -- they're the foods that have function," says Diane Stadler, PhD, RD, a research assistant professor of medicine at Oregon Health & Science University. Their natural color means they're loaded with vitamins and antioxidants. Plus, frozen is just as good as fresh!

2. Dairy

"This is an incredibly important food group for people as they get older," Stadler says. "Calcium needs are high and they stay high, and you can't get any other foods with as much calcium as dairy." Milk, for example, gives you nearly all the calcium you need in three 8-ounce servings. Dairy's also a great source of vitamin D -- it's essential for healthy bones. Stick to low-fat or nonfat milk, yogurt, and cheese.

3. Whole Grains

These powerhouse foods are pantry essentials. A good source of B vitamins, they are also loaded with fiber. Whole-grain foods are easy to find. "There's a whole variety beyond oatmeal and whole wheat, such as quinoa, which is incredibly high in protein," Stadler says.

4. Lean Protein

A lot of foods will give you the protein you need, like fish, poultry, meat, beans, legumes, nuts, and dairy products.

By Matt McMillen, WEBMD

My Meal My Way at DeForest Family Restaurant is on Wednesdays: Reserve your meal before Noon on Tuesday. Pickup your ticket at the Center and pickup your meal curbside at DFR.

3/3	Option 1	Option 2
	Cream Soup	Breakfast Sandwich
	Full Deli Sandwich	American Fries
	Side Salad	Fresh Fruit
3/10	Option 1	Option 2
	Cheeseburger	Large Taco Salad
	American Fries	Rice Pilaf
	Coleslaw	Sour Cream and Salsa
3/17	Option 1	Option 2
	Liver and Onions	2 Pancakes / Syrup
	Mashed Potatoes / Gravy	Scrambled Egg / Sausage
	Hot Vegetable	Hash browns
3/24	Option 1	Option 2
	Spaghetti and Meatballs	BBQ Pork Ribs
	Side Salad	Baked Potato
	Garlic Bread	Dinner Roll
3/31	Option 1	Option 2
	Cream Soup	Breakfast Sandwich
	Full Deli Sandwich	American Fries
	Side Salad	Fresh Fruit

March Birthdays

Thank you to Brightstar for sponsoring March Birthday gifts.

3/2 Judith Voigt
 3/4 Gerald Bouzek
 3/4 Lynn Johnson
 3/5 James Johnston
 3/8 Cletus Mlsna
 3/9 Richard Hahn
 3/10 Carol Welch
 3/11 Sandra Newell
 3/12 Patricia Lange
 3/13 Gerald Bowen
 3/14 Lorena Evarts
 3/15 Kathryn Crary
 3/15 Janice Fritz



3/15 Nancy Hahn
 3/15 Joan Johnston
 3/16 Elaine Knudtson
 3/16 Arlene Kuipers
 3/17 Patricia Bentel
 3/19 Robert Henze
 3/21 Frederick Krez
 3/23 Edna Schutz
 3/24 Dorothy Dunning
 3/24 Joleene Hewitt
 3/25 Maria Moeller
 3/25 Mary Streich
 3/29 Joyce Mihlbauer

We will be celebrating monthly birthdays on the last Wednesday of the month. My Meal My Way at the DeForest Family Restaurant (DFR) is an option. Menu choices can be found on page 6 and reserve your meal before noon on Monday. On Wednesday, pickup your ticket at the Center, get a birthday surprise and then head to DFR for curbside pickup. You also have the option of ordering what is on the Menu on page 14 for that day.



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March Senior Dining Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Stuffing Casserole Mixed Veggies Wheat Roll Cranberries Frozen Yogurt</p> <p>MO: Veggie Lasagna</p>	<p>2 Tomato Bisque Soup Egg Salad Sandwich Broccoli/Cauliflower Salad Banana Cream Pie</p> <p>MO: Cheese Sandwich</p>	<p>3 MYMEAL MYWAY</p> <p>Goulash Glazed Carrots French Bread Peaches Frosted Cupcake</p> <p>MO: No Meat Goulash</p>	<p>4 Minestrone Soup Roast Beef Sandwich Lettuce Leaf/Tomato Fruited Applesauce Spice Cake w/ topping</p> <p>MO: Cheese Sandwich</p>	<p>5 Tuna Casserole Lettuce Salad Wheat Bread Tropical Fruit Brownie</p> <p>MO: Mac N Cheese SO: Taco Salad</p>
<p>8 Salisbury Steak Mashed Potatoes Mixed Veggies Wheat Dinner Roll Applesauce Pie</p> <p>MO: Rice/Beans</p>	<p>9 Stuffed Chicken Twice Baked Potato Wheat Bread Blueberries Ice Cream</p> <p>MO: Veggie Lasagna</p>	<p>10 MYMEAL MYWAY</p> <p>Turkey Tetrazzini Mixed Veggies Wheat Roll Mixed Berries Ice Cream</p> <p>MO: Rice/Beans</p>	<p>11 Bread Fish Potato Wedges Baked Beans Applesauce Rye Bread Frosted Cupcake</p> <p>MO: Cheese Sandwich</p>	<p>12 Pot Roast Parsley Potatoes Carrots Peaches Wheat Roll Cookie</p> <p>MO: Veggie Burger SO: Garden Salad</p>
<p>15 Spaghetti Meatballs Corn Garlic Bread Fruit Cocktail Cream Pie</p> <p>MO: Pasta, no meat</p>	<p>16 Roast Chicken Mashed Potatoes/Gravy Broccoli Biscuit Pears Jell-O</p> <p>MO: Mac N Cheese</p>	<p>17 MYMEAL MYWAY</p> <p>Corned Beef Cabbage/Carrots Parsley Potatoes Wheat Roll Peaches Frosted Brownie</p> <p>MO: Veggie Burger</p>	<p>18 Parmesan Tilapia Cheesy Potatoes Green Beans Mandarin Oranges Rye Bread Sherbet</p> <p>MO: Veggie Lasagna</p>	<p>19- Chicken and Biscuit Peas Carrots Blushing Pears Cookie</p> <p>MO: Veggie Burger SO: Chicken Caesar Salad</p>
<p>22 Turkey Mashed Potatoes/ Gravy Squash Wheat Roll Cranberries Pie</p> <p>MO: Veggie Burger</p>	<p>23 Pulled Pork/Bun Calico Beans Broccoli Ambrosia</p> <p>MO: Meatless Egg Bake</p>	<p>24 MYMEAL MYWAY</p> <p>Swedish Meatballs Mashed Potatoes Mixed Veggies Wheat Bread Pears Sherbet</p> <p>MO: Veggie Burger</p>	<p>25 Stuffed Green Pepper Mashed Potatoes Wheat Bread Pineapple Cake</p> <p>MO: Rice/Beans</p>	<p>26 Lasagna Green Beans Wheat Roll Fruit Medley Pudding</p> <p>MO: Veggie Lasagna SO: Chefs Salad</p>
<p>29 Beef Stew Biscuit Spinach & Tomato Salad Banana Cookie</p> <p>MO: Mac N Cheese</p>	<p>30 Boneless Chicken Cacciatore Pasta Garlic Bread Carrots Applesauce</p> <p>MO: Pasta/beans</p>	<p>31 MYMEAL MYWAY</p> <p>Sloppy Joe/Bun Potato Wedges Coleslaw OJ Brownie</p> <p>MO: Cheese Sandwich</p>		

Curbside Pickup/Daily Nutrition: Curbside pickup meals are available at the Center Monday thru Friday. Please reserve your meal at least 24 hours ahead of time. **No inside dining at this time.** Suggested \$4.00 donation. Those who qualify for Home Delivered Meals will continue to receive their meal at home. Checkout the Menu and contact Jennifer to reserve your meals. My Meal My Way Tickets available on Wednesdays or you can reserve a Menu lunch.

Senior Dining



Friendship, Food & Fun

Menu Guidelines: Menus for the Dane County Dining Centers are prepared to meet one third of the Daily Recommended Intake for Adults 70+ years of age. Alyce Miller, RD, reviews all menus. For comments you may fill out a consumer satisfaction form found at your meal site or contact your Nutrition Site Manager

March Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	9:00 Tranquil Tuesday Yoga via FB (details pg. 12)	8:30 Tax Prep (by appointment) 8:45 Tax Prep by appointment 9:00 Strength Training for Women (details pg. 12) 11:30 My Meal My Way (Call Center for Pickup Time)		9:00 Strength Training for Women (details pg. 12) 
8	9	10	11	12
9:15 Nail Clinic 	9:00 -Tranquil Tuesday Yoga via FB (details pg. 12)	8:30 Tax Prep (by appointment) 9:00 Strength Training for Women (details pg. 12) 9:30 Virtual Hike of Devil's Lake State Park (details pg. 10) 11:30 -My Meal My Way (Call Center for Pickup Time)		9:00 Strength Training for Women (details pg. 12) 9:30 Dragonwood Readers Book Club 11:00 Pie Day & Puzzle Exchange
15	16	17	18	19
8:00 NCAA BB Team assignments via phone call in 11:00 Madison of Contemporary Art's private virtual tour (details pg. 10)	8:00 NCAA BB team assignments via phone call in 9:00 Tranquil Tuesday Yoga via FB (details pg. 12)	8:30 Tax Prep (by appointment) 9:00 Strength Training for Women (details pg. 12) 11:00 St. Pat's live concert, "The Sutter Brothers" on YouTube (details pg. 10) 11:30 My Meal My Way (Call Center for Pickup Time)	9:00 Virtual Author-David Benjamin, "Master Storyteller" video (details pg. 16) 9:15 Nail Clinic 3:00 Caregiver Support Group (details pg. 3)	9:00 Strength Training for Women (details pg. 12) 9:15 Nail Clinic
22	23	24	25	26
9:15 Nail Clinic	9:00 Tranquil Tuesday Yoga via FB (details pg. 12) 10:00 4th Tuesday Library Program- Jessica Michna as "Women Who Dared" via ZOOM or in person at Library	8:30 Tax Prep (by appointment) 9:00 Strength Training for Women (details pg. 12) 11:30 My Meal My Way (Call Center for Pickup Time)		9:00 Strength Training for Women (details pg. 12) 10:00 BINGO via phone call in (details pg. 13) 
29	30	31		
	9:00 Tranquil Tuesday Yoga via FB (details pg. 12) 	8:30 Tax Prep (by appointment) 9:00 Strength Training for Women (details pg. 12) 11:30 Drive thru Birthday Lunch (see pg. 7 for details) 11:30 -My Meal My Way (Call Center for Pickup Time)		



Events & Activities

March Madness is Here! *hopefully*

Starting at 9:00 a.m. on Monday, March 15 through Tuesday, March 16 at 3:00 p.m. call into the Center to be assigned a number which will correspond with a NCAA team that is in the tournament. You will then be told the name of your team which you can follow during the NCAA tournament series to see how your team does. If your team makes it to the Final Four you will win a prize, and if your team wins the Championship, you will win the grand prize. The teams are limited so it is first come, first served and one team per person. If you would like a bracket to follow the teams from week to week, email Sue at smiller@deforestcenter.org



Virtual Hike of Devil's Lake State Park

— Via Zoom

Wednesday, March 10, 9:30 a.m.

Join the Stoughton Area Senior Center and 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. Free event. **Register by Tuesday, March 9, at Noon to receive the Zoom login link at:** bit.ly/devilslakehike



Pie Day and Puzzle Exchange

Friday, March 12

Celebrating Pi Day



We will be celebrating Pi Day on Friday, March 12 from 11:00-11:30 a.m. Pi Day is an annual celebration of the mathematical constant pi (π). They use the month/day (m/dd) date format, because the digits in the date, March 14 or 3/14, are the first three digits of π (3.14).

Puzzle Exchange

This is another opportunity to pick up a puzzle or two to challenge your brain and to help pass the time during these long cooler months. The puzzle exchange will be on Friday, March 12 from 11:00-11:30 a.m.

outside the front doors at the Center. We would also appreciate donations of puzzles without any missing pieces so we can use them for exchanges and loans. Any puzzler knows the frustration of a missing piece!

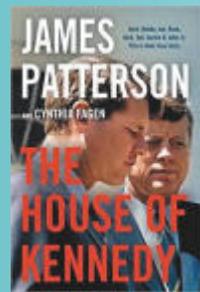


Dragonwood Readers Book Club

Friday, March 12 at 9:30 a.m.

via Zoom and the Library Community Room

The House of Kennedy by James Patterson



The Kennedys have always been a family of charismatic adventurers, raised to take risks and excel, living by the dual family mottos: "To whom much is given, much is expected" and "Win at all costs." And they do—but at a price.

Across decades and generations, the Kennedys have occupied a unique place in the American imagination: charmed, cursed, at once familiar and unknowable. The House of Kennedy is a revealing, fascinating account of America's most storied family, as told by America's most trusted storyteller. Join library facilitator Jane Henze to talk about the tragedies and triumphs of the Kennedy family.

Copies are available in large print, audio, and regular print at the DeForest Area Public Library. Call 846-5482 to arrange curbside pick-up, or stop in and get a copy. Please note: Current book club members will receive an invitation link to meet via Zoom. If you are not a member and would like to participate, email discussion leader Jane Henze, jhenze@deforestlibrary.org to receive the invitation.

Madison of Contemporary Art's

with Mel Becker Solomon

Monday, March 15, 11 AM — Via Zoom

Join a private tour led by Madison Museum of Contemporary Art's Curator of the Collection, Mel Becker Solomon. She'll walk us through the *Full Circle* art



exhibition, featuring familiar favorites alongside more recent acquisitions, including works by Deborah Butterfield, Sam Gilliam, Jim Nutt, Susan Rothenberg, Frank Stella, and John Wilde. This is a free event, courtesy of MMoCA.

Please register by Friday, March 12, at Noon, by filling out and submitting our online form. We'll then email you a Zoom link to join this very special presentation. Register at: bit.ly/mmoca31521

Events and Activities

“Women Who Dared” Presented by Jessica Michna

4th Tuesday Forum:

Tuesday, March 23 at 10 a.m. via Zoom



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! You will learn of 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. You will learn of the protests, jailing’s, victories, and defeats culminating with the signature of President Woodrow Wilson that would forever give women the right to vote. Please register on the library website calendar. This program is sponsored by DeForest Area Community & Senior Center, DeForest Area Historical Society, and DeForest Area Public Library.



St. Patrick’s Day will be celebrated differently this year and you will have the opportunity to watch “The Sutter Brothers” live

concert over YouTube on your computer or device. The Oregon Senior Center is sharing their link to several Dane County Senior Center to share some fun and great music across the county. On Wednesday, March 17 at 2:00 p.m. go to this link <https://youtu.be/CyEEUSediCg> and enjoy the music. The Sutter Brothers are really brothers and are from the Oregon area. If you have any questions call Sue at the Center .



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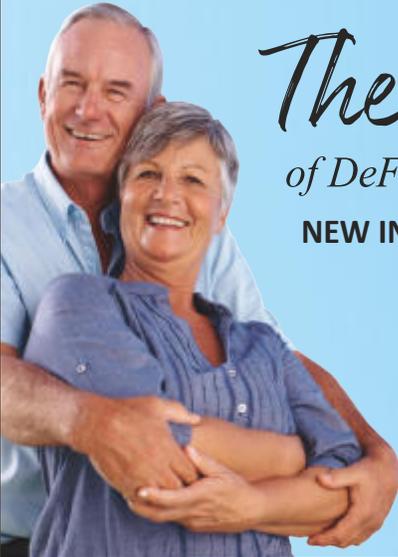
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Health & Fitness

Finger Nail & Foot Care

Sue's Mobile Foot Care visits the Center 4 days a month. Sue Hasey is a licensed medical nail technician providing nail care by appointment. Please see the calendar for dates. Cost: \$25 for toenails, \$12 for fingernails and \$30 for Diabetic footcare. Checks are to be made payable to "Sue's Mobile Footcare". Please bring **two hand towels** and wear a mask entering the Center for your appointment. Call the Center to schedule your appointment. Transportation is available if you qualify. The dates in March are Monday 8th, Thursday 18th, Friday 19th and Monday 22nd.



Strength Training for Women

Wednesday & Friday

The next virtual 8-week session of the Strength Training for Women will start the week of March 3 and go through the week of April 21 in the comfort of your home. Videos are released on Wednesday and Friday, to watch at your leisure for a week. When the new video is released, the previous weeks video will be taken down. The cost will be \$40.00 for one day or \$80 for two days for a 8-week session.



- ◇ Registration and payment still happen through the Center.
- ◇ Payment (check please) to the Center is required before you can be added to the class.
- ◇ The Facebook group is private. Only paid registrants and the teacher will have access to view the recorded sessions and will be able to converse via the comment section.

Masks and Neck Gaiters for sale

The Center has masks in a multitude of designs, colors and sizes. We thank our volunteer sewing gurus who have been busy these past few months helping



supply our volunteers and staff with this protective equipment. Contact the Center if you need a mask (\$2 to \$3) or a neck gaiter for \$6.00 (includes 2 filters)



- ◇ If you are interested in joining these classes, please contact Sue at 846-9469 at Ext #1611.

Tranquil Tuesday Yoga

The next virtual 8-week session of the Tranquil Tuesday Yoga Class will start the week of February 9 and go through the week of March 30 in the comfort of your home. Videos are released on Tuesday to watch at your leisure for a week. When the new video is released, the previous weeks video will be taken down. The cost will be \$40.00 for the 8-week session.



- ◇ Registration and payment still happen through the Center.
- ◇ Payment (check please) to the Center is required before you can be added to the class.
- ◇ The Facebook group is private. Only paid registrants and the teacher will have access to view the recorded sessions and will be able to converse via the comment section.
- ◇ Comments of encouragement for each other is important to keep the connection among the teacher and classmates.



Sue and Cheryl with their Leprechaun friends



Fun and Games



will be played remotely!

Use your phone to join us in a rousing game of BINGO! It is fun and easy to play from the comfort of your own home. Call in on Friday, March 26 we will play 10:00-11:00 a.m.

It is easy to register, just come to the Center to pick up directions and Bingo cards. We will jot down your name and add you to the group.

On March 26, at 9:55, have your card ready and call in (using the phone and conference ID numbers provided in the directions) Expect to play 5 games. During the game each player will be muted. When you get a BINGO, press *6 and say BINGO!

The dial-in number is not subject to extra surcharges but normal long-distance charges would apply for landline callers without unlimited long distance. A cell phone or landline can be used.

Prizes will be available for pick up at the Center, the following week. We hope you will join us for this fun and safe game.



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Information

COVID-19 Vaccine Transportation for Dane County Older Adults, 65+



Have you exhausted all options available to you and still need a ride to your COVID-19 vaccine appointment?

NO COST FOR DANE COUNTY RESIDENTS.



Funded by Dane County
Department of Human Services.
Coordinated by NewBridge.

(608) 512-0000 Ext. 3

Our Goal is to Help You

The goal of the Case Management program is to improve the ability of seniors to remain independent in their homes. Our Case Managers coordinate, evaluate and advocate for essential services to meet the individual's needs and preferences.

Durable Medical Equipment The center loans equipment to community members, including wheelchairs, walkers, canes, commodes and reachers at no cost.

Useful Telephone Numbers:

ADRC-Aging & Disability Resource Center: 608-240-7400

Alzheimer's and Dementia Alliance of WI: 608-232-3400

AAA-Area Agency on Aging of Dane Co: 608-261-9930

Elder Abuse and Neglect Hotline: 608-261-9933

LGBTQ+ Senior Alliance: 608-255-8582

Madison Public Health: 608-266-4821

Nutrition at DeForest Area Community & Senior Center:
608-846-9469

Mental Health Crisis Line: 608-280-2600

Madison Social Security: 866-770-2262

Inclement Weather Policy

March
can be unpredictable



Hopefully March will be like a lamb, but just in case, remember our weather closing policy. We are following the National Weather Service (NWS) instead of the school closings.

The Center will close for the day when NWS issues one of the following warnings:

- ◆ Winter Storm Warning
- ◆ Blizzard Warning
- ◆ Wind Chill Warning
- ◆ Ice Storm Warning

If a warning **has been issued by 6:00 am**, home delivered meal recipients will NOT receive a meal that day and the Center building will not be staffed or answering phones. Voicemail messages can be left and calls will be returned when the office reopens. These warnings are aired on local television and radio stations.

Thank you for your understanding.

Library Home Service Program

- Dane County Library Service's Outreach program supplies
- books to anyone living in Dane County who has an ongoing
- physical condition that prevents them from coming to the
- library. The large print and audio books are sent postage
- free through the mail and may be returned
- the same way. To learn more about this
- free service, contact Outreach Librarian
- Mary Driscoll at 266-4419 or
- driscoll@dcls.info



Contact Information

Center Phone Number	608-846-9469
Barb Cooper	bcooper@deforestcenter.org
<i>Executive Director</i>	Ext 1602
Cheryl Ksobiech	cksobiech@deforestcenter.org
<i>Operations & Programs Supv.</i>	Ext 1605
Natalie Raemisch	nraemisch@deforestcenter.org
<i>Senior Services Supervisor</i>	Ext 1608
Kristin Weinstock	kweinstock@deforestcenter.org
<i>Case Manager</i>	Ext 1609
Sue Miller	smiller@deforestcenter.org
<i>Program Coordinator</i>	Ext 1611
Jennifer Broding	jbroding@deforestcenter.org
<i>Nutrition Coordinator</i>	Ext 1610
Jen Mills	jmills@deforestcenter.org
<i>Volunteer Coordinator</i>	Ext 1606
Front Desk-Sue & Mary	ac@deforestcenter.org
<i>Community Events Coordinators</i>	cec@deforestcenter.org

DeForest Area Joint Community Center Commission

Bruce Stravinski, President
 Taysheedra Allen, Vice President
 Steve Ruegsegger, Secretary/Treasurer

Commissioners:

Marian Drake
 Adam Hanek
 Jim Johnston
 Anna Lezotte
 Denise Powell
 Louise Valdovinos

DeForest Half Century Club, Inc.

Taysheedra Allen, President
 Bruce Stravinski, Vice President
 Steve Ruegsegger, Secretary/Treasurer

Directors:

Marian Drake
 Adam Hanek
 Jim Johnston
 Anna Lezotte
 Denise Powell
 Louise Valdovinos

Meetings are held on the second Tuesday of the month, beginning at 4:00 p.m. at the Center. Agendas are posted at the Center. The Commission meets monthly and Half Century Club meets quarterly.

The Center uses Automated Phone Calls for reminders and invitations through My Senior. Please note, the number displayed will be a **617** area code (Massachusetts). This is a simple and effective way to get messages out.

Non-Resident Participation Fees

Financial support for the operation and management of the DeForest Area Community and Senior Center primarily comes from tax contributions from the municipalities of DeForest, Windsor and Vienna. Non-residents of these municipalities will pay an annual participation charge of \$30 or a daily fee of \$10. All Fees are pro-rated based on the date of registration and then \$30 is due each January thereafter.

Non-Resident Premium Fees

Exercise Room & Pool Room - Non-residents pay an annual premium charge of \$20 each or a daily fee of \$7.

Exemptions

Public events, tax preparation and some other activities are exempt from the participation fees. Case Management and Nutrition programs adhere to Dane County requirements, and are not included in payment structure. Volunteers who are non-residents and actively volunteer each month are exempt. Financial Assistance may be available to support participants who are unable to afford the payments. Funding will not apply to trips, card games, bingo/games or fee-based classes. Participants should speak to the Executive Director, who will confidentially determine the need, level of support and appropriateness of the request.



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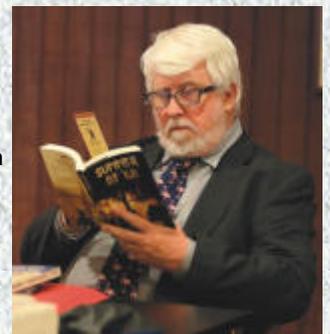
WASC
Wisconsin Association of Senior Centers



View Virtual Author

David Benjamin, “Master Storyteller” By Sharyn Alden

David Benjamin is a prolific novelist and founder of the Madison-based publishing firm, Last Kid Books, named for his popular memoir *The Life and Times of the Last Kid Picked*. *The Last Kid Picked*, is about David Benjamin’s adventures as a kid in Tomah, Wisconsin, provides insight, both poignant and laughable, into Benjamin’s life as an underdog. The “hero” of the *Last Kid Picked* languishes at the bottom of the pecking order among fellow students at St. Mary’s School in Tomah. He is literally the last kid picked for playground games, and his only friends are fellow outcasts named Koscal and Fat Vinny. If you grew up in small town Wisconsin when there were no play dates or pee-wee leagues or parent-supervised tournaments, you understand the thrill of unstructured play.



Since Tomah, his footloose career has morphed from youthful storyteller to news editor and columnist to prolific author, bridging three continents and claiming authority on many topics. In a video produced for the DeForest Area Community Center, Benjamin shares his journey from growing up in small town Wisconsin to journalist, editor, author and publisher. On March 18 the video will be available for viewing. <https://www.deforestcenter.org/> and the Center’s Facebook page.