

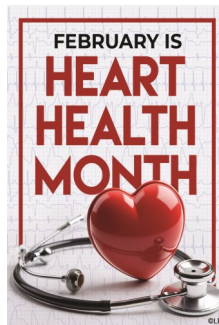


FEBRUARY 2024 VOL. 42 NO. 2



Our Mission

We are dedicated to the enrichment of the lives of older adults and their families by providing diverse programs, social services, and volunteer opportunities.



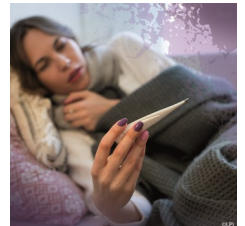
Heart Health Matters

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being. Turn to page 5 for heart health tips.

Cold, Flu, RSV, Covid...

Winter has always been cold and flu season, but now Covid and RSV are here too. Please stay home if you are ill or have symptoms. Turn to page 6 to know the signs of each illness and for tips to stay healthy.



It's Black History Month

Look for local activities that celebrate Black History Month. Also, turn to page 6 for information about Black History programs to watch.

Tax Time...

The Stoughton Area Senior Center is a Volunteer Income Tax Assistance (VITA) site. **See page 12 for more information.**

2 LOCAL SERVICES

STOUGHTON AREA SENIOR CENTER

Case Management Service Area ***Stoughton, Towns of Albion & Dunkirk***

The Case Management program links older adults with services (food, housing, legal, medical, financial, social well-being, etc.) that are available to help them remain as independent as possible in their own homes and community. Our Senior Center's case managers are devoted to coordinating, evaluating and advocating for such services to meet each individual's needs and preferences. See back cover for contact information.

Equipment Loan Closet

Equipment such as wheelchairs and walkers may be checked out on a short-term basis to those residing in our case management service area: City of Stoughton, Albion and Dunkirk Townships. Monetary donations accepted.

Foot Care Clinic

Stoughton Health provides foot care services at their Community Health & Wellness Center at 3162 Co Hwy B. Call 608-873-2332 for info.

Home Delivered Meals

Meal delivery is available to homebound older adults in the Stoughton service area every weekday. Details and menu on pages 16 & 17.

Tech Help & Tablet Loan

Do you have questions on how to use your tablet, phone or computer? Would you like to try out a tablet? We have tech savvy volunteers ready to give you a hand and tablets available for loan. Please call the Senior Center to inquire.

Elder Law & Local Estate Plans

As a service to the community, Attorney Eric Christoffersen will not charge for a meeting at the Senior Center on the 2nd Monday of the month. If additional work is required, you may be offered to retain his law firm for a fee. Call 608-662-0440 to schedule an appointment.

Veterans Assistance

Call 608-266-4158 to speak with a Dane County Veterans Assistance Representative.

Local Transportation

City Cab / Running Inc.—Lift Equipped Van
608-873-7233 runninginc.net/Stoughton-transit

Rides to Lunch and Shopping

Transit Solutions Inc./Lift Equipped Van Rides to the Center's lunch site, in-town stores, and Farmers Market: Monday - Friday, 9:30 AM to 2:00 PM. Suggested donation: \$1 round trip. Rides to Madison stores on Fridays for \$3 round trip. See calendar on p.19 for stores. Rides are for Stoughton residents 60 years or older who live independently (those living in Assisted Livings, CBRFs and RCAC complexes do not qualify). No one is denied rides based on ability to pay. To register, call the Senior Center 608-873-8585.

Volunteer Ride Programs

RSVP Driver Program

Contact: RSVP request line 608-205-9422

Donation-based transportation to medical appointments for Stoughton based seniors, 60 years or older who live independently (those living in Assisted Livings, CBRFs and RCAC complexes do not qualify). Rides are based on volunteer availability; 5 day advance notice and proof of COVID vaccination is required for all riders. Please allow for additional time to complete registration paperwork.

Affordable Transportation Program

Contact: Richard Hoffman 608-873-6112, 9AM-4PM

Low-income residents of all ages are eligible for free transportation Monday - Friday to various types of appointments in the Madison area. Donations are appreciated. Qualifying individuals are considered based on driver availability. Masks and proof of COVID vaccination required. Discuss exceptions with Coordinator.

Vets Helping Vets Program

Contact: Lorrie Hylkema 608-238-7901

Volunteer drivers provide medical, job application and support transportation within Dane County for any veterans, including immediate family members regardless of age.

SUPPORT & RESOURCES

3

STOUGHTON AREA SENIOR CENTER

Alzheimer's Disease & Dementia

- **Alzheimer's Association**, alz.org/wi
24/7 Helpline: 800-272-3900
- **Stoughton Memory Loss Caregiver Group**
2nd Thursday, 2:00 PM
Senior Center, Stoughton Room
Contact: Alzheimer's Association hotline
800-272-3900 to register
- **Stoughton Memory Cafe**
1st Tuesday, 9:30-11:00 AM
Stoughton Health, 900 Ridge Street, Stoughton
Contact: Jen Erb, CTRS, 608-873-2259

Caregiver Resources & Groups

Contact: Dane County Caregiver Program
Coordinator, Jane DeBroux 608-261-5679.

Diabetes Support

- American Diabetes Association, diabetes.org
- **Stoughton Diabetes Group**
2nd Monday, 6:00 PM
Stoughton Health, 900 Ridge Street, Stoughton
Contact: 608-877-3498

Grandparents & Other Relatives as Parents Support Group

The Rainbow Project in Madison

Meets virtually 2nd Saturday, 10:00 AM-12:00 PM
Contact/register: referrals@therainbowproject.net

Grief Support Group

- **Grief Support Group for adults only
at Stoughton Senior Center**
Facilitated by Bereavement Counselor from
Heartland/Promedica
3rd Wednesday, 2:00 PM
- **Agrace**, Virtual support, or in person groups
agrace.org/grief-support, 608-327-7118

Office for the Deaf & Hard of Hearing

dhs.wisconsin.gov/odhh, 855-359-5252

LGBTQ 50+ Alliance

Meetings/groups: bit.ly/LGBTQMadison
Contact: 608-255-8582, lgbtq50plus@gmail.com

Low Vision Support

- **WI Council of the Blind & Visually Impaired**
wcblind.org, 800-783-5213
- **Stoughton Low Vision Group**
3rd Thursday, 1:00 –2:30 PM
Senior Center, Stoughton Room
Contact: 608-873-8585

Multiple Sclerosis Group

- **National MS Society**, nationalmssociety.org
- **Stoughton MS Support Group**
2nd Tuesday, 10:00-11:30 AM
No meetings in February & March
Senior Center, Mandt Room
Contact: ramiller@litewire.net

Parkinson's Disease

- **American Parkinson Disease Association**
apdaparkinson.org/community/wisconsin
- **WI Parkinson Association**: wiparkinson.org
- **Stoughton Parkinson Group**:
2nd Monday, 12:15 PM
Stoughton Health's Community Health
& Wellness Center, 3162 County Rd B
Contact: 608-873-8585

Substance Abuse

- **Stoughton Alano Club**
500 Giles Street, 608-873-6004
- **Alcoholics Anonymous**
mtg.area75.org, 608-222-8989
- **Al-Anon Family Support**
alanon-wi.org/contact-us, 608-258-0314
- **Narcotics Anonymous**
badgerlandna.org, 608-258-1747

988 Suicide & Crisis Lifeline

Dial: 988, online chat: 988lifeline.org



Institute on Aging's Friendship Line: 800-971-0016

24-hour crisis line for people aged 60 years and older, and adults living with disabilities



Divestments: What are they and why are they important?

What is a Divestment?

Divestment is a term related to long-term care Medicaid. It is defined as the giving away of something for less than fair market value. This could mean giving something away as a gift or for less than the item is worth in the commercial market. A divestment can be done intentionally by giving someone money, or unintentionally by not doing something that the person should have done.

Here are some examples of divestments:

- selling one's home at a discounted price;
- adding a person's name to the deed of a house if they did not pay towards the purchase of it;
- giving away a life estate or remainder interest in a home property without being paid for it;
- agreeing to waive a debt that is owed by another person;
- adding a person's name as a joint owner to a bank account, and then allowing that person to withdraw money from the account for their own personal spending;
- paying off debts or loans that the person is not legally obligated to pay for;
- donating more than 15% of a household's annual income to a religious or charitable organization;
- refusing to accept an inheritance, settlement, or other lump sum of money the person is entitled to.

Why is it important to be aware of divestment policy issues?

If a person makes a divestment, a divestment penalty period may be imposed upon them if they later apply for long-term care Medicaid benefits. For example, if a person makes a \$100,000 divestment, then they will be ineligible for long-term care Medicaid for 323 days—that's almost a full year!

Do divestment penalties apply to all forms of Medicaid?

No, divestment penalties only apply to people who receive financial help from long-term care Medicaid, including supports for in-home care, and for living in assisted living centers or nursing homes. Divestment penalties do not apply to regular healthcare services using one's Medicaid card such as (BadgerCare or a Forward Card).

If a divestment penalty is assessed but inaccurate, how can that be resolved?

A person who is assessed a divestment penalty but believes it to be inaccurate can call the local Income Maintenance Consortium to discuss the situation. In Dane County, that agency is Capital Consortium at dhs.wisconsin.gov/forwardhealth or 888-794-5556. An individual can also file an appeal with the Division of Hearings and Appeals doa.wi.gov, a state agency that decides Medicaid appeals in Wisconsin. Be aware that there is a 45-calendar day appeal window and there are no provisions for late appeals.

Where can more information on divestments be found?

For more information, look at the Medicaid Eligibility Handbook, section 17 at: emhandbooks.wisconsin.gov/meh-ebd or the WI Department of Health Services website at: dhs.wisconsin.gov/medicaid/divestment.htm

Adapted from GWAAR Legal Services Team, gwaar.org



American Heart Month: Ways to Get Involved

Each February, the National Heart, Lung, and Blood Institute (NHLBI) celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease.

Focusing on your heart health has never been more important.

Heart disease is the leading cause of death in the United States. But you can do a lot to protect your heart. Learn more about heart-healthy living at: nhlbi.nih.gov/education/heart-month/about

Prioritizing your heart can help you avoid severe illness. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

Self-care is heart-health care. Practicing self-care can keep our hearts healthy. Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease. And, when we take care of our hearts, we set an example for those around us to do the same.

Get to know #OurHearts! Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level is for you and how they impact your risk for heart disease. Having a basic understanding of information that concerns your health and using the information to inform health-related decisions and actions for yourself and others, is strongly linked to better health.

Adapted from nhlbi.nih.gov



Some Medicare Enrollees to Receive New Medicare Number Due to Data Breach

The Centers for Medicare & Medicaid Services (CMS) is notifying additional Medicare enrollees who may have been impacted by a data breach at a CMS contractor, Maximus Federal Services, Inc. CMS mailed a letter to all potentially affected Medicare enrollees to notify them of the data breach and what steps CMS is taking to protect them.

CMS is issuing potentially affected enrollees a new Medicare number and a new Medicare card. Legal assistance and aging and disability service providers may receive calls from clients or members of the community asking about this issue or about the letters.

If and when an enrollee receives a new Medicare card, the enrollee will receive a letter asking them to begin using the new Medicare number on December 29th and to update their Medicare information with all of their health care providers and destroy the old card. Plans will receive the related enrollment codes alerting them about the Medicare number changes and will be processing the changes internally.

It should be noted that this breach does not affect all Medicare enrollees—most are not affected. Nor does it mean that those enrollees who are affected will necessarily experience any harm. Affected enrollees should, however, monitor their bank accounts and other financial accounts, credit cards, and credit records, and report any suspicious activity to the relevant financial institution or credit agency immediately.

*From the National Center on Law & Elder Rights.
ncler.acl.gov*



Is It the Flu, COVID, RSV, or a Cold?

Starting 2024, local hospitals are seeing a lot of patients with cases of COVID, flu, RSV. In fact, one in five ER visits are due to respiratory illnesses. Complicating matters is that these viruses all cause really similar symptoms, like fever, cough, and stuffy nose.

I took an at-home COVID test, but it was negative. Now what?

It's always good to rule out COVID with an at-home test. One thing to keep in mind is that the FDA recommends using more than one at-home test to reduce the chance of getting a false negative result. Test again 48 hours after the first negative test, for a total of at least two tests. If you continue to test negative for COVID and you're still feeling sick, you might be wondering what else you should do. Some of the same recommendations for COVID, apply to all respiratory illnesses.

Stay home and keep the germs to yourself, if possible. This is especially important when it comes to being around people who are more likely to get very sick from respiratory illnesses. Consider wearing a high-quality mask if you do need to spend time in close contact with others.

Get plenty of rest. Sometimes the best thing you can do to heal your body is rest. Staying hydrated is important too.

Call your primary care provider if your symptoms are getting worse. Your doctor will be better able to assess what kind of illness you're dealing with. They will also be able to give you advice for the appropriate treatment and recommendations. For example:

If you're sick with the flu, your doctor may prescribe an antiviral drug. These drugs can make your flu milder and shorten the time you are sick.

If you're sick with RSV, the treatment may depend on age. Older adults and babies are most at risk of developing severe illness.

If you're sick with a cold, typical treatment includes rest, fluids, and over-the-counter medicines.

By staying home you're not only giving yourself time to heal, you're protecting others!

Adapted from publichealthmdc.com

BLACK HISTORY MONTH

Some Programs to Watch:

Historian Carter G. Woodson launched Black History Week in 1926 to recognize the significant contributions of African Americans during the second week of February to coincide with the birthdays of Abraham Lincoln (February 12) and abolitionist/writer Frederick Douglass (February 14). Congress expanded it to National Black History Month 50 years later during the nation's bicentennial celebration at which time then-President Gerald Ford urged the country to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." *From census.gov*

PBS Wisconsin has compiled a list of films and programs available to celebrate Black History Month this year. Check out pbswisconsin.org/articles/what-to-watch-black-history-month for a closer look at the lives of various Black Americans who have made indelible marks on history with their artistry, professional achievements, and community activism.

Commission on Aging Meeting Highlights for January 2, 2024

Accreditation Update:

- All accreditation committees have met.
- Staff will get together to compile notes that will turn into action plans going forward.
- The full accreditation committee will then come back to go through the items that were brought from the smaller committees. The final revised action plans will come to Commission on Aging.

Staff Update:

- The 20-hour case manager position is still open as of early January. It will be re-posted and remain open until a qualified candidate is found.
- In the meantime, case management continues to have a 2-3 week waiting list. Case Managers are doing their best to connect with new referrals as soon as possible while remembering to take breaks and caring for themselves.

Committees:

- The COA Fund Development Committee will be meeting soon to discuss the creation of a Friends of the Senior Center fundraising non-profit group. This will provide a means for individuals who want to donate to the Center but don't want their funds to go to the City.

Next meeting:
Tuesday, February 6, 2024, 11:00 AM

Meetings are open to the public. Full meeting minutes at:
stoughtoncitydocs.com



Energy Services Inc.

Energy Service Inc. is now booking appointments for the 2024 heating season.

Their staff will take walk-ins at the Stoughton Area Senior Center on February 2 from 9:00 AM to 2:00 PM. Returning and new clients may also apply by:

- 1) Apply online: energybenefit.wi.gov
- 2) Schedule an appointment by phone: 1-800-506-5596
- 3) Book an appointment online at: esiwi.com/book-an-appointment

Inclement Weather Policy at Stoughton Area Senior Center:



When Stoughton and/or Madison Schools cancel due to weather conditions, the following Dane County services are also canceled: home delivered and dine-in meals, Transit

Solutions transportation and RSVP medical rides. If the school issues a two-hour delay, meals and rides will still be provided but may be delayed.

In both cases, the Senior Center remains open per City policy, and the status of other activities is up to instructors' discretion. We encourage participants and volunteers to practice good judgment regarding their personal safety.

10 ACTIVITIES & EVENTS

STOUGHTON AREA SENIOR CENTER



Refuse to be a Victim

**Thursday, February 1
1:00 PM**

The Stoughton Police Department is sharing a monthly

series about protecting yourself. **Scheduled for February, Chief Leck will present on the history of the Stoughton Police Department.** Each month covers a different topic! Held in the Annex.

Movie: Selma (2014)

Friday, February 2, 1:00 PM

From the Oscar-winning producers of 12 Years a Slave and acclaimed director Ava DuVernay comes the true story of courage and hope that changed the world forever. Golden Globe nominee David Oyelowo shines as Dr. Martin Luther King, Jr., who rallied his followers on the historic march from Selma to Montgomery in the face of violent opposition, an event that became a milestone victory for the civil rights movement. Oscar nominees Oprah Winfrey and Tom Wilkinson also star in this landmark film.



Cooking with Kim

**Wednesday, February 7,
1:00 PM**

Join our Nutrition Coordinator, Kim Whitford, for a hands-on cooking class. This month Kim will focus on cooking for one or two people. Learn how to make interesting and nutritious meals on a smaller

scale without waste. Space is limited, so please RSVP at the front desk of by calling 608-873-8585.

Coffee with the Mayor

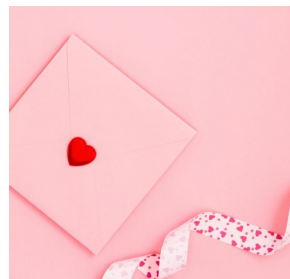
Friday, February 9, 10:00 AM

Join Stoughton Mayor Tim Swadley for his monthly meeting with the public at the Senior Center. All are welcome! Held in the annex.



Valentine/Greeting Card Making

Thursday, February 8, 10:00 AM



Make cards with fun, new techniques and products. Barb Daubner will guide you through 3 different designs. If you have stamps, die cuts, or other stamping supplies that you no longer use, feel free to bring to class to swap.

Cost: \$6. Space is limited, so please reserve your spot at the reception desk or by calling 608-873-8585.

Therapeutic Yoga

Monday, 1:30 PM, January 8—Feb 19

Suzanne Larson from Ease Yoga presents Therapeutic Yoga for Resilience: Train with your Brain! All are welcome. Modifications available to support any body. The ancients referred to nerve plexuses, major organs and endocrine glands within the body as "Chakras". Explore the seven main chakras running down the central column of the spine to reconnect to the innate wisdom of our chemical/electrical meatsuits. Donations accepted. Held in the Annex.



Painting Party

Monday, February 12, 1:00-3:00 PM

Cost: \$25

Join Instructor Katie Swanson and her assistant as they guide you step by step in creating this cardinal picture using acrylic paint. All supplies are provided and all skill levels are welcome. Feel free to bring your own snack or drink. Space is limited, so reserve your spot by calling 608-873-8585. Held in the Yahara room.



Movie: Nyad (2023)

Friday, February 16, 1:00 PM



The remarkable true story of athlete Diana Nyad (Annette Bening) who, at the age of 60 and with the help of her best friend and coach (Jodie Foster), commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. Held in the Annex.

Bingo

**Wednesday,
February 21, 1:00 PM**

Come join the fun!
Sponsored by *Edward Jones*, office of *Jessica Knutson*, Financial Advisor, with *Becky Johnson* and *Fay Ploeger*. Held on the main floor.



Your Sign-ins Add Up!

SchedulesPlus, our new sign-in system, quickly and accurately details which programs and services we're providing—**but only with your help!** Our financial supporters want to know what programs are being attended, and we gather those statistics when you check-in at one of our four touchscreen kiosks. Each activity sign-in increases our accountability and chances of receiving additional funding in the future.

How can you help?

Get a card.

If you haven't already, please complete a registration form the next time you visit. You will be issued a scan card that you may take with you (many people add them to their keys), You may also store it near the main entrance kiosk.

Sign-in for all activities you attend.

By using your card, please check-in at one of the touchscreen kiosks each time you come to the Senior Center. It is important to select each activity you're attending by touching the box to the left of the activity. **If you don't see the activity you're attending**, scroll down the page by touching and dragging down the red bar to the right. And, **don't forget to press the green Save button when complete!**

SAVE

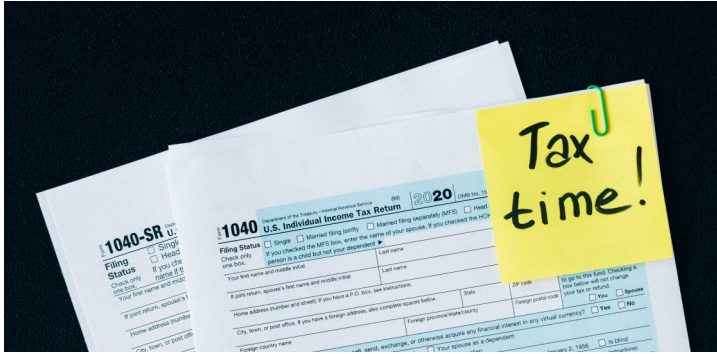
ATTENDING?	
<input type="checkbox"/>	Wood Shop 8:00am - 4:30pm
<input type="checkbox"/>	Pool Tables 8:00am - 4:30pm
<input checked="" type="checkbox"/>	Social Time 8:00am - 4:30pm
<input type="checkbox"/>	Computer Room 8:00am - 4:30pm

Ask if you have questions.

Forgot or lost your card? Not sure if your selection went through? Have volunteer hours to log-in? Please let Senior Center staff know if you need assistance. We're happy to help—for we know just how important your sign-ins are to the future of the Senior Center!

12 WAYS TO ENAGAGE

STOUGHTON AREA SENIOR CENTER



Volunteer Income Tax Assistance (VITA)

The VITA program is a cooperative effort by the Internal Revenue Service (IRS) and many individual states, including Wisconsin. Volunteers trained by the IRS and the Wisconsin Department of Revenue (DOR) prepare basic income tax returns for free. Most VITA sites offer free electronic filing.

VITA income tax assistance is available for:

- Low-to-moderate income individuals
- Individuals with disabilities
- Non-English speaking taxpayers
- Military personnel
- Senior individuals
- Individuals who qualify for the homestead credit or the earned income credit

The Stoughton Area Senior Center is a VITA site.

Days operating: Saturdays

Hours open: 9:00 AM to 1:00 PM
(last appointment at 12:15 PM)

Appoint required: Yes – Online only

Register at: bit.ly/stovita24

Start date: Saturday, January 27

End date: Saturday, April 13



**Stoughton
Memory Cafe**
Every 1st Tuesday
9:30 - 11:00 AM
at Stoughton Health,
900 Ridge Street

Feb. 6 Topic: Timeslips Storytelling

At the Memory Café, individuals with memory loss and their care partners can join together in a safe, supportive and engaging environment. People can interact, laugh, find support, share concerns and celebrate without feeling embarrassed and misunderstood. Each month there are light refreshments and facilitated activities. Memory Café is free and open to everyone, no referral is needed. For more information, you may contact the Café Facilitator, Jen Erb, CTRS at 608-873-2259. Pre-registration is helpful but not required.

"Play the Part" in the Next 2025 Calendar Fundraiser!

We are looking for seniors and "near" seniors interested in an opportunity to have fun and support a good cause. You will appear as the stars in a calendar filled with movie and TV scenes from shows you'll remember from the Golden Years of Hollywood.



We are casting the "actors" this Spring and would love to talk to people who are interested in participating. The calendar will be photographed in Stoughton. Costumes and makeup will be provided. You just have to be willing to live the part for a few photos. Proceeds from the sale of the calendars, will benefit the Senior Center's requirement to annually raise \$29,500 towards operational cost. If you are interested, please contact the Senior Center (608) 873-8585, to sign up.

CROSSWORD PUZZLE

ACROSS

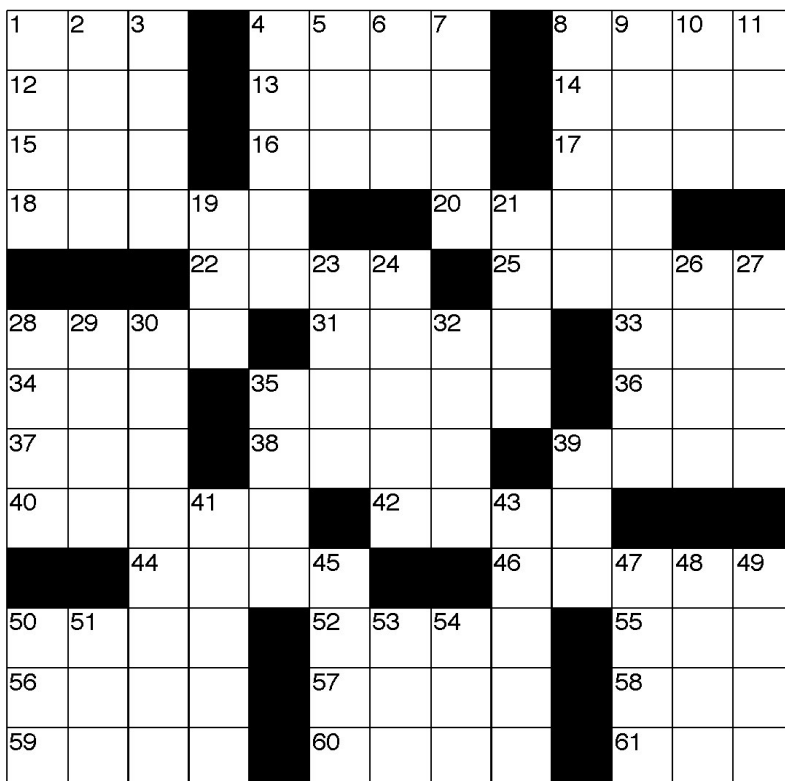
- 1 Cheer
- 4 Send
- 8 First Chin. dynasty
- 12 Or best offer (abbr.)
- 13 Revelry cry
- 14 Italic (abbr.)
- 15 Indo-Chin. language
- 16 Equal Employment Opportunity Commission (abbr.)
- 17 Malay canoe
- 18 Golden oriole
- 20 Polynesian cloth
- 22 Physician (pref.)
- 25 River through Orleans
- 28 Hindu sacred writings
- 31 Indigo dye
- 33 Harden
- 34 Here (Fr.)
- 35 Silly
- 36 Alas
- 37 Exclamations of delight
- 38 Hodgepodge
- 39 Pronoun contraction
- 40 Buddhist monk in nirvana
- 42 Gr. wine container
- 44 Son of Ruth
- 46 Scot. island
- 50 Blue Nile source lake
- 52 Down with (Fr., 2 words)
- 55 Edible root
- 56 Political union
- 57 Levy
- 58 Exclamations of delight
- 59 Medical fluids
- 60 River into the North Sea
- 61 Goddess (Lat.)

DOWN

- 1 Frolic
- 2 Hillside shelter
- 3 Time period
- 4 Eng. dramatist
- 5 Greeting



- 6 River rapids
- 7 Cult
- 8 Horse (pref.)
- 9 Neat
- 10 Honey-eater bird
- 11 According to (2 words)
- 19 Tumor (suf.)
- 21 Unite
- 23 Irish assembly
- 24 Indian (Sp.)
- 26 Spin
- 27 Jewish month
- 28 Musical instrument (string)
- 29 Lover of Narcissus
- 30 Shame
- 32 Pagan god
- 35 Dispelled
- 39 Noun-forming (suf.)
- 41 Manila hemp
- 43 Not in style
- 45 Carplike fish
- 47 Way
- 48 Pain
- 49 Nat'l Aeronautics and Space Admin. (abbr.)
- 50 Tablespoon (abbr.)
- 51 Malt liquor
- 53 Ten decibels
- 54 Asbestos



Many of these activities are free and drop-ins are welcome (unless otherwise noted). See activity calendar on p. 19 or call 608-873-8585 for exact dates and times.

Fitness & Wellness

Blood Pressure Screens

See p.19 for specific dates

Chair Exercise

Mon., Wed., Fri., 8:15 AM

Cost: \$2/class

Exercise Class

Tuesdays, 8:30-9:30 AM

Cost: \$1/class

Line Dancing, FREE

Tuesdays, 2:00 PM

Ping Pong, FREE

Mon. & Wed. 2:00 - 4:00 PM

Fridays, 10:30 AM - Noon

Qi Gong with Jo Chern

Tuesdays, 1:00 PM

Cost: \$42 6-weeks/\$10 drop-in

Pre-registration required

Reflexology with Heidi Fromi

Thursday, Feb. 1, 1:00-4:30PM

Monday, Feb. 19, 1:00- 4:30PM

Cost: \$35/30 mins. or \$60/hr.

Registration required:

608-873-8585

Thirteen Moves Tai Chi

Mondays:

Advanced: 9:30 -10:30 AM

Beginners: 10:45 - 11:45 AM

Cost: \$10/class or \$36/4

classes

Masks required for this class.

Wii Bowling, FREE

Mondays & Fridays, 10:00 AM

Yoga (Donation)

Mondays, 1:30 PM



Social /Recreation

Bridge

Tuesdays, 9:30 AM

Chess

Looking for players/organizer

Cribbage

Mondays, 1:00 PM

Darts

2nd & 4th Wed., 1-3 PM

Euchre, cost \$1 to play

2nd Friday, 1:00 PM

Five Hundred

Tuesdays, 1:00 PM

Handiwork Group

Mondays, 1:00 PM

Lunch Bunch

2nd Friday, 11:00 AM

Register at: 608-873-8585

2/9 Sunrise (Stoughton)

Mahjong

Mondays, 1:00 PM

Pinochle

Wednesdays, 1:00 PM

Pool Tables

Daily, 8:00-4:30 PM

Sheepshead

Tues. & Thurs., 1:00 PM

Stamp Club

Second Tuesday, 1:00 PM

Train Dominoes

Thursdays, 1:00 PM

Classes & Skill Development

Computer/Tech Help, or Coaching Sessions FREE

Registration required:

608-873-8585

Rosemaling or Painting Social Group

Wed. 9:30 AM - 12:00 PM

Wood Shop

-Available Daily

Must take a safety course to use.

Woodcarving Thursday mornings

Registration required: 608-873-

8585 Cost: \$150 and kits

available for additional charge

Writers Group, FREE

Last Tuesday of the month,

1:00-2:00 PM

Yahara Strummers

Ukulele Group, FREE

Thursdays, 1:00 PM

SASC Volunteer Opportunities

Call 608-873-8585 for details on these and other Senior Center volunteer options.

Friendly Visitor

Maintain weekly social contact with a homebound older adult for a minimum of 6 months.

Deliver Newsletters Drop off stacks of newsletters to area businesses and organizations.

Meal Delivery Drivers* Trained drivers pick up meals at the Senior Center and deliver them directly to the homes of homebound older adults.

Kitchen Volunteer Assist in the packaging of home delivered meals and the serving of the meals at the Senior Center.

RSVP Driver Program*

One of our greatest needs. Drivers provide seniors rides to medical appointments on weekdays, between 8:30 AM and 4:00 PM.

Mending Help

Join other volunteers that help people with simple mending at the Senior Center.

*RSVP-registered volunteers receive mileage reimbursement and extra liability insurance coverage while volunteering.



Ping Pong

You will find people playing ping pong three days a week at the Senior Center! The tables are located in the Cooper Room in the Annex, and one of the two tables is new to the Center.

Although there are some regular players, people can drop in any time. They play for fun and like to joke with each other. All equipment is provided, but if you have a favorite paddle, you are welcome to bring your own.

If you are interested in playing, you can join them on Mondays and Wednesdays at 2:00 PM and Fridays at 10:30 AM.

FOR THE WOMEN YOU LOVE.
FOR WOMEN ACROSS THE NATION.
FOR YOU.

WEAR RED TODAY.

American Heart Association.



NATIONAL WEAR RED DAY®
February 2, 2024



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Senior Center Nutrition Program:

All meals packed, delivered and served by Senior Center staff and volunteers.

Home Delivered Meals: Weekday meal delivery is available to homebound older adults residing in the City of Stoughton and the Townships of Albion and Dunkirk. Residents of Assisted Living, CBRF and RCAC complexes do not qualify for this service. All home delivered meals are provided by AtlantisValley Foods (menu on p. 17). **All meals must be reserved at least two days in advance.**

Dining Site: Weekdays individuals 60 and older may socialize and eat a nutritious meal. Transportation is available (see p. 2). "Kim's Thursday Meals" are served at 11:30 AM on Thursdays; meals are served at noon all other days of the week and provided by AtlantisValley Foods (menu p. 17) **All meals must be reserved at least two days in advance.**

Cost for Meals: Individuals 60 years or older pay by donation. Suggested minimum donation is \$4.50. Individuals under age 60 must pay the total cost of 17.20. Delivery drivers can take meal payments. Diners can place their donations in the wood box labeled for meals. Any cancellations made on the day of are still subject to payment. Payments are accepted by cash or check to the Senior Center or Dane County.

Menu Details: All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. Home delivered meals listed on p.17 have two meal options on Mondays - Thursdays (salad in bold). *Contains Pork on the menu. MO=Meatless Option. NCS = No Concentrated Sweeteners.

The menu for meals served on Thursdays at the dining site (and available for pick-up) is listed in the box to the right.



Note on Salad Options
Meals on Wheels recipients may choose a salad option **four days/week**, Monday - Thursday. See p. 17 for menu choices.

Senior Center Dining Site participants have salad options **three days/week**, Monday - Wednesday. For Thursday's dining menu see Kim's Meals (box below); for all other days see p. 17 for menu.

For meatless salad options, the meat will be substituted with chickpeas.

Please Remember...

- Reserve meals at least **two days in advance**.
- Thursday dine-in participants **must check-in at the front desk** upon arrival.
- Place dine-in meal donations in the wood box labeled for Dane County meals.

Kim's Thursday Meals

Enjoy a home-cooked meal by Kim Whitford, our Senior Center Nutrition Coordinator every Thursday at 11:30 AM in our dining room. Meals are provided to individuals 60 years and older. **Salads are not a dine-in option on Thursdays.** Dine-in cost = \$4.50 suggested donation (program details to the left); and drive-thru pick-up is available one day/month from the Senior Center at a cost of \$5. Reserve your meal by calling 608-873-8585 at least two days in advance.

February's Menu for 11:30 AM Dine-In:

Thurs. Feb. 1: Chicken Pot Pie over Puff pastry, mixed vegetables, fruit & dessert.

Thurs. Feb. 8: Burgundy tips Over Rice Pilaf, vegetable, fruit, roll, & dessert.


Thurs. Feb. 15: Chicken Wild Rice soup, tossed salad, fruit, roll & dessert.

Thurs. Feb. 22: Shepherd's Pie w/mashed potatoes, vegetable, fruit, roll & dessert. This meal is also available for **Drive-thru Pick-up: 11 AM - 12 PM**

Thurs. Feb. 29: Chicken Parmesan with marinara, pasta, vegetable, fruit, garlic bread & dessert.

MEALS ON WHEELS MENU FEBRUARY 2024 17

STOUGHTON AREA SENIOR CENTER

MON	TUES	WED	THURS	FRI
			01	02
Meals provided by AtlantisValley Foods. All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.	No substitutions allowed. MO=Meatless Option. NCS = No Concentrated Sweets * = Contains Pork		*Creamy Potato Soup with Bacon WG Dinner Roll w/butter 3-Bean Salad Fruit Cocktail Brownie Cookie MO: Cheesy Broccoli Soup NCS: SF Cookie Entree Salad - *Italian Salad	*Roast Pork Loin & Gravy Wild Rice Roasted Root Vegetables Broccoli Applesauce Vanilla Pudding MO: Plant Based Sausage NCS: SF Pudding
05	06	07	08	09
Crab Cake Tartar Sauce Good Grains Pilaf with Vegetables Potato Salad Pineapple Cherry Apple Crunch Bar MO: Plant Based Shrimp NCS: Orange Entree Salad – Turkey Club	Meatloaf with Gravy Mashed Potatoes Green Beans Side Salad w/ tomatoes & cucumber WG Bread w/ butter Nuttty Buddy MO: Impossible Loaf with Veggie Gravy NCS: Sugar Free Wafer Entree Salad – Chicken Caesar Salad	Chicken Parmesan Whole Wheat Spaghetti Marinara Broccoli Corn M&M Cookie MO: Three Cheese Calzone NCS: Sugar Free Cookie Entree Salad – Gyro Salad	*Bolognese Sauce Spaghetti Noodles Italian Vegetable Blend Green Beans Mandarin Orange Apple Cinnamon Muffin MO Beyond Bolognese Sauce NCS: Cinnamon Apples (Cold) Entree Salad – Sunflower Crunch Salad	Swedish Meatballs with Sauce WG Dinner Roll/butter Mashed Potatoes California Vegetables Bean Medley Salad Peanut Butter Pie MO: Plant Based Meatballs NCS: Planters Peanuts
12	13	14	15	16
Chili WG Dinner Roll w/ Butter Cowboy Caviar Yellow Corn Tortilla Chips Mixed Fresh Fruit M&M Cookie MO: Veggie Chili NCS: Sugar Free Cookie Entree Salad – SW Chicken Salad	*Oven Baked Ham with Gravy Carrots WG Dinner Roll w/ butter Cauliflower Honey Dew Melon Cherry Gel Cup MO: Smoked Tempeh w/ vegetable gravy NCS: Sugar Free Jello Entree Salad – Grilled Chicken Almond Salad	Baked Cod w/ Dill Cream Sauce WG Dinner Roll w/Butter Capri Veg Roasted Potatoes Pink Velvet Cake MO: Plant Based Shrimp NCS: Sugar Free Wafer Entree Salad – Garden Vegetable Salad	Brisket Burnt Ends Barbecue Sauce California Blend Good Grains Rice Pilaf Cornbread W/ Butter Sliced Peaches Yogurt MO: Plant Based Sausage NCS: SF Wafer Entree Salad - *Spinach Salad	Macaroni and Cheese Mixed Vegetable Blend Vegetarian Baked Beans Tropical Fruit Mix Pudding MO: None NCS: Sugar Free Pudding
19	20	21	22	23
Barbecue Pulled Chicken BBQ Sauce *Baked Beans Cornbread w/Butter Corn Fruit Salad Brownie MO: Barbecue Tofu NCS: Sugar Free Wafer Entree Salad – Greek Salad	Turkey Tetrazzini Carrots Green Beans Mandarin Oranges Kringle MO: Plant Based Garlic Herb Chicken NCS: Cantaloupe Entree Salad - *Chicken and Bacon Salad	Beef Pot Roast Long Grain Wild Rice Capri Vegetable Blend Vinegar Cucumber Salad Pineapple Chunks Cherry Strudel MO: Impossible Pot Roast NCS: SF Cherry Jello Entree Salad - *Chef Salad	*Sausage and Egg Breakfast Scramble Rosemary Potato Asparagus Tips Assorted Mini Croissants Orange, Sugar Cookie MO: Plant Based Breakfast Scramble NCS: SF Cookie Entree Salad – Chicken Caesar Salad	Broiled Cod Scalloped Potatoes Coleslaw Prince Charles Vegetables Rye Bread w/Butter Chocolate Pudding Cup MO: Plant Based Italian Sausage NCS: Sugar Free Pudding
26	27	28	29	
Salisbury Steak Paco Vegetables with Roasted Potatoes Prince Charles Vegetables Sliced Peach WG Bread Slice w/ butter Nuttty Buddy MO: Beyond Burger Patty NCS: Planters Peanuts Entree Salad – Chicken Caesar	Vegetable Beef Barley Soup Whole Grain Dinner Roll w/ Butter Peas and Carrots Orange Cheesecake MO: Sweet Potato & Kale Soup NCS: Sugar Free Wafers Entree Salad – *Cobb Salad	Spaghetti and Meatballs Peas and Pearl Onions Steamed Cauliflower Apple Slices Tapioca Pudding MO: Veggie Meatballs NCS: SF Pudding Entree Salad – Garden Vegetable Salad	Grilled Chicken Breast *Baked Beans Mixed Vegetables WG Bread w/Butter Coleslaw Yogurt MO: Grilled Tofu NCS: Banana Entree Salad – *Chicken and Bacon Salad	

FEBRUARY 2024 ACTIVITIES

STOUGHTON AREA SENIOR CENTER

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MON	TUES	WED	THURS	FRI
			01	02
			8:15 Woodcarving 1:00 Reflexology by appointment 1:00 Sheepshead 1:00 Ukulele 1:00 Train Dominos 1:00 Refuse to be a Victim	Shop @ East Town 8:15 Chair Stretch 8:30 Tech Help 10:00 Wii Bowling 10:30 Ping Pong 1:00 Classic Movie
05	06	07	08	09
8:15 Chair Stretch 9:30/10:45 Tai Chi 10:00 Wii Bowling 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 1:30 Yoga 2:00 Ping Pong	8:30 Exercise Grp 9:30 Bridge 1:00 Sheepshead 1:00 Five Hundred 2:00 Line Dancing	8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 1:00 Kim's Cooking Class 2:00 Ping Pong	8:15 Woodcarving 10:00 Card Making 10-12 Blood Pressure Readings 1:00 Sheepshead 1:00 Ukulele 1:00 Train Dominos 2:00 Memory Loss Caregiver Grp	8:15 Chair Stretch 8:30 Tech Help 10:00 Wii Bowling 10:00 Coffee w/Mayor 10:30 Ping Pong 1:00 Euchre
12	13	14 Valentine's Day	15	16
8:15 Chair Stretch 9:30/10:45 Tai Chi 9:30 Bridge 10:00 Wii Bowling 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 1:00 Painting Party 1:30 Yoga 2:00 Ping Pong	8:30 Exercise Grp 9:30 Bridge 1:00 Sheepshead 1:00 Five Hundred 1:00 Stamp Club 2:00 Line Dancing	8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 1:00 Darts 2:00 Ping Pong	8:15 Woodcarving 1:00 Sheepshead 1:00 Low Vision Support Grp 1:00 Ukulele 1:00 Train Dominos	Shop @ West Town 8:15 Chair Stretch 8:30 Tech Help 10:00 Wii Bowling 10:30 Ping Pong 1:00 Movie Time
19 President's Day	20	21	22	23
8:15 Chair Stretch 9:30/10:45 Tai Chi 10:00 Wii Bowling 1:00 Reflexology 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 1:30 Yoga 2:00 Ping Pong	8:30 Exercise Grp 9:30 Bridge 1:00 Sheepshead 1:00 Five Hundred 2:00 Line Dancing	8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 1:00 Bingo 2:00 Ping Pong 2:00 Grief Support	8:15 Woodcarving 10-12 Blood Pressure Readings 1:00 Sheepshead 1:00 Ukulele 1:00 Train Dominos	8:15 Chair Stretch 8:30 Tech Help 10:00 Wii Bowling 10:30 Ping Pong
26	27	28	29 Leap Day	
8:15 Chair Stretch 9:30/10:45 Tai Chi 10:00 Wii Bowling 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 2:00 Ping Pong	8:30 Exercise Grp 9:30 Bridge 1:00 Sheepshead 1:00 Five Hundred 1:00 Writer's Grp 2:00 Line Dancing	8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 1:00 Darts 2:00 Ping Pong	8:15 Woodcarving 1:00 Sheepshead 1:00 Ukulele 1:00 Train Dominos	Available Daily: Computers iPads WiFi Wood Shop 2 Pool Tables



YAHARA SENIOR NEWS

248 W. Main Street
Stoughton, Wisconsin 53589
Phone: 608-873-8585
Fax: 608-873-8162



The Stoughton Area Senior Center, a municipal agency, coordinates, develops, supports and monitors programs and services for adults 55 years and older. Aside from our case management, nutrition and transportation services, which have area and eligibility restrictions, all adults over 55 years are welcome to participate at the center.

The cost to have this newsletter mailed to you is \$9.00 per year. Call us at 608-873-8585 for details.



Accredited by 
National Institute of
Senior Centers



SENIOR CENTER STAFF

Cindy McGlynn, Director
Hollie Camacho, Assistant Director
Brian Aarstad, Case Manager-Stoughton
Tanya Kelly, Case Manager-Stoughton
Marla Janssen, Case Manager-Stoughton (M-W)
Kim Whitford, Nutrition Coordinator
Laura Trotter, Program & Volunteer Coordinator
Marcia Standard, Administrative Assistant (M-Th)

TOWNSHIP CASE MANAGERS

Albion & Dunkirk

Murl MacKinnon, Case Manager
Cell Number 608-335-6677
Office is at the Stoughton Area Senior Center

Cambridge & Christiana, Dunn, Pleasant Springs, Rockdale, and McFarland

608-838-7117 McFarland Senior Outreach

Rutland & Village of Oregon

608-835-5801 Oregon Senior Center

See page two for a detailed description
of the case management program.

COMMISSION ON AGING

Rosalind Gausman, Town of Dunn.....332-6470
Lou Havlik, City of Stoughton.....873-4915
Barb Manson, City of Stoughton.....873-9901
Bob McGeever, City of Stoughton.....873-4529
Open—School District Rep.
Faith Schuck, Town of Pleasant Springs....234-0759
Jeanne Schwass-Long, Town of Dunkirk...873-9227
David Sharpe, City of Stoughton.....332-8723
Sue Springman, City of Stoughton.....228-8362
Open—Town of Albion.....
David Thomas, City of Stoughton.....205-2166
Lisa Reeves, City Council Rep.....815-543-3078