

McFarland Area Senior News

5915 Milwaukee St. • 608-838-7117

February 2017

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Newsletter subscriptions are \$12 annually or receive them for free by email.

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Come Celebrate Mardi Gras!!

Join us for a special southern menu of Chicken gumbo, corn bread, spicy greens, a banana and pecan pie on Friday February 17th. Lunch will be served **later than normal at 12:30PM** so that you can stay for our entertainment starting at 2:00. *The Almost in Time Dixieland Jazz Band* will perform. They are a ten piece jazz ensemble that captures the NOLA sound. We will serve chicory coffee/coffee and King cake to make the experience complete. Beads and masks are provided but feel free to bring your own as you enter the French Quarter McFarland style and experience the wonder of New Orleans.

Donations for meal and entertainment can be made separately. Registration is required by Feb 13th. If you need transportation please let us know a week an advance so special arrangements can be made.



Wednesday's Wisdoms



Identity Theft

Wednesday February 15th at 2:00PM

E.D. Locke Library classroom.

A representative from Associated Bank McFarland will present information on Identity Theft and things you can do to avoid it. This often hidden crime can cause many problems if gone undetected. Keep yourself from becoming a victim.

Tax Assistance Available for Seniors and Low Income Individuals

We will be holding 4 tax clinics at the McFarland Municipal building
5915 Milwaukee St., McFarland

on: Feb. 3rd • Feb. 17th • March 3rd • March 17th from: 8:00–11:30AM

Appointments are required and are on a first come first serve basis.

Please bring the following information with you at the time of your appointment:

- Interest statements
- Social security benefit statement
- Any other proof of income such as employment
- Your 2015 tax form
- And a checking account routing number if you receive a refund.

Additionally, if you are filing for Homestead credit:

- You must have a rent certificate signed by your landlord for every place you lived in 2016
- Or a 2016 tax bill if you own your home.

The past few years we have had a number of people that did not come with all their information, requiring them to return. This makes it extremely difficult as our appointments are scheduled quite tight and usually fill up completely, with a wait list. Please be considerate and make sure all information is with you at the time of your appointment. Since the preparers are using new software they will not have any carried forward data from years past. To schedule please call 838-7117.



Just Checking In...LLC

Mary Fischer
ofc 608-838-9101
cell 608-239-9698

Providing friendly, caring, and dependable in-home assistance. No charge to meet with you and discuss your needs. We may be smaller, but that's what makes us better!



Transportation

R.S.V.P. Driver Escort Program:

Coordinator: Jackie Burger at 838-8443.
Medical rides for independent seniors.
Call weekdays between 10:00AM–6:00PM
2–3 business days in advance.
Cost: Donation basis.

Reservations needed (838-7117)

Shopping: In Madison. First Monday and third Tuesday of the month, 9:30AM–1:00PM. Cost: \$3 round-trip.

Grocery Shopping: At Pick- N Save every second and fourth Tuesday. 9:30AM. No cost.

Nutrition Site: Transit Solutions is available to transport to the meal site. Mon.–Fri. Cost: \$1 suggested donation.

McFarland Shopping: Second Thursday of the month. 9:30AM–Noon. Cost \$2

Nutrition

Reservations Required

McFarland Nutrition Site offered at 11:45AM Monday, Wednesday & Friday at the Municipal Center. Cost: Minimum Suggested Donation is \$4. Please contribute what you can afford.

Meals on Wheels: Home delivered meals Monday–Friday for homebound residents. Assessment required to qualify. Cost: Minimum Suggested Donation is \$4. Please contribute what you can afford.

McFarland Food Pantry: Available to qualified individuals in the McFarland School District. Open Mondays 3:00PM–6:00PM at 5307 Hough Street, McFarland. Phone: 658-0927.

Shopping Trips

Monday, February 6th

Super Walmart - Monona

Tuesday, February 21st

Shopko and Monona Meadows

Foot Care

Foot Care services are 2nd Wed. of the month at Skaalen Village Clubhouse, 6055 Perrot Place. This program is through Stoughton Home Health. Cost: \$20. Diabetic foot care \$30.

Reservations required by calling 838-7117.

JULIETs

Just us Ladies Is Eatin' Together

Breakfast at Green Lantern
4th Tuesday at 9:00AM.

Fellowship
for retired women.

Newcomers are welcome.
No reservations are needed.

Singles over 70

SOS will be meeting
again on Sat. Feb. 11th
at 5:00PM at the
Toby's,
3717 Dutch Mill Rd.
Please make reservation by
calling Bea at 838-3060.

ROMEOs

Retired Older Men Eating Out

Breakfast get-together
at 8:00AM
on the 4th Wednesday
at the Green Lantern.

Newcomers are welcome.
No reservations are needed.



February 2017

Senior Dining



Fellowship, Food & Fun

		Wednesday 1	Thursday 2	Friday 3
		Philly Cheese Sandwich Four Bean Salad 2x #8 Banana Pumpkin Bar VO: Hummus Wrap w/Tomato, Cucumbers & Leaf Lettuce	*BBQ Pork on W.W. Bun Baked Beans 2 x #8 Grape Juice Brownies VO-Veggie BBQ	Chicken & Dumplings Carrots #6 Tropical Fruit Salad Enriched Bread/Butter Sugar Cookie VO: Vegetarian Dumplings and Gravy
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Meat Sauce over W.W. Mostaccioli Penn Pasta Parmesan Cheese Brussel Sprout Mandarin Oranges Garlic Breadstick Cookie Pkt. VO: Veggie Spaghetti Sauce	Vegetable Barley Soup Crackers – 2 pkt. Turkey & Cheese on Croissant, Mayo Pkt. V-8 Juice Fruit Cup Peach Pie VO: Cheese on Croissant Cake for Cambridge	Lemon Baked Fish ½ Baked Potato w/Butter & Sour Cream Capri Blend Banana Enriched Bread/Butter Candy Cookie Tartar Sauce VO: Veggie Cheese Sauce over Baked Potato	Beef Stew 2x#6 ladle Biscuit/Marg. Fresh Fruit Butterscotch Pudding VO: Vegetarian Stew	*BBQ Ribs Cheesy Potatoes Bean Salad Chunky Applesauce Bread/Butter Blueberry Pie S.M.- Mt VO: Hummus Wrap w/Tomato, Cucumbers & Leaf Lettuce
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Sloppy Joe on Bun Peas & Carrots #6 Tropical Fruit Salad Carnival Cookie V.O: Veggie Sloppy Joe	Chicken Cordon Blue Cheesy Potatoes Green Bean w/Almonds Ambrosia Salad Bread/Butter Valentine Cookie S.M.- Verona V.O. Burger	Chili Crackers – 3 pkt. Tossed Greens 1 C w/2 Tomato Wedge's & Dressing Fruit Cocktail Key Lime Tart VO: Veggie Chili	*Pork Cutlet w/ Mushroom Gravy Mashed Potato Oriental Blend Sliced Pears Enriched Bread/Butter Vanilla Pudding V.O: Baked Pot w/Veggie Cheese Sauce	Chicken Gumbo Mild Spicy Greens - #6 Banana Corn Bread/Butter Pecan Pie S.M.- McFarland V.O: Hummus Wrap w/Tomato, Shredded Carrots & Leaf Lettuce
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Chicken Alfredo over W.W. Fettucine Noodles Garden Blend 2x#8 Pineapple/Mand. Orange Mix Garlic Breadstick Vanilla Ice Cream V.O. Veggie Alfredo	Swiss Burger on Bun Onion Slice & Tomato Slice Baked Beans #6 Peaches Ketchup /Mustard Brownies VO: Mediterranean Burger	Pepper Steak w/Onions Brown Rice Broccoli Flowerets W.W. Bread/Butter Fruit Cocktail in Jell-O w/Topping VO: Veggie Pepper Mixture	*Ham Slice Saucy Sweet Potatoes Turnip Greens w/Dice Turnips 1C Cinn. Pears Dinner Roll/Butter Sugar Cookie VO: Vegetarian Burger	Chicken-Ala-King Biscuit Brussel Sprout - #6 Apricots Half Jell-O cake VO-Veggie Ala-King
Monday 27	Tuesday 28			
Meat Sauce over W.W. Spaghetti Parmesan Cheese California Blend Cinn. Applesauce Garlic Breadstick Chocolate Pudding VO: Veggie Spaghetti Sauce	Baked Lemon Fish Tartar Sauce Cheesy Potatoes Beets Fresh Fruit Whole Wheat Roll/Marg. Lemon Bar. S.M.- Verona V.O. Cheesy Pot. Casserole			

Tuesday & Thursday blue shaded days are Meals on Wheels ONLY

Wednesday Salad Option

(Wednesday by request in addition to main menu option)

Ingredients available upon request.

Feb. 1 Garden Salad

Feb. 8 Chicken Ranch Salad

Feb. 15 Chef Salad

Feb. 22 Taco Salad

Meals provided by Dane County Consolidated Food Services Division.

For reservations or cancellations, call by 10AM the day before the desired meal. (Monday meals must be reserved by Friday.) Meals served at 11:45AM. Actual cost: \$7.50 Congregate. \$7.75 MOW. Minimum Suggested Donation is \$4.00. Please contribute what you can afford.

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:45 Meal Site 12:30 Mah Jongg	2 9:00 Yoga 9:30 Shopping: Walmart	3 9:00 Tai Chi 11:45 Meal Site 1:00 RSVP Sewing Homestead Apt.
6 9:00 Yoga 9:30 Shopping 10:15 Chair Yoga 11:45 Meal Site 1:00 Cribbage	7	8 8:30 Foot Clinic New Location: Skaalen Village Clubhouse 11:45 Meal Site Birthday Celebration 12:30 Mah Jongg	9 9:00 Yoga 9:30 Shopping	10 9:00 Tai Chi 11:45 Meal Site
13 9:00 Yoga 10:15 Chair Yoga 11:45 Meal Site	14 9:30 Pick 'N Save	15 11:45 Meal Site 12:30 Mah Jongg 2:00 Wed. Wisdoms	16 9:00 Yoga	17 9:00 Tai Chi 11:45 Meal Site 1:00 RSVP Sewing
20 9:00 Yoga 10:15 Chair Yoga 11:45 Meal Site	21 9:30 Shopping: Shopko and Monona Meadows	22 8:00 ROMEOs 11:45 Meal Site 12:30 Mah Jongg	23 9:00 Yoga	24 9:00 Tai Chi 11:45 Meal Site
27 9:00 Yoga 10:15 Chair Yoga 11:45 Meal Site 1:00 3C's	28 9:00 JULIET's 9:30 Pick 'N Save			Sat. Feb. 11th Singles Over Seventy meet 5:00 at Toby's

Recreational Activities

Fun and Fitness (Senior Water Exercises)
Held at McFarland pool. Call Stu Schaefer
838-3168. M/W/F Daytimes vary.

Yoga

Municipal Center. Mon. & Thur. 9AM.
\$10/drop-in, \$45/5, \$90/10 classes.

Tai Chi

Municipal Center. Fri. 9AM. \$5/class.

StrongWomen Classes Municipal Center. Registration
required. Sessions vary depending on instructor.
May be reimburseable by your insurance company.

Kathy Lyons: kmlyons@charter.net or 438-8002.

Terri Martinelli-Reiter: tmartinelli1@gmail.com
or 445-4247.

Bocce

Four Lakes Bocce Assoc. 608-443-7443.

League play fourlakesbocce@gmail.com

Bocce balls available to loan at Senior Outreach Offices for open play.

Valentine's Day Greetings

Approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700's. In the 1840's, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.

Source: History.com

Weather Reminder

For meal site and Meals on Wheel participants

Please check your local school closing announcements to determine if our meal site will be open during inclement weather. If McFarland Schools are closed due to weather our meal program is too. The past few years we have closed due to extreme cold as well as snow. It is a good idea to have two days of food on hand for weather emergencies.



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900 Ridge Street • Stoughton WI • 53589
stoughtonhospital.com

Avoid Hypothermia

Older Adults lose body heat fast – faster than when you were young. Certain medications put you at risk as does being outside or even in a cold house. Hypothermia is a serious problem. When your body falls below 95 degrees it can cause many health problems and can be fatal. You can take steps to lower your chance of getting hypothermia:

- Set your heat at 68 degrees or higher.
- Dress warmly by wearing socks. Long johns and using blankets
- Ask friends and family to check on you when there is cold weather
- Do not go out if you do not have to, especially checking for mail or getting the paper.
- If you do go out make sure you wear a hat, scarf and gloves and carry a phone.

Early Warning signs to look for:

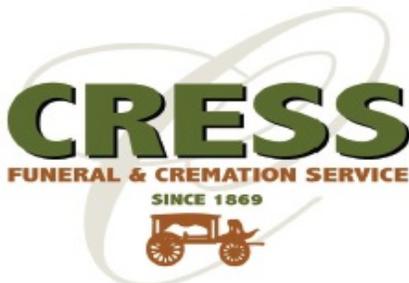
- Cold feet and hands
- Puffy or swollen face
- Pale Skin
- Shivering
- Slower than normal speech or slurring words
- Acting Sleepy
- Being angry or confused

Later signs include:

- Moving slowly, trouble walking or being clumsy
- Stiff and jerky arm and leg movements
- Slow heartbeat that is not regular
- Slow, shallow breathing
- Blacking out or losing consciousness

Call 911 if you or someone is showing signs of hypothermia

We take care
of *every* detail.



We're Here for You.

West Madison East Madison
Middleton Sun Prairie Waunakee
McFarland Stoughton Deerfield

www.CressFuneralService.com

Medical Equipment Loan Closet

Senior Outreach Services offers a medical loan closet. Items available to use include walkers, wheelchairs, bath benches, commodes and raised toilet seats and canes. Items are on loan for a 6 month period of time with the idea that if you need an item longer than that you purchase your own if possible. Some items are lent out for longer periods of time. But we periodically check in with people to see if they are still using them. We ask for a \$5 donation for each item lent for 6 months. We use these funds to replace items as needed. If you are in need of an item please call first to see if we currently have that item available. Items can be picked up during working hours. We accept some donations with prior approval.

MCFARLAND SENIOR OUTREACH SERVICES

McFarland Municipal Center
5915 Milwaukee Street
P.O. Box 110
McFarland, WI 53558



Contact Senior Outreach
if you would like this newsletter
by email, at no cost.
outreach.dept@mcfarland.wi.us

Thank You

We want to thank the **Green Lantern** for sponsoring our Christmas party. A good time was had by all. We also want to thank the **middle school age kids and counselor** for helping serve the food and visit with the attendees. Also the **McFarland Lutheran Church Choir** for sharing their voices in celebration of the holiday season. And thank you to Santa popping in to share treats.

Thank You to **Skaalen Village** for their monetary donation to Senior Outreach programming which will be used towards our Wednesday Wisdoms series beginning this month. See separate article on topics in each monthly newsletter.

Monthly Birthday Celebration

February 8th. Birthday celebrants will receive their meal free and cake will be provided for all in attendance.

Reservations are requested the Mon. prior. We recognize birthdays on the 2nd Wed. of the month throughout the year.

Looking ahead to... March

- Shopping: March 6 • Super Walmart
March 23 • Target
- March 8 • Birthday Celebration
- March 15 • Wednesday's Wisdoms

Happy Valentine's Day