

McFarland Area Senior News

5915 Milwaukee St. • 608-838-7117

December 2016

Director:

Lori Andersen
(Cambridge & Christiana)

Outreach Workers:

Sara Sprang
(McFarland M–Z & Dunn)

Lauren Kelly
(McFarland A–L, Pleasant Springs & Rutland)

Nutrition Manager:

Mary Gilberts

Office Hours:

Mon.–Fri. • 8:00AM–4:30PM

Phone: 838-7117

outreach.dept.@mcfarland.wi.us

www.villageofmcfarland.com

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

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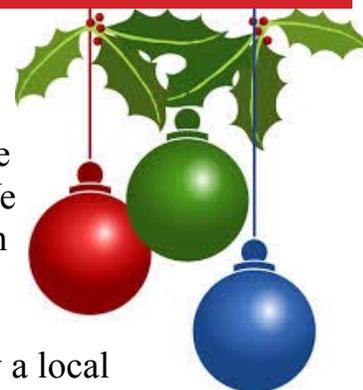
Holiday Celebration

Even if you feel Ba Humbug come catch the holiday spirit with us. We will be celebrating the season with music and food on December 16th at 11:45AM. What could be better!

Entertainment will be provided by a local choral group singing traditional Christmas songs.

Our lunch that day will be ham, au gratin potatoes, baby carrots, applesauce, dinner roll and a Christmas cookie.

Photo opps will once again be available but we are asking for you to wear your "Ugliest" Christmas Sweater this year. A panel of judges will choose a winner and will receive a gift certificate to a McFarland area restaurant. Reservations are required by Dec. 12 and transportation is available when requested.



Time is running out to choose your Prescription Plan Coverage for 2017. Please schedule an appointment before December 7th.

Foot Clinic – Changes to Remember

Just a reminder that beginning January 11th 2017, we will be holding *all* McFarland Foot clinics at Skaalen Village Club House, 6055 Perrot Place. Cost remains \$20 for non-diabetics and we are **adding** diabetic foot care for \$30. Please indicate that when calling for an appointment. Appointments can be made by calling 838-7117.

We are still in need of a dedicated driver on the second Wednesday morning of the month to assist with driving people to our new location if requested. We are also looking for someone to assist with scheduling and taking payment at the clinic. Times are 8:30–11:30AM.

Wednesday's Wisdoms



2017 brings a new monthly event from Senior Outreach Services. On the third Wednesday of the month we will be holding Wednesday's Wisdoms, a free informational lecture on a variety of topics throughout the year. Look for the owl symbol on the monthly fliers indicating what the topic will be. Lectures will be held at the E.D. Locke Public Library Classroom. Start time is 2:00 and length of lecture will vary from 1 hour to approximately 1½ hours.

Our first lecture will be held on Wednesday January 18th at 2:00. Detective Mike Klementz, from the McFarland Police Department will be speaking about scams. Other topics that are being planned for are Identity Theft, Estate Planning, Advance Directives, Palliative and Hospice Care, Mindfulness, and other information and resources we feel would be topics of interest. To make a suggestion for a topic or speaker contact Lori Andersen, the Outreach Director.

BOOK NOOK

Friends of the
McFarland Library



December Book Sale

Saturday, December 3, 2016
9:30–4:00PM (featuring Vintage Books)

Sunday, December 4, 2016
12–3PM (Bag special – fill a grocery bag with items and donate the amount of your choice)

Trusted Senior Services

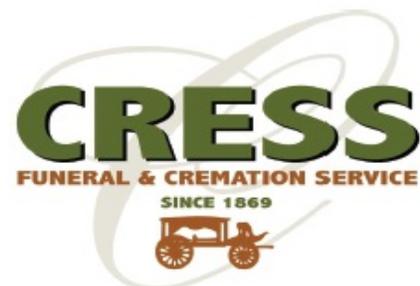
- Ambulatory Infusion Center
- Cardiac Rehabilitation
- Geriatric Psychiatry
- Home Health
- Inpatient Rehabilitative Care (Swing Bed)
- Physical, Occupational & Speech Therapy
- Sleep Disorders Lab

For more information
call 608-873-6611



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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, December 5th

Super Walmart - Monona

Tuesday, December 20th

Farm & Fleet and lunch at Denny's

Foot Care

Foot Care services are 2nd Wed. of the month. Alternates between the Cottages Community Room and Williamstown Bay Apartments. This program is through Stoughton Home Health. Cost: \$20.

Reservations required by calling 838-7117.

JULIETs

(Just us Ladies Is Eatin' Together) Breakfast at Green Lantern Tue., Nov. 22nd at 9:00AM. Fellowship for retired women.

Newcomers are welcome. No reservations are needed.

Singles over 70

SOS will be meeting again on Sat. Dec. 10th at 5:00PM at

Toby's Supper Club
3717 Dutch Mill Rd.

Please make reservation by calling Bea at 838-3060.

ROMEOb

(Retired Older Men Eating Out) will get together for breakfast at 8:00AM on Wed., Nov. 23rd at the Green Lantern.

Newcomers are welcome. No reservations are needed.



December 2016

Senior Dining



Fellowship, Food & Fun

			Thursday 1	Friday 2
			Sloppy Joe on Bun Peas & Carrots Tropical Fruit Salad Carnival Cookie V.O: Veggie Sloppy Joe	*Pork Cutlet w/ Mushroom Gravy Mashed Potato Oriental Blend Sliced Pears Enriched Bread/Butter Vanilla Pudding V.O: Baked Pot w/Veggie Cheese Sauce
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Swiss Burger on Bun Onion Slice & Tomato Slice Baked Beans Fruit Cup Ketchup /Mustard Brownies VO: Mediterranean Burger	Chicken-Ala-King Biscuit Brussel Sprout Apricots Half Sugar Cookie VO-Veggie Ala-King Cake for Cambridge	*Ham Slice Saucy Sweet Potatoes California Blend Fresh Fruit Dinner Roll/Butter Frosted Cake VO: Vegetarian Burger	Pepper Steak w/Onions Brown Rice Broccoli Flowerets W.W. Bread/Butter Fruit Cocktail in Jell-O w/Topping VO: Veggie Pepper Mixture	*Meat Balls in Gravy ½ Baked Potato w/Butter & Sour Cream Squash Pineapple Tidbits Enriched Bread/Butter Chocolate Pudding VO-Veggie Meatball
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
*Open Face Hot Roast Pork Sandwich/Gravy Mashed Potatoes Garden Blend Fresh Orange Cookie Pkt. VO: Hummus Wrap w/Peppers & Tomato	Beef Stew Biscuit/Marg. Sliced Pear's Blueberry Pie VO: Vegetarian Stew	Meat Sauce over W.W. Spaghetti Parmesan Cheese Turnip Greens w/Dice Turnips 1C Cinn. Applesauce Garlic Bread Jell-O Cake VO: Veggie Spaghetti Sauce	Hearty Bean Soup Chicken Salad on W.W Bread w/Lettuce Tomato Juice Fruit Cocktail Chocolate Chip Cookie VO: Egg Salad Sandwich	*Buffet Ham Augratin Potatoes Glazed Baby Carrots Chunky Applesauce Dinner Roll/Marg Christmas Cookie Special Holiday Meal VO-Augratin Potatoes w/Soy
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Salisbury Steak in Gravy Mashed Potatoes Broccoli Flowerets Pear Half Dinner Roll/Butter Key Lime Tart VO-Veggie Noodle Cass.	Philly Cheese Sandwich Four Bean Salad Banana Pumpkin Bar VO: Wrap w/Cucumbers, Tomato, & Cheese	Baked Chicken Potato Salad Spinach Fresh Apple Enriched Bread/Butter Chocolate Ice Cream VO: Morningstar Veggie Burger on Bun	Potato Crusted Fish on Bun w/Shredded Lettuce/Tartar Sauce Carrots Pea Salad Fresh Fruit Cookie V.O: Cheese Sandwich Sub.	CLOSED
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
CLOSED	*BBQ Ribs on Bone Sweet Potatoes w/Cinn.- Sugar-Butter Ham Flavored Greens Tropical Fruit Salad Corn Bread w/Butter Banana Cream Pie Special Meal: MSC VO-Veggie Ribbet Plain Greens	Chicken & Dumplings Carrots Tropical Fruit Salad Enriched Bread/Butter Sugar Cookie VO: Hummus Wrap w/ Tomato, Cucumbers & Leaf Lettuce	Vegetable Barley Soup Crackers – 2 pkt. Tuna Salad on Croissant w/Lettuce V-8 Juice Fruit Cup Peach Pie VO: Cheese on Croissant	CLOSED
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.

- Dec. 7 Garden Salad**
- Dec. 14 Chicken Ranch Salad**
- Dec. 21 Chef Salad**
- Dec. 28 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.

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Sat. Dec. 10th Singles Over Seventy meet 5:00 at Toby's 3717 Dutch Mill Rd.			1 9:00 Yoga	2 9:00 Tai Chi 11:45 Meal Site 1:00 RSVP Sewing Homestead Apt.
5 9:00 Yoga 9:30 Shopping 10:15 Chair Yoga 11:45 Meal Site 1:00 Cribbage	6 9:30 Pick 'N Save	7 11:45 Meal Site 12:30 Mah Jongg	8 9:00 Yoga 9:30 Shopping Bus	9 9:00 Tai Chi 11:45 Meal Site
12 9:00 Yoga 10:15 Chair Yoga 11:45 Meal Site	13	14 8:30 Foot Clinic (Cottages) 11:45 Meal Site Birthday Celebration 12:30 Mah Jongg	15 9:00 Yoga	16 9:00 Tai Chi 11:45 Meal Site 1:00 RSVP Sewing 1:00 Euchre
19 9:00 Yoga 10:15 Chair Yoga 11:45 Meal Site	20 9:30 Shopping: Farm & Fleet/ Denny's	21 11:45 Meal Site 12:30 Mah Jongg	22 9:00 Yoga	23 CLOSED
26 CLOSED	27 9:00 JULIET's 9:30 Pick 'N Save	28 8:00 ROMEOs 11:45 Meal Site 12:30 Mah Jongg	29 9:00 Yoga	30 CLOSED

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.

National Older Driving Awareness Week

Dec. 5–9, 2016 • The Older and Wiser Driver • By AAA Foundation for Traffic Safety

Traffic Safety is vital for drivers of all ages, but older drivers experience ongoing physical changes that can affect driving ability – changes in vision, reaction time and flexibility.

Here are some things all drivers should pay attention to, but are more likely to affect older drivers;

Vision

- Get regular eye exams
- If you have trouble with night vision or glare, limit driving to daytime hours
- Turn your head frequently to compensate for diminished peripheral vision
- Keep headlights, mirrors, and windshields clean-including the glass inside the car.
- Add a larger rearview mirror to increase range of visibility
- Keep your eyes up-look at the road ahead to see trouble before you reach it. In the city look at least one block ahead; in the highway look at the section of road you will reach in 20-30 seconds

Cognition

- Leave more room in front of the car. Allow a greater distance between you and the vehicle ahead, so you'll have time to stop.
- Avoid left turns if you are uncomfortable making them. If you must make a left turn pay extra attention to the speed of the cars coming towards you. Make sure you have enough time and space to safely cross oncoming traffic before turning, and watch for pedestrians who might force you to stop before you can safely complete your turn.
- Eliminate distractions such as the radio or cell phone. If people in the car are distracting you tell them they'll have a safer ride if they're quieter.
- Plan to go over your route ahead of time, so you won't reach an intersection and have to make a last minute decision on which way to turn.

- If freeways are confusing use side roads. By the same token if rush hour is stressful limit your driving to slower times of the day.

Fitness

- Stay physically fit and mentally active.

Medication

- Medication can interfere with driving by making you drowsy or distracted. This includes over the counter medications such as decongestants and cold remedies.
- Read the fine print on the medication bottle. If it says "Do not use while operating heavy machinery", let someone else drive
- Inform your doctor what non- prescription medications you are taking.
- Discuss medications and effects with your doctor or pharmacist
- If any medications makes you fell sleep or disoriented don't drive

When to stop

Here are a few signs of diminished capacity for driving safely:

- Having s series of minor accidents or near crashes
- Having wandering thoughts or being unable to concentrate
- Being unable to read ordinary road signs
- Getting lost on familiar roads
- Having other drivers honk at you frequently
- Being spoken to about driving by police, family or friends
- Know your limits

Being a safe driver means more than avoiding crashes. It also means paying attention to road conditions and being aware of your own changing abilities. Just a few simple adjustments such as limiting your driving to certain times or adding an extra wide mirror can help protect you and those around you from deadly crashes.

Seasonal Changes Can Affect Mood

Days are getting shorter and frost is on the pumpkins. Unfortunately to many, that signals winter is coming. If you have noticed a change in energy, motivation and mood with the change in seasons, it could be a sign of seasonal affective disorder (SAD)

Seasonal Affective Disorder (SAD) is a type of depression that occurs at the same time or season each year. You may have SAD if you feel depressed every winter and feel better in spring/summer. Anyone can get SAD, but it is more common in women or individuals who live farther from the sun where daylight hours are short during winter, such as Wisconsin.

Lack of sunlight can upset your biological clock that controls your sleep/wake cycles and circadian rhythms. Circadian rhythms are the 24 hour cycles of physical and mental changes driven by an individual's biological

clock. These physical and mental changes are influenced both internally and externally, as well as by environmental changes. Reduced exposure to sunlight can impact an individual's serotonin levels, a brain chemical which effects mood.

Symptoms of SAD may be:

- **Feeling sad, moody and anxious**
- **Eat and crave more carbohydrates**
- **Trouble concentrating**
- **Feeling tired even after getting adequate sleep**
- **Loss of interest in usual activities**
- **Weight gain**

An assessment by your physician may be indicated if these symptoms become debilitating and/or are lasting. Take care of yourself by eating a healthy diet, get physical exercise, participate in activities and maintain social connections as these can help reduce your risk.

Excerpts for this article are taken from a 10/28/2016 article in HometownFocus.com written by Licensed Clinical Social Worker Janis Allen from Wellstone Mental Health Services, Minnesota.

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Williamstown Bay Senior Apartments
4809 Dale Street, McFarland, WI - 608-838-6515



Ask About Move-In Specials!

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.

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

Fun Timers 50+ Singles Club

Meets every Wednesday for Dancing/Social

At the VFW
301 Cottage Grove Rd. Madison WI
608-221-9326

6-9 PM
Music by Jerry Steuber and Friends

Monthly Birthday Celebration

December 14th. Birthday celebrants will receive their meal free and cake will be provided for all in attendance.

Reservations are requested the Monday prior. We recognize birthdays on the second Wed. of the month throughout the year.



Looking ahead to... January

- Shopping: Jan. 4 • Shopko
Jan. 19 • Kohl's and
Monona Gardens
- Jan. 11 • Birthday Celebration
- Jan. 18 • Wednesday's Wisdoms
SCAMS
Officer Mike Klementz
2:00PM E.D. Locke Library

Have a Safe and Happy Holiday Season