

McFarland Area Senior News

5915 Milwaukee St. • 608-838-7117

January 2017

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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Endowment Committee Annual Meeting

On Jan. 12 our Endowment committee will hold their annual open meeting at 10:30AM at the McFarland Municipal Center 5915 Milwaukee St. Conference Room A. The Endowment Committee is a separate 501©3 that has three primary missions:

1. Raise money for grants to seniors in need.
2. Provide monies for Senior Outreach programming by request.
3. Raise and keep monetary donations for a future facility.

After the annual open meeting we will hold a closed business meeting in which there will be a significant change occurring. Three officers terms have expired – President Jackie Burger, Vice President Norma Kohl and Treasurer Renee Metcalfe. They have each served (2) two year terms. Karen Clark's Secretary term had previously expired. This committee holds a very important role for Senior Outreach but it is easy to overlook. I am grateful for all you have done to carry the Endowment forward in the past four years. Thank You!

We will be inducting three new officers that day as well, Nikole Chapman, Don Peterson and Jane Zemlicka. In addition Janet Knutson (Secretary but moving to Vice President) joined mid-year. I'm additionally grateful to our new members and look forward to working with you in the years to come.

New Home for Foot Care Clinic

On Jan. 11th the foot clinic will be permanently relocated to Skaalen Village Clubhouse, 6055 Perrot Place. The clinic is offered monthly on the 2nd Wednesday. Appointments are needed for both diabetic and non-diabetic care and can be made by calling Senior Outreach at 838-7117.

Home Hazard Detection

Many people correctly believe that smoking is the #1 cause of lung cancer. But, as a group, we may not be as familiar with the #2 cause. Yet, that cancer-causing agent is an uninvited guest in more of our homes than the pack of cigarettes that we may purchase while knowing the risks. What is this leading cancer-causing agent? It's naturally occurring radon gas.

Radon levels in the McFarland area are among the highest in Wisconsin. This odorless, colorless gas can seep into homes through openings/cracks in the housing foundation. Radon can only be detected through testing.

The McFarland Lions are partnering with the Dane County Public Health Department to increase public awareness about the risks of

radon and to disseminate radon test kits. Kits will be available from the Lions at the McFarland Pick N Save on January 20–21 for \$10.00. The cost includes the lab processing fee. This low price represents a \$20–\$30 savings when compared to purchasing the kits from other sources and paying separately for analytical services. Please call any of the following Lions for more information: Ron Allen (698-6105), Dick Schwedersky (695-4511) or Bruce Voight (572-9173).



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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

Thursday, January 5th

Super Walmart - Monona

Tuesday, January 17th

Kohl's/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. Jan. 14th at 5:00PM at the Green Lantern, 4412 Siggelkow 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.



January 2017

Senior Dining



Fellowship, Food & Fun

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
CLOSED	Sloppy Joe on Bun Peas & Carrots #6 Tropical Fruit Salad Carnival Cookie V.O: Veggie Sloppy Joe Cake for Cambridge	*Ham Slice Saucy Sweet Potatoes California Blend Fresh Fruit Dinner Roll/Butter Frosted Cake VO: Vegetarian Burger	Chicken-Ala-King Biscuit Brussel Sprout #6 Apricots Half Lemon Bar VO-Veggie Ala-King	Meat Sauce over W.W. Spaghetti Parmesan Cheese Turnip Greens w/Dice Turnips 1C Cinn. Applesauce Garlic Bread Sugar Cookie VO: Veggie Spaghetti Sauce
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Chicken Alfredo over W.W. Fettucine Noodles Garden Blend 2x#8 Pineapple/Mand. Orange Mix Bread Stick Vanilla Ice Cream V.O. Veggie Alfredo	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	Swiss Burger on Bun Onion Slice & Tomato Slice Baked Beans #6 Fruit Cup 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
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
CLOSED	Beef Stew 2x#6 ladle Biscuit/Marg. Sliced Pear's Blueberry Pie VO: Vegetarian Stew	Chicken & Dumplings Carrots #6 Tropical Fruit Salad Enriched Bread/Butter Sugar Cookie VO: Hummus Wrap w/Tomato, Cucumbers & Leaf Lettuce	Hearty Bean Soup Chicken Salad on W.W Bread w/Lettuce Tomato Juice Fruit Cocktail Chocolate Chip Cookie VO: Egg Salad Sandwich	*Swedish Meatballs Mashed Potatoes Green Beans with Almonds Peaches Rye Bread/Butter Ice Cream S.M. Bellville VO: Vegetarian Meatballs
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Salisbury Steak in Gravy Boiled Red Potatoes Broccoli Flowerets Pear Half Dinner Roll/Butter Key Lime Tart VO-Veggie Noodle Cass.	Philly Cheese Sandwich Four Bean Salad 2x #8 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 Apple Pie V.O: Cheese Sandwich Sub.	Turkey Roast w/Gravy Yams Capri Blend W.W. Bread/Butter Strawberry Shortcake w/Topping V.O. Black Bean Burger
Monday 30	Tuesday 31			
*Scalloped Potatoes W/Ham Turnip Greens w/Dice Turnips 1C Apricots Half Enriched Bread/Butter Vanilla Ice Cream VO: Scalloped Potato Casserole	Roast Beef w/Gravy Mashed Potatoes California Blend Sliced Peaches W.W. Bread/Butter Brownies VO: Vegetarian Meatballs in Gravy			

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.

Jan. 4 Garden Salad

Jan. 11 Chicken Ranch Salad

Jan. 18 Chef Salad

Jan. 25 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.

January 2017

2 CLOSED	3	4 11:45 Meal Site 12:30 Mah Jongg	5 9:00 Yoga 9:30 Shopping: Walmart	6 9:00 Tai Chi 11:45 Meal Site 1:00 RSVP Sewing Homestead Apt.
9 9:00 Yoga 10:15 Chair Yoga 11:45 Meal Site	10 9:30 Pick 'N Save	11 8:30 Foot Clinic New Location: Skaalen Village Clubhouse 11:45 Meal Site Birthday Celebration 12:30 Mah Jongg	12 9:00 Yoga 9:30 Shopping	13 9:00 Tai Chi 11:45 Meal Site
16 CLOSED	17 9:30 Shopping: Kohl's/Shopko and Monona Meadows	18 11:45 Meal Site 12:30 Mah Jongg 2:00 Wed. Wisdoms	19 9:00 Yoga	20 9:00 Tai Chi 11:45 Meal Site 1:00 RSVP Sewing 1:00 Euchre
23 9:00 Yoga 10:15 Chair Yoga 11:45 Meal Site	24 9:00 JULIET's 9:30 Pick 'N Save	25 8:00 ROMEOs 11:45 Meal Site 12:30 Mah Jongg	26 9:00 Yoga	27 9:00 Tai Chi 11:45 Meal Site
30 9:00 Yoga 10:15 Chair Yoga 11:45 Meal Site 1:00 3C's	31			Sat. Jan. 14th Singles Over Seventy meet 5:00 at Green Lantern

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.

Looking Back at Successes.....

2016 has proven to be a year full of changes. The recreational programs we have offered have been well received, with a few standing out. Our Luau, Pi Day, Summer Picnic and Christmas party attracted some newcomers and some regulars we hadn't seen for a while. Other events held included bowling, horseshoes and bocce. Along with our Earth Day celebration, Packer/Badger tailgate style lunches, Chili Fundraiser, first and last day summer themed lunch, Veteran's Day lunch, Root Beer floats, Mother's Day and Father's Day events. Some of the regular events we offer are ROMEO/JULIETS, Singles Over Seventy, RSVP Sewing, flu shots, community garden plot, coloring and cribbage, euchre, Maj Jong, monthly foot clinics and annual flu and tax clinics. We also offered some educational programs: Understanding Medicare D, Financial Planning, and three in collaboration with the E.D. Locke library including a Memory Screening, Introduction to Medicare and Planning for Long Term Care.

We collaborate with instructors that lead StrongWomen, Yoga, Chair Yoga and Tai Chi. Kathy Lyons, who started the McFarland StrongWomen program, won a Shining Star Award from WI Healthy Aging Institute.

Dane County covers approximately 25% of our total budget for case management and nutrition services, the townships we serve cover approximately 18% and the Village of McFarland covers 56% of our total department budget. Most of our monies for specific programs come from individual and group donations.

We were fortunate to have monetary donations from Spartan Pizza, The Medicine Shoppe, US Cellular, the Lioness Club, 4-H Club and Alliant Energy among others.

Our McFarland Area Outreach Endowment offered grants to individuals totaling over \$1,400 for medications, utility bills and household expenses. The Endowment has received over \$12,000 from a generous donor towards a capitol project fund, keeping our eye to the future for a dedicated senior space.

In 2016 we provided Dane County contracted case management services to over 90 clients in excess of 500 hours and provided information and assistance for an average of 25 hours a month. That included our loan closet, links to outside resources and those under the age of 60. We are also a resource to our police department and EMS staff dealing with emergency situations that require follow up.

Our average daily meal site participation has grown by almost 100% since 2015. Although our McFarland site average is well below the 15 required per our Dane County contract, we see the increase as a continued success. Please consider attending in the new year. Our Meals on Wheels have increased by over 1,000 meals this year with an average of 19 meals delivered Monday-Friday. This has necessitated an increased need for drivers.

We have successfully recruited over a dozen new volunteers for the department in various roles. Case manager Lauren Kelly has become the Volunteer Coordinator for the Village in addition to her role in our department.

Our RSVP Volunteer Driver Coordinator, Jackie Burger, has coordinated over 170 medical based rides using volunteers.

As you can see Senior Outreach has a lot going on! Come and join us. And please consider offering your time and talent or making a monetary donation. We look forward to working and growing with you in 2017.

.....Ahead for 2017

We have several ambitious goals for 2017.

Increase our volunteer base:

- Trained Volunteers for leading evidenced based programs such as Living Well with Chronic Conditions, Living Well for Caregivers, Living Well with Diabetes
- Office help as needed or to cover the phones
- Tax clinic greeter (4 dates Feb/March)
- Foot clinic volunteer (once a month)
- Senior Outreach Committee minute preparer (one morning every other month)
- Medical appointment drivers and Meals on Wheels drivers (based on your availability and need)

Look for ways to integrate with McFarland youth through joint programs/projects with the school or youth center.

Work with the Chamber of Commerce on the process of making McFarland Dementia Friendly.

Continue to attract new seniors to our programs and offerings including our meal site.

Meet our contract expectations with Dane County for the number of case management services and nutrition participants.

Offer a monthly educational lecture titled Wednesday's Wisdoms beginning Jan. 2017.



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
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 2014 tax form
- And a checking account routing number if you receive a refund.

Additionally, if you are filing for Home-
stead credit:

- You must have a rent certificate signed by your landlord for every place you lived in 2015
- Or a 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. To schedule please call 838-7117.

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

Wednesday's Wisdoms



SCAMS

Our new lecture event will begin on **Wednesday Jan. 18th at 2:00PM** in the E.D. Locke Library classroom. Detective Mike Klementz will talk about SCAMS and how to avoid them. Each month we will pick a topic that is pertinent to you and a local expert in the field will discuss what the latest information is. We hope these programs will make you wise(er) beyond your years!

Looking ahead to... February

- Shopping: Feb. 6 • Super Walmart
Feb. 21 • TBA
- Feb. 8 • Birthday Celebration
- Feb. 15 • Wednesday's Wisdoms

Monthly Birthday Celebration

January 11th. 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.

Happy New Year! 🎉