

McFarland Area Senior News

5915 Milwaukee St. • 608-838-7117

July 2020

Director:

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Nutrition Manager:

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We serve seniors in McFarland, Cambridge, Christiana, Town of Dunn, Pleasant Springs and Rockdale with funding from Dane County and these local municipalities.

Office Hours:

Mon.–Fri. • 8:00AM–4:30PM

Phone: 838-7117

outreach.dept.@mcfarland.wi.us

www.mcfarland.wi.us

Newsletter subscriptions one time \$15 fee to sign-up or receive free by email.

Dear Seniors,

Now that we have entered phase 2 we will begin reversing some of the changes made related to COVID.

Nutrition

Beginning July 6th, our Nutrition program will go back to meal delivery 5 days a week Monday-Friday, rather than the 3 days a week that we have been operating under. The complete menu is available to you except for salads at this time. We are still only able to order on the Friday prior to the next week. So, we continue to request that participants receive all 5 days rather than pick and choose days. When we go back to “normal” we are still going to limit changes by asking participants to choose set days in which to receive meals, such as M/W/F or a T/Th schedule. Prior to the Pandemic, individual requests for changes based on likes and dislikes became difficult to honor, and it became hard to track. Mistakes were frequently the result. The exception to not being home – that is being out for a Doctor appointment. We have been asked to reevaluate our participants at this time to see if they meet the criteria for homebound status. When the pandemic occurred, an exception was made to that guideline, but that exception will be lifted. There are resources available for grocery shopping, food pantry and food share if you would like to find out about these in lieu of meals.

Case Management

The building will be reopened for absentee voting. However, you will notice some physical changes in the building to comply with new standards. One of those changes for our department is that our hallway will be locked. We will be seeing clients on an appointment basis only. If it is urgent and you drop-in, please go to the front office to have them call us to check on our availability. Drop ins may not be able to be handled at that time. We will meet with clients in a conference room rather than our offices. Home visits will continue to be limited. Most assessments will be handled over the phone. If paperwork is required, we will have a drop box available or you can leave it in the front office. All people entering are expected to wear a face mask, use the hand sanitizer placed in the general areas and practice social distancing.

Loan Closet

We are loaning our equipment by request and leaving items outside our area. However, many have been inquiring about returning items.

Inside this issue:

Farmers’ Market Vouchers	2
Transportation, Nutrition, Shopping Trips & Foot Care	3
Menu Calendar	4
Resource List	5
Summer Picnic – Canceled	5
Badger Talks	6
Medication Disposal	6
New Volunteers Needed	7
Fall Elections	7
Real ID Deadline Change	7
Plan Ahead for Severe Weather.	8
Turning 65?	8
Looking Ahead	8

Continued on page 2

Continued from page 1

Starting in July we will begin accepting items back alphabetically by last name –

July 6–10 A-E **July 13–17** F-L
July 20–24 M-J **July 27–31** T-Z

We ask that you leave items inside by the front, by the bulletin board outside our offices. On Fridays we will disinfect items returned that week. We still ask that you clean them with bleach prior to returning. We will mark them returned based on the numbers on the items. If you wish to make a donation, place donation in an envelope labeled Senior Outreach loan closet and put it in the drop box in the outer vestibule.

For all other programs, please check the village website for opening plans by phases for each department, including Senior Outreach.

Depending on changes to programs, we plan on only printing an updated insert for August rather than a complete newsletter. Our next full edition would then be September. Meal menus will be updated.

Sincerely,
Lori Andersen, Director

Senior Farmers' Market Vouchers & Distribution

Due to COVID-19, distribution of farmers' market vouchers will be predominantly through mail. Area Agency on Aging of Dane County offers vouchers to older adults for use in purchasing \$25 worth of fruit, vegetables, or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2020 season (June to October). The vouchers are distributed on a first come/first serve basis to those 60 or older, who have gross incomes under \$23,606 per year (or \$1,968/month) for a one person household and \$31,894 (or \$2,658/month) for a two person household, and live in Dane County. One set of vouchers are available per household regardless of household size.

Past participants received an application in the mail along with instructions for this year's program. For those who have never participated in the program and wish to apply, contact AAA Dietitian Alyce Miller (261-5678). Vouchers and applications will be distributed via mail.

We are monitoring the situation as COVID-19 continues. For the most current information on farmers' market vouchers, contact your local senior services center or Alyce Miller at (608) 261-5678. Updates will also be made on Area Agency on Aging's website: <https://aaa.dcdhs.com/COVID-19.aspx>

This institution is an equal opportunity provider.

Tip #8 Help Yourself to Better Health
Aging — Think Positive

Research shows that people with **positive** perceptions of aging live longer — 7½ years longer! Embracing the benefits of growing older — more time for loved ones, opportunities for learning and giving back — can help you view aging in a whole new light!

w|ha
 Wisconsin Institute for Healthy Aging
www.healthyliving.org

The Medicine Shoppe
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Steve Tumilty, RPh. and Linda Tumilty, RPh.

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838-5700

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Hours: Mon.–Fri. 8:30AM–6:00PM • Sat. 8:30AM–1:00PM

Live Life to the Fullest

Rehabilitation Services
Stoughton Clinic
 2300 Hwy 51/138
 608-873-2292

Oregon Clinic
 990 Janesville Street
 608-835-5373

STOUGHTON HEALTH
 Rehabilitation & Sports
 Medicine Clinics

stoughtonhospital.com

f t i y

Please call or check our web page for the latest updates on these services.

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 5404 Anthony St., McFarland. Phone: 658-0927.

Transportation:

R.S.V.P. Driver Escort Program: Medical rides for independent seniors. Call 838-7117, weekdays between 9:00AM–4:00PM, 5 business days in advance. **Reservations needed (838-7117)**

Shopping: In Madison. First Monday and third Tuesday of the month, 9:30AM–1:00PM.

Grocery Shopping: At Pick ‘N Save every second and fourth Tuesday. 9:30AM.

McFarland In-town Shopping: You chose the destination in town between the hours of 9:30AM–Noon, on the second Thursday of the month.

Nutrition Site: Transit Solutions is available to transport to the meal site. Mon.–Fri.

Shopping Trips: **Canceled**

Foot Care:

Foot care services are currently available through Artistic Salon 5920 Exchange St, by appointment. Please call Senior Outreach at 838-7117 for details and to register.

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

JULIETs

Just us Ladies Is Eatin' Together **Canceled**
Breakfast at Green Lantern 4th Tuesday at 9:00AM.
Fellowship for retired women. Newcomers are welcome.
No reservations are needed.

ROMEOb

Retired Older Men Eating Out **Canceled**
Breakfast get-together at 8:00AM 4th Wednesday at the Green Lantern.
Newcomers are welcome.
No reservations are needed.

Singles over 60

SOS is Canceled Indefinitely

Look for new group developing in the future

JULY 2020

		Wednesday 1	Thursday 2	Friday 3
		*Ham and Potato Casserole NAS – Chicken/Potato Cass California Blend Orange MG Bread/Butter Frosted Marble Cake MO – Veggie Chic. Potato Cass. NCS – SF Cookie	*BBQ Pulled Pork On WW Bun Mixed vegetables Coleslaw Ambrosia Salad MO – Black Bean Burger NCS – Pineapple	CLOSED
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
*Brat White bun Mustard/Ketchup Green Beans Marinated cucumbers Fruit Cocktail Blueberry Crisp MO – Veggie Hot Dog NCS – SF Cookie	Stuffed Green Pepper Soup *Mixed greens *Dressing *Crackers *Spiced Apple Slices MO – Tomato Soup NCS – N/A	Chicken Strips Honey Mustard Roasted Brussel Sprouts Coleslaw NAS – steamed peas Dinner Roll/Butter Fruit Cup Strawberry jell-o MO – Veggie Chicken NCS – SF Jell-o	Tuna Casserole Stewed Tomatoes Pickled beets Banana Lime Sherbet MO – Veggie Wrap NCS – SF Pudding	*Saucy BBQ Ribs Calico Beans Potato Salad Dinner Roll/Butter Melon Fruit Mix Root Beer Float MO – Garden Burger NCS – SF Cookie
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie w/Peanut Butter Frosting MO – Hummus/Pita NCS – SF Pudding	Taco Pasta Casserole Broccoli Cauliflower Pineapple Frosted Chocolate Cake MO – Rice and Beans NCS – SF Cookie	*Greek Chicken Pasta *Carrot Raisin Salad *4 bean salad Orange Rainbow Sherbet Cup MO – Greek Veggie Chicken Pasta NCS – pineapple	*Meatballs in Gravy Mashed potatoes California Blend Tropical Fruit Dinner Roll/Butter Apple Crisp MO – Veggie Meatballs in Gravy NCS – Spiced Apples	*Tuna Salad Sandwich *on WW Tomato soup *Fruit Cup *Blueberry Pound Cake MO – Egg Salad NCS – SF Jell-o
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake MO – Chickpea Joe NCS – Spiced pears	Lemon Dill Baked Fish Tartar Sauce Baked Potato Sour Cream Fruit Cup WW Bread/Butter Sugar Cookie MO – Hummus Wrap NCS – SF cookies	Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Brownie MO – Marinara Sauce NCS – SF pudding	Honey Baked Chicken Broccoli Yams Dinner Roll/Butter Pears Dreamsicle Whip MO – Veggie honey baked chicken NCS – Mandarin oranges	*Italian Sausage on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Chocolate Ice Cream Cup MO – Veggie Dog NCS – Banana
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Sweet and sour chicken Brown Rice Peas Banana Rice Pudding MO – Veggie sweet and sour chicken NCS – SF Pudding	*BBQ Pulled Pork on a WW Bun Chickpea Salad Carrots Diced Melon Fruit Mix Lemon Bar MO – Tomato and Cheese Sandwich NCS – Orange	Chicken Stew – 2 #8 WW Dinner Roll/Butter Broccoli Tropical fruit Strawberry Jell-o w/mandarin oranges MO – Veggie Stew NCS – SF cookie	*Egg Salad *On WW Bread *Coleslaw *Pickled Beets Frosted White Cake MO – N/A NCS – SF Jell-o	Chicken and Gravy NAS – no gravy Over White Carrots Green Beans Orange Carnival Cookie MO –Veggie Chicken /Gravy NCS – SF cookie

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICE

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.

Please note: Guests on a NAS diet should not be receiving: gravy, ketchup or mustard

MO = meatless option

Williamstown Bay Senior Apartments
 4809 Dale Street *McFarland WI 53558 (608)838-4248



1 & 2 Bedroom Units

Just Checking In...LLC

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!

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



Resource List

Alzheimer's Disease & Dementia

Alzheimer's Association
 Alz.org/wi, 24/7 Helpline 800-272-3900
 Alzheimer's & Dementia Alliance of WI
 Alzwisc.org (608) 232-3400

Dementia Virtual Memory Cafes

Dementiamentors.org/virtual-memory-cafes

Diabetes Support

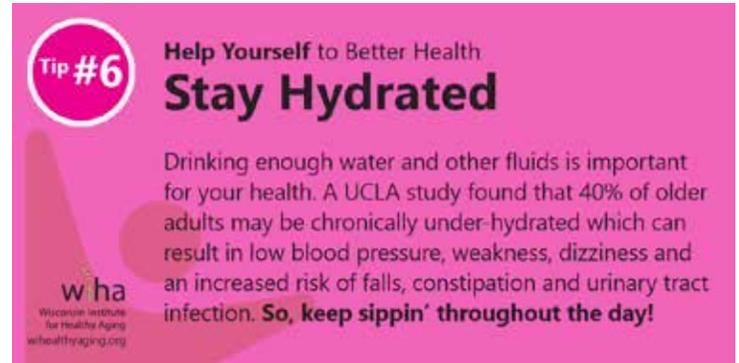
American Diabetes Association,
 Diabetes.org

Grief Support Group

Agrace, agrace.org/grief-support
 Heartland Hospice, telehealth support groups,
 (608) 609-5868, ask for Carmen

Hearing Loss Support

Office for the Deaf & Hard of Hearing
 Dhs.wisconsin.gov/odhh, (855) 359-5252



LGBTQ 50+ Alliance

Outreach Community Center, (608) 255-8582

Low Vision Support

Wisconsin Council of the Blind & Visually Impaired
 Wcblind.org • (800) 783-5213
 Wisconsin Talking Book & Braille Library,
 dpi.wi.gov/talkingbooks
 (800) 242-8822

Multiple Sclerosis Group

National MS Society, nationalmssociety.org

Parkinson's Disease

American Parkinson Disease Association
 Apdaparkinson.org
 Wisconsin Parkinson Association
 Wiparkinson.org

Stepping On Fall Prevention

Over the phone fall prevention consultation
 Ron Dorr (608) 212-9120, Mon–Fri, 10am–12pm

Substance Abuse

Alcoholics Anonymous
 Aamadisonwi.org, (608) 222-8989
 Al-Anon Family Support
 Alanonmadisonwi.org, (608) 258-0314
 Narcotics Anonymous
 Badgerlandna.org, (608) 258-1747

Are you feeling overwhelmed or frightened about COVID-19? Support is available. Call the Wisconsin Department of Human Services Distress Line: 1-800-985-5990.

Save the Date for the
5th Annual McFarland Senior Outreach

Senior Summer Picnic

Friday, August 14th*
Noon
Lewis Park Pavilion

***Tentative Date Pending Status of COVID-19. Details will be available in coming months. Questions: Contact McFarland Senior Outreach at 608-838-7117**

Badger Talks:

UW Connects brings the resources of the University of Wisconsin-Madison to citizens of Wisconsin. The program brings the Wisconsin Idea to life. Badger Talks is pleased to present a Facebook Live series of talks on topics that intend to inspire, delight, and pleasantly distract in a time we are all needing positive experiences. Tune in to hear UW-Madison faculty and staff experts on a variety of interesting and engaging topics.

<https://badgertalks.wisc.edu>

Weekly Guided Meditations:

Healthy Minds Innovations, Inc. (HMI) – Founded by world-renowned neuro-scientist Dr. Richard Davidson from the Center for Healthy Minds at the University of Wisconsin-Madison, HMI is dedicated to cultivating well-being and relieving suffering through a scientific understanding of the mind. These virtual events are free and open to the public. All are welcome! Please “like” and visit Healthy Minds Innovations on Facebook to see a schedule of all guided meditations offered:

<https://www.facebook.com/pg/HealthyMindsInnovations/events/>

Virtual Museum Tours:

Discover over 80 museums online! Browse art, science and history collections from around the world.

<https://artsandculture.google.com/>

Visit National Parks from Home:

We understand that sometimes you can't get to a national park. But that doesn't mean you can't bring the history, landscapes, and stories of the national parks to you. From virtual tours and webcams to educational activities for young park enthusiasts and games for everyone – there are countless ways to enjoy our parks at home.

<https://www.nationalparks.org/parks-at-home>

Play Cards with Friends:

Let the fun begin. Play the games you love with friends and family or get matched with other live players at your level. Spades, Euchre, Pitch, Hearts, Bridge, Pinochle, 500, and more! Trickster Cards offers customizable rules so you can play cards your way!

<https://www.trickstercards.com/>

Medication Disposal / Medical Equipment Guidelines

The McFarland Police department along with Safe Communities offers a medication drop box in the lobby. Please do not leave medications in the outside vestibule if the lobby is not open. To place medications in the box they should be taken out of the original prescription bottle and placed altogether in a zip lock bag. Salves, liquid medications etc. can be placed in a baggie in their original container by blacking out your name and prescription number. We do not accept sharps, including needles and lancets. Senior

Outreach cannot accept unused medications or medical supplies even if they are unopened. Senior Outreach does accept incontinent products with approval. Loan closet donations may be accepted by appointment and should be in usable shape and sanitized. We will only accept items if it is something that is frequently requested by the general public, is not custom and is in working order. If it meets those criteria, we will accept it if it is something we need based on our current supply and available storage space.

New Volunteers Needed

Home Delivered Meals

During the pandemic our home delivered program was considered essential. We have been delivering over 1100 meals a month to home bound seniors! Starting July 6th, we will be back to our old delivery schedule of 5 days a week. We anticipate the need for more drivers. The volunteers we have had that stepped forward during the COVID issue have helped us immensely. Unfortunately, many of those will need to go back to work again soon. We will also be looking at our pool of drivers who went on leave and asking them to return. But we still anticipate having some openings in driving our in-town and out-of-town routes. Mileage and extra insurance is available. Both regular drivers and back up drivers are needed. Schedules can fit in with your day to day life. Commitment is only 2 hours per shift. If you want to provide a valuable service to the seniors in our area. please contact Katie Gletty-Syoen 838-7117 for more information.

Minute Preparer

Both the Senior Outreach Committee and the Volunteer Committee need someone to take minutes.

Senior Outreach meets the third Thursday morning of every other month at 8:30–10AM

Volunteer Committee meeting is the first Thursday evening of the month at 6PM.

Meetings are held via Zoom, it's very easy to use and we are able to provide instructions.

Manager of new McFarland Senior Online Meet Up Group

Must have computer skills, be able to keep updates on events and plan informal outings periodically. Communicate to other Seniors and Senior Outreach Staff.

Fall Elections

There will be two elections in the fall:

August 18, 2020 – Fall Partisan Primary

This election will be a primary for Dane County Clerk, Dane County District Attorney, Dane County Register of Deeds, Dane County Treasurer, Representative in Congress District 2, Representative to the Assembly District 46 & 47, and State Senate District 16.

November 3, 2020 – General Election

This election will be voting for Dane County Clerk, Dane County District Attorney, Dane County Register of Deeds, Dane County Treasurer, Representative in Congress District 2, Representative to the Assembly Districts 46 & 47, and President of the United States

Residents can request ballots for an upcoming election or to receive them for the remainder of the calendar year. As soon as ballots are ready, we will send one with a self-addressed stamped envelope to return it. Ballots will be ready 47 days in advance, so by getting your request in early, you ensure yourself ample time to receive and return your ballot to make sure it is counted!

To request an absentee ballot visit: <https://myvote.wi.gov/en-us/VoteAbsentee>. We can also mail you an absentee ballot request form. If you have questions or need assistance requesting absentee ballots, please call the Administration office at 608-838-3153.

Real ID

Last month we had an article regarding the real ID. [The deadline has been changed to](#)

October 1, 2021.

Please make a note of it and plan your renewal within that time frame.



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

Plan Ahead for Severe Weather

The area around McFarland has seen a number of significant weather incidents over the years including several tornadoes that caused severe damage. Do not take warnings lightly.

There are 4 severe weather sirens in the McFarland Area: Village Hall, Public Works building, Voges Road and Storck Road. They are tested from March until Nov. on the first Wed. at noon. When a storm is upon us and the weather siren has not sounded, follow your judgement and seek shelter. Often those are seconds that make the difference. Before an actual event occurs consider practicing where to go in case of an emergency. The lowest level of your home is the safest spot. If you do not have a basement take shelter on an inside wall, steer clear of windows. Bathrooms are often a safer spot. Consider purchasing a weather radio and keeping it in area that you would find safety in. Local radio stations will also give weather updates.

If you would like more safety information please contact us at Senior Outreach Services.

Turning 65?

Currently the Welcome to Medicare seminars given by the Dane County Benefit Specialists have been cancelled. There are some online videos to view and Senior Outreach can help you as well. To view videos, go to <https://aaa.dcdhs.com/ebs.aspx>. If you would like to schedule an office visit with Senior Outreach mid-July or later please call us at 838-7117.

Looking Ahead...

Look for updates in August on:
Meal site, Exercise Classes,
RSVP Transportation and Foot Care.

Call Senior Outreach for updates or concerns related to transportation or foot care needs. For more information regarding reopening plans, check the Village of McFarland website under Senior Outreach Dept. section by Matt Schuenke, Administrator