

McFarland Area Senior News

5915 Milwaukee St. • 608-838-7117

September 2020

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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.

Library News

Greetings! Although the library remains closed to in-person browsing, we are still here for you! Get materials through curbside pickup, request a book bundle, or attend our virtual programs.

Place books, DVDs, CDs and magazines on hold using the LINKcat catalog. Once you're notified that your items are available, schedule curbside pickup online through our website, www.mcfarlandlibrary.org, or call 838-9030 to schedule a pickup time.

Not sure what to check out next? Request a book bundle! Fill out our simple form and Ann, the Adult Services Librarian, will select items for you based on your answers. We'll call you to schedule a pickup time when your book bundle is ready.

We're excited to be offering virtual programming via Zoom! Check out what's coming up next on our website at www.mcfarlandlibrary.org > Library Events > 2020 Summer Adult Programs. Not sure how to use Zoom, or any of our other online resources? Email Ann at aengler@mcfarlandlibrary.org for help getting started.

We miss you, our patrons, and we're working hard to continue bringing you the library materials you love. If we can be of assistance, please call us at 838-9030.

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MCFARLAND SENIOR OUTREACH INVITES YOU

DRIVE UP SENIOR PICNIC

McFarland Municipal Center Parking Lot
Friday, September 11th at 12:00 PM

Hot Dog or Brat, Baked Beans,
Pasta Salad, Chips & Cookie



Review Medicare Drug Plans

It's time to review Medicare D drug plans again. Signup time is Oct. 15 until Dec. 7 for the calendar year 2021.

You may have a special enrollment period if this is your first sign up for Medicare D coverage. New enrollees generally require an additional review and discussion prior to sign up. Please call to discuss this with us prior to this date.

If you are already enrolled in a plan, you should be getting your current plan changes for 2021 in the mail soon. Please review that carefully as some of the drug coverage may be different. Drug plans are able to change their formulary so what is currently covered may not be in the new coverage year. It is financially beneficial to review plans every year as drug costs can change substantially year to year. Don't just look at the cost of the premium and feel it is the same coverage as the current year. In addition, your medication needs may have changed over the year.

A review is painless and costs nothing, but could save you hundreds of dollars. Please schedule a time to discuss this with Senior Outreach staff by appointment to do a review on the medicare.gov website. We do not pressure anyone in signing up for a particular plan. We cannot sell you a plan. Therefore, we are a great source for an unbiased review. If you just need help in interpreting the information online or going on the website, we can help with that too. The website is updated around October 1 for the benefit year of 2021. In preparation, please make sure you have an updated list of your medications available and know how often you refill them. Please call to schedule a telephone appointment at 838-7117.

Falls Prevention

September is Falls prevention month. Every year thousands of seniors are hospitalized or die due to falls. Wisconsin has the highest number of fatal falls in the U.S. Falls can be debilitating, resulting in lifelong disabilities or the inability to live alone. Take a moment to look at some things you can do to prevent a fall from happening:

- Exercises for strengthening
- Home Safety Assessment
- Vision test
- Medication evaluation
- Use assistive devices such as walkers, canes, reachers, bath benches, etc.
- Good nutrition

Contact your physician or pharmacist to schedule an evaluation of your medication risk factors.

Ask for a referral to Physical therapy for some strengthening, followed by a personalized plan for in home exercises and/or sign up for a class.

McFarland Senior Outreach can link you with resources for a free home safety evaluation, lend you medical equipment to try, and connect you with a free nutrition consultation.

Don't let a fall sideline you. Be proactive.



AFA
ALZHEIMER'S FOUNDATION OF AMERICA

Get a Free Digital Memory Screening!

Mondays and Wednesdays
10 am to 4 pm (ET)

Call AFA at 866-232-8484
to make an appointment

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.



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Foot Clinic Change

At this time it is unclear when Stoughton Hospital Home Health will return to doing the foot clinic. However, we have secured an alternative. **Artistic Salon, 5920 Exchange St. McFarland** is offering nail services. We have arranged with them to cover the additional \$5 cost for personal pedicure tools. These are to assure safety standards are met. The salon offers a \$10 nail trim and a \$30 pedicure. A nail trim is a great alternative and lower cost than the trim from Home Health. The salon is not recommended for diabetics or those with complicated foot issues or open wounds or sores. For your initial pedicure visit in September we will not only cover the cost of the tool kit, but additionally the extra \$5 over the standard home health cost. To sign up please call Senior Outreach for the savings. You will then be able to schedule with Artistic at your convenience rather than waiting for a clinic day. We are hoping to get some feedback from participants on how satisfied they are and whether this should remain an alternative.

September 2020

	Tuesday 1	Wednesday 2	Thursday 3 BULK	Friday 4
	Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie w/Peanut Butter Frosting MO – Chicken Veggie Strips NCS – SF Pudding	Taco Pasta Casserole Broccoli Cauliflower Pineapple Frosted Strawberry Cake MO – Bean/Cheese Burrito NCS – SF Cookie	Greek Chicken Pasta Carrot Raisin Salad 4 bean salad Orange Rainbow Sherbet Cup MO – Veggie Pasta NCS – SF Ice Cream	*Meatballs in Gravy Mashed Potatoes California Blend Melon Fruit Mix Dinner Roll/Butter Lemon Bar MO – Veggie Meatballs in Gravy NCS – SF Jell-o
Monday 7	Tuesday 8 BULK	Wednesday 9	Thursday 10	Friday 11 McFarland
Closed	*Tuna Salad Sandwich *on WW Tomato soup *Fruit Cup *Blueberry Pound Cake MO – Egg Salad NCS – SF Cookie	Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Strawberry Swirl Ice Cream MO – Chickpea Joe NCS – SF Ice Cream	Honey Baked Chicken Broccoli Yams Dinner Roll/Butter Pears Ambrosia Salad MO – Veggie Honey Baked Chicken Strips NCS – SF Pudding	Italian Lasagna Green Beans Toss Salad Dressing Breadstick/Butter Warm Cinnamon Apples Banana Crème Pie MO – Marinara and Pasta NCS – SF Pie
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Lemon Dill Baked Fish Tartar Sauce Baked Potato Sour Cream Fruit Cup WW Bread/Butter Sugar Cookie MO – Veggie Wrap NCS – SF Cookie	*Italian Sausage on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Chocolate Ice Cream Cup MO – Veggie Dog NCS – SF Ice Cream	Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Apple Pie Bar MO – Marinara Sauce NCS – Spiced Apples	*BBQ Pulled Pork on a WW Bun Chickpea Salad Carrots Diced Melon Mix Vanilla Pudding MO – Hummus Wrap NCS – SF Pudding	Sweet & Sour Chicken Brown Rice Peas Banana Chocolate Chip Cookie Bar MO – Veggie Sweet & Sour NCS – Pineapple
Monday 21	Tuesday 22 BULK	Wednesday 23	Thursday 24	Friday 25
Chicken Stew Saltine Crackers Broccoli Tropical Fruit Frosted White Cake MO – Veggie Stew NCS – Orange	*Egg Salad *On WW Bread *Coleslaw *Pickled Beets Strawberry Jell-o MO – n/a NCS – SF Jell-o	Chicken and Gravy NAS – no gravy Over White bread Carrots Green Beans Orange Carnival Cookie MO – Veggie Chicken/Gravy NCS – SF Cookie	Fish Sandwich: Breaded fillet WW Bun Cheese Slice NAS – no cheese Tartar Sauce Yams Coleslaw Fruit Cup Lemon Italian Ice MO – Garden Burger NCS – SF Ice Cream	*Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Dressing Banana Cheesecake Brownie MO – Veggie Meatballs in Marinara NCS – SF Cookie
Monday 28	Tuesday 29	Wednesday 30 BULK	Meals provided by: Dane Count Consolidated Food Service <i>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.</i> Please note: Guests on a NAS diet should not be receiving: gravy, ketchup, mustard or other condiments. MO = meatless option	
*Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables WW Bread/Butter Mandarin Oranges Chocolate Pudding MO – Tomato/Cheese Sandwich NCS – SF Pudding	Cheeseburger: Beef Patty Cheese NAS – no cheese WW Bun Ketchup/Mustard 4 Bean Salad 4 Way Vegetable Blend Dreamsicle Whip MO – Black Bean Burger NCS – Mandarin Oranges	Hearty Chicken Noodle Soup *Mixed green salad *Dressing *Saltine Crackers *Pears Pumpkin Bar MO – Tomato Soup NCS – SF Cookie		

Williamstown Bay Senior Apartments
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 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

Multiple Sclerosis Group

National MS Society, nationalmssociety.org

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

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.



Medication Disposal and Medical Equipment Guidelines

The McFarland Police Dept. 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. Medications 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 blackening 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 unopen. Senior Outreach will 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.

Remember to Stay Up to Date on Recommended Vaccines!

Vaccines are the best way we have to prevent some infectious diseases. While many serious diseases are no longer common in the United States because of vaccines, these diseases still exist and can spread when people aren't vaccinated. Not only does getting vaccinated protect you, but it also protects those around you. Because some people have medical conditions that prevent them from getting vaccinated or developing immunity after being vaccinated, it is important for others to get vaccinated so that these diseases are less common.

You can use the Center for Disease Control and Prevention's (CDC) adult vaccine assessment tool to find out which vaccines are recommended for your age, health conditions, job, and lifestyle. The tool is available at: <https://www2.cdc.gov/nip/adultimmsched/>. Talk to your doctor about whether you have missed any vaccines. Even if you received the vaccines you needed as a child, the protection from some vaccines can wear off. It is especially important for people with chronic health conditions to be up to date on recommended vaccines.

This fall, it will be especially important for people to be vaccinated against the flu. In many parts of the country, the COVID-19 pandemic has strained and even overwhelmed healthcare systems. The 2020–21 flu season is expected to burden healthcare systems even further. Unfortunately, although a yearly flu vaccine is recommended for everyone six months of age and older, only 45% of adults in the United States were vaccinated during the 2019–20 flu season. The CDC recommends that you receive the vaccine by the end of October.

Medicare prescription drug plans are required to cover most commercially available vaccines, including the vaccine for shingles. The only exceptions are the vaccines for flu, pneumonia and hepatitis B, which are covered by Part B. Please note that SeniorCare does not cover any vaccines.

The amount you pay for your vaccine will vary depending on where you get vaccinated. Check your Medicare prescription drug plan's documents for information about how the plan covers vaccines.

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of *every* detail.



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Middleton Sun Prairie Waunakee
McFarland Stoughton Deerfield

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WHEAP Online Applications

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across the state to help lower the burden incurred with monthly energy costs.

Individuals can now submit applications online at <https://energybenefit.wi.gov>, available via computers and mobile devices. Individuals will need an email address and Social Security Number in order to complete an online application, and will be sent a 6-digit passcode to their email address in order to start the application.

Cultural Diversity Programs

The Dane County Cultural Diversity Program for Older Adults is a county-wide program to provide services for African American and Spanish speaking adults age 60 and older. The primary goal of the program is to reduce isolation for this group. The Cultural Diversity Program for Older Adults identifies barriers that prevent African American and Spanish speaking seniors from accessing community services and assists in removing these obstacles. Services center around health education, socialization and building a sense of community. They increase their knowledge of local resources and become more comfortable attending community events. NewBridge is currently contracted by Dane County to administer the county-wide program.

Services offered through the program:

Monthly Health and Safety Education

Discussion Groups: address topics such as nutrition, relaxation and stress release, cancer, heart disease, home safety, chronic conditions, dementia, diabetes, brain exercises, accessing health benefits, bilingual wellness fair, energy assistance, severe weather safety, home safety, and food safety.

Monthly Support Groups: Currently two support groups are held for African American and Spanish speaking senior adults; one for seniors with diabetes and another for grandparents as caregivers.

Wellness Workshops: Alzheimer's & dementia screenings, falls prevention, healthy cooking classes, wellness fairs

Exercise Classes: English and Spanish

Social Activities: Bilingual bingo, art class, musical concerts, cultural events and much more.

Program participants are referred by family and friends, clinics, churches, senior focal point case managers, the ADRC and other service providers throughout Dane county.

On Behalf of the Social Security Administration (SSA)

We want to let you know that during the current coronavirus pandemic, SSA continues to provide help to you and others in your community.

While their offices are not providing service to walk-in visitors due to COVID-19, SSA remains committed to providing ongoing benefits and vital services. SSA is ready and able to help you by phone with most Social Security matters. You can speak with a representative by calling your local Social Security office or their National 800 Number. They provide local office phone numbers online with their Social Security Office Locator.

SSA has many secure and convenient online services to:

- Apply for Retirement, Disability and Medicare benefits
- Check the status of an application or appeal
- Request a replacement Social Security card (in most areas)
- Print a benefit verification letter
- and Much more.

Most business with SSA can be done online, but many people still rely on phone or in-person help. You can count on them by phone. If you have a critical situation they cannot help you with by phone or online, they may be able to schedule an appointment for you.

If you need help from SSA, please don't wait until they can see you in person. Reach out now and get the help you need.

SSA also understands that getting medical and other documentation can be difficult due to the pandemic. So, they are continuing to extend certain deadlines wherever possible.

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

Monthly MIPPA Moment: September Focus

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.

September is National Ovarian and Prostate Cancer Awareness Month. Among other preventive services, Medicare Part B (Medical Insurance) covers pelvic exams for females once every 24 months. Medicare Part B also covers some of the digital prostate exams for males and all of a prostate specific Antigen (PSA) blood test once every 12 months for men over 50 (beginning the day after their 50th birthday) if you get the test from a provider who accepts Medicare assignment.

It's important for beneficiaries to remain vigilant with their health. It is thus important to review both coverage and frequency of use criteria regularly. To stay on top of your preventive services check the CMS publication on preventive services.

For more information on MIPPA Programs, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.

Loan Closet Open

Our loan closet is available for use once again. We have recently accepted returns and thoroughly disinfected items with a solution from our EMS. We have wheelchairs, walkers, bath benches and commodes available again. Please call 838-7117 to see to set up an appointment to pick up a requested item.



Check the web page for more timely updates on available online resources.