

McFarland Area

Senior News

5915 Milwaukee St. • 608-838-7117

April 2019

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Case Manager:

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Katie Gletty-Syoen

Nutrition Manager:

Mary Gilberts

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.

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Earth Day Program

Presented by County Executive Joe Parisi

Dane County Executive Joe Parisi will help kick off Community Service week with a presentation on Wed. April 17th 2:00 at the E.D. Locke Library. County Executive Parisi will provide an update on the work Dane County is doing to clean up our lakes and finance renewable energy to benefit county taxpayers.



Dane County continues to add to its solar portfolio and further analyze what we and other private and public partners can do locally to further reduce carbon emissions. In addition, work has begun on their current endeavor, a \$23.5 million landfill gas project that will convert garbage and cow manure into vehicle fuel. Gas from our county landfill can be compressed, cleaned and market nationally to earn carbon and renewable energy credits. This means millions of dollars each year to taxpayers!

Please join us as he explains this process and what the future developments and benefits will be. This presentation is followed by a short questions and answer period and a coffee and cake reception. *Please RSVP at 838-7117.*

Community Service Day will be held on Saturday April 20th. Cleanup sign up is available in the village hall lobby and online through the village website. If you are unable to sign up to complete a task, think about what you can do in your corner of the world to make the Earth a cleaner place to live.

We at Senior Outreach made a recent change. Our Home Delivered meal packaging is now sent in a recyclable, reheatable, freezable container. All of the Dane County meal sites recently switched to this new packaging system. We are committed at our meal site to use less disposables. Over the last few years we have switched most of our dishware and silverware to reusable when possible and practical.

Remember to Reduce, Reuse and Recycle

Some programs require an RSVP. Please call if you are interested in a program if an RSVP is requested on the promotional material. When we schedule an outside speaker or agency to come in it is helpful to know if there will be enough attendees. If you are in doubt please give us a call. Thank You.

April is Volunteer Recognition Month

McFarland Senior Outreach would like to recognize the volunteers we have that assist us in meeting the needs of older adults in the community. Every weekday we have volunteers that give of their time by delivering a meal or taking a senior to a doctor

appointment. We also have volunteers that help in the kitchen, answer phones or serve on committees. We estimate that every year we benefit from over 3000 hours of volunteer time. At an hourly rate of \$15 hour that comes to over \$45,000 in unpaid assistance.

Our apologies if your name was missed by accident. We appreciate all of you greatly. We want to thank our volunteers for putting the **reach** in outreach!

Edna Kufahl
Sue and Dave Ebert
Joe Laeser
Bob and Carol Dombroski
Fred Masbruch
Roger and Sue Richards
Mark Skofronik
Monica Sitter
Julie Clerkin
Janet and Dennis Knutson
Betsey Rewey
Tim McDowell
Nettie Witter
Violet Spelter

Bonnie Bisbee
Dawn Ashenbrenner
Bob Clerkin
Paul Fankhauser
Bill Foust
Jane Grinvalsky
Dave and Karen Landerud
Wayne Meyer
Terry and Ray Sullivan
Betty Hart
Alex Redenius
Jim Moeser
Gary Polipnik
Woody Kneppreth

Carlene Stefonek
Russ St. Clair
Jo Thomley
Rolfe Nervig
Robert Olson
Colleen McCormick
Monica McCarra
Becky Losby
Nikole Chapman
Jackie Burger
Carol Lobes
Sylvia Krepski
Don Peterson
Bea Long



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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. 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 In-town Taxi: You chose the destination in town between the hours of 9:30AM-Noon, on the second Thursday of the month. 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 5404 Anthony St., McFarland. Phone: 658-0927.

Shopping Trips

- Mon. April 1st • Super Walmart
- Tue. April 16th • Target

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: \$25. Diabetic foot care \$25. Please talk to a case manager or the director if this is a hardship.

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 60

SOS will be meeting
again on Sat. April 13th
at 5:00PM at
Palenque's

5906 Hwy 51, McFarland
Please make reservation by
calling Bea at 838-3060.

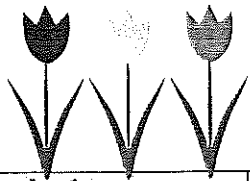
ROMEOs

Retired Older Men Eating Out

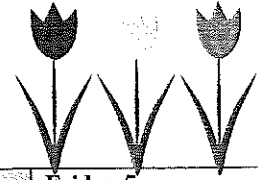
Breakfast get-together
at 8:00AM
on the 4th Wednesday
at the Green Lantern.

Newcomers are welcome.
No reservations are needed.

Tax Day • April 15th



APRIL 2019



Monday 1	Tuesday 2	Wednesday 3	Thursday 4 - Fitchburg	Friday 5
Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jell-O MO – Veggie Pot Pie NCS – SF Jell-O	Chicken and Gravy Over White bread Mashed Potatoes/Butter Green Beans Orange. Carnival Cookie MO – Veggie Chicken/Gravy NCS – SF Cookie Cake for Cambridge	Fish Sandwich on WW Bun Cheese Slice/Tartar Sauce Yams Coleslaw Fruit Cup Choc. Frosted White Cake MO – Black Bean Burger NCS – SF Pudding	BBQ Chicken Potato Salad California Blend Mixed Melon Cup Dinner Roll/Butter Pineapple Cake MO – Veggie Wrap NCS – Pineapple	*Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Dressing Banana Ambrosia Salad MO – 3 Veggie Meatballs in Marinara NCS – Orange
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12 – Camb.
Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Cheesecake Brownie MO – Egg Salad NCS – SF Pudding	Cheeseburger on WW Bun Ketchup/Mustard Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff MO – Garden Burger NCS – SF Jell-O	Egg Salad Sandwich on WW Carrot Cabbage Slaw 3 Bean Salad Grape Juice Dreamsicle Whip MO – n/a NCS – Orange	Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake MO – Veggie Stew NCS – Banana	Italian Lasagna Chop Romaine w/ Tomatoes & Cucumber (sent in bulk) Garlic Breadstick/Butter Fresh Fruit Lemon Bar MO – Veggie Lasagna NCS – SF Cookie
Monday 15	Tuesday 16	Wednesday 17 - Oregon	Thursday 18	Friday 19
Chicken Mac Casserole Peas Tomato Juice Pineapple Butterscotch Pudding MO – Mac and Cheese NCS – SF Pudding	Cheese Tortellini Bake Bread Stick/Butter Spinach Mandarin Oranges Sugar Cookie MO – Veggie Tortellini Bake NCS – SF Cookie	Baked Chicken on the bone Mashed Potatoes & Gravy Glazed Green Beans Croissant/Butter Chunky Applesauce Blueberry Pie MO – Veggie BBQ Chicken NCS – SF Pie	Traditional Meatloaf Mashed Potatoes w/Gravy Corn White Bread/Butter Apple Juice Cup Frosted White Cake MO – Hummus Wrap NCS – SF Cookie Packet	Chicken a la King Over Biscuit Carrots Corn Salad Peaches Raspberry Sherbet MO – Veggie Chicken a la King NCS – SF Ice Cream
Monday 22 - EASTER	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
*Ham Slice Roasted Sweet Potatoes Broccoli Salad Dinner Roll/Butter Pineapple Coconut Cream Pie MO – Multigrain Burger NCS – SF Pie	Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Dressing Orange WW Bread/Butter Tapioca Pudding MO – 3 Veggie Meatballs NCS –	Egg Bake Diced Roasted Red Potatoes Grape Juice Biscuit/Butter Spiced Apples MO – n/a NCS – n/a	Pizza Burger (Beef Patty, white cheese slice, marinara, bun) Navy Bean Salad Marinated cucumbers Banana Chocolate Chip Cookie MO – Garden Burger NCS – SF Cookie	*Ham and Potato Casserole California Blend Fruit Cup MG Bread/ Butter Chocolate Cream Pie MO – Potato, veggie, cheese casserole NCS – SF Ice Cream
Monday 29	Tuesday 30	Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION <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> Tuesday & Thursday blue shaded days are Meals on Wheels ONLY		
BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread /Butter Tropical Fruit Chocolate Cake MO – Diced BBQ Veggie Chicken NCS – SF Pudding	Tuna Salad Sandwich on WW Bread Tom./Cuc./Onion Salad Chickpea Salad Pears Apple Sauce Bar MO – Egg Salad NCS – Spiced Apples			

Friday Salad Option

(Friday by request in addition to main menu option) *Ingredients available upon request.*

- April 5 **Chicken Salad**
- April 12 **Tuna Salad**
- April 19 **Chef's Salad**
- April 26 **Chicken Taco Salad**

All menu items are prepared in kitchens that are not allergen-free. Please note: Guests on a NAS diet should not be receiving: gravy or packets of condiments (ketchup, mustard, mayo or BBQ).

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: \$10.23 Congregate \$9.46 MOW. Minimum Suggested Donation is \$4.00. Please contribute what you can afford.

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Yoga 9:30 Shopping Super Walmart 11:45 Meal Site	2	3 11:45 Meal Site 12:30 Mah Jongg	4 9:00 Yoga	5 9:30 Tai Chi 11:45 Meal Site 1:00 RSVP Sewing Homestead Apt.
8 9:00 Yoga 11:45 Meal Site	9 9:30 Pick 'N Save	10 8:30 Foot Clinic Skaalen Village Clubhouse 11:45 Meal Site Birthday Celebration 12:30 Mah Jongg	11 9:00 Yoga 9:30 Shopping	12 9:30 Tai Chi 11:45 Meal Site
15 9:00 Yoga 11:45 Meal Site	16 9:30 Shopping: Target	17 11:45 Meal Site 12:30 Mah Jongg	18 9:00 Yoga	19 9:30 Tai Chi 11:45 Meal Site 1:00 RSVP Sewing
22 9:00 Yoga 11:45 Meal Site	23 9:00 JULIET's 9:30 Pick 'N Save	24 8:00 ROMEOs 11:45 Meal Site 12:30 Mah Jongg	25 9:00 Yoga	26 9:30 Tai Chi 11:45 Meal Site 12:30 Euchre
29 9:00 Yoga 11:45 Meal Site	30			Sat. April 13th Singles Over Sixty meet 5:00 at Palenque'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. 9:30AM. \$5/class.

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

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

Terri will be teaching all sessions at this time.

Bocce

Four Lakes Bocce Assoc. 608-618-1221.
League play fourlakesbocce@gmail.com

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

National Health Decision Day is April 16th

Why is this important?

Advance Care Planning involves future health care decisions. It is much more than deciding what you want or don't want and it starts with expressing preferences, clarifying values and identifying care preferences. This should be part of the process in completing a document called a Health Care Power of Attorney.

What is a Health Care Power of Attorney?

If you become unable to speak for yourself due to an incapacitating illness or event a Health Care Power of Attorney document allows someone to be a health care agent and make decisions on your behalf when and only when two physicians feel you are no longer able to make those decisions yourself. Without having this document your family could be looking at incurring legal costs to become your guardian in the event you are unable to express your desires due to diminished mental capacity.

Time and time again we have seen families faced with this difficult choice when a little preparation would have saved them the heartache and expense. Having a conversation with your loved ones, health care providers and friends makes your wishes known. A Health Care Power of Attorney document makes sure it is outlined and an agent named. A Living Will, although a good document, outlines

your choices for care *but* does not name a person to act on your behalf. A **Health Care Power of Attorney (HCPOA)** addresses health care choices, and names two agents. This document does not deal with financial affairs. That is a separate form and does not have to be completed in conjunction with this one.

It is recommended that anyone over the age of 18 should have a HCPOA. The HCPOA form is a standardized state form and can be completed in our offices free of charge. There is no need for your health care agents to be present and we as Social Workers are able to witness the document being signed. These forms do not require a notary.

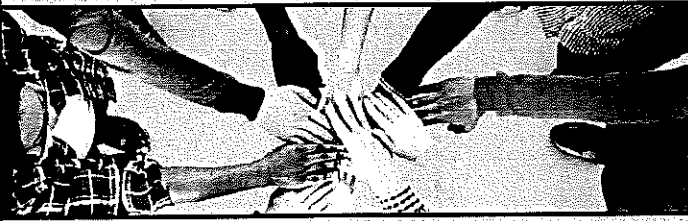
If you have not completed one, have moved from a different state in which a previous document was drawn, or want to redo one please consider making this a priority in the month of April. Self-amended forms are not considered legal. A new form must be drafted if there are changes.

Our Case Manager and Director will be working with those interested on preparing Health Care Power of Attorney documents on the 16th and throughout the month of April. Please contact us at 838-7117 to set up a time to discuss and complete.

We are also available anytime throughout the year to complete these but consider completing one today.

**Please consider attending our seminar through Agrace Hospice to answer your questions on these important documents.
More information on page 7.**

Diabetes Support Group



Whether newly diagnosed or a long-time diabetic, our support group can help you in your diabetes management. You will gain peer support and learn about healthy lifestyle habits.

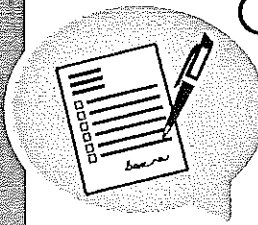
Our free support group is intended for families and individuals over 18 years of age. Family members and caregivers are encouraged to attend.

**Meets 2nd Monday of the month at 6 p.m.
Stoughton Hospital Lobby Conference Room
900 Ridge Street, Stoughton**

Questions? Please contact Sonja at (608) 873-2356.



stoughtonhospital.com



Come & Learn
More About

Advance Care Planning

April 24th, 2019

2 p.m. - 3 p.m. | E.D. Locke Library

Join us to learn:

- Types of health care advance directives
- How to complete advance directives
- Tips for selecting your health care agent
- How to present advance directives to loved ones

Please RSVP to (608) 838-7117

Presented by



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

Bocce Ball Sign-Up

Warmer weather means Bocce sign-up is here.

Registration is now open for the

2019 Bocce Season

May 13–August 16

Leagues are:

Wednesday 6:00PM,

Thursday 9:00AM or Thursday 6:00PM

Fees are \$35 per person (due by April 20th)

Morning teams consist of 2–3 persons

Evening teams consist of 4–6 persons

Registration can either be done online at

<http://www.fourlakesbocce.org> or by writing a check to

Four Lakes Bocce Assn. and sending it to:

Ms. Thompson, 217 N. Franklin St., Stoughton, WI 53589.

For more information, contact fourlakesbocce@gmail.com

or 608-618-1221. Bocce is similar to bowling, so if you can roll a 3 lb. ball, you can play bocce. The courts are located

on Marsh Road, near the Curling Club.

Looking ahead to...

May

- Shopping:
 - May 6 • Walmart
 - May 21 • Farm & Fleet
 - May 9 • In town
 - May 14 & 28 • Pick 'n Save
- May 8 • Birthday Celebration
- May 12 • Mother's Day
- May 27 • Memorial Day

