



Prime Time News

April 2020

Fitchburg Senior Center
Volume XV Issue 4

Note from the Director: The world is experiencing a truly unprecedented series of events that are having a significant impact on life as we know it. Please know that the staff at the Senior Center has not forgotten you! We are still answering the phones, delivering meals, assisting with grocery shopping/delivery, and reaching out to those who are extremely isolated. We will continue to support our community of older adults in the safest way possible, for as long as possible. The situation is very fluid, so what you read in this month's newsletter may change. For the latests updates please check out our Facebook page, Website or give us a call!



2020 Census Timeline

- April 1: Census Day is observed nationwide. By this date, every home will have received an invitation to participate in the 2020 Census.
 - April 8-16: Reminder letters and paper questionnaires will be delivered to remaining households that have not responded.
 - April 20-27: Final reminder postcards will be delivered to households that have not yet responded before census-takers follow up in person.
 - May - July: Census takers will begin visiting homes that haven't responded to the 2020 Census to help make sure everyone is counted.



Absentee Voting The Clerk's Department will discontinue In-Person Absentee Voting for the April 7, 2020 Spring Election and Presidential Preference Primary starting on Tuesday, March 24. Please see page 3 for more details.



You Can Still Help!

The Senior Center is happy to accept donations of food and essential items to distribute to older adults in need. Donations needed: toilet paper, laundry soap, body wash, paper towels, etc. and non-perishable food. We will also accept monetary donations. Please make checks payable to Fitchburg Senior Center and mail to 5510 Lacy Road, Fitchburg 53711

Donations can be left in the foyer at the Senior Center's main entrance between the hours of 8:30 a.m. - 1:30 p.m., Monday thru Friday.

Transportation Options for Now...

Transit Solutions is committed to making sure older adults have what they need during this challenging time. Below are services that the Senior Center and Transit Solutions are collaborating to provide:

Shopping/Errands - The bus can take you for groceries or to general shopping locations. Rides are limited to two passengers at a time. You may also schedule a ride to the bank or pharmacy.

Grocery Delivery - If you are able to order your groceries on-line, Transit will pick up your order and deliver to your home.

Medical Appointments - Only the most critical appointments will qualify. Requests will be screened to ensure they meet this required level.

For all ride requests, please call the Senior Center between the hours of 8:30a.m. and 1:30p.m. Please keep in mind that COVID-19 is a very fluid situation and that these service offerings may change or be discontinued at any time.

The Social Work Picture

In the current time of uncertainty, you may be wondering to whom you can turn should a need arise. Although the Fitchburg Senior Center is currently closed to the public, the Social Work program remains available. While our working hours will vary on a daily basis, we will do our best to address your needs as quickly as possible.

If you are having difficulty with essential daily activities, please do not hesitate to call the Senior Center and ask to speak with a Social Worker. They are happy to talk through your concerns over the phone, and if necessary and circumstances permit, can arrange a home visit. You can reach Amy Jordan at 270-4295, or Sarah Folkers at 270-4294.

Please keep in mind that COVID-19 is a very fluid situation and that these service offerings may change or be discontinued at any time.

Home Delivered Meal Changes

Per recommendation of the CDC (Centers for Disease Control & Prevention) regarding the COVID-19 virus, social distancing is extremely important in preventing the spread of this disease. Please review the changes below for our home delivered meal program:

- 1) Starting the week of March 30, meals will be delivered Tuesday, Thursday and Friday only.
- 2) You will receive two meals on Tuesday, two meals on Thursday and one meal on Friday.
- 3) If you are currently receiving meals and feel this schedule does not work for you, please contact your Social Worker. Amy Jordan - 270-4295 Sarah Folkers - 270-4294
- 4) If food insecurity is becoming an issue and you would like to see if you qualify for home delivered meals, please contact one of the Social Workers listed above.



COVID-19 City Services

In response to the current situation surrounding the COVID-19 epidemic, the City has taken several measures to keep citizens and staff safe. This list will be continually updated, so please check back frequently on our website at www.fitchburgwi.gov

- Mayor's Declaration of Emergency: Read Mayor Aaron Richardson's Declaration of Emergency issued on Monday, March 16 here:
<http://www.fitchburgwi.gov/DocumentCenter/View/20655/Declaration-of-Emergency-Signed>
- The Fitchburg Library is closed, and will remain closed at least through Sunday, April 5. The book drop is locked so please do not attempt to return books at this time. Holds will remain on the shelf for pick-up at a later date. The Fitchburg Library is a fine-free library.
- The Fitchburg Senior Center is closed and will remain closed at least through Sunday, April 5. Essential services that will be provided during this closure are home delivered meals and case management support.
- The Fitchburg Fire Department has announced that all non-essential, non-emergency activities in the fire stations have been suspended. Only emergency personnel and authorized municipal personnel are permitted to enter. This restriction is in place to limit the potential of exposure/spread.
- The Fitchburg Recreation Department has cancelled all programming, Community Center activities and rentals through March 31. The Community Center doors are locked. To reach the Recreation Department, please call 608-270-4285.
- The Clerk's Department will discontinue In-Person Absentee Voting for the April 7, 2020 Spring Election and Presidential Preference Primary starting on Tuesday, March 24. Individuals will still be able to request a ballot in the mail. If an individual has special circumstance and needs assistance of staff, we will be allowing in-person by appointment only. Administrative Offices 5520 Lacy Road Fitchburg, WI 53711-5318 Phone: (608) 270-4200 Fax: (608) 270-4212 www.fitchburgwi.gov

Residents are encouraged to obtain an absentee ballot by mail. This must be done by Thursday, April 2. Due to the number of requests we are processing, we encourage people to NOT wait until the last day. More information can be found at <http://www.fitchburgwi.gov/170/Absentee-Voting>

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Fitchburg Senior Center
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Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Suzie Jones, Office Manager



Accredited by the Wisconsin
Association of Senior Centers



For general questions, email us at:
FitchburgSeniorCenter@fitchburgwi.gov



Find Us On Facebook
[Fitchburg Senior Center](https://www.facebook.com/FitchburgSeniorCenter)



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**Fitchburg Family
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Thad Schumacher, PharmD
tschumacher@fitchburgfamilyrx.com

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APRIL 2020

Limited Contact Menu

**Home delivered meal clients will be given:
2 meals on Tuesday, 2 meals on Thursday
& 1 meal on Friday.**

**Reservations must be made by 12:00
the day before by calling 270-4290**

<u>Limited Contact Menu</u>		Wednesday 1	Thursday 2	Friday 3
			Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp MO – Bean/Cheese Burrito NCS – Mandarin Oranges	Greek Chicken Pasta Carrot Raisin Salad 4 bean salad Orange Rainbow Sherbet MO – Pita & Hummus NCS – SF Ice Cream
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
	Tuna Salad Sandwich Tomato soup Fruit Cup Ice Cream MO – Egg Salad Sammy NCS – SF Ice Cream		Honey Baked Chicken. Broccoli Yams Dinner Roll Pears Ambrosia Salad MO – Veggie Wrap NCS – Pineapple	Seafood Salad On Romaine Tomato slices French Roll Fruit cup Cookie MO – Tomato/Cheese Sammy NCS – SF Cookie
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
	Lemon Dill Fish Baked Potato Sour Cream Fruit Cup WW Bread Cake MO – Hummus Wrap NCS – SF Cookie		Sweet and Sour Chicken Brown Rice Peas Banana Rice Pudding MO – Sweet & Sour Veg. NCS – SF Pudding	*BBQ Pulled Pork on a WW Bun Chickpea Salad Carrot Raisin Salad Diced Melon Mix Pudding MO – Black Bean Burger NCS – SF Pudding
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
	Egg Salad On WW Bread Coleslaw Pickled Beets Strawberry Jell-o NCS – SF Jell-o		Fish Sandwich w/ Cheese Slice Yams Coleslaw Fruit Cup Lemon Italian Ice MO – Garden Burger NCS – SF Ice Cream	*Meatballs Marinara Over Penne Carrots Mixed Greens Salad Banana Brownie MO – Veg Meatballs NCS – SF Pudding
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
	Cheeseburger on Bun 4 Bean Salad 4 Way Vegetable Blend Fruit Cocktail Pineapple Fluff MO – Veg Burger		Beef Stew Biscuit Green beans Chunky Apple Sauce Banana Cake MO – Veggie Wrap NCS – SF Cookie	NOTE: HOME DELIVERD MEALS ONLY FOR THIS MONTH

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. MO = meatless option

Senior Dining



Fellowship, Food & Fun

