



Prime Time News

August 2020

Fitchburg Senior Center
Volume XV Issue 8



The Fitchburg Senior Center is proud to offer the Aging Mastery Starter Kit, a virtual and self-directed version of NCOA's successful Aging Mastery Program. This program will inspire you to take steps toward positive aging across six dimensions, and help you build your own playbook for aging well. The format is similar to a book club where advanced readings and homework will be required, and discussions via Zoom will follow.



Zoom sessions will held on Tuesdays from 1:00–3:00 p.m. for five weeks. Start: Tuesday, Sept. 15.

For registration and more information, please contact the Fitchburg Senior Center at 270-4290. There is no cost to participate. Registration is limited so call today! Once registered the starter kit will be sent to you that contains all you need to begin your path to aging well.

Elections 2020

Partisan Primary—Tuesday, August 11, 2020

Register in person until the Friday before the election at Fitchburg City Clerk's office

Early voting will be happening too—Or vote on election day

For a ballot to be counted, the voter must choose a party, and not cross party lines.

Presidential Election—Tuesday, November 3, 2020

Deadline for online registration or registration by mail: October 14, 2020

Request an Absentee Ballot at MyVote.wi.gov

Questions? Call the Fitchburg City Clerk's office at 608-270-4200
Election Inspectors are needed to work the polls. Training provided.



In-House Footcare Available

Footcare is now available on a limited basis. All safety measures will be in place. You must call 270-4290 to schedule your appointment and receive more information.

Cost is \$20. You **MUST** wear a disposable mask provided by the Senior Center.

Appointment Dates: August 4 & 11

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 online, Transit will pick up your order and deliver to your home.

Medical Appointments - During the shut-down, you still have transportation options for medical appointments. If you need a ride, call the Dane County Transportation Call Center at 242-6489.

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 remains closed to the public, the Social Work program is still 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.

Social Work One-On-One Meetings Now Available

Amy & Sarah are now available for in person appointments. You must call 270-4290 to schedule.
Mask required.

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) Meals will be delivered Monday, Tuesday, Thursday and Friday only.
- 2) You will receive one meal per day.
- 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.



REACH Book Club

REACH Book Club will not meet in August. We will resume meeting on September 10 at 1:30 p.m. via Zoom and discuss *The Underground Railroad* by Colson Whitehead. This book is a #1 *New York Times* Bestseller • Winner of the Pulitzer Prize • Winner of the National Book Award • Winner of the Andrew Carnegie Medal for Excellence in Fiction.

“Whitehead re-creates the terrors of the antebellum era. He weaves in the saga of our nation, from the brutal abduction of Africans to the unfulfilled promises of the present day. *The Underground Railroad* is both the gripping tale of one woman's will to escape the horrors of bondage—and a powerful meditation on the history we all share.”

Books chosen for the year:

September 10: *The Underground Railroad* by Colson Whitehead

October 8: *The Gown* by Jennifer Robson

November 12: *Where the Crawdads Sing* by Della Owens

December 10: *Let's Pretend This Never Happened* by Jenny Lawson

If you wish to be added to the email list to receive the Zoom invitation, email dmullaly5771@gmail.com

The *I Love a Mystery Book Club* will meet via Zoom on August 27 at 1:30 p.m. We will discuss *The Chatham School Affair* by Thomas H. Cook. Attorney Henry Griswald has a secret: the truth behind the tragic events the world knew as the Chatham School Affair, the controversial tragedy that destroyed five lives, shattered a quiet community, and forever scarred a young boy.

Online Zoom Programs

The Senior Center is currently offering Zoom meetings for the following: Men's and Women's Groups, as well as Caregiver Support, both book clubs and upcoming, Kurt's Yoga. If you are part of any of these groups and would like to be added to the list, email

david.hill@fitchburgwi.gov

Senior Center Staff

- 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



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



Find Us On Facebook
[Fitchburg Senior Center](#)

● Fitchburg Senior Center Friends ●

The board approved \$355.00 for special needs. The Friends continue to meet via Zoom.



Contact Tracing Scams

Unfortunately the state is experiencing an uptick in contact tracing scams. Contact tracers are real and work hand in hand with local health departments. Tracers will never ask for any financial information, nor will they ask for your Social Security Number. If you receive a call and feel it doesn't add up, hang up and call your local health department. They will get you connected directly to the contact tracing team.

Don't let scammers get the best of you!

Exercise Online

All your favorite instructors are online!
Go to our homepage and find links on the right-hand side.

www.fitchburgwi.gov/621/Senior-Center



Yoga W/ Kurt Update

Kurt will be offering live Zoom classes starting in mid-August. Call David for more details. 270-4292

2020 Census Continues!



The census chugs along even during the pandemic. If you have not completed your 2020 Census, don't delay! You have different ways to go about this task. 1. Fill out the hardcopy you received in the mail. 2. Go online to <https://my2020census.gov/> and follow the directions. 3. Call the Fitchburg Senior Center at 270-4290 and one of our Social Workers will help you through it.

Don't delay, do it today!

We Make Medicare Uplifting

Call for an appointment today!



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608-270-4290

www.fitchburgwi.gov



Accredited by the Wisconsin
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Fitchburg Family Pharmacy

Thad Schumacher, PharmD
tschumacher@fitchburgfamilyrx.com

Location: Fish Hatchery Road and High Ridge Trail

Phone: (608) 274-3784

Fax: (608) 274-3780

After Hours: (608) 886-7117

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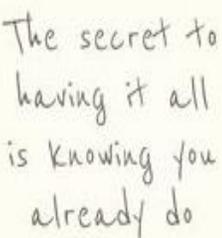
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August 2020

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Fish Sandwich: On a WW Bun w/ Cheese Tartar Sauce Yams Coleslaw Fruit Cup Cheesecake Brownie MO – Pita and Hummus NCS – Orange	*Meatballs in Marinara Over Pasta Carrots Mixed Greens Salad Banana Lemon Italian Ice MO – Veggie Meatballs NCS – SF Ice Cream		Cheeseburger WW Bun Cheese 4 Bean Salad 4 Way Vegetable Blend Vanilla Pudding MO – Garden Burger NCS – SF Pudding	Hearty Chicken Noodle Soup Mixed Green Salad Saltine Crackers Pears Pumpkin Bar MO – Veggie Soup NCS – Banana
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Beef Stew w/ a Biscuit Chunky Apple Sauce Strawberry Jell-o w/Mandarin Oranges. MO – Veggie Stew NCS – SF Jell-o	Sloppy Joe WW Bun Carrot Coins Black Eyed Pea Salad Pineapple Chocolate Pudding MO – Chickpea Joe NCS – SF Pudding		Ham Yams Green Bean Casserole WW Bread/Butter Fruit cup Gingerbread Cake MO – Bean Burger NCS – SF Cookie	Chicken a la King Brown Rice Broccoli Corn Salad Banana Raspberry Sherbet MO – Veggie a la King NCS – SF Ice Cream
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Pot Roast with Gravy Mashed Potatoes Carrots Orange Juice WW Bread/Butter Tapioca Pudding MO – Hummus Wrap NCS – SF Pudding	Sausage Veg Egg Bake Fruit Cup Hash Brown Patty Prune Juice Cup Cinnamon Roll MO – Veg Egg Bake NCS – Banana		Traditional Meatloaf Sweet Potato White Bread Cinnamon Apple Sauce MO – Veggie Meatballs	*Ham and Potato Casserole California Blend Orange MG Bread Carnival Cookie MO – Veggie Cass. NCS – SF Cookie
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
BBQ Chicken Breast Baked Potato/Butter WW Bread/Butter Tropical Fruit Chocolate Cake MO – Veggie BBQ Chicken NCS – SF Pudding	Stuffed Green Pepper Soup Mixed Greens Dressing Crackers Spiced Apple Slices MO – Multigrain burger		Mushroom Swiss Burger Green Beans Potato Salad Fruit Cocktail Apple Crisp MO – Black Bean Burger NCS – spiced pears	Enchilada Casserole Fiesta Corn Pinto Beans Mandarin Oranges Churro Cake MO – Bean & Cheese Burrito NCS – SF Cookie
Monday 31	 <p>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.</p> <p>Please note: Guests on a NAS diet should not be receiving: gravy, ketchup or mustard MO = meatless option</p> 			
Tuna Casserole Stewed Tomatoes Pickled Beets Banana Lemon Bar MO – Egg Salad NCS – SF Pudding				

Dollar Drumstick Drive By



First come, first served

Suggested donation
\$1 per drumstick

Wednesday, August 19
1:00—2:00 p.m.



The Fitchburg Senior Center Friends are encouraging you to stay safe when you leave home. When you drive up to the Senior Center to pick up your treat, you will have the option to purchase a hand-made cloth mask, which were made by Friends board members. A suggested donation of \$5 goes to support the Senior Center.