



Prime Time News

October 2020

Fitchburg Senior Center
Volume XV Issue 10

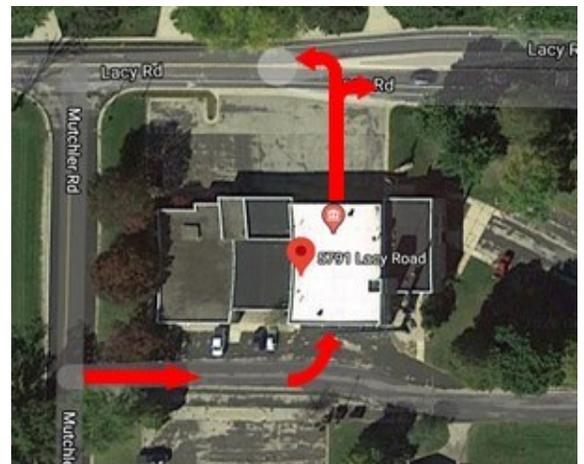
Drive-Through Flu Shot Clinic
Wednesday, October 21 from 9:00-11:00 a.m.



Fitchburg Family Pharmacy

The Fitchburg Senior Center is proud to partner with Fitchburg Family Pharmacy and the Fitchburg Fire Department to offer you a safe and friendly flu shot experience.

In order to participate, you are highly encouraged to fill out the intake form prior to the clinic and bring day of. You can pick up the form at the front desk of the Senior Center on Mon, Tues, Thurs or Fri. between 9:00 a.m.-1:30 p.m. Want to do the intake form online? Click on this link: [intake form](#)



V O T E !!

In-Person Absentee Voting Hours for November 3, 2020 General Election will be in the Oak Hall Room of the Fitchburg Community Center, 5510 Lacy Road.

Hours for Absentee voting for the November 3, 2020 General Election will be available:

Tuesday, October 20, 2020 through Friday, October 23, 2020 (M - F)

8:00 a.m. to 6:00 p.m.

Saturday, October 24, 2020

9:00 a.m. to 1:00 p.m.

Monday, October 25, 2020 through October 29, 2020 (M-Thu)

8:00 a.m. to 7:00 p.m.

The last day to vote in-person absentee

Friday, October 30, 2020

8:00 a.m. to 5:00 p.m.

Vote!

Please be sure to bring your photo ID and you may bring your own black ball point pen to mark your ballot. We do request that you wear a mask.

Designed by Vecteezy

Emotional Impacts of COVID-19

If you or a loved one have been emotionally impacted by COVID-19, you may be experiencing a variety of emotions. These can include, but are not limited to: anger, resentment, conflict, uncertainty, isolation, hopelessness, lifestyle changes, and physical and mental exhaustion. For those experiencing emotional distress, there is help available.

Project Recovery is a community-based program designed to meet the emotional needs of the community. Trained crisis counselors are available to help people better understand their situation and reactions, assist in reviews of their options, provide emotional support and encourage linkage with resources. To refer yourself or someone you love to Project Recovery, simply dial 2-1-1 to be connected to United Way of Dane County. They will refer you to the closest Project Recovery contact.

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 meet on October 8, 2020 at 1:30 p.m. via Zoom to discuss *The Gown* by Jennifer Robson. "London, 1947: Besieged by the harshest winter in living memory, burdened by onerous shortages and rationing, the people of postwar Britain are enduring lives of quiet desperation despite their nation's recent victory. Among them are Ann Hughes and Miriam Dassin, embroiderers at the famed Mayfair fashion house of Norman Hartnell. Together they forge an unlikely friendship, but their nascent hopes for a brighter future are tested when they are chosen for a once-in-a-lifetime honor: taking part in the creation of Princess Elizabeth's wedding gown". Books are not available in a book bag at the Senior Center.

November 12, 2020 *Where the Crawdads Sing* by Della Owens

December 10, 2020 *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 October 22 at 1:30 p.m. We will discuss the mystery author, Dick Francis, his collaboration with his son, Felix and the first solo book by Felix. The first book written by Dick Francis with his son Felix is *Dead Heat*. The first book by Felix himself is *Gamble* (listed in some places as "*A Dick Francis novel Gamble*"). There are plenty of copies of both books available in the Linkcat system, so it should be easy to get but don't wait until the last minute. If you want to read one of the early Dick Francis books, there are lots of choices.

Online Zoom Programs

The Senior Center is currently offering Zoom meetings for the Men's and Women's Groups, as well as Caregiver Support and both book clubs. If you were a regular participant in any of our programs, email David to ask if there is a Zoom option available for you!

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



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[Fitchburg Senior Center](#)

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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

Remember to Stay Up-to-Date on Recommended Vaccines!

Vaccine Type	Medicare Coverage	Coverage Rules
Influenza (flu)	Part B	Medicare pays for one shot every flu season.
Pneumonia	Part B	Medicare pays for one shot, recommended for all adults aged 65+
Hepatitis B	Part B	Series of three shots, paid for by Medicare for high- or medium-risk individuals
Shingles	All Medicare prescription drug plans must cover	One shot paid for (and recommended) after age 60. Patient must check with plan for specific rules.

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**What you need to know
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If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

Nov. 14, 2020, 9:00–11:30 a.m.

Email: aaa@countyofdane.com

to register by 11/4



Foot Care Available

Do you need your toenails trimmed?

The Senior Center has foot care.

October 13 & 27

Call 270-4290 to make an appointment.

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Healthy Living With Diabetes

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills to increase their confidence in managing their condition. It is also for adults who are living with someone who has diabetes.

Healthy Living with Diabetes does not replace existing treatments, but rather compliments the treatments a participant receives.

Oct. 13 to Nov. 17 (six Tuesdays) from 1:00 to 2:30 p.m. Online Workshop.

The cost is \$20 to cover the book "Living with Chronic Conditions". The workshop is free for participants who already have the book.

To register please go to stoughtonhealth.com and click on "Classes & Events." Participants will receive a class link (Zoom meeting) and call in phone number.

Questions? Please contact Jen at (608) 877-3485.

October 2020

			Thursday 1	Friday 2
			Beef Stew Biscuit Green beans Chunky Apple Sauce Chocolate Chip Banana Cake MO – Veggie Stew NCS – SF Cookie	Sloppy Joe WW Bun Carrot Coins Black Eyed Pea Salad Pineapple Chocolate Pudding MO – Chickpea Joe NCS – SF Pudding
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Cheese Tortellini Bread Stick Spinach Mandarin Oranges Blueberry Crisp MO –Tortellini in marinara NCS – SF Jell-o	Pot Roast with Gravy Mashed Potatoes Carrots Orange Juice WW Bread Tapioca Pudding MO – Veggie Wrap NCS – SF Pudding		Traditional Meatloaf Sweet Potato White Bread Cinnamon Apple Sauce MO – Veg Meatballs	Sausage Veggie Egg Bake Fruit Cup Hash Brown Patty Prune Juice Cup Cinnamon Raisin Bread MO – Veg Egg Bake
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
*Ham/Potato Casserole California Blend Orange MG Bread/Butter Chocolate Banana Cake MO – Veggie Casserole NCS – SF Pudding	Brat in sauerkraut on Bun Peas and Carrots Potato Salad Dreamsicle Whip MO – Veggie Dog NCS – Orange		BBQ Chicken Breast Baked Sweet Potato WW Bread Tropical Fruit Raspberry Sherbet M – Veg BBQ Strips NCS – SF Ice Cream	Enchilada Casserole Fiesta corn Pinto Beans Mandarin Oranges Frosted Churro Cake MO– Bean Burrito NCS – Pineapple
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Mushroom Swiss Burger on WW Bun Green Beans Potato Salad Fruit Cocktail Apple Crisp MO–Bean Burger NCS – Spiced Pears	Stuffed Green Pepper Soup Mixed greens Dressing Crackers Spiced Apple Slices MO– Veg Pepper Soup		Tuna Casserole Stewed Tomatoes Pickled Beets Banana Lemon Bar MO – Egg Salad NCS – SF Cookie	Cabbage Rolls in Tom. Sauce Brown Rice Roasted Carrots Tropical Fruit Blueberry Pie Bar MO – Hummus& Pita NCS – SF Jell-o
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cup Brownie w/ Frosting MO – Soy in Gravy NCS – SF Pudding	Taco Pasta Casserole Broccoli Cauliflower Pineapple Peach Crisp MO–Red Beans & Rice NCS – Mandarin oranges		*Meatballs in Gravy Mashed Potatoes California Blend Tropical Fruit Dinner Roll Chocolate Chip Cookie Bar MO – Veg Meatballs	Tuna Salad Sandwich on WW Tomato Soup Fruit Cocktail Blueberry Pound Cake MO – Hummus Wrap NCS –SF Cookie

Meals provided by: Dane Count 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, mustard or other condiments.

MO = meatless option



Senior Dining



Followship, Food & Fun

Fitchburg Senior Center
5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov



Accredited by the Wisconsin
Association of Senior Centers



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

Hours:

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