



Prime Time News

February 2015 Fitchburg Senior Center
Volume V Issue 2

Look Ahead

Health/Other Options! P.2

Groups/Tech Education P.3

Energy Savings/PLATO P.4

Book Club/Save The Date P.5

Medicare/Pickleball P.6

Games/Exercise P.7

Transportation/Health P.8

Elder Law/ FSC Friends P.9

Extended Travel—See Insert

Refrigerator Coils!

If you still reside in your own home and are unable to move and clean your refrigerator coils, please call David at 270-4292 and ask about the Energy Task Force Team, and how we can help!

Pancake Breakfast

Sunday, March 22 8:00 a.m. - 12:00 p.m.
\$6 Adults / \$3 Children Up To 10 Years Old
Sponsored by the FSC Friends

Quilt Raffle—Brought to you by the Patchwork Quilters

The Patchwork Quilters will be raffling four quilts at the Fitchburg Senior Center during Pancake Breakfast.

Tickets are \$2.00 each, or three for \$5.00. Tickets will be available at the front desk of the Senior Center or from Patchwork Quilters.

Quilts will be in the display case at the Senior Center prior to the raffle, so come see them! If a minimum number of tickets are not sold prior to the Pancake Breakfast, we will delay and hold the raffle at the fall fundraiser. All tickets will be eligible regardless of when they are sold.

Please support this great group!

AARP Tax Help

For those who could benefit from FREE, simple tax return help, this program is for you! The following dates run with 30-minute slots, so your taxes must be straightforward.

Fri.—March 6 Fri.—March 20 Fri.—April 3

Call 270-4290 for your 30-minute appointment.



Newsletter Deadline—January 31!



The newsletter renewal for 2015 is \$10. Increased costs in printing and shipping have made this decision a logical one. However, we continue to price ourselves at or below the average for senior centers in Dane County (.83 cents/copy). You can always pick up the newsletter for no cost at the Senior Center, City Hall and the Library, or access it on the web at www.city.fitchburg.wi.us Deadline on renewal Jan. 31.

Health Options - Your Choice ^{P.2}

Yoga W/ Kurt—Winter Sessions



Mar. 16-May 18 (skip 3/30) \$63—nine weeks

Level one: 10:45 a.m.—12:00 p.m.

Level two: 9:15—10:30 a.m.

Call 270-4290 to register

Payment to instructor day of first class

Need A Good Reason To Come



For Lunch? Try February 20!

On Friday, February 20 we will be serving a special meal. Special meals are chosen once a month by different Senior Centers, and this meal was chosen by Stoughton! Come and enjoy breaded chicken breast, twice baked potato, green beans, and red velvet cake! Call 270-4290 by noon on February 19 to get your reservation in.

Free Indoor Walking

Every Tue/Thur. at 11:00 a.m.
All of February!

Break Away Sports 5964 Executive Dr.



UW Ext. Nutrition w/ Tonia

Topic: Importance of grains! Join Tonia from the UW Extension Nutrition Program on Wednesday, February 18 at 11:30 a.m. to find out more!



News from Mandi!

“Share the Love” Subaru Grant!

A grant was awarded to the Senior Center from the Meals on Wheels Association! The grant was written to help combat social isolation and food insecurity in our senior community. The money from this grant will be put towards a series of what I'm calling “Sharing Sundays” meals at the Center.

There is limited space so please contact Mandi, Amy, or Sarah if you are interested in sharing a meal with others or would like more information. The series begins on Sunday, February 22. Rides can be provided if needed. Donations are greatly appreciated. Lunch will be at 12:00 p.m.

Please call Mandi to sign up at 270-4293

Mandi Meditates... I want to too!



There has been a lot of research done about the benefits of having a meditation practice. As a meditation practitioner I am often being asked to share my experiences with meditation.

People want to know: How do you get started? How do you do it? Why do you do it? What has changed in your life because of your meditation practice? These questions are usually followed by a statement I hear over and over again: “Well, I could NEVER meditate. I just can't get my brain to shut down!” Maybe that is true for you... but maybe not! Come and check it out. I will be leading a guided meditation in addition to a lecture about my experiences as a meditation practitioner. When: Thursday, February 12 Time: 2:30-3:45 p.m. Where: Fireplace Room

Questions: Contact Mandi at 270-4293

Groups/Educational Offerings

Learning Annex— Great Dane Brewmaster!

From the Great Dane Fitchburg - Brewmaster Pat Keller will give a history of the Great Dane - Fitchburg and talk about his passion for brewing the popular craft beers!



Join us on Tuesday, February 17 at 2:00 p.m.



Men's Group

Join us for our next meeting on Tuesday, February 10 at 2:00 p.m.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Men's Group on the left side.



Active Women's Group

Join us for our next meeting on Tuesday, February 24 at 2:00 p.m.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Active Women's Group on the left side. Meet at the Senior Center.



Spanish Classes Continue!

The Senior Center is offering both a beginner and advanced beginner Spanish class starting February 3.

Both classes will meet Tuesdays for eight weeks at a cost of \$50.

Beginner Spanish—10:00-11:00 a.m.

Advanced Beginner—11:15 a.m.-12:15 p.m.

Please register by calling 270-4290. Payment to the Senior Center is due upon sign up.

FACTv Tech Class: **Social Media**



FACTv will dive into social media for the first addition of the tech class. We will review Facebook, Twitter, and some other popular social media outlets. Bring your social media questions to the class and be ready to learn some tips and tricks for these outlets.

Cost: \$5. Tues. Feb. 17 from 11:00 a.m.—12:00 p.m. Payments to Fitchburg Factv. Registration required, call 270-4290.



E-Readers—Become proficient!

Learn from the expert! Mary Driscoll from the Dane County Library system will be available for one morning to teach you all the tips and tricks to maximize your E-Reader! Registration only. Thursday, February 12 with 30-minute time slots starting at 8:30 a.m. FREE. Call 270-4290.



Community PC, LLC
remote & onsite service

A Full Service Shop in Your Own Home!

PC - Mac - Android - Linux
Hardware - Software - Networking

We Specialize in Tech Support for Seniors!

Ask Us About Printing Email Boxes and Our SeniorPC™

Stop Yelling & Give Us a Shout®

608-268-7178

commpc.com

info@commpc.com



Fitchburg Senior Center Energy Task Force Team

Who are we? A group of volunteers who are available to provide Fitchburg Seniors with energy-saving measures.

What can we do for you? Volunteers can make simple but effective changes in your home: changing furnace filters, cleaning refrigerator coils, removing old paint, no throw-away light bulbs, and batteries.

Making Connections! The Task Force Team will also be able to identify possible resources for further improvement through Focus on Energy, MG&E and others. Referrals can be established by our team!

Reminder calls! We can make reminder calls to you when it's time to replace that furnace filter or when it's time for the team to clean the refrigerator coils—don't pass this option up!

Is there a cost? No; however, donations are welcomed and appreciated.

Call to make an appointment today. 270-4292

P.L.A.T.O. Learning

You may be looking for some new activities now that winter has set in. On February 18 at 1:00 p.m. at the Madison Senior Center, PLATO will present the classes available for the coming sessions. So take a look at www.madisonplato.org for further details.

Novels Old & New—Spring 2015

Novels kicks off the new season starting February 23, and runs through April 27, 1:00 p.m.

Henry David Thoreau's Walden—Spring 2015

Kick off is Friday, March 6 from 10:00 a.m.—12:00 p.m. No class Good Friday.

For information and/or a membership packet for both programs listed above, contact liaison Wendy Kerr at 262-5823.



Food Pantry Donations

It's that time of year when the Fitchburg Senior Center puts a strong focus on hunger in the Fitchburg community. The Senior Center is a drop-off sight for non-perishable food items and personal essentials.

Please consider donating the next time you are visiting. Thanks!

Comforting Solutions for In-Home Care

Do you want to remain safe and happy in your own home?
From a couple of hours a week to 24/7 care, Comfort Keepers is here to help you preserve your independence. We offer flexible, affordable and interactive home care.



Ask About Our
Fall Prevention/Monitoring Aids

Companion & Homemaking Services:
Companionship • Meal Preparation • Light Housekeeping
Laundry & Linens • Grooming & Dressing Guidance
Transportation & Shopping • Respite and More...

Personal Care Services:
Bathing • Incontinence Care • Toileting
Feeding • Mobility • Transferring & Positioning • Oral Hygiene

Skilled Care*
RN • Physical Therapist • Occupational Therapist
Speech Therapist • Meals on Wheels (M-F)
Home Modification



Specializing in Alzheimer's, Parkinson, Supportive Hospice and Legal Live-In Services
OUR FRIENDLY & CARING COMFORT KEEPERS ARE FULLY SCREENED, BONDED AND INSURED.

For more information or to set up a FREE in-home consultation, call:
608-442-1898 Serving South Central Wisconsin



Each Office Independently Owned and Operated. • Contracted with Independent Health



We'll find the
best fit for your
needs and budget.

Diane Dillet, LUTCF, CLTC

- Medicare Supplemental Insurance
- Critical Illness Insurance
- Dental Insurance
- Extended Care Insurance
- Final Expense Protection

608.662.8288 • www.dilletcompany.com • Fitchburg

Book Club & More

REACH Book Club

REACH Book Club will meet at 1:30 p.m. on Thursday, February 12, 2015 at the Senior Center. We will discuss the book, *Ordinary Grace* by William Kent Krueger. This is the story of thirteen year old Frank Drum, as told from Frank's perspective forty years after the tragedy filled summer of 1961 in New Bremen, Minnesota. It is the moving account of a boy about to enter manhood, trying to understand a world that seems to be crumbling around him. He is forced to demonstrate maturity beyond his years and discovers the price of wisdom and the enduring grace of God.

This book was the winner of the 2014 Edgar Award for Best Novel and the School Library Journal Best Book of 2013.

Discussion questions are available in David's office.

Future selections:

March—*The Traitor's Wife* by A. Pataki

April—*Crossing to Safety* by Wallace Stegner

May—*Henry's Sisters* by Cathy Lamb

June – We will select books for next year

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m.

The *I Love a Mystery Book Club* will meet on Thurs, Feb. 26, 2015 at 1:30 P.M.

We will discuss the book, *The Cold, Cold Ground* by Adrian Mckintry. The setting is Belfast, 1981 on the verge of civil war. In the midst of the chaos, Sean Duffy, a young, witty, Catholic detective in the almost entirely Protestant Royal Ulster Constabulary, is trying to track down a serial killer.

Save the date



May 12. 5:30-8:00 p.m.: What you need to know about enrolling in Medicare.

April 29 & May 6. 1:00-3:00 p.m.: End of Life Readiness Workshop, two part series.



LOUNGE LIBRARY

You will find current issues of nine magazines on the large shelves in the lounge for reading in the building. Many subscriptions are donated by Phil Sveum of Coldwell Banker and they include:

Sveum of Coldwell Banker and they include:
Field and Stream/Better Homes & Garden/Good Housekeeping/Golf Digest/Reminisce/Kiplinger's/Country Living/Bon Appetit/Madison Magazine.

Don't Forget!



For weekly

updates, visit our web page at www.fitchburgseniorcenter.com and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."

2 EYEZ 4 PAWZ

Pet Sitting & Dog Walking Service

Tara Howard
Owner

608-279-3330

katz.dawgz54@gmail.com





Medicare Premium Assistance – Find out if you qualify!

Wisconsin's Medicaid program may be able to help pay for certain Medicare costs if you can enroll in a Medicare Savings Program. These programs are for those who receive Medicare benefits and who have limited countable income and assets. If you can enroll in a Medicare Savings Program, Medicaid may pay your required premiums, coinsurance and deductibles for both Part A (hospital-related costs) and Part B (physician-related costs), depending on the program. The Qualified Medicare Beneficiary (QMB) level will pay your Parts A and B premiums, deductibles, and coinsurance if you are entitled to Medicare Part A, and your monthly income is at or below \$972.50 for one person, or \$1,310.83 for a married couple. The Specified Low-Income Medicare Beneficiary (SLMB) level will pay your Part B premium if you are entitled to Part A, and your monthly income is below \$1,167 for one person, or \$1,573 for a married couple. The SLMB+ level will pay your Part B premium if you are entitled to Part A, are not enrolled in full-benefit Medicaid, and your monthly income is below \$1,312.88 for one person, and \$1,769.63 for a married couple. For all three levels, your assets must be below \$7,280 for one person, and \$10,930 for a married couple. To find out if you might qualify for one of these money-saving programs, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.



Cards With Katie

Join us for an afternoon of paper crafting –
2nd Monday every month (Feb. 9 at 1:00 p.m.).

- stamp – cut – punch – glue – and have fun playing with paper. For more details go to www.StampLadyKatie.com or log on to the Senior Center webpage. Cost \$10. Payment to instructor.



Pickle Ball

Join us every Tuesday from 9:00 a.m. to 3:00 p.m. in the upper level Oak Hall Room. Free, no sign up required!



Passion For Poetry?

There is an interest in starting a poetry group. If this is something that is of interest to you, please call David at 270-4292.

Need A Good Reason To Volunteer w/ The Energy Task Force Team?

On the team's second home visit, we were introduced to a sweet, elderly woman who lost her husband just over a year ago. She had no idea how overwhelming taking care of her house by herself could be. She was delighted that our Energy Task Force Team was able to install a new furnace filter, change out light bulbs, refrigerator coil cleaning and turn off her outside water faucets and cover them with insulator caps. Little things go a long way. If you are handy around the house, and would like to be part of the team, please call David at the Senior Center, 270-4292.



\$20 Blackout Bingo!! Feb. 12

Special sponsor, The Waterford of Fitchburg \$20 jackpot!
Game begins promptly at 12:40 p.m.

Groups

Exercise Classes

Caregiver Support—Thurs. Feb. 12 at 10:00 a.m.

Drop-In Activities!!!!

- Dominos—2nd & 4th Mon. @ 1:00 p.m.
- Social Bridge—Mon. @ 10:00 a.m.
- Pastels—3rd Mon. @ 1:00 p.m.
- 500—1st & 3rd Tues. @ 12:45 p.m.
- Mahjong—1st Tues. @ 1:00 p.m.
- Bingo—Thurs. @ 12:30 p.m.
- Sheepshead—Thur. @ 1:00 p.m.
- Scrabble— Fri. @ 2:00 p.m.
- 500—1st & 3rd Tues. @12:45 in place of Euchre.
- Bunko—Feb. 25 from 2:00-5:00 p.m.

Aerobics With Diane Fronck
 Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$10 per month.

Tai Chi Thursdays 8:30 a.m.

Cost—\$2 drop-in. Pay instructor. Beginners welcome.



Zumba w/ Jackie

Eight-week session starting Friday, February 6 at 10:00 a.m. Cost \$44. Great reviews on our new instructor Jackie! Call to register today. 270-4290. Payments to the Senior Center upon sign-up.



DISCOVER *the difference*

The Waterford at Fitchburg

5440 Caddis Bend
 Fitchburg, WI 53711
 t 608-270-9200 f 608-270-9222

waterfordatfitchburg.com



Jim Krogstad LUTCF, CEBS
Owner

608-576-4125 Cell
 608-274-7680 Home/Fax
 Jim77k@gmail.com

James Krogstad Insurance

2838 Dover Circle
 Fitchburg, WI 53711

Individual Life / Medical / Dental / Medicare Supplement / Part D

Car Concierge Auto Delivery

You fly, let me drive!

Vehicle Delivery Service in Continental U.S.

Specializing in Snowbirds
But will deliver anywhere in USA

608.692.8322 • Timdybevik77@gmail.com
 www.carconciergeautodelivery.com

Bonded Dybevik Enterprises, LLC Insured



PHIL SVEUM

Housing Solutions on Your Terms



SUCCESS

5500 E. Cheryl Pkwy, Suite 106
 Fitchburg, WI 53711

At the Agora.

608.288.3339
 psveum@cbsuccess.com

www.cbsuccess.com

Transportation Services ^{P.8}

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 at least 5 business days in advance to schedule a ride.

Shuttle Service— This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 3 business days in advance to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—Home Health United. Offered 2nd & 4th Wednesday of each month. Cost is \$20 & \$10. Call the Center for an appointment. Must provide 2 towels.

Pre and Diabetic Footcare
Every 3rd Friday!

February 20

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure—Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month
10:30-11:30 a.m.
No appt. needed.

Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage Therapy

Megan Markey
Friday Mornings

Cost:

\$25 for 30 min.
\$45 for 60 min.
\$65 for 90 min.
Sign up at
270-4290.

Cancellations must be made 24 hrs in advance to avoid being charged.

Social Services

Senior Center Help

- ◆ Home visits
- ◆ Loan Closet
- ◆ Meals on Wheels
- ◆ Home Health
- ◆ Insurance
- ◆ Medicare/Part D
- ◆ Medicaid
- ◆ Call Amy Jordan or Sarah Folkers at 270-4290 today!

Acupuncture

Acupuncture with Matthew Wagner,
Tuesday afternoons.

One hour sessions \$45.

Call 270-4290 to schedule an appointment.



Sprint Print
Promises Delivered... Since 1987

• Full Color & Spot Color Printing •
• Digital Color Output • Volume Copying •

2790 S. Fish Hatchery Road, Madison, WI
(608) 277-7500 • www.sprintprint.com



Winter Weather Policy

In the event of inclement weather, the Senior Center will automatically cancel both home delivered and congregate meals when the Oregon Schools are closed, BUT, the cancellation of all other programs will be at the discretion of the class instructor and/or the Senior Center Director.

If you have any questions about class cancellations during the winter months, please call our main line at 270-4290. In the event staff are unable to answer the phone, all cancellations will be recorded on the Senior Center voicemail.

How an elder law attorney can help you, your parents, and even your children

On Mar. 12 at 1:00 p.m., Attorney Mark T. Johnson will explain the various aspects of elder law that may help you, your parents, and your children. Learn how planning for incapacity, long-term care, and public benefits can advance your goals for your family's future. Bring your questions about estate planning, trusts, and disability planning for an audience-focused discussion. Attorney Johnson is a partner at the Law Offices of Christenson and Allex, LLC, in Fitchburg, which works with clients to create a positive legacy in their estate planning, business, and real estate matters. **FREE** program, no registration required.

Movie Day—"Gone Girl"

A movie that everyone has been talking about! Join us on Friday, February 20 at 12:40 p.m.!

Free popcorn and a warm room!



Fitchburg Senior Center Friends

News

In December, the Friends contributed \$350 for emergency meals benefitting those who normally take meals at the Senior Center, but because of weather difficulties would not have a meal.

In addition, Friends provided \$125 for Christmas dinner at the Senior Center and \$425 for other Special Needs requests.

***Pancake Breakfast Coming Up
Sunday, March 22 from
8:00 a.m.—12:00 p.m.***

—Seniors Helping Seniors—

2015 Newsletter Subscription \$10

Name: _____

Address: _____

City & Zip: _____

Phone: _____

The cost to have the *Prime Time*, the Senior Center's monthly newsletter, delivered to your home for the year 2015 is \$10. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. You can also pickup the newsletter for free.

Winter Luau – Escape the Cold

Friday, February 6 • 3pm

Live music by Bahama Bob
Have fun. Dress for the occasion!
RSVP to Sarah by February 5th

AVALON
Assisted Living Community

608-729-4890
2879 Fish Hatchery Rd.
avaloncommunity.com



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



Accredited by the Wisconsin
Association of Senior Centers

PRSR STD
U.S. POSTAGE PAID
Madison, WI
Permit 2295

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
Susan Hoerchner, Office Asst.



ADDRESS SERVICE REQUESTED



WASC
Wisconsin Association of Senior Centers

Financial solutions are around the corner.

Todd D Berge
Financial Advisor
2990 Cahill Main
Suite 102
Fitchburg, WI 53711
608-271-5100

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC



Want to know your home's value? Call or e-mail

Ruth Domack, Realtor
608-444-6060
domackr@firstweber.com

A Fitchburg resident for over 35 years . . .



The human side of real estate.



HOME TOWN PHARMACY

Our family caring for your family

"Where everybody knows your name"

Small Town Service - All Insurance Accepted - Medical Equipment

"I was blown away when Thad was waiting with my prescription and took the time to listen to my particular situation. That is service!" – Erik L.

Fitchburg Hometown Pharmacy
(Hatchery Hill Shopping Center, Fish Hatchery Rd.)
608-274-3784

Estate Planning and Administration Elder Law and Special Needs Planning

Iris M. Christenson

2997 Yarmouth Greenway Dr., Ste.100
Fitchburg, WI 53711

Johanna J. Allex

(608) 273-8609

Mark T. Johnson

www.christensonallexlaw.com

