



# Prime Time News

## May 2020

Fitchburg Senior Center  
Volume XV Issue 5

### We Miss You!



Although we are unable to open our doors for regular programming, the staff would love to see you! On Wednesday, May 6, from 1:00-2:00 p.m., we invite you to drive by the Senior Center and wave hello. Staff and maybe a few special guests will be standing under the drive-up overhang to greet you and hand out masks if you need one.

This is a small way we can all connect during this isolating time! Hope to see you!



### 2020 Census—Get Help

• If you want help filling out your Census, the Social Work Team is more than willing to help you fill it out online, over the phone!  
Call Sarah or Amy today. 270-4290.



### Exercise Online

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

[www.fitchburgwi.gov/621/Senior-Center](http://www.fitchburgwi.gov/621/Senior-Center)

### Farmers Market Vouchers & Distribution



Due to COVID-19, distribution of farmers' market vouchers will begin July 1. The AAA of Dane County offers vouchers to seniors for use in purchasing \$25 worth of fruit, vegetables or herbs at farmers markets. There are qualifiers for this program. Call Alyce Miller at 608-261-5678 for details.

### Aerobic Payment Refunds

If you have paid ahead for Aerobics and would like a refund, please call 270-4290. If you prefer to carry that balance over once we reopen, we will make that adjustment automatically.



### 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) 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.

## Trees Word Search

W R O W I H A A Z H M A T G C  
A T S I U R P O N U S H W D A  
A T K L A R P T G L A A D O A  
N O R L S Y L T R W L L O R W  
E S P O C H E S T N U T G A A  
D O O W D E R H U R I F W I K  
P C L N W C O T T O N W O O D  
P K Y S E R M R D H I C O U I  
M R R P N N A O S T P P D Q L  
H L R R R D C A P K A L D E R  
O A E U E E Y A L C K L E S H  
H R H C N U S N O U N P U K A  
A C C E O P G S Y B I R C H W  
T H A Z E L P A M N H W R D L  
D C I N C E S W E Y C U D N T

Alder	Cottonwood	Pine
Apple	Cypress	Poplar
Ash	Dogwood	Redwood
Aspen	Elm	Sequoia
Birch	Fir	Spruce
Buckthorn	Hawthorn	Sweetgum
Cedar	Hazel	Sycamore
Cherry	Larch	Walnut
Chestnut	Maple	Willow
Chinkapin	Oak	Yew

### Resource Links For You Or Your Loved Ones

Unemployment : <https://dwd.wisconsin.gov/uiben/>

Food Assistance: <https://access.wisconsin.gov/access/>

Rent Assistance : <https://www.rentassistance.us/ci/wi-madison>

Utility Assistance : <http://homeenergyplus.wi.gov/category.asp?linkcatid=239>

# Please Continue To Support Our Sponsors



DISCOVER *the difference*

THE  
**Waterford  
at Fitchburg**  
COMMUNITY

5440 Caddis Bend, Fitchburg, WI, 608-270-9200  
waterfordatfitchburg.com

**We Make Medicare Uplifting**  
*Call for an appointment today!*

**INFORMED CHOICE**  
INSURANCE AGENCY

**608-819-6311**  
34 Schroeder Ct Ste 240 – Madison  
www.informedchoice.com

**MEDICARE**



This is an advertisement for insurance. Neither Informed Choice or its agents are connected with the Federal Medicare program. IC111016



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 . . .*



**FIRSTWEBER**  
REALTORS®

*The human side of real estate:*

**Complimentary investment review.**



**Stephanie Blankenheim**  
Financial Advisor

2990 Cahill Main  
Suite 102  
Fitchburg, WI 53711  
608-271-5100

**Edward Jones**  
MAKING SENSE OF INVESTING  
edwardjones.com

**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



**Be A Census Taker**

- ✓ Extra income
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

Apply Online  
[2020CENSUS.GOV/JOBS](http://2020CENSUS.GOV/JOBS)

For more information or help applying, please call 1-855-JOB-2020

Federal Relay Service: 1-800-877-8339 TTY/ASCII  
www.gsa.gov/fedrelay

The U.S. Census Bureau is an Equal Opportunity Employer.

D-1508 | April 2019

Shape your future  
APPLY NOW >

United States  
**Census 2020**

**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

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

[www.fitchburgwi.gov](http://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](mailto:FitchburgSeniorCenter@fitchburgwi.gov)



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



# Please Continue To Support Our Sponsors

**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:  
9am-6pm, Mon-Fri  
9am-1pm, Sat

**sylvan crossings**  
ASSISTED LIVING AND MEMORY CARE

(608) 416-1647 [sylvancrossings.com](http://sylvancrossings.com)



**Community PC**  
REMOTE & ONSITE SERVICE

Specializing in Tech Support for Seniors!



608.268.7178

[info@commpc.com](mailto:info@commpc.com)

WINDOWS | APPLE | DROID | LINUX  
"We Know What Makes Computers Happy"



**Comfort Keepers**

a sodexo brand



**REMAIN INDEPENDENT  
IN THE PRIVACY &  
COMFORT OF YOUR  
OWN HOME**

COMFORTING SOLUTIONS FOR IN-HOME CARE™

Screened, Bonded & Insured • Light Housekeeping  
24-hour Care Available • Transportation Services  
Skilled Nursing • Bathing & All Personal Care  
Respite Care • Homemaking Services • Live In Services

**DANE COUNTY  
442-1898**

Each office independently  
owned and operated.

[comfortkeepers.com/madison-wi](http://comfortkeepers.com/madison-wi)



# MAY 2020

**Friday 1**  
 Sloppy Joe  
 WW Bun  
 Carrot Coins  
 Black Eyed Pea Salad  
 Pineapple  
 Pudding  
**MO – Chickpea Joe**  
**NCS – SF Pudding**

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
	Chicken a la King Brown Rice Green Beans Corn Salad Banana <b>MO– Soy a la King</b> <b>NCS – SF Ice Cream</b>		Traditional Meatloaf Sweet Potato Broccoli White Bread Apple Juice Cup Tapioca Pudding <b>MO– Veggie Wrap</b> <b>NCS – SF Pudding</b>	<b>*Sausage Veggie Egg</b> <b>Bake</b> Fruit Cup Mini Biscuit Spiced Apples Coffee Cake <b>MO–Cheesy Scrambled</b> <b>Eggs</b> <b>NCS – SF Cookie</b>
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
	*Ham & Potato Casserole California Blend Orange MG Bread Banana Cake <b>MO – Veggie &amp; Potato</b> <b>Casserole</b> <b>NCS – Banana</b>		Stuffed Green Pepper Soup Mixed Greens Dressing Crackers Spiced Apple Slices <b>MO – Cheese &amp; tomato</b> <b>Sandwich</b>	Enchilada Casserole Fiesta Corn Pinto Beans Mandarin Oranges Churro Cake <b>MO – Red Beans &amp; Rice</b> <b>NCS – SF Pudding</b>
Monday 18	Tuesday 19 -	Wednesday 20	Thursday 21	Friday 22
	Baked Chicken Italian Vin. Pasta Salad Roasted Baby Carrots Mixed Fruit Cake <b>MO – Garden Burger</b> <b>NCS – SF Pudding</b>		Tuna Casserole Stewed Tomatoes Pickled beets Banana Lime Sherbet <b>MO – Egg Salad</b> <b>NCS – SF Ice Cream</b>	Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Frosted Brownie <b>MO – Veggie Chicken in</b> <b>Gravy</b> <b>NCS – Banana</b>
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
	Greek Chicken Pasta Carrot Raisin Salad 4 Bean Salad Orange <b>MO – Egg Salad</b> <b>NCS – SF Ice Cream</b>		Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana <b>MO – Veggie Burger</b> <b>NCS – SF Ice Cream</b>	Tuna Salad Sandwich on WW Tomato Soup Fruit Cup Pound Cake <b>MO – Hummus Wrap</b> <b>NCS – SF Cookie</b>



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.*  
 MO = meatless option

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

Senior Dining



Fellowship, Food & Fun

# Volunteer Update:

By: Mandi M. Miller

Let me begin by saying how much I MISS all of my volunteers! It has sincerely been so lonesome here without all of them busily buzzing around. I imagine this hasn't been easy for such an active group of people to have to stay home. I know this is out of character for so many of them. Helpers are not accustomed to NOT helping when there is work to do. As hard as this has been, I am truly grateful for each of our volunteers who are staying safe at home! I need everyone to stay healthy so that when this is over I can put you back to work again!

Since the start of the epidemic we've had the same 4-6 volunteers coming in each day we deliver meals. These volunteers are putting in some busy days in the kitchen as we are delivering double the meals on Tuesdays and Thursdays. (Sending out close to 100 meals each day.) In an effort to try to keep our meal clients safe, we are not using our reusable trays at this time. We may not have as many dishes to do, however, it takes a long time to seal all of the meals in the disposable containers. We are so grateful to have such amazing and consistent help in the kitchen.

I've been delighted to welcome some extended Senior Center family to help fill the shoes of our volunteers. Jill's son Max, David's daughter Pauline, Sarah's daughter McKenna, and Sarah's niece Kylie have stepped up to help during this crisis. Some City of Fitchburg staff have also stepped up to deliver meals at this time. We couldn't do this without their support! Additionally, Transit Solutions, the bus company who usually brings passengers to and from the senior center, has been helping us by delivering one of our four Meals on Wheels routes each day.



From left to right: Kylie Magnus, Pauline Hill, & Kim Smith



Amy Tracy, from Human Resources & her son Kade

Behind the scenes we have volunteers who are helping to keep us and our volunteers safe by making masks. We also have people making phone calls, and making greeting cards for our home delivered meal clients. With so many people now working from home I've had new volunteers step forward to help our most vulnerable clients with their grocery shopping. I'm so thankful for all of the new helpers who've been willing to put even some of their focus on others at this time of uncertainty.



Jill McHone, Senior Center Director & her son Max



Cousins Kylie Magnus & McKenna Folkers



Don McCumber from Placon



Meredith Shelton from the Fitchburg Fire Department

I'm anxiously awaiting for the din to be back within these walls... the cracking of jokes in the kitchen, the chatter of our knitters and quilters as they work, the boisterous laughter of the sheephead group on Thursday afternoons, the sometimes silly and sometimes profound conversations had around the dining room tables, the robust early morning coffee group, and the whoosh of exercisers who breeze in and out the doors.

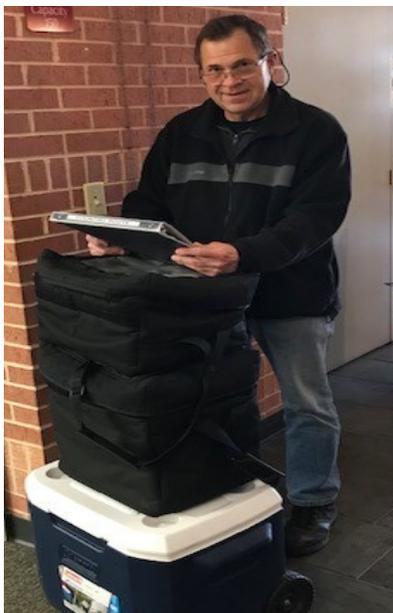
Until all of that can happen, please know that you are missed and thought about. Know that you are important and that you matter so much—not just to me, but to the rest of the staff and to each other!

Be well and continue to stay well, friends!

Peace, Mandi



David Hill & Mandi Miller- Senior Center



Bill Walters



Erin Schoenecker (Governor Tony Evers daughter btw)



Katie Bogucki from Fitchburg Courts