



Prime Time News

June 2020

Fitchburg Senior Center
Volume XV Issue 6

Drive-through Lunch From Oasis Café Sponsored by The Fitchburg Senior Center Friends

When: June 17 from 11:30 a.m.-12:30 p.m. Where: Senior Center main entrance

\$10 - Sandwich or Grain bowl, & a cookie - exact \$\$ required

Cali-BLT (Bacon, Lettuce, Tomato, Avocado, Chipotle Aioli)

Ham, Turkey, Swiss (Lettuce, Tomato, Onion, Swiss)

Mediterranean Grain Bowl (Quinoa, Kalamata Olives, Tomatoes, Cucumber, Feta, Bell Peppers, Chickpeas, with Tahini sauce)

Call 270-4290 by Friday, June 12 to reserve your meal. Pickup by car between the hours listed above.

All safety measures will be taken. See you soon!



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.

Health

Don't Hesitate To Call 911 For Medical Emergencies

The intense focus on COVID-19 leave many wondering how to handle medical emergencies unrelated to the virus. But, says Jeff Dostalek, Deputy Chief with Fitch Rona EMS, medical emergencies haven't stopped for COVID-19. And, treatment for these emergencies should not be delayed.

When to seek emergency care:

Chest pain, pressure or tightness—trouble breathing or shortness of breath—confusion or change in mental status—numbness or weakness on one side—slurred speech—sudden trouble walking or loss of balance—sudden vision changes and severe stomach pain.

“Preventing the spread of COVID-19 should be a priority, but it shouldn't take priority over your health” reminds Deputy Chief Dostalek.

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 - 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 8:30 a.m. and 1:30 p.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.



REACH Book Club

REACH Book Club has chosen books for the next year; however, it is still unclear whether we will meet in person or via Zoom. Following are the books chosen:

September 10, 2020 *The Underground Railroad* by Colson Whitehead

October 8, 2020 *The Gown* by Jennifer Robson

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

December 10, 2020 *Let's Pretend This Never Happened* by Jenny Lawson

FYI: You might want to put these books on hold and suspend them until you are ready to read a book. Hopefully Linkcat will soon be available to enable checkout from any of the libraries in the South Central Library System. Some libraries are doing curbside pickups. Check to see if that's an option near you.

Normally REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 P.M. We do not meet in July or August. If we will be meeting in September via Zoom, we will send the information via email. If you wish to be added to the email list, email dmullaly5771@gmail.com.

Online Zoom Programs

The Senior Center is currently working with group leaders to provide Zoom meetings. This could include the Men's and Women's Groups, as well as Caregiver Support and Mystery Book Club. 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](https://www.facebook.com/FitchburgSeniorCenter)



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.

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



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.

We Make Medicare Uplifting

Call for an appointment today!



608-819-6311

34 Schroeder Ct Ste 240 – Madison
www.informedchoice.com



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

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.carconciiergeautodelivery.com

Bonded Dybevik Enterprises, LLC Insured

THE Waterford at Fitchburg

DISCOVER *the difference*

COMMUNITY

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

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.

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



Accredited by the Wisconsin
Association of Senior Centers



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>

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



(608) 416-1647 sylvancrossings.com



Community PC

REMOTE & ONSITE SERVICE

Specializing in Tech Support for Seniors!



We'll Bring the
Shop to You ...



... Or We'll Meet
You on the Web!

608.268.7178

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

JUNE



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
	Spaghetti Wax beans Mixed Green Salad Peaches Brownie MO – Marinara Sauce NCS – SF Pudding		*Italian Sausage on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Ice Cream MO – Veggie Dog NCS – SF Ice Cream	Sweet and sour Chicken Brown Rice Peas Banana Rice Pudding MO–Sweet & Sour Veg NCS – SF Pudding
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
	Chicken Stew WW Dinner Roll Broccoli Tropical Fruit Cookie MO – Veggie Stew NCS – SF Cookie		Chicken &Gravy Over White bread Carrots Green Beans Orange Cake MO – Veggie in Gravy NCS – SF Cookie	Fish Sandwich Cheese Slice Yams Coleslaw Fruit Cup Lemon Italian Ice MO– Egg Salad Sandwich NCS – SF Ice Cream
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
	Sloppy Joe WW Bun Carrot Coins Black Eyed Pea Salad Banana Pudding MO – Chickpea Joe NCS – SF Pudding		Cheeseburger 4 Bean Salad Vegetable Blend Pineapple Fluff MO – Garden Burger NCS – Pineapple	Hearty Chicken Noodle Soup Mixed green salad Saltine Crackers Pears Pumpkin Bar MO – Tomato Soup NCS – Orange
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
	*Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables WW Bread Mandarin Oranges Cake MO – Multigrain Burger NCS – Pineapple		Traditional Meatloaf Sweet Potato Broccoli White Brea Apple Juice Cup Chocolate Chip Banana Cake MO – Veggie Wrap NCS – SF Cookie	Cheese Tortellini Bake Bread Stick Spinach Mandarin Oranges Blueberry Crisp MO – Cheese Tortellini in Marinara NCS – SF Jell-o
Monday 29	Tuesday 30			
	*Sausage Veggie Egg Bake Fruit Cup Mini Biscuit Spiced Apples Tapioca Pudding MO – Veggie Egg Bake NCS – SF Pudding	<p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICE <i>All menu items are prepared in kitchens that are not allergen-free.</i> <i>We cannot guarantee that food allergens will not be transferred through cross-contact.</i> No substitutions allowed. Note: MO = meatless option</p> <p>Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</p>		

