



Prime Time News

September 2020

Fitchburg Senior Center
Volume XV Issue 9

SENIOR CENTERS: Delivering Vital Connections

National Senior
Center Month
September 2020



Although we are in challenging times, there is still much to celebrate. During the first days of the pandemic, Senior Centers across the nation ensured that vital services were maintained. While our delivery methods have changed, our mission has not. We are here for you!



Slice of Apple Pie Drive By!

Drive by the Senior Center on Wednesday, September 23 from 1:00 –2:00 p.m. to pick up a delicious slice of apple pie from Fitchburg's own Rolling Pin Bakery! Suggested donation is just \$1 thanks to the support of the Fitchburg Senior Center Friends.

Hope to see you!!

“Dine Out” Fundraiser

Support the Fitchburg Senior Center Friends



Benvenuto's in Fitchburg

Wed., Sept. 2, 2020 Lunch or Dinner 11:00 a.m.-9:00 p.m.

(608) 278-7800 (Phone orders only)

Say “I want to support the Fitchburg Senior Center Friends”

25% of profits go directly to the Friends

<https://www.benvenutos.com/locations/fitchburg> → For full menu options

Curbside pickup - 2949 Triverton Pike Dr. Dine in or patio seating also available.

The Aging Mastery® Starter Kit Has Arrived!

We are proud to partner with the National Council on Aging (NCOA) to offer you the Aging Mastery® Starter Kit.

The Starter Kit will inspire you to take steps toward positive aging across six dimensions and help you build your own playbook for aging well. Each dimension has specific guideposts, or actions, that you are encouraged to incorporate your daily life.



The Starter Kit contains:

Aging Mastery
Playbook



Activity Cards

Exercise DVDs



Notepad

Magnet



- **September 17th – October 15th**
(virtually)
- **Thursdays 1:00pm-3:00pm**
- **Aging Mastery Playbook discussions will be facilitated by students from the UW School of Medicine and Public Health**

There is no cost to register for this program. Space is limited, so call the Fitchburg Senior Center today at 270-4290.

Once registered we will mail you the starter kit that contains all you need to begin your path to aging well!

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 September 10 at 1:30 p.m. via Zoom to 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



Foot Care Available

Do you need your toenails trimmed?

The Senior Center has foot care.

September 8 & 29

Call 270-4290 to make an appointment.



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



Find Us On Facebook
[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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**FREE Virtual (Online)
Welcome to Medicare Seminars**

Provided by Area Agency on Aging of Dane County's
Elder Benefits Specialist Program

**What you need to know
about enrolling in Medicare**

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.

September 26, 2020, 9—11:30 am

Email aaa@countyofdane.com to register by 9/16/20

November 14, 2020, 9—11:30 am

Email aaa@countyofdane.com to register by 11/4/20



The U.S. Census Bureau is ending all counting efforts for the 2020 census on September 30, one month sooner than previously announced

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!

One More Election In 2020

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.



Touchless Flu Shots

In October, we will be offering drive-through touchless flu shots at Fitchburg Fire Station #1. More details to come. Flu shot paperwork will be handed out at our Apple Pie Drive By on Sept. 23.

**Only Leaves Should Fall
Falls Prevention Event**

Join Dane County Falls Prevention Task Force for a Live Virtual chat with Dr. Zorba Paster.

Tuesday, Sept. 22 from 11:00 a.m. -12:00 p.m

This is a free event and registration is NOT required.
Just log on below on Sept. 22.

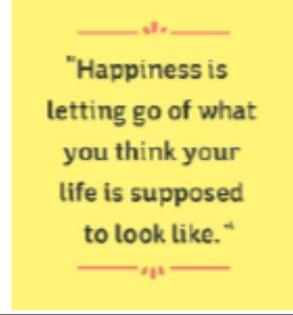
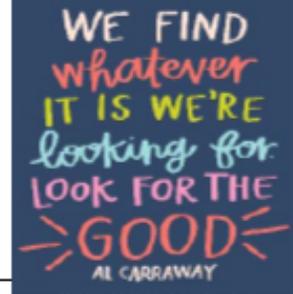
Visit :

<https://www.facebook.com/SafeCommunitiesMDC/live/>





2020

	Tuesday 1	Wednesday 2	Thursday 3 BULK	Friday 4
 <p>Senior Dining</p> 	Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Frosted Brownie MO – Veg Strips NCS – SF Pudding		Greek Chicken Pasta Carrot Raisin Salad 4 bean salad Orange Sherbet MO – Veggie Pasta NCS – SF Ice Cream	*Meatballs in Gravy Mashed Potatoes California Blend Melon Fruit Mix Dinner Roll Lemon Bar MO – Veg Meatballs in Gravy NCS – SF Jell-o
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
 <p>Closed</p>	Tuna Salad Sandwich Tomato soup Fruit Cup Blueberry Pound Cake MO – Egg Salad NCS – SF Cookie		Honey Baked Chicken Broccoli Yams Dinner Roll Pears Ambrosia Salad MO – Veggie Honey Baked Chicken Strips NCS – SF Pudding	Italian Lasagna Green Beans Tossed Salad Breadstick Warm Cinnamon Apples Banana Crème Pie MO – Marinara & Pasta NCS – SF Pie
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Lemon Dill Fish Tartar Sauce Baked Potato Sour Cream Fruit Cup WW Bread Sugar Cookie MO – Veggie Wrap NCS – SF Cookie	*Italian Sausage on Bun Oven Roasted Potatoes Stewed Tomatoes Orange Ice Cream MO – Veggie Dog NCS – SF Ice Cream		*BBQ Pulled Pork on a WW Bun Chickpea Salad Carrots Diced Melon Mix Vanilla Pudding MO – Hummus Wrap NCS – SF Pudding	Sweet & Sour Chicken Brown Rice Peas Banana Chocolate Chip Cookie Bar MO – Veg Sweet & Sour NCS – Pineapple
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Chicken Stew Saltine Crackers Broccoli Tropical Fruit Cake MO – Veggie Stew NCS – Orange	Egg Salad On WW Bread Coleslaw Pickled Beets Strawberry Jell-o NCS – SF Jell-o		Fish Sandwich w/ Cheese Slice Tartar Sauce Yams Coleslaw Fruit Cup Lemon Italian Ice MO – Garden Burger NCS – SF Ice Cream	Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Banana Cheesecake Brownie MO – Veggie Meatballs in Marinara NCS – SF Cookie
Monday 28	Tuesday 29	Wednesday 30	Meals provided by: Dane Count Consolidated Food Service <i>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.</i> Please note: Guests on a NAS diet should not be receiving: gravy, ketchup, mustard or other condiments. MO = meatless option	
*Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables WW Bread/Butter Mandarin Oranges Chocolate Pudding MO – Tomato/Cheese Sandwich NCS – SF Pudding	Cheeseburger: 4 Bean Salad 4 Way Vegetable Blend Dreamsicle Whip MO – Black Bean Burger NCS – Mandarin Oranges			

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

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