

October 2020 Chronicle

Verona Senior Center

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Please Sign Up!

**Please note, all programs
require registration.
Please call 608-845-7471.**

Fall is Here!

****Any information is subject to change.****

Phone: (608) 845-7471 Fax: (608) 848-2784
Website: friendsofveronaseniorcenter.org

“Like” us on Facebook

YouTube page: <https://www.youtube.com/channel/>

Masks are
required
when visiting
The Senior
Center.
See you soon!



Updates from the Director



October will be a busy month at the Verona Senior Center. Please read carefully as we are offering both in-house and virtual events.

Prescription Drug Take Back Event— Saturday, October 24th - 9am-2pm, at the Verona City Center, 111 Lincoln Street. **Please note, this will be a drive-through format. NO shredding available this year.

The Prescription Drug Take-Back Day goal is to provide a safe, convenient, and responsible means of disposal of prescription medications. Unused prescription medications in homes create a public health/safety concern, because they can be accidentally ingested, stolen, misused, and abused. Unused or expired medicine should never be flushed or poured down the drain. Removing potentially dangerous pharmaceutical substances from our medicine cabinets helps to prevent them from going into our water supply. Water reclamation facilities are not designed to remove all of them and trace amounts of pharmaceuticals are showing up in rivers and lakes around the world.

Bring: Prescription (controlled and non-controlled) and over-the-counter medications, ointments, patches, non-aerosol sprays, inhalers, creams, vials and pet medications.

Do Not Bring: Illegal drugs, needles/sharps, aerosol cans, bio-hazardous materials (anything containing a bodily fluid or blood), mercury thermometers, personal care products (shampoo, soaps, lotions, sunscreens, etc.).

Car Check and CarFit - Car Check with Hometown Auto—Friday, October 2nd - 8-11am See details on page 16. Reservations required, call 845-7471. Join us **Monday, October 5th at 10AM for a Virtual CarFit Driver Safety Presentation.** In this program we will talk about car and personal safety as well offer resources you can use to continue driving safely. Join us **Monday, October 5 at 10:00 AM**

Trick or Treat with a Twist—Friday, October 30th between 8:30-10am

Join us for a fun twist on Trick or Treating. Bring a donation for the Badger Prairie Needs Network to the Senior Center on Friday, October 30th and be rewarded with a fun surprise. Here is a list of needed items: toothbrushes/toothpaste, shampoo, toilet paper, diapers (sizes 4,5, & 6), and monetary donations.

Veteran's Day- Veteran's day is quickly approaching and we are working on a special recognition project for veterans. If you are a local veteran and would like be included please send the following information to Mike at Mdnrohan@gmail.com : name and branch of service, years of service, and a photo. For questions please call Alasa at 608-845-7471.

Program Details

All programs require reservations. Please sign up by calling 608-845-7471. Space is limited.

**REMINDER—Everything is subject to change. Please stay connected with VSC by signing up for our email list (email Alasa to join) and/or visiting our Facebook page (<https://www.facebook.com/VeronaSeniorCenter>).



Touchless Check-in - VSC will be using a new touchless check in system. Please bring your membership card each time you come to the Senior Center.

We thank you for our cooperation in advance and look forward to seeing everyone. If you have any questions please call 608-845-7471 and leave a message.

Be well, Stephanie Ehle, Director

Virtual Programming

If you are interested in participating in a virtual presentation please call 608-845-7471.



Getting Old Can Be Fun! BUILD MOVEMENT CONFIDENCE AS YOU AGE

4 Part Virtual Series with Lucas Wednesdays - 10:30 AM

Join Lucas, from Inside Out Intelligent Training, who specializes in building movement confidence through Neuro-based training methods. Throughout this 4 part series, you will learn how the brain is interconnected and what you can start doing to shift it in positive ways. Then join in as he teaches you physical movements that you will be able to do, no matter what your skill level is.

Session 1: October 7

1. Filling your stress bucket.
2. A Neuro-based look into movement.
3. How to use “dry brushing.”

Session 2: October 14

1. Exercising your eyes to open up brain.
2. Building quality movement skills to promote a healthy brain.

Session 3: October 21

1. Brain fuel patterns.
2. Reduce breath for cellular health.

Session 4: October 28

1. Learn true balance.
2. How to personalize.

Talking with Your Doctor Friday, October 9 - 10:30 AM

Is it time to go see your doctor or specialist? Do you feel prepared? This presentation will help you be more effective and proficient at your future doctor visits. This presentation will be given by Janet Bollig from SSM Health.

Heart Healthy Presentation Monday, October 12 - 1:00 PM

Heart disease has become the leading cause of death for both men and women in the United States. It's never too early or late to start showing your heart more love! In this virtual presentation, learn about specific foods that are heart healthy and ways you can start incorporating them into your diet that are both tasty and satisfying. This presentation will be given by Kara Hoerr a registered dietician.

Bone Health

Monday, October 26 - 11:00 AM

October is Osteoporosis Awareness Month! Ever wonder how to improve your bone health? Please join Capitol Physical Therapy's Dr. Tyler Harrington for a discussion on bone health. During the lecture you will learn: what makes up bone health, how to determine if one has good bone health, common causes of poor bone health, and exercises/tips/tricks to improve bone health.



In-house & Virtual Programs

If you are interested in participating in a presentation,
please call 608-845-7471.

In-House Crafts are Back!

Card Making Class

Tuesday, October 13

10:00 AM-12PM or 1:00 PM-3:00 PM

****These classes will take place at
the Verona Senior Center.**

Join Teresa Schultz with Stampin' Up for card making. The cost of the class is \$13. Please RSVP by Saturday, October 3 to Teresa Schultz: 608-712-0572.

GET YOUR BEAD ON... BRACELETS ARE BACK!

Thursday, October 15 10:00 - 3:00 PM

****Call & RSVP for a 30min session.**

Join your friends for a safe, social distanced, and fun bracelet making event! You'll make a stretchy bracelet of your choice selecting from a huge variety of prepackaged kits. (First bracelet is free. Additional kits \$2 each, bring exact amount.)

Virtual Halloween Magic Show!

Thursday, Oct. 29 from 2:00 PM

The Verona Senior Center welcomes a return performance by The Amazing Mr. Magic, for a new Halloween-themed virtual Magic Show! Prepare to be amazed and have fun!

Mr. Magic is a local magician from Verona and has performed at Hometown Days!



Outdoor Concerts!

**Route 66– Americas Main Street
with Craig Siemson**

Thursday, October 1–6:00 PM

RSVP between 9/28-9/30

Take a ride on America's most famous highway, Route 66. Folk singer and humorist, Craig Siemson, will explore the 2,448 miles of songs, stories, legends, and humor of Route 66. Often called Blue Highways, our two lane roads were once the backbone of an emerging country. This program offers a little history and a lot of fun!

60's and 70's with the Byrd Brothers

Thursday, October 8–6:00 PM

RSVP between 10/5-10/7

Join the Byrd Brothers, Larry Bird on acoustic guitar and harmonica and Jon Vriesacker on fiddle and mandolin for a fun evening out. This veteran duo plays a wide variety of music, from Simon and Garfunkel to the Beatles to Glen Campbell. Music from the 60's to present including new country and standards. They will keep you guessing on what's coming next!

Denny Diamond

Thursday, October 15th–6:00 PM

RSVP between 10/12-10/14

Denny Diamond will entertain us with music and stories of Neil Diamond, along with other familiar songs made famous by Johnny Cash, Elvis, Dean Martin, and Rickie Nelson just to name a few.



Brat and Hot Dog Lunch!



The Board of Directors
is grilling up brats and hotdogs for a
fundraiser drive up lunch!

Wednesday, October 7 from 11:00 AM-1:00 PM.

We will have chips, beverages, and cookies too!

Please come and enjoy this free lunch.
Donations welcome!

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Diane Dillett and Medical Insurance Solutions are not affiliated with Medicare. This is an advertisement for insurance.

Welcome Back!

In-House Programming

**Please RSVP for in-house programs by calling 845-7471. Space is limited.

Great Courses: DVD Series
Mondays from 11:30 AM -1:00 PM

Turning Points in American History

Professor Edward T. O' Donnell is Associate Professor of History at the College of the Holy Cross with a doctorate in American History from Columbia University. He has broad knowledge of American history with special interests in the following histories: urban, labor, Irish American, New York City, and the Civil War.

Rendever - Virtual Reality Live Tours
Thursdays, October 8 and 22 from 2:30-3:00 PM

Highlights of China: Thursday, October 8

Flashback to the 1950's: Thursday, October 22

Visit and explore special places from our world and beyond!

Computer technology can create the simulated environment of your dreams. Rendever staff will guide you through an immersive 360-degree virtual reality experience.

Friday Movies at the Senior Center!
Friday, October 2 and 16 at 11:00 AM



Friday, October 2

11:00 AM

110 min. PG-13

A football players dreams to play NFL are halted when he is Wrongly convicted and sent to prison. Years later fights to clear his name.

Friday, October 16

11:00 AM

149 min. R

Tragedy changes Theodore Life after his mother is killed in a bombing at the Metropolitan Museum of Art. He holds on to a painting as hope from that tragic day.



Books & Puzzles



**Books & Puzzles Cart - Tuesdays at the senior center!
Need a new book or puzzle? Help yourself!**



On Tuesdays in September we are accepting limited donations of books & puzzles.



Currently accepting "smoke free" items including:

- New or gently used, current books
- New or like new 300, 500 or 1000 piece puzzles (with all pieces)
- New, unused adult puzzle books (crossword, word search, Sudoku, etc.)



Instructions:

- Leave on cart between 8 am - 4 pm
- If cart is full please don't leave bags or boxes on ground
- Watch for signs - we will post a sign when we are no longer taking donations, we have limited storage space



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Verona Area Active Adults, Verona, WI B 4C 01-1435

Halloween Trivia

1. What do the colors orange and black represent on Halloween?
2. Jack o' Lanterns originated in what country?
3. Pumpkins can come in what three colors?
4. Halloween was brought to North America by immigrants from where?
5. What was the first wrapped penny candy in America?
6. The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing what to avoid being recognized as human?
7. Halloween candy sales average about how many billion dollars annually in the United States?
8. What candy bar tops the list as the most popular for trick-or-treaters?
9. Halloween is the 2nd most commercially successful holiday, what holiday is first?
10. What Halloween activity is thought to have originated from the roman harvest festival that honors Pamona, the goddess of fruit trees?
11. What animal is the witches best friend?
12. The fear of Halloween is known as?



1. Orange is Fall Harvest, Black is Death 2. Ireland 3. White, Blue, Green.
4. Europe 5. Tootsie Roles 6. Masks and costumes. 7. 2 8. Snickers 9. Christmas 10. Bobbing
for Apples. 11. Black Cat. 12. Samhainophobia

Medicare

Medicare Part D Prescription Drug Plan Open Enrollment begins on October 15th - December 7th

During open enrollment, you may compare, and/or change your Medicare drug plan. It never hurts to check out other plans that may be more cost effective. Medicare.gov has an easy tool you can use at home to compare plans.



Appointments to review, and/or change your part D plan are available with Deb Harvey, from Retirement Specialists. For more details or questions, call your Case Manager at the Senior Center. 845-7471

Practice Safe Six



 **Public Health**
MADISON & DANE COUNTY
Healthy people. Healthy places.

FOR MORE INFORMATION CALL 845-7471

October 2020 Verona Senior

Monday	Tuesday	Wednesday
<p>Registration required for ALL programs. To sign up please call 845-7471.</p>		
<p>5 9:00-12:00 Exercise Room (L) 9:00-11:30 Foot Care (F,L) 9:00 Keeping Fit (V,F) 10:00 Car Safety Talk (V) 11:30 AM-1:00 PM Great Courses: Turning Points in Am. History 10-12 (L) 1:00 3 in 1 Exercise (V,F)</p>	<p>6 9:00-12:00 Foot Reflexology w/ Gary (F, L) 10:00 Caregivers group (V) 10:00 Ron Dorr Outside Exercise Group (L) 1:00-4:00 Card Group (L) 4:00-4:30 Meal Pickup (F)</p>	<p>7 9:00-12:00 Exercise Room (L) 10:30-11:30 Getting Old Can Be Fun Part 1 (V) 11:00AM-1:00 PM Drive Up Brat & Hot Dog Lunch with the Board! 5:00 In-house Yoga (F) 5:30 MELT (V,F)</p>
<p>12 9:00-12:00 Exercise Room (L) 9:00-11:30 Foot Care (F,L) 9:00 Keeping Fit (V,F) 11:30 AM-1:00 PM Great Courses: Turning Points in Am. History 13-15 (L) 1:00-2:00 Heart Healthy: Kara Hoerr(V) 1:00 3 in 1 Exercise (V,F)</p>	<p>13 9:00-12:00 Massage with Gary (F, L) 10:00-12:00 Card Making Class (L,F) 1:00-3:00 Card Making Class (L,F) 4:00-4:30 Meal Pickup (F)</p>	<p>14 9:00-12:00 Exercise Room (L) 10:30-11:30 Getting Old Can Be Fun Part 2 (V) 12:30-1:30 Book Club (V) 5:00 In-house Yoga (F) 5:30 MELT (V,F)</p>
<p>19 9:00-12:00 Exercise Room (L) 9:00-11:30 Foot Care (F, L) 9:00 Keeping Fit (V,F) 11:30 AM-1:00 PM Great Courses: Turning Points in Am. History 16-18 (L) 1:00 3 in 1 Exercise (V,F)</p>	<p>20 9:00-12:00 Massage with Gary (F, L) 10:00 Caregivers group (V) 4:00-4:30 Meal Pickup (F)</p>	<p>21 9:00-12:00 Exercise Room (L) 10:30-11:30 Getting Old Can Be Fun Part 3 (V) 2:00 Pumpkin Burgers w/ Stephanie (V) 5:00 In-house Yoga (F) 5:30 MELT (V,F)</p>
<p>26 9:00-12:00 Exercise Room (L) 9:00-11:30 Diabetic Foot Care (F,L) 9:00 Keeping Fit (V,F) 11:00 Bone Health: Capital PT (V) 11:30 AM-1:00 PM Great Courses: Turning Points in Am. History 19-21 (L) 1:00 3 in 1 Exercise (V,F)</p>	<p>27 9:00-12:00 Massage with Gary (F, L) 4:00-4:30 Meal Pickup (F)</p>	<p>28 9:00-12:00 Exercise Room (L) 10:30-11:30 Getting Old Can Be Fun Part 4 (V) 5:00 In-house Yoga (F) 5:30 MELT (V,F)</p>

Center Activity Calendar

Thursday	Friday
<p>1 8:45 Keeping Fit (V,F) 3:00 Qigong (V,F) 4:00-4:30 Meal Pickup (F) 6:00 Outdoor Concert with Craig Siemsen (L)</p>	<p>2 8:00-11:00 Car Check/Fit at Hometown Auto (L) 9:00-12:00 Exercise Room (L) 11:00 Tai Chi with Jody (V,F) 11:00 Movie: <u>Brian Banks</u></p>
<p>8 8:45 Keeping Fit (V,F) 2:30-3:00 – Rendever Live: Highlights of China 3:00 Qigong (V,F) 4:00-4:30 Meal Pickup (F) 6:00 Outdoor Concert with Larry Bird (L)</p>	<p>9 9:00-12:00 Exercise Room (L) 10:30 Talking with your doctor: SSM Health (V) 11:00 Tai Chi with Jody (V,F)</p>
<p>15 8:45 Keeping Fit (V,F) 10:00-3:00 Bead Making (L) 3:00 Qigong (V,F) 4:00-4:30 Meal Pickup (F) 6:00 PM Outdoor Concert Denny Diamond (L)</p>	<p>16 9:00-12:00 Exercise Room (L) 11:00 Tai Chi with Jody (V,F) 11:00 Movie: <u>The Goldfinch</u></p>
<p>22 8:45 Keeping Fit (V,F) 2:30-3:00 Rendever Live: Flashback to the 1950's 3:00 Qigong (V,F) 4:00-4:30 Meal Pickup (F)</p>	<p>23 9:00-12:00 Exercise Room (L) 11:00 Tai Chi with Jody (V,F) 9:00AM – 3:00 PM City Voting (Voting also available 9:00AM – 3:00 PM on Saturday the 24th at Senior Center.) (Drug Take Back 9:00 AM-2:00 PM Saturday the 24th at City Hall)</p>
<p>29 8:45 Keeping Fit (V,F) 2:00-3:00 Halloween Magic Show (V) 3:00 Qigong (V,F) 4:00-4:30 Meal Pickup (F)</p>	<p>30 8:30-10:00 Trick or Treat w/a Twist! (L) 9:00-12:00 Exercise Room (L) 11:00 Tai Chi with Jody (V,F)</p>

Please RSVP!

Registration required for ALL programs.

To sign up please call 845-7471.

(V) - Virtual Program

(F) - Fees may apply

(L)- Program offered live at the Senior Center

Space is limited for ALL programs.

Did you know?

You can join any Zoom presentations on your computer, tablet, or smart phone. You can also listen on a landline telephone.

Exercise Classes

Virtual Exercise Classes!

Join us virtually by participating in an exercise class on Zoom.

Please contact instructors to join.
Some fees may apply.
Happy Exercising!

Virtual Keeping Fit with Shannon

Mondays 9:00 am & Thursdays 8:45am

Please contact: Shannon Maguire
608-712-0681, www.shannonmaguire.com

Virtual Melt with Liron

Wednesdays at 5:30pm

Please contact: Liron Weiss
meltmadison@gmail.com

Virtual Tai Chi Balance with Jody

Fridays at 11:00am

Please contact: Jody Curley
jodycurley@gmail.com
\$5 per class contribution suggested; feel free, however to contribute what you can, and if you can't contribute, just come!

Virtual Flowing Wave Qigong with Claire

Thursdays at 3:00 PM

Saturday, and Sundays, times vary.

Please contact: Claire
FlowingWaveArt@gmail.com or call
904.535.4779

Virtual Three in One -

Strength, Cardio & Balance w/ Rachel

Mondays, 1pm

\$5 per class

Please sign up by calling the Senior Center.

Payments can be made to the Senior Center.

Join Rachel for a great, new head to toe workout. Class will incorporate strength exercises, aerobics, and balance.

**Bands available for purchase (\$5) at VSC.

In-house Yoga Flow with Rachel

Wednesdays, 5pm

\$5 per class

Please sign up by calling the Senior Center.

Payments can be made to the Senior Center.

Join Rachel for a floor based yoga class that emphasizes proper alignment, body awareness, movement mechanics and balance through dynamic and gentle sequences.

NEW OUTDOOR CLASS w/ RON DORR

**Tuesday, October 6, 10:00 AM
Call VSC to sign up at 845-7471.**

Exercise safely outdoors with your friends while learning how to improve your balance and enjoying the outdoors. All you need to bring is you, a mask and water bottle. You will receive a brand new exercise band and a list of the exercises to keep your routine going.

**Modifications are provided for all ability levels so anyone can participate and benefit.

Instructor: Ron Dorr

Certified Stepping On Balance & Falls Prevention Specialist, A.C.E. Senior Fitness Instructor & Group Fitness Instructor.

Self-Care Opportunities

YouTube Exercise Classes!

Work out anytime!

Featuring some of your own
Senior Center Staff!

This is the link to our
YouTube channel:

[https://www.youtube.com/channel/
UCW6bZcgqolC9BhuMgSEyDEQ](https://www.youtube.com/channel/UCW6bZcgqolC9BhuMgSEyDEQ)

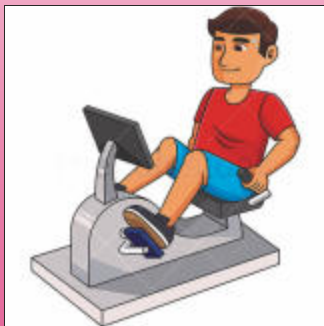
- Core w/Alasa
- Chair Yoga
- Core Floor Yoga
- Home Goods Workout
- Get up & Move Aerobics
- Chair Aerobics
- Gentle Yoga
- Movement Disorder/Parkinson's class

Exercise Room Is Back!

The exercise room will be available on
Mondays, Wednesdays and Fridays.

Reservations required. Please call to
schedule a 30 minute appointment.

Thank you!



Services Requiring Appointments

Call 845-7471 to schedule an
*appointment. Please make checks payable
to the provider.*

**Please check in for these appointments
at the front desk.**

Foot Care Clinic - \$20

Mondays, October 5, 12, 19

9:00-11:30am

15-minute appointments begin at 9:00am.

Please bring two towels.

Make checks out to: Bobbi Lester

NEW DIABETIC FOOT CARE!!!!- \$25

Tuesday, October 27th

9:00-11:30am

20 minute appointments begin at 9:00am.

Please bring two towels.

Make checks out to: Franz Foot Care

Foot Reflexology

Tuesday, October 6

9:00am-1:00pm

\$25 for 30 minutes, or \$50 for 60 minutes

Chair Massage

Tuesdays, October 13, 20, 27

9:00am-12:00pm

\$25 for 30 minutes

A red heart shape with a dark red outline, set against a background of green foliage. The text inside the heart is white and reads: "LOVE YOURSELF FIRST AND EVERYTHING ELSE FALLS INTO PLACE".

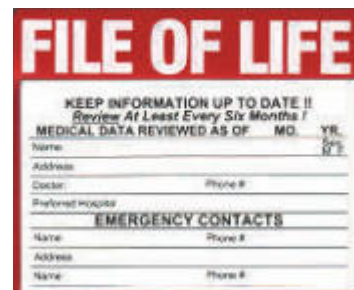
LOVE YOURSELF
FIRST AND
EVERYTHING
ELSE FALLS
INTO PLACE

Case Management

What Are Your Advance Care Wishes and Who Knows About Them?

Having conversations with those closest to you about your wishes is important. While some people may think they know exactly what they want, it can be helpful to talk through your wishes with the people closest to you before making final decisions about how you would like to be cared for in a medical emergency, if you become ill or end of life care. When having these conversations it can be useful to take a step back and discuss your beliefs and values to determine how these people will play a part in your advance planning wishes. The National Institute on Aging's website has questions to ask yourself while planning, information on how to choose a power of attorney for health care, and more: <https://www.nia.nih.gov/health/advance-care-planning-healthcare-directives#started>. Once you have thought through and finalized your wishes, it is crucial that you complete Advance Planning Directives and file them properly. Contrary to what some people believe, in Wisconsin these documents can be completed free of charge. The form can be found at: <https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm>. Finally, it is important that you talk about your wishes with your power of attorney for health care and other people close to you so that everyone is prepared if there comes a time when directives need to be activated.

File of Life is a document used to communicate important information about you to professionals in a time of a medical emergency. A File of Life magnet can be kept on your fridge and a paper copy can also be kept in your wallet or purse. This document needs to be updated often and contains emergency contact information, information on medications, allergies and medical conditions. Don't have one? Contact a case manager to get one today!



FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months /

MEDICAL DATA REVIEWED AS OF MO. YR. DL

Name: _____
Address: _____
Doctor: _____ Phone #: _____
Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____
Address: _____
Name: _____ Phone #: _____

How to Contact a Case Manager:

If your last name begins with:

A-L, contact Becky Losby 608-848-0432 and M-Z, contact Julie Larson 608-848-0440



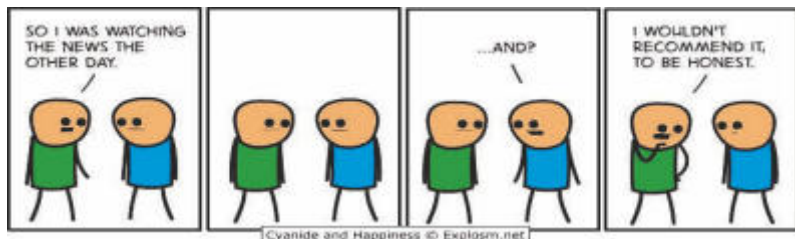
Happy Fall! My favorite season! I'm excited that we are able to offer a few more activities here at the senior center and hope that the health of our community, in regards to Covid-19, keeps moving in the right direction! On a personal note, we have exciting news in my household! Introducing Miss Margo! Don't let anyone tell you different, puppies are a lot of work! Thankfully we are so in love with her so it makes it easier! Stay safe, Julie



Case Management

Small changes can make a big difference

- **Turn off the news.** Watching too much can create stress and anxiety. Staying informed is a good thing; but once in a while, give yourself a little “news break.”



- **Don't** put so much **pressure** on **yourself** to “get things done.” We might be spending more time at home, but does that mean you should stress about all the things **you** think you should be doing? Nope. Nobody said that you have to do those things right now. Give yourself permission to take time to do whatever makes you happy, not stressed. Cleaning out the basement can wait!
- **Social media** is a great way to stay connected with family & friends, but it **can** also **trigger anxiety**. Did you know, you can still be “friends” with someone on Facebook, but hide what they post? Click on the 3 dots in the top right corner of their post for options. They won't know since you remain friends, you just won't see what they post.

October is National Breast Cancer Awareness Month

- * In 2019, an estimated 268,600 new cases of invasive breast cancer were diagnosed among women and approximately 2,670 cases diagnosed in men.
- * Approximately 1 in 8 women (13%) will be diagnosed with invasive breast cancer in their lifetime.
- * Men are more likely than women (51% versus 36%) to be diagnosed with advanced (regional- or distant-stage) breast cancer, which likely reflects delayed detection because of decreased awareness.



Perform regular self-examinations!

Enjoy the changing colors! *Becky*

We are a hot mess; Oli's not a huge fan of selfies...



Olivia will be **6 months old** on October 11th! She loves her dogs, bananas, country music, eating her feet & anything she can gnaw on to help those little teeth poke through!

Community Resources

Transit Solutions is available for rides within Verona, Monday through Friday, between 9:30am-1:30pm (last ride must be done at 2pm). Call 845-7471 by 12pm the day before to schedule rides. Rides are first call, first serve so calling more ahead of time is welcomed. Note: Up-to-date ride requirements such as masks and spacing will be posted.



Judy, Transit Driver



Trying to Reach Us?

Though we are open by appointment only, Verona Senior Center staff are available. If you get voicemail please know that messages are being checked on a regular basis and we will get back to you!



Dane County Delivers: Senior Grocery Solutions

Call: 608-294-8747

Free grocery deliveries to seniors 60+ & individuals with disabilities in Dane County. Call to order essential groceries and payment will be accepted by check or card. Donations are accepted.



Verona Triad Events:

Car Check: Fri. 10/2, by appt only. Enjoy treats while your vehicle is inspected by Hometown Auto. Call for more information and to schedule an appointment.

Drug Take Back: Sat. 10/24, 9am-2pm at Verona City Center, 111 Lincoln Street. Drive thru. No shredding service this year. See our website for details.

Virtual Triad Presentations available through Triad of Dane County:

Covid-19 Scams and What you Need to Know
<https://youtu.be/A4-XhGIBRg4>

Safely Navigating Our Ever Changing Roads
w/ Madison Police Officer Erik Lee
https://youtu.be/ldk_dnnunuI

Elders & Substance Use: The Invisible Crisis
w/ Professor Tracy Schroepfer
<https://youtu.be/FMlqoJ6kgPg>

For more resources please visit our website or call a case manager. Our website, friendsofveronaseniorcenter.org has a resource section with links and information for subjects such as diabetes, Crohn's, dementia, fall prevention, low-vision, caregiver resources, veterans, food pantry, social security, substance use and processing grief. [#checkitout](https://twitter.com/checkitout)

Caregivers Support

ARE YOU A CAREGIVER?

Join Us!

Verona Caregivers Group meets via zoom on:

1st and 3rd Tuesdays at 10:00 am

Call 608-845-7471 for more information

Note: this group normally meets in person and will again once it is safe to do so.



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Verona Library and Loan Closet

Verona Public Library

Monday - Thursday

9:00 - 10:00am - Open for senior citizens & high risk individuals

12:00 - 7:00pm - Open for all visitors

Friday

9:00 - 10:00am - Open for senior citizens & high risk individuals

12:00 - 6:00pm - Open for all visitors

Saturday

9:00 - 10:00am - Open for senior citizens & high risk individuals

12:00 - 4:00 pm - Open for all visitors

Curbside Pick Up

The library will be offering no contact curbside pick up for library materials on an appointment basis. Curbside pick up is available Monday-Sat.



Having a Difficult Time Getting to the Library?

Do you enjoy reading large print books or listening to audio books but have a difficult time getting to the library? Dane County Library Service's Outreach Service program supplies books to individuals, living in Dane County, who are unable to use the library due to an ongoing physical condition. The large print & audio books are sent postage free through the mail and may be returned the same way. To learn more call the Outreach Librarian Mary Driscoll at 266-4419 or email to: driscoll@dcls.info.

Virtual Book Club with the Verona Library!

**Wednesday, October 14
at 12:30 PM**

The book we will be reading for October is:

A Tale for the Time Being by

Ruth Ozeki For more information please call the library at (608) 845-7180 or check out their website at: <https://www.veronapubliclibrary.org/>

Books can be picked up at the Verona Library.

Verona Senior Center Loan Closet



Due to the Covid-19 pandemic, we are not accepting any donations of equipment.

**If you you in need of assistive equipment call the senior center at:
608-845-7471**

Sorry for any inconvenience!

Thank You to all of our Chronicle Advertisers!
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- 5th Quarter Sports Bar & Grill
- Cremation Society of Madison
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\$5 Take Out Menu & Order Form

Name _____ Phone _____

Circle your menu choices and drop-off or email to VSC by order deadline. Orders may also be called in to the nutrition line at 608-848-0438.

****Unfortunately, orders received after weekly deadline cannot be honored.**

Week of Oct 5-9 ORDER DEADLINE WEDNESDAY, September 30 12pm

TUESDAY, OCTOBER 6

bbq ribs, cheesy potatoes, three bean salad, ice cream, melon OR roasted turkey and bacon w/swiss on wheat, grapes, chips, magic bar

THURSDAY, OCTOBER 8

chicken pot pie, applesauce, German chocolate cake OR chef salad, ranch or French, fruit cocktail, salted caramel pecan cookie

Week of Oct 12-16 ORDER DEADLINE WEDNESDAY, October 7 12pm

TUESDAY, OCTOBER 13

beef stroganoff, egg noodles, corn, tropical fruit, sugar cookie bar OR chicken cobb salad, ranch, croutons, mandarin oranges, peanut butter cookie

THURSDAY, OCTOBER 15

sweet and sour chicken, white rice, pineapple, sherbet cup OR cheesy potato soup, ham and cheddar on sourdough, banana, oatmeal cookie

Week of Oct 19-23 ORDER DEADLINE WEDNESDAY, October 14 12pm

TUESDAY, OCTOBER 20

country fried steak, gravy, mashed potatoes, green beans, fruit cocktail, apple pie OR chicken fajita salad, salsa, tortilla chips, snickerdoodle

THURSDAY, OCTOBER 22

chicken parmesan, marinara, pasta, garlic bread, salad, peaches, brownie OR club croissant, chips, apple, chocolate chip cookie

Week of Oct 26-30 ORDER DEADLINE WEDNESDAY, October 21 12pm

TUESDAY, OCTOBER 27

taco casserole w/ beef, rice, melon, pumpkin bar w/ cream cheese frosting OR chicken noodle soup, half roast beef and cheddar on wheat, banana, double chocolate cookie

THURSDAY, OCTOBER 29

fried or baked cod, tartar sauce, dinner roll, coleslaw, roasted potatoes, lemon bar OR cordon bleu wrap (chicken/ham/swiss/lettuce w/ honey mustard potato salad, tropical fruit, M&M cookie



\$5 Drive up Meals from TNT Catering



During the month of October we will continue to offer two meal choices per day on both Tuesdays and Thursdays. Meals will be available for pick up only between 4 – 4:30pm. **Food options are listed page 20 and there are no limits on ordering.**

You may preorder meals for the entire month.

All orders are due by noon on the Wednesday before.

****Unfortunately, orders received after the deadline cannot be honored.**

Please call 848-0438 or email nutrition@ci.verona.wi.us to reserve your meals.

Please have \$5 cash or \$5 check written out to Verona Senior Center when picking up meals.

Pumpkin Burgers



- 1-2tbs olive oil
- 3 large shallots, diced
- 1 red pepper, diced
- 2 garlic cloves, minced
- 1/2 cup corn
- 1tsp cumin
- 8 oz pumpkin puree or canned pumpkin
- 1/2 cup hemp seed
- 1/2 cup nutritional yeast
- 1/2 cup oats or breadcrumbs
- Sea salt to taste

Heat oil in a pan. Sauté shallots, pepper and garlic. Add corn and cumin and cook 2 minutes. Transfer to a bowl and add remaining ingredients. Form into patties and place in skillet. Cook 4-5 minutes on each side. Enjoy!

Pumpkin Burger Cooking Class

Wednesday, October 21st - 2pm

Join Alasa and Stephanie to learn how to make a super healthy, seasonal burger.

Pick up a **FREE pumpkin burger kit** on Tuesday, October 20th between 3:00-3:30pm, then join staff via Zoom on Wednesday.

Please RSVP by noon on Thursday, October 15th by calling 845-7471.



Badger Prairie Needs Network Update



Although BPNN's building is closed to patrons, the pantry is still offering assistance.

Those using the food pantry can drive up to the front door where a volunteer will bring food to you and load the food into your car. During this time of crisis the food pantry will be open to anyone in Dane County. Community meals and mending day have been suspended.

Curbside Pantry Hours

Tuesday: 10 AM-Noon

Thursday: 11 AM-6:30 PM

Friday: 10 AM-Noon

Saturday: 10 AM-12:30 PM

Closed Sunday, Monday & Wednesday

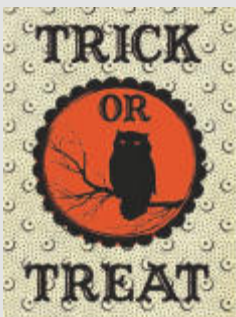
To drop off donations for the pantry, come to the back door during pantry hours and ring the bell. A volunteer will come to receive your donation. For safety reasons, the food pantry is currently not accepting food donations.

Greatest needs at this time:

Toothbrushes/toothpaste, shampoo, toilet paper, diapers (sizes 4,5, and 6), monetary donations so they can bulk purchase laundry detergent and bar soap.

More volunteers are always needed! For updates visit their website at bpnn.org.

Trick or Treat with a Twist



Join us for a fun twist on Trick or Treating. Bring a donation for BPNN to the Senior Center on Friday, October 30th between 8:30-10am and be rewarded with a fun surprise.

Hello my name is Lauren Wendland and I am the new student intern with Case Management at the Verona Senior Center! I am in my final year of school at UW-Madison



pursuing my Masters in Social Work and will be interning until my graduation in May of 2021. I graduated with my Bachelors in Social Work from UW-Whitewater in 2019. I have lived in the Madison area my whole life and currently live in Fitchburg. I work at UnityPoint Health-Meriter hospital as a Patient Experience Specialist working with patients and staff to create the best possible environment for care. In my free time I enjoy playing volleyball, exercising, travelling, and camping with family and friends. As the Verona Senior Center begins to welcome back members for more in-house programming, I look forward to meeting and getting to know everyone!

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HUNDRED REASONS TO
BREAK DOWN AND CRY,
SHOW LIFE THAT YOU
HAVE A MILLION REASONS
TO SMILE AND LAUGH.
STAY STRONG.



Friends of Verona Senior Center

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If you would like to contact a Board Member, please call the Senior Center at 845-7471.

The Friends of Verona Senior Center raise funds to support the programs and services of the Verona Senior Center. They provide on-going financial support for music at the birthday-anniversary party, food for special events, snacks for coffee hour, Veterans Group, Caregivers' group, and Parkinson's group. Thank you!

Zoom Board Meeting Everyone is invited!

October meeting date TBD

If you would like to join, please email:
Linda Kaiser at: plentyshoes@yahoo.com
for more information.



Thank you for all of your support!

Thank you to everyone who participated in our recent Brat, Hamburger, BBQ and No Bake Sale events.

We are extremely excited to announce that we collected \$1,542 in donations!! We are blown away by your generosity and support for our Senior Center.

Friends of the Verona Senior Center Board

thank
you!



Senior Center Staff

Director, Stephanie Ehle
608-848-0430, stephanie.ehle@ci.verona.wi.us

Case Manager, Becky Losby
608-848-0432, becky.losby@ci.verona.wi.us

Case Manager, Julie Larson
608-848-0440, julie.larson@ci.verona.wi.us

Program Manager, Alasa Wiest
608-848-0431, alasa.wiest@ci.verona.wi.us

Program Assistant, Janice Paul
608-848-0436, janice.paul@ci.verona.wi.us

Nutrition Aide, Torie Beckwith
nutrition@ci.verona.wi.us

Nutrition Line: 608-848-0438

Nursing Services provided by
Barbara J. Rasmussen, RN
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Verona Senior Services Committee

Voting Members: Christine Posey, Katie Kohl, Charlotte Jerney - City of Verona Alders

Phone: (608) 845-7471

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<https://www.youtube.com/channel/UCW6bZcgqoIC9BhuMgSEyDEQ>

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