

**NOVEMBER 2021
VOLUME 51 ISSUE 11**

The Courier

301 Blankenheim Lane, Sun Prairie, Wisconsin 53590, 608-837-4611

Mission Statement: "To enhance the well-being and independence of older adults"

Breakfast Bunch



Join us on **Wednesday, November 17, at 8 am**, to hear from Marty Greer, DVM, JD, a certified Fear Free behavior health veterinarian who opened a new veterinary wellness clinic in Sun Prairie. The Checkout Veterinary Drive-Thru Wellness Clinic was designed as a model of convenience to alleviate anxiety in pets and people. She is also the author of ***Your Pandemic Puppy—Finding and Raising a Well-Adjusted Dog During COVID-19.***

The cost for breakfast and the program is \$5 or \$4 for Club 301 Members.

Please rsvp by Friday, November 12.



Day for Seniors

Join us on Thursday, November 18, at 1:30 pm and **enjoy** music from Randy Kiel. Randy is back to perform all the classic favorites from the 50's, 60's and 70's Rock N Roll artists. **Cost is \$5.00 and free for Club 301 premium members.**

Thanksgiving Dinner to Go

For a suggested donation of \$10.00/meal you are invited to come to the Colonial Club Drive Thru Thanksgiving Dinner to Go on **Tuesday, November 23, from 4:00 to 5:30 pm**. The meal consists of turkey, mashed potatoes, green beans, stuffing, dinner roll, cranberries and pumpkin pie. (menu subject to change based on supply availability)

Call the Main Office at the Colonial Club, 608-837-4611, by Thursday, November 18, at 2:00 pm, to reserve your meal.



Programs and Activities



Dear Friends,

As we enter the season of Thanksgiving, we realize a lot of what Mom and Dad taught us *really was important*. One of those lessons was the importance of saying thank you. All of us here at the Colonial Club are grateful to the many people and organizations who make our jobs just a bit easier:

Thank you to all the people at Dane County for their outstanding efforts in 2022 budget preparations. Starting at the top with County Executive Joe Parisi who included all of the priorities requested by senior center directors in his budget. We won't know for sure how it all plays out until later, but we are grateful that senior services are deemed important across the board at Dane County. This also includes our colleagues at Dane County Human Services, the Area Agency on Aging and the Legislative/Advocacy Committee.

Thank you to all of the Colonial Club volunteers who year in and year out help keep things running smoothly. Certainly during the past year and a half, the home delivered meal drivers have been a critical piece to our efforts to take care of homebound seniors.

Thank you to the Board of Directors and paid staff members. These folks are often overlooked when it comes time to say thanks and I hope each of them know how much their dedication and hard work are valued, not just in November, but all year long.

Thank you to the communities of Cottage Grove, Bristol, Burke, Medina, Marshall, and Sun Prairie. Last year, many of them stepped up their contribution to our budget to help us do what we needed to do during COVID. From Village trustees to Town clerks, we are grateful for their efforts to keep funds flowing to the Colonial Club.

Thank you to all the wonderful people who have expressed their support of the Colonial Club with donations. We are humbled and gratified that so many people have made the effort to respond to our general fundraising requests and our special 50th anniversary fundraising.

With gratitude,

Bob

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Management Staff

608-837-4611

Bob Power

Executive Director

ext. 110

Melody Riedel

Director of Operations & Services

ext. 115

Laura Jennings

Director of Support Services & Activities ext. 129

Volunteer & Special Events Coordinator ext 129

Gail Brooks

Case Management Coordinator

ext. 127

Todd Schultz

Building & Grounds Coordinator

ext. 114

Jean Detert

Nutrition Coordinator

ext. 112

Programs and Activities



Movie Time

Join us on **Tuesday, November 9, at 1:00 pm** to enjoy a movie and popcorn in front of the television in the Lounge. This month will be Director's Choice of a PG-13 or less rating. Show up and be surprised!

Don't let the microchip shortage ruin your holiday shopping

It's always a good idea to get your holiday shopping done early, but this year it's more important than ever. The Covid-19 pandemic has caused a microchip shortage and supply chain issues. This means electronics, toys and other products will be (or already are) in short supply.

Supply shortages result in fewer holiday bargains and inflated prices. This means that staying on budget and scoring the gifts on your list will be more difficult this year.

Holiday shopping tips:

Know what products may be in short supply. Millions of everyday products use microchips to function. Computers, gaming systems, smart appliances, cameras and toys that feature light, sound, motion or any kind of tech, all use microchips. Many manufacturers are already struggling to keep up with product demand. Think through your holiday gift-giving list and identify the must-haves that are impacted by the shortage.

Shop early. Don't wait until Black Friday to start your holiday shopping. Certain products may be sold out by November.

Don't wait to find a good deal. Good deals will be difficult to find. If you find a product in stock at a good price, take advantage of it right away.

Budget without expecting sales. Supply chain problems mean many retailers had to pay more for inventory and can't offer the same bargain prices as they have in the past. In fact, many products that use microchips have already gone up in price.

Have a backup plan. Some retailers already have products backordered into 2022. Try to stay flexible. If you can't find the gift you had in mind, you may need a Plan B.

Watch out for scams. Whenever a product is in high demand, scammers try to take advantage of consumers. Keep an eye out for sketchy sellers who may be selling counterfeit products. Always research vendors you are unfamiliar with to make sure you are dealing with a legitimate business. Remember, if it sounds too good to be true, it probably is.

Report it. If you've been the victim of a scam, regardless of whether or not you have lost money, report it to [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker). Your report helps to warn others of the scams taking place in the marketplace.

Red Hats

Friday, November 12, 11:30 am

Daly's Bar & Grill

Call Queen Sandy Evans at 608-709-8561 to make a reservation no later than Tuesday, November 9.

New members are always welcome-there are no dues and no "to do's", just fun and friendship. once a month. Call Laura at 608-837-4611 for more information.

Programs and Activities



Let's Connect! - Call in Program for Seniors

Why do I need a Power of Attorney?

Wednesday, November 3, at 10 am

Toll Free: 1-833-558-0712

Access Code: 199 641 6875 # #

Be proactive! It is extremely important that EVERYONE over age 18 has a Power of Attorney for Health in Wisconsin. Select who YOU want to make health care decisions for you in the event you cannot. This will potentially save you and your family the need for a court process or legal fees. Take control!

Join Adult Protective Services guardianship social workers Christin Bohleber and Lacie Ball for a discussion by phone on November 3 at 10 am about advanced planning documents, how to complete them or assist others, and why they are so important in Wisconsin. Call the toll free number above and enter the access code when prompted.



Programs & Activities



Colonial Club Book Club

The Book Club will not meet in November. Our next Book Club meeting is scheduled for **Thursday, December 30, at 1:00 pm** at the Colonial Club. The book will be *The Great Lion of God* by Taylor Caldwell. The new book will be available for pick up in the Main Office.

Circle of Friends Book Club

The Circle of Friends Book Club will be meeting on the **second Wednesday each month at 10:00 am** at the Colonial Club. The November meeting will be on **Wednesday, November 10**. We will have a movie. New members are welcome.

Chorus and Chimes

Want to sing Christmas carols? Meet in the Lamplighter Room on **Thursdays at 2:00 pm in November, starting November 4**. Chimes is back. Meet **Tuesdays at 2:00 pm** in the Lamplighter Room.

Chimes will play at 2:00 pm for ADC on **Tuesday, November 16**, in the auditorium and Chorus will be in the ADC on **Thursday, November 11**.

Computer Tutor is Back!

Sheila and Rob will be here to help with your computer, tablet or smart phone questions on **Mondays from 2 -4 pm**. Drop in and get your questions answered!

Rob-November 8 and 22
Sheila-November 1, 15, 29

New Membership Year Started October 1, 2021

The new Membership Year started October 1. Membership fees help support programs and give the card holder discounts at Colonial Club and local Sun Prairie businesses. The cost of an annual membership is \$60. Scholarships may be available based on donations.

Please remember to sign up or renew your membership in the Main Office.

RSVP Group Projects

Do you enjoy sewing, knitting, or crocheting? As an RSVP Group Projects/Homeworker volunteer, you can make quilts, hats, mittens, scarves, shawls, fidget blankets, masks, and other items that help children, families, and adults in need! There is a need for these handcrafted creations in Dane County. Meetings are held at the Colonial Club the **first Wednesday of the month at 10:00 am**. Supplies can be dropped off (if needed) and finished items picked up; please do not drop finished items off at the Colonial Club. Contact Kate Seal at kseal@rsvpdane.org or 608-310-7280 to make arrangements. Thank you.

WANTED: Donors for Memorial Benches

The Colonial Club is looking to add some new outside benches on our property and looking for donors willing to sponsor one. Price range would be between \$600-\$900. Interested donors please call Bob at 608-837-4611 ext. 110 or email him at rpower@colonialclub.org.

Programs and Activities



Crafts with Sally

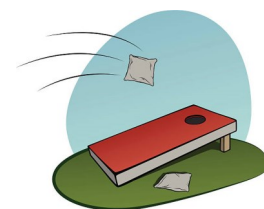
Tuesday, November 9, 9:30 am. Supplies provided. No charge. Please sign up in the Main Office so that we have an idea of what supplies are needed. But, if you don't get a chance to sign up in advance, you are still welcome to join us. Instructor: Sally Keyel.

If you have an idea or want to make a special request for something new and different, please bring your suggestions for future projects to the Main Office.



Beanbag Toss

Bean bag Toss started **Friday, October 15 at 10 am.** We are in need of players. Come join us Fridays at 10:00. It's an easy and fun way to stay active during the cold months. Call Laura at 608-837-4611 if you are interested. New players welcome.



Bingo

Join us for bingo at 1:00 pm on

Thursday, November 4, sponsored by Drumlin Communities

Tuesday, November 16, sponsored by Hyland Park

Tuesday, November 30

Please do not arrive any earlier than 12:45 pm for bingo and other 1:00 pm programs scheduled in the Dining Room. We need to follow new guidelines for cleaning after lunch and need to have the tables cleared. If you arrive early, you may be asked to move until the tables can be cleaned. Thank you for your cooperation.

Exercise Class Opportunities

Music and Motion: Mondays and Wednesdays at 9:00 am. Bring a ball you can squeeze or at least go through the motions (some are using a small rubber ball), a stretch band such as those used in physical therapy, two sticks (most are using wooden spoons) and a weight (some are using a small soup can). Mondays with video; Wednesdays with DJ.

You can also find a Music and Motion class on KSUN, Charter channel 983, and TDS channels 13 and 1013, at 10:30 am, Thursdays.

Beat to the Music: Thursdays at 10:30 am with Marge. This class combines aerobic movements with chair tapping, walking and stretching. Bring a water bottle. Please note time change.

Indoor Walking Class: Mondays at 10:30 am. The class will be led by Marge and held in the Auditorium. The 45-60 minute class will also include stretching and chair exercises. Please wear walking shoes and bring your water bottle.

Volunteer Updates



VOLUNTEERS NEEDED

We are in need of volunteers willing to help seniors with various chores such as lawn mowing, snow shoveling and companionship. In addition, the home delivered meal program has expanded and we have an ongoing need for drivers! **If you are interested in helping seniors stay healthy at home by delivering a noon meal, please let us know!** Ideally, a meal driver volunteer is someone who can make a weekly commitment of approximately 2 hours. Enjoy reading the Courier? We need volunteers to help us compile and deliver it to area businesses.

Apply online at colonialclub.org or contact Laura Jennings at 608-837-4611 or ljennings@colonialclub.org for more information.

AARP SEEKING VOLUNTEERS TO HELP LOCAL TAXPAYERS

The AARP Foundation is now recruiting volunteers for its in-person and virtual Tax-Aide program, the nation's largest volunteer-based free in-person and online tax preparation service for taxpayers with low to moderate incomes. This Tax-Aide program is offered in coordination with the IRS. There are a number of volunteer opportunities: virtual or in-person counselors, client facilitators, technology coordinators, as well as leadership and administrative positions. Training and support are provided.

You can get more information or volunteer by going to aarpfoundation.org/taxaidevolunteer or calling 888-AARP-NOW (888-227-7669).

Volunteer Videographer Needed

Do you enjoy working with video and media? We need a volunteer can record various Colonial Club events, onsite, to be aired on local KSUN TV. If you are interested, contact Laura Jennings at 608-837-4611, ext 129, for more details.

Dane County Meal Program Needs Your Help!

In the past 12 months, through 28 different senior dining sites and our home-delivered meal program throughout Dane County, we served over 290,000 meals to seniors. I often hear the meal program described as a "free" meal program, when nothing could be further from the truth. The cost to prepare, deliver, and serve these meals was just over 2.6 million dollars in 2021, or an average of \$9.07 per meal.

This includes the cost of raw food and materials, preparation, and delivery of the meal to the meal sites by the caterer, to include fuel. It further includes the staffing and other costs incurred by the site to serve the meal at the senior dining site. For home-delivered meals it includes the additional packaging, supplies, and delivery equipment needed to safely provide home delivered meals to the homebound.

We've all seen rising costs in groceries and gasoline for our family budgets. This program is no different.

So where does the money for the Senior Nutrition Program come from? It might surprise you to know that of the \$2.6 million budgeted to serve more than 290,000 meals this year we count on at least 17% (\$444,000) coming from donations by persons receiving the meals. The remainder (\$2,160,000) comes from the following sources: Federal Older American's Act funding, State funding, local tax revenue, local municipalities and fundraising. While we realize money is tight everywhere, we are asking those that can to make a donation toward the cost of these meals.

You will notice suggested minimum donation signs of \$4.00 per meal. We understand that individual finances will determine the amount, if any, a person can contribute. We set this for those that would simply like a guide. If half of the persons served a meal contribute this amount, while others contribute a little more, a little less, or none at all based upon what their finances will allow, we could continue the program at the current level of service. While you are asked to anonymously contribute what you can to the program for your meal, if your circumstances do not allow for this, a contribution is not required.

Please consider making a donation as you dine and know you are always welcome at our table.

By Angela Velasquez, Aging Program Specialist, Area Agency on Aging of Dane County

Resources and Support



EAT RIGHT WHEN MONEY IS TIGHT!

The FoodShare Helpline is a service of Feeding Wisconsin and its member food banks. FoodShare is a monthly benefit deposited on a debit-like card, the QUEST Card, to help with food purchases, freeing up money for bills, medications and other necessities. It's easier than ever to apply and you can even get free, confidential assistance. No future appointments are currently scheduled.

Did you know...

Even the minimum benefit would give you **\$180 per year!** Eligibility is based on income and certain expenses, so you can own a home and car and even have a savings account. Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers. Receiving benefits does NOT take away from others. **EVERYONE who is eligible and applies will get benefits.**



For more information, call Heidi at 608-630-4113 or the FoodShare Helpline at 1-877-366-3635 today.

Protect Your Personal Information Online

Revealing your birth date and/or place of birth to another person/agency provides them 98% of the keys necessary to obtain the rest of the information they need to defraud you. Do not give this information to anyone calling you on the phone or disclose the information on social media. Most of us are honest and do not have a deceptive mind and can, therefore, fall for scams more easily.

From interviews with Frank Abagnale, author of *Scam Me if You Can* and *Catch Me if You Can*; Security Consultant with Abagnale and Associates

Emergency Supplies Available

Are you or is someone you know in temporary need of toothpaste, shampoo, other toiletries or supplies? Before coming to the Colonial Club, call case manager Peggy Draeger to make a request or for more information at 608-837-4611.

Sun Prairie Food Pantry Hours

Monday, Wednesday and Friday - 12:00 to 3:30 p.m.
Tuesday and Thursday - 5:00 to 7:00 pm
Saturday - 9:00 to 11:00 am

18 Rickel Rd, Sun Prairie
608-513-1044

Sunshine Supper

The Sunshine Supper is a free community meal and is now being served, *drive thru only*, on **Mondays from 5:00 to 6:00 pm** at the Sunshine Supper building, 1632 W Main St, Sun Prairie, as long as volunteers are healthy. While we are dealing with the coronavirus, plans may continue to change at any time. **To confirm that the meal will be served as scheduled or to learn what the schedule and procedures will be, please check online at the website www.sunshinesupper.org or call 608-561-1632.**

NEW PRICES in Giftshop

Prices have not been changed in the past ten years so please note there is a small increase in price for snacks, water, soda and coffee items in the Three Wishes Giftshop **which went into effect October 15.**

Resources and Support



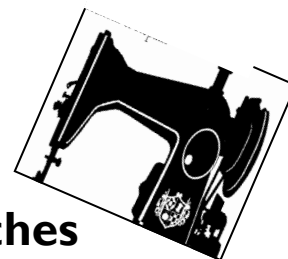
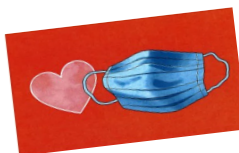
Alzheimer's Association 24/7 Caregiver Hotline: 800-272-3900

Alzheimer's Association Virtual Support Groups

These support groups are designed to provide a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or other dementia. The meetings typically take place monthly and are always free and open to the public. There are support groups for: persons living with mild cognitive impairment; general family caregivers; family caregivers of a loved one with dementia living at a facility; family caregivers of a loved one with dementia in the early stages; family caregivers of a loved one with frontotemporal degeneration; and a support group for grief and bereavement. To register or to get more information about a specific group or group schedules, contact the 24/7 Helpline 800-272-3900 or visit www.crf.com. All support groups are virtual at this time.

Elder Abuse Hotline

The purpose of the Elder Abuse Hotline is to make sure that elders who are experiencing abuse have a place to turn in order to find the right resource in their community. Joanna Reinstein is the Elder Abuse Hotline Coordinator at GWAAR. The Elder Abuse Hotline website is www.reportelderabusewi.org. There are printable program materials under the Resources tab on the website. Individuals are also able to report elder abuse on the website under the Report Elder Abuse tab or by calling the Hotline at 1-833-586-0107.



In Stitches

Need a hem or trousers altered?
Looking for good quality, handmade, washable
Facemasks?
Check out In Stitches Alterations and Repairs.
For information and pricing,
call Rosalie at 608-515-2449.

ADRC Services

The Aging and Disability Resource Center of Dane County offers free, unbiased information and assistance on resources and services for older people and adults with disabilities. The ADRC provides information to all callers regardless of their income, assets, age, or disability. ADRC staff will help callers identify options, solve problems and plan for the future. The ADRC is accepting calls at 608-240-7400, **7:45 am – 4:30 pm, Monday through Friday**. You can also visit their website at <http://www.daneadrc.org>; or e-mail them at ADRC@countyofdane.com or visit [Facebook.com/ADRC Dane Co](https://www.facebook.com/ADRC Dane Co). The ADRC is not accepting walk-ins at this time.

RSVP Vaccination Requirement for Rides to Medical Appointments

Rides to medical appointments are available through the RSVP Driver Escort Program. **Reservations must be made at least 4 business days in advance.** To schedule a ride, call Rosalie at the Main Office, 608-837-4611. If she is not available, leave a message with your name, phone number, date, time and location of your appointment. Rides are available only between the hours of 8:30 am and 2:30 pm. You must be ambulatory to take advantage of this service. RSVP rides are on a donation basis and scheduled based on volunteer availability.

If you are new to this service, there is a registration process to complete. Please allow as much time as possible before your first ride request to complete this process, which includes providing proof of vaccination against COVID-19 to RSVP. **Effective October 15, RSVP does not schedule rides with RSVP volunteers until this proof is received by RSVP.**

Resources and Support



RSVP Ride Program

RSVP has resumed offering rides to medical appointments. However, there are new Covid related requirements for passengers. Please see the new instructions on page 10.

Dane County Transportation Center

The DCTC provides a Mobility Manager who can provide information on all travel options available and personalized assistance with your transportation needs.

Call the Mobility Manager at the Dane County Transportation Center for assistance at 608-242-6489.

Taxi Vouchers available for the Sun Prairie Emergency Food Pantry

Contact the Sun Prairie Taxi service at 837-5550 to schedule a ride and let them know you want to go to the Food Pantry. When you arrive at the Pantry, a voucher will be provided to you to give to the taxi driver and you will be given a second voucher for return trip home.

Call the Food Pantry, 608-825-3875, with questions and to confirm availability/hours.

Express Bus Service to Madison

The City of Sun Prairie and Metro Transit offer express commuter service between the park-and-ride on the corner of Reiner Road and O'Keeffe Avenue (south of Reiner Rd Hwy 151 exit) and downtown Madison.

Additional stops available within Prairie Lakes, on West Main Street, and on O'Keeffe Avenue by Walmart.

Bus For NE Dane County

All shopping trips are available for people over the age of 60 and/or those with a disability.

Transit Solutions—Shopping bus from Marshall and Sun Prairie—1st & 3rd Thursdays. East Towne Mall. Pick up **at your home** around 10:00 am. Return trip 1:30. Drop off and pick up at Food Court. \$3 round trip. Marshall residents can go to east Pick & Save in Sun Prairie on same trip. Call Transit Solutions at 608-294-8747—24 hours in advance to make a reservation. Request for wheelchair accessible bus must be made when making reservation.

Cottage Grove and Deerfield-Wednesday pick up at **9:30 am** to shop at Piggly Wiggly. They'll leave from Piggly Wiggly at approximately **11:00 am**. \$2 Round Trip.

East Towne Mall Shopping Trips-Southern Region Deerfield/Cottage Grove **1st and 3rd Tuesdays**. Pick up at **10:00 am** in Deerfield and then Cottage Grove. They will leave the Mall about **1:30 pm**. \$3 round trip.

Sun Prairie Shared-Ride Taxi Service

This service provides one-way trips within the city limits at affordable fixed rates. To request a ride, please call 608-837-5550. Regular fare prices listed are for one-way trips within the city limits: Senior and disabled adults, youth aged six to 18 years-\$4.00. Additional passengers-per rates listed. Wait fee-\$0.50 per minute.

Income qualified residents are eligible for a reduced \$2.00 fare. To apply for this program, pick up an application at the Sun Prairie City Hall or call 608-825-1192. Funding is limited and operates on a first-come/first-served basis.

You may now purchase Shared-Ride Taxi Booklets at City Hall or the Sun Prairie Public Library during their regular business hours. Each booklet will contain 5 tickets for regular fare or reduced fare rides. Booklets can also be purchased through drivers or by contacting Running, Inc., the service provider for Sun Prairie's Shared-Ride Taxi service at sunprairietaxi@runninginc.net.


This service also provides rides to the bus stop at the East Towne Mall seven days a week with pick up at your home or another location you specify. The fare for this service is \$5 each way, cash only. A one hour notice is required and rides leave Sun Prairie on the hour, 6:00 am to 6:00 pm, and return from the Mall on the half hour, 6:30 am to 6:30 pm. To request this service, call 608-837-5550.

All images in the Courier are taken from the LPI Arts & Media Portal, MS Publisher ClipArt, and Bing free clipart online except for photographs taken by Colonial Club staff and participants.

November Calendar



MON	TUE	WED	THU	FRI
NOV 1 8am Wood Shop 9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Sheepshead 1pm Skat 2pm Computer Tutor	NOV 2 9am GTE Men's Group 9am Massage Therapy - John Santiago 11:30am Lunch 12:30pm Canasta 1pm Bridge 2pm Mahjong 2:00pm Chimes 6pm Line Dancing	NOV 3 9am Foot Care 9am Music and Motion 10am RSVP Group Projects 10am Rummikub 11:30am Lunch 12pm Commodities Pick Up 1pm Euchre	NOV 4 9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Bingo 1pm Watercolor Group 2pm Chorus	NOV 5 9am Beginning Euchre 10am Bean Bag Toss 10am Dominos 10am Mahjong 11:30am Lunch
NOV 8 9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Sheepshead 1pm Skat 2pm Computer Tutor	NOV 9 9am GTE Men's Group 9:30am Crafts with Sally 11:30am Lunch 12:30pm Canasta 1pm Bridge 1pm Movie 2pm Mahjong 2:00pm Chimes 6pm Line Dancing	NOV 10 9am Music and Motion 10am Circle of Friends Book Club 10am Rummikub 11:30am Lunch 1pm Euchre	NOV 11 8:30 HoChunk departure 9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 2pm Chorus-ADC	NOV 12 9am Beginning Euchre 10am Bean Bag Toss 10am Dominos 10am Mahjong 11:30am Lunch 11:30 Red Hats at Daly's

NOV 15 9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Sheepshead 1pm Skat 2pm Computer Tutor	NOV 16 9am GTE Men's Group 9am Massage Therapy - John Santiago 11:30am Lunch 12:30pm Canasta 1pm Bingo 1pm Bridge 2pm Mahjong 2:00pm Chimes-Auditorium 6pm Line Dancing	NOV 17 8am Breakfast Bunch 9am Foot Care 9am Music and Motion 10am Rummikub 11:30am Lunch 1pm Euchre	NOV 18 9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Watercolor Group 1:30pm Day For Seniors 2pm Chorus	NOV 19 8am Milwaukee departure 9am Beginning Euchre 10am Bean Bag Toss 10am Dominos 10am Mahjong 11:30am Lunch
NOV 22 9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Sheepshead 1pm Skat 2pm Computer Tutor	NOV 23 9am GTE Men's Group 11:30am Lunch 12:30pm Canasta 1pm Bridge 2pm Mahjong 2:00pm Chimes 4pm Thanksgiving Dinner Pickup 6pm Line Dancing	NOV 24 9am Music and Motion 10am Rummikub 11:30am Lunch 1pm Euchre	NOV 25 CLOSED FOR THANKSGIVING	NOV 26 CLOSED FOR THANKSGIVING
NOV 29 9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Sheepshead 1pm Skat 2pm Computer Tutor	NOV 30 9am GTE Men's Group 11:30am Lunch 12:30pm Canasta 1pm Bingo 1pm Bridge 2pm Mahjong 2:00pm Chimes 6pm Line Dancing	<p>WEEKEND EVENT: SATURDAY, NOVEMBER 27 8:00 AM RED CROSS BLOOD DRIVE</p> 		

Resources and Support



COMMODITY SUPPLEMENTAL FOOD PROGRAM



Commodity Supplemental Food Program (CSFP) works to improve the health of low-income adults ages 60 years and older by supplementing their diets with nutritious foods. Talk to one of our Case Managers to see if you qualify. If you are eligible you will receive a monthly package of nutritious food provided by the U.S. Department of Agriculture (USDA) including: Canned fruits and vegetables, canned meat, fruit juices, cheese, milk, dry powdered or shelf stable cartons, peanut butter or dried beans, cereal & grains, rice, instant potatoes or pasta.

Income Eligibility

**Use total GROSS income –before taxes
and deductions –of ALL household members***

Every 60+ year old household member is eligible to receive his/her own monthly food package.

\$16,744 annually or \$1,396 monthly 1 Person Household

\$22,646 annually or \$1,888 monthly 2 Person Household

For 3 person or more household, a Case Manager can provide income guidelines

**Colonial Club Senior Center plans to host the next Commodity Supplemental Food Program
Wednesday, November 3, 2021**

**12:00 to 1:00 pm in the Gathering Place
for Colonial Club participants and Colonial View residents**

Contact Case Management at the Colonial Club at 837-4611 ext 135, if you have questions.

Are Home Energy Costs Putting the Squeeze on You?

The new heating season starts October 1. Clients can start to schedule appointments using one of the methods below. They can also apply online. As of now, Energy Services is not doing office appointments unless absolutely necessary; they are still working out their outreach options.

Clients can apply directly online at <https://energybenefit.wi.gov/OnlineApps/OnlineApp/Default#!>
OR type in ESI.HELP; schedule a phone appointment by calling (1) 800-506-5596; book an appointment online at: <http://www.esiwi.com/book-an-appointment>

**INCOME GUIDELINES FOR THE 2021-2022 HOME ENERGY PLUS PROGRAM YEAR
(10/01/2021 through 9/30/2022)**

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES		
HOUSEHOLD	ONE MONTH INCOME	ANNUAL INCOME
1	\$2,591.92	\$31,103
2	\$3,389.42	\$40,673

Resources and Support



Emergency Medical Services Community Outreach

Sun Prairie EMS can now give COVID shots to Sun Prairie residents who may be homebound. They can also provide free in-home visits to support and monitor the recently vaccinated and provide free thermometers and pulse oximeters. For more information or to schedule a free in-home visit, contact Sun Prairie EMS, 608-837-3604 or email EMS@cityofsunprairie.com.

COVID-19 Vaccine Resources

Centers for disease Control FAQs: www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

WI Department of Human Services Weekly Newsletter of COVID-19 Response & Vaccine Progress: www.dhs.wisconsin.gov/covid-19/newsletter.htm

Public Health Madison & Dane County COVID-19 Vaccine Info
www.publichealthmdc/coronavirus/covid-19-vaccine

For Current Testing sites: <https://jangodx.com>



Monthly MIPPA Moment: COVID-19 Booster Information

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.

The original COVID-19 vaccination series continues to be highly effective at reducing severe disease, hospitalization, and death caused by COVID-19. However, experts are beginning to see that protection against mild to moderate disease can fade over time. Currently, per the CDC, **if you previously got 2 doses of the Pfizer-BioNTech COVID-19 vaccine, you can get a booster shot of that same vaccine at least 6 months after you complete your second dose of the Pfizer vaccine and are in certain groups of people.** At the time of this writing, only Pfizer has been approved for certain groups other than the severely immunocompromised.

The CDC currently strongly recommends a booster for:

- people 65 years and older and residents in long-term care settings;
- people aged 18–64 years with underlying medical conditions;
- people aged 18–64 years who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting

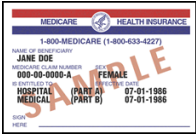
People who are moderately to severely immunocompromised are recommended to get an additional dose of vaccine (Pfizer or Moderna) somewhat sooner, but no sooner than 28 days after their initial two-dose vaccine series. There is not enough data at this time to determine whether immunocompromised people who received the Johnson & Johnson's Janssen COVID-19 vaccine also have an improved antibody response following an additional dose of the same vaccine.

For Medicare beneficiaries, Medicare covers FDA-authorized and FDA-approved COVID-19 vaccines and vaccine booster shots, *after an appropriate amount of time after completing your second dose of the original vaccine series if you're 65 and older or included in a high risk group.* Beneficiaries pay nothing for COVID-19 vaccines or their administration, and there is no copayment, coinsurance or deductible. In addition, thanks to the American Rescue Plan Act of 2021 (ARP), nearly all Medicaid and CHIP beneficiaries must receive coverage of COVID-19 vaccines and their administration, without cost-sharing.

Although CDC does not recommend additional doses or booster shots for any other population at this time, the federal government announced a plan to begin offering COVID-19 vaccine booster shots this fall more broadly. To find a COVID-19 Vaccine: visit vaccines.gov, text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you. You should talk to their healthcare provider about their medical condition, and whether getting an additional dose is appropriate for them.

Adapted from <https://www.dhs.wisconsin.gov/covid-19/vaccine-dose.htm> and <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>. For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458. This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 2101 WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Resources and Support



IMPORTANT MEDICARE INFORMATION

Annual Enrollment Dates for Medicare Part D and Medicare Advantage Plans

October 15 – December 7th



Plans can change their premiums, co-pays and other plan details each year. Be sure to review your plan and make any changes by **DECEMBER 7TH!!**

Colonial Club case managers provide consultations during the annual enrollment period for Medicare Part D. They are trained to help you navigate the complicated Medicare Part D systems and assist you in making changes to various aspects of your coverage to ensure your needs as an older adult are being met.

To begin the process for receiving assistance, please call Colonial Club at 608-837-4611 and ask for Case Management Intake.

Additional options for obtaining information and assistance with plan comparisons:

- Medicare: 1-800-MEDICARE or www.medicare.gov
- Medigap Helpline: 1-800-242-1060
- Wisconsin Medigap Prescription Drug Helpline: 1-855-677-2783
- Disability Drug Helpline (Under 60 yrs.): 1-800-926-4862

Generations Online

As Covid19 tragically forces many of us into isolation, we can at least enjoy virtual togetherness. **Easy Tablet Help for Seniors** is a free app to guide you on using FaceTime, Zoom or Skype, texting, taking photos and email with large type, simple on-screen instructions.

Go to www.gol4apple.org or www.gol4android.org for simple instructions.



**American
Red Cross**

Red Cross Blood Drive

**The need is constant.
The gratification is instant.
Give blood.**

The Colonial Club will be hosting a Red Cross Blood Drive on **Saturday, November 27, 8:00 am to 1:00 pm.** For more information call Melody Riedel at 608-837-4611 ext 115.

redcrossblood.org / **1-800-RED CROSS**

Don't miss *The Commentator*

Check out ***The Commentator*** on Charter Channel 983 or TDS Channel 13 or 1013. Pat features events and programs happening at the Colonial Club. Check the Star or **www.ksun.tv** for times and to view over 100 archived programs; catch up on Colonial Club events you've missed.



If you would like to have a personal history interview for the *Living History* program contact Laura at 608-837-4611 to set up an interview.

Colonial Club Travel Shoppe



HoChunk in Madison— Thursday, November 11, 2021. We will take the Colonial Club bus and **leave at 8:30 am to arrive at HoChunk at approximately 9:00 am. You will be on your own. The Colonial Club bus will pick you up at 11:00 am to return to Colonial Club by 11:30 am.** Cost is \$12 per person and \$10 for Club 301 premium members. If you are using a wheelchair or electric chair, please let us know when you register. **Registration deadline is Friday, November 5.** We need a minimum of 6 passengers and a maximum of 12 for this trip.

Catfish Moon, Memories Dinner Theater, Port Washington – Sunday, November 14, 2021– Enjoy a fun day at Memories with the performance of Catfish Moon by Laddy Sartin and lunch of ribs, mushrooms, steamed vegetables, Fluff and cheesecake. The old fishing pier out on the end of Cypress Lake has just fallen under the magic of another Catfish Moon. Discover the how Curley, Gordon, and Frog recapture an old friendship and settle all disputes by spending an overnight fishing trip together, like old times. **Call for availability.** This trip is provided by Happy Times Tours & Experiences and is \$116 or \$110 for Club 301 premium members. **Departure is from East Towne Mall at 10:15 am and return at 6:00 pm.**

Stocking Stuffer, Milwaukee – Friday, November 19, 2021–Spend the day in Milwaukee at unique local businesses to fill your holiday stocking. Stops will include Usinger's Famous Sausage, Wisconsin Cheese Mart and lunch at Milwaukee's Public Market. After lunch, visit Melt Chocolates and Wisconsin Knitwear. **Call for availability.** This trip is provided by Happy Times Tours & Experiences and is \$126 or \$121 for Club 301 premium members. **Departure is from East Towne Mall at 8:00 am and return at 4:45 pm.**

Client Services

Contact us at 608-837-4611

Adult Day Center—Hours of operation are Monday-Friday, 8:00 am to 4:30 pm. For information or a brochure, contact Mary Martin at ext 133.

Case Management Services—For information or a brochure, call Rosalie at the Main Office. Existing clients can call their case managers: Gail Brooks, ext 127; Peggy Draeger, ext 152; or Deb Klein, ext 135.

Nutrition—Meals served at the Colonial Club or at home to the homebound. Contact Jean Detert, ext 112.

Supportive Home Care (SHC)—SHC aides can provide numerous home care services. Contact Aileen Ostermeier, ext 131.

Notice from Dane County:

Important Information about Home Delivered and Congregate Meals

Due to disruptions in the supply chain at all levels-product availability, manufacturing, delivery, and warehousing, food and packaging suppliers are no longer able to guarantee product availability or delivery. We are at the mercy of our suppliers and will only be able to prepare and send what is provided. Please be conscious of the fact that regular menu substitutions may become necessary with little or no notice. Your nutrition coordinator, kitchen staff and volunteers have no control over this. We are asking for your patience as we deal with these issues over the next 6 to 8 months.

Mask Mandate

The Mask Mandate has been extended through November 5.
Masks will be required at the Colonial Club through November 5.

Pantry Staples

With the cold weather rolling in, now is a good time to take inventory of what's in your pantry and stock up on a few staples you may be missing. Keeping your pantry full of healthy, shelf-stable foods will allow you to create nutritious meals regardless of bad winter weather. Here is a list of some pantry "must-haves:"

Canned Items (always look for "low-sodium")

Canned Protein: canned salmon, chicken, tuna, black beans, pinto beans, white beans, kidney beans, chick-peas, and lentils

Soups and broth: Adding vegetables and protein to canned broth or stock can make a quick and easy meal when in a pinch. Canned soup is a convenient and inexpensive way to create a warm, filling meal in no time!

Vegetables: Canned tomatoes, corn, green beans, peas, carrots, peppers, and beets allow you to consume servings of vegetables without needing fresh options on hand. Strive to consume 2-2½ cups of vegetables per day.

Fruit: Canned fruit such as pineapple, mandarin oranges, peaches, or fruit cocktail are all great options. Make sure to look for canned fruit in 100% juice or water instead of syrup. Applesauce and dried fruits such as raisins, cranberries, prunes, and dates are also great ways to consume your recommended 1½-2 cups per day.

Grains

Brown rice, quinoa, oats, whole grain pasta, crackers, rice cakes, and boxed dry cereal such as Raisin Bran are grains that offer energy, B vitamins, and fiber.

Whole foods

Potatoes, garlic, and onions can last in your pantry for weeks maybe even months! They are easy to incorporate in a variety of meals and offer a great source of fiber, vitamins, and minerals.

Oils, Vinegars & Sauces

Extra virgin olive oil, canola oil, apple cider vinegar, balsamic vinegar, mayonnaise, marinara sauce, low sodium soy sauce, ketchup, mustard, peanut butter, and honey. Having these oils, sauces, and vinegars on hand allows you to create dressings, marinades, or toppings for any dish.

Spices

Mrs. Dash, dried herbs, garlic powder, chili powder, cumin, cinnamon, and turmeric are just a few go-to spices that can elevate flavor in any meal!

—Shannon Gabriel, Registered Dietitian & Healthy Aging Coordinator

STAND UP AND MOVE MORE

A health education zoom workshop
FREE for adults 55+

Sit more than 6 hours a day?
Learn how and why to Stand Up and move More!

This is a 4 week group health education workshop done by ZOOM. No Zoom experience necessary! *This is not an exercise program.* The program simply encourages you to sit less, giving you strategies for standing up and moving more. You can join in group discussions and learn from your peers.

Classes are scheduled for October 25, November 1, 8, 15 and December 13, 1:10 to 3:30 on Zoom.

Get off the couch! Get motivated! Be more active!
YOU CAN DO IT!

Questions? Interested in participating?

Register online at <https://forms.gle/ncbaDmy2LQetpfcM7>
or

Contact Erin at the Wisconsin Institute for Healthy Aging at
608-852-4303 or erin.eggert@wihealthyaging.org



November 2021



Please note: For meal reservations/cancellations, call Jean Detert , ext 112 by noon the day before at 608-837-4611. Our nutritious lunches are currently offered Monday-Friday . The suggested minimum donation for those 60 and older is \$4.00 per meal, but please pay only what you can afford. Anyone under 60 is required to pay the full cost to provide the meal, which is \$9.07 as set by Dane County. Help keep the program going. Donate what you can afford. Please remember, there may be last minute substitutions on the menu due to unexpected shortages in the supply chain. When meatless and salad options are available, they must be specified one day in advance. Transportation is available.

1-Monday Pork Loin/Gravy Cubed Potatoes Squash Wheat Roll Sliced Apples MO: Veggie Lasagna	2-Tuesday Chili w/ Beans Lettuce Salad Corn Muffin Peaches Yogurt MO: No Meat Chili	3-Wednesday Chicken Parmesan Pasta Green Beans Garlic Bread Blueberries Cheesecake MO: Pasta w/ beans	4-Thursday Turkey/Cheddar Sand. Coleslaw Lettuce/Tomato Apple Juice Fruited Crisp MO: Cheese Sandwich	5- Friday Sweet & Sour Chicken Seasoned Rice Broccoli Pineapple Brownie MO: Rice/Beans SO: Chicken Caesar Salad
8- Monday Egg/Cheese Omelet Sausage Patty Hash Browns BP Biscuit OJ Kringle MO: Cheese Omelet/Veggie Sausage	9-Tuesday Ham Scalloped Potatoes Baked Beans Wheat Bread Strawberries Angel Food Cake MO: Veggie Burger	10-Wednesday Chicken Stuffing Casse- role Mixed Veggies Wheat Roll Cranberries Frozen Yogurt MO: Veggie Lasagna	11-Thursday Tomato Bisque Soup Egg Salad on Wheat Bread Broccoli Salad Banana Cream Pie MO: Cheese Sandwich	12-Friday Goulash Glazed Carrots French Bread Peaches Frosted Cupcake MO: No Meat Goulash SO: Chef Salad
15- Monday Minestrone Soup Roast Beef Sandwich on White Bun Lettuce/Tomato Fruited Applesauce Spice Cake w/topping MO: Cheese Sandwich	16- Tuesday Tuna Casserole Lettuce Salad Wheat Bread Tropical Fruit Brownie MO: Mac N Cheese	17- Wednesday Salisbury Steak Mashed Potatoes Mixed Veggies Wheat Dinner Roll Applesauce Pie MO: Rice/Beans	18- Thursday Thanksgiving Dinner Turkey Mashed Potatoes Stuffing Dinner Roll Squash Cranberries Pumpkin Pie MO: Veggie Burger	19- Friday Stuffed Chicken Twice Baked Potato Wheat Bread Blueberries Ice Cream MO: Veggie Lasagna SO: Chicken Salad (No Pasta)
22- Monday Breaded Fish Potato Wedges Baked Beans Applesauce Rye Bread Frosted Cupcake MO: Cheese Sandwich	23- Tuesday Tator Tot Casserole Green Beans Wheat Roll Mixed Berries Ice Cream MO: Rice/Beans	24-Wednesday Pot Roast Parsley Potatoes Carrots Peaches Wheat Roll Cookie MO: Veggie Burger	25- Thursday Closed for Thanksgiving	26- Friday Closed for Thanksgiving
29- Monday Spaghetti Meatballs Corn Garlic Bread Fruit Cocktail Cream Pie MO: Veggie Burger	30-Tuesday Roast Chicken Mashed Potatoes/Gravy Broccoli BP Biscuit Pears Frosted Cupcake MO: Mac N Cheese			

Menu Guidelines: Menus for the Dane County Senior Dining Centers are averaged over one month to meet one third of the Daily Reference Intake for Adults. A menu analysis is available at most meal sites for you upon request. Ask for it from your site manager. Hot foods are served at 140+ degrees F. and Cold foods at 40 degrees F. All menus are reviewed by Shannon Gabriel, RDN, CDN. Your comments are welcome.

*****DON'T FORGET TO RENEW*****

Colonial Club's 2021 Courier Home Delivery Information



If you want the convenience of having the newsletter mailed to your home, please complete the form below and either mail it to the Colonial Club, 301 Blankenheim Lane, Sun Prairie, WI 53590 with your check or drop it off with your payment at the main office.

All Courier subscriptions expire December 31, 2021. Subscription cost is \$1.52 (December only).

Name: _____

Address: _____ Box/Apt#: _____

City: _____ State: _____ Zip: _____

Donor Information

Donors often wonder how their donation actually impacts an organization. Take a look at how your donation to the Colonial Club can make a difference:

\$500 provides 43 hours of care in our Adult Day Center

\$250 provides 10 hours of Supportive Home Care services

\$100 provides 5 hours of case management assistance

\$50 provides 2 roundtrip rides for seniors in need of specialized transportation

\$25 provides 8 meals for home bound seniors

All contributions are tax-deductible. (Consult your tax advisor for details.) The Colonial Club publicly acknowledges donor names while maintaining strict confidentiality of all other personal information.

If you wish to contribute by credit card, please call the Business Office at 608-837-4611, ext. 125.

Business Donor _____

Address _____

Phone/Email _____

Personal Donor _____

City State Zip _____

Contribution Amount: _____

Wish List

iPad/tablet computer

Gas cards

Gift Cards for Dollar

Stores/Michael's/

Grocery Stores

Sandwich fold top baggies

Sugar free candies, individually wrapped

Prizes for Adult Day Center, Day for Seniors,

Bingo and other events

White copy paper

Brown Lunch Bags XL

Dry Erase Markers

Construction Paper

Cash donations are always welcome!

Please contact Laura at the Colonial Club at 608-837-4611 before making a donation to assure your gift can be accepted. Our storage space is extremely limited.



**Let's Be Friends on
Facebook
Colonial Club Sun Prairie**

**SUPPORT OUR
ADVERTISERS**



**Remember us when planning your estate.
All donations to the Colonial Club are tax
deductible and stay right here in Northeast
Dane County.**

Yes! Sign me up for Club 301



Today's Date: _____

Name			
Address			
City/Town/Village (where you vote)			
Email		Phone	
	Premium Card-November 1, 2021-September 30, 2022		\$55.00

Check enclosed or charge my Visa, MasterCard: Card _____
 Exp. Date _____ Signature (if using credit card): _____

Please note: Memberships are nonrefundable 30 days after purchase.

Return to: Colonial Club Senior Activity Center, 301 Blankenheim Lane, Sun Prairie, WI 53590.

Membership Card: New, renewal and replacement cards are issued in the Main Office. Membership fees prorated for Premium Membership only. **Scholarships:** Please consider donating towards a member scholarship. If you are in need of a scholarship, please apply by contacting **Laura Jennings, Director of Activities**, at **608-837-4611**.

The following discounts are for use with your membership.

Beans 'N Cream CoffeeHouse, 345 Cannery Square	10% discount on total purchase on Mondays and Tuesdays
Capitol Physical Therapy, 1266 W Main St, Suite 1	Free wellness and/or balance screening appointment. Call 608-318-1357
Clements Wright Vision Care, 1455 W Main St	10% off a complete set of glasses-not to be combined with insurance
Club Pilates, 390 S Grand Ave #106	3 free classes and 10% discount on membership
Collectors Choice Coins, 211 E Main St	One hour free appraisal. Call for appointment
Colonial Club, 301 Blankenheim Ln	Selected activities for free or at reduced rates
El Patron, 1303 W. Main St	10% off of your total bill
Forever Yours Jewelry, 211 E Main St	10% off any single store item. Not to be used with any other promotion
Ganser Company, 1906 W Beltline Hwy, Madison	\$500 off window replacement project. \$500 off bathroom remodel.
Gus's Diner, 630 N Westmount Dr	One free cup of coffee
Hometown Pharmacy Sun Prairie, 13 N Bird St	10% off all over the counter medications and vitamins every day
Jo-Jo's Beauties, 601 Thomas Dr	\$5.00 off one service the month of your birthday
Market Street Diner, 110 Market St	10% senior discount daily. Colonial Club members 20% off on Wednesdays
Michaels Arts and Crafts, 4271 Lien Rd	10% off class fees, which includes a 10% discount on supplies purchased for the class (the Bob Ross Painting class is not included). Contact Michael's for a list of classes
Prairie Athletic Club, 1010 N Bird St	Free soda and brewed coffee refills at the Lost Court Restaurant and Bar. Smoothies and alcoholic beverages not included
Sonic Sun Prairie, 2564 Ironwood Drive	10% off food purchase and free cup of coffee between 7:00 and 11:00 am
Take 5 Oil Change, 1900 McCoy Rd	\$20 off full service oil change. Not valid with other oil change offers
Two Men and a Truck, 3817 Kipp St,	5% discount on a move

Be sure to take show your membership card and take advantage of your membership discount when you visit these businesses. When patronizing other local businesses, mention that you are from the Colonial Club so that they too become aware that they could benefit from supporting us and/or advertising with us.