

PRIME TIME CONNECTION

February 2012
Vol. No 4, Issue 2

A MONTHLY PUBLICATION OF THE COLUMBUS AREA SENIOR CENTER



Columbus Middle School 7th & 8th Grade Choir



Free Tax & Homestead Assistance

AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS. It is designed for taxpayers with low and middle-income, with special attention to those aged 60 and older. They will provide assistance at the Columbus Area Senior Center on **Wednesday, February 29**. Appointments are required. **Call the senior center to schedule your appointment.**

Appointments are also available at the Beaver Dam Community Center beginning February 1st. They will have appointments on:
Mondays: 12:30-3:30pm
Wednesdays and Thursdays: 8:30-11:30am
Call 920-887-4639 to arrange an appointment in Beaver Dam.

Bring the following information:

- Current year's tax forms and preparation booklet
- Copy of last year's income tax return(s)
- W-2 forms from each employer
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms showing interest and/or dividends and documentation showing original purchase price of sold assets
- 1099-misc. showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- All forms indicating federal income tax paid
- Dependent care provider information (name, employer, ID, Social Security number)
- Social Security cards or other official documentation for yourself and all dependents.

Columbus Area Senior Center

125 North Dickason Boulevard
Columbus, WI 53925

Hours: M/T/R/F 8:00 am-4:00 pm
Wed. 8:00 am-3:00 pm

Phone: 1-920-623-5918

Email: seniorcenter@columbuswi.us

Website: www.cityofcolumbuswi.com

Meal Site/Kitchen

Phone: 1-920-623-9215

Hours: 10:00 am-1:00 pm

CASC Director: Marie Steffen

Assistant: Beth Heiniger

Meal Site Manager: Stephanie Foxx

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30+ Years Serving our Community "1979-2012"

News and Notes

Welcome!

The Columbus Area Senior Center offers and promotes activities and services that enhance the quality of life for adults, ages 50+ in our community. It is a multi-purpose facility that serves the diverse needs of these adults, by providing educational activities, information, resources, recreational and social programming, advocacy, health services and agency referrals. The Senior Center encourages participation and strives to create a sense of well being for all users.

- ☺ Enjoy a cup of Coffee
- ☺ Wheelchair Accessible & Wheelchair available for on-site use
- ☺ Nutrition Site
- ☺ Ensure available at a discount (\$26/24 cans)
- ☺ Fitness Equipment Workout Room
- ☺ Borrow: books, movies, wheelchair, walker, tub chair, cane, crutches, bedside commode, commode lift
- ☺ Internet Access
- ☺ Magnifying Reading Machine
- ☺ Paper Shredder
- ☺ Food Pantry Donation Drop Off Site
- ☺ Newspapers: Columbus Journal, Daily Citizen, Wisconsin State Journal, Portage Register
- ☺ Drop Site for eye glasses, hearing aids and hearing aid batteries (recycled by the Lion's Club)
- ☺ Cell Phone Drop Site
- ☺ Postage-paid medicine disposal envelopes

Senior Citizen's Advisory Board

This board is established for the purpose of providing senior citizens a resource for communicating with their elected representatives. The board shall advise the council and the senior center director in matters of particular concern and impact to the senior citizen community of Columbus. Meetings are open to the public and are held on the 1st Thursday of each month at 8:45 am in the Senior Center.

Judy Fiedler, Vice-Chair.....920-382-9693
 Dale Gessler, Chairman.....623-3249
 Joyce Knox.....920-319-1179
 Ed Parpart.....623-3263
 Roger Weiner623-4929
 Lyle Smith (Senior Club).....623-3055
 Stephanie Foxx (Nutrition Site), Secretary...992-4070
 Larry Herzog (Council Liaison)...623-4005



Back Row: Lyle Smith, Dale Gessler, Ed Parpart, Roger Weiner, Larry Herzog
 Front: Stephanie Foxx, Judy Fiedler, Marie Steffen, Joyce Knox

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"You must be the change you want to see in the world."

-Mahatma Gandhi

We Recycle Cell Phones!

Proceeds benefit seniors. Drop off at Senior Center.

Blood Pressure Screening

Free Screenings at the Senior Center
11-11:45am on

Monday, February 6

by Columbus Community Hospital

Monday, February 20

by Columbus Nursing & Rehabilitation Center



Exercise

Free Classes are offered at **10:15am on
Wednesday and Friday**

Leaders: Wilma Lenz (Wednesday)
Columbus Community Hospital (Friday)

Foot Clinic

The Foot Clinic, a service of the Beaver Dam Community Hospital, is held at the Senior Center on **Tuesday, February 14**



Call 920-887-4191 to schedule your appointment.

First Time: \$23 Follow-up: \$20

MATC Classes

Madison College will offer the following classes at the Senior Center. Call 608-745-3100 to Register.

Intermediate Decorating Workshop Class# 63920
\$34.65 Thursdays: February 2,9, 16, 23 7-9pm

Planning Your Garden Class# 66830
\$10.88 Tuesday, February 7 5:30-7:30pm

Small Space Gardening Class# 66831
\$10.88 Tuesday, February 14 5:30-7:30pm

Growing Fruits-Berries and Grapes Class# 66826
\$10.88 Tuesday, February 28 5:30-7:30pm

Living a Green Lifestyle Class# 67640
\$10.88 Tuesday, March 6 5:30-7:30pm

Basic Cake Decorating Class# 63757
\$34.65 Thursdays: March 8,15,22,29 7-9pm

Growing Fruits-Trees Class# 66827
\$10.88 Tuesday, March 13 5:30-7:30pm

Walking

The Columbus Fireman's Park Pavilion is open for walking Monday thru Friday, 7:15am-3:15pm until April 1, 2012. It may be closed periodically for cleaning and floor refinishing. Contact the Public Works department at 623-5908 with any questions.

Canned Foods-What to Avoid

Wednesday, February 15 at Noon

Join us for this special lunchtime program presented by the Columbus Community Hospital at the senior center.

Video Presentation

"Get a Life with Loretta LaRoche"

Tuesday, February 21

12:15-1:15pm

Get fit. Get healthy. Get a life! Exercise and a healthy lifestyle don't have to be a chore and a bore—Loretta LaRoche and her all-star wellness team of lifestyle experts, nutrition counselors, exercise physiologists, and personal trainers, make it fun and energizing. They'll show you how easy it is to start exercising, lose weight, stay motivated, reduce stress—and maintain your good results. As Loretta says, "Half the battle is just showing up!"

Red Hat Society

The Columbus Red Bud Blossoms Chapter (Red Hatters) meet once a month and each member takes a turn planning the event. Members 50 and older wear purple with a red hat and members under 50 wear lavender with a pink hat. We have 21 members and a "Queen Mother" who presides. Our Queen Mother is Joan Duffy. She can be reached at 623-4776.

Fitness Room

The senior center offers a workout room with the following exercise equipment:

- Nordic Track
- Pro-Form Treadmill
- Recumbent Bike
- Air Walk
- Gazelle Edge
- Cardio Glider
- Stepper



There is also a Radio/CD Player and a DVD/VCR player in the room. Bring your own CD or videos. A sign in sheet, along with fitness rules are located at the entrance. Please sign in and out. There is no fee.

What's Happening

Art Club

Bring your art supplies and join other artists at the senior center on Tuesday, February 7 and 14th, from 1-4 p.m. Share ideas and enjoy a well-lit area to paint.

Board Games and Puzzles

The senior center has board games available for your use during business hours. Grab a game, find some players and have some fun!

Card Players

Games run from 1:00-3:45/4PM

Thursdays-Sheepshead

Fridays-Euchre

Cash prizes are awarded for 1st-4th place. Low in these games takes home a candy bar! \$2 to play.

Euchre is usually played on the first and third business Monday of each month following the senior club meeting and potluck program. * It usually starts about 1 p.m. It is 50¢ to play on these Mondays.

TOPS will host Euchre on Saturday, February 4th at 1 p.m. Cost to play is \$4 and includes refreshments.

Penny Ante Poker is played on Thursdays from 1-3PM in the front room. Bring your pennies!

Crochet/Knitting

Join others on Wednesdays from 1-3 p.m. to crochet or knit at the senior center. The Senior Center accepts yarn donations.

Shuffleboard

The court is available to use when there are no large group activities in the main room. Check the office for details.

Voter Identification

Anne Donahue, Columbus City Clerk, will review new voter identification laws and answer questions at the senior center on Monday, February 20, at 12:30 p.m. Join us for potluck that day at 11:45 a.m.

Bingo Free to play! Prizes!

Thursday, February 2 at 10:30 a.m., sponsored by At Home Again

Thursday, February 9 at 10:30 a.m., sponsored by Aster Retirement Community

Monday, February 13 at 12:45 p.m., sponsored by Columbus Nursing & Rehabilitation Center

Thursday February 16 at 10:30 a.m., sponsored by American Way

Thursday, February 23 at 10:30 a.m., sponsored by Arcadia Retirement Communities

Monday, February 27 at 12:30 p.m. sponsored by the Larson House

Tuesday, February 28 at 10:30 a.m., sponsored by The Meadows of Fall River



Support Groups

Aging & Disability Resource Centers

Columbia County 1-888-742-9233

Dodge County 1-800-924-6407

Alzheimers & Dementia

2nd Thursday each month beginning at 10 a.m. at the Columbus Community Hospital.

Contact Chris DeLapp at 623-1276.

Carol Olson with the Alzheimer's and Dementia Alliance of Wisconsin, is available to answer questions regarding memory loss or dementia. Contact her at 608-742-9055 or find more information online at carol.olson@alzswisc.org.

American Cancer Society Support Line

1-800-227-3345

Diabetes Support Group

Held at Columbus Community Hospital

Contact Renee Davis for more information.

920-623-1244

Hillside Hospice

For men & women. Call 887-4050 for times.

Widow's Night

Capri Steakhouse (for women)

3rd Sunday each month at 5:00 pm.

(No reservations necessary)

Please let the senior center know if you are aware of additional support groups that should be listed.

Senior Center Committees

Do you have ideas on how we can improve our programs and services? Serving on a planning committee is an excellent way to incorporate those ideas. Committee sign-up sheets are located in the senior center lobby.

Planning Committees

- Potluck programs
- Euchre-Saturday fundraisers
- July 4th Parade
- Summer Picnic
- Fall Festival
- Holiday/Christmas Party

Serving Committee

Birthday/Potluck



Winter Wii Bowlers

Carol Sande, Marianne Rundle, Joyce Knox, Don Griese, Dorothy Harris, Lois Shafer

Capital Consortium

The Capital Consortium provides enrollment services and manages benefits for the following in Columbia, Dodge, Dane, and Sauk Counties:

- FoodShare
- Medicaid
- BadgerCare Plus
- Family Planning Only Services
- Caretaker Supplement

The following can be done online and/or by phone:

- Apply for benefits
- Report changes
- Ask questions
- Make an appointment

Online: www.access.wi.gov

Phone: 1-888-794-5556

Fax proof/verification: 1-855-293-1822

These numbers are toll-free.



John Russell, CEO of Columbus Community Hospital, held a listening session at the senior center on Monday, January 16.

6th Grade Essay Contest

The Wisconsin Association of Senior Centers and the Coalition of Wisconsin Aging Groups, sponsor an annual essay contest for sixth-graders on the topic, "My Grandparents" or "My Best Older Friend." This year the Columbus Area Senior Center and Senior Club are sponsoring the contest for all **sixth-graders** at Columbus and Fall River public and private schools.

Schools have been invited to participate. However, if you know a sixth grade student who would like to participate please share the following information with them. Essays should not exceed 300 words in length. This grandparent or friend should be at least 55 years old. The essays will be judged by older adult users of the Columbus Area Senior Center using the following criteria: a feeling of strong relationship between the young person and the older person; originality, organization and cohesion; sixth-grade level work; and grammar and spelling.

All students that enter will receive a certificate of participation. The top winners, a boy and a girl, will receive each receive \$25 in cash. They will also be entered in the state competition. Winners at the state level, a boy and girl, receive a plaque and a cash prize of \$150 from the Wisconsin Association of Senior Centers and the Coalition of Wisconsin Aging Groups.

Essays need to be submitted to the Columbus Area Senior Center **by March 30**. Students need to include their name, address, parent(s) name and phone number, name of school and teacher. Contact Marie Steffen at 920-623-5918 or seniorcenter@columbuswi.us with any questions.

Services

Transportation

Columbia County Commission on Aging provides transportation services to disabled residents and senior residents over the age of 60 from their homes. Transportation is provided to and from appointments throughout Columbia County as well as surrounding Counties. Transportation is only provided to residents of Columbia County. Medical appointments are given priority, all other transportation needs can be considered depending on availability.

Persons desiring a ride must call Columbia County Commission on Aging at 1-888-742-9233.

Scheduling must be done at least 24 hours in advance. The trip charge for a ride within the Columbus City limits is \$3.00 and all other trips outside the city limits is \$.25 a mile with a minimum of \$3.00. There is a limit of 125 miles per round trip, unless prior approval is received. The trip charge is to be paid directly to the driver escort.

If a client and a caregiver/assistance person are picked up at the same location and both go the same destination, they are charged for one fare.

Make travel and payment arrangements directly with each driver. Drivers are not employed or insured by the senior center. If you would like to be listed as a driver, please contact the sr. center.

- Tammy Barstow .. 920-350-2093
- Betty Klug 920-623-3306
- Lori Pahl 920-382-8055
- Tammy Sentz 920-350-2680
- Mike & Darlene Piekarski (in town only) ...623-5057
- Randy Randall (rides to & from the senior center)
920-484-8222
- Columbia County Van (details above) 1-888-742-9233
- Dodge County Van 1-800-924-6407



•Veteran's Transport

Columbia County
608-617-6000 (8AM-5PM)

Dodge County

920-386-3832 or 1-800-924-6407 (8AM-4:30PM)

Wisconsin Dept. of Veteran's Affairs

Columbia County Dodge County
608-742-9618 920-386-3798

Senior Center Rental Prices

(Prices subject to change on 2-08-12)

Businesses & Private Groups

Meeting Room Only

- 4 hours or less\$50*
- More than 4 hours\$75*

Kitchen & Meeting Room

- 4 hours or less\$75*
- More than 4 hours\$100*

Non-Profit Organizations

Must provide copy of non-profit certification upon request.

Meeting Room Only (week nights)

- 1-6 week nights per calendar year\$20*
- 7-12 week nights per calendar year\$40*
- 13-24 week nights per calendar year\$60*
- 25-52 week nights per calendar year\$100*

Four hour maximum time frame per use. More than four hours will count as two rental time units. Each additional week night over 52 will be charged at \$10/use.

Meeting Room Only (weekends)

- 4 hours or less \$10/use*
- More than 4 hours \$20/day*

Use of Kitchen additional \$15/use

Kitchen may be locked if not reserved.

**\$30 security deposit for all senior center facility rentals.*

Household Repair Assistance

Columbus residents, Mark and Ginger Hintz along with Dave Zander are donating their time and talent to help local seniors with repair projects and other miscellaneous tasks that you find difficult to accomplish or can no longer do yourselves. In lieu of being paid, they ask that those who would like to give, donate to: Senior Assistance Fund; c/o Associated Bank; P.O. Box 186; Columbus, WI 53925-0186. Mark can be reached at 623-9661 or on his cell phone at: 920-904-0725.

Home Services

The senior center keeps a list of individuals that have contacted us regarding provisions of services such as: shoveling, raking, planting & maintaining flowers at the cemetery, household chores, home repairs, home care, dog walking, pet sitting, sewing and shoveling. We do not endorse them and suggest that you ask them for references. See office staff for more information.

Columbia County Aging & Disability Resource Center (ADRC)

2652 Murphy Road, Portage

1-888-742-9233

(There is no cost for ADRC services, but donations are welcomed.)

Contact for assistance with questions or help related to:

- Aging and the elderly (ages 60+)
- Adults with physical or developmental disabilities (ages 18-59)
- Mental health concerns

Services Offered:

Information, assistance, and referral for local community resources; Counseling on options to meet immediate or future needs for care; Assistance to apply for public benefit programs such as Medicare, Social Security, or Medicaid; Advocacy to cut through problems with benefit programs, health insurance, housing or consumer issues; Prevention and health promotion programs; Link to help when someone is being abused (physically, verbally, or financially) or when someone is neglecting their own care; Determine eligibility for publicly funded long term care programs such as Family Care.

Dodge County residents should contact the ADRC in Dodge County: 1-800-924-6407

Location: County Administration Building; 127 East Oak Street, 2nd Floor; Juneau, WI 53039-1329

Energy Assistance

The Columbia County Energy Assistance Representative will be at the Senior Center on:

Tuesday, February 7 from 9AM thru Noon.

Bring the following information to your appointment:

- Your most recent energy bill
- Social Security Cards for all members of your household
- Written proof of your household's gross income for the three months prior to your application

Questions? Call 608-742-4088.

Helpful Phone Numbers

Medigap Helpline

1-800-242-1060

Part D Prescription Drug Help

Over 60 1-866-456-8211

Part D Disability Drug Benefit

(Disabled on Medicare)

1-800-926-4862

Medicare (specific plans)

1-800-633-4227

SeniorCare

1-800-657-2038

Benefits CheckUp (CWAG)

1-800-366-2990, Extension 351

Columbia County Benefit Specialist

Kelly Krueger, Columbia County Benefit Specialist, will have office hours at the Senior Center on

Wednesday, February 8 from 10AM-Noon.

Call the senior center for an appointment. Kelly can assist you with Medicare questions and services available to adults ages 60+. She can be reached at 608-742-9210.

Project Reassurance

Project Reassurance is designed for people living alone who may require special assistance or care. It requires participants to contact the Project Reassurance phone line once everyday between the hours of 9:00 and 11:00 am or 3:00 and 4:00 pm, 365 days per year.

The participant provides the Police Department with the contact window in which they will be calling in. If the participant does not call in within the predetermined time frame, the police department will attempt to call them. If there is no answer, then a police officer or firefighter will go to the house to check on the participant. They will respond non-emergency, meaning they will not have any emergency lights or sirens on.

To obtain a program enrollment form, contact the Columbus Police Department at 623-5919.

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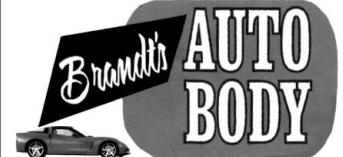
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Call Dennis Thompson at

1-800-950-9952 Ext. 2470

or E-mail: dthompson@4LPi.com

Funding

Columbus Area Senior Center 2012 Donation Form

Name(s) _____

Address _____

City _____ State _____ Zip _____ Phone _____

Birthday (optional) _____ Email _____

Would you like to receive the Senior Center newsletter via email? _____

I have enclosed a donation of \$ _____

In Memory of (if applicable) _____

In Tribute of (if applicable) _____

*I give permission to post or publish my donation. Yes _____ No _____

Mail Check to: Columbus Area Senior Center; 125 North Dickason Boulevard • Columbus, WI 53925

Thank you for your support!

Friend of CASC*

The Columbus Area Senior Center needs your tax-deductible support to continue to serve area residents. Please consider donating \$10 per individual or \$15 as a couple to become a "Friend of CASC." As a friend you will help show public support for our community senior center.

Columbus Area Senior Club*

The Columbus Area Senior Club offers annual memberships for a minimum donation of \$1. They meet monthly at the senior center and periodically host fundraising events to support the senior center and area organizations. If you are interested in learning more about the senior club, contact:
Norman Smith—President; Vice President—Wilma Lenz; Secretary—Catherine Ballweg; Treasurer—JoAnn Cunningham; Sunshine Chairman—Dorothy Harris.

***You do NOT need to be a "Friend of CASC" or a Senior Club member in order to participate, but proceeds will help with the continued success of our senior center.**

Senior Center Wish List

- 6' or 8' Lightweight Tables with legs that fold. Polyethylene top w/steel frame. Available at Menards/Brand Enduro.
- Disposable Compartment Plates
- 1 Computer (less than 2 years old)
- Unused Postage Stamps
- Yarn
- Clear Trash Bags (16 gallon and 55 gallon)
- Hand Cart

Donations/Volunteers

December Volunteers

- Tom Booth – meal delivery
- Mary Lou Bradley –kitchen/meal site, meal delivery, lunch comm.
- Lola Christian – meal delivery
- JoAnn Cunningham-bday comm.
- Carol Dean – meal delivery
- Steve Desjarlais – meal site
- John and Jane Evers – meal delivery
- Judy Fiedler-acquired Holiday party donations
- Amelia Fitch-sr. center brochure design
- Dale Gessler – bday comm.
- Dan & Beth Heiniger – meal delivery
- Mark Hintz – senior home maintenance projects
- Orv Karow – meal delivery
- Betty Klug – meal delivery
- Joan Klug – meal delivery
- John Klug – meal delivery
- Wilma Lenz – exercise leader
- Evelyn Macaulay – bingo caller
- Linda Madsen – meal delivery
- Lon McCloskey-piano music
- Mike & Darlene Piekarski-meal delivery
- Carol Sande – bingo caller
- Helen Schwoerer – meal delivery
- Clara Sennhenn – meal delivery
- Jan Ulrich – meal delivery
- Lois Williams – meal delivery
- Ann Wirth – meal site
- Dave Zander—home maintenance projects
- Fred Zeidler – meal delivery

December Donations

- Anonymous-\$20
- Maizie Anthon-bingo prizes
- Mary Lou Bradley-cake
- Mike & Jan Busko – bread
- CNRC-food
- JoAnn Cunningham-cake
- Dollar General – fall décor.
- Rita Evanoo – Reader’s Digest subscription
- Mary Gephart-Laptop Computer
- Dale Gessler-ice cream
- Pat Gessler-cake
- Tim Hoffmann-puzzles
- Sylva Kehl-\$20 CASC Friend
- Joyce Knox-cake
- Evelyn Macaulay-\$200 CASC Friend, crockpot
- Marian Metzger-\$10 CASC Friend
- Corwin & June Miller - \$25 CASC Friend
- Betty Nell -\$10 CASC Friend
- Mike Piekarski-\$ for ice cream
- Marianne Rundle-puzzles

Thank you!

- Jean Schenck-cake
- Alice Schmidt-\$15 CASC Friend
- Lois Shafer-cake
- Lyle Smith-cake
- Christel Sparks-videos
- Tyler & Patti Walker - \$300 CASC Friend
- Pete Weisensel-cake
- Juanita Weishoff-bingo prizes
- Ann Wirth-cake

Giving Tree Donations

- **Thank you also to those donors in which we did not receive their names!**
- Cathy Ballweg-embroidered kitchen towels
- JoAnn Cunningham-kitchen towels
- Rita Evanoo-cake - \$20
- Stephanie Foxx-markers
- Dale & Pat Gessler-2-8’tables, paper towels, tissue paper, plates
- Don & Gerry Griese-postage stamps
- Merle Guenther-disinfectant Wipes
- Dorothy Harris-coffee, cups
- Verna Maier-plates, napkins
- Marian Metzger-kitchen towels
- Sharon Nelson- book of stamps
- Jay & Claude Schnierle-dish towels & dishcloths
- Leroy Slade-coffee
- Elaine Vangen-paper towels, plates, disinfectant wipes
- Juanita Weishoff-cups
- Ann Wirth-coffee, broom, creamer, candy bars
- Unknown-potholders, towels, napkins, dishrags, disinfectant wipes, plates, coffee, cups, paper towels

Holiday/Christmas Party Donations

- Anchor Bank-pen & planner
- Appletree-\$10 certificate
- Burger King- sodas
- Color Exhibition-tote bag of hair products
- Columbus Nursing & Rehab.-coffee mugs
- Culvers-6 value meals
- Day One- 16” pizza
- F&M Bank-piggy bank, cap, coin purse, playing cards, ice scraper
- Secret Garden-Glass Bowl & ornaments
- Sharrows-candle
- Subway- 6 sub certificates
- True Value – crockpot

December Senior Center Sponsors

- American Way – bingo
- Aster Retirement Community - bingo
- At Home Again – bingo
- Columbia County ADRC-benefit specialist appointments
- Columbus Community Hospital –exercise instruction, blood pressure screening, lunchtime lecture

Memorials

- \$10 in Memory of Dorothy Ott, donated by Alice Schmidt

Birthday & Potluck

Happy Birthday!

February

Betty Nell.....	01
Judy Meuer.....	11
Herb Cooper.....	12
Lawrence Lins.....	13
Jo Salzman.....	15
Joan Klug.....	17
Germaine Lucht.....	19
Ione Peil.....	23

March

Delores Hasenfuss.....	04
Henry Hildebrandt.....	08
Joan Johnson.....	12
Hattie Schallert.....	15
Violet Sauer.....	18
Jay Schnierle.....	18
Ellen Schultze.....	19
Eleanor Bothwell.....	22
Jean Schenk.....	25
Marilyn Anderson.....	26
Judy Fiedler.....	30

February's birthday and anniversary party is Monday, February 6 at 11:45AM

Menu: Hot Beef Sandwich, beans, pickles, cake & ice cream

Cost: \$2.00



January Birthdays

Shirley Smith & Norma Hildebrandt

Birthday/Potluck Committee

February Need Help



Committee

Help set out and serve the food at the monthly birthday and potluck lunches. You may sign up for one or more months! You may also sign up if you are planning on bringing a cake. This way we have an idea of how many cakes to expect for the birthday lunches. Thank you!

Potluck—Wear a Hat!

Join us for potluck on Monday, February 20 at 11:45 a.m. Please bring a dish to pass or you may make a monetary donation. Potluck is also our special hat day. Get creative or just don your favorite hat.



January Birthdays

Norman Smith, Steve Desjarlais, Carol Dean, Eleanor Hacht, Emma Bennett, Arlene Sennhenn, Sharon Nelson, Sylva Kehl, Doris Dorshorst, Kathy Wedel, Jeanette Livingston

Volunteers Needed

Contact the senior center office if you are interested in learning more about these opportunities. We will work with your schedule.

- **Substitute Drivers** are needed for the Meal Site. Days and times vary. See Stephanie or call her at 623-9215.
- **Drivers** are needed to provide general transportation for grocery shopping, errands, etc. for residents in the Columbus and Fall River Areas. You can set your own prices. You will not be insured or paid through the sr. center.
- **Computer Instructor**
- **Birthday/Potluck Committee**
- **Instructors:** Let us know your talent
- **Entertainment:** We will work with your schedule.

CASC Event Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			<p>1</p> <ul style="list-style-type: none"> → Exercise 10:15 → Tea 11AM → Crochet 1-3 	<p>2</p> <ul style="list-style-type: none"> → Advisory Board Meeting 8:45AM → Bingo 10:30AM → Sheepshead IPM → Penny Poker IPM 	<p>3</p> <ul style="list-style-type: none"> → Exercise 10:15AM → Euchre IPM 	<p>4</p> <p>EUCHRE IPM</p>
5	<p>6</p> <ul style="list-style-type: none"> → Blood Pressure Checks 11-11:45AM → Bday Lunch 11:45 → Sr. Club Mting 12:30 → Euchre to follow 	<p>7</p> <ul style="list-style-type: none"> → Energy Assistance 9AM-Noon → Art 1-4PM 	<p>8</p> <ul style="list-style-type: none"> → Ben. Spec. 9-12 → Exercise 10:15 → Tea 11AM → Crochet 1-3 	<p>9</p> <ul style="list-style-type: none"> → Bingo 10:30AM → Sheepshead IPM → Penny Poker IPM 	<p>10</p> <ul style="list-style-type: none"> → Exercise 10:15AM → Euchre IPM 	<p>11</p>
12	<p>13</p> <ul style="list-style-type: none"> → Bingo 12:45-1:45PM 	<p>14</p> <ul style="list-style-type: none"> → Foot Clinic → Art 1-4PM 	<p>15</p> <ul style="list-style-type: none"> → Exercise 10:15 → Tea 11AM → "Canned Foods -What to Avoid"- 12pm → Crochet 1-3 	<p>16</p> <ul style="list-style-type: none"> → Bingo 10:30AM → Sheepshead IPM → Penny Poker IPM 	<p>17</p> <ul style="list-style-type: none"> → Exercise 10:15 → Euchre IPM 	<p>18</p>
19	<p>20 Hat Day!</p> <ul style="list-style-type: none"> → Blood Pressure Checks 11-11:45AM → Potluck 11 → "Voter ID" 12:30PM → Euchre to follow 	<p>21</p> <ul style="list-style-type: none"> → Video-"Get a Life with Loretta LaRoche" 12:15-1:15PM 	<p>22</p> <ul style="list-style-type: none"> → Exercise 10:15 → Tea 11AM → Crochet 1-3 	<p>23</p> <ul style="list-style-type: none"> → Bingo 10:30AM → Sheepshead IPM → Penny Poker IPM 	<p>24</p> <ul style="list-style-type: none"> → Exercise 10:15 → Euchre IPM 	<p>25</p> <ul style="list-style-type: none"> → SHARE Pick UP 8:30-10AM
26	<p>27</p> <ul style="list-style-type: none"> → Bingo 12:30PM 	<p>28</p> <ul style="list-style-type: none"> → Bingo 10:30AM 	<p>29</p> <ul style="list-style-type: none"> → Tax Assistance 10AM-4PM → Exercise 10:15 → Tea 11AM → Crochet 1-3 			

CASC Dining Calendar

February 2012

14

Monday

Tuesday

Wednesday

Thursday

Friday

Reservations must be received by 12:45 p.m. on the business day prior to when you would like a meal. Call 623-9215.

6 Site-Hot Beef
Chicken Breast
Mashed Potatoes
California Blend Vegetables
Dreamsicle Torte
Sliced Bread

7 Beef Stew
Seven Layer Salad
Mandarin Orange Gelatin
Biscuit

13 Ham Roll
Squash
Health Slaw
Pineapple Tidbits
Sliced Bread

14 Chicken Cacciatore
Escalloped Potatoes
Mixed Italian Salad
Cinnamon Roll
Dinner Roll

20 Site-Potluck
Pork Steak
Mashed Potatoes
Red Cabbage
Coconut Cream Pie, Bread

21 Beef Stroganoff Casserole
Tossed Salad
Pineapple Tidbits
Dinner Roll

27 Swiss Steak
Mashed Potatoes
Swiss Spinach
Peach Slices
Sliced Bread

28 Baked Chicken
Twice Baked Style Mashed Potatoes, Dinner Roll
Copper Penny Salad
Oatmeal Raisin Cookie

1 Hawaiian Meatballs
Red Skin Potatoes
Peas and Carrots
Rainbow Sherbet
Sliced Bread

8 Baked Chicken
Mashed Potatoes
Pickled Beet Salad
Butterscotch Pudding
Sliced Bread

15 Chili Casserole
Mixed Vegetables
Fruited Gelatin
Corn Bread

22 Crispy Fish Fillet
Au Gratin Potatoes
Peas and Carrots
Ambrosia Dessert, Bread

29 Meatloaf
Red Skin Potatoes
Peas/Pearl Onions
Fruited Gelatin
Sliced Bread

2 Baked Spaghetti
Italian Blend Vegetables
Birthday Cake
French Bread

9 BBQ Pork Cutlet
Baked Potato
Summer Blend Vegetables
Petite Banana
Dinner Roll

16 Liver and Onions
Cheesy Potato Bake
Winter Blend Vegetables
Alexander Torte
Dinner Roll

23 Swedish Meatballs
Mashed Potatoes
Wax Beans, Dinner Roll
Apricot Halves

3 Roast Pork Loin
Mashed Potatoes
Baby Carrots
Applesauce
Sliced Bread

10 Salisbury Steak
Mashed Potatoes
Corn
Apple Pie
Sliced Bread

17 Country Fried Steak
Mashed Potatoes
Green Beans
Pear Slices
Sliced Bread

24 Salmon Loaf
Baked Potato
Baby Carrots, Bread
Pecan Pie



Food Pantry—Columbus/Fall River

A collection box is located in the Senior Center. Donations of non-perishable items are accepted. Each month a different church schedules pick-up appointments for people in need of food assistance.

Food Pantry Contacts

February: St. Jerome, 920-623-3753

March: Faith Lutheran, 920-623-3610

Contact Colleen Waterworth if you have a large donation to drop off: 920-484-3605.

SHARE— No Income Restrictions!

SHARE helps you save 30% to 50% on Groceries. February orders are due **February 7** to Paula or Mary. Online orders are due February 12. Pick up is on **February 25**. Orders are available for pick up between 8:30-10 a.m. You may also order online at www.sharewi.org or call 1-800-548-2124 to order with a credit card. Call Paula or Mary Schumann at 920-350-0112 if you have questions.

Free Community Meal

Usually the 4th Friday of every month from 5:00-6:30 p.m. at the Columbus United Methodist Church. For more information or to arrange a ride to and from the dinner, contact the church at 920-623-3625.



Columbus Meal Site

Stephanie Foxx of the Columbia County Nutrition Program works with a group of dedicated volunteers to prepare and serve nutritionally balanced meals from Feil's Catering.

Call the Meal Site by 12:45 pm to make reservations for the next day. A monthly menu is located in this newsletter.

Meal delivery may be arranged by calling the Columbia County Aging & Disability Resource Center at 1-888-742-9233.

Gift Certificates are available by contacting the County office at 608-742-9219.

For the daily nutrition analysis, go to www.feilscatering.com.

Phone: 1-920-623-9215

Hours: Monday –Friday
10:00 am-1:00 pm

Cost per/meal to run program: \$7.58

Ensure is available at the Senior Center for the discounted price of \$26 for a case of 24 cans.

FoodShare Wisconsin-Quest Card

Many seniors are struggling to make ends meet these days. FoodShare is a food assistance program that helps ALL people of low or fixed incomes to buy nutritious foods, including seniors and adults without children. FoodShare could give you monthly deposits to help with food purchases, freeing up money for bills, medications and other necessities.

- 2/3 of eligible seniors are NOT claiming their benefits!
- You can own a home and car and still get benefits.
- Most people only receiving Social Security and even a small pension are eligible!
- The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers.
- Getting benefits does NOT take away from others. EVERYONE that is eligible will get benefits.

You may be eligible if your income is less than the following for household size and/or if you have high out-of-pocket medical expenses.

Family Size	Monthly Income	Maximum Benefit
1	<\$1,806	\$200
2	<\$2,430	\$367
3	<\$3,052	\$526

Call Second Harvest Foodbank's FoodShare Helpline: 1-877-366-3635.

Suggested Donations

60 & older..... \$4.00
Under 60..... \$7.58



Columbus Area Senior Center—Serving the diverse needs of adults, aged 50 and better, in our community.



Accredited by the
Wisconsin Association of Senior Centers

Columbus Area Senior Center

125 N. Dickason Boulevard
Columbus, WI 53925

Return Service Requested

Senior Center Directions

From Highway 151

Exit at the Highway 16/60 exit ramp. Take Hwy 16 (James St.) into Columbus. One block before second set of stoplights, turn left on North Dickason Boulevard. The Senior Center is located on the left next to City Hall.

From Highway 73 (Ludington St.)

At stoplights, go west on Highway 16 (James St.). Take an immediate right on Dickason Boulevard. The Senior Center is located on the left next to City Hall.