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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPT.**  608-374-7476 Fax: 608-374-7462 [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov)  *Like us on Facebook – Tomah Senior Center* |

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| **SEPTEMBER 2024 NEWSLETTER** | | |
| See the source image | See the source image | See the source image |

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| **Kupper-Ratsch Senior Center** | |
| A sign on the front of a building  Description automatically generated  Front entry on Superior Avenue | A building with a patio and tables  Description automatically generated with medium confidenceBack entry across alley from parking lots |
| ***A Community Gathering Place***  **1002 Superior Ave. Tomah, WI. 54660** | |

**“Come on down and join us!”**

**Pam Buchda**, City of Tomah’s Senior & Disabled Services Director

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| See the source image | See the source image | See the source image | See the source image | Clip art Entertainment Bingo |

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| **City of Tomah’s Dept. of**  **SENIOR & DISABLED SERVICES**  608-374-7476 Fax: 608-374-7462  pbuchda@tomahwi.gov | **Kupper-Ratsch Senior Center**  ***A Community Gathering Place***  [1002](mailto:pjbuchda@tomahonline.com) Superior Ave. Tomah, WI. 54660  Facebook page – **Tomah Senior Center** |

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| Smiley Clipart | Free Download Clip Art | Free Clip Art | on ... - ClipArt  Best - ClipArt Best | Are you looking for a place for you and/or your friends/family to get together to play cards and/or other games? **Come in and join us!**  I encourage people to stop down and visit with us, check us out and take a tour of the senior center. We have a nice place with friendly people, and it is warm in the winter cold and cool in the summer heat. |
| **YOUR CONTACT INFORMATION** | **Please share** with Pam or Paulette **YOUR CONTACT INFORMATION** …your name, phone number, email, address, & birthdate (may, but do not have to share year). |

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| 01 | Cover | | | 23 | **CALENDAR** |
| 02 | Newsletter Index & Procedure for Accidents | | | 24 | Senior & Disabled Services Report –Goal(s) 7 |
| 03 | Senior & Disabled Services Report -Editor | | | 25 | Senior & Disabled Services Report –Goal(s) 7 |
| 04 | Senior & Disabled Services Report –Stats | | | 26 | Senior & Disabled Services Report –Goal(s) 7 |
| 05 | | Senior & Disabled Services Report –Goal(s) 1 | | 27 | Senior & Disabled Services Report –Goal(s) 7 |
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| 21 | | Senior & Disabled Services Report –Goal(s) 6 | | 43 | Kupper-Ratsch Senior Center Information |
| 22 | | **CALENDAR** | | 44 | Kupper-Ratsch Senior Center Information |
| **Newsletter INSERTS** | | | -Insert: ADRC of Monroe County Senior Dining Sites Menu.  Nutrition article.  -Insert: Photo Album pages.  -Insert: Medicare- ‘Common Open Enrollment Notices’.  -Insert: 43rd Millston MDA Labor Day Weekend Softball Tournament & Celebration.  Rotary Club of Tomah’s Community Neighborhood Block Party.  -Insert: **Paint Party Fundraiser for Kupper-Ratsch Senior Center.** | | |

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| **REVIEW on FALLS and/or ACCIDENTS** |
| **PROCEDURE: What is the protocol–the expectations of your actions:**  Occasionally someone falls or has an accident at the senior center. What do you do?  When a person has fallen…   1. **DO NOT HELP THEM UP** – even if they ask you to. Leave them exactly as they have fallen.   Do not crowd around the person – one person is enough to reassure & keep them calm.  For any accident and/or fall…   1. **GET STAFF RIGHT AWAY** – Pam and/or Paulette. 2. **Staff will ASSESS THE SITUATION**. And then move forward with appropriate actions. |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Free Newsletter Cliparts Free, Download Free Clip Art, Free Clip Art on  Clipart Library |

**This newsletter is a communication tool to keep you all updated.**

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| **LIFE INSTRUCTION**  “Do all the good you can,  By all the means you can,  In all the ways you can,  In all the places you can,  At all the times you can,  To all the people you can,  As long as you ever can.  *~John Wesley* | **JUNE 2024**    **“Hello”**  **from Pam** | | Buchda new director | “Do battle against prejudice and discrimination whenever you  find it.”  *~Author Unknown*  “Laugh Often  ~ Live Well  ~ Love Much” | | **THE FOUR-WAY TEST**  **Of all the things we think, say, or do…**  1.Is it the **TRUTH**?  2.Is it **FAIR** to all concerned?  3.Will it build **GOOD WILL** and  **BETTER FRIENDSHIPS**?  4.Will it be **BENEFICIAL** to all  concerned?  *~Rotary International* |
| “Here at the Senior Center,  we are all about making friends, being friends, keeping friends and spending time with friends.”  *~Pam Buchda* | | “The purpose of activities is not to kill time, but to make time live. Not to keep a person occupied, but to keep him/her refreshed. Not to offer an escape from life, but to provide a discovery for life”.  *~Author Unknown* | | | ‘Happiness is not a destination.  It is a method of life.”  *~Burton Hills*  Everyday… What are 3 things you are grateful for? | |

Hello all…

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| See the source image | The Senior Center & Meal Site will be  **CLOSED on** Monday, September 02nd  **Labor Day** holiday. |

Some **cotton yarn** was donated with the idea someone may volunteer to **make items for the Arts & Craft Fair**. If you would be willing to make dishcloths for our November 23, 2024, Annual Arts & Crafts Fair, please see Pam for the yarn.

The **information I am sharing with you** this month is… *Labor Day; National Read A Book Day; National Hummingbird Day; Patriot Day; Grandparents Day; Uncle Sam Day; Constitution & Citizenship Day; National HIV /AIDS & Aging Awareness Day; International Day of Peace; National Comic Book Day;* and *Energy Assistance Schedule* (add to your calendar).

The **articles I selected to share with you** for this month are… *‘Tomah Voters to Decide on ‘Generational Referendum’ in November* (hope to have a program here before November so we can educate ourselves on this)*; ‘Updated COVID-19 Vaccines Are on the Way;* and ‘*USPS Text Scammers Duped His Wife, So He Hacked Their Operation’* (I believe I have had a number of these texts but have deleted them since I never ordered anything to be delivered – so we in our community are not immune to this)*.*

I am **also sharing information** as newsletter inserts… *ADRC monthly Meal Site Menu & Nutrition Tips; Photo Album pages; Medicare – ‘Common Open Enrollment Notices’; 43rd Millston MDA Labor Day Weekend Softball Tournament & Celebration; Rotary Club of Tomah’s Community Neighborhood Block Party;* ***Paint Party Fundraiser for Kupper-Ratsch Senior Center.***

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| See the source image | **VENDOR SPACES AVAILABLE YET for our Annual**  **ARTS & CRAFTS FAIR**  **at Recreation Park on Saturday, November 23, 2024**  **– Sign up with Pam before the deadline.** |

We are looking for **volunteers for the Annual Community Halloween Party**, **and Set-up & Clean-up**. Please see Pam if you are interested.

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| TOMAH’S ANNUAL FREE  COMMUNITY HALLOWEEN PARTY  **4:30pm-6:30pm Games & game prizes & 5:15 Costume Judging**   |  | | --- | | Cutest-Most Original-Scariest  (Ages categories: 0-3, 4-5, 6-9, 10-13, 14-17 & 18-100+) |   **We need your help to sponsor this FREE event!**  *\*Sponsors names are posted and announced at the event, as well as on our Facebook (Tomah Senior Center), and in the newspaper wrap-up article(s), and in the Senior Center monthly newsletter.*  *We will also send you a Thank You poster to put up at your place.* | **Please be a SPONSOR\* of this event.**  **\_\_\_Super Hero $500 & Up \_\_\_Genie $250 - $499**  **\_\_\_Magician $100-$249**  **\_\_\_Great Pumpkin Up to $99**  **Donations of any size are appreciated!**  See the source image  October 31st0. |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Reports Stat Stock Illustrations – 34 Reports Stat Stock Illustrations,  Vectors & Clipart - Dreamstime |

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| **KUPPER-RATSCH SENIOR CENTER YEARLY ATTENDANCE/USAGE COMPARISONS**  ***NOTES****: Did Not Take Daily Attendance Before COVID.**Senior Center closed from March 17, 2020 to June 15, 2020 (3 months).*  *Meal Site closed March 17, 2020 to July 26, 2021 (1 1/3 years).**Did do in-home meal deliveries & pick-up meals during closed meal site.* |
| |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Month** | **#Usage** | **Vol.s** | **Days/Evenings Open** |  | **Month** | **#Usage** | **Vol.s** | **Days/Evenings Open** | | **January**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,487+  1,387+  856+  407  --- | 206+  187+  93+  21+  --- | 25 –1 Sun., 4 Eve. & 1 Sat.  23 –1 Sun., 4 Eve. & 1 Sat  24 –1 Sun., 1 Eve. & 2 Sat.  20 –0 Sun., 2 Eve. & 1 Sat.  Masks Required  25 –1 Sun.,2 Eve. & 1 Sat.  Did not take attendance before COVID |  | **July**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,620+  1,741+  1,215+  1,078+  586+ | 175+  203+  161+  71+  69+ | 20 –1 Sun., 8 Eve. & 1 Sat.  24–3 Sun., 1 Eve. & 1 Sat.  21–1 Sun., 5 Eve. & 0 Sat.  21–1 Sun., 5 Eve. & 1 Sat.  Masks Optional  *07-26-21 Meal Site Reopen*  24 –1 Sun., 2 Eve. & 1 Sat.  Open with Precautions | | **February**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,847+  1,626+  1,039+  383+  --- | 271+  207+  111+  20+  --- | 27 –4 Sun.,10 Eve. & 2 Sat.  21 –1 Sun., 2 Eve. & 1 Sat.  19 –0 Sun., 2 Eve. & 0 Sat.  20 –0 Sun., 1 Eve. & 1 Sat  Masks Required  22 –1 Sun.,1 Eve. & 1 Sat.  Did not take attendance |  | **August**  **2024**  **2023**  **2022**  **2021**  **2020** | +  2,201+  1,486+  1,253+  620+ | +  239+  202+  139+  74+ | 26 –2 Sun.,2 Eve. & 2 Sat.  28–3 Sun., 2 Eve. & 2 Sat.  25-1 Sun., 4 Eve. & 1 Sat.  24-1 Sun., 4 Eve. & 1 Sat.  24 –1 Sun., 2 Eve. & 2 Sat. Open with Precautions | | **March**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,902+  2,349+  1,390+  617+  --- | 241+  263+  138+  37+  --- | 25–2 Sun.,14 Eve. & 2 Sat.  26 –1 Sun., 6 Eve. & 2 Sat.  24 -1 Sun., 5 Eve. & 0 Sat.  23 –0 Sun., 1 Eve. & 1 Sat.  Masks Required  16 –0 Sun., 0 Eve. & 0 Sat.  17th Closed d/t COVID |  | **September**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,927+  1,332+  1,134+  595+ | 208+  170+  112+  59+ | xx –x Sun., x Eve. & x Sat.  24-3 Sun., 6 Eve. & 1 Sat.  22-1 Sun., 6 Eve. & 1 Sat.  23-1 Sun., 8 Eve. & 1 Sat.  23 –1 Sun., 3 Eve. & 1 Sat. Open with Precautions | | **April**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,872+  1,870+  1,340+  689+  --- | 255+  232+  138+  43+  --- | 26 –3 Sun.,08 Eve. & 01 Sat.  26 –1 Sun., 6 Eve. & 2 Sat.  21½-1 Sun, 9 Eve. & 0 Sat.  21 –0 Sun.,1 Eve. & 1 Sat.  Masks Required  00 –0 Sun., 0 Eve. & 0 Sat.  Closed d/t COVID |  | **October**  **2024**  **2023**  **2022**  **2021**  **2020** | 2,370+ 1,736+  1,410+  602+ | 282+  244+  142+  71+ | xx –x Sun., x Eve. & x Sat.  26 –3 Sun,11 Eve. & 1 Sat.  21- 1 Sun., 7 Eve. & 1 Sat.  24 -2 Sun., 8 Eve. & 1 Sat.  25 –1 Sun., 3 Eve. & 2 Sat. Open with Precautions | | **May**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,758+  1,898+  1,426+  657+  --- | 246+  247+  128+  37+  --- | 24 –1 Sun., 3 Eve. & 1 Sat.  24-1 Sun., 4 Eve. & 1 Sat.  22 -1 Sun., 7 Eve.& 0 Sat.  20 –0 Sun.,3 Eve. & 1 Sat.  Masks Required  00 –0 Sun., 0 Eve. & 0 Sat.  Closed d/t COVID |  | **November**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,862+  1,322+  1,101+  510+ | 236+  228+  122+  76+ | xx –x Sun., x Eve. & x Sat.  25–3 Sun.,7 Eve. & 2 Sat.  21-1 Sun., 5 Eve. & 1 Sat.  20-1 sun., 5 Eve. & 1 Sat.  20 –0 Sun., 1 Eve. & 1 Sat. Open with Precautions | | **June**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,588+  1,795+  1,461+  965+  270+ | 212+  224+  162+  44+  26+ | 23 –1 Sun.,4 Eve. & 2 Sat.  25 –1 Sun., 1 Eve. & 2 Sat.  23 -1 Sun., 6 Eve. & 0 Sat.  22 –1 Sun., 6 Eve. & 1 Sat.  Masks Required  14 –1 Sun.,2 Eve. & 0 Sat.  15th Reopened w/Precautions |  | **December**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,644+  1,230+  1,006+  452+ | 242+  219+  88+  48+ | xx –x Sun., x Eve. & x Sat.  21–1 Sun., 3 Eve. & 1 Sat.  21-0 Sun., 6 Eve. & 1 Sat.  22–1 Sun., 5 Eve. & 1 Sat.  22 –0 Sun., 1 Eve. & 1 Sat.  Open with Precautions | |  |  |  | *Newsletter is done before end of month.* |  | **TOTAL**  **2024**  **2023**  **2022**  **2021**  ***2020*** | **+**  **22,670+**  **15,833+**  **10,700+**  **3,635***+* | **+**  **2,770+**  **1,994+**  **876+**  **423***+* | **Jun15 thru December 31** | |
| ***NOTE:*** *We do not always see/know how many people are in some evening and/or weekend activities or coming*  *to the Traveling Office Hours, using the Giving Closet or the Library, or the Reading Table, Etc. We can*  *tell, later, that these services have been used, but not by how many people. So, we use the + sign to*  *denote that additional people, above the numbers recorded, have used our services.* |

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| **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com | **Listed are** the City of Tomah’s Senior & Disabled Services Department’s **categories for goals and the main long-range goal(s) for each category**, as well as a monthly update in each category.  Throughout the year, the Senior & Disabled Services Director has “mini”/short-term goals for each of the categories to help reach the main goals. As short-term goals are met and as new opportunities and information arise throughout the year, new “mini” goals are developed. |

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE**  **GOAL(S):** To maintain & grow programs, services, & community events at/for the senior  center. |

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| **ACTIVITIES/**  **EVENTS** | -Activities & events are listed in our monthly newsletter, on the big “daily” board  in senior center, and on the ‘Tomah Senior Center’ Facebook page.  -If you have suggestions or a particular interest you would like to see happen,  please share it with Pam at the senior center or at [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) or 608-374-7476. |

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| **PUZZLE TABLE** | | |
| See the source image  We accept donations of puzzles. | We have a table with a community jigsaw puzzle being put together. Everyone is welcome to work on it.  We have puzzles that can be borrowed and returned. | https://tse4.mm.bing.net/th?id=OIP.ukjV24NYgmZsbuOSeFIs1AHaHJ&pid=Api&P=0&w=171&h=166  We frame some of the puzzles and use them as a fundraiser. |

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| **COFFEE TIME & VISITING** | | |
| See the source image | **DATE:** Mondays thru Fridays  **TIME:** 9:00am *(coffee on pretty much all day)*  **COST:** Free *(coffee & coffee cart donations accepted)* | *Come and join us for coffee and visiting.*  Good People–Good Place |

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| A building with tables and chairs  Description automatically generated | **OUTDOOR ‘GAZEBO’ AREA**  In the spring, summer & autumn, we have a green picnic table outside by the back door with a shade umbrella with it.  People are welcome to sit outside and visit or play games. | **C:\Users\Delia\Pictures\2020-09\100_1033.JPG**  Thank you Frank G. Andres Charitable Trust for the grant. |

**GAMES:**

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| **BINGO** | | |
| Clip art Entertainment Bingo | **DATE:** Mondays, Thursdays & Fridays  **TIME:** 1:00pm *(set-up at 12:30)*  **COST:** 50 cents a card  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group  **SPONSOR(S):** People who are playing | **VOLUNTEER CALLERS**:  June Abbott, Mary Boettcher,  Becky Fitzpatrick, Richard Gegenfurtner, Marvin Henricks, Siegrun Horst, & Bev Thorp. |

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| **BINGO BASH** | | |
| See the source image | **DATE:** 2nd Monday  **TIME:** 1:00pm *(set-up at 12:30)*  **COST:** Free (play 1 card)  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group | **SPONSOR(S):** People who donated items.  **VOLUNTEERS**: Same  as regular bingo |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |
| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued | | | |

**GAMES, continued**:

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| **BRIDGE** | | |
| See the source image | **DATE:** 2nd Tuesday  **TIME:** 1:00pm  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group | **VOLUNTEER(S)**:  People from the group |

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| **PFEIFFER** | | |
| See the source image | **DATE:** Tuesdays  **TIME:** 12:00 to 12:50 *(before Euchre starts)*  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |

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| **GAMES OF CHOICE** | | |
| See the source image | **DATE:** Tuesdays  **TIME:** 12:30pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group | Group chooses games, could be… Phase 10, Checkers, Uno, Dominos, Scrabble, Sequence, Skip Bo, Wizard, Yahtzee, Etc. |

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| **EUCHRE** | | |
| See the source image | **DATE:** Tuesdays  **TIME:** 1:00pm *(set-up at 12:30)*  **COST:** $2 (10 cents a bump, & 25 cents bump if go alone  & don’t win)  **PLACE:** Kupper-Ratsch Senior Center  **SPONSOR(S):** People who are playing. | **VOLUNTEERS:**  People from the group |

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| **PINOCHLE** | | |
| See the source image | **DATE:** Wednesdays  **TIME:** 12:30pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |

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| **CANASTA** | | |
| https://lh3.googleusercontent.com/s76Tog-9yEzvFQ17nr1s9S5v-HF1EDQW_dnE1R1osFNrUAr2snsWkdtUeTnYa3v5ckE=w300 | **DATE:** Wednesdays *(starting again in August)*  **TIME:** 1:00pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |

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| **HAND & FOOT** | | |
| **Hand Foot Cards - Etsy** | **DATE:** Wednesdays *(starting in August)*  **TIME:** 1:00pm  **COST:** FREE  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued |

**CREATIVE GROUPS**

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| **BASKET WEAVING CLASS** | | |
| ***A close-up of hands holding a circular object  Description automatically generated*** | **DATE:** 3rd Monday  **TIME:** 10:30am to 3:30pm  **COST:** $ for supplies – ask Pam or Rose  *Cost for supplies**will vary from class to class*  *depending on the basket style being done.*  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEER INSTRUCTOR:** Rose Berry | Limit of 12 to a class.  **SIGN-UP**: with Pam at senior center,  608-374-7476, or pbuchda@tomahwi.gov |

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| **QUILTING GROUP** | | |
| See the source image  **People who sew & quilt are welcome.** | **DATE:** 1st & 3rd Wednesdays  **TIME:** 10:30am to 3:30pm  *Bring your own lunch or sign up ahead of time for the county’s nutrition site meal.*  **COST:** Free. *Bring your sewing machine & projects, enjoy fellowship and exchange of ideas.*  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group | See the source image  **People who crochet & knit are also welcome**. |

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| **CREATIVE CORNER** | | |
| Free Craft Cliparts, Download Free Craft Cliparts png images, Free ClipArts  on Clipart Library Arts And Crafts Movement Handicraft Clip Art, PNG, 2000x1494px, Art, Area,  Arts And Crafts Movement, Artwork, | **DATE:** 2nd & 4th Wednesdays  **TIME:** 10:30am to 3:30pm  *Bring your own lunch or sign up ahead of time for the county’s nutrition site meal.*  **COST:** Free. *Bring your projects, enjoy fellowship and exchange of ideas.*  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group | Bring whatever project you are working on –  like painting, drawing, photography, paper crafts, models, beadwork, jewelry making, crocheting, embroidery, and/or knitting, Etc. |

**BOOKINGS:**

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| **TOMAH’S GREAT HOLIDAY SHOPPING HUNT (TGHSH) Group** | | |
| Person Christmas Shopping with Too Many Gifts - Royalty Free Clip Art Image | **DATE:** 2nd Tuesday **TIME:** 4:30pm  **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** Pam Buchda 608-374-7476 | See the source image |

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| **TOMAH PUBLIC HOUSING AUTHORITY** | | |
| A black and white icon of hands holding a house  Description automatically generated | **DATE:** 2nd Wednesday **TIME:** 4:15pm  **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** Housing Director 608-374-7455 | Office:  107 E. Milwaukee St.  Tomah, WI. 54660 |

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| **TOMAH CONCERT ASSOCIATION** | | |
| Tomah Concert Association | **DATE:** As Scheduled  **TIME:** 4:00pm or as scheduled  **PLACE:** Kupper-Ratsch Senior Center  or Tomah High School Band room | **CONTACT:**  Audrey 608-372-0859  Or  Bonnie 608-823-7133 |

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued |

**MUSIC PROGRAMS:**

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| http://cliparts.co/cliparts/rij/95R/rij95RqiR.jpg | **DID YOU KNOW?** …  According to researchers singing uses both sides of the brain and takes people’s minds off their worries, so it is a stress reducer. Singing also boosts oxygen and blood flow to the brain and body.  ~ Creative Forecasting editors, March 2021 |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| Singin - n - Swingin - Ballroom Dance Music Band - Readstown, WI | **SINGIN ‘N’ SWINGIN BAND**  **DATE:** Friday, September 06, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Marian Beebe | See the source image  ***“Swing, big band, western, early rock & roll, polka and waltz styles****.****”*** |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| See the source image  ***“Piano Music to sit back, relax and enjoy”*** | **MICHAEL SLATER**  **DATE:** Friday, September 13, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Volunteers his time & talents | **C:\Users\Delia\Pictures\100_1216.JPG** |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| A group of men playing guitar  Description automatically generated | **BLAINE MEYER**  **DATE:** Friday, September 20, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Volunteers time & talents | See the source image  ***“Classic & current country and***  ***good old-fashioned sing-a-longs”*** |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| See the source image  ***“Piano Music to sit back, relax and enjoy”*** | **MICHAEL SLATER**  **DATE:** Friday, September 27, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Volunteers his time & talents | **C:\Users\Delia\Pictures\100_1216.JPG** |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| Image preview | **KATE ROBERTS McCLAIN**  **DATE:** Friday, October 04, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Marian Beebe | See the source image  ***“A little bit of everything…”*** |

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued |

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| **AMERICAN ASSOCIATION OF UNIVERSITY WOMEN-Tomah Branch** | | |
| American Association of University Women (AAUW) Community Action Grants  2021 | Opportunity Desk | **DATE:** 4th Tuesday  **TIME:** 5:30pm to 8:00pm  **PLACE:** Kupper-Ratsch Senior Center  **CONTACT**: Pam Buchda, President | [AAUWTomah@gmail.com](mailto:AAUWTomah@gmail.com)  **VOLUNTEERS:** People from the group |

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| **AM VETS** | | |
| **Murphy Post 2180**  **https://seeklogo.com/images/A/Amvets-logo-DC0115A871-seeklogo.com.png**  **Tomah** | **DATE:** 3rd Saturday  **TIME:** 4:30pm  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group  **CONTACT**: amvets2180@gmail.com | -Don Vander Molen, VAVS  Representative: 262-391-9505  -Glenn Gallagher, Deputy  Representative: 608-344-1679 |

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| **DO YOU HAVE AN INTEREST**  **& WOULD LIKE TO SEE A GROUP STARTED** | **SENIOR & DISABLED SERVICES DEPT.**  **POSSIBLE PROGRAMS** |
| This is your Senior Center… What would you like? We are open to ideas & interests.  If you have **suggestions or a particular interest** you would like to see happen, please share  it with Pam at the senior center or at [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) or 608-374-7476.  Clip Boards for sign-up of these activities listed on this page are in Pam’s office. | |

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| **CHESS** | | |
| See the source image | **DATE:** Wednesdays or ?  **TIME:** 1:00pm or ???  **PLACE:** Kupper-Ratsch Senior Center | **COST:** FREE  **VOLUNTEERS:**  People from the group |

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| **CRIBBAGE** | | |
| See the source image | **DATE:** Wednesdays or ?  **TIME:** am or pm?  **PLACE:** Kupper-Ratsch Senior Center | **COST:** FREE  **VOLUNTEERS:**  People from the group |

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| **MAHJONG** | | |
| https://static.vecteezy.com/system/resources/previews/000/104/079/original/free-mahjong-vectors.jpg | **DATE:** Wednesdays or ?  **TIME:** am or pm?  **PLACE:** Kupper-Ratsch Senior Center | **COST:** FREE  **VOLUNTEERS:**  People from the group |

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| Tatting Shuttle High Res Stock Images | Shutterstock | **TATTING GROUP**  **DATE: Wednesdays**  **TIME:** 1:00pm or 1:45pmor ?  **PLACE:** Kupper Ratsch Senior Center  **INSTRUCTOR**: ? | **You are welcome to join us!**  **COST:** Free, however you  provide your own supplies |

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| **02** | **EDUCATIONAL & HEALTH PROGRAMS**  **GOAL:** To maintain and grow programs/guest speakers at the Senior Center on educational,  Health, and assistance programs/services. |

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| **COMMUNITY RESOURCE CONTACT INFORMATION BOOKLET** | |
| Free Resources Cliparts, Download Free Resources Cliparts png images, Free  ClipArts on Clipart Library | COMMUNITY RESOURCE CONTACT INFORMATION BOOKLETS  are in magazine racks by front and back doors of the senior center,  and/or see staff for information. |

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| **Please share info you have with us…** | | |
| If you know of “handyman”, or people who do lawn care, snow removal, and/or personal care, house cleaning, etc., please share with Pam their names & contact information.  We will add them to the Resource Contacts Information Booklet. | | |
| clip art lawn care - Clip Art Library | 140+ Washing Hair In Shower Illustrations, Royalty-Free Vector Graphics & Clip  Art - iStock | Woman washing hair in shower, Man washing hair in shower,  Guy washing hair in shower | Free Snow Shovels Cliparts, Download Free Snow Shovels Cliparts png images, Free  ClipArts on Clipart Library |

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| **COMMON SENSE HEALTH PRECAUTIONS FOR ANY TIME…**  **for “summer” & “winter” colds and flu, coronaviruses/COVID, and other illnesses.** | | |
| Uptown Update: City Offers Free Flu Shots This Fall  Stay Safe And Healthy. Hand Lettering Inspirational Quote Isolated ...  Sticker round and bage with text I got may covid vaccine. Shield avoid covid-19 coronavirus Sticker round and bage with text I got may covid vaccine. Shield avoid covid-19 coronavirus covid vaccine stock illustrations | **1. WASH HANDS OFTEN.**  Use HAND SANITIZERS if cannot wash hands.  **2. Keep your HANDS AWAY FROM your FACE.**  **3. COUGH/SNEEZE INTO your INNER ELBOW.**  **4. Wear a MASK if you choose.**  **5. Wear GLOVES if you choose.**  **6. Practice PHYSICAL DISTANCING if you choose.**  3 to 6 feet is recommended.  **7. STAY AT HOME IF YOU ARE SICK!**  **8. COME BACK when you are better.** | ***‘We also need to be aware of that some of us have “underlaying conditions”, so we may cough and sneeze because of allergies, asthma, and/or heart/lung conditions and not a “catching” sickness. Please continue to be kind and understanding****.* |

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| **LIBRARY** | | |
| See the source image | We have a nice, small library here. We loan books out free of charge. Just return the books when you are done, so someone else can read them.  We accept donations of books. | “The more that you read, the more things you will know. The more you learn, the more places you’ll go.”  *~Dr. Seuss* |

***“A book is a Dream that you hold in your hand.”*** *~ Neil Gaiman*

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| **READING TABLE** | | |
| 789 Newspaper clipart Vector Images - Free & Royalty-free Newspaper clipart  Vectors | Depositphotos® | We have a “reading table” with articles, newspapers, and magazines.  Newspapers stay here to read, and magazines may be taken home.  We accept donations of magazines. | Please feel free to use the magnifier machine for reading that is on the reading table. |

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| **02** | **EDUCATIONAL & HEALTH PROGRAMS,** continued |

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| **iPADS & WiFi** | | |
| We have iPads people can use here.  The Best iPad of 2021 for Drawing, Travel, and More | We have **WiFi** here at the senior center.  **DAYS**: When open.  **TIME**: When open.  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | If you wish to learn how to use iPads, let Pam know and she will get a volunteer lined up to help you learn. |

**EDUCATIONAL & SUPPORT PROGRAMS:**

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| **VETS CAREGIVER SUPPORT GROUP** | | |
| A blue and gold emblem with a eagle and a flag  Description automatically generated | **DATE:** First & Second Mondays  **TIME:** 1:00pm – 2:30pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSOR(S):** VA Medical Center | **CONTACT**:  Barbara Iwanowicz [Barbara.Iwanowicz@va.gov](mailto:Barbara.Iwanowicz@va.gov)  or 608-372-3971 x64441 |

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| See the source image | **ASSISTING with ENERGY ASSISTANCE PROGRAM**  **DATE: Thursday, September 12, 2024**  **TIME:** 9:00am to 11:00am  **COST**: Free  **PLACE**: Kupper-Ratsch Senior Center  **PERSON:** Deanna Zanon of Flock’s Guardian |

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| **AMERICAN SIGN LANGUAGE (ASL) STUDY GROUP** | | |
| 4,600+ American Sign Language Stock Photos, Pictures & Royalty-Free Images  - iStock | Sign language, Sign language interpreter, Asl background | **DATE:** Thursdays  **TIME:** 10:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEER FACILITATOR:** John Berry | This is for beginners, as well as those who know ASL and want to keep up their skills. |

**HEALTH PROGRAMS:**

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| **WEIGH-IN** | | |
| Man Being Weighed By Nurse Stock Illustration 1601164 | **DAYS**: **Mondays thru Fridays**  **TIME**: 8:30am to 4:30pm *(just come*  *in, or call Pam & set up a day & time)*  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | Often when we try to lose weight, we need someone to be accountable to.  Pam is willing to be your person to weigh you weekly at the senior center. |

**We will offer this course again when 6 to 12 people sign up for them…Sign up with Pam**

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| **STAND UP FOR YOUR HEALTH**  *Not an exercise program – a lifestyle choice course* | | |
| https://wihealthyaging.org/_data/cms_files/template/logo.png  *6 to 12 people*  *Sign up with Pam* | **DATE:** 1 Day for 4 weeks +  Refresher session 4 weeks later  Dates to be set when we have 6-12 people  **TIME:** 1:30 to 3:30pm  **PLACE:** Kupper-RatschSenior Center  **COST:** FREE | Classes to assist you in some healthier lifestyle choices/practices.  **INSTRUCTOR**:  Pam Buchda  608-374-7476 |

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**‘Every accomplishment starts with a decision to try.’** ~ Unknown

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| **02** | **EDUCATIONAL & HEALTH PROGRAMS,** continued |

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| ***Ten minutes of movement is long enough to improve memory and engage more of your brain.***  ***Next time you’re stumped on a project or working on a deadline, take a 10-minute walk.*** |

**EXERCISE PROGRAMS:**

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| **CONDITIONING WITH CHAD** | | |
| A person sitting in a chair  Description automatically generated | **DATE: Thursdays**  **TIME:** 9:00am to 9:45am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEER FACILITATOR:** Chad Dobson | *We have the weights, balls, stretch bands, & steps to use.*  Bring your water bottles. |

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| **WELLNESS EXERCISE** | | |
| Group of senior people exercising dumbbell workout over white background. |  CanStock | **DATE:** Mondays, Wednesdays, & Fridays  **TIME:** 9:00am to 10:00am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **FACILITATOR:** People in group &/or Pam | *We have weights, balls, stretch bands, & steps to use.*  See the source image |

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| **LINE DANCING** | | |
| See the source image | **DATE:** Tuesdays & Thursdays  **TIME:** 9:00am to 10:00am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEER:** Siegrun Horst | **BEGINNER LINE DANCE**  **DATE:** Mondays  **TIME:** 9:00am- 9:45am  **COST:** Free  **PLACE:** Senior Center |

**We will offer this course again when 6 to 12 people sign up for them…Sign up with Pam**

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| **PHYSICAL ACTIVITY for LIFELONG SUCCESS (PALS)** | | |
| https://wihealthyaging.org/_data/cms_files/template/logo.png  *6 to 12 people for the 10 week Exercise course, and 10 week follow up with 6 coaching sessions & 2 Booster classes* | **DATES: Course: 10 weeks - ???**  Coaching & Booster: July -Sept.  **DAYS & TIMES:** As Scheduled  Monday: 1:45-3:30 (class & exercise)  Thursday & Friday: 2:30-3:30 (exercise)  **COST:** This CLASS IS FREE and FUN!  **PLACE:** Kupper-Ratsch Senior Center  **INSTRUCTOR:** Pam Buchda, Director | To **Pre-register**…  See Pam to sign-up for class 608-374-7476 or [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov)  *-PRE-EVALS: in week before.*  *-10 week-POST-EVAL: ?*  *-20 wk-FOLLOW-UP EVAL: ?* |

**FOR YOUR ENJOYMENT…**

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| Watercolor Fall Sunflower , Rustic Clipart. Autumn Harvest Clip Art,  Thanksgiving Day Art, Stock Illustration - Illustration of summer, gifts:  223774193 | **At the end of August coming into September…**  **“A special blessing I wish is that the days will be so good to you –**  **comforting more often than crazy; giving more often than taking…**  **And filled with as many things to be thankful for as there are…**  **flowers in the fields.**  **When life is hard, be comforted with knowing that…**  **strength will walk beside you, courage will come to guide you,**  **faith will shine inside you, and hope will light the way.”**  *~ Douglas Pagels* |

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| **02** | **EDUCATIONAL & HEALTH PROGRAMS,** continued |

***Please stop by and say hi when you see us at the senior center during our “office hours” there.***

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| **VISITING WITH OFFICER AUDRA GOMEZ, Community Service Officer** | | |
| Officer Gomez wearing her patrol uniform | **DATE: 2nd Tuesdays TIME:** 12:30 – 1pm  **COST:**  Free  **PLACE:** Kupper-Ratsch Senior Center | |  |  | | --- | --- | | Police Department Logo | **Tomah Police Dept.**  **‘Serving the Community’** | |

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| **COFFEE TIME &/or MEMORY SCREENING**  **WITH ADRC DEMENTIA CARE SPECIALIST-TRAVELING OFFICE HOURS** | | |
| A person smiling in a room  Description automatically generated | **DATE: 2nd Wednesday TIME: 11:00am–1:00pm** **COST**: FREE **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** Emily Reitz 608-387-9250 emily.reitz@co.monroe.wi.us | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** |
| ***My role is to provide education and information on what dementia is and what it looks like.*** | | |

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| **COFFEE TIME WITH MOMENTS HOSPICE CARE** | | |
| A person in a plaid shirt  Description automatically generated | **DATE: ~~2~~~~nd~~ ~~Thursday~~ TIME: ~~12 noon–1:00pm~~**  **COST**: FREE **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** Chad Dobson, Volunteer Coordinator | A logo with text on it  Description automatically generated |
| ***Our role is to provide education and information on what hospice and palliative care is and what it looks like.*** | | |

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| **COFFEE TIME WITH ST. CROIX HOSPICE Care Transition Coordinator-TRAVELING OFFICE HOURS** | | |
| A person smiling at camera  Description automatically generated | **DATE: 3rd Wednesday TIME: 11:00am–1:00pm** **COST**: FREE **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** 608-461-8093 jpeterson@stcroixhospice.com | Janessa Peterson  https://smart.stcroixhospice.com/v2/imagebucket/stcroixhospice.com/StCruxHospice_01_large_03.png |
| ***My role is to provide education and information on what hospice and palliative care is and what it looks like.*** | | |

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| **COFFEE TIME WITH ADRC COMMUNITY HEALTH WORKER** | | |
| A person smiling at camera  Description automatically generated | **DATE: 4th Wednesday TIME: 9:00am–11:00am COST**: FREE **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** 608-269-8636 or 608-219-1710 | Stephanie.Haas@gwaar.org  **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** |
| ***My role is to provide education and information on health issues.*** | | |

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| **COFFEE TIME WITH Tomah Health HOSPICE & PALLAITIVE CARE** | | |
| Staff rotate here to visit | **DATE: 4th Thursday TIME: 11:00am–1:00pm** **COST**: FREE **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** 608-374-0250 SWilliams@tomahhealth.org | Tomah Health Hospice Touch & Life Choices Palliative Care |
| ***Our role is to provide education and information on what hospice and palliative care is and what it looks like.*** | | |

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| **BETTER HEARING** | | |
| A person in a tie sitting in a kitchen  Description automatically generated | **DATE: Third Thursdays TIME:** 9-11am or make appointment  **COST**: As you discussed with Better Hearing staff.  **PLACE:** Kupper-RatschSenior Center  **CONTACT:** Tom Vierling at 608-781-6881 or 1-800-526-3298 | **See the source image** |

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| **03** | **DISABLED/SPECIAL NEEDS SERVICES**  **GOAL:** A. MEDICAL EQUIPMENT NEEDS: To continue the Loan Closet free service.  B. GENERAL NEEDS: To continue the Giving Closet free service.  C. SPECIAL NEEDS: To maintain and grow services for special needs population and their  caregivers.  D. DEMENTIA NEEDS: To continue to be involved in Monroe County’s Dementia Friendly  coalition. |

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| **LOAN CLOSET**  Keeping it clean and organized, is a major feat in-of-itself. | | |
| See the source image  See the source image  See the source image | The senior center *(depending on donations of items)* has medical equipment we loan out free. What we have changes pretty much daily with in-going and out-going equipment.  Take care of the items while you use them. Clean them and return items when you are done with them so others may use them.  We accept donations of medical equipment, so we have them for people to borrow. | See the source image  toilet riser cvs All products are discounted, Cheaper Than Retail Price,  Free Delivery & Returns OFF 63%  See the source image |

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| **GIVING CLOSET**  Keeping it clean and organized, is a major feat in-of-itself. | | |
| Closet clipart clothing donation, Closet clothing donation Transparent FREE  for download on WebStockReview 2020 | The senior center *(depending on donations of items)* has items we give away free of charge.  Items may include incontinent products, miscellaneous personal care items *(diabetes care, guaze, etc.)* and some clothing. | We accept donations for the Giving Closet *(no needles or prescription items*). |

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| **LIONS CLUB EYEGLASS & HEARING AIDE PROGRAM** | | |
| 174,900+ Eyeglasses Stock Illustrations, Royalty-Free Vector Graphics & Clip  Art - iStock | Eyewear, Glasses, Family wearing glasses | The Lions Club of Tomah has a bucket, *by the front door under the newsletter magazine wall rack next to the Vet’s photo board*, at the senior center for people to donate old eyeglasses and hearing aids. | *Free Lions Club Logo, Download Free Lions Club Logo png images, Free  ClipArts on Clipart Library* |

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| **READING MAGNIFIER FOR VISUALLY IMPAIRED** | | |
| **HELP WITH READING** | The magnifier machine for reading is set up for use on the reading table | You are invited to  come in and use it. |

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| **MILITARY SERVICE PHOTO BOARD** | | |
| See the source image | We have a Military Service Board with pictures of people past and present who have served in the military.  You are welcome to bring pictures of people who have served to add to the board*.* | Some of the pictures have no name on them. If you know who some of them are, please tell staff who they are and the correct spelling of the names, so we can label them. |

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| **03** | **DISABLED/SPECIAL NEEDS SERVICES,** continued | | |

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| **SPECIAL NEEDS ADVISORY GROUP** | | |
| Club Meeting Clipart Free | Committee formed in last quarter of 2018. *They* ***Voluntee****r their time for us.*  **Meets 1st Tues. at 5:30 pm** (Open to public)every other month.  *(January, March, May, July, September, November).*  ***MISSION STATEMENT:*** *To give the special needs community a fun time together,*  *and their care-givers opportunities for support, education, and networking.* | |
| Patty Ambort, Parent/Caregiver  Ashley Gerke, Handishop Industries Program  Manager, CHAIRPERSON. | | Lauri Shumway, Parent/Caregiver, SECRETARY.  Stephanie Squires, Handishop Industries Director of  Programming. VICE-CHAIRPERSON  Renee Stroh, Parent/Retired Educator/All Things Considered |

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| **SUNDAY-FUNDAY**  Meets 1x monthly for special needs people & their parents/guardians.  **PLEASE RSVP** to Pam (so we know how much to plan for) at 608-374-7476 or pbuchda@tomahwi.gov | |
| **DATE: Sunday, September 08, 2024**  **TIME: 2:00 to 4:00pm**  **PLACE:** Kupper-Ratsch Senior Center **COST:** FREE   |  | | --- | | **PURPOSE**: *Special needs persons for socialization and fun…*  **ACTIVITY: Visiting, Snacks, & Bingo & Table games.** |   and   |  | | --- | | **PURPOSE**: *Parents/Caregivers are invited to join us in visiting, support, networking, education, sharing of ideas, experiences, and resources.*  **TOPICS**: Enjoying time with others…sharing experiences & resources. |   *NOTES:* | See the source image  **2024 DATES:**   |  |  | | --- | --- | | January 21 | July 21 | | February 18 | August 18 | | March 17 | Sept. 08 | | April 21 | October 06 | | May 19 | Nov. 10 | | June 23 | Dec.--- | |

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| **L.I.F.E. After School & L.I.F.E. In Summer**  **School:** 3:30 on Mondays, Wednesdays. & Thursdays (Sept-May) at the Kupper-Ratsch Senior Center.  **Summer:** 3:00 on Tuesdays., Wednesdays & Thursdays (June 18 to July 25). | | |
| Life Skills Clip art by RamonaM Graphics | Teachers Pay Teachers | **DATE: See above.**  **TIME: See above**  **PLACE:** Kupper-Ratsch Senior Center  **SPONSOR(S):** A partnership with  Goodwill. *(Started Nov. 29, 2021 at senior center).* | A program for high school age students with special needs to learn basic living skills such as interacting with others, community involvement, recreation activities, shopping, cooking, cleaning, volunteer, etc. |

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| **ADAPTIVE FITNESS 4 ALL Class** | | |
| Limit of 12 people taking the class.  **A picture containing illustration, animated cartoon, text, drawing  Description automatically generated** | **DATE:** FRIDAYS  **TIME:** 12noon-12:45pm  **COST:** FREE  **PLACE:** Kupper Ratsch Senior Center  **FACILITATOR:** Volunteers & Parents/Caregivers  **SIGN UP FOR EACH CLASS:** Contact Pam at [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) or 608-374-7475 or stop by the senior center. | Special needs  exercise class.  A cartoon of a child on a mat  Description automatically generated with medium confidence |

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| **PROM DRESSES FOR SPECIAL NEEDS PROM** | | |
| Home | Ocean County Library | The organization and care of dresses is ongoing. (Found a home at the senior center in 2021).  Will take donations of prom dresses. | Will loan out prom dresses for regular prom also. |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

***“One of the things I keep learning is that the secret to being happy is doing things for other people.”***

*~Dick Gregory*

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| **04** | **VOLUNTEER PROGRAM**  **GOAL:** To maintain and build the volunteer program according to the needs of the  department. |
| **We are grateful to all our volunteers. Volunteers are very much needed and appreciated!**  -When volunteering, please sign in/out in the Volunteer Book on table by Vet’s Photo Board.  -Volunteers to assist with daily/monthly activities and at special events and fundraisers.  -Some volunteer opportunities are listed in the newsletter.  -Volunteerism at the senior center continues to be an integral part of our life here. | |

***Volunteerism is one of the most selfless acts that we can become involved in!!!***

***Service Organizations and Nonprofits in Tomah area*** *(includes the senior center)* ***and around the world need more volunteers to carry out their missions and make the biggest difference possible.***

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| See the source image | **VOLUNTEERS** since last newsletter *(was put together)***:**  June Abbott; John & Rose & Libby Berry; Karen Birkeness; Pat Block; Sandi Bloom; Duane & Paulette Bolton; Mary Boettcher; Nancy Close; Chad Dobson; John Dostal; Becky Fitzpatrick; Renee Fletcher; Richard Gegenfurtner; Deb Gilles; Kitty Gnewikow; Monica Haun; Alyson Hefner; Marvin Henricks; Siegrun Horst; Doris Kelley; Jill Montgomery; Sue O’Neil; Marvin Parker; Al Pasch; Anna Mae Rudolph; Doug Semrau; Barb Stoda.  MUSIC VOLUNTEERS: Gary Felber; Blaine Hackett; Blaine Meyer; Michael Slater.  SENIOR & DISABLED BOARD: Sandi Bloom; Sue Greeno; Nicole Hart; Jenna Moser; Evelyn Noyes; Lauri Shumway; Shawn Zabinski & Mayor.  SPECIAL NEEDS ADVISORY GROUP: Patty Ambort; Ashley Gerke; Lauri Shumway; Stephanie Squires; Renee Stroh. |
| See the source image | **THANK YOU SO VERY MUCH FOR YOUR DONATIONS OF MONEY, GOODS, &/or SERVICES. YOU MAKE A DIFFERNCE! YOU ARE APPRECIATED!**  *NOTE: If I have misspelled anyone’s name, or missed someone on the list, I am so sorry. Please let me know.*  ~*Pam Buchda*, Senior & Disabled Services Director |

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| C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3CC48A6B.tmp | **VOLUNTEER OPPORTUNITIES**  **You are needed** | Free Volunteer Clip Art Pictures - Clipartix |

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| **BINGO VOLUNTEERS WANTED in Volunteer Caller Rotation** | | |
| Clip art Entertainment Bingo | **DATE:** Mondays, Thursdays and/or Fridays  **TIME:** 12:30 set-up /1:00 Bingo  **PLACE:** Kupper-RatschSenior Center  **CONTACT:** Pam 608-374-7476 or pbuchda@tomahwi.gov | **Bingo Callers will teach you how we do bingo at the senior center.** |

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| Newsletter Newsletter Clipart Newsletter Clipart Happening - Monthly Newsletter  Clip Art, HD Png Download , Transparent Png Image - PNGitem | **FOLDING NEWSLETTERS**  **DATE:** Last Wednesday, Thursday &/or Friday of month.  **TIME:** Open hours – 8:30am to 4:30pm |

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| **YOGA, T-CHAI and/or MEDITATION VOLUNTEER(S) INSTRUCTORS WANTED** | |
| 832 Senior Meditation Illustrations & Clip Art - iStock | We are looking for volunteer instructor(s) for **Meditation, T-Chai and/or Yoga. CONTACT:** Pam 608-374-7476 or [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3CC48A6B.tmp | **VOLUNTEER OPPORTUNITIES**  **You are needed** | Free Volunteer Clip Art Pictures - Clipartix |

***“To be of use in this world is the only way to be happy.”***

*~Hans Christian Anderson, Danish writer/artist*

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| **ADAPTIVE FITNESS 4 ALL VOLUNTEERS WANTED**  We are looking for volunteers to assist clients with special needs to participate in Fitness 4 All. | | |
| **A person in a wheelchair with his arms up  Description automatically generated** | **DATE: FRIDAYS** **TIME:** (11:45) 12noon-12:45 (1pm)  **PLACE:** Kupper-RatschSenior Center  **CONTACT:** Pam 608-374-7476 or pbuchda@tomahwi.gov | A cartoon of a child on a mat  Description automatically generated |

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| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D8251E22.tmp** | **“Good Neighbor” DRIVERS**  If you are driving yourself to the senior center for a group & would like to help others… There are some people wanting to come to the same groups as you do here at the senior center, but they need rides. If you are so inclined to be a “good neighbor” volunteer driver, check with Pam and/or Paulette on who might need a ride. |

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| **Make PUZZLE FRAMES with GLASS, BACKS & FITTINGS** | | |
| See the source image | We are looking for volunteers to make frames and/or complete the framing process for the puzzles – glass, backs, & hanging stuff. **We would pay for the materials.**  **CONTACT:** Pam 608-374-7476 or [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) | **FOR:** Kupper-RatschSenior Center Fundraiser Project |

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| **GROUP TRIPS** | | |
| excursion bus clip art - Clip Art Library | Looking for a volunteer to be our Group Trip Coordinator.  Please see Pam if you are interested and willing and able. | See the source image |

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| **CONTACT** Pam at  608-374-7476 or pbuchda@tomahwi.gov | **FACILITATE A NEW GROUP OF INTEREST**  **WHAT INTEREST:** ??? **DATE:** ??? **TIME:** ???  **PLACE:** Kupper Ratsch Senior Center |

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| **Tomah Area Community HALLOWEEN PARTY**  **DATE**: **Thursday, October 31, 2024**  **TIME: Event:** 4:30pm to 6:30pm **Volunteers:** 1:00pm to 7:00pm  **PLACE:** Recreation Building at Recreation Park | See the source image |

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| See the source image | **ART & CRAFT FAIR FUNDRAISER**  **DATE: Saturday, November 23, 2024 (Set-up: Friday, Nov. 22)**  **TIME: Event:** 9:00am to 3:30am **Volunteers:** 8:30am to 4:30pm  **PLACE:** Recreation Building at Recreation Park  **Set-up: Friday, Nov. 22 --- Volunteers:** 12:30pm to 4:30/5pm  **Other Volunteer needs:** Making craft items, baked goods, etc. before event. |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **VOLUNTEER OPPORTUNITIES**  **IN THE COMMUNITY…** |

***Volunteerism is one of the most selfless acts that we can become involved in.***

***Service Organizations and Nonprofits in Tomah area and around the world need more volunteers to carry out their missions and make the biggest difference possible.***

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| **FAITH IN ACTION VOLUNTEERS of Monroe County** | | |
| black square with gold star burst with a white heart inside.  Office Hours: M-Tu-W-Th 9am-2pm | ***We are dedicated to improving the lives of those in our community.***  ***A Neighbor’s Independence Depends on You.***  ~ Medical Transportation ~ Grocery Shopping ~ ~Yard Work ~ Companionship ~ | 608-372-0939  PO Box 316, 321 Butts Ave. Room 36 Tomah, WI. 54660  Faithinaction0939@gmail.com |
| **MISSION:** To help individuals and families maintain their quality of life and independence  **WHAT WE DO:** We provide volunteers to assist adults with disabilities to maintain their independence at home. Our volunteers come from churches and communities to serve our neighbors in Monroe County. The services are provided at no charge. | | |

***“To be of use in this world is the only way to be happy.”*** *~Hans Christian Anderson, Danish writer/artist*

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| **Coulee Region RSVP (Retired Senior Volunteer Program)** | | |
| See the source image  **Serving La Crosse and Monroe Counties since 1973.** | **We are making a difference in your community through collaboration with community nonprofit organizations, we provide meaningful volunteer experiences for individuals age 55 and better in your community.** | Ruth Kinstler, RSVP Director  [rkinstler@rsvplax.org](mailto:rkinstler@rsvplax.org)  608-785-7632  2920 East Ave. S. #104  La Crosse, WI. 54601  608-785-0500 |
| You’ve spent a lifetime developing your talents, skills, and knowledge. Now it’s time to share that experience with others. We invite all individuals aged 55 and better to make a positive impact while meeting the needs of our community. We match your interests and skills with opportunities to serve in the community. You choose how and where you want to serve, and we will help you find the best fit at a variety of sites throughout La Crosse and Monroe counties.  Do you love to crochet or knit? We can bring yarn supplies and needles to you here at the Senior Center for you to create beautiful hats, mittens, scarves, etc. to be given to those in need throughout your community. Contact us today to hear about becoming an RSVP volunteer! | | |

***“Remember that the happiest people are not those getting more, but those giving more.”*** *~H. Jackson Brown Jr.*

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| **CESA 10 AmeriCorps Seniors** | | |
| Site Logo  service-icon | ***Classroom Grandparent Volunteers Needed***  ***Experience the joy of making a difference in the lives of children.***  ***Seniors 55 & older. 5 to 40 hours weekly.***  ***Work only during school year with flexible schedule. If you are income eligible, you will receive a small tax-free hourly stipend and paid time off. Receive mileage reimbursement, extra liability insurance, recognition, & free training.*** | Mary Byrns,  Foster Grandparent Coordinator  715-720-2042  725 W. Park Avenue  Chippewa Falls, WI. 54729  [www.cesa10.k12.wi.us](http://www.cesa10.k12.wi.us)  Counties: Barron, Chippewa, Clark,  Eau Claire, Monroe, Rusk, Taylor, & Trempealeau. |

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| Free School Clipart Pictures - Clipartix | **VOLUNTEER TO READ TO CHILDREN AT AN ELEMENTARY SCHOOL OR DAYCARE**  **DATE:** Check with the school(s). **TIME:** ? during school time  **PLACE:** Elementary schools **CONTACT:** TASD |

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| 320 church free clipart | Public domain vectors | **VOUNTEER AT YOUR CHURCH**  **DATE:** Check with your church **TIME:**  **PLACE: CONTACT:** |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **05** | **COMMUNITY INVOLVEMENT/PUBLIC RELATIONS**  **GOAL:** A. To continue to work on raising community awareness of the city’s Senior &  Disabled Services Department and the Kupper-Ratsch Senior Center.  B. To continue to build/maintain community partnerships. |

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| **PUBLIC RELATIONS**  *-Ongoing*: Give tours, explain programs, hand out newsletters, listen and visit.  *-Ongoing:* Manyrequestsfor assistance with finding/contacting resources for various needs.  -*Ongoing*: Work on communication tool-monthly Senior & Disabled Services Newsletter  -*Ongoing:* Work on communication tool-information on Facebook-Tomah Senior Center/City.  *-Ongoing:* Work on communication tool-information in Dept. section on City of Tomah’s website.  *-Ongoing:* Work on communication with Tomah Chamber of Commerce. |

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| **NEWSLETTER** | |
| Gale Newsletter submissions needed – GALE: Gender Awareness in ... | If you have something you would like to put in the next newsletter, please submit, in writing or e-mail, by the 15th of this month. |

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| **NEW NEWSLETTERS AVAILABLE** | |
| Newsletter Newsletter Clipart Newsletter Clipart Happening - Monthly Newsletter  Clip Art, HD Png Download , Transparent Png Image - PNGitem | The goal is to have the newsletter ready for pick-up by the last Thursday or Friday of the month for the next month.  *NOTE: If you wish to have the newsletter/calendar emailed to you, please email Pam*  *at* [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) *(Photo pages may be too “large” for emails).* |

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| **FAMILY PROMISE PARTNERSHIP** | | |
| Untitled design (2)_edited.jpg | **DATE:** 3rd Sunday to 4th Sunday, if needed.  **TIME:** Approximately 4:00pm - 7:30am  **PLACE:** Kupper-Ratsch Senior Center  **PARTNERS:** Family Promise & Volunteers from  various churches & organizations | Taking a turn every month providing a week of shelter for homeless families in the Family Promise program. |

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| **COMMUNITY INVOLVEMENT**  -*Ongoing*: Maintain existing and building new relationships, contacts, involvements and  partnerships with community organizations and businesses.  -*Ongoing-Yearly Event*: Organizing the free Tomah Area Annual Community Halloween Party at  Recreation Park.  -*Ongoing:* Senior Center involvement in community events such as Freeze Fest and Crazy Daze.  -*Ongoing*: Director is a member of Rotary Club of Tomah (1990).  -*Ongoing:* Director is serving on Tomah Health Hospice Touch & Palliative Care Advisory Board (2016or17)  *-Ongoing*: Director is a member of Lioness & then Lions Club of Tomah (2018).  *-Ongoing:* Director is an individual member of Chamber of Commerce (2020).  -*Ongoing:* Director is a member of American Association of University Women [AAUW] (2021).  *-Ongoing*: Director is serving on Neighbor For Neighbor Food Pantry Board (March 2022).  -*Ongoing*: Director is serving on Noah’s Ark Christian Learning Center Community Leadership  Team (Aug. 2022).  -*Ongoing*: Director is serving on TAMS (Montessori School) Governance Board (May 2023).  -*Ongoing:* Director is serving on Tomah Concert Association Board (March 2024).  -May 07: Director attended the Tomah Community Conversation with Mayo Health Clinic System. |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **06** | **BUILDINGS/MAINTENANCE**  **GOALS:** A. To maintain the building in good working order and a safe environment, and  update, as needed, for safety and for changing/expanding needs.  B. To manage the senior center rental buildings/spaces (which help fund the senior center budget).  C. To entertain possibilities and work with the Senior Executive Team and City Council  toward the future plans of the second floor of the senior center buildings. |

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| *-Ongoing*: Continue to work to make the senior center feel “homey”, with an **inviting, friendly**  **& comfortable atmosphere**, including seasonal decorating & keeping the place clean.  -Ongoing: Maintenance Projects/Repairs. Seems there is always something that needs doing.  Thank You Scott Donovan, City Maintenance. |

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| -**107 E. Milwaukee Street** - **Housing Office:** Rental continues to present. New furnace 2019.  -**109 E. Milwaukee Street - Apartment** above Housing office: Rental Nov. 4, 2021, to present.  -**1000 Superior Avenue** -**Jensen Tax & Accounting:** Rental June 15, 2023, to present. |
| -**1002 Superior Avenue - Senior Center**… Automatic door mechanisms fixed on 03-20- 2024.  Smoke/CO2 Detectors installed on all 3 floors in April 2024.  -**Kitchen/Prep area – ADRC Meal Site**: Rental continues to present.  -**4 Offices on 2nd floor–VAMC AFGE Local 0007 Union:** Rented Oct.1, 2019 to present.   |  |  | | --- | --- | | **1st Floor**: -**Senior Center**  -**Main/Dining room** (in use most of the time) –  Coat hooks added 2019; New chairs with 3-inch padding-2019.  Added 8 bookshelves in 2023. WiFi Booster added 03-27-2024.  **-Activity room** (in use most of the time).  Chair rack 2018.  -**Library**/hall/food assembly area.  **-Kitchenette** – renovation in 2020.  -**Loan Closet** room- renovation 2019.  -**Giving Closet** – started 2019.  -**Storage/Laundry** room–Renovation 2019 & 2020.  -**Workroom/storage/loan closet overflow**  Loan Closet renovation opened blocked door-2019  New locking screen door 02-2024.  -2 **Bathrooms** with toilets replaced in 2023.  **OUTSIDE in Back (‘Courtyard’/Sitting area):**  -Garbage corral built 2019.  -New metal cigarette receptacle in back 2018.  -Bench moved from front to back when new one in Front  2020.  -Shed built 08-2020.  -Picnic Table with Umbrella. 2020.  -5 Raised Garden Beds 08-2024. | **-Basement** - Accessible by stairs.  -**2nd floor** - Accessible by stairs.  -**Conference room at top of stairs** -meetings are  held in this room with tables & comfortable chairs.  (could see for a future movie/TV room).  -**“Break-out” room** for smaller groups or games.  -**Big Front Room-**Line dancing upstairs since 04-  2024  -**Storage closet (**for building supplies).  -**Storage room** (for our dept.) & access to roof.  -**Room for Family Promise** storage.  -2 **Special Needs Prom Dress** rooms.  -**Room for Loan Closet** storage.  -**Corner Big Front room**  Currently used as loan closet over-flow storage.  (could see as a future game *pool table & dart game).*  -2 **Bathrooms** with toilets replaced in 2022.  **OUTSIDE in Front:**  -Added bench donated by Rotary Club of Tomah-2020.  -Added 2 flower planters on both sides of front bench2020 | |

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| -**1004 Superior Avenue** – **JNC Latin Grocery Store**: Rental September 20,2023, to present.  New air conditioner/furnace 07-2024.  New locks front & back 07-2024. |

**“FOOD” FOR THOUGHT…**

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| ***Today is a new day! Begin again. You can start fresh, wipe the slate clean.***  ***Embrace kindness. Practice compassion. Stand up for Justice.***  ***Talk to strangers. Ask for help. Listen with your whole heart. Offer hope.***  ***Work for the common good. Love well. Be the change you wish to see in the world.***  *~© Marla Rae* |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **06** | **BUILDINGS/MAINTENANCE,** continued… |

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| **HISTORY**:  The planning and work for the city department – Senior & Disabled Services (which included the senior center) was the brainchild of Mayor Ed Thompson and was started in 1999. In 1999 the senior center program was started in the basement of city hall.  The buildings for the senior center *(107 Milwaukee Street with 109 Milwaukee St. second floor apartment, 1000/1002/1004 (not second floor) Superior Ave.* were purchased in 2002 *(from Mr. Carmichael & Mr. Holmes)* after the city received a gift of money for the senior center from the Kupper-Ratsch family.  At 8/23/2022 City Council meeting, the council approved the donation to the city (senior center) of 2nd floor of 1004 Superior Ave. building (the old radio station) by the Dickie family.  Fun facts: When Mr. Holmes had these buildings for Westland Insurance and the bank building kitty-corner across the street ½ block away, the buildings were connected by computer cable under the road. Before the senior center was Westland, it was Neitzel’s Furniture Store and Mortuary. |

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| **UPSTAIRS MEETING ROOMS & SITTING ROOM at the senior center** |
| |  |  |  | | --- | --- | --- | | Long room with a table and chairs  Description automatically generated Meeting room at top of stairs | **C:\Users\Delia\Pictures\2020-08\100_1009.JPG**  ‘Break-out meeting room | A group of people in a room  Description automatically generatedLine dance room above the office | | We have a meeting room, a ‘break-out meeting room’, and a ‘dance’ room upstairs.  However, the upstairs is only accessible by the stairs, so that limits the use of the rooms. | | | |

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| **POLICY – RENTAL USE OF SENIOR CENTER** | | | |
| **There are some opportunities to…**  **RENT A SPACE for events/meetings at the Senior Center.**  **APPLICATIONS ARE SUBJECT TO APPROVAL** **by City of Tomah’s Senior & Disabled Services Director.** | | *The City of Tomah and/or The City of Tomah’s Senior & Disabled Services Department retains the ability to deny use of building based on availability of staff, activities/events scheduled, other bookings, history of usage/how facility was treated before, etc.* | |
| **RENT (and License Fees, if applicable) ARE DUE AND PAYABLE AT TIME OF APPLICATION.** | | | |
| **PRIVATE APPLICANT**  Client, resident $80.  *Client, non-resident $96.* | **PRIVATE APPLICANT**  Non-Client, resident $110.  *Non-Client, non-resident $126.* | | **PUBLIC APPLICANT**  Public applicant, resident $0.  *Public applicant, Non-resident $50* |
| Ongoing, regularly scheduled *(ie: 2-4 times monthly, 4-12 times yearly, etc.)* private groups are half the above rents each time here. | | | |
| **CLIENT**: Regularly comes to the senior center.  **RESIDENT**: Lives in the City of Tomah | | **NON-CLIENT:** Lives in the City of Tomah but does not  regularly come to senior center.  **NON-RESIDENT:** Does not live in the City of Tomah | |
| **PUBLIC**: Refers to clubs/service organizations that deal  with service and civic involvement for the community,  such as scholarships, good deed projects, etc. | | **PRIVATE**: Refers to farm organizations, industry, private  parties or any other gatherings with the objective to  make money not used for civic improvement. | |

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*Pages 22 & 23 are the monthly Activity/Event Calendar – for email purposes, it is a separate document.*

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| **07** | **INCOME/BUDGET/DONATIONS**  **GOAL:** To operate within budget, and procure funds, as needed and available, for  maintaining and/or expanding services. |

***“An Act of kindness may take only a moment of our time,***

***but when captured in the heart the memory lives forever.”***

***~****Molly Friedenfeld*

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| Throughout the year, we receive sponsorships and donations from individuals, organizations, and businesses. We are very Grateful!!! It all makes a difference. Thank You!!!  -*Ongoing*: Worked on monthly bills/invoices & keeping track of income/expenses & the budgets.  -*Ongoing*: Planning of possible future capital budget projects.  -*Ongoing*: Donation of Bingo Bash Items for senior center and organization of them. |

***“For it is in giving that we receive.”*** *~ St. Frances of Assisi*

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| Fundraising Clipart, Transparent PNG Clipart Images Free Download -  ClipartMax | **SENIOR CENTER**  **FUNDRAISING** |

-*Ongoing*: **In-House Fundraiser Projects**:

Greeting cards, framed puzzles, showcase items & other items as they are available.

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| A display case with jewelry on it  Description automatically generated | **SHOWCASE ITEMS**  *FUNDRAISER AT SENIOR CENTER*  We have items for purchase in the large showcase by the piano in our main room. IE: craft items, jewelry, etc.  **Shop for yourself or for a gift.**  This is also a small year-round fundraiser for the Senior Center.  ***We also accept donations of items*** *for showcase.*  **Volunteer needs:** Donating/Making craft items, jewelry. Etc. for showcase sales. |

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| C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\453F8225.tmp | **GREETING CARDS**  *FUNDRAISER AT SENIOR CENTER*  In our activity room, we have a have a greeting card tree rack with different kinds of greeting cards for sale for 25 cents each.  *NOTE:* ***We accept donations of greeting cards*** *to supply this fundraiser.* |

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| A group of boxes of light bulbs  Description automatically generated | **LED LIGHTBULBS**  *FUNDRAISER AT SENIOR CENTER*  60W LED light bulbs  4 bulb packs for $3 (that’s only 75 cents a bulb) |

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| A framed picture of a beach  Description automatically generated | **PUZZLES**  *FUNDRAISER AT SENIOR CENTER*  We have framed puzzles at the Senior Center. They may be purchased for the amount on each puzzle. It is a year-round fundraiser. They make nice gifts and/or decorations for your home or business.  *NOTE:* ***We accept donations of puzzles*** *for people to put together here or at home.* |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |
| **07. INCOME/BUDGET/DONATIONS,** continued | | **SENIOR CENTER FUNDRAISING** | |

-*Ongoing*: **Fundraising for Specific Programs/Projects**: Work goes on throughout the year (I.E:

Music Sponsorships, Halloween Party, etc.). *The Music Program and the Community Halloween*

*Party are both solely funded by Sponsorships, Donations and, if fortunate, Grants.*

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| **LIVE MUSIC IS SCHEDULED WEEKLY AT THE SENIOR CENTER** | |
| **Music is good for the soul.**  **It touches us and fills us.**  **It reminds us of past memories and creates new memories.**  **It brings us together.**  **It is a celebration of life.**  See the source image  According to researchers singing uses both sides of the brain and takes people’s minds off their worries, so it is a stress reducer. Singing also boosts oxygen and blood flow to the brain and body.  *~Creative Forecasting, March2021* | |  |  | | --- | --- | | See the source image | **MUSIC SPONSORSHIPS NEEDED** |   We believe in the benefits of music for all of us. As a result, we have a **music program** here at the senior center with the idea of free admission to weekly live music entertainment.  *The music program is our most expensive ongoing program and is soley funded by sponsorships, donations, grants and, if fortunate, volunteers sharing their time and musical talents*. e mu  si **WE NEED SPONSORS!** **Please be a sponsor of music!**cal talents.   |  |  | | --- | --- | | **DATE: Fridays TIME: 10:15am-11:15am**  **COST**: FREE Admission  **PLACE**: Kupper Ratsch Senior Center  **SPONSORS: Could this be you?!!!** | See the source image |   The weekly music costs for the senior center are anywhere between volunteering-for-free to $150 an hour for a music performance.  **Donations of any size are appreciated!** See the source image  *Please make check to:*  City of Tomah’s Senior & Disabled Services Dept. – Music Program. |

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| **2024 MUSIC SPONSORSHIPS** | | | |
| **$500 & up**  -Frank G. Andres  Charitable Trust | **$250-$499**  - | **$100-$249**  -Pam Buchda | **Up to $99**  -Sharon Jensen |

**MUSICIANS THAT SPONSOR THEMSELVES BY VOLUNTEERING are Gary Felber; Blaine Hackett; Shannon Hogie;**

**Blaine Meyer; & Michale Slater.**

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| **2024 HALLOWEEN Fundraiser for Community Party-October 31** | | | |
| **SUPERHERO: $500 & up**  -City of Tomah (Rec.  Park & staff hours) | **GENIE: $250-$499**  - | **MAGICIAN: $100-$249**  -Pam Buchda | **GREAT PUMPKIN: Up to $99**  - |

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| TOMAH’S ANNUAL FREE  COMMUNITY HALLOWEEN PARTY  October 31st0.  **4:30pm-6:30pm** **with games & game prizes &**  **5:15 Costume Judging**   |  | | --- | | Cutest-Most Original-Scariest  (Ages categories: 0-3, 4-5, 6-9, 10-13, 14-17 & 18-100+) |   **At Recreation Park, Recreation Building, 1625 Butts Ave. Tomah**  **We need your help to sponsor this FREE event!**  *\*Sponsors names are posted and announced at the event, as well as on our Facebook (Tomah Senior Center), and in the newspaper wrap-up article(s), and in the Senior Center monthly newsletter.*  *We will also send you a Thank You poster to put up at your place.* | C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D897BDE3.tmp**Please be a SPONSOR\* of this event.**  **\_\_\_Super Hero $500 & Up \_\_\_Genie $250 - $499**  **\_\_\_Magician $100-$249**  **\_\_\_Great Pumpkin Up to $99**  **Donations of any size are appreciated!**  See the source image |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **07. INCOME/BUDGET/DONATIONS,** continued | **SENIOR CENTER FUNDRAISING** |

-*Ongoing:* Looking for and applying for available and appropriate **Grants**.

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| **2024 GRANTS** | |
| -Frank G. Andres Charitable Trust - $1000 Raised Gardens  -Frank G. Andres Charitable Trust - $1000 Music Program | -  -  -United Healthcare via Jerry Tiffany |

-*Ongoing*: **Fundraising Events**: Planning and coordinating that go on throughout the year

(I.E: Crazy Daze Lunch Fundraiser, Art & Craft Fair, etc.).

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| **2024 ART & CRAFT FAIR Fundraiser for Senior Center-Nov.** | | | |
| -Sandi Bloom  -Paulette Bolton  -Colleen Carl | -Nancy Close  -Donna Greeno | -Sharon Organ  -Pete & Trudi Peterson | -Marilyn Ratliff  -Cathy Scherreicks |

-*Ongoing*: **In Memory Donations**, and other **Donators/Sponsors** are listed in newsletter.

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| **2024 MEMORIALS** | |
| -**IN MEMORY** of **Rachel Muehlenkamp** by Pam Buchda | -**IN MEMORY** of **Jim Wallus** by Anne Wallus |

***“An Act of kindness may take only a moment of our time,***

***but when captured in the heart the memory lives forever.” `****Molly Friedenfeld*

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| **2024 MONETARY GIFTS** | | | | |
| **$500 & up**  -Dr. Richard Ahn | **$250-$499**  -John & Rose Berry | **$100-$249**  -Bible Study  Fellowship (BSF)  -Wayne & Linda  Pasch | **$50 to $99**  -William Allen  -Sandi Bloom  -Pat Koca  -Gerald & Patricia  Nadreau | **$Up to $50**  -Shirley Anderson  -Tony Angulang  -Terry Jefferson  -Ed Olson  -Daniel Murphy  -Eileen Richmond |

***“Kindness is the chain by which society is bound together.”***

*~ Johann Wolfgang Von Goethe, German author/scientist/philosopher*

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| **DONATIONS** since last newsletter: | | |
| See the source image | | Bill Allen; Sharon Anderson; Tony Angulang; *Anonymous*; Sherry Baldwin; Diane Behrens; Rose Berry; Pat Block; Sandi Bloom; Duane & Paulette Bolton; Liz Brown; Tara Brueggeman; Pam Buchda; Dan Burton; Colleen Carl; Pauline Clark; Diane Dombrowske; John Dostal; Carol Drysch; Richard Frieske; Richard Gegenfurtner; Geri Gerke; Donna Greeno; Mary Jo Handy; Seigrun Horst; Pat & Peter Jensen; Bette Knutson; Suellen Kress; Jennifer Lisy; Richard McNeal; Paul Meuenkamp; Jull Montgomery; Cathy Neumann; Gloria Niceswanger; Sharon Organ; Marilyn Peak; Bruce Puttkamer; Marilyn Ratliff; Paul & Terri Rice; Janelle Rodriguze; Cathy Scherreicks; Peggy Taylor; Angie Wagner; Glenn Yates. |
| See the source image | **THANK YOU SO VERY MUCH FOR YOUR DONATIONS OF MONEY, GOODS, &/or SERVICES. YOU MAKE A DIFFERNCE! YOU ARE APPRECIATED!**  ~*Pam Buchda*, Senior & Disabled Services Director | |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **2024: BUSINESSES, ORGANIZATIONS & PEOPLE WHO DONATED – THANK YOU!!!** | | | | | |
| **AAUW**  June Abbott  Sherri Achterkirch  Dr. Richard Ahn  Connie Albert  Gale Alderman  Bill Allen  Leann Allen  **American Assoc. of**  **University Women**  Patty Ambort  Terry Amundson  Kim Anderson  Sharon Anderson  Tony Angulang  *Anonymous*  George Arimond  Helen Bailey  Bob & Vickie Baker  Bonnie Baldwin  Rosalynda Ballwahn  Fran Baldwin  Sherry Baldwin  Mike Barta  Laura Bass  Bert & Cheryl  Baumgarten  Loretta Baumbach  via Cindy Eppers  Diane Behrens  Dr John& Rose Berry  **Bible Study Fellowship**  Pat Block  Sandi Bloom  Mary Boettcher  Duane & Paulette  Bolton  Imogene Bracsic  Peggy Brenneke  Jeri Brewer  Melissa Brey  Peggy Bronowski  Liz Brown  Tara Brueggeman  Pam Buchda  Dan Burton | | Pam Butterfield  Bill Cain  Faith Callahan  **Cares Just 4 You**  Colleen Carl  Teresa Carnes  Barb Chandler  Sandy Chroninger  **City of Tomah-Parks**  **& Recreation Dept.**  Leon & Pauline Clark  Cindy Clay  Janice Cook  Virginia Creed  Dan Darlington  **Dollar Store**  Diane Dombrowski  John Dostal  Carol Drysch  Elvira Eckelberg  Carol Ellis  Rita Epps  Tom Feldkamp  Becky Fitzpatrick  Shelby Frei  Virginia Frei  Jack Garber  Richard Gegenfurtner  Geri Gerke  Patty Gerke  Amy Gernetzke  Ann Gerzel  Tracy Gilson  Sue Gottbeheat  **Great Rivers 211**  Diane Greeno  Donna Greeno  Susan Greeno  Gale Halderman  Mary Jo Handy  Robert Harrison  Teri Hayward  Alyson Hefner  Grace Heim  Pat Hendricks  Marvin Henricks | Courtney Henshaw  Hollis Herbison  Tammy Hewuse  Siegrun Horst  Barb Iwanowicz  Peter & Pat Jensen  Sharon Jensen  Diane Johns  Lucy Johnson  Pat Johnson  Terry Juracich  Eugene Kast  Ann Kerr  Chris King  Bette Knutson  Ruth Klug  Pat Koca  Karen & Terry  Kopenhafer  Renee&Jenny Kreizer  Suellen Kress  Carla Kron  Madonna Kuderer  Darold & Monica  Kukowski  Tammy Leach  Patty Liddane  **L.I.FE. After School**  Dawn Linder  Jenifer Lisy  Dr. Lottmann  Lorraine Lowry  Jillene Luedtke  Richard McNeal  Kim Mello  Paul Meuenkamp  Scott Muhalovic  Gary Moe  **Moments Hospice**  via Chad Dobson  Jill Montgomery  Sara Moseley & Friends-  **Operation May Day**  via Jane Tessman  Daniel Murphy  Carol Myer | Vern Nauman  **Neighbor For Neighbor**  **Food Pantry**  Sandy Nemitz  Cathy Neumann  Gloria Niceswanger  Lavae Nietzel  Cathy Neumann  Lori Norquay  Evelyn Noyes  Vincent O’Loughlin  Sue Olsen  Ed Olson  Priscillamae Olson  Sue O’Neil  Sharon Organ  Karen Otto  Bonnie Owen  Marvin Parker  Darlene Parkinson  Al Pasch  Marilyn Peak  Pete & Trudi Peterson  Judy Potter  June Potter  Jan Prell  Bruce Puttkamer  Steve Quast  Karen Rapp  Marilyn Ratliff  Deb Reid  Robin Rhoades  Paul & Terri Rice  Eileen Richmond  Rikki Rodiquez  Janelle Rodrigueze  Lora Roering  Kim Rohe  **St. Claire Clinic** via  Dr. Michael Saunders  Dr. Michael & Tess  Saunders  Jeff & Roxanne  Schwanz  **Savvy Sisters** via  Cindy Best | Larry & Ann Scheckel  Cathy Scherreicks  Mike Schoeny  Doug Semrau  Florence Shelter  Donna Shuck  Lauri Shumway  Donna Simonson  Joyce & Roy Skogan  Tom & Sue Skoug  Lavonne Smith  Karen Snowberry  **Sports Booster Club**  Gloria Spyrison  Dawn Steitz  Mary Sullivan  **TASD**-Rocky Shutter’s  Summer School Class  Peggy Taylor  Jennifer Teasdale  **Tomah Health**  Beverly Thorp  **Tomah Hospice** via  Sandi Bloom  **Tomah Museum &**  **Historical Society**  AnnaMae Tralmer  Ron Tralmer Family  via Sue Murphy  **VA Hospital** via  Becky Fitzpatrick  Macy VanKirk  Angie Wagner  Anne Wallus  Mary Wallus  Jean Ward  Cheryl Weber  Jordan Westphal  Sue Wiegde  Victoria Wilcox  Family of Vicki Williams  Bill Wilson  Family of Al Woodworth  Richard Yarrington  Doris & Glenn Yates  Shawn Zabinski |
| See the source image | **THANK YOU SO VERY MUCH FOR YOUR DONATIONS OF MONEY, GOODS, &/or SERVICES. YOU MAKE A DIFFERNCE! YOU ARE APPRECIATED!**  **~***Pam Buchda*, Senior & Disabled Services | | | | |

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| Newsletter Newsletter Clipart Newsletter Clipart Happening - Monthly Newsletter  Clip Art, HD Png Download , Transparent Png Image - PNGitem | If you have suggestions of topics and/or ideas/article/poems/etc. you would like to have in the newsletter, please share with the newsletter editor who is the Senior & Disabled Services Director – Pam. |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **08** | **MEAL SITE**  **GOAL:** A. To continue to provide a meal program at the senior center.  B. To continue to partner with Monroe County ADRC to provide meals at the senior center. |

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| -*Ongoing*: Worked together in day-to-day operations/collaborations with Tomah’s Meal Site  Manager and other meal site employees. |

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| **TOMAH MEAL SITE** | |
| *The City of Tomah (Senior & Disabled Services Department) has a contract with the Aging & Disability Resource Center (ADRC) of Monroe County for the Tomah meal site to be at the Kupper-Ratsch Senior Center.* | |
| See the source image | **DATE:** Monday thru Fridays, except holidays  **TIME:** Arrive 11:15 or earlier for Lunch at 11:30am  **COST:** Meal donation to ADRC is $4-$7 for 60 & older, younger is $14.07  **PLACE:** Kupper Ratsch Senior Center   |  | | --- | | **SIGN-UP**: Per ADRC sign up by NOON twos day before to reserve meal |   **CONTACT:** ADRC Tomah Meal Site Manager, Cathy Neumann  at 608-372-7291 or come to Senior Center to see her.  Or the ADRC of Monroe County Office at 608-269-8690.  Join us at the Kupper Ratsch Senior Center. **Good People–Good Place!** |
| *NOTE: Besides in-house meals, the Tomah meal site has some pick-up meals, and 3 meal delivery routes for home-bound people. For food safety, each route can serve about 20 places. There is usually a waiting list to get home delivery.* | |

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| **09** | **SENIOR & DISABLED SERVICES DEPARTMENT STAFF**  **GOAL:** A. To maintain an effective, positive employee team for the city’s Senior & Disabled  Services Department. |

Besides the Activities/Events, Programs, and regular everyday things at the Senior Center and what has been reported in the other sections of this report…

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| **MEETINGS:** |
| -*Ongoing*: Special Needs Committee meetings:  1st Tuesday at 5:30pm every other month (starting in January) at the senior center.  -*Ongoing*: Senior & Disabled Services Board meetings:  1st Tuesday at 6:30pm every other month (starting in January) at the senior center.  -*Ongoing*: Tomah’s Great Holiday Shopping Hunt (TGHSH) meetings:  2nd Tuesday at 4:30pm every month (starting in February thru November) at the senior center.  -*Ongoing*: Staff Meetings for City Department Heads:  2nd & 4th Tuesdays at 8:30am &/or as scheduled, usually at city hall.  -*Ongoing*: Committee of the Whole Meeting, depending on what is on the agenda.  Monday before 3rd Tuesday at 6:30pm at city hall.  -*Ongoing*: City Council Meeting to give Monthly Department Report:  3rd Tuesdays at 6:30pm at city hall. (Written report due in Municode agenda on 2nd Tuesday).  -*As Needed*: Long-Range Planning Meeting, depending on if a senior center project is on the agenda.  3rd Wednesday at 5:00pm at city hall. |

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| **PROFESSIONAL ORGANIZATION INVOLVEMENT**  -Wisconsin Association of Senior Centers (WASC) member since January 2019, meetings/education as scheduled.  -Wisconsin State Aging Advisory Council (SAAC) serving 3-year term since Sept. 2022, meetings 2nd Thurs.10am-12.  -National Council on Aging (NCOA) virtual meetings/education as scheduled.  -National Institute of Senior Centers (NISC)virtualmeetings/education as scheduled.  -Monroe County Dementia & Brain Health Coalition meetings on 1st Thursday 3:00pm.  -Wisconsin Coalition for Social Connection meeting 3rd Tuesday(Feb, Apr, June, Aug, Oct, Dec) 2pm |

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| **09** | **SENIOR & DISABLED SERVICES DEPARTMENT STAFF,** continued… |
| **EDUCATIONAL OPPORTUNITIES**: | |
| As they present themselves, are appropriate, & are within budget. | |

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| **City of Tomah’s SENIOR & DISABLED SERVICES BOARD** | | | | | | |
| ***MISSION STATEMENT:***  ***The City of Tomah’s Senior & Disabled Services Department’s mission is to offer ongoing programs and services*** *(in the areas of recreation & leisure activities, and in educational & health programs)* ***and senior meals on a regular basis in a safe place for Tomah’s citizens*** *(especially our senior and disabled people).* | | | | | | |
| Club Meeting Clipart Free | | The committee was formed in July 2000. Shall consist of Mayor, 2 Alderpersons, & 5 citizens.  Term shall be 2 years & aldermanic members shall be coextensive with their term of office.  *They* ***Voluntee****r their time for us.*  **Meets 1st Tuesday** every other month (Jan.-Mar.-May-July-Sept.-Nov.) **at 6:30pm** at the Kupper-Ratsch Senior Center. | | | | |
| **2023-2025 TERM** | | | **2024-2026 TERM** | | | |
| Sandi Bloom, Citizen  Susan Greeno, Citizen, SECRETARY  Evelyn Noyes, Citizen | | | Jenna Moser, Citizen  Lauri Shumway, Citizen,  VICE-CHAIRPERSON | Paul Dwyer, Mayor  Nicole Hart, Alderperson  Shawn Zabinski, Alderperson, CHAIRPERSON | | |
| **NAME** | **City of Tomah’s SENIOR & DISABLED SERVICES EMPLOYEES** | | | | | | |
| Pam Buchda  Paulette Bolton | Senior & Disabled Services Director (SDSD)  Senior & Disabled Services Aide (SDSA) | | | | FT: Salary 40 hours week  PT: Budget 20 hours week | 07/02/2018  07/13/2021 | |

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| STAFF HISTORY:  Senior & Disabled Services Directors: Maretta Budde 1999-2000. Delia Duncan 5/01/2000 to 05/31/2018.  Senior & Disabled Services Aides: Junior Noyes 02/10/2009 to 05/31/2018. Diane Behrens 10/02/2018 to 03/05/2021. |
| If you have any questions, please feel free to contact me.  Sincerely, *Pam Buchda,* Tomah’s Senior & Disabled Services Director |

**WANTED “ADS”**

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| **WISH LIST: ELEVATOR WANTED**  **AT THE SENIOR CENTER FOR SENIOR & HANDICAP ACCESIBILITY** | |
| Royalty Free SVG, Cliparts, Vectors ... | Just putting this out to the universe *(if I don’t communicate this, how will anyone know?!!)*…  **Our wish list has for many years had an elevator on it.** We are growing to the point that we need to seriously consider putting an elevator in, so the spacious upstairs is handicap accessible, and for loan closet storage in the basement. Funding is an obstacle.  What we have upstairs and how we are currently using it: Upstairs we have a conference room that is used for meetings, and Family Promise shelter program *(here one week a month)*; a smaller meeting/table game room; 4 offices rented to the VA Union; 2 rooms for the special-needs prom dresses; one room that is used for line dancing; 2 rooms used for medical equipment overflow for the Loan Closet (*one of which I see as a future pool table/darts/game room)*; and several other rooms/spaces used for storage.  To support our current programming and to expand our programming to meet our citizen’s needs, we need the second floor to be handicap accessible for people that cannot negotiate the stairs, including those with walkers, wheelchairs, and ‘electric’ wheelchairs.  Donations are welcome! Want to do a fundraiser for the cause? Come talk to staff at the senior center. |

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| See the source image | **ACTIVITIES**  **IN THE COMMUNITY…** |



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| **Tomah’s COMMUNITY MEAL** | | |
| At Tomah’s Masonic Lodge - 520 E. Saratoga St., Tomah, WI. 54660 | | |
| See the source image | **DATE:** Mondays  **TIME:** 4:30pm – 5:30pm  **COST**: Free | **SPONSORS:**  Different Business, Organization &/or Individuals that sign up for it. |

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| **SECOND HARVEST MOBILE FOOD PANTRY** | |
| Second Harvest Community Food Bank ... | **DATE:** 1st Tuesday  **TIME:** 3:00pm-4:30pmor until gone  **COST**: Free  Drive Thru Pickup |

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| **AMERICAN LEGION 2024-25 FISH FRY EVENTS** | | |
| 800 Wisconsin Ave. Tomah, 45660 608-372-1028 | | |
| *American Legion Logo Black And White - American Legion Logo Vector Art -  Free Transparent PNG Clipart Images Download* | **DATE: Fridays: 2024: Sept 6, 20;**  Oct. 4, 18; Nov. 1, 15; Dec. 6, 13;  2025: Jan. 10, 24; Feb. 7, 21. Mar. 7, 21; Apr. 4, 18.  **TIME: 5:00pm** until gone;  Doors open at 4:00pm  **COST**: $15 Adults; $9 Kids under 10;  $12 First Responders. | **MENU**: Beer Battered Walleye or Baked Walleye or Chicken Tenders. Baked Potato or French Fries. Cole Slaw or Apple Sauce. Roll/Bread & Treat. Ice water, Milk, or Coffee.  Carry outs available. |

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| **MONROE COUNTY 2024 VINTAGE VAGABOND TRIPS** | | | | |
| **2024 DATES** | **TRIP STOPS** | **COST** | **FIRST day to REGISTER** | **DEADLINE to Register** |
| **September 19** | Winona, Mn-Stained glass restorations tour & Boat tour on Mississippi | $65.00 | 07-19-2024 |  |
| October 23 | Prairie du Chien-Villa Louis tour & Gays Mills apple orchard tour | $65.00 | 08-16-2024 |  |
| November 15 | Fireside Dinner Theatre – Miracle on 34th Street | $120.00 | **09-20-2024** |  |
| December 03 | WI. Dells – Dinner Theatre Christmas Show | $105.00 | **10-18-2024** |  |

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| **E-WASTE RECYCLING** | | |
| E-waste recycling bin. Electronics recycle vector illustration. E-waste recycling bin. Electronics recycle vector illustration. e waste stock illustrations | **DATE: Saturday, September 21, 2024**  **TIME:** 9am to 12noon  **COST**: Free  **PLACE:** Parking Lot of the Aquatic Center  E-Waste is Electronics Waste – batteries, computers, TVs, radios, phones, hair dryers, shavers, mixers, coffee makers, crockpots, electrical cords, flashlights, etc. | E-waste icons set E-waste icons set. Line style vector illustration e waste stock illustrations |

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| See the source image | **ACTIVITIES**  **IN THE COMMUNITY…** |

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| **INVITATION TO…**  **NEIGHBORHOOD BLOCK PARTY**  **Family Friendly Event – Music, Games, Food & Fun!** | | |
| at Recreation Park (fairgrounds) 1625 Butts Ave., Tomah, WI. 54660 | | |
| **Sponsored by**  **ROTARY CLUB**  **OF TOMAH**  A yellow and blue gear with white text  Description automatically generated  **The Rotary Club of Tomah**is a diverse collection of civic-minded business and professional leaders who join together for fellowship, professional enrichment, and the opportunity to serve. Our members provide volunteer time, money, and expertise to improve the community and support the youth of Tomah, Wisconsin, and to foster international understanding and goodwill.  **Yearly Student Scholarships.**  **Current Fundraising Goal Project:**  Pickle Ball Courts in Tomah.  **Recent Past Community Project:**  Music Plaza in Winnebago Park. | **CONTACTS:**  tomahrotaryclub@gmail.com  *Facebook:* Neighborhood Block  Party  Deb Reid work: 608-374-7359  DebraReid@tomah.education  or  Pam Buchda work: 608-374-7476  pbuchda@tomahwi.gov  **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6EFAFF1C.tmp**  **DATE: Friday, Sept. 13, 2024**  **5:00pm Mac & Cheese Fest**  (free to enter mac & cheese)  5:30 Judging/Tasting $5  7:15 Awards  **7:30pm Family Trivia** 9:30 Awards  $25 team/up to 6 people  Pre-registration recommended | **DATE: Saturday, Sept. 14, 2024**  **7am-10am Lions Pancake Breakfast $**  **8am 5K Run/Walk $25**  Pre-registration recommended  **9am-3pm Craft/Vendor Fair**  **9am-1pm Animal Learning Center**  **9:30-11:30 Kids Farmer Olympics**  Free, (ages 5-12)  **10-2pm Car/Truck/Motorcycle Show**  $5 to enter a vehicle  **10-6pm Food Trucks $**  **11:30am Cornhole Competition $**  **12pm Kids Puzzle Contest** (12 & under)  Pre-registration recommended  **12:45pm Adult Puzzle Contest**  Pre-registration recommended  **1-4pm Kids Zone** (hosted by Noah’s Ark)  **3pm Adult Farmer Olympics**  $25 team/ 4 person team-minimum 2 females  Pre-registration recommended  **4pm Euchre Party $**  **5-8pm Live Music - Carlos Danger** |

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| **‘STREET CORNER SYMPHONY’** | | |
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| Tomah Concert Association | **DATE: Saturday, Sept. 21, 2024**  **TIME:** 2:00pm  **COST**: Adult $55 for Season ticket  Student $10 for Season ticket  *Season ticket is 4 concerts.*  Adult for individual concert $20  **PLACE:** Tomah High School | Nashville-based male a cappella ensemble was runner-up on NBC’s Sing Off in 2010.  Street Corner Symphony moves seamlessly between most styles of music. Their repertoire covers a wide range, from gospel to rock and pop. |

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| **WARRENS CRANBERRY FEST – 51st Anniversary** | | |
| Warrens Cranberry Festival | **DATE: Friday, September 27 thru**  **Sunday, September 29**  **TIME:** 7:00am – 5:00pm  **PLACE:** Warrens, WI. 54666  **MARSH TOURS**:  **PARADE**: 1:00pm Sunday, Sept. 29  **CONTACT**: 608-378-4200  cranfest@cranfest.com | **SHOPPING**:  -Art & Crafts: Over 850 booths.  -Farm Markets: Over 100 booths.  -Flea Market: Over 350 booths.  -Food: Over 100 booths.  **CONTESTS**: Beard; Be Our Guest “Berry Bunch”; Biggest Berry; Cranberry Chiffon Pie Eating; Marsh Medallion Hunt; Photography; Recipe; Scarecrow. |
| Sept 27-29: 6am to 11am: St. Andrews CranFest PANCAKE BREAKFAST – All you can eat pancakes - $8 Adults & $5 Kids 6 to 12. | | |

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| See the source image | **ACTIVITIES**  **IN THE COMMUNITY…** |

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| **Annual PUBLIC BUDGET MEETING**  **Monroe County Department of HUMAN SERVICES** | | |
| *MISSION STATEMENT:*  *The mission of the MC Dept. of Human Service is to serve people, with an emphasis on MC residents, by empowering participant responsibilitiy & choice toward safe & independent lifestyles through the delivery of services in response to assessed needs.* | | |
| Monroe County Solid Waste Management | Norwalk WI | As with anything, the budget affects what SERVICES may or may not be accessible to us citizens of Monroe County.  **The Annual PUBLIC BUDGET MEETING is…**  **DATE: Friday, September 13, 2024**  **TIME: 10:00am**  **PLACE**: Justice Center/Courthouse  County Board Assembly Room | **HOURS:** Mon.-Fri.  8am-4:30pm  **PLACE**: 112 S. Court St.  Sparta  **CONTACT**:  Tracy Thorsen  Human Services Director  608-269-8600  [Tracey.Thorsen](mailto:Tracey.Thorsen)@co.monroe.wi.us |
| *The department intends to achieve this mission through providing public awareness, resource and referral information, economic support, and direct provision of services in a fiscally responsible manner.* | | | |

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| **TAKE THE MYSTERY OUT OF MEDICARE**  Submitted by Alice Ackerman, ADRC of Monroe County Elder Benefit Specialist  Turning 65 soon? Have questions about what the different parts of Medicare are and what each one provides? Already on Medicare and have questions about a specific coverage issue.  Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center will be giving a presentation on the different sections of Medicare – Parts A, B, C & D. It will include what each part covers as well as what deductibles and copays may apply.  Other topics discussed will include the difference between public and private Medicare options to cover the 20% that Medicare doesn’t cover as well as any new features for 2024.  The meeting will be on **Thursday Sept 26 from 6:00 – 7:30 pm at the Monroe County Board Assembly 6Room, 210 W. Oak Street in Sparta.**  For more information or to make a reservation please contact Alice at 608-269-8693 or email at Alice.Ackerman@co.monroe.wi.us. |

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| **HEALTHY AGING EXPO – “Aging Gracefully”**  **“The Greatest Gift You Can Give Event”** | | |
| *A close up of a logo  Description automatically generated* | **DATE: Thursday, October 03, 2024**  **TIME: 9:00am – 12noon**  **COST**: Free  **PLACE**: Cranberry Country Lodge  **BY:** Tomah Health (hospital) & ADRC of Monroe Cty.  **CONTACT**: 608-377-8615  [wsanjari@tomahhealth.org](mailto:wsanjari@tomahhealth.org)  An event designed to encourage healthy aging in the Monroe County area.  We are promoting healthy lifestyle choices that will help community members age well. | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** |

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| See the source image | **ACTIVITIES**  **IN THE COMMUNITY…** |

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| **LUNCH BUNCH MEMORY CAFE** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp**  See the source image | **DATE: 1st Monday**  **TIME: 11:00am – 12:30pm**  **PLACE:** Barney Center  1000 E. Montgomery Street, Sparta, WI. 54656  **COST**: Lunch $4-$7 Donation  **To Register Contact** Emily Reitz, ADRC Dementia Care Specialist 608-387-9250 | **The Memory Café is a place to meet with others living with Mild Cognitive Impairment (MCI), Alzheimer’s or other related dementia and their care partner in a relaxed and friendly atmosphere.**  **“You are not alone.”** |

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| **PARKINSON’S SUPPORT GROUP** | | |
| *A close up of a logo  Description automatically generated* | **DATE: 1st Tuesday of Month**  **TIME: 1:00pm – 2:30pm**  **PLACE:** Tomah Health  501 Gopher Drive, Tomah, WI. | **CONTACT**:  Whitney Sanjari  608-377-8615  wsanjari@tomahhealth.org |

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| **CANCER SURVIVORSHIP GROUP** | | |
| *A close up of a logo  Description automatically generated* | **DATE: 2nd t Tuesday of Month**  **TIME: 10:00am – 11:30am**  **PLACE:** Tomah Health, Conf. room 1B  501 Gopher Drive, Tomah, WI. | **CONTACT**:  Amanda Burkhalter  608-377-8443 |

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| **GRIEF SUPPORT GROUP** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** | **DATE: 2nd Tuesday of Month**  **TIME: 12:00pm – 1:00pm**  **PLACE:** ADRC Bldg. in Sparta  315 West Oak St. Suite A Room A | **To register…**  **CONTACT**: Emily Reitz  608-387-9250 Emily.reitz@co.monroe.wi.us |

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| **CAREGIVER SUPPORT GROUP** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp**  See the source image | **DATE: 3rd Friday of Month**  **TIME: 1:00pm – 2:00pm**  **PLACE:** ADRC Bldg. in Sparta  315 West Oak St. Suite A~Conf. Rm. A  **FACILITATOR**: Emily Reitz, ADRC  Dementia Care Specialist (DCS)  608-387-9250 | **COST**: Free  ***ANOTHER CAREGIVER SUPPORT OPTION***  *In-person or Virtual*  **Taking care of you…so you can take care of them.** |

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| **MEN’S CLUB STEERING COMMITTEE**  **Looking for a few good men… Who are interested in forming a men’s group.** | | |
| **PLACE**: ADRC of Monroe County 315 Oak St S., Sparta, WI. 54656 | | |
| **What do men need to be active, engaged, sharing skills, having fun, and making contributions?**  **What opportunities would you like to see in your community?** | **DATE:** 4th Tuesday  **TIME:** 2:00pm – 3:00pm  **COST**: Free  **SPONSORS**: ADRC of Monroe County; ADRC of La Crosse County; VA Caregiver Support; Veteran Community Partnerships. | ADRC-Monroe County  **608-269-8690**  ADRC-La Crosse County  608-785-5700  VA Caregiver Support/  Veteran Community Partnerships  608-372-3971 x66279 |

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😊  **FOR YOUR INFORMATION…**

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| See the source image  See the source image | **LABOR DAY**  Found on Wikipedia, the free encyclopedia computer site  Labor Day in the United States is a public holiday celebrated on the **first Monday in September.** In 2024 it is on **September 2nd.**  It honors the American labor movement and the contributions that workers have made to the development, growth, endurance, strength, security, prosperity, productivity, laws, sustainability, persistence, structure, and well-being of the country. It is the Monday of the long weekend known as Labor Day Weekend. It is recognized as a federal holiday.  Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed a day be set aside to celebrate labor. “Labor Day” was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York city. In 1887, Oregon was the first state to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states officially celebrated Labor Day. Labor Day celebrations often include parades and barbecues. |

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| **NATIONAL READ A BOOK DAY**  Information found on National Read A Book Day on the Internet  National Read A Book Day is observed annually on **September 6th**. On August 9th, we all celebrated National Book Lovers Day. While these bookish days may seem similar, National Read a Book Day invites ALL to grab a book we might enjoy and spend the day reading. Don’t keep it to yourself. Share the experience! Read aloud wither to children or to grandparents. Read to your pets or to your stuffed animals and plants.  Reading improves memory and concentration as well as reduces stress. Older adults who spend time reading show a slower cognitive decline and tend to participate in more mentally stimulating activities over their lifetime. Books are an inexpensive entertainment, educational tool and time machine too! | National Read A Book Day - Download Free Vectors, Clipart Graphics ... |

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| National Hummingbird Day is the **first Saturday in September**. In 2024 the first **Saturday is the 7th .**  See the source image | **NATIONAL HUMMINGBIRD DAY**  Information found on National Hummingbird Day on the Internet  On this day we celebrate the hummingbird. There are about 325 species of hummingbirds, but only eight of them regularly breed in the United States. Although, up to two dozen species can be found there at various times. Most species of hummingbirds can be found in south America, Central America, and the Caribbean, and there are no hummingbirds outside the Western Hemisphere. Many species can breed together, which creates hybrid species.  Hummingbirds are very small – many weigh less than the weight of a nickel. The calliope hummingbird is 3 inches long, and the bee hummingbird, native to Cuba, is the smallest bird species in the world, at 2.25 inches in length. Hummingbirds have such small feet that they can’t walk or hop properly. They can shuffles a bit, though, but their feet are mainly used for preening. The small size of their feet allows them to fly quicker. They can fly up to 30 miles per hour when going forward, and up to 60 miles per hour when diving.  Each species of hummingbird makes a different humming sound because the wings of each species beat at a different rate. Generally, a hummingbird’s wings beat somewhat between 50 and 200 times a second. Wings aren’t the only things that beat quickly when it comes to hummingbirds: their hearts beat more than 1,200 times a minute. They also take a breath about 250 times a minute, and that number is even higher when they are flying. Hummingbirds may fly hundreds or even thousands of miles to migrate. They mainly eat nectar, but also eat small insects, spiders, tree sap, and juice from fruit. Their lifespan ranges from 3 to 12 years and is contingent on factors such as their species, habitat, and vulnerability due to predators and other threats. Today we learn everything we can about hummingbirds and enjoy their presence in our yards and out in nature! |

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😊 **FOR YOUR INFORMATION…**

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| **PATRIOT DAY - Remember 9-11**  Found on Wikipedia, the free encyclopedia computer site  In the United States, Patriot Day occurs on **September 11** of each year in memory of the people killed in the September 11 attacks in the year 2001.  Patriot Day is not a federal holiday. Schools and businesses remain open in observance of the occasion, although memorial ceremonies for the victims are often held.  The flag of the United States is flown at half-mast at the White house and on all U.S. government buildings and establishments throughout the world. Flags are also encouraged to be displayed on individual American homes. Additionally, a moment of silence is observed to correspond with the attacks, beginning at 8:46am (Eastern Daylight time), the time the first plane, American Flight 11, struck the North Tower of the world Trade Center on September 11, 2001.  It is a day dedicated to remembering and paying tribute to the 2,977 people killed and numerous people who were injured during the terrorist attacks on September 11, 2001, in New York, Washington DC and Shanksville, Pennsylvania, in the United States.  In the wake of the World Trade Center collisions, many brave men and women from the emergency services risked their lives to try to help rescue victims of the attacks, and of them 411 lost their lives attempting to fight fires and recue people. | See the source image  See the source image |

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| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\52993D48.tmp** | **UNCLE SAM DAY**  Found on Internet – Uncle Sam Day  On **September 13**, **1989**, the United States recognized Uncle Sam Day. A Congressional joint resolution officially designated September 13, 1989 as “Uncle Sam Day”, the birthday of Samuel Wilson. This was done in commemoration of the man behind the iconic image. The fascinating nickname for the United States government was born on September 13, 1766. Sam Wilson, a meatpacker from New York, supplied barrels of meat to soldiers during the war of 1812. |

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| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\81522964.tmp** | **CONSTITUTION DAY & CITIZENSHIP DAY**  Found information on US Citizenship & Immigration Services website  On **September 17**, **1787**, the founding Fathers signed the U.S. Constitution.  For the past 225 years, the Constitution has served as the supreme law of the land.  The Constitution, along with the Bill of rights and other amendments, define our  government and guarantee our rights.  Each year, on September 17, Americans celebrate Constitution Day and Citizenship Day. In addition, September 17-23 is also recognized as Constitution Week. During this time, USCIS encourages Americans to reflect on the rights and responsibilities of citizenship and what it means to be a U.S. citizen. |

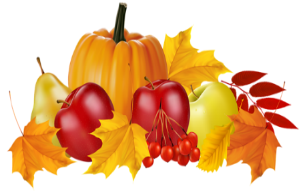
**WANTED “ADS”**

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| **BAKED GOODS for the November Arts & Craft Fair Senior Center Fundraiser** | |
| Bakery clip art Vectors & Illustrations ... | **Help us raise money for our senior center… Donations of baked goods would be greatly appreciated for the Kupper-Ratsch Senior Center’s booth at our Annual Art & Craft Fair.**  **DATE:** Friday, November 22, 2024 **TIME:** Between 2:00pm & 5:00pm  **PLACE:** Recreation Park at Recreation building |

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😊 **FOR YOUR INFORMATION…**

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| **GRANDPARENTS DAY**  *By Pegi Schlis, CTRS, ACC, AC-BC, Creative Forecasting September 2020*  Grandparents Day is Sunday **September 12,** 2021. Grandparents Day was founded by Marion McQuade from West Virginia. Her efforts started in 1970, and the goal for the day was to encourage grandchildren to learn wisdom and about their heritage from their grandparents. It was first observed in West Virginia in 1973.  McQuade advocated for older adults on state and national levels as vice chair of the West Virginia Committee on Aging, a delegate to the White House Conference on Aging, as well as being appointed to the National Nursing Home Licensing Board. Because of her efforts, President Richard Nixon proclaimed a National Shut-in Visitation Day in 1972 that is observed annually on February 11.  In 1979, President Jimmy Carter proclaimed the first Sunday after Labor Day each year to be National Grandparents Day. September was chosen to signify the autumn years of peoples’ lives. McQuade wanted this day to be celebrated with multi-generations. Her goal was three-fold: 1) to honor grandparents. 2) To give grandparents an opportunity to show love for their children’s children. 3) To help children become aware of the strength, information, and guidance older people can offer.  Grandparents Day is celebrated in many countries. In Canada, Grandparents Day was officially recognized in 1995 on the second Sunday in September. Queensland, Australia began observing Grandparents Day in 2010 on the second Sunday in November. New South Wales, Australia observes Grandparents Day on the last Sunday in October. | See the source image |

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| **Nat’l HIV/AIDS & AGING Awareness Day**   |  |  | | --- | --- | | **September 18** is National HIV/AIDS and Aging Awareness Day – a day to call attention to the challenges of HIV prevention, testing, treatment, and care that older Americans face. | See the source image |   HIV/AIDS is a medical condition. Human immunodeficiency virus (HIV) is the virus that causes AIDS. When a person becomes infected with HIV, the virus attacks and weakens the immune system.  Symptoms may include headache, fever, muscle aches and joint pain, body chills, sore throat, swollen lymph glands.  HIV cannot be spread through sweat, saliva or urine. The virus is spread person-to-person in any of the following ways: Through sexual contact (semen, preseminal fluid, rectal fluids, vaginal fluids); Through blood – by blood transfusions (now extremely rare in the U.S.) or more often by needle sharing; From mother to child – a pregnant woman to her fetus through shared blood circulation, or a nursing mother through her breast milk. HIV can be spread if these fluids come in contact with mucous membranes (inside of mouth, penis, vagina, rectum), damaged tissues (cuts or scrapes), and/or injection into the blood stream.  At this time, there is no cure for HIV/AIDS. However, a variety of drugs can be used in combination to control the virus. |

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😊  **FOR YOUR INFORMATION…**

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| **INTERNATIONAL DAY OF PEACE**  *Found on internet, typing in International Day of Peace*   |  |  | | --- | --- | | Each year the International Day of Peace is observed around the world on **21 September**. 2024 Theme: Cultivating a Culture of Peace. | a sign: "Cultivating a Culture of Peace" next to an illustration of a book with a dove holding an olive branch over it |   Each year the International Day of Peace is observed around the world on **21 September**. 2024 Theme: Cultivating a Culture of Peace.  The International Day of Peace was established in 1981 by the United Nations General Assembly. Two decades later, in 2001, the General Assembly unanimously voted to designate the Day as a period of non-violence and cease-fire. So, this year marks the **25th anniversary** of the United Nations General Assembly’s adoption of the Declaration and Program of Action on a Culture of Peace.  In that declaration, the United Nations’ most inclusive body recognized that peace “not only is the absence of conflict, but also requires a positive, dynamic participatory process where dialogue is encouraged, and conflicts are solved in a spirit of mutual understanding and cooperation.”  In a world with rising geopolitical tensions and protracted conflicts, there has never been a better time to remember how the UN General Assembly came together in 1999 to lay out the values needed for a culture of peace. These include… respect for life, human rights and fundamental freedoms; the promotion of non-violence through education, dialogue and cooperation; commitment to peaceful settlement of conflicts; and adherence to freedom, justice, democracy, tolerance, solidarity, cooperation, pluralism, cultural diversity, dialogue and understanding at all levels of society and among nations.  In follow-up resolutions, the General Assembly recognized further the importance of choosing negotiations over confrontation and of working together and not against each other.  The Constitution of the United Nations Educational, Scientific and Cultural Organization (UNESCO) starts with the notion that “wars begin in the minds of men so it is in the minds of men that the defenses of peace must be constructed”. It is this notion that framed the theme and logo of this year’s observance of the International Day of Peace. The ideas of peace, the culture of peace, need to be cultivated in the minds of children and communities through formal and informal education, across countries and generations.  The International Day of Peace has always been a time to lay down weapons and observe ceasefires. But it now must also be a time for people to see each other’s humanity. Our survival as a global community depends on that. |

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| **Nat’l Comic Book Day September 25th – “a walk down memory lane” – Can you find your past/current favorites?** | | |
| Football Day | Comic Strip Collection Characters - Comic Vine | See the source image |

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😊 **FOR YOUR INFORMATION…**

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| **Tomah voters to decide on ‘generational referendum’**  **as $177M school plan placed on Nov. 5 ballots**   |  |  |  | | --- | --- | --- | | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\34ACA7B6.tmp** | Asset-image | By Steve Rundio, La Crosse Tribune E-Edition of 8-26-2024. |   Tomah Area School District voters will decide on a $177 million building referendum this fall.  The board approved the referendum by a 6-1 vote during an August 20 meeting. Board members Mike Gnewikow, Spencer Stephens, Rick Murray, Susan Bloom, James Newlum and Catey Rice voted yes. Teresa Devine cast the lone dissenting vote.   |  | | --- | | If voters approve, the district will:  -Construct a new high school.  -Renovate the existing high school and convert the building to a middle school.  -Renovate the existing middle school and convert the building into an elementary school.  -Renovate LaGrange Elementary School for early childhood education and Montessori  classrooms.  -Make other district-wide capital improvements. |   “This is a generational referendum decision that could shape Tomah community for years to come,” stated board president Mike Gnewikow. “It has the potential to positively affect every single student in the Tomah district by improving access to collaborative learning, improved technical education shops, expanded fine arts spaces and gymnasium space to meet the physical education and extra-curricular needs.”  The high school building opened in 1967. The middle school was constructed during World War II and underwent a major renovation in 1996.  If passed, school taxes on a $100,000 property would rise by $284 per year.  The district is planning to hold public information sessions prior to the November 5 election. |

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| City of Chewelah Energy Assistance ... | **ENERGY ASSISTANCE SCHEDULE**  Flocks Guardians, Inc. will be taking early Energy Assistance applications for the upcoming heating season (October 1, 2024–May 15, 2025).  Outreach intended for meal site participants, senior apartment residents, and participants of the senior centers.  General public may call our office for application/appointment information at 608-487-9356. | | | |
| **ENERGY ASSISTANCE OUTREACH – September 2024** | | | | |
| **DATE** | | **TIME** | **PLACE** | **ADDRESS** |
| Monday, September 09 | | 11:00am-12:00pm | Norwalk Meal Site, Norcrest Senior Housing | 206 West Center St.Norwalk, |
| Monday, September 09 | | 1:00pm- 2:00pm | Wilcrest I | 500 Cemetery Road, Wilton |
| Tuesday, September 10 | | 11:00am-12:00pm | Hilltop Apartments | 405 Market Street, Warrens, |
| **Tuesday, September 10** | | **1:00pm- 2:00pm** | **Oakdale Manor** | **131 Tara Drive, Tomah** |
| **Thurs., September 12** | | **9:30am-11:00am** | **Tomah Meal Site**  **Kupper-Ratsch Senior Center** | **1002 Superior Ave.**  **Tomah, WI. 54660** |
| Friday, September 13 | | 10:30am-11:30am | Sparta Meal Site,Barney Community Center | 1000 E Montgomery St,Sparta |
| **Monday, September 16** | | **11:00am-12:00pm** | **Eastwood I** | **711 Wisconsin Ave. Tomah** |
| **Monday, September 16** | | **1:00pm- 2:00pm** | **Eastwood II** | **612 E Brownell St. Tomah** |
| Tuesday, September 17 | | 1:00pm- 2:00pm | Westwood Manor | 1108 Wisconsin Street,Sparta |
| Thursday, September 19 | | 11:00am-12:00pm | Cashton Meal Site | 812 Main Street, Cashton |
| Thursday, September 19 | | 1:00pm- 2:00pm | Hillcrest Manor | 300 Trescher Avenue,Cashton |
| Friday, September 20 | | 11:00am-12:00pm | Kendall Meal Site, Kenview Manor | 412 Spring Street, Kendall |

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😊 **FOR YOUR INFORMATION…**

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| **COVID Update**  By Brittney Melton, Up First, NPR online Tuesday, August 13, 2024  “Good Morning. CDC officials say COVID-19 has become epidemic. That means it is here to stay in a predictable way.” |

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| **UPDATED COVID-19 VACCINES ARE ON THEIR WAY. WHAT TO KNOW ABOUT THE NEWLY APPROVED SHOTS.**  By Lauran Neergaard AP Medical Writer; Article in La Crosse Tribune online August 22, 2024  The Associate Press Health and Science Department receives support from the Howard Hughes Medical Institute’s Science and Educational Media Group. The AP is solely responsible for all content.   |  |  |  | | --- | --- | --- | | COVID Vaccine Pfizer  This photo provided by Pfizer in August 2024 shows a packaging for the company’s updated COVID vaccine for ages 12 and up, approved by the U.S. Food and Drug Administration on Thursday, August 22, 2024. (Steven Decroos/Pfizer via AP). | **Regulators approved updated COVID-19 vaccines on Thursday, shots designed to more closely target recent virus strains – and hopefully whatever…** | COVID Vaccine Pfizer  This photo provided by Pfizer in August 2024 shows a packaging for the company’s updated COVID vaccine for ages 5-11, approved by the U.S. Food and Drug Administration on Thursday, August 22, 2024. (Steven Decroos/Pfizer via AP). |   U.S. regulators approved updated COVID-19 vaccines on Thursday, shots designed to more closely target recent virus strains – and hopefully whatever variants cause trouble this winter, too,  With the Food and Drug Administration’s clearance Pfizer and Moderna are set to begin shipping millions of doses. A third U.S. manufacturer, Novavax, expects its updated vaccine to be available a little later.  We strongly encourage those who are eligible to consider receiving an updated COVID-19 vaccine to provide better protection against currently circulating variants,” said FDA vaccine chief Dr. Peter Marks.  The agency’s decision came a bit earlier than last year’s rollout of updated COVID-19 vaccines, as a summer wave of the virus continues in most of the country. The Centers for Disease Control and Prevention already has recommended this fall’s shot for everyone age 6 months and older. Vaccinations could be available within days.  While most Americans have some degree of immunity from prior infections or vaccinations or both, that protection wanes. Last fall’s shots targeted a different part of the coronavirus family tree, a strain that’s no longer circulating – and CDC data shows only about 22.5% of adults and 14% of children received it.  Skipping the new shot is “a hazardous way to go,” because even if your last infection was mild, your next might be worse or leave you with long COVID symptoms, said Dr. Robert Hopkins Jr. of the National Foundation for Infectious Diseases.  This fall’s vaccine recipe is tailored to a newer branch of omicron descendants. The Pfizer and Moderna shots target a subtype called KP.2 that was common earlier this year. While additional offshoots, particularly KP.3.1.1, now are spreading, they’re closely enough related that the vaccines promise cross-protection. A Pfizer spokesman said the company submitted data to FDA showing its updated vaccine “generates a substantially improved response” against multiple virus subtypes compared to last fall’s vaccine.  The big question: How soon to get vaccinated? This summer’s wave of COVID-19 isn’t over but the inevitable winter surges tend to be worse. And while COVID-19 vaccines do a good job preventing severe disease, hospitalizations and death, protection against mild infection lasts only a few months.  *Continued on next page* |

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| **UPDATED COVID-19 VACCINES ARE ON THEIR WAY,** continued…  People who are at high risk from the virus shouldn’t wait but instead schedule vaccinations once shots are available in their area, Hopkins advised.  That includes older adults, people with weak immune systems or other serious medical problems, nursing home residents and pregnant women.  Healthy younger adults and children “can get vaccinated anytime. I don’t think there’s a real  reason to wait,” Hopskins said – although it’s OK to seek the shots in the fall, when plenty of doses will have arrived at pharmacies and doctor’s offices.  The exception: The CDC says anyone who recently had COVID-19 can wait three months after they recover before getting vaccinated, until immunity from that infection begins to wane.  Hopkins, who sees patients at the University of Arkansas for Medical Sciences, calls it vital for more youngsters to get vaccinated this year – especially with schools starting as coronavirus levels are high around the country.  “COVID does not kill many children, thank goodness, but it kills more children than influenza does,” Hopkins said, adding that teachers, too, should quickly get up to date with the vaccine.  Health authorities say it’s fine to get a COVID-19 and flu vaccination at the same time, a convenience so people don’t have to make two trips. But while many drugstores already are advertising flu shots, the prime time for that vaccination tends to be late September through October, just before flu typically starts its cold weather climb. |

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| **Tomah Area School District (TASD) Events** | |
| ***Please ADD THE DATES & TIMES ON YOUR CALENDARS*** | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\34ACA7B6.tmp**  **SCHOOL BOARD ACADEMY** **Meetings**: 1st Mondays 6:30pm at RKLC  October 07  November 04  December 02  2025: January 06  **SCHOOL BOARD Meeting**s  3rd Monday 7:00pm at RKLC  September 16  October 21  November 18  December 16  2025: January 20 | **SEPTEMBER 2024:**  03: First Day of school  26: 2-hour Early Dismissal (CranFest prep) & 27: No School (CranFest)  **OCTOBER:**  11: 4:00pm Homecoming Parade in Tomah  7:00pm Homecoming Football Game at THS  25 & 26: 7:00pm Elementary Musical at THS  27: 7:00pm Elementary Musical at THS  29: 7:00pm HS Choir concert at THS  31: End of First Quarter  **NOVEMBER**:  01: No School (Staff Professional Development)  01: 7:00pm HS Marching Band Fall Review Concert at THS  02: 12:00 HS Show Choir Spaghetti Dinner/Performance At THS  07: 6:30pm Miller K-2nd Elementary Concert at THS  11: 6:30pm Wyeville Elementary Concert at THS  14: 6:30pm Lemonweir 3-5th Elementary Concert at THS  27-29: No School (Thanksgiving Break)  **DECEMBER**:  06 & 07: 7:00pm MS Musical at THS  08: 2:00pm MS Musical at THS  13: 6:00pm MS Band Concert at THS  19: 7:00pm MS Choir Concert at THS  20: 7:00pm HS Holiday Concert at THS  23-1/01/20205: No School (winter break)  **JANUARY 2025**:  04: Cranberry Jamboree Show Choir Competition at THS  17: End of 2nd Quarter  20: No School (Staff Professional Development) |

**WANTED “ADS”**

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| **SENIOR CENTER**  **ONGOING PROJECT** | **BINGO BASH DONATIONS**  Donation of new or gently used items for bingo bash are welcome. |

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😊 **FOR YOUR INFORMATION…**

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| **USPS TEXT SCAMMERS DUPED HIS WIFE,**  **SO HE HACKED THEIR OPERATIONS**   |  |  |  | | --- | --- | --- | | **The Smishing Triad network sends up to 100,000 scam texts per day globally. One of those messages went to Grant Smith, who infiltrated their systems and exposed them to US authorities.** | A close up of a stack of mail with stamps  Getty Images | Apple News online August 23, 2024  Wired by Matt Burgess August 09, 2024  Matt Burgess is a senior writer at WIRED focused on information security, privacy, and data regulation in Europe. He graduated from the University of Sheffield with a degree in journalism and now lives in London. Sent tips to Matt\_Buress@wired.com. |   THE FLOOD OF text messages started arriving early this year. They carried a similar thrust: The United States Postal Service is trying to deliver a parcel but needs more details, including your credit card number. All the messages pointed to websites where the information could be entered.  Like thousands of others, security researcher Grant Smith got a USPS package message. Many of his friends had received similar texts. A couple days earlier, he says, his wife called him and said she’d inadvertently entered her credit card details. With little going on after the holidays, Smith began a mission: Hunt down the scammers.  Over the course of a few weeks, Smith tracked down the Chinese-language group behind the mass-smishing campaign, hacked into their systems, collected evidence of their activities, and started a months-long process of gathering victim data and handing it to USPS investigators and a US bank, allowing people’s cards to be protected from fraudulent activity.  In total, people entered 438,669 unique credit cards into 1,133 domains used by the scammers, says Smith, a red team engineer and the founder of offensive cybersecurity firm Phantom Security. Many people entered multiple cards each, he says. More than 50,000 email addresses were logged, including hundreds of university email addresses and 20 military or government email domains. The victims were spread across the United States – California, the state with the most, had 141,000 entries – with more than 1.2 million pieces of information being entered in total.  “This shows the mass scale of the problem,” says Smith, who presenting his findings at the Defcon security conference this weekend and previously published some details of the work. But the scale of the scamming is likely to be much larger, Smith says, as he didn’t manage to track down all of the fraudulent USPS websites, and the group behind the efforts have been linked to similar scams in at least half a dozen other countries.  **GONE PHISHING**  Chasing down the group didn’t take long. Smith started investigating the smishing text message he received by the dodgy domain and intercepting traffic from the website. A path traversal vulnerability, coupled with a SQL injection, he says, allowed him to grab files from the website’s server and read data from the database being used.  “I thought there was just one standard site that they all were using,” Smith says. Diving into the data from that initial website, he found the name of a Chinese-language Telegram account and channel, which appeared to be selling a smishing kit scammers could use easily to create the fake websites.  Details of the Telegram username was previously published by cybersecurity company Resecurity, which calls the scammers the “Smishing Triad.” The company had previously found a separate SQL injection in the group’s smishing kits and provided Smith with a copy of the tool. (The Smishing Triad had fixed the previous flaw and started encrypting data, Smith says.)  “I started reverse engineering it, figured out how everything was being encrypted, how I could decrypt it, and figured out a more efficient way of grabbing the date,” Smith says. From there, he  says, he was able to break administrator passwords on the websites – many had not been  *Continued on the next page* |

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😊 **FOR YOUR INFORMATION…**

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| **USPS TEXT SCAMMERS DUPED HIS WIFE, SO HE HACKED THEIR OPERATIONS,** continued…  changed from the default “admin” username and “123456” password – and began pulling victim data from the network of smishing websites in a faster, automated way.  **MOST POPULAR**  Smith trawled Reddit and other online sources to find people reporting the scam and the URLs being used, which he subsequently published. Some of the websites running the Smishing Triad’s tools were collecting thousands of people’s personal information per day, Smith says. Among other details, the websites would request people’s names, addresses, payment card numbers and security codes, phone numbers, dates of birth, and bank websites. This level of information can allow a scammer to make purchases online with the credit cards. Smith says his wife quickly canceled her card but noticed that the scammers still tried to use it, for instance, with Uber. The researcher says he would collect data from a website and return to it a few hours later, only to find hundreds of new records.  The researcher provided the details to a bank that had contacted him after seeing his initial posts. Smith declined to name the bank. He also reported the incidents to the FBI and later provided information to the United States Postal Inspection Service (USPIS).  Michael Martel, a national public information officer at USPIS, says the information provided by Smith is being used as part of an ongoing USPIS investigation and that the agency cannot comment on specific details. “USPIS is already actively pursuing this type of information to protect the American people, identify victims, and serve justice to the malicious actors behind it,” Matel says, pointing to advice on spotting and reporting, USPS package delivery scams.  Initially, Smith says, he was wary about going public with his research, as this kind of “hacking back” falls into a “gray area”: It may be breaking the Computer Fraud and Abuse Act, a sweeping US computer-crimes law, but he’s doing it against foreign-based criminals. Something he is definitely not the first, or last, to do.  **MULTIPLE PRONGS**  The Smishing Triad is prolific. In addition to using postal services as lures for their scams, the Chinese-speaking group has targeted online banking, ecommerce, and payment systems in the US, Europe, India, Pakistan, and the United Arab Emirates, according to Shawn Loveland, the chief operating officer of Resecurity, which has consistently tracked the group.  The Smishing Triad sends between 50,000 and 100,000 messages daily, according to Resecurity’s research. Its scam messages are being sent using SMS or Apple’s iMessage, the latter being encrypted. Loveland says the Triad is made up of two distinct groups – a small team led by one Chinese hacker that creates, sells, and maintains the smishing kit, and a second group of people who buy the scanning tool. (A backdoor in the kit allows the creator to access details of administrators using the kit, Smith says in a blog post.)  “It’s very mature,” Loveland says of the operation. The group sells the scamming kit on Telegram for a $200=per month subscription, and this can be customized to show the organization the scammers are trying to impersonate. “The main actor is Chinese communicating in the Chinese language,” Loveland says. “They do not appear to be hacking Chinese language websites or users.” (In communications with the main contact on Telegram, the individual claimed to Smith that they were a computer science student.)  The relatively low monthly subscription cost for the smishing kit means it’s highly likely, with the number of credit card details scammers are collecting, that those using it are making significant profits. Loveland says using text messages that immediately send people a notification is a more direct and more successful way of phishing, compared to sending emails with malicious links included.  As a result, **smishing has been on the rise in recent years**. But there are some tell-tale signs: **If you receive a message from a number or email you don’t recognize, if it contains a link to click on, or** **if it wants you to do something urgently, you should be suspicious**. |

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😊 **SENIOR & DISABLED SERVICES DEPT. INFORMATION**

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT** | Policies Procedures Concept Chart ... |

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| **PARKING AREAS** | | |
| You may park your cars in the parking lots behind the senior center building or in street parking stalls. The area outside the back door(s) of 1002 Superior Ave. *(senior center)* & 1004 Superior Ave. *(JNC Latin Grocery Store)* is for deliveries of food, people drop-off & pick-up, & for our ‘courtyard’ area – it is NOT FOR PARKING. |  | The first two parking lanes behind us *(senior center)* off Milwaukee Street belong to the Western Technical College (WTC).  We are fortunate and thankful they allow us at the senior center to park in their parking lot.  The rest of the parking lanes further over behind us is a city parking lot for us to use. |

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| * **Senior & Disabled Services Dept. CODE OF CONDUCT** |
| **The purpose of this code of conduct is to establish a standard of behavior, which will ensure the safety and wellbeing of all involved at the senior center and its events.**  **Participation at the senior center is a privilege, not a right.** **All are expected to abide by this code of conduct.** All are expected to behave in a manner consistent with core social values of mutual respect, courteous/positive attitude towards others, friendly, trustworthy, responsible, accountable, engaged here in teamwork, and protective of other’s property.  The Senior & Disabled Services Department staff has the authority to make immediate decisions regarding inappropriate behavior and consequences. Not all situations or circumstances are addressed in these guidelines. Staff will address each situation on a case-by-case basis. Offenses may result in immediate removal from the senior center and/or its events. Some offenses may result in involving our police department.  **BEHAVIORS that are EXPECTED while participating at the senior center and its events:**  -I will act in ways that bring respect to me and to others.  -I will help make the senior center an inviting, friendly and safe place to be by welcoming and respecting others,  and ensuring an environment free of discrimination and harassment.  -I will exhibit a positive attitude toward others, contribute to a harmonious environment, and not use bad  language, swear at, insult and/or fight with others.  -I will learn and follow the senior center guidelines and rules of the activities I participate in.  -I will be part of the team by pitching in and helping (to the best of my abilities) to set up before, assist during,  and clean up after activities I participate in.  -I will ask questions of staff and/or appropriate leader volunteers when I do not understand.  -I will exhibit good sportsmanship in the activities I participate in.  -I will respect others and not make inappropriate or unwanted verbal, visual, physical and/or sexual  advances/behaviors toward others.  -I will be accountable and not take things that are not mine unless offered to me by staff or staff designee.  -I will help make the senior center a safe place to be and follow safety guidelines and rules.  -I will uphold the mission, philosophy, principles, and policies of the City of Tomah and its Senior & Disabled  Services Department.  **BEHAVIORS that are UNACCEPTABLE while participating at the senior center and its events:**  -Taking things that do not belong to you and have not been offered to you by staff or staff designee.  -Exhibition of poor sportsmanship.  -Conduct which disrupts or impedes the participation of others.  -Conduct that is unfriendly, discriminating, offensive, intimidating, hostile and/or alienating in visual, verbal  and/or behavioral ways.  -Any unwelcome verbal and/or visual conduct, such as profanity, abusive language and/or gestures,  intimidation, threat of violence, and/or unwelcome sexual overtures.  -Any unwelcome physical contact, including physical sexual overtures, violent or disruptive behavior and/or  physical abuse.  -Illegal and/or socially unacceptable behavior.  -Use of alcohol, illegal drugs and/or possession of harmful weapons at the senior center and its events. |

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😊**SENIOR & DISABLED SERVICES DEPT. INFORMATION**

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| **MISSION STATEMENT**  **The City of Tomah’s Senior & Disabled Services Department’s mission is to offer ongoing programs and services**  *(in the areas of recreation & leisure activities, and in educational & health programs)*  **and senior meals on a regular basis in a safe place for Tomah’s citizens**  *(especially our senior and disabled people).* | **Tomah Timberwolves** Timber Wolf Silhouette **Credo**  *by Del Goetz*  Respect the elders. Teach the young.  Cooperate with the pack.  Play when you can. Hunt when you must.  Rest in between.  Share your affections. Voice your feelings.  Leave your mark. |

**KUPPER-RATSCH SENIOR CENTER INFORMATION**

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| **HOURS of Kupper-Ratsch SENIOR CENTER** | | |
| Store Hours Clipart | The Kupper Ratsch Senior Center is open Monday through Friday from 8:30am to 4:30pm, except on holidays(& occasional set-up times for special events-check monthly calendar)**.** | We may be able to book groups some evenings and/or some weekends. Must discuss with Senior & Disabled Services Director to see what is possible. |

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| **DONATION OF ITEMS ONLY DURING OPEN HOURS** | | |
| **DONATIONS**  **ACCEPTED DURING OPEN HOURS ONLY** | Donations are welcome and should be brought to us during open hours – Monday through Friday 8:30am to 4:30pm, except holiday times.  Names of donators and items donated should be reported to staff. | Please DO NOT DROP OFF DONATIONS OUTSIDE THE DOOR(S) of the senior center. |

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| **POLICY – NO AGE REQUIREMENT** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp**  Since 1-28-2019 Board Meeting | People of any age may participate in our senior center activities and events.  That being said… the Senior Center encourages senior, disabled, and people with special needs of all ages to participate in our programs/events. | NOTE: There are age and/or residency requirements for Aging & Disability Resource Center (ADRC) of Monroe County services including senior dining & meal delivery, and for some WIHA courses such as PALS and Stand-Up 4 Your Health. |

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| **POLICY – NO MEMBERSHIP FEES** | | |
| See the source image  Since 1-28-2019 Board Meeting | There are NO membership fees, age, or residency requirements to participate in most programs and services\* offered at the City of Tomah’s Kupper-Ratsch Senior Center. | Note:\* There are age and/or residency requirements for Aging & Disability Resource Center (ADRC) of Monroe County services including senior dining & meal delivery. |

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| **POLICY - CODE OF CONDUCT** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp**  The Code of Conduct is posted in the senior center, and/or a copy may be obtained from the Director. | The purpose of the code of conduct is to establish a standard of behavior, which will ensure the safety and wellbeing of all involved at the senior center and its events. | Participation at the senior center is a privilege, not a right.  All are expected to abide by the code of conduct. |

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| **PUBLICITY POLICY - PHOTOS/VIDEOS/ETC.** | |
| **PUBLICITY**  See the source image | **The City of Tomah’s Senior & Disabled Services Department** (including the Kupper Ratsch Senior Center) **reserves the right to utilize photos/videos/etc. of participants for publicity purposes.**  Participants not wanting their photo/video/etc. used must notify the Senior & Disabled Services Director in writing. |

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