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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* |  |  |  |  | | --- | --- | --- | | **OCTOBER 2024 NEWSLETTER** | | | | https://tse1.mm.bing.net/th?id=OIP.BgDuoNIDcliZaxCxPiDiIQHaJc&pid=Api&P=0&w=300&h=300 | http://1.bp.blogspot.com/-rQ4aBnEMK0k/UmGst2dEqtI/AAAAAAAABo4/w1d7Q0goag4/s1600/gifs-halloween.gif  C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\58A1A6D9.tmp | See the source image |  |  |  | | --- | --- | | **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   |  |  |  |  |  | | --- | --- | --- | --- | --- | | See the source image | See the source image | See the source image | See the source image | Clip art Entertainment Bingo |   😊Page 01 |

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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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| Page |  | | | Page |  |
| 01 | Cover | | | 23 | **CALENDAR** |
| 02 | Newsletter Index & Procedure for Accidents | | | 24 | Senior & Disabled Services Report –Goal(s) 6 |
| 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 |
| 06 | | Senior & Disabled Services Report –Goal(s) 1 | | 28 | Senior & Disabled Services Report –Goal(s) 7 |
| 07 | | Senior & Disabled Services Report –Goal(s) 1 | | 29 | Senior & Disabled Services Report–Goal(s)8-9 |
| 08 | | Senior & Disabled Services Report –Goal(s) 1 | | 30 | Senior & Disabled Services Report –Goal(s) 9 |
| 09 | | Senior & Disabled Services Report –Goal(s) 1 | | 31 | Community Activities |
| 10 | | Senior & Disabled Services Report –Goal(s) 2 | | 32 | Community Activities |
| 11 | | Senior & Disabled Services Report –Goal(s) 2 | | 33 | Community Activities |
| 12 | | Senior & Disabled Services Report –Goal(s) 2 | | 34 | Community Activities |
| 13 | | Senior & Disabled Services Report –Goal(s) 2 | | 35 | Community Activities |
| 14 | | Senior & Disabled Services Report –Goal(s) 2 | | 36 | Wanted “Ads” |
| 15 | | Senior & Disabled Services Report –Goal(s) 3 | | 37 | For Your Information |
| 16 | | Senior & Disabled Services Report –Goal(s) 3 | | 38 | For Your Information |
| 17 | | Senior & Disabled Services Report –Goal(s) 4 | | 39 | For Your Information |
| 18 | | Senior & Disabled Services Report –Goal(s) 4 | | 40 | For Your Information |
| 19 | | Senior & Disabled Services Report –Goal(s) 4 | | 41 | For Your Information |
| 20 | | Senior & Disabled Services Report –Goal(s) 5 | | 42 | For Your Information |
| 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: Tip Night at Culvers & UnitedHealthCare October & Nov. Sessions by Jerry Tiffany;  -Homecoming week & Tomah Area Annual Community Free HALLOWEEN PARTY; | | |

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

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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.**   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **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…  The Monroe County Health Department will be here on Wednesday, October 30, 2024 from 12:30- to 1:30 for a FLU VACCINE CLINIC. See page 11 for details.  Please see the Tomah Area Annual Community HALLOWEEN PARTY information on Page 42 & 26.  You are invited!!! Everyone is encouraged to wear costumes on Halloween!  We are looking for **volunteers for the Annual Community Halloween Party**, **and Set-up & Clean-up**. Please see Pam if you are interested. The Challenge Academy Cadets are not available this year to assist – so we really need other volunteers to make this happen for our community!   |  |  | | --- | --- | | C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D897BDE3.tmp | The Senior Center will be **CLOSED at 12:30pm on** Thursday, October 31, 2024, for setting up & decorating recreation park building for the **free Annual Tomah Area Community HALLOWEEN PARTY** 4:30-6:30pm with Costume Judging at 5:15pm. |   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.   |  |  |  | | --- | --- | --- | | **TIP NIGHT AT CULVERS**  **Fundraiser for the Kupper-Ratsch Senior Center** | | | | Photo | **DAYS**: Monday, October 28, 2024  **TIME**: 5:00pm to 8:00pm.  **COST:** Of whatever you order to eat.  **PLACE:** Culvers at 147 Wittig Road, Tomah | **Support the senior center** Come down to Culvers and enjoy good food. 5% of sales go to the senior center. |   The **information I am sharing with you** this month in the newsletter is… *Columbus Day, Dia de la Raza; Indigenous Day; Leif Erickson Day, Halloween History;* and *Tomah Area Annual Community Halloween Party.*  The **articles I selected to share with you** for this month in the newsletter are… *September was Suicide Preventions Month: Connections Are Key to Intervention; What is the “National Loneliness Epidemic” About?; Create A Sustainable Exercise Routine; New Option For Checking Drug Plans;* and *Food, Fun, Drugs & A Shot.*  I am **also sharing information** as newsletter inserts… *ADRC monthly Meal Site Menu & Nutrition Tips; Photo Album pages; Tip Night at Culvers Fundraiser & United Healthcare Medicare Plan Meetings by Jerry Tiffany Insurance Group; TASD Homecoming Week & Tomah Area Annual Community Halloween Party.*   |  |  | | --- | --- | | 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 Friday, Nov. 8, 2024.** |   Page 03 |

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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** | 1,738+  2,201+  1,486+  1,253+  620+ | 190+  239+  202+  139+  74+ | 26 –2 Sun.,9 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+ | 23–2 Sun., 12 Eve. & 2 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. |  |  |  | | --- | --- | | **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE**  **GOAL(S):** To maintain & grow programs, services, & community events at/for the senior  center. |  |  |  | | --- | --- | | **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. |  |  |  |  | | --- | --- | --- | | **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. |  |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | 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:**   |  |  |  | | --- | --- | --- | | **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. |  |  |  |  | | --- | --- | --- | | **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 |   😊Page 05 |
| 😊   |  |  |  | | --- | --- | --- | | [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**:   |  |  |  | | --- | --- | --- | | **BRIDGE** | | | | See the source image | **DATE:** 2nd Tuesday  **TIME:** 1:00pm  **COST:** FREE  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEER(S)**:  People from the group |  |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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. |  |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **PINOCHLE** | | | | See the source image | **DATE:** Wednesdays  **TIME:** 12:30pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |  |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **CRIBBAGE** | | | | See the source image | **DATE:** Wednesdays  **TIME:** 1:00pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |   😊Page 06 | | |

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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 |  |  |  |  | | --- | --- | --- | | **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 |   **CREATIVE GROUPS**   |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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**. |  |  |  |  | | --- | --- | --- | | **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:**   |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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 |   😊Page 07 |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPT. 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 |

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

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| A person holding a guitar and a microphone  Description automatically generated | **KEVIN MATTSON**  **DATE:** Friday, October 18, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Marian Beebe | See the source image  ***“Songwriter/singer with music from the 20’s thru the 70’s.”*** |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| See the source image  ***“Local songwriter/singer”*** | **SCOTT WILCOX**  **DATE:** Friday, October 25, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Loretta Noet | A person playing guitar and singing  Description automatically generated |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| Image preview | **KATE ROBERTS McCLAIN**  **DATE:** Friday, November 01, 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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| 😊   |  |  |  | | --- | --- | --- | | [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 |   **BOOKINGS:**   |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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 |  |  |  | | --- | --- | | **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. | |  |  |  |  | | --- | --- | --- | | **CHESS** | | | | See the source image | **DATE:** Wednesdays or ?  **TIME:** 1:00pm or ???  **PLACE:** Kupper-Ratsch Senior Center | **COST:** FREE  **VOLUNTEERS:**  People from the group |  |  |  |  | | --- | --- | --- | | **MAHJONG** | | | | https://static.vecteezy.com/system/resources/previews/000/104/079/original/free-mahjong-vectors.jpg | **DATE:** Wednesdays or ?  **TIME:** 1:00pm or ???  **PLACE:** Kupper-Ratsch Senior Center | **COST:** FREE  **VOLUNTEERS:**  People from the group |  |  |  |  | | --- | --- | --- | | Tatting Shuttle High Res Stock Images | Shutterstock | **TATTING GROUP**  **DATE: Wednesdays** or ?  **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 |   Page 09 |

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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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| **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,  or see staff for booklet and/or 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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| 😊   |  |  |  | | --- | --- | --- | | [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 |  |  |  | | --- | --- | | **02** | **EDUCATIONAL & HEALTH PROGRAMS,** continued |  |  |  |  | | --- | --- | --- | | **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:**   |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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:**   |  |  |  | | --- | --- | --- | | **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. |  |  |  |  | | --- | --- | --- | | **FLU IMMUNIZATIONS ‘CLINIC’** | | | | Health Department | Monroe County, WI | **DATE: Wednesday, October 30, 2024**  **TIME: 12:30 to 1:30pm**  **PLACE:** Kupper-Ratsch Senior Center  **COST**: Regular Dose $30 & High Dose $65  **CONTACT**: 608-269-8666 | **COST: Bring your insurance &/or Medicare cards** and they will do the billing. |  |  |  |  | | --- | --- | --- | | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\BBA40029.tmp** | **Autumn Leaves**  ~George Eliot  “Come said the leaves to the wind one day,  come o’er the meadows and we will play.  Put on your dresses scarlet & gold,  For summer is gone and the days grow cold.”  Dancing and leaping, the leaves went along,  until winter called them to end their sweet song.  Soon, fast asleep in their earthy beds,  the snow lay a coverlet over their heads. | https://tse1.mm.bing.net/th?id=OIP.BgDuoNIDcliZaxCxPiDiIQHaJc&pid=Api&P=0&w=300&h=300 |   😊Page 11 |

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

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| **PROGRAM: TAKE THE MYSTERY OUT OF MEDICARE** | | |
| C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\474786CB.tmp | **DATE: Tuesday, October 08, 2024**  **TIME: 4:30pm to 6:00pm**  **COST:** FREE  **PLACE:** Kupper Ratsch Senior Center | Alice Ackerman, 608-269-8693  Elder Benefit Specialist  ADRC of Monroe County  Alice.ackerman@co.monroe.wi.us |
| 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. Information about how the lower maximum amount of out-of-pocket for drug plans will also be covered.**  **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.**  For more information, please contact Alice. Reservations are requested but not required. | | |

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| **WHAT’S NEW IN MEDICARE ADVANTAGE PLANS** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** | **DATE: Friday, October 18, 2024**  **TIME: 3:00pm**  **COST:** FREE  **PLACE:** Kupper-Ratsch Senior Center | Alice Ackerman, 608-269-8693  Elder Benefit Specialist  ADRC of Monroe County  Alice.ackerman@co.monroe.wi.us |
| **Hear about the plan changes that area Medicare Advantage plans have made for 2025**. This will include which hospital systems are accepting which plans, what co-pays are for common office visits or if some services have no additional cost as well what some of the extra benefits are being offered.  Medicare Advantage Plans have significant flexibility in the supplemental benefits they are allowed to offer their members, including whether some benefits are offered to all members or just some members. It’s important to check which providers and hospital systems are included in the plan to make sure you will be able to use the health care providers/clinic/hospital that you want to use. The dates for switching plans are October 15 through December 7.  For more information contact the ADRC. Reservations are requested but not required. | | |

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| **MEDICARE DRUG PLAN REVIEWS - - - 1-1 Assist** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** | **DATE: Thursday, October 30, 2024**  **TIME: 12:30pm–3:30pm**  **COST:** FREE  **PLACE:** Kupper-Ratsch Senior Center | Alice Ackerman, 608-269-8693  Elder Benefit Specialist  ADRC of Monroe County  Alice.ackerman@co.monroe.wi.us |

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| **MEDICARE ADVANTAGE PLANS** | | |
| 809 Medicare Advantage Images, Stock Photos, and Vectors ... | **DATE: Tuesday, October 15, 2024**  **TIME: 11am-12 and 2-3pm**  **PLACE:** Kupper-Ratsch Senior Center | Harvey Lewis  Insurance Agency  United HealthCare  920-887-7020 |

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| **MEDICARE ADVANTAGE PLANS** | | |
| 809 Medicare Advantage Images, Stock Photos, and Vectors ... | **DATE: Thursdays, Oct. 17 & 31, & Nov. 14.**  **TIME: 10:00am**  **PLACE:** Kupper-Ratsch Senior Center | Jerry Tiffany  Tiffany Insurance Group  United HealthCare  715-942-6866 |

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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 |   **‘Every accomplishment starts with a decision to try.’** ~ Unknown   |  |  | | --- | --- | | **02** | **EDUCATIONAL & HEALTH PROGRAMS,** continued |  |  | | --- | | ***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:**   |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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. |  |  |  |  | | --- | --- | --- | | **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**   |  |  |  | | --- | --- | --- | | **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  Mon. or Tues: 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: ?* |   **We will offer this course again when 6 to 12 people sign up for them…Sign up with Pam**   |  |  |  | | --- | --- | --- | | **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:** 2 hour classes  **PLACE:** Kupper-RatschSenior Center  **COST:** FREE | Classes to assist you in some healthier lifestyle choices/practices.  **INSTRUCTOR**:  Pam Buchda  608-374-7476 |   😊Page 13 |

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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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| **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, as able**  **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. Shall consist of people with a passion for serving our community’s special needs population. Terms shall be as long as able and willing to serve. *They* ***Voluntee****r their time for us.*  **Meets 1st Wed. at 5:15pm** (Open to public)every other month, began in Jan. 2022.  *(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.* | | |
| **CURRENT ACTIVE MEMBERS**  Patty Ambort, Parent/Caregiver  Ashley Gerke, Handishop Industries Program Manager  CHAIRPERSON.  Lauri Shumway, Parent/Caregiver, SECRETARY  Stephanie Squires, Handishop Industries Director of  Programming. VICE-CHAIR.  Renee Stroh, Parent/Caregiver/Retired Educator, | | PAST MEMBERS  *Krista Deede, Pastor United Methodist Church*  *Chrissy Fries, Handishop*  *Francis (Trey) Hewuse, Family Caregiver/AHF Group Home/*  *Former Special Education Teacher*  *Scott Mann, Parent/Caregiver/Pastor of Gloria Dei Church*  *Rick Murray, Parent/Caregiver*  *Mary Watkins, Parent/Caregiver/Retired Special Needs Educator* |

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| **SUNDAY-FUNDAY**  **PLEASE RSVP** to Pam (so we know how many to plan for) at 608-374-7476 or pbuchda@tomahwi.gov | |
| **DATE: Sunday, October 06, 2024** **TIME: 1:00 to 3:00pm**  **PLACE:** Kupper-Ratsch Senior Center **COST:** FREE   |  | | --- | | **PURPOSE**: *Special needs persons for socialization and fun…*  **ACTIVITY: Visiting, Halloween Games & Crafts.** |   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: December 1, 2024 is the community special needs Christmas Party at recreation park.*  *Contact/RSVP to Mike Murray.* | See the source image  **2024 DATES:**   |  |  | | --- | --- | | Jan 21 2-4 | July 21 1-3 | | Febr 18 2-4 | Aug 18 1-3 | | Mar 17 2-4 | Sept.08 2-4 | | April 21 1-3 | Oct. 06 1-3 | | May 19 2-4 | Nov. 10 1-3  Bowling | | Jun 23 1-4 | Dec.--- |   *One time monthly events* |

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| **L.I.F.E. After School & L.I.F.E. In Summer**  **School:** 3:30 on Mondays, Wednesdays. & Thursdays (Sept thru May) at the Kupper-Ratsch Senior Center.  **Summer:** 3:00 on Tuesdays, Wednesdays & Thursdays (June & July). | | |
| 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).* | High school age students with special needs learn basic living skills such as interacting with others, community involvement, recreation, 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  **PLACE:** Kupper Ratsch Senior Center  **FACILITATOR:** Volunteers & Parents/Caregivers  **SIGN UP FOR EACH CLASS:** Contact Pam at 608-374-7475  or [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) or stop by the senior center. | **COST:** FREE  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 |

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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; Renee Fletcher; Richard Gegenfurtner; Deb Gilles;  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.  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 |

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

*~Hans Christian Anderson, Danish writer/artist*

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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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| **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) | **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 |  |  |  |  | | --- | --- | --- | | C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3CC48A6B.tmp | **VOLUNTEER OPPORTUNITIES**  **You are needed** | Free Volunteer Clip Art Pictures - Clipartix |   ***“One of the things I keep learning is that the secret to being happy is doing things for other people.”*** *~Dick Gregory*   |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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.** |  |  |  | | --- | --- | | **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. |  |  |  | | --- | --- | | 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 |  |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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 |  |  |  | | --- | --- | | **YOGA, T-CHAI &/or MEDITATION VOLUNTEER 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) |  |  |  | | --- | --- | | **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 |   😊Page 18 |
| 😊   |  |  | | --- | --- | | [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.***   |  |  |  | | --- | --- | --- | | **TOMAH AREA MONTESSORI SCHOOL (TAMS)**  **GOVERANCE BOARD** | | | | No photo description available. | **DATE:** 3rd Wednesdays  **TIME:** 6:00pm  **PLACE:** Montessori School 1720 Academy Ave.  Tomah, WI. 54660 608-374-5406  **CONTACT:** Questions? Please feel free to call  or text Kelly, TAMS Governance Board  President, at (608) 387-3286. | A group of people with yellow text  Description automatically generated | | Join our Tomah Area Montessori School Governance Board and make a meaningful impact on the future of our school community! As a board member, you'll collaborate with parents, educators, and community leaders to guide our school's mission, ensure educational excellence, and help shape a nurturing environment where students thrive. Your voice and perspective are essential in supporting the growth of our students and the continued success of the Montessori philosophy. Become an advocate for education and help us build a brighter future -together! | | |   ***“To be of use in this world is the only way to be happy.”*** *~Hans Christian Anderson, Danish writer/artist*   |  |  |  | | --- | --- | --- | | **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.*   |  |  |  | | --- | --- | --- | | **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. |  |  |  | | --- | --- | | 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 |   😊Page 19 |

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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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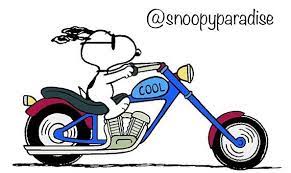
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| **06** | **BUILDINGS/MAINTENANCE**  **GOALS:** A. To maintain the building in good working order and a safe environment, and  update, as needed, for safety and for changing/expanding needs.  B. To manage the senior center rental buildings/spaces (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** – **Tomah Housing Authority Office:** Rental continues to present.  New furnace 2019.  -**109 E. Milwaukee Street - Apartment** above Housing office: Rental Nov. 4, 2021, to present.  Deep clean & repainted- 2021.  -**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.  Locks added to the 4 doors-2019.   |  |  | | --- | --- | | **1st Floor**: -**Senior Center** changed locks front & back  doors – 2018.  -**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):**  -New metal cigarette receptacle in back 2018.  -Garbage corral built 2019.  -1st Bench from Rotary moved from front to back when  new one in Front-2020.  -Shed built 08-2020.  -Picnic Table with Umbrella. 2020.  -5-7 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 both sides of front bench-2020. | |

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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. |



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Pages 22 & 23 are the calendar pages and they are in a separate Newsletter Calander email file from this Newsletter email file.

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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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| **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.  *We 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 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.  ***We accept donations of puzzles*** *for people to put together here or at home.* |

**Other Fundraiser Projects:**

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| **TIP NIGHT AT CULVERS**  **Fundraiser for the Kupper-Ratsch Senior Center** | | |
| Photo | **DAYS**: Monday, October 28, 2024  **TIME**: 5:00pm to 8:00pm.  **COST:** Of whatever you order to eat.  **PLACE:** Culvers at 147 Wittig Road, Tomah | Support the senior center. Come down to Culvers and enjoy good food. 5% of sales go to the senior center. |

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| **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.   |  |  | | --- | --- | | *Please make check to:* City of Tomah’s Senior & Disabled Services Dept. – Music Program. | See the source image |   **Donations of any size are appreciated!** |

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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  -Penny Precour, Attorney | **GREAT PUMPKIN: Up to $99**  -Keene’s Transfer, Inc.  -Tomah Family Dentistry |

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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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| **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 | -Thomas B.Earl Charitable Trust -$1,500 Outdoor Signs  -Thomas B.Earl Charitable Trust -$ 500 Special Needs  -United Healthcare via Jerry Tiffany - $500. |

-*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 | -Diana Dombrowski  -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  -Darla Gardner  -Terry Jefferson  -Sharon Jensen  -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 | | Gale Alderman; Barb Akers; Sharon Anderson;  *Anonymous*; Ruth Beckler; Duane & Paulette Bolton; Liz Brown; Pam Buchda; Dan Burton; Colleen Carl; Randy Davis; Diana Dombrowski; Phyllis Dordel; John Dostal; Becky Fitzpatrick; Darla Gardner; Geri Gerke; Donna Greeno; Alyson Hefner; Marvin Henricks; Siegrun Horst; Keene’s Transfer, Inc.; Myrian Kivimaki; Karleen Linehan; Jillene Luedtke; Donna Mesner; Bill Milem; Neighbor For Neighbor Food Pantry; Al Pasch & Judy Bonn; Joe Peterson; Penny Precour, Attorney at Law; Emile Salvo; Cathy Scherreicks; Tomah Family Dentistry; Cheryl Weber; Jennifer Whipple; Tracy Theurich-York; |
| 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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| **2024: BUSINESSES, ORGANIZATIONS & PEOPLE WHO DONATED – THANK YOU!!!** | | | | | |
| **AAUW**  June Abbott  Sherri Achterkirch  Dr. Richard Ahn  Barb Akers  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  Ruth Beckler  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  Randy Davis  **Dollar Store**  Diane Dombrowski  Phyllis Dordel  John Dostal  Carol Drysch  Elvira Eckelberg  Carol Ellis  Rita Epps  Tom Feldkamp  Becky Fitzpatrick  Shelby Frei  Virginia Frei  Jack Garber  Darla Gardner  Richard Gegenfurtner  Geri Gerke  Patty Gerke  Amy Gernetzke  Ann Gerzel  Tracy Gilson  Sue Gottbeheat  **Great Rivers 211**  Diane Greeno  Donna Greeno  Susan Greeno  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  Keene’s Transfer, Inc.  Ann Kerr  Chris King  Myriam Kivimaki  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  Karleen Linehan  Jenifer Lisy  Dr. Lottmann  Lorraine Lowry  Jillene Luedtke  Richard McNeal  Kim Mello  Donna Mesner  Paul Meuenkamp  Bill Milem  Gary Moe  **Moments Hospice**  via Chad Dobson  Jill Montgomery  Sara Moseley & Friends-  **Operation May Day**  via Jane Tessman  Scott Muhalovic  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 & Judy Bonn  Marilyn Peak  Joe Peterson  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  Emile Salvo  **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**  Tracy Theurich-York  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  Jennifer Whipple  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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| Autumn Leaves Wave Stock Illustration - Download Image Now - Autumn, Leaf,  Autumn Leaf Color - iStock | **October Eves**  “Listen! The wind is rising,  and the air is wild with leaves.  We have had our summer evenings,  now for October eves!” *~Humbert Wolfe* | C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C01A77FA.tmp |

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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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| [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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| **09** | **SENIOR & DISABLED SERVICES DEPARTMENT STAFF,** continued… |
| **EDUCATIONAL OPPORTUNITIES**: | |
| As they present themselves, are appropriate, & are within budget.  -September 25-27: Wisconsin Association of Senior Centers Annual Conference.  Senior Center Program Sharing; Dr. Tom Sather on Social Isolation; Sara Walsh on Strategic Planning; Sponsor  Presentations; WASC Accreditation Information; Jill Renken on Pillars of Aging; Healthy Aging Programs; Wish of a  Lifetime Presentation; Paula Gibson on Positivity; and networking with other senior center professionals. | |

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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 |

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| Art Drawing Painting PNG, Clipart, Art, Art Museum, Art School, Artwork,  Collection Free PNG Download | **Autumn Art**  “As long as autumn lasts, I shall not have hands, canvas, and colors enough to paint  the beautiful things I see.” *~ Vincent Van Gogh*  “Winter is an etching, Spring a watercolor, Summer an oil painting, and  Autumn a mosaic of them all”  *~ Stanley Herowitz* | Poster Clip Art Competition Image, PNG, 649x700px, Poster, Art, Art Museum,  Artist, Artwork Download Free |

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| C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\58A1A6D9.tmp | **October Party**  October gave a party.  The leaves came - the Chestnuts, Oaks, and Maple, and leaves of every name.  The sunshine spread a carpet,  and everything was grand.  Miss Weather led the dancing,  Professor Wind the band.  ~*George Cooper* | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\2949E30C.tmp** |

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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  **PLACE**: Drive Thru Pickup-Recreation Park 1625 Butts Ave. Tomah, WI. |

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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: 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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| **TIP NIGHT AT CULVERS**  **Fundraiser for the Kupper-Ratsch Senior Center** | | |
| Photo | **DAYS**: Monday, October 28, 2024  **TIME**: 5:00pm to 8:00pm.  **COST:** Of whatever you order to eat.  **PLACE:** Culvers at 147 Wittig Road, Tomah | Support the senior center. Come down to Culvers and enjoy good food. 5% of sales go to the senior center. |

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| **MONROE COUNTY 2024 VINTAGE VAGABOND TRIPS** | | | | |
| **2024 DATES** | **TRIP STOPS** | **COST** | **FIRST day to REGISTER** | **DEADLINE to Register** |
| **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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| 56,693 Autumn clipart Images, Stock Photos & Vectors | Shutterstock | **MY AUTUMN SENSORY POEM**  *~ Anonymous*  In the Autumn I see…  In the Autumn I hear…  In the Autumn I taste…  In the Autumn I smell…  In the Autumn I feel… | Watercolor Fall Sunflower , Rustic Clipart. Autumn Harvest Clip Art,  Thanksgiving Day Art, Stock Illustration - Illustration of summer, gifts:  223774193 |

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| **Invite to COMMUNITY WINTER WALKING Group** | | |
| Recreation (gold) building at Recreation Park (fairgrounds) 1625 Butts Ave., Tomah, WI. 54660 | | |
| Free Vectors | Young men and women walking and senior men and women | **DATES: Tuesdays & Thursdays**  **TIME:** 7:45am to 8:45am  **COST**: Free, informal group - join us! | NOTE: If no school due to weather – no walking and dates that recreation building used - we won’t walk. |

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| **MANHATTEN SHORT FILM FESTIVAL**  716 Superior Ave. Tomah, WI. 54660 ~608-374-7470~ tomah\_public\_library@yahoo.com  Library Director: Irma Keller ~ tomahpubliclibrary.org | | |
| No photo description available.  Tomah Public Library | **DAYS & TIMES:**  September 26-28 at 6pm & Sept. 29 at 3:00pm;  **October** 3-5 at 6pm & October 6 at 3:00pm;  **COST:** Free | Movie Clipart PNG Images, Free Transparent Movie Clipart Download , Page 2  - KindPNG |

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| **HEALTHY AGING EXPO** See the source image | | |
| *A close up of a logo  Description automatically generated* | **DATE: Thursday, October 03, 2024**  **TIME: 9:00am – 12noon**  **COST**: Free  **PLACE**: Cranberry Country Lodge  **CONTACT**: 608-377-8615  [wsanjari@tomahhealth.org](mailto:wsanjari@tomahhealth.org) | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** |
| 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. | | |

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| **PROGRAM: THE AMISH IN WISCONSIN** | | |
| A building with a flag on the side  Description automatically generated  Tomah Area Museum | **DATE:** Saturday, October 05, 2024  **TIME:** 1:00  **COST:** Free, but a $1 Donation Appreciated  **PLACE:** Tomah Area Historical Society &  Museum at 321 Superior Ave. Tomah, WI. | **CONTACT:**  Jim Weinzatl, Director  608-372-1880  Tuesday – Saturday 10am -4pm |

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| **PLAY: ESCANABA IN DA MOONLIGHT** | | |
| A poster for a movie  Description automatically generated | **DATES & TIME:**  **Oct.** 31, **Nov** 1,2,7, 8 at 7:00pm  **Nov**. 3, 9, 10 at 1:00  **PLACE**: A.C.T. THEATRE  907 Kilbourn Ave. Tomah, WI.  **COST**: $20 adults & $10 students  **CONTACT:** 608-374-7469  [boxoffice@tomahact.com](mailto:boxoffice@tomahact.com)  **SPECIAL PERFORMANCES**:  **Nov**. 9 & 14 at 7pm $25 at Brick Sip Haus 800 Superior Ave. Tomah | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7454B9E1.tmp** |

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| **TRUNK ‘R’ TREAT** | | |
| Pleasant Grove Baptist Church - Events | **DATE:** Saturday, October 19, 2024  **TIME:** 2:00 – 4:00pm  **COST:** Free  **PLACE:** St. Paul Lutheran Church/School  525 Superior Ave. Tomah ~ 608-372-2347 | No photo description available. |

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| **TRUNK or TREAT** | | |
| 3rd Annual Drive-Thru Trunk or Treat ... | **DATE:** x  **TIME:** x  **COST:** Free  **PLACE:** x  x |  |

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| **TRUNK or TREAT** | | |
| Trunk Or Treat Clipart Free ... | **DATE:** Saturday, October 26, 2024  **TIME:** 3:00pm to 5:00pm  **COST:** Free  **PLACE:** Tomah Health Rehab Parking Lot  501 Gopher Drive, Tomah, WI. 54660 | Loaded Bun Truck will also be there. |

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| **HALLOWEEN BINGO** | | |
| Lottery Clipart Cartoon Bingo Basket ... | **DATE:** Friday, October 25, 2024  **TIME:** 7:00pm  **COST:** $20 card or $50 for 3 cards.  **PLACE:** A.C.T. THEATRE ~ 608-374-7469  907 Kilbourn Ave. Tomah, WI. | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7454B9E1.tmp** |

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| TOMAH’S AREA ANNUAL FREE  COMMUNITY HALLOWEEN PARTY | | |
| See the source image  C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D897BDE3.tmp | **DATE:** Thursday, October 31, 2024  **TIME: 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+) |   **COST:** Free  **PLACE:** Recreation Park-1625 Butts Ave. Tomah  **Organizer:** Kupper-Ratsch Senior Center  **City Trick or Treat Hours**: 4:00pm to 7:00pm | See the source image  **Please be a SPONSOR\* of this event.**  \_\_\_Super Hero $500 & Up \_\_\_Genie $250 - $499  \_\_\_Magician $100-$249  \_\_\_Great Pumpkin Up to $99 |

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| **TRICK OR TREAT at Tomah Nursing & Rehabilitation Center** | | |
| Halloween Clip Art - Halloween Images | **DATE:** Thursday, October 31, 2024  **TIME:** 4pm – 6pm  **COST:** Free  **PLACE:** Care Center 1505 Butts Ave. Tomah  Next to Fairgrounds | “Residents will be handing out Tricks & Treats” C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\AC611303.tmp |

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

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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**  ***Keep yourself informed; these are open meetings…***  **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  October 21  November 18  December 16  2025: January 20 | **OCTOBER:**  11: 4:00pm Homecoming Parade in Tomah  7:00pm Homecoming Football Game at THS  25 & 26: 7:00pm Elementary Musical at THS  27: 2:00pm 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) |

**TASD Capital Referendum Presentations and Q & A sessions on October 15th, 22nd, & 23rd at 6:00pm to 8:00pm at the THS.**

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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… *[NOTE: = Newsletter editor’s comments, not part of article]*  -Construct a new high school. [*NOTE:* H*ow our schools, esp. the high school, look help attract new business, doctors, etc. to*  *our community.]*  -Renovate the existing high school and convert the building to a middle school. *[NOTE: Expands educational*  *opportunities for our middle school students].*  -Renovate the existing middle school and convert the building into an elementary school. *[NOTE: Increases*  *room for elementary programs/classes, reduces some transportation costs, reduces number of buildings & associated expenses].*  -Renovate LaGrange Elementary School for early childhood education *[NOTE: lacks space right now]* and  Montessori classrooms. *[NOTE: These programs provide more choice to parents and are very much needed – Montessori often*  *has a waiting list due to lack of space for curriculum and to take more students].*  -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 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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| **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** | | |
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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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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | **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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| **BAKED GOODS for our 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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| **ART & CRAFT ITEMS for our November Arts & Craft Fair Senior Center Fundraiser** | |
| See the source image | **Help us raise money for our senior center… Donations of ART and CRAFTS 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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| **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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😊  **FOR YOUR INFORMATION…**

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| **WHAT IS THE**  **“NATIONAL LONELINESS EPIDEMIC” ABOUT?**  Article in *FrontLine Employee,* September 2024  Remote work, digital communication, the isolation of the elderly – the time people spend socializing in person dropped over 70% in the past 20 years.  Among the ripple effects is the impact on health. Loneliness – and not just the subjective feeling of being sad from lack of social contact with friends, family, and meaningful relationships – has been linked to mental health disorders, cardiovascular disease, and decreased life expectancy.  Be proactive and intentional in maintaining social connections. Relationships are resources you build for a lifetime – your future “social IRA.” Counter loneliness by focusing on meaningful relationships rather than numerous casual connections. Assess your social media use – ensure it enhances, not replaces, real-life interactions.  If you are concerned about isolation, whether your own or someone else’s, reach out to Employee Assistance Programs for support … *(newsletter editor’s notes)* “and/or local support services/resources such as ADRC and county health services, churches, and/or community organizations, such as the senior center for seniors, schools/Boys & Girls Club for school-age children.” |

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| **September was Suicide Prevention Month:**  **CONNECTIONS ARE A KEY TO INTERVENTION**  Article in *FrontLine Employee*, September 2024  Everyone can help prevent suicide by knowing the warning signs, understanding how to initiate an intervention conversation, using empathy and compassion, and knowing how and when to act.  You can learn more from your Employee Assistance Program or the new national 988lifeline.org website *(Newsletter Editor’s note: 988 National Suicide Hotline. Also, Great Rivers 211 has information and referral specialists).*  Many would-be interveners ask, “What are some of the reasons a high-risk person ultimately decided against suicide? The answers give clues to prevention and offering support.  One of the most important was the suicidal person’s concern about the negative effects the suicide would have on loved ones, particularly if the person had strong social connections and feelings of responsibility or concern for loved ones. People often report that thinking about the impact their death would have on family members deterred them from taking their own life. Additionally, the fear of burdening loved ones with grief and the desire to spare them pain can be powerful motivators for someone to reconsider. In some cases, even a single caring conversation or expression of support can create a vital connection that keeps someone from making a tragic decision. |

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| Autumn Harvest Stock Illustrations – 167,802 Autumn Harvest Stock  Illustrations, Vectors & Clipart - Dreamstime | **Autumn**  “Of all the seasons, Autumn offers the most to man  and requires the least of him”.  *~Hal Borland*  “Spring is beautiful, and summer is perfect for vacations, but autumn brings a longing to get away from the unreal things in life,  out into the forest at night with a campfire  and the rustling leaves”.  *~Margaret Elizabeth Sangster* | Page 31 | Rv Images - Free Download on Freepik |

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😊 **FOR YOUR INFORMATION…**

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| **CREATE A SUSTAINABLE EXERCISE ROUTINE**  Article in *FrontLine Employee*, September 2024   |  |  |  | | --- | --- | --- | | See the source image | Free clip walking groups, Download Free ... | See the source imageSee the source image |   Exercisers experience fewer illnesses like diabetes, cancer, and cardiovascular disease and have improved mood, cognitive ability, and reduced systemic inflammation.  New research also shows a 30%-35% reduction in their mortality for any reason compared to non-exercisers.  Despite the benefits, more is needed to inspire many people to engage in regular exercise. Roadblocks include inconvenience, hassle, pain, boredom, failure to see fast results, having unrealistic expectations, or even seeing people at the gym looking healthier than oneself.  Stay motivated by first answering key questions about your exercise program & goals:   |  | | --- | | -What tangible benefits would regular exercise bring to your life?  -What physical activity will you truly enjoy?  -How can you integrate exercise into your daily routine in a way that feels manageable and not  over-whelming?  -What small, achievable goals can you set for yourself to measure progress and stay motivated?  -Who in your life can be your “accountability partner” if your motivation wanes?  -How will you reward yourself for staying consistent with your exercise routine? |   *Newsletter Editor’s note:* After you’ve read this article and answered these questions or maybe before you answer the questions… come check out the exercise programs and/or line dancing offered here at the senior center. The people coming here are a great bunch and very supportive of each other. What we offer here may be just what you are looking for. |

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| **HALLOWEEN GREETINGS**  Halloween greetings to you.  May the spirit and witches  fulfill all your wishes.  Eat all the candy you can.  Wishing you a spooktacular Halloween! | *“For some reason this tickled my fancy and*  *I had to share it with you.” ~ Pam*  When witches go riding,  and black cats are seen,  the moon laughs and whispers,  ‘tis near Halloween**.**  *~ Unknown* |
| Free Vintage Halloween Witches Cards - Vintage Holiday Crafts | May be an image of outerwear and text that says 'DUST 'EM OFF LADIES... RIDING SEASON IS HERE! mgilip com' |
| **HALLOWEEN BLESSING**  May your Halloween be filled with  magic, spirits, and treats.  I wish you all the luck on this Halloween. | **HALLOWEEN** *~ Evan Peters*  But I love Halloween,  and I love the feeling the cold air,  the spooky dangers lurking around the corner. |

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😊 **FOR YOUR INFORMATION…**

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| **FOOD, FUN, DRUGS & A SHOT**  Submitted by Alice Ackerman, Elder Benefit Specialist, ADRC of Monroe County   |  |  |  | | --- | --- | --- | | Health Department | Monroe County, WI | See the source image | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** |   Monroe County Aging and Disability Resource Center and the Health Department are teaming up this year to make it easier for county residents on Medicare to check their prescription drug coverage and get the latest flu protection at the same time. They will be in Kendall on Thursday, Oct. 17 and Tomah on Thursday, Oct. 30.  On October17 from 10:00 – 12:45 both departments will be at the Kendall Dining Site, located in the Kenview Manor, 412 Spring St. Kendall.  **October 30 both departments will be at the Kupper-Ratsch Senior Center at 1002 Superior Ave. in Tomah. The ADRC will be available to check drug plans from 12:30 – 3:30. The Health Dept. will be there from 12:30 – 1:30 pm for shots.**  County residents 60 and older are invited to have dinner at either dining site. Please contact the Kendall Dining site at 608-463-7622 by Monday, Oct. 14 to make lunch reservations. Reservations are due by Friday, Oct. 25 for the Tomah Dining site at 608-372-7291. Please note: no congregate meals will be served in Norwalk on October 17.  Elder Benefit Specialist Alice Ackerman will be there from the ADRC to help people on Medicare check their options for drug coverage for 2024. Reservations are requested but not required for this free service. Residents wanting to check their Medicare plan will need to bring their Medicare card, current prescription drug card and a written list of medications with them. Please contact the ADRC at 608-269-8685 to make a reservation.  Nurses from the health department will be there to administer flu shots. The flu shots are open to all county residents regardless of their age. Please be sure to bring your current health insurance card with you.  Information is also available on their websites: [Aging and Disability Resource Center | Monroe County, WI](https://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy) or [Health Department | Monroe County, WI](https://www.co.monroe.wi.us/departments/health-department). |

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| **NEW OPTION FOR CHECKING DRUG PLANS**  Submitted by Alice Ackerman, ADRC Elder Benefit Specialist, ADRC of Monroe County  The ADRC is excited to announce a new, dedicated email if you would like to have Alice Ackerman, Elder Benefit Specialist review your prescriptions and email the results back to you. You will receive a comparison showing your current plan and two alternatives that are the best fit for the prescriptions that you take. This will be a comparison program only. If you want to change drug plans you will need to enroll in the new plan yourself.  This option is available for both stand alone or Advantage plans. It will only compare drug pricing options, no other benefits for either supplements or Advantage plans.  To take advantage of this new service, simply email the following to [DrugPlan@co.monroe.wi.us](mailto:DrugPlan@co.monroe.wi.us)   |  | | --- | | Name, address, phone number  Current list of medications and current drug plan, Your current pharmacy |   You will receive the options back within seven days.  Requests for assistance through the email service will start on Oct. 10, 2024 and end on Dec 1, 2024.  It is especially important to review your plan this year. There are new out of pocket limits that are still being finalized to help reduce the cost of prescriptions for those on Medicare. Specific information will not be released until early October.  The annual enrollment period is from Oct. 15 – Dec 7 each year. If you have questions, please contact Alice Ackerman at 608-269-8693 or Alice.Ackerman @co.monroe.wi.us. |

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😊  **FOR YOUR INFORMATION…**

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| 1st: Int’l Music Day | 1st: Int’l Day of Older Persons | 2nd: World Farm Animal Day & Nat’l Farmers Day | 2nd: 1950 Peanuts | 4thth: World Smile Day |
| World music day Vector Clipart Illustrations. 1,491 World music day clip  art vector EPS drawings available to search from thousands of royalty free  illustrators. | See the source image | http://clipground.com/images/domestic-cattle-clipart-16.jpg | C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\BE889D97.tmp | World Smile Day Stock Illustrations, Cliparts and Royalty Free World Smile  Day Vectors |

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| 17th: Int’l Day for the Eradication of Poverty | 18th: Global Diversity Day | 19th : Sweetest Day | 6-12: Fire Prevention Week | 26: Worldwide Howl at the Moon |
| International day for eradication poverty Vector Image | Picture | http://ecards.funmunch.com/ecards/sweetest_day7.jpg | http://azonsite.net/wp-content/uploads/2013/01/Fire-prevention-week-300x173.jpg | Timber Wolf Silhouette |

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| http://clipart-library.com/image_gallery/533872.jpg | **COLUMBUS DAY**  Found on Wikipedia, the free encyclopedia computer site  Columbus Day is a national holiday in many countries of the Americas and elsewhere which officially celebrated the anniversary of Christopher Columbus’s arrival in the Americas on October 12, 1492, on the Julian calendar, it would have been October 21 on the Gregorian calendar.  Christopher Columbus was an Italian explorer who set sail across the Atlantic Ocean in search of a faster route to the Far East only to land at the New World. His first voyage to the New World on the Spanish ships Santa Maria, Nina, and La Pinta took approximately three months. Columbus and his crew’s arrival to the new world initiated the Columbian Exchange which introduced the transfer of plants, animals, culture, human populations, and technology between the new world and the old.  Many Italian Americans observe Columbus Day as a celebration of their heritage, and the first such celebration was held in New York City on October 12, 1866.  Since 1971 (October 11), the holiday has been attributed to the **second Monday in October**, coincidentally exactly the same day as Thanksgiving in neighboring Canada since 1957. It is generally observed nowadays by banks, the bond market, U.S. Postal Service, other federal agencies, most state government offices, many businesses, and most school districts. Some businesses and some stock exchanges remain open, and some states and municipalities abstain from observing the holiday.  The celebration of Columbus Day in the United States began to decline at the end of the 20th century, although many Italian Americans, and others, continue to champion it. |

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| **Dia de la Raza**  Found on Wikipedia, the free encyclopedia computer site  Every **October 12**, Mexicans celebrate El Dia de la Raza, the Day of Race instead of Columbus Day due to the controversies surrounding this historical figure.  The Italian explorer and his Spanish crews enslaved and murdered thousands of American indigenous groups he encountered during his voyage.  Many Spanish-speaking countries and communities don’t honor Columbus Day, and however, do celebrate El Dia de la Raza.  El Dia de la Raza celebrates the birth of a new identity fusion of two cultures- that of the Spanish conquerors and the indigenous people in America. It is a day to commemorate the Hispanic race and heritage. | http://hablemosdereligion.com/wp-content/uploads/2017/03/oracion-por-los-ni%C3%B1os-del-mundo-300x289.jpg |

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| 😊 **FOR YOUR INFORMATION…**   |  |  | | --- | --- | | http://www.critfc.org/wp-content/uploads/2016/01/indigenous-peoples-day-poster.jpg  https://i.ytimg.com/vi/bEpo9L5m9kE/maxresdefault.jpg  https://www.askideas.com/media/84/Indigenous-Peoples-Day-Quote-By-Bruce-Lipton.jpg | **INDIGENOUS DAY**  Found on Wikipedia, the free encyclopedia computer site  Indigenous Peoples’ Day is a holiday that celebrates and honors the Native Americans and commemorates their shared history and culture. It is celebrated across the United States on the **second Monday in October** and is an official city and state holiday in various localities. It began as a counter-celebration held on the same day as the U.S. federal holiday of Columbus Day, which honors Italian explorer Christopher Columbus. Some people now reject celebrating him, saying that he represents “the violent history of the colonization in the Western Hemisphere”.  Indigenous Peoples’ Day was begun in 1989 in South Dakota, where Lynn Hart and Governor Michelson backed a resolution to celebrate Native American day on the second Monday of October, marking the beginning of reconciliation in 1990. It was instituted in Berkley, California, in 2992, to coincide with the 500th anniversary of the arrival of Christopher Columbus in the Americans. Two years later, Santa Cruz, California instituted the holiday, and in the 2010s, various cities and states took it up. It is similar to Native American Day, observed in September in California and Tennessee.  In 1977, the International Conference on Discrimination Against Indigenous Populations in the Americas, sponsored by the United Nations in Geneva, Switzerland, began to discuss replacing Columbus Day in the United States with a celebration to be known as Indigenous Peoples’ Day.  In 1992, the city council of Berkeley, California, declared October 12, as a “Day of Solidarity with Indigenous People” and 1992 the “Year of Indigenous People”. The city implemented related programs in schools, libraries, and museums. The city symbolically renamed Columbus Day as “Indigenous Peoples’ Day” beginning in 19992 to protest the historical conquest of North America by Europeans, and to call attention to the losses suffered by the Native American peoples and their cultures through diseases, warfare, and forced assimilation.  In the years following Berkeley’s action, other local governments and institutions have either renamed or canceled Columbus Day, either to Celebrate Native American history and cultures, to avoid celebrating Columbus and the European colonization of the Americas, or due to raised controversy over the legacy of Columbus.  Numerous efforts in the Americas have honored Native Americans as part of Columbus Day, or by designating two holidays for the same date. Especially since Native American activism has increased since the 1960s and 1970s, a variety of protests have been staged against celebrating Columbus Day. These have included mock trails of Christopher Columbus in St. Paul, Minnesota, and protests and disruptions of Columbus Day parades in the United States. |  |  |  | | --- | --- | | **LEIF ERICKSON DAY**  Found on Wikipedia, the free encyclopedia computer site  Leif Erickson Day is an annual observance that occurs on **October 9th .** It honors Leif Erickson, the Norse explorer who led the first Europeans thought to have set foot in continental North American.  The 1874 book *America Not Discovered* *by Columbus* by Norwegian-American Rasmus B. Anderson helped popularize the idea that Vikings were the first Europeans in the New World, an idea that was all but verified in 1960.  In addition to the federal observance, some U.S. states officially commemorate Leif Erickson Day. It is celebrated in many communities, particularly in the Upper Midwest and other places where large numbers of people from the Nordic countries settled. Westby, WI. and Norway, Michigan have held festivals near the day. | [Leif Erikson 6c 1968 issue.JPG](https://en.wikipedia.org/wiki/File:Leif_Erikson_6c_1968_issue.JPG)  U.S. stamp issued on Leif Erikson Day, 1968 |   😊Page 41 |

😊 **FOR YOUR INFORMATION…**

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| Samhain Stock Illustrations – 1,005 Samhain Stock Illustrations, Vectors &amp;  Clipart - Dreamstime  C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C7160755.tmp  See the source image  C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\5AA5930.tmp | **HALLOWEEN HISTORY**  From Creative Forecasting October 2018 Issue by Pegi Schlis, CTRS,  In the 5th century BC, Celtic people who lived in Northern France and the British Isles practiced the religion of Druidism. The holiday, Samhain (pronounced sow-in), was celebrated on October 31 and was their new year. It was a time to finish their harvest and prepare for winter. A belief was on that day disembodied spirits of those who died throughout the preceding year would come back in search of living bodies to possess for the next year. It was believed to be their only hope for the afterlife. The people believed all laws of space and time were suspended during this time, allowing the spirit world to mingle with the living. Many historians believe this is the origin of the holiday of Halloween.  The word, Halloween, has its origins in the Catholic church. It comes from the words, All Hallows’ Eve. All Hallows’ Day or All Saints’ day on November 1 is a Catholic day of observance in honor of the saints.  The origins of trick-or-treating can be traced back more than 2,000 years. The Celts thought that the spirits of the dead required food and drink. During the festival of Samhain, people left their best foods (ie: mutton legs, vegetables, eggs, poultry, honey, wine) outdoors for the spirits to consume on their way to the netherworld. To supply spoiled food or nothing meant that the hungry and possibly irritated spirits might enter the houses and help themselves. Over the centuries, people began dressing as these creatures and performing antics in exchange for offerings of food and drink. This practice was called mumming.  Celtic people hallowed out gourds and placed candles or lanterns inside them on October 31 to welcome home spirits of deceased ancestors and ward off evil spirits.  The customs of Halloween were brought to America in the 1840s by Irish immigrants fleeing their country’s potato famine. |

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| Tomah Area Annual Community  **HALLOWEEN PARTY**  **DATE: Thursday, October 31, 2024**  ***GOAL:*** *To provide an opportunity for safe, off-street Halloween fun and to help provide some happy memories for children and elders of our community.*  **TIME:** **4:30pm to 6:30pm** **Community Halloween Party**  **5:15pm** **Costume Judging**   |  | | --- | | *Cutest ~ Most Original ~ Scariest*  *Ages 0-3, 4-5, 6-9, 10-13, 14-17 & Adult (18-100+)* |   **PLACE:** Recreation Park (Fairgrounds), Recreation Building  1625 Butts Avenue, Tomah, WI. 54660   |  |  | | --- | --- | | **COST: Free** | See the source image |   **SPONSORED BY**: **Businesses, Organizations, & Individuals**  **generously donating time, money and/or items.**  **ORGANIZED BY**: Kupper-Ratsch Senior Center  **CONTACT:**  Pam Buchda, City of Tomah’s Senior & Disabled Services Director  608-374-7476 [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov)  1002 Superior Ave. Tomah, WI. 54660  CITY Trick or Treat HOURS**: 4:00pm to 7:00pm** | **Please BE A SPONSOR!!!**  **We are looking to raise $1500 to $2000 to be able to provide to the children of our community a fun and safe Halloween at the free community Halloween Party**  **at recreation park.**  Money goes to game prizes and candy, 21 -24 plaques for Costume Judging Contest, postage & printing for fundraising, posters, decorations, & if any other money available – treats & beverages at the party. We also need to replenish a game or two every so often.  LEVELS OF SPONSORSHIP  **\_\_\_Super Hero $500 and Up \_\_\_Genie $250 - $499**  **\_\_\_Magician $100-$249**  **\_\_\_Great Pumpkin Up to $99**  *No candy donations please, for safety reasons, we order the candy to be shipped directly from a candy company.* |

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| 😊   |  |  |  | | --- | --- | --- | | [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **INFORMATION** | Policies Procedures Concept Chart ... |  |  |  |  | | --- | --- | --- | | **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. |  |  | | --- | | * **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 & 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. |   Page 43 |

😊**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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| **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, and 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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| **POLICY – NO AGE REQUIREMENT** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp**  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. |

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| **POLICY – NO MEMBERSHIP FEES** | | |
| See the source image  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 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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| **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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| **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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