😊

|  |  |
| --- | --- |
| [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* |

|  |  |  |
| --- | --- | --- |
| **NOVEMBER 2024 NEWSLETTER** | | |
| https://cdn.xl.thumbs.canstockphoto.com/it-is-time-to-fall-back-message-daylight-savings-time-message-some-fall-leaves-and-retro-alarm-drawing_csp40544809.jpg | Free Thanksgiving Clipart Transparent, Download Free Clip Art, Free Clip Art  on Clipart Library | http://clipart-library.com/images/kTMREB99c.jpg |

|  |  |
| --- | --- |
| **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 WWTC parking lot. |
| ***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

😊

|  |  |
| --- | --- |
| **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** |

|  |  |
| --- | --- |
| 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). |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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) 1 | | 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 | Wanted “Ads” |
| 14 | | Senior & Disabled Services Report –Goal(s) 2 | | 36 | For Your Information |
| 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: Posters: Senior Center’s Holiday Arts & Craft Fair; & Tomah’s Great Holiday Shopping Hunt;  -Insert: Invite to Christmas Party sponsored by Rotary Club; & Holiday Love Light Information;  -Insert: Photo Album pages. | | |

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

|  |
| --- |
| **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. |

😊Page 02

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 😊   |  |  |  | | --- | --- | --- | | [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* | **NOVEMBER**  **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…**  It’s November already. Where did this year go? Sunday, November 3rd Daylight Savings Time ends at 2am. Don’t for get to turn your clocks back one hour (Fall back).  Election day is the 1st Tuesday in November (5th) – If you have not already done so, exercise your rights and responsibility as a citizen and VOTE!  Monday, November 11th is Veteran’s Day. Thank You to all veterans for serving. You may or may not feel like it, but you are our heroes.  Our biggest fundraiser is coming up on November 23, from 9am to 3:30pm at Recreation Park – our Annual Arts & Craft Fair. Come on down and shop for gifts or for yourself. Lots of treasures!!!  On Thursday, November 28th is Thanksgiving. We wish you all a HAPPY THANKKSGIVING!   |  |  | | --- | --- | | 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.** |      |  |  | | --- | --- | | **CLOSED at 12:30pm on** | The Senior Center will be **CLOSED at 12:30pm on** **Friday, November 22**, 2024, for setting up at recreation park building for our fundraiser – the Annual ARTS & CRAFTS FAIR 9:00-3:30pm on Saturday, November 23. |   The **information I am sharing with you** this month in the newsletter is… *Halloween Sponsorship Thank You Poster; Be Addicted to Real Dopamine; Election Day; Veterans Day; Red Planet Day; Thanksgiving Day; Pumpkin Trivia.*  The **articles I selected to share with you** for this month in the newsletter are… *Avoid A Plumbing Catastrophe; Understanding Medicare Supplemental Enrollment; Medicare Part D/Advantage Plan Open Enrollment; Empowering Lives, Navigating Parkinson’s Disease With Hope.*  I am **also sharing information** as newsletter inserts… *ADRC monthly Meal Site Menu & Nutrition Tips; Photo Album pages; Posters for Annual Holiday Arts & Crafts Fair (Fundraiser for senior center) & Tomah’s Great ‘Holiday Shopping Hunt (TGHSH); Poster on Holiday Love Light Tree Lighting Ceremony by Tomah Health Hospice, and on the Senior Center’s Christmas Party sponsored by the Rotary Club.*   |  |  |  | | --- | --- | --- | | http://clipart-library.com/img/1044902.jpg | The Senior Center will be **CLOSED on**  **Thursday & Friday, November 28 & 29**  for the **THANKSGIVING HOLIDAY.**  We will be open again on Monday, Dec.02 | http://clipart-library.com/data_images/158.png |  |  |  | | --- | --- | | **HAPPY THANKSGIVING EVERYONE!!!**  Remember to Count Your Blessings – at least 3 a day.  I count you as part of my blessings. Thank You. | http://clipart-library.com/data_images/158.png |   Page 03 |

😊

|  |  |  |
| --- | --- | --- |
| [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 |

|  |
| --- |
| **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** | 1,524+  1,927+  1,332+  1,134+  595+ | 166+  208+  170+  112+  59+ | 22–1 Sun., 5 Eve. & 1 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+ | 27–3 Sun,12-23 Eve.& 1 Sat.  *Start include LIFE in evening.*  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.* |

😊Page 04

😊

|  |  |  |
| --- | --- | --- |
| **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 |

|  |  |  |
| --- | --- | --- |
| **MEN’S SHED CLUB**  **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?** | | |
| Men Support Group Stock Illustrations – 11,491 Men Support ... | **Come to meet new people, learn something new and be a part of something new! Bring a friend! Snacks and beverages will be provided.**  **DATE:** 4th Tuesday, Nov. 26, 2024  2025 DATES: Jan. 28; Feb.25; Mar. 25;  April 22; May 27; & June 24.  **TIME:** 1:30pm – 3:00pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **SPONSORS**:  ADRC-Monroe County  **608-269-8690**  VA Caregiver Support/  Veteran Community Partnerships  608-372-3971 x66279  **REGISTER:**  ADRC-La Crosse County  608-785-5700  **QUESTIONS?**  Kristine at 608-386-0922 or kmeyer@lacrossecounty.org |

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

😊Page 06

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 😊   |  |  |  | | --- | --- | --- | | [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 |  |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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 16 to a class.  **SIGN-UP**: with Pam or Paulette 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. |   😊Page 07 | | | |
| [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 |

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

**MUSIC PROGRAMS:**

|  |  |
| --- | --- |
| 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 |

|  |  |  |
| --- | --- | --- |
| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| Image preview | **KATE ROBERTS MC CLAIN**  **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…”*** |

|  |  |  |
| --- | --- | --- |
| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| See the source image  ***“Folksinger & Storyteller”*** | **SKIP JONES**  **DATE:** Friday, November 08, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Loretta Noet | C:\Users\Skip Jones\Desktop\Pster Picture.jpg |

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

|  |  |  |
| --- | --- | --- |
| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| See the source image  ***“Eclectic set list – Celtic, country, & music from Beatles to Ed Sheeran”*** | **BLAINE HACKETT**  **DATE:** Friday, November 22, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Volunteers his time & talents | Image preview |

***Friday, December 29, 2024 – We are closed.***

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

😊Page 08

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 😊   |  |  |  | | --- | --- | --- | | [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:**   |  |  |  | | --- | --- | --- | | **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 |  |  |  |  | | --- | --- | --- | | **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 |   **FOR YOUR INFORMATION – OPPORTUNITY TO VOLUNTEER…**May be an image of lighting and text  Page 09 |

😊

|  |  |  |
| --- | --- | --- |
| [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 |

|  |  |
| --- | --- |
| **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 |



**FOR YOUR INFORMATION…**

|  |  |  |  |
| --- | --- | --- | --- |
| **AVOID A KITCHEN PLUMBING CATASTROPHE**   |  |  |  | | --- | --- | --- | | **SAVE YOURSELF**  **A HOUSEHOLD PLUMBING PROBLEM & EXPENSE** | No photo description available. | This was shared on Facebook  [**Weird And Amazing Everything**](https://www.facebook.com/profile.php?id=61551764683906&__cft__%5b0%5d=AZVUqNuJm2yD3tRTjp1WfWIsRTD7UmKKfnYYQI1qPVQ5O3tmuY2IfmflI9XTzPhlzJUyFoFrfKsXpXTV-X_d0hlLusXJWY9blmy4NwQjE_1Tdk_A_w95filOV0qY92rGKkr2fwU3dTxj17kdAQTKmMbHstHBVzZdFytG0PqsYvB3XVkzGf6lJI_6ANDfIPu4I9oKxXvtiEhRSIOmSWYKohfjaZvcyWdk9LvUK2-0kdK8Yg&__tn__=-UC%2CP-y-R)  “Credit Goes To The Respective Owner”  [This summer, my brother had this problem in his kitchen plumbing, took apart the pipes & found the stuff in the pipes.] |   PSA to anyone using Dishwasher pods with the packed powder like this one. (Cascade, etc)  Our kitchen sink backed up this weekend, and we had no luck with DIY methods.  One call to the plumber and a few hundred dollars later, turns out it was our dishwasher pods that have been gumming up our pipes over time. Apparently when this powder is activated with water, it can get stuck in the pipes and create a thick, concrete-like barrier. It had to be scraped out with a special machine. He said he gets calls like these nonstop.  He recommended we switch to liquid dishwasher detergent (or liquid Pods are ok.)  Hopefully this can help someone else avoid a kitchen plumbing catastrophe! |

😊Page 10

😊

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

|  |  |
| --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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 |

|  |  |  |
| --- | --- | --- |
| **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****.* |

|  |  |  |
| --- | --- | --- |
| **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*

|  |  |  |
| --- | --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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. |

😊Page 11

😊

|  |  |  |
| --- | --- | --- |
| [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 |

**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. |

**FOR YOUR READING PLEASURE…**

|  |  |  |
| --- | --- | --- |
| The blessings of new month #positivequotes #quotes #quote #positivequote  #fun #inspiration #positivity #artist #m… | November quotes, New month, New  month greetings | Happy November – Temple Illuminatus | Positive Quotes For November. QuotesGram |

|  |  |  |
| --- | --- | --- |
| Free Thanksgiving Cliparts, Download Free Thanksgiving Cliparts png images,  Free ClipArts on Clipart Library | Free Thanksgiving Clip Art, Free Printables, And Signs - Give Thanks Clip  Art - Free Transparent PNG Download - PNGkey | See the source image |

Page 12

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 😊   |  |  |  | | --- | --- | --- | | [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 |

😊

|  |  |  |
| --- | --- | --- |
| [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 |

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

|  |  |  |
| --- | --- | --- |
| **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’** | |

|  |  |  |
| --- | --- | --- |
| **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.*** | | |

|  |  |  |
| --- | --- | --- |
| **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.*** | | |

|  |  |  |
| --- | --- | --- |
| **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.*** | | |

|  |  |  |
| --- | --- | --- |
| **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.*** | | |

|  |  |  |
| --- | --- | --- |
| **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.*** | | |

|  |  |  |
| --- | --- | --- |
| **BETTER HEARING** | | |
| A person in a tie sitting in a kitchen  Description automatically generated | **DATE: 3rd 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** |

😊Page 14

😊

|  |  |  |
| --- | --- | --- |
| [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 |

|  |  |
| --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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 |

|  |  |  |
| --- | --- | --- |
| **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*). |

|  |  |  |
| --- | --- | --- |
| **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* |

|  |  |  |
| --- | --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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. |



😊Page 15

😊

|  |  |  |
| --- | --- | --- |
| [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 |

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

|  |  |  |
| --- | --- | --- |
| **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* |

|  |  |
| --- | --- |
| **SUNDAY-FUNDAY**  **PLEASE RSVP** to Pam (so we know how many to plan for) at 608-374-7476 or pbuchda@tomahwi.gov | |
| **DATE: Sunday, November 10, 2024** **TIME: 1:00 to 3:00pm**  **PLACE: STRIKE ZONE BOWLING ALLEY COST:** FREE   |  | | --- | | **PURPOSE**: *Special needs persons for socialization and fun…*  **ACTIVITY: Visiting & BOWLING** |   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.--- |   *YOU ARE INVITED!* |

|  |  |  |
| --- | --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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 |

|  |  |  |
| --- | --- | --- |
| **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. |

😊Page 16

😊

|  |  |  |
| --- | --- | --- |
| [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 |

|  |  |
| --- | --- |
| **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.***

|  |  |
| --- | --- |
| 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; Dan Burton; Nancy Close; Chad Dobson; John Dostal; Renee Fletcher; Richard Gegenfurtner; Deb Gilles; Monica Haun; Alyson Hefner; Marvin Henricks; Siegrun Horst; Doris Kelley; Gary Moe; Jill Montgomery; Sue O’Neil; Marvin Parker; Al Pasch; Anna Mae Rudolph; Doug Semrau; Barb Stoda.  HALLOWEEN CANDY ASSEMBLY LINE: John, Rose & Laura Berry; Marvin Parker; with staff Paulette Bolton.  MUSIC VOLUNTEERS: Gary Felber; Blaine Hackett; Blaine Meyer; Michael Slater.  SENIOR & DISABLED BOARD: Sandi Bloom; Sue Greeno; 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*

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

|  |  |
| --- | --- |
| 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. |



😊Page 17

😊

|  |  |  |
| --- | --- | --- |
| [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

😊

|  |  |  |
| --- | --- | --- |
| [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 |

|  |  |
| --- | --- |
| **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. |

|  |
| --- |
| **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. |

|  |  |
| --- | --- |
| **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. |

|  |  |
| --- | --- |
| **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).* |

|  |  |  |
| --- | --- | --- |
| **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. |

|  |
| --- |
| **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. |

😊Page 20

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 😊   |  |  |  | | --- | --- | --- | | [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 |  |  |  | | --- | --- | | **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. |  |  | | --- | | *-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. |  |  | | --- | | -**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.  Added another exit light in back hall. Removed wooden structure partially blocking back  door. In process of replacing back door. | | -**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. | |  |  | | --- | | -**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. |   May Day Clipart png images ...😊Page 21 |

😊

|  |  |  |
| --- | --- | --- |
| [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 |

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

|  |
| --- |
| **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. |

|  |
| --- |
| **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. | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **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. | |

😊Page 24

😊

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

|  |  |
| --- | --- |
| **07** | **INCOME/BUDGET/DONATIONS**  **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*

|  |
| --- |
| 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*

|  |  |
| --- | --- |
| 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.

|  |  |
| --- | --- |
| 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. |

|  |  |
| --- | --- |
| 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.* |

|  |  |
| --- | --- |
| A close up of a sign  Description automatically generated | **CHRISTMAS CARDS**  *FUNDRAISER AT SENIOR CENTER*  We have Christmas cards for sale for 10 cents each or 12 for $1.  *NOTE:* ***We accept donations of Christmas cards*** *to supply this*  *fundraiser.* |

|  |  |
| --- | --- |
| 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.* |

😊Page 25

😊

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

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

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

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

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

|  |  |
| --- | --- |
| **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!** |

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

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

**Blaine Meyer; & Michale Slater. THANK YOU!!!**

|  |  |  |  |
| --- | --- | --- | --- |
| **2024 HALLOWEEN Fundraiser for Community Party-October 31** | | | |
| **SUPERHERO: $500 & up**  -City of Tomah (Rec. Park  & staff hours) | **GENIE: $250-$499**  -Pam Buchda  -Lions Club of Tomah  -Rotary Club of Tomah  -Wal-Mart | **MAGICIAN: $100-$249**  -Paulette & Duane Bolton  -Dean’s Refrig. & Heating  -MECA Sportswear  -Penny Precour, Attorney | **GREAT PUMPKIN: Up to $99**  -Keene’s Transfer, Inc.  -Nancy & James Phillips  -Mike & Cheryl Schoeny  -Tomah Family Dentistry |

**Still Taking Donations for the Annual Community HALLOWEEN PARTY**

|  |  |  |
| --- | --- | --- |
| 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 |

😊Page 26

😊

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

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

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

|  |  |
| --- | --- |
| **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.).

We tried a new fundraiser… at our 09-19-2024 **PAINT PARTY FUNDRAISER**, we raised $120.00. Thank you to Senior & Disabled Services Board Member Jenna Moser for setting this up, Kathleen Richer for organizing & instructing, and the people who signed up and attended.

Another new fundraiser… last night, Monday, 10-28-2024, we did **Tip Night at Culvers**. Thank you to SDS Board Member Jenna Moser for setting this up, & to both SDS Board members Jenna and Susan Greeno for working it with me. Thank you to all who came out to eat between 5pm & 8pm to support the senior center. We do not have the totals from Culvers yet but will report it in the next newsletter.

|  |  |  |  |
| --- | --- | --- | --- |
| **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.

|  |  |
| --- | --- |
| **2024 MEMORIALS** | |
| -**IN MEMORY** of **Mary Ellen Justinger** by Pam Buchda  -**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*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **2024 MONETARY GIFTS** | | | | |  |
| **$500 & up**  -Dr. Richard Ahn  -Loretta Noet  -United HealthCare  via Jerry Tiffany | **$250-$499**  -John & Rose Berry | **$100-$249**  -Bible Study  Fellowship (BSF)  -Wayne & Linda Pasch  -Anna Mae Rudolph | **$50 to $99**  -William Allen  -Sandi Bloom  -Pat Koca  -Gerald & Patricia  Nadreau | **$Up to $50**  -Shirley Anderson  -Tony Angulang  -John Dostal  -Darla Gardner  -Terry Jefferson  -Sharon Jensen | **$Up to $50**  -Lorna Mesner  -Daniel Murphy  -Carol Myers  -Ed Olson  -Eileen Richmond |

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

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

|  |  |  |
| --- | --- | --- |
| **DONATIONS** since last newsletter: | | |
| See the source image | | American Association of University Women (AAUW); Barb Akers; Gale Alderman; American Legion; *Anonymous*; Ruth Ann Bock; Duane & Paulette Bolton; Liz Brown; Tata Brueggeman; Pam Buchda; Dean’s Refrigeration & Heating; Dan Burton; Leon & Pauline Clark; John Dostal; Bobbi Feldman; Darla Gardner; Ann Gerzel; Colleen Helmkamp; Siegrun Horst; Sharon Jensen; Keene’s Transfer, Inc; Chris King; Bette Knutson; Karen & Terry Kopenhafer; Donna Kuderer; Jenny Marten; MECA Sportswear; Lorna Mesner; Peggy Miners; Sarah Moseley; Sandy Murray; Neighbor For Neighbor Food Pantry; Loretta Noet; Eara & Leta Nofsinger; Bonnie Owen; Wendy Patterson; Nancy & James Phillips; Penny Precour, Attorney; Anna Mae Rudolph; Rotary Club of Tomah; Emile Salvo; Carol Schlicht; Mike & Cheryl Schoeny; Kelly Schuman; Tomah Family Dentistry; United HealthCare via Jerry Tiffany; Karen Wallerman; Wal-Mart; Cheryl Weber; Ruby Weeks-Fortney; |
| 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 | |

😊Page 27

😊

|  |  |  |
| --- | --- | --- |
| [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 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **2024: BUSINESSES, ORGANIZATIONS & PEOPLE WHO DONATED – THANK YOU!!!** | | | | | |
| **AAUW - American**  **Association of**  **University Women**  June Abbott  Sherri Achterkirch  Dr. Richard Ahn  Barb Akers  Connie Albert  Gale Alderman  Bill Allen  Leann Allen  **American Legion**  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  Ruth Ann Bock  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  **Dean’s Refrigeration**  **& Heating**  **Dollar Store**  Diane Dombrowski  Phyllis Dordel  John Dostal  Carol Drysch  Elvira Eckelberg  Carol Ellis  Rita Epps  Tom Feldkamp  Bobbi Feldman  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  Colleen Helmkamp  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**  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  **Lion’s Club**  Jenifer Lisy  Dr. Lottmann  Lorraine Lowry  Jillene Luedtke  Jenny Marten  Richard McNeal  **MECA Sportswear**  Kim Mello  Donna Mesner  Paul Meuenkamp  Bill Milem  Peggy Miners  Gary Moe  **Moments Hospice**  via Chad Dobson  Jill Montgomery  Sara Moseley  Scott Muhalovic  Daniel Murphy  Sandy Murray  Carol Myers  Vern Nauman  **Neighbor For Neighbor**  **Food Pantry**  Sandy Nemitz  Cathy Neumann  Gloria Niceswanger | Kris Nichole  Lavae Nietzel  Loretta Noet  Eara & Leta Nofsinger  Lori Norquay  Evelyn Noyes  Vincent O’Loughlin  Sue Olsen  Ed Olson  Priscillamae Olson  Sue O’Neil  **Operation May Day**  Sara Moseley & Friends  via Jane Tessman  Sharon Organ  Karen Otto  Bonnie Owen  Marvin Parker  Darlene Parkinson  Al Pasch & Judy Bonn  Wendy Patterson  Marilyn Peak  Joe Peterson  Pete & Trudi Peterson  Nancy & James Phillips  Judy Potter  June Potter  **Penny Precour, Atty.**  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  **Rotary Club**  Anna Mae Rudolph  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  Carol Schlicht | Mike Schoeny  Kelly Schuman  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 Family**  **Dentistry**  **Tomah Health**  Tracy Theurich-York  Beverly Thorp  **Tomah Hospice** via  Sandi Bloom  **Tomah Museum &**  **Historical Society**  AnnaMae Tralmer  Ron Tralmer Family  via Sue Murphy  **United HealthCare**  **via Jerry Tiffany**  **VA Hospital** via  Becky Fitzpatrick  Macy VanKirk  Leona Von Haden  Angie Wagner  Carol Wallerman  Anne Wallus  Mary Wallus  **WalMart**  Jean Ward  Cheryl Weber  Ruby Weeks-Fortney  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 | | | | |

|  |  |
| --- | --- |
| Free Vector red planet day banner design | **THE RED PLANET DAY**  Red Planet Day, observed annually on **November 28**, commemorates the Mariner 4 spacecraft’s launch on November 28, 2964. |

😊Page 28

😊

|  |  |  |
| --- | --- | --- |
| [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 |

|  |  |
| --- | --- |
| **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. |

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

|  |  |
| --- | --- |
| **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.* | |

|  |  |
| --- | --- |
| **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…

|  |
| --- |
| **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. |

|  |
| --- |
| **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 |

Page 29

😊

|  |  |  |
| --- | --- | --- |
| [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 |

|  |  |
| --- | --- |
| **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. | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 *(moved out her district)*  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 | |

|  |
| --- |
| 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 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| O2: Book Lover’s Day  https://i.pinimg.com/736x/cf/36/d8/cf36d82bbca1b27bc0882ce656bc4de9--snoopy-books-snoopy-classroom.jpg | 03: Daylight Savings  https://cdn.xl.thumbs.canstockphoto.com/it-is-time-to-fall-back-message-daylight-savings-time-message-some-fall-leaves-and-retro-alarm-drawing_csp40544809.jpg | 05: General Elelction Day  C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\AE42B3CD.tmp | 08: Nat’l STEM  /STEAM Day  Senator Maria Collett - Today is National STEM/STEAM Day, a day to  encourage students to pursue their interests in science, technology,  engineering, art, and math. 🔭🎨⚙️ In PA, we're helping students prepare | 09: 1989 Belin Wall Open  http://img.koreatimes.co.kr/upload/news/091108_p09_cartoon2(1).jpg |
| 10:1975 US Marine Corp  http://clipart-library.com/images/rTjKrGByc.jpg | 10: 1969 Sesame Street  http://images.clipartpanda.com/elmo-clipart-sesame-street.jpg | 11: Veterans Day  http://clipart-library.com/images/kTMREB99c.jpg | 13: Sadie Hawkins Day  Sadie Hawkins Dance – The West Press | 14: 1902 Teddy Bear Day  Teddy Bear Clipart Free Clipart Images 2 Clipartwiz - Teddy Bear - Free  Transparent PNG Clipart Images Download |
| 17: World Peace Day**Logo  Description automatically generated** | 18: 1928 Mickey & Minnie Mouse (Disney)  November Free Clipart At For Personal Use Transparent - Mickey And Minnie  Eating , Free Transparent Clipart - ClipartKey | 21: Great American Smoke-Out  340 Great American Smoke Out Stock Vectors and Vector Art ... | 23: Dr. Who Day  Doctor Who Sticker - Etsy UK | 23: Senior Center’s ARTS & CRAFT FAIR  See the source image |
| 26: 1922 Charles SchulzC:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\BE889D97.tmp | 28: Red Planet Day  Free Vector red planet day banner design | 28: THANKSGIVING  Thousands of Free Thanksgiving Clip Art Images | 29: Tomah’s Holiday Parade  A red banner with white text  Description automatically generated | 30: Small Business Saturday  Person Christmas Shopping with Too Many Gifts - Royalty Free Clip Art Image |

😊Page 30

😊

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

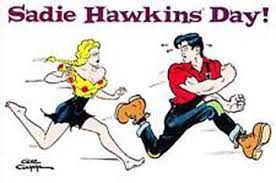
|  |  |  |
| --- | --- | --- |
| **Tomah’s COMMUNITY MEAL** | | |
| At Tomah’s Masonic Lodge - 520 E. Saratoga St., Tomah, WI. 54660 | | |
| See the source image | **DATE:** Mondays  **TIME:** 4:30pm – 5:30pm  **COST**: Free | **SPONSORS:**  Different Business, Organization &/or Individuals that sign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

|  |  |
| --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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**:** 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. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONROE COUNTY 2024 VINTAGE VAGABOND TRIPS** | | | | |
| **2024 DATES** | **TRIP STOPS** | **COST** | **FIRST day to REGISTER** | **DEADLINE to Register** |
| 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 |  |

|  |  |  |
| --- | --- | --- |
| **TOMAH PUBLIC LIBRARY** | | |
| No photo description available. | **DAYS & TIMES:** Sunday closed.  Mon.-Tues.-Wed. open 9am-8pm  Thurs.-Fri.-Sat. open 9am-5pm  **COST**: Free Admission  **PLACE**: 716 Superior Ave. Tomah,WI. | **CONTACT:** 608-374-7470  Irma Keller, Library Director  tomah\_public\_library  @yahoo.com  tomahpubliclibrary.org |
| **STORYTIMES** (Free)  **Mondays** at 6:30pm (all ages)  **Tuesdays** at 10am & 11:15am  For toddlers, all ages welcome  **Wednesdays** at 10am For ages 0-  24 months, allages welcome | **GROWN-UP MOVIE at the Library**  **MOVIE: Twisters**  **DATE:** Thurs. 11-07-2024  **TIME:** 6:00pm  **COST:** Free admission & popcorn | **TEEN Anime & Manga**  **DATE:** Thurs. 11-14-2024  **TIME:** 6 -7pm  **COST:** Free |
| **Holiday Decoration Sale**  *Small Decorations only*  **DATE:** Sat. 11-16-2024 | **CHILDREN’S BOOK SALE**  **DATE:** Sat. 11-16-2024  **TIME:** 10am to 4pm | **LEGOS at the Library**  **DATE:** Tuesdays  **TIME:** 5pm-7pm |



😊Page 31

😊

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

|  |  |  |
| --- | --- | --- |
| **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** |

|  |  |  |
| --- | --- | --- |
| **MR. ED’S COMMUNITY THANKSGIVING DINNER** | | |
| No photo description available.  **We Remember Ed Thompson**  **A group of people standing around a person pouring a drink  Description automatically generated** | **Good Food~Good Fellowship~Good Time**  **DATE:** Thursday, **November** **28, 2024**  **TIME: 11am** until gone &/or 1:00pm;  **PLACE:** Murray’s On Main  Banquet Room on 2nd floor  810 Superior Ave. Tomah  **COST**: Free.  *Donations of $ & pies accepted*  ***Donations mailed to****:*  *119 Alyssa Street, Tomah, WI. 54660*  ***Pies may be dropped off*** *at Murrays* | **YOU ARE INVITED…**  **Guests are encouraged to join us in person!!!**  Limited deliveries will be available – call ahead of time.  **CONTACT**: Tina Thompson  608-343-4956  **SPONSORS:** are Businesses, Individuals, & Organizations that have donated…as well as all the Volunteers that made this event happen. |



😊Page 32

😊

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

|  |  |  |
| --- | --- | --- |
| **HOLIDAY TRAIN in Tomah**  **Purpose: To raise awareness and funds to combat food insecurity.** | | |
| CPKC Holiday Train returns to Finch November 27 – Morrisburg Leader | **DATE:** Monday, December 9, 2024  **TIME:** 5:30pm  **PLACE:** Amtrak Depot  205 N. Superior Ave., Tomah | **PERFORMERS:** The Lone Bellow and Tiera Kennedy  **DONATE:** Items for the  Food Pantry |

|  |  |  |
| --- | --- | --- |
| **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.”** |

|  |  |  |
| --- | --- | --- |
| **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 |

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

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

|  |  |  |
| --- | --- | --- |
| **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 608-387-9250 | **COST**: Free  ***ANOTHER CAREGIVER SUPPORT OPTION***  *In-person or Virtual*  **Taking care of you…so you can take care of them.** |

|  |  |  |
| --- | --- | --- |
| **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 |

Page 33

😊

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

|  |  |
| --- | --- |
| **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  November 04  December 02  2025: January 06  **SCHOOL BOARD Meeting**s  3rd Monday 7:00pm at RKLC  November 18  December 16  2025: January 20 | **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) |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 to 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. |

😊Page 34

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 😊   |  |  |  | | --- | --- | --- | | [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | **WANTED “ADS”** |      |  |  | | --- | --- | | **SENIOR CENTER**  **ONGOING PROJECT** | **BINGO BASH DONATIONS**  Donation of new or gently used items for bingo bash are welcome. |  |  |  | | --- | --- | | **ART & CRAFT ITEMS & 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 and art/craft items 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 |  |  |  | | --- | --- | | **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 citizens’ 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. |  |  |  |  | | --- | --- | --- | | Quotes about November (284 quotes) | https://101clipart.com/wp-content/uploads/02/Church%20Thanksgiving%20Dinner%20Clipart%2032.jpg | Great November Quotes. QuotesGram |   😊Page 35 |

😊 **FOR YOUR INFORMATION…**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **As of Monday, October 28th, 2024….**  **a Tomah Area Annual Community**  **HALLOWEEN FESTIVITIES**  **DATE: October 31**  **Let’s make safe and fun memories for community children and families.**   |  |  |  | | --- | --- | --- | | See the source image | **THANK YOU**  **FOR YOUR SPONSORSHIP** | See the source image |      |  |  | | --- | --- | | https://tse2.mm.bing.net/th?id=OIP.-1wy2DXjyY8b-hvlySh05wHaEx&pid=Api&P=0&w=256&h=166 | **SUPER HERO ($500 and Up)**  **City of Tomah** (Recreation Park & staff hours); |  |  |  | | --- | --- | | **GENIE ($250 - $499)**  **Pam Buchda; Lions Club of Tomah; Rotary Club of Tomah;** | https://media.istockphoto.com/vectors/genie-bottle-vector-id136162518?k=6&m=136162518&s=612x612&w=0&h=CFCp_h5M9KQgNBDzwtxXnXEPGwXwBMqkYFj4KLhBmpA= |  |  |  | | --- | --- | | http://www.clipartbest.com/cliparts/biy/Eaq/biyEaqekT.gif | **MAGICIAN ($100 - $249)**  **Paulette & Duane Bolton; Dean’s Refrigeration & Heating; MECA Sportswear; Penny Precour, Attorney;** |  |  |  | | --- | --- | | **GREAT PUMPKIN (Up to $99)**  **Keene’s Transfer;** **Nancy & James Phillips;** **Mike & Cheryl Schoeny; Tomah Family Dentistry;** | https://tse2.mm.bing.net/th?id=OIP.y0KOcvjTFpQa8CNqdduTTwHaGU&pid=Api&P=0&w=195&h=167 |  |  |  | | --- | --- | | See the source image | **Please take time to THANK these people for supporting our local event & patronize their business.** A |   ***Thank you for your sponsorship so we had the money to be able to get the candy, game prizes, costume judging plaques, trophies & other misc. expenses of this party.***   |  |  | | --- | --- | | **VOLUNTEERS SIGNED UP**  As of Tuesday, October 29th, 2024….  ***Thank you for volunteering, we literally could not do it without you!***  **Dr. Mike Hanson; Chris King; Mary Jo Maglus; Gary Moe; Susan Noth;**  **Dr. Bridget Owens; Marvin Parker; Matthew Parker; Cindy Parris; Nancy Phillips; Mike & Cheryl Schoeny; Peggy Taylor; THS Limited Edition Members & Director Kate Buehner.** | See the source image |   ***THANK YOU ALL SO MUCH!!!*met**  **Sincerely & Gratefully, Pam Buchda, Senior & Disabled Services Director**  **on behalf of the City of Tomah’s Kupper-Ratsch Senior Center Participants.** |

😊Page 36

😊  **FOR YOUR INFORMATION…**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **UNDERSTANDING MEDICARE SUPPLEMENTAL ENROLLMENT**  By the GWAAR Legal Services Team  Submitted by Alice Ackerman, ADRC of Monroe County Elder Benefit Specialist  If you want to buy a Medicare supplement policy, also known as Medigap, it is important to understand the best times to enroll. When you enroll can affect your monthly premium costs, coverage for preexisting conditions, and whether you can buy a policy at all.  **OPEN ENROLLMENT PERIOD**  In general, the best time to enroll in a supplement is during your open enrollment period. In Wisconsin, your open enrollment period begins the month your Part D coverage starts and continues for six months. If you are under age 65 and enrolled in Medicare due to disability or end-stage renal disease, you are entitled to another six-month open enrollment period when you turn 65.  During your open enrollment period, insurance companies cannot deny you coverage. They must sell you a policy at the best available rate regardless of your health status. The best available rate will depend on factors like your age and gender. If you enroll during your open enrollment period, companies may not charge you an increased premium amount because of your use of tobacco. Some policies may require waiting periods before they will cover preexisting medical conditions.  **GUARANTEED ISSUE**  If you miss your open enrollment period, you can also buy a supplement when you have a guaranteed issue right because your other health insurance ended. In Wisconsin, an insurance company must sell you a supplement if:   |  | | --- | | Your Medicare Advantage or Medicare Cost plan stops participating in Medicare or providing care in your service area; or | | You move outside the plan’s geographic serve area; or | | You leave the health plan because it did not meet its contractual obligations; or | | Your employer group health plan ends some or all of your coverage; or | | You leave your employer group plan to join a Medicare Advantage plan but leave the Medicare Advantage plan within 12 months of enrollment; or | | Your insurance company ends your Medicare supplement or Medicare SELECT policy and you are not at fault; or | | You drop your supplement to join a Medicare Advantage plan, a Medicare Cost plan, or buy a Medicare SELECT policy for the first time, and then leave the plan or policy within one year after joining. You may return to your former plan or to any available supplement if your former plan is unavailable; or | | You join a Medicare Advantage plan or Medicare Cost plan when you first become eligible for Medicare Parts A and B at age 65 and within one year of joining you decide to leave the health plan; or | | You have Medicare Parts A and B and Medicaid, and you lose eligibility for Medicaid; or | | Your employer group plan increases your cost from one 12-month period to the next by more than 25% and the new payment for the employer-sponsored coverage is greater than the premium charged under the supplement plan for which you are applying. |   If you have a guaranteed issue right, you must apply for a new supplement policy within 63 calendar days of when your old health plan or policy ends. During this time, an insurance company:   |  | | --- | | Cannot deny insurance coverage or require a waiting period for coverage, | | Must cover you for all preexisting conditions, and | | Cannot charge you more for a policy because of any preexisting conditions. |   If your old plan ended, that insurance company must send you a notice explaining your guaranteed issue rights.  *Continued on page 38* |

😊Page 37

😊 **FOR YOUR INFORMATION…**

|  |
| --- |
| **UNDERSTANDING MEDICARE SUPPLEMENTAL ENROLLMENT**, continued…  You will need this notice or other evidence that your coverage ended when you apply for a new supplement.  **ENROLLING IN A SUPPLEMENT AT OTHER TIMES**  If you try to enroll in a supplement outside of your open enrollment period or when you have a guaranteed issue right, you may run into problems. Insurance companies may refuse to sell you a policy, or they may require a waiting period before the policy will cover any preexisting medical conditions. In addition, the company may charge you a higher monthly premium.    For additional information, contact Alice Ackerman, Elder Benefit Specialist with the ADRC at [Alice.Ackerman@co.monroe.wi.us](mailto:Alice.Ackerman@co.monroe.wi.us) or 608-269-8693. |

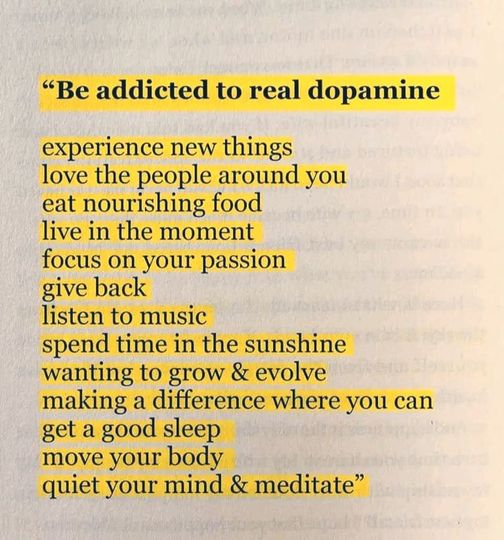
|  |
| --- |
| **MEDICARE PART D/ADVANTAGE PLAN OPEN ENROLLMENT**  Submitted by Alice Ackerman, Elder Benefit Specialist, ADRC of Monroe County  Open enrollment for Medicare plans in 2024 is October 15 through December 7, 2024. This is an important time for people with Medicare to review their current Part D prescription plan or Advantage Plan, not any changes, and determine if it is still the best option for them.  There are several new options this year with standalone drug plans as well as new Advantage plans that are available in Monroe County. There is a new Medicare program that caps out-of-pocket prescription co-pays at $2,000 (doesn’t include the premium for the plan). Another new program is called the Prescription Payment Plan that allows for individuals with large copays to make arrangements with the drug company to make monthly payments to help make the cost of the medicine easier to budget.  Since insurance companies can change their plan premiums, deductibles, co-pays and maximum out of pocket each year, switching to a different plan could result in extra money in your pocket!  If you have had changes in your medications this past year it seems obvious that reviewing your plan and comparing it to other plans is a good idea. But even if you have not had medication changes, a new pricing structure for the plan could mean that the costs for your same drugs will increase next year. Likewise, a different company may now offer better coverage for those same medications. Some people have saved hundreds of dollars in a year by switching to a different Part D plan. The only way to find the lowest cost plan for next year is to review your plan and compare it to other Part D plans.  In addition to changing the list of medications that they cover (known as their “Formulary”) and how they cover them, Part D plans can also impose drug restrictions on covered medications. When you are reviewing your plan or comparing it to other plans, be sure to note any drug restrictions for your specific medications. In some cases, you may need to get prior authorization before your medication is covered. Another type of restriction, step therapy, means that the insurance company will have you try an alternative drug before they pay for the one your doctor has chosen for you. And if quantity limits are in place, you are limited to a certain number of pills each month. These are more reasons it is important to carefully review your Part D plan each year.  Please contact Alice Ackerman, Elder Benefit specialist with the ADRC at 608-269-8693 or email her at [Alice.Ackerman@co.monroe.us](mailto:Alice.Ackerman@co.monroe.us). Our toll-free number is 888-339-7854.  Additional resources with plan comparisons are available through:   * 1-800-MEDICARE or [www.medicare.gov](http://www.medicare.gov) * Medigap helpline 1-800-242-1060 * Disability Drug Helpline 1-800-926-4862 (if under age 60) * Wisconsin Medigap Prescription Drug Helpline 1-855-67PART D (1-855-677-2783). |

😊Page 38

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 😊 **FOR YOUR INFORMATION…**   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **EMPOWERING LIVES:**  **NAVIGATING PARKINSON’S DISEASE WITH HOPE**  Article from the La Crosse Tribune on Friday, August 09, 2024  Submitted for our newsletter by Patty Liddane  Parkinson’s disease touches every aspect of a person’s life, from the physical to the emotional, often leaving individuals feeling isolated and overwhelmed. However, amid the challenges, there is a beacon of hope – new treatments and simple lifestyle changes are making a significant difference, empowering those diagnosed to lead fuller, more vibrant lives.  **WHAT IS PARKINSON’S?**  Parkinson’s disease is a progressive neurological disorder that profoundly affects movement and other functions. Over 15,000 in Wisconsin and nearly one million people in the U.S. are living with Parkinson’s disease and this number is expected to rise to 1.2 million by 2030.  “Parkinson’s disease, in the simplest terms, is a neurodegenerative condition that affects the neurons that produce dopamine in your brain,” explains Prashant Natteru, M.D., assistant professor of neurology and neurologist at Mayo Clinic Health System in La Crosse. “So, you don’t have enough dopamine in your body, and that manifests with some of the features of Parkinson’s disease.  Dopamine is essential for regulating movement and emotional responses.  “Imagine taking your grandkids out for ice cream and seeing the smile on their faces – that’s dopamine at work,” Nateru adds. “You require dopamine to emote better, work better and exercise better. In Parkinson’s patients, this ‘happy hormone’ is primarily low in quantity.”  **SYMPTOMS**  Parkinson’s disease symptoms can vary from person to person and often start gradually. Dr. Natteru shared some key signs to watch for including:   |  |  | | --- | --- | | TREMOR | Rhythmic shaking, often beginning in a limb, such as a hand or fingers. This is known as a “pill-rolling tremor.” | | BRADYKINESIA | (Slowed movement): Simple tasks may become difficult and time-consuming. You may experience shorter steps or shuffle your feet when walking. | | MUSCLE RIGIDITY | Stiff muscles can limit your range of motion and cause pain. | | IMPAIRED POSTURE  AND BALANCE | This can lead to a stooped posture and increased risk of falls. | | LOSS OF AUTOMATIC  MOVEMENT | Decreased ability to perform unconscious movements, such as blinking or smiling. | | SPEECH CHANGES | You may speak softly, quickly or hesitate before talking. Your speech may also become monotone. | | WRITING CHANGES | Writing may become smaller and harder to read. |   “There are also non-motor symptoms that can predate the motor symptoms by 20 to 30 years, such as constipation, sleeping problems, loss of smell, or even depression,” notes Dr. Natteru. “It’s important to understand that it’s not just one symptom by itself, but a combination of symptoms that lead to a diagnosis.  **DIAGNOSIS AND TREATMENTS**  “Parkinson’s disease is more of a clinical diagnosis,” says Dr. Natteru. “If you have a family member or friend dealing with tremors, slow walking or a blank expression, it’s important to see a neurologist or a movement disorder specialist for a proper diagnosis.”  Diagnosis involves looking at a constellation of symptoms.  “People can have tremors when they’re resting a hand on a table or while watching TV,” describes Dr. Natteru. “A commonly described walking pattern is shuffling gait. Along with that, there’s a lack of emoting, such as a blank expression on the face, or being slow to move.”  *Continued on page 40* |   😊Page 39 |

😊  **FOR YOUR INFORMATION…**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **EMPOWERING LIVES: NAVIGATING PARKINSON’S DISEASE WITH HOPE**  **DIAGNOSIS AND TREATMENTS, c**ontinued from page 39…  While there is no cure for Parkinson’s disease currently, treatments can significantly improve symptoms and give you a better quality of life. According to Dr. Natteru, medications often help manage symptoms by increasing or substituting dopamine. In some cases, surgical procedures such as deep brain stimulation may be recommended to regulate certain regions of the brain and improve symptoms in patients who are not getting the benefit from the medications or are having side effects.  **RISK FACTORS, PREVENTION**  Men are 1.5 times more likely to have Parkinson’s disease than women. Other factors that could increase the risk of developing Parkinson’s disease include:   |  |  | | --- | --- | | AGE | Risk increases with age, typically affecting those around 60 or older. | | HEREDITY | Having a close relative with Parkinson’s slightly increases your risk. | | EXPOSURE TO TOXINS | Ongoing exposure to herbicides and pesticides may slightly increase the risk. |   Although the cause of Parkinson’s is unknown, some research suggests that regular aerobic exercise might reduce the risk. Additionally, consuming caffeine may be associated with a lower risk of developing Parkinson’s, though more research is needed to confirm this.  **MANAGING DISEASE**  Exercise plays a vital role in managing Parkinson’s disease. “Staying active can slow down the neurodegeneration process,” emphasizes Dr. Natteru. “A pilot study from Yale School of Medicine showed that structured high-intensity exercise not only slowed down neurodegeneration but also possibly caused neuroregeneration, meaning the dopamine stores that were being lost were being regenerated.”  Dr. Natteru encourages patients to stay optimistic. “Having a diagnosis of Parkinson’s disease is not a death sentence,” Dr. Natteru shares. “You can change the course of the disease if you want to, and you can do that by staying physically active and exercising, especially now that there is evidence that exercise can be a potential disease-modifying therapy for Parkinson’s disease.”  **WHEN TO SEEK HELP**  For more information on Parkinson’s disease and available treatments, visit Mayo Clinic Health System. |



|  |  |  |
| --- | --- | --- |
| Gratitude clipart free 4 » Clipart Station | Free Thanksgiving Clipart Transparent, Download Free Clip Art, Free Clip Art  on Clipart Library | Gratitude Clip Art - Royalty Free - GoGraph |

Page 40

😊 **FOR YOUR INFORMATION…**

|  |  |
| --- | --- |
| **ELECTION DAY - Tuesday, November 05, 2024** | |
| **EVERY VOTE COUNTS. As a citizen of United States, it is your choice and your responsibility to vote**.  Remember to take a picture ID when you vote.  Your Vote Counts Clipart | Free Images at Clker.com - vector clip art  online, royalty free & public domain  Found this poem/song in the 2018 ------🡪  Creative Forecasting magazine  *by Norma “Tell” Telcocci*  (Sing to the tune ‘Get Me to the Church on Time’  from My Fair Lady) | **GET ME TO THE POLL ON TIME**  I’m gonna vote because it matters.  Push! Pull! My vote is gonna count!  Won’t fret the old age! Will vote my own sage!  Just get me to the poll on time!  We’ve gotta think about our status –  How long we’ve given to each cause.  Don’t want to lose out – We’ve got some age clout!  So get is to the polls on time!  It matters not, if Blue or Red,  And even In-de-pen-dent-ly, They’ve SAID:  Older Americans are Golden,  Without our vote, they might forget –  How we’ve invested (and) How we’ve been tested  So get me to the poll – Yes, get me to the poll,  For Pete’s sake! Get–us–to–the–polls–on–time! |

|  |  |
| --- | --- |
| Unlike Memorial Day, **Veterans’ Day pays tribute to all American veterans – living or dead – but especially gives thanks to living veterans who served their country honorably during war or peacetime.**  http://clipart-library.com/images/kTMREB99c.jpg    According to the Census Bureau, there are more that 21.5 million U.S. veterans. | https://i.pinimg.com/originals/34/dc/a2/34dca2620fa7f40f39a03f50994f8910.jpg  **VETERANS DAY**  *Article by Pegi Schlis, CTRS,ACC,AC-BC from Creative Forecasting Magazine*  Veterans’ Day (formerly known as Armistice Day) is the anniversary of the World War I Armistice (cease-fire agreement) which was signed in the Forest of Compiegne by England, France and the United States with Germany in 1918 “on the 11th hour of **the 11th day in the 11th month**”. This agreement ended World War I after four years of war.  “The war to end all wars” was over. President Woodrow Wilson marked the one-year anniversary of the event by proclaiming November 11 as Armistice Day to honor all who fought and especially to honor those who died in the line of duty.  Congress voted Armistice Day to be a federal holiday in 1938, 20 years after the war ended. In 1953, people in Emporia, KS called the holiday Veterans’ Day in gratitude to veterans in their town. A Kansas congressman introduced a bill to congress renaming the federal holiday to Veterans’ Day. In 1954, after the Korean War, President Dwight D. Eisenhower signed a bill officially changing the name to honor all veterans of all U.S. wars. |

😊Page 41

😊 **FOR YOUR INFORMATION…**

|  |  |
| --- | --- |
| https://clipartion.com/wp-content/uploads/2015/12/happy-thanksgiving-clipart-free.jpg  http://clipart-library.com/data_images/158.png  See the source image  https://101clipart.com/wp-content/uploads/02/Church%20Thanksgiving%20Dinner%20Clipart%2032.jpg | **THANKSGIVING DAY**  **4th Thursday in November, November 28, 2024**  ~ By Pegi Schlis, CTRS, ACC, AC-BC from November 2019 Creative Forecasting Magazine  **FIRST THANKSGIVING DINNER**  The Wampanoag tribe of Native Americans helped the Pilgrims survive the first year in the New World, and they celebrated together in the Autumn of 1621 with a holiday feast. Information about the first Thanksgiving comes from a letter written in December 1621 by Edward Winslow. He was one of the people who sailed from England in 1620 that founded Plymouth Colony in Massachusetts. According to Winslow, it was considered a harvest celebration and took place over three days sometime between late-September and mid-November in 1621. The celebration included feasting, games, and military exercises. They ate wild turkey, venison (Native Americans brought this), fish, and shellfish and native wild plants including Jerusalem artichokes, garlic, cranberries, grapes, walnuts, and chestnuts. They also ate food from their gardens including cabbage, carrots, cucumbers, leeks, parsnip, and pumpkins.  **HISTORY**  The first national Thanksgiving proclamation was issued by President George Washington in 1789. November 26, 1789, was a day set aside for “Public Thanksgiving and praise, and duty calling us devoutly to express our grateful acknowledgments to God for the manifold blessings he has granted us.”  Thanksgiving, as we know it, is largely the result of the hard-working efforts of Godey’s Lady’s Book editor, Sarah Josepha Hale. Hale started her one-woman crusade for a Thanksgiving celebration in 1827. In her editorials, she encouraged the public to write to their local politicians. Over a period of 40 years, she wrote hundreds of letters to governors, ministers, newspaper editors, and each President. She always made the same request that the last Thursday in November be set aside to “offer to God our tribute of joy and gratitude for the blessings of the year”. In an attempt to strengthen spirits during the Civil War in 1863, President Lincoln declared the last Thursday in November as a National Day of Thanksgiving starting in 1864.  In 1939, 1940, and 1941, President Franklin D. Roosevelt thought the day was too close to Christmas (some sources say he wanted to lengthen the Christmas shopping season) so he proclaimed Thanksgiving as the third Thursday in November. In 1941, Congress passed a joint resolution for Thanksgiving to be celebrated on the fourth Thursday in November, starting in 1942. |

|  |  |
| --- | --- |
| **PUMPKIN TRIVIA**  ~ By Pegi Schlis, CTRS, ACC, AC-BC from November 2019 Creative Forecasting Magazine  -Pumpkins were on the menu at the first Thanksgiving as stewed pumpkin.  -Pumpkins have been grown in North America for more than five thousand years.  They are native to Central America and Mexico.  -Pumpkins are grown on 6 of the 7 continents, with Antarctica being the sole exception.  -Pumpkins are a fruit and a member of the squash family which includes  cucumbers, honeydew melons, cantaloupe, watermelons, and zucchini.  -Pumpkins are 90% water.  -The largest pumpkin ever grown was 2,323.7 pounds (that we know of).  -The largest pumpkin pie weighed 3,699 pounds and was 20 feet in diameter.  -Native Americans fed pumpkins to their horses.  -Pumpkins were once recommended as a cure for freckles and used as a  remedy for snake bites. Eating the seeds was thought to help men avoid  prostate cancer. | https://clipartion.com/wp-content/uploads/2015/12/images-pumpkin-patch-clipart-page-3.jpg |

Page 42

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 😊   |  |  |  | | --- | --- | --- | | [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 staff questions 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**

|  |  |
| --- | --- |
| **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**

|  |  |  |
| --- | --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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. |

|  |  |
| --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **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.  The names of people who have donated and items they donated should be reported to staff. | Please DO NOT DROP OFF DONATIONS OUTSIDE THE DOOR(S) of the senior center. |

😊Page 44