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| 😊   |  |  | | --- | --- | | [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPT.**  608-374-7476 Fax: 608-374-7462 [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov)  *Like us on Facebook – Tomah Senior Center* |  |  |  |  | | --- | --- | --- | | **MARCH 2025 NEWSLETTER** | | | | See the source image | See the source image | See the source image |  |  |  | | --- | --- | | **Kupper-Ratsch Senior Center** | | | A sign on the front of a building  AI-generated content may be incorrect.  Front entry on Superior Avenue | A building with a patio and tables  AI-generated content may be incorrect.Back 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 |

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

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| Smiley Clipart | Free Download Clip Art | Free Clip Art | on ... - ClipArt  Best - ClipArt Best | **WELCOME TO THE KUPPER-RATSCH SENIOR CENTER**  Are you looking for a place to meet people and/or 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. |

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| **NEWSLETTER INDEX** | | | | | |
| Page |  | | | Page |  |
| 01 | Cover | | | 23 | **CALENDAR** |
| 02 | Welcome-Newsletter Index | | | 24 | Senior & Disabled Services Report –Goal(s) 7 |
| 03 | Senior & Disabled Services Report -Editor | | | 25 | Senior & Disabled Services Report –Goal(s) 7 |
| 04 | Senior & Disabled Services Report –Stats | | | 26 | Senior & Disabled Services Report –Goal(s) 7 |
| 05 | | Senior & Disabled Services Report –Goal(s) 1 | | 27 | Senior & Disabled Services Report–Goal(s) 7 |
| 06 | | Senior & Disabled Services Report –Goal(s) 1 | | 28 | Senior & Disabled Services Report –Goal(s)8-9 |
| 07 | | Senior & Disabled Services Report –Goal(s) 1 | | 29 | Senior & Disabled Services Report–Goal(s) 9 |
| 08 | | Senior & Disabled Services Report –Goal(s) 1 | | 30 | Community Activities |
| 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 | For Your Information |
| 13 | | Senior & Disabled Services Report –Goal(s) 2 | | 35 | For Your Information |
| 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) 5 | | 41 | Senior & Disabled Services Dept. Information |
| 20 | | Senior & Disabled Services Report –Goal(s) 6 | | 42 | Senior & Disabled Services Dept. Information |
| 21 | | Senior & Disabled Services Report –Goal(s) 6 | | 43 | Senior & Disabled Services Code Of Conduct |
| 22 | | **CALENDAR** | | 44 | Senior & Disabled Services Dept. Information |
| **Newsletter INSERTS** | | | -Insert: Photo Album pages.  -Insert: ADRC of Monroe County Senior Dining Sites Menu & Nutrition Handout.  -Insert: Medicare Minutes  -Insert: Tax Assist at Kupper-Ratsch Senior Senter; and Tax Assist at Barney Center.  -Insert: A Lawsuit Threatens the Disability Protections. | | |

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| Free Pain Clip Art with No Background , Page 7 - ClipartKey | **BRAIN DRAIN DISCOVERED**  AARP Bulletin July/August 2020  **Social isolation** in the never-changing landscape of Antarctic led to a 7 percent shrinkage in the hippocampus region of the brains of a research crew, a study published by the New England Journal of Medicine found.  The study took place before COVID-19. Researchers suggested the findings might apply to future voyagers on long space treks. The shrinkage appears to be reversible once an isolated person is exposed  to a variety of scenery and experiences. |

Page 02

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

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

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| **LIFE INSTRUCTION**  “Do all the good you can,  By all the means you can,  In all the ways you can,  In all the places you can,  At all the times you can,  To all the people you can,  As long as you ever can.  *~John Wesley* | **MARCH**  **2025**    **“Hello”**  **from Pam** | | Buchda new director | “Do battle against prejudice and discrimination whenever you  find it.”  *~Author Unknown* | | **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* |
| “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* | | “Here at the Senior Center,  we are all about making friends, being friends, keeping friends and spending time with friends.”  *~Pam Buchda* | | | ‘Happiness is not a destination.  It is a method of life.”  *~Burton Hills*  “Laugh Often~ Live Well~ Love Much”  *~Author Unknown*  Everyday… What are 3 things you are grateful for? | |

Hello Everyone,

Oh, my goodness, it is already March! Didn’t the year just begin? **DAYLIGHT SAVINGS TIME** is on Sunday, March 9. “Spring Forward” 1 hour at 2:00am. Also, a reminder to change the batteries in clocks and safety devices – smoke detectors, flashlights, etc.

**CHANGES IN SCHEDULE**:

The **VA Caregiver Support Group** was meeting on the 1st & 2nd Mondays at 1:00pm, starting in March, the group will be meeting on the 2nd & 4th Mondays at 1:00pm.

**Conditioning with Chad** on Thursday mornings has been discontinued due to Chad’s job responsibilities. Thank You Chad – your sessions were enjoyed!

**Better Hearing** moved from 3rd Thursdays to 3rd Wednesdays starting in March.

**REMINDERS**: NEW ACTIVITY: In March, **Chair Yoga** is on Tuesdays & Thursdays at 9:00am.

SEASONAL ACTIVITY: **Tax Assist** is on Thursdays by appointment. Contact staff to reserve a time.

EDUCATIONAL:

-**Take The Mystery Out Of Medicare** by Alice Ackerman, Elder Benefit Specialist of ADRC of

Monroe County on Tuesday, March 11 at 4:30pm to 6:00pm here at the senior center. Free.

-**Brighter Tomorrows** talk by Jan Bruder on Thursday, March 13 from 11:00 to 11:30am.

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| The **articles I selected to share with you** for this month in the newsletter are… *Is Greenlight the New Great Pain Reliever?; Why Your Voice Changes As You Age; Measles Cases Increasing In U.S.; and Learn How to Avoid Romance Scams.*  I am **also sharing information** as newsletter inserts… *Photo Album Pages;* *ADRC of Monroe County Senior Dining Sites Menu & Nutrition Handout; Medicare Minutes; 2025 AARP Tax Preparation at Barney Center; & 2025 Tax Preparation at Kupper-Ratsch Senior Center; Article: A Lawsuit Threatens the Disability Protections;* |

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| **CANDIDATE FORUM** | | |
| **Check out the candidates to vote for in April Elections!** | **DATE: Tuesday, March 11th**  **TIME:** 6:00 City Alderperson Candidates  7:00 TASD School Board Candidates  **PLACE:** Cranberry Country Lodge | **ORGANIZED BY**: Rotary Club of Tomah & Tomah Chamber & Visitor Bureau |

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| **‘SAIL ON’ CONCERT** | | |
| **Have Fun, Fun, Fun with this great Beach Boys Tribute!** | **DATE:** Monday, March 24, 2025  **TIME:** 7:30pm  **COST:** Yearly Membership or $25 at door  **PLACE:** Tomah High School Auditorium | Tomah Concert Association |

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| Reports Stat Stock Illustrations – 34 Reports Stat Stock Illustrations,  Vectors & Clipart - Dreamstime | **KUPPER-RATSCH SENIOR CENTER ATTENDANCE**  ***NOTES****: Did Not Take Daily Attendance Before COVID.**Senior Center closed due to COVID from March 17, 2020 to June 15, 2020 (3 months). Meal Site closed due to COVID from March 17, 2020 to July 26, 2021 (1 1/3 years).**They**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**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,795+  1,487+  1,387+  856+  407  ---  Did not | 202+  206+  187+  93+  21+  ---  take | 24-01 Sun.,14 Eve.& 01 Sat.  25-01 Sun.,04 Eve.& 01 Sat.  23-01 Sun.,04 Eve.& 01 Sat  24-01 Sun.,01 Eve.& 02 Sat.  20–00 Sun.,02 Eve.& 01 Sat.  Masks Required  25-01 Sun.,02 Eve.& 01 Sat.  attendance before COVID |  | **July**  **2025**  **2024**  **2023**  **2022**  **2021**  *07-26-21*  **2020** | 1,620+  1,741+  1,215+  1,078+  *MealSite*  586+ | 175+  203+  161+  71+  *Reopen*  69+ | xx-xx Sun., xx Eve.& xx Sat.  20-01 Sun.,08 Eve.& 01 Sat.  24–03 Sun.,01 Eve.& 01 Sat.  21–01 Sun.,05 Eve.& 00 Sat.  21–01 Sun.,05 Eve.& 01 Sat.  Masks Optional  24-01 Sun.,02 Eve.& 01 Sat.  Open with Precautions | | **February**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,847+  1,626+  1,039+  383+  ---  Did not | 271+  207+  111+  20+  ---  take | 24-02 Sun.,17 Eve.& 02 Sat.  27-04 Sun.,10 Eve.& 02 Sat.  21-01 Sun.,02 Eve.& 01 Sat.  19-00 Sun.,02 Eve.& 00 Sat.  20-00 Sun.,01 Eve.& 01 Sat.  Masks Required  22-01 Sun.,01 Eve.& 01 Sat.  Attendance before COVID |  | **August**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,738+  2,201+  1,486+  1,253+  620+ | 190+  239+  202+  139+  74+ | xx-xx Sun., xx Eve.& xx Sat.  26-02 Sun.,09 Eve.& 02 Sat.  28–03 Sun.,02 Eve.& 02 Sat.  25-01 Sun.,04 Eve.& 01 Sat.  24-01 Sun.,04 Eve.& 01 Sat.  24–01 Sun.,02 Eve.& 02 Sat. Open with Precautions | | **March**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,902+  2,349+  1,390+  617+  --- | 241+  263+  138+  37+  --- | xx-xx Sun., xx Eve.& xx Sat.  25–02 Sun.,14 Eve.& 02 Sat.  26-01 Sun.,06 Eve.& 02 Sat.  24-01 Sun.,05 Eve.& 00 Sat.  23-00 Sun. 01 Eve.& 01 Sat.  Masks Required  16–00 Sun.,00 Eve.& 00 Sat.  17th Closed d/t COVID |  | **September**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,524+  1,927+  1,332+  1,134+  595+ | 166+  208+  170+  112+  59+ | xx-xx Sun., xx Eve.& xx Sat.  22–01 Sun.,05 Eve.& 01 Sat.  24-03 Sun.,06 Eve.& 01 Sat.  22-01 Sun.,06 Eve.& 01 Sat.  23-01 Sun.,08 Eve.& 01 Sat.  23-01 Sun.,03 Eve.& 01 Sat. Open with Precautions | | **April**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,872+  1,870+  1,340+  689+  --- | 255+  232+  138+  43+  --- | xx-xx Sun., xx Eve.& xx Sat.  26-03 Sun.,08 Eve.& 01 Sat.  26-01 Sun.,06 Eve.& 02 Sat.  21½-1 Sun,09 Eve.& 00 Sat.  21–00 Sun.,01 Eve.& 01 Sat.  Masks Required  00-00 Sun., 00 Eve.& 00 Sat.  Closed d/t COVID |  | **October**  **2025**  **2024**  includes  **2023**  **2022**  **2021**  **2020** | 2,670+  Hallowe  2,370+ 1,736+  1,410+  602+ | 270+  enParty  282+  244+  142+  71+ | xx-xx Sun., xx Eve.& xx Sat.  27–3 Sun,12-23 Eve.& 1 Sat.  *Start include LIFE in evening.*  26-03 Sun,11 Eve.& 01 Sat.  21- 1 Sun.,07 Eve.& 01 Sat.  24 -2 Sun.,08 Eve.& 01 Sat.  25 –1 Sun.,03 Eve.& 02 Sat. Open with Precautions | | **May**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,758+  1,898+  1,426+  657+  --- | 246+  247+  128+  37+  --- | xx-xx Sun., xx Eve.& xx Sat.  24-01 Sun.,03 Eve.& 01 Sat.  24-01 Sun.,04 Eve.& 01 Sat.  22-01 Sun.,07 Eve.& 00 Sat.  20-00 Sun.,03 Eve.& 01 Sat.  Masks Required  00-00 Sun.,00 Eve.& 00 Sat.  Closed d/t COVID |  | **November**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,785+  1,862+  1,322+  1,101+  510+ | 226+  236+  228+  122+  76+ | xx-xx Sun., xx Eve.& xx Sat  24-03 Sun.,13 Eve.& 02 Sat.  25–03 Sun.,07 Eve.& 02 Sat.  21-01 Sun.,05 Eve.& 01 Sat.  20-01 sun.,05 Eve.& 01 Sat.  20-00 Sun.,01 Eve.& 01 Sat. Open with Precautions | | **June**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,588+  1,795+  1,461+  965+  270+ | 212+  224+  162+  44+  26+ | xx-xx Sun., xx Eve.& xx Sat.  23-01 Sun.,04 Eve.& 02 Sat.  25-01 Sun.,01 Eve.& 02 Sat.  23-01 Sun.,06 Eve.& 00 Sat.  22-01 Sun.,06 Eve.& 01 Sat.  Masks Required  14-01 Sun.,02 Eve.& 00 Sat.  15th Reopened w/Precautions |  | **December**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,574+  1,644+  1,230+  1,006+  452+ | 230+  242+  219+  88+  48+ | xx-xx Sun., xx Eve.& xx Sat.  21-00 Sun.,10 Eve.& 01 Sat.  21–01 Sun.,03 Eve.& 01 Sat.  21-00 Sun.,06 Eve.& 01 Sat.  22–01 Sun.,05 Eve.& 01 Sat.  22-00 Sun.,01 Eve.& 01 Sat.  Open with Precautions | |  |  |  | *Newsletter is done before end of month.* |  | **TOTAL**  **2025**  **2024**  **2023**  **2022**  **2021**  ***2020*** | **21,365+**  **22,670+**  **15,833+**  **10,700+**  ***3,635****+* | **2,688+**  **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, above the numbers recorded, additional people have used our services.* | |

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

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

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

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

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

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

**GAMES:**

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

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

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

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

**GAMES, continued**:

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

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

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

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

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

**FOR YOUR INFORMATION…**

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| O1: World Compliment Day  **A close-up of a stamp  Description automatically generated** | 01: Ramadan  Happy Muslim Family Ramadan Kareem Iftar Party Celebration Royalty Free  SVG, Cliparts, Vectors, And Stock Illustration. Image 100477773. | 02: 1904: Theador ‘Dr. Suess’ Geisel  Read Across America” Day! · Patten Free Library | 03: Worldwide Wildlife Day  Wildlife Calendar: Over 12,994 Royalty-Free Licensable Stock Illustrations  & Drawings | Shutterstock | 04: Mardi /Fat or Shrove Tuesday  Shrove Tuesday transparent background PNG cliparts free download | HiClipart |
| 05: Ash Wednesday – Lent Begins  Ash Wednesday clipart, photos and royalty-free images ... | 07: 1933: Monopoly Game  *C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\271925D4.tmp* | 07: World Day of Prayer  [World Day of Prayer](http://en.wikipedia.org/wiki/World_Day_of_Prayer) | 08: Int’l Women’s Day  See the source image | 09: Daylight Savings Time  See the source image |

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

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

**CREATIVE GROUPS**

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| **BASKET WEAVING CLASS** | | |
| ***A close-up of hands holding a circular object  AI-generated content may be incorrect.*** | **DATE:** 3rd Monday  **TIME:** 10:30am to 3:30pm  **COST:** $ for supplies–ask Pam, Paulette 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 |

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| A basket on a table  AI-generated content may be incorrect. | A person painting a dog  AI-generated content may be incorrect. |
| BASKET WEAVING CLASS on March 17, 2025 March basket $6  Must pre-register with senior center staff – limited class size. | Richard McNeil  Painting Ceramics with  volunteer instructor Siegrun Horst  January & February 2025 |

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| **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 --- **March 25;**  *April 22; May 27; & June 24.*  **TIME:** 1:30pm – 3:00pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **TOPIC & SPEAKER(S):** Genealogy | **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 |

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

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

**CREATIVE GROUPS**

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| **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 imageEmbroidery Clipart Images | Free Download | PNG Transparent ...  **People who crochet. embroider & knit are also welcome**. |

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| **SEWING DIVAS QUILTING GROUP** | | |
| See the source image  **People who sew & quilt are welcome.** | **DATE:** 2nd & 4th Wednesdays **(starting in January)**  **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 imageEmbroidery Clipart Images | Free Download | PNG Transparent ...  **People who crochet. embroider & knit are also welcome**. |

**BOOKINGS:**

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

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| **AMERICAN ASSOCIATION OF UNIVERSITY WOMEN-Tomah Branch** | | |
| American Association of University Women (AAUW) Community Action Grants  2021 | Opportunity Desk | **DATE:** 4th Tuesday, except Dec. & March  Does not meet in June-July-August.  **TIME:** 5:30pm to 8:00pm  **PLACE:** Kupper-Ratsch Senior Center  **CONTACT**: Pam Buchda, President | [AAUWTomah@gmail.com](mailto:AAUWTomah@gmail.com)  **VOLUNTEERS:** People from the group |

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

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| **TOMAH CONCERT ASSOCIATION** | | |
| Tomah Concert Association | **DATE:** As Scheduled – **Monday, March 3**  **TIME: 2:00pm** ~~(or as scheduled)~~  **PLACE:** Kupper-Ratsch Senior Center  ~~or Tomah High School Band room~~ | **CONTACT:**  Audrey 608-372-0859  Or  Bonnie 608-823-7133 |

😊Page 08

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

**MUSIC PROGRAMS:**

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

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| Image preview | **BLAINE HACKETT**  **DATE:** Friday, March 07, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Volunteers their Time & Talents | See the source image  ***“Eclectic set list – Celtic, country, & music from Beatles to Ed Sheeran”*** |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| See the source image  ***“Eclectic set list – Celtic, country, & music from Beatles to Ed Sheeran”*** | **SINGIN ‘N’ SWINGIN BAND**  **DATE:** Friday, March14, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** x | Singin - n - Swingin - Ballroom Dance Music Band - Readstown, WI |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| To be booked | **x**  **DATE:** Friday, March 21, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** x | See the source image  ***“x”*** |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| See the source image  ***“x”*** | **x**  **DATE:** Friday, March 28, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** x | To be booked |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| A group of men playing guitar  AI-generated content may be incorrect. | **BLAINE MEYER & GARY FELBER**  **DATE:** Friday, April 04, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Volunteers their Time & Talents | See the source image  ***“Classic & current country and good old-fashioned sing-a-longs”*** |

😊Page 09

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued | |
| **DO YOU HAVE AN INTEREST**  **& WOULD LIKE TO SEE A GROUP STARTED** | | **SENIOR & DISABLED SERVICES DEPT.**  **POSSIBLE PROGRAMS** |
| This is your Senior Center… What would you like? We are open to ideas & interests.  If you have **suggestions or a particular interest** you would like to see happen, please share  it with Pam at the senior center or at [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) or 608-374-7476.  Clip Boards for sign-up of these activities listed on this page are in Pam’s office. | | |

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

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

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

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

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| Knitting Cliparts, Stock Vector and Royalty Free Knitting ... | **KNITTING GROUP**  **DATE:** Wednesdays or Fridays  **TIME:** 1:00pm or 1:45pmor ?  **PLACE:** Kupper Ratsch Senior Center | **You are welcome to join us!**  **COST:** Free, however you  provide your own supplies |

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| **MAHJONG** | | |
| https://static.vecteezy.com/system/resources/previews/000/104/079/original/free-mahjong-vectors.jpg | **DATE:** Wednesdays  **TIME:** 1:00pm  **PLACE:** Kupper-Ratsch Senior Center | **COST:** FREE  **VOLUNTEERS:**  People from the group |

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

😊Page 10

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

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

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

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

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

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| **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. |

**HEALTH PROGRAMS**

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

😊Page 11

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

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

**EDUCATIONAL, HEALTH PROGRAMS, & SUPPORT PROGRAMS:**

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

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| **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. |

**EXERCISE PROGRAMS:**

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

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

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| **CHAIR YOGA** | | |
| See the source image | **DATE:** Tuesdays & Thursdays  **TIME:** 9:00am to 10:00am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** Trudi B. & Enid M.  &People in group | Vector illustration of man or woman sitting on a chair in yoga poses. Relaxing and stretching schematic image. Flat vector illustration in gentle palette. |

**FOR YOUR INFORMATION…**

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| 09: 1959 Barbie Doll  13: 1961 Ken Doll  See the source image | 10: Harriet Tubman Day A picture containing diagram  Description automatically generated | 11: Nat’l Johnny Appleseed Day  Clip Art Of Johnny Appleseed - ClipArt Best | 12: 1912: Nat’l Girl Scout Day  NATIONAL GIRL SCOUT DAY – March 12 | 13: Jewish: Purim  [Image result for free clip art - purim](https://www.bing.com/images/search?view=detailV2&ccid=OOjCaNJu&id=EA10982B44AC4F541FB2104895BA8E8C6E8F0E97&thid=OIP.OOjCaNJucUOjgpm_tzsnLwHaF9&mediaurl=https://thumb9.shutterstock.com/display_pic_with_logo/87512/243209872/stock-vector-jewish-holiday-icons-for-purim-balloons-megillah-with-the-hebrew-text-megilat-esther-the-name-243209872.jpg&exph=362&expw=450&q=free+clip+art+-+purim&simid=608053340618032685&selectedIndex=113) |
| 14: Hindu: Holi Festival  See the source image | 14: 1879: Albert Einstein Pi Day/Mathematics Day  **A picture containing text, clipart  Description automatically generated** | 15: Nat’l Quilting Day**C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\89E30F1B.tmp** | 17: ST. PATRICK’S Day  See the source image | 19: Nat’l Let’s Laugh Day  Clip Art Laughing Clown Clipart Kid - People Laughing Clipart – Stunning  free transparent png clipart images free download |

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

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| **Free TAX ASSISTANCE AVAILABLE**  **Senior & Disables Services Department** | | |
| **By Appointment only**  Call 608-347-7476  9:00am-4:00pm Monday thru Friday | **DATE: Thursdays in**  **February & March**  **APPOINTMENT TIMES**: 11am,12:30 &  2:00pm  **PLACE:** Kupper-Ratsch Senior Center | [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) |

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| **TAKE THE MYSTERY OUT OF MEDICARE** | | |
| A cartoon of a person holding a magnifying glass  AI-generated content may be incorrect. | **DATE: Tuesday, March 11, 2025**  **TIME: 4:30pm to 6:00pm**  **PLACE:** Kupper-Ratsch Senior Center  1002 Superior Ave., Tomah  **COST:** FREE  **RESERVATION**: See contact info. 🡪 | **CONTACT:**  Alice Ackerman,  Elder Benefit Specialist  ADRC of Monroe County  608-269-8693  Alice.Ackerman@  co.monroe.wi.us |
| **Turning 65 soon? Have Questions about what the different parts of Medicare are and what each one provides? Already on Medicare and have questions about specific coverage issues.**  Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center (ADRC) will be giving a presentation on the different sections of Medicare – Parts A, B, C & D.  It will include what each part covers as well as what deductibles and copays may apply.  Other topics discussed will include the difference between public and private Medicare options to cover the 20% that Medicare doesn’t cover as well as any new features for 2025. | | |

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| **International Women’s Day** **March 8** is a global day celebrating the historical, cultural, and political achievements of women.  The day also is a day of action in support of taking action against gender inequality around the world. | **WOMEN…**  -Women are the largest  untapped reservoir of talent  in the world.  -Don’t stop doing a right  action out of an inner fear.  -A woman is the full circle.  Within her is the power to  create, nurture & transform. | Image result for International Womens Day |
| **CELEBRATE INTERNATIONAL WOMEN’S DAY**  **“Where there is a woman, there is magic.”** | See the source image | **“Here’s to strong women…**  **May we know them,**  **May we be them,**  **May we raise them.”** |
| See the source image | **Women’s Affirmation**  **I know my worth. I know what a wonderful person I am.**  **I know how to be strong when I have to be. I know these things because I am a woman.** | **CELEBRATE INTERNATIONAL**  **WOMEN’S DAY**  **“May all women be free to dream, express, create, and live their deepest heart’s desire.”**  ~Amethyst Wyldfyre |

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

**VISITING OFFICE HOURS:**

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

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| **VISITING WITH OFFICER AUDRA GOMEZ, Community Service Officer** | | |
| Officer Gomez wearing her patrol uniform | **DATE: 2nd Tuesdays, as able**  **TIME:** 12:30 – 1:00pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | |  |  | | --- | --- | | Police Department Logo | **Tomah Police Dept.**  **‘Serving the Community’** | |

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

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

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| **BETTER HEARING** | | |
| A person in a tie sitting in a kitchen  AI-generated content may be incorrect. | **DATE: 3rd WEDNESDAY (starting in March)**  (used to be 3rd Thursday)  **TIME:** 9-11am or make appointment  **COST**: Set by/with Better Hearing  **PLACE:** Kupper-RatschSenior Center  **CONTACT:** Tom Vierling at 608-781-6881 or 1-800-526-3298 | **See the source image** |

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

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| **03** | **DISABLED/SPECIAL NEEDS SERVICES**  **GOAL(S):**  A. MEDICAL EQUIPMENT NEEDS: To continue the Loan Closet free service.  B. GENERAL NEEDS: To continue 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 the Healthy Brain Coalition of  Monroe County. |

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

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

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

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

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

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

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| **03** | **DISABLED/SPECIAL NEEDS SERVICES,** continued… | | | |
| **SPECIAL NEEDS ADVISORY GROUP** | | | | |
| Club Meeting Clipart Free | | | Committee formed in last quarter of 2018. *They* ***Voluntee****r their time for us.*  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.  **Meets 1st Wed. at 5:30pm** (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 caregivers*  *opportunities for support, education, and networking.*  ALWAYS LOOKING FOR PEOPLE INTERESTED IN OUR MISSION TO JOIN US. | | | | |
| **CURRENT ACTIVE MEMBERS**  Patty Ambort, Parent/Caregiver  Ashley Gerke, Handishop Industries Program Manager  CHAIRPERSON.  Lauri Shumway, Parent/Caregiver, SECRETARY  Stephanie Squires, Handishop Industries Director of  Programming. VICE-CHAIR.  Renee Stroh, Parent/Caregiver/Retired Educator, | | | | PAST MEMBERS  *Krista Deede, Pastor United Methodist Church*  *Chrissy Fries, Handishop*  *Francis (Trey) Hewuse, Family Caregiver/AHF Group Home/*  *Former Special Education Teacher*  *Scott Mann, Parent/Caregiver/Pastor of Gloria Dei Church*  *Rick Murray, Parent/Caregiver*  *Mary Watkins, Parent/Caregiver/Retired Special Needs Educator* |

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| See the source image | **SUNDAY-FUNDAY**  Meets 1x monthly for special needs people & their parents/guardians. | |
| **DATE:** Sunday, March 16, 2025 **TIME: 2:00 to 4:00pm**  **COST:** FREE **PLACE:** Kuper-Ratsch Senior Center   |  | | --- | | **PURPOSE**: *Special needs persons for socialization and fun…*  **ACTIVITY:** Enjoying time with others… **& Games** |   and   |  | | --- | | **PURPOSE**: *Parents/Caregivers are invited to join us in visiting, support, networking, education, sharing of ideas, experiences, and resources.*  **TOPICS**: Enjoying time with others…sharing experiences & resources. |   *NOTE:* ***MUST RSVP TO PAM*** *at Senior Center* ***by Wednesday before***  ***event*** *- 608-374-7476 or pbuchda@tomahwi.gov* | | **2025 DATES:**   |  |  | | --- | --- | | January 19 | July 20 | | February 16 | August 17 | | March 16 | Sept. | | April 13 | October | | May 18 1-3 | Nov. | | June 22 | Dec.--- |   *September thru December dates to be determined after Packer schedule is out.* |

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

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

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

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| [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 |

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

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

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| **04** | **VOLUNTEER PROGRAM**  **GOAL(S):**  To maintain and build the volunteer program according to the needs of the department. |

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

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

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

*~Dick Gregory*

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

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

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| Knitting Cliparts, Stock Vector and Royalty Free Knitting ... | **KNITTING GROUP**  **Volunteer Instructor**  **DATE:** ?  **TIME:** mornings or afternoons ?  **PLACE:** Kupper Ratsch Senior Center  **INSTRUCTOR**: ? | **COST:** Free,  however you provide your own supplies |

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| Tatting Shuttle High Res Stock Images | Shutterstock | **TATTING GROUP**  **Volunteer Instructor**  **DATE:** ?  **TIME:** mornings or afternoons ?  **PLACE:** Kupper Ratsch Senior Center  **INSTRUCTOR**: ? | **COST:** Free,  however you provide your own supplies |

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

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

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| **04** | **VOLUNTEER PROGRAM,** continued… | | |
| C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3CC48A6B.tmp | | **VOLUNTEER OPPORTUNITIES**  **You are needed** | Free Volunteer Clip Art Pictures - Clipartix |

***“Remember that the happiest people are not those getting more, but those giving more.”***

*~H. Jackson Brown Jr*

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

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

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

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

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

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

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| **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. |

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| See the source image | **VOLUNTEERS** since last newsletter *(was put together)***:**  June Abbott; John & Rose & Libby Berry; Pat Block; Sandi Bloom; Duane & Paulette Bolton; Mary Boettcher; Chad Dobson; John Dostal; Richard Gegenfurtner; Sue Gottbeheat; Rod Hanes; Alyson Hefner; Marvin Henricks; Tammy Hewuse; Siegrun Horst; Doris Kelley; Gary Moe; Jill Montgomery; Sue O’Neil; Marvin Parker; Al Pasch; Anna Mae Rudolph; Doug Semrau; Lauri Shumway, Cassie Skogan.  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 |

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

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

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

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| **NEWSLETTER SUBMISSION DEADLINE** | |
| 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 (pbuchda@tomahwi.gov), by the 15th of this month for next month’s newsletter. |

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

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

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| **COMMUNITY INVOLVEMENT**  -*Ongoing*: Maintain existing and building new relationships, contacts, involvements and  partnerships with community organizations and businesses.  -*Yearly:* Senior Center involvement in community events such as Freeze Fest.  -*Yearly*: We have a senior center booth at the Healthy Aging Expo in Tomah.  -*Yearly:*  Organizing the free Tomah Area Annual Community Halloween Party (1990).  -*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).  Serving as 2024-2025 Tomah Branch President and serving on 2025 AAUW State Convention Committee.  *-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.22)  -*Ongoing*: Director is serving on TAMS (Montessori School) Governance Board (May 2023).  -*Ongoing:* Director is serving on Tomah Concert Association Board (March 2024). |

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

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| **06** | **BUILDINGS/MAINTENANCE**  **GOAL(S):**  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 senior center budget).  C. To entertain possibilities and work with the Senior Executive Team and City Council  toward the future plans of the second floor of the senior center buildings. |

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

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| -**107 E. Milwaukee Street** – **Tomah Housing Authority Office:** Rental continues to present.  New furnace 2019.  -**109 E. Milwaukee Street - Apartment** above Housing office: Rental Nov. 4, 2021, to present.  Deep clean & repainted- 2021.  -**1000 Superior Avenue** - **Jensen Tax & Accounting:** Rental June 15, 2023, to present.  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. 11-2024 Thermostat replaced in upstairs center heating zone, & Venter motor replaced in dance room heating zone. 12-2024-01-2025 Volunteers painted walls in main rooms on 2nd floor.  -**Kitchen/Prep area – ADRC Meal Site**: Rental continues to present.  -**4 Offices on 2nd floor–VAMC AFGE Local 0007 Union:** Rented Oct.1, 2019 to present.  Locks added to the 4 doors-2019.   |  |  | | --- | --- | | **1st Floor**: -**Senior Center** changed locks front & back  doors – 2018.  -**Main/Dining room** (in use most of the time) –  Coat hooks added 2019; New chairs with 3-inch padding-2019.  Added 8 bookshelves in 2023. WiFi Booster added 03-27-2024.  **-Activity room** (in use most of the time).  Chair rack 2018.  -**Library**/hall/food assembly area.  **-Kitchenette** – renovation in 2020.  -**Loan Closet** room- renovation 2019.  -**Giving Closet** – started 2019.  -**Storage/Laundry** room–Renovation 2019 & 2020.  -**Workroom/storage/loan closet overflow**  Loan Closet renovation opened blocked door-2019  New locking screen door 02-2024.  -2 **Bathrooms** with toilets replaced in 2023.  **OUTSIDE in Back (‘Courtyard’/Sitting area):**  -New metal cigarette receptacle in back 2018.  -Garbage corral built 2019.  -1st Bench from Rotary moved from front to back when new one  in Front-2020.  -Shed built 08-2020.  -Picnic Table with Umbrella. 2020.  -5-7 Raised Garden Beds 08-2024. | **-Basement** - Accessible by stairs.  -**2nd floor** - Accessible by stairs.  -**Conference room at top of stairs** -meetings are  held in this room with tables & comfortable chairs.  (could see for a future movie/TV room).  -**“Break-out” room** for smaller groups or games.  -**Big Front Room-**Line dancing upstairs since 04-  2024  -**Storage closet (**for building supplies).  -**Storage room** (for our dept.) & access to roof.  -**Room for Family Promise** storage.  -2 **Special Needs Prom Dress** rooms.  -**Room for Loan Closet** storage.  -**Corner Big Front room**  Currently used as loan closet over-flow storage.  (could see as a future game *pool table & dart game).*  -2 **Bathrooms** with toilets replaced in 2022.  **OUTSIDE in Front:**  -Added bench donated by Rotary Club of Tomah-2020.  -Added 2 flower planters both sides of front bench-2020. | |

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

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

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

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

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| **UPSTAIRS MEETING ROOMS & SITTING ROOM at the senior center** |
| |  |  |  | | --- | --- | --- | | Long room with a table and chairs  AI-generated content may be incorrect. 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  AI-generated content may be incorrect.Line dance room above the office | | We have a meeting room, a ‘break-out meeting room’, and a ‘dance’ room upstairs.  However, the upstairs is only accessible by the stairs, so that limits the use of the rooms. | | | |

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

😊Page 21

***Pages 22 & 23 are the calendar. They are in a separate ‘Newsletter Calander’ email file***

***from this ‘Newsletter Email’ file.***

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

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

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| -*Ongoing*: Worked on monthly bills/invoices & keeping track of income/expenses & the budgets.  -*Ongoing*: Planning possible future capital budget projects.  -*Ongoing*: Donations of Bingo Bash Items for senior center and organization of them (these donations  save money on operating expenses). |

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| Throughout the year, we receive sponsorships and donations from individuals, organizations, and businesses. We are very Grateful!!! It all makes a difference. Thank You!!! |

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

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

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

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| A display case with jewelry on it  AI-generated content may be incorrect. | **SHOWCASE ITEMS**  We have items for purchase in the large showcase by the piano in our main room. IE: craft items, jewelry, etc.  **Shop for yourself or for a gift.**  ***We accept donations of items*** *for showcase.*  **Volunteer needs:** Donating/Making craft items, jewelry. Etc. for showcase sales. |

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| C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\453F8225.tmp | **GREETING CARDS**  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.  ***We accept donations of greeting cards*** *to supply this fundraiser.* |

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| A framed picture of a beach  AI-generated content may be incorrect. | **PUZZLES**  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.* |

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| *A light bulb with a black text  AI-generated content may be incorrect.* | **LIGHTBULBS**  We have packs of 4 LED (60 watt equivalent) Lightbulbs for sale for $3. That’s a good price. |

**CELEBRATE INTERNATIONAL WOMEN’S DAY**

“Thank those who make a difference.””

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| 😊   |  |  |  | | --- | --- | --- | | [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |  |  |  | | --- | --- | | **07. INCOME/BUDGET/DONATIONS,** continued | **SENIOR CENTER FUNDRAISING** |   -*Ongoing*: **Fundraising for Specific Programs/Projects**: Work goes on throughout the year (I.E:  Music Sponsorships, Halloween Party, etc.). *The Music Program and the Community Halloween Party are*  *both 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* | **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.   |  |  |  | | --- | --- | --- | | See the source image | **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 $175 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!** | | | | May be an image of text that says 'Music imprints itself in the brain deeper than any other human experience... ...Music brings back the feeling of life when nothing else can. Dr. Oliver Sacks' | | May be an image of text that says 'Music It has the power to make us smile, and bring us to all types of tears. It can carry us back in time, and inspire us to dance in the moment. For all our happiest days, and our saddest, there is music.' | May be an image of text that says 'FACT: ONE OF THE ONLY ACTIVITIES THAT ACTIVATES, STIMULATES AND USES THE ENTIRE BRAIN IS MUSIC. David Avocado Wolfe' | | May be an image of text | | May be an image of text that says 'Music can change your mood in a second. Listen to music that makes you smile.' | May be an image of text that says 'DID YOU KNOW? Music has the ability to repair brain damage and return lost memories.' |  |  |  |  |  | | --- | --- | --- | --- | | **2025 MUSIC SPONSORSHIPS** | | | | | **$500 & up**  -Frank G. Andres Charitable  Trust 2024 for 2025 | **$250-$499**  -Pam Buchda | **$100-$249** | **Up to $99** |   **MUSICIANS THAT SPONSOR THEMSELVES BY VOLUNTEERING are Gary Felber; Blaine Hackett; Shannon Hogie;**  **Blaine Meyer; & Michale Slater. THANK YOU!!!**  😊Page 25 |

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

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

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

-*Ongoing*: **Fundraising for Specific Programs/Projects,** continued…

Work goes on throughout the year. (I.E: Music Sponsorships, Halloween Party, etc.).

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| See the source image **2025 HALLOWEEN Fundraiser for Community Party-October 31** | | | |
| **SUPERHERO: $500 & up**  -City of Tomah (Rec. Park  & staff hours) | **GENIE: $250-$499**  -Pam Buchda | **MAGICIAN: $100-$249** | **GREAT PUMPKIN: Up to $99** |

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

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

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| **2025 ART & CRAFT FAIR Fundraiser for Senior Center-Nov.** See the source image | | | |
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-*Ongoing:* Looking for and applying for available and appropriate **Grants**.

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| **2025 GRANTS**Grant Funding: Over 3,972 Royalty-Free Licensable Stock ... | |
| -  - | -  - |

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

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

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

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| In Memory of Our Friends - Oak Hill Homepage**2025 MEMORIALS** | |
| -**IN MEMORY** of **Pat Koca** by Pam Buchda |  |

-*Ongoing*: **Other Donations**.

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| **2025 MONETARY GIFTS** | | | | | What is a Monetary Gift? - Greatest Gift |
| **$500 & up** | **$250-$499** | **$100-$249** | **$50 to $99** | **$Up to $50**  -Lance & Barbara  Jensen | **$Up to $50** |

**FOR YOUR INFORMATION…**

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| 25: Nat’l Medal of Honor Day  [Medalsofhonor2.jpg](https://en.wikipedia.org/wiki/File:Medalsofhonor2.jpg) | 26:1931 Leonard Nimoy  Long Live & Prosper Day  https://upload.wikimedia.org/wikipedia/commons/thumb/f/f5/Leonard_Nimoy%2C_2011%2C_ST_Con-2_C.jpg/220px-Leonard_Nimoy%2C_2011%2C_ST_Con-2_C.jpg | 29: Vietnam War Veterans Day  **A flag and text on a white background  Description automatically generated** | 30: Nat’l Doctor’s Day  See the source image | 30: Little Red Wagon Day  Perfect for gift baskets, home décor, or holding small toys. |

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

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

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| **DONATIONS** since last newsletter: | | | | | |
| See the source image | | AAUW; June Abbott; Gene Alderman; Sharon Anderson; *Anonymous*; David Batten*;* Mary Boettcher; Duane & Paulette Bolton; Marvin Braud; Liz Brown; Tara Brueggeman; Pam Buchda; Mark Clapper; Dorothy Coenen; Casimir Eichenseer; Tom Feldkamp; Becky Fitzpatrick; James Fountain; Richard Gegenfurtner; Gerri Gerke; Susan Greeno; Alyson Hefner; Marvin Henricks; Penelope Herr; Siegrun Horst; Pat Johnson; Terry Juracich; Ann Kerr; Chris King; Ruth Klug; Bette Knutson; Mary Lovold; Lorraine Lowry; Russel McKenna; Richard McNeal; Gary Moe; Jill Montgomery; Carol Myers; Neighbor For Neighbor Food Pantry; Eara & Leta Nofsinger; Ken & Sue Olson; Sharon Organ; Bonnie Owens; Elva Pearson; Pete Peterson; Marilyn Ratliff; Paul & Terri Rice; Lorna Rosenow; SAVVY Sisters via Ellen Westpfahl; Cassie Skogan; Joyce Skogan; Cheryl Stees; Dave Wagner; Ann Wallus. | | | |
| **DONATIONS RECEIVED Each MONTH XX DAYS of XX OPEN DAYS** | | | | | |
| January: 24 of 25 days | | | April: xx of xx days | July: xx of xx days | October: xx of xx days |
| February: xx of xx days | | | May: xx of xx days | August: xx of xx days | November: xx of xx days |
| March: xx of xx days | | | June: xx of xx days | September: xx of xx days | December: xx of xx days |
| See the source image | **THANK YOU SO VERY MUCH FOR YOUR DONATIONS OF MONEY, GOODS, &/or SERVICES. YOU MAKE A DIFFERNCE! YOU ARE APPRECIATED!**  ~*Pam Buchda*, Senior & Disabled Services Director | | | | |

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| **2025: BUSINESSES, ORGANIZATIONS & PEOPLE WHO DONATED – THANK YOU!!!** | | | | | |
| **AAUW**  June Abbott  Gene Alderman  Sharon Anderson  *Anonymous*  David Batten  Sandi Bloom  Mary Boettcher  Duane& Paulette Bolton  Marvin Braud  Liz Brown  Tara Brueggeman  Pam Buchda  Dan Burton | | **Cares 4 You**  Pat Christensen  Mark Clapper  Doroth Coenen  Carol Drysch  Casimir Eichenseer  Tom Feldkamp  Becky Fitzpatrick  James Fountain  Rebecca Frost  Richard Gegenfurtner  Gerri Gerke  Susan Greeno  Alyson Hefner  Marvin Henricks | Penelope Herr  Siegrun Horst  Lance&Barbara Jensen  Gail Johnson  Pat Johnson  Terry Juracich  Ann Kerr  Chris King  Ruth Klug  Bette Knutson  Karen & Terry Kopenhafer  Jan Koranda  Mary Lovold  Lorraine Lowry | Russel McKenna  Richard McNeal  Gary Moe  Rebecca Modlin  Amy Modlom  Jill Montgomery  Carol Myers  **Neighbor For Neighbor**  **Food Pantry**  Eara & Leta Nofsinger  Ken & Sue Olson  Sharon Organ  Bonnie Owens  Elva Pearson  Pete Peterson | Marilyn Ratliff  Paul & Terri Rice  Lorna Rosenow  **SAVVY Sisters**  Kathy Scherreciks  Sue Sherman  Cassie Skogan  Joyce Skogan  Cheryl Stees  Kathleen Stouffer  Dave Wagner  Ann Wallus  Ron & Deb Watson |
| 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 | | | | |

**FOR YOUR INFORMATION…**

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| 20: SPRING  See the source image | 20: 1928 Mr.Fred Rogers | 22: World Water Day  https://www.bing.com/th?id=OIP.1BYiekzwml2bZGHgF3Y00wHaEf&pid=3.1&w=300&h=300&p=0 | 23: Nat’l Puppy Day  national puppy day clipart | 23: Cuddly Kitten Day  watercolor of cat clipart illustration isolated |

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

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

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

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| **TOMAH MEAL SITE** | |
| *The City of Tomah (Senior & Disabled Services Department) has a contract with the Aging & Disability Resource Center (ADRC) of Monroe County for the Tomah meal site to be at the Kupper-Ratsch Senior Center.* | |
| See the source image | **DATE:** Monday thru Fridays, except holidays  **TIME:** Arrive 11:15 or earlier for Lunch at 11:30am  **COST:** Meal donation to ADRC is $4-$7 for 60 & older, younger is $14.07  **PLACE:** Kupper Ratsch Senior Center   |  | | --- | | **SIGN-UP**: Per ADRC sign up by NOON one 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 three delivery*  *routes for home-bound people. For food safety, each route can serve about 20 places.*  *There is usually a waiting list to get home delivery.* | |

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

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

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

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| **EDUCATIONAL OPPORTUNITIES**: |
| As they present themselves, and are appropriate, and are within budget.  -February: Training on city computer & programs. |

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

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| **09** | **SENIOR & DISABLED SERVICES DEPARTMENT STAFF,** continued… |

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| **PROFESSIONAL ORGANIZATION INVOLVEMENT**  -Wisconsin Association of Senior Centers (WASC) member since January 2019, meetings/education as scheduled.  Served on 2024 WASC State Conference Committee.  -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.  -Healthy Brain Coalition of Monroe County (formerly 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) 2:00pm. |

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| **City of Tomah’s SENIOR & DISABLED SERVICES BOARD** | | | | | | |
| ***MISSION STATEMENT:***  ***The City of Tomah’s Senior & Disabled Services Department’s mission is to offer ongoing programs and services*** *(in the areas of recreation & leisure activities, and in educational & health programs)* ***and senior meals on a regular basis in a safe place for Tomah’s citizens*** *(especially our senior and disabled people).* | | | | | | |
| Club Meeting Clipart Free | | The committee was formed in July 2000. *They* ***Voluntee****r their time for us.*  Shall consist of Mayor, 2 Alderpersons, & 5 citizens. Terms shall be 2 years & aldermanic members shall be coextensive with their term of office.  **DATE: Meets 1st Tuesday every other month** (Jan.-Mar.-May-July-Sept.-Nov.)  **TIME:** 6:30pm **PLACE:** 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  Mitch Koel, Alderperson District 5  Shawn Zabinski, Alderperson District 4,  CHAIRPERSON | | |
| **NAME** | **City of Tomah’s SENIOR & DISABLED SERVICES EMPLOYEES** | | | | | | |
| Pam Buchda  Paulette Bolton  John Berry | Senior & Disabled Services Director (SDSD)  Senior & Disabled Services Aide (SDSA)  Senior & Disabled Services Aide (SDSA) | | | | FT: Salary 40 hours week  PT: Budget 20 hours week  PT: Budget 10 hours week | 07-02-2018  07-13-2021  01-13-2025 | |

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| STAFF HISTORY:  Senior & Disabled Services Directors: Maretta Budde 1999-2000. Delia Duncan 5-01-2000 to 05-31-2018.  Senior & Disabled Services Aides: Junior Noyes 02-10-2009 to 05-31-2018. Diane Behrens 10-02-2018 to 03-05-2021. |
| INTERN HISTORY:  Sistina Barr 08-16-2023 to 11-06-2021 APTIV Program. Thomas Hollis 10-25-2022 to 01-05-2023 APTIV Program.  Brittany Phillips 12-09-2024 to 03-09-2025 APTIV Program. |
| If you have any questions, please feel free to contact me.  Sincerely, *Pam Buchda,* Tomah’s Senior & Disabled Services Director |

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| See the source image  Friday, March 7, 2025 | **EMPLOYEE APPRECIATION DAY**  From Wikipedia, the online encyclopedia  Employee Appreciation Day is an unofficial holiday OBSERVED ON THE FIRST FRIDAY IN MARCH. It is a day for workplaces to thank their employees for their hard work and effort throughout the year.  **Here at the Senior Center on Friday, March 7th let’s take time to appreciate and thank Paulette and John for all they do and for their friendly, caring ways.** | A person and person standing together  AI-generated content may be incorrect. **John Berry & Paulette Bolton** |

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

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

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

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

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

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

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

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

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

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| **SECOND HARVEST MOBILE FOOD PANTRY** | |
| Second Harvest Community Food Bank ... | **DATE:** 1st Tuesday  **TIME:** 3:00pm-4:30pmor until gone  **COST**: Free  **PLACE**: Drive Thru Pickup-Recreation Park 1625 Butts Ave. Tomah |

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| **Invite to COMMUNITY WINTER WALKING Group** | | |
| Recreation (gold) building at Recreation Park (fairgrounds) 1625 Butts Ave., Tomah, WI. 54660 | | |
| Free Vectors | Young men and women walking and senior men and women | **DATES: Tuesdays & Thursdays**  **TIME:** 8:00am -9:00am  **COST**: Free, informal group - join us!  **VOLUNTEER:** Donna Evans. | NOTE: If no school due to weather – no walking and dates that recreation building used - we won’t walk, also  Not 2-06-2025 & 03-17-2025. |

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

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| **AMERICAN LEGION EUCHRE NIGHT**  800 Wisconsin Ave. Tomah, WI. 54660 ~ 608-372-6028 | | |
| See the source image | **DATE:** Mondays  **TIME:** 6:00pm  **PLACE:** American Legion in Tomah  **COST:** ??? | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B6113CAD.tmp** |

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| **SENSORY-FRIENDLY NIGHT AT SALON** | | |
| **Unwind with lower lights, retrained use of clippers and playing soft spa like music for low sensory!** | **DATE: 1st Tuesday** of the month  **TIME:** 4:00pm to 7:00pm  **COST**: ? depends on what you have done  **PLACE**: **Bold Impressions Salon**  1115 N. Superior Ave. Suite F, Tomah  608-377-7077 | This is welcome to any age that struggles with sensory.  Ask our staff about sensory supports,  or bring your own. |

😊Page 31

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

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| **ONE ACCHORD MUSICAL PERFORMANCES** | | |
| May be an image of 8 people | **DATE:** Saturday, March 08, 2025  **TIME:** 2 Performances – 2:00pm & 7:00pm  **THEME**: *‘Let’s Go to the Movies’*  **COST**: $15  **PLACE**: Tomah High School  901 Lincoln Ave. Tomah, WI. 54660 | No photo description available. |

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| **‘SAIL ON’ CONCERT** | | |
| **Have Fun, Fun, Fun with this great Beach Boys Tribute!** | **DATE:** Monday, March 24, 2025  **TIME:** 7:30pm  **COST:** Yearly Membership or $25 at door  **PLACE:** Tomah High School Auditorium | Tomah Concert Association |

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| **Tomah Chamber & Visitor Center’s**  **BUSNESS AFTER 5** | | |
| **THEME:**  **"YOUR STORY STARTS HERE”**  **The public is invited to attend.** | **DATE: Thursday,** March 20, 2025  **TIME:** 5:00pm – 7:00pm  **PLACE:** Three Bears Resort  Warrens, WI. 54666  Tours of the newly renovated facility. | *Home - Greater Tomah Area Chamber of Commerce / CVB* |
| Features **local authors**… David Benjamin, Benny Mailman, Larry Scheckel, Tim Vernier, Marci Martin, & Chris Hardie, with additional authors anticipated to attend. Each author will have **books available for signing and purchase** and will do a **short reading from their work**. | | |

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| **ADRC & AARP SPONSORED**  **Free TAX ASSISTANCE AVAILABLE** | | |
| **PRE-REGISTER**:  608-487-7112 between  9:30am-3:20pm Monday thru Friday | **DATE: Wednesdays & Fridays**  February 5th thru April 9th.  **PLACE:** Barney Center  1000 E. Montgomery St., Sparta | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** |

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| **Western Technical College’s**  **Free TAX ASSISTANCE AVAILABLE** | | |
| For more about tax assistance, self-filling services, & what to bring to your appointment visit  www.westerntc.edu/tax | **DATE: Tuesday,** March 11, 2025  **TIME:** 3:00pm – 5:30pm  **PLACE:** Westen Technical College-Tomah  120 East Milwaukee Street, Tomah  **PRE-REGISTER**: www.westerntc.edu/tax  **WALK-INs** also welcome as space allows. | For individuals or married households in WI making less than $84,000.  *A black and red logo  Description automatically generated* |

😊Page 32

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

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| **Tomah Area School District (TASD) Events** | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\34ACA7B6.tmp**  ***Keep yourself informed; these are open meetings…***   |  |  | | --- | --- | | **SCHOOL BOARD ACADEMY** **Meetings**  1st Monday 6:30pm at RKLC | **SCHOOL BOARD Meeting**s  3rd Monday 7pm at RKLC | | 2025: January 02 | 2025: January 20 | | February 03 | February 17 | | March 03 | March 17 | | April 07 | April 21  *Reorganization mtg. 28th* | | May 05 | May 19 | | June 02 | June 16 | | July 07 | July 21 | | August 04 | August 18 | | September ?? | September 15 | | October 06 | October 20 | | November 03 | November 17 | | December 01 | December 15 |   **MARCH**:  06: 6:30pm Tomah Band-O-Rama & 07: No School - Prof. Dev.  *08: 2pm & 7pm One Acchord Performance $15*  14: 7pm Spassabend  17: 6:30pm Camp/Oak Elementary Music Concert  18: 6:30pm LaGrange 3-5 Elementary Concert | **MARCH**:  21: End of 3rd Quarter  *24: Tomah Concert Association -Sail On (Tribute to Beach Boys)*  24-28: No School – Spring Break  **APRIL**:  08: 6:30pm Warrens Elementary Concert  10: 6:30pm LaGrange K-2 Elementary Concert  12: TASD Big Band Bash at Cranberry Country Lodge  18: No School – Friday before Easter  21: No School – Monday after Easter  **MAY**:  02 & 03: 7pm THS Musical  04: 2pm THS Musical  05: 7:30pm Senior Scholarship Night  06: 6:30pm Miller 3-5 Elementary Concert  08: 8pm THS Choir Concert  09: 7:30pm Spring Jazz Ensemble Concert  *10: 2pm Tomah Concert Association-Jared Freiburg & The*  *Vagabonds (Early Rock & Roll)*  12: 6pm TMS Band Concert  13: 6:30pm Lemonweir K-2 Elementary Concert  15: 7:30pm TMS Choir Concert  17: 7pm THS Spring Band Concert  *18: 2pm Dance Art Centers Recitals $8 Adults $5 Child*  24: 10am THS Graduation Ceremony  26: No School – Memorial Day  **JUNE**:  4: Last Day of School |

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| **CANDIDATE FORUM** | | |
| **Check out the candidates to vote for in April Elections!** | **DATE: Tuesday, March 11th**  **TIME:** 6:00 City Alderperson Candidates  7:00 TASD School Board Candidates  **PLACE:** Cranberry Country Lodge | **ORGANIZED BY**: Rotary Club of Tomah & Tomah Chamber & Visitor Bureau |

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| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6D1333D1.tmp** | | **THE BREAK ROOM**  1123 Superior Ave., Tomah ~608-372-2711 | | | FUN THINGS TO DO  Come early to get a seat. | |
| **POOL**  **DATE:** Tuesdays  **TIME:** All Day  **COST:** Free | **KARAOKE**  **DATE:** Wednesdays  **TIME:** 9:00pm  **COST:** Free | | **DJ TRIVIA**  **DATE:** Thursdays  **TIME:** 7:00pm  **COST:** ? | **KARAOKE**  **DATE:** Fridays  **TIME:** 9:00pm  **COST:** Free | | **LIVE MUSIC**  **DATE:** Saturdays  **TIME:** 9:00pm  **COST:** Free |

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| **BRICK SIP HAUS**  800 Superior Ave. Tomah, WI. 54660 ~ 651-303-3454 | | |
| **OPEN MIC NIGHT**  **DAYS:** Last Wednesday  **TIME:** 6pm – 9pm  **COST:** Free | Image result for brick sip haus | **LIVE MUSIC**  **DAYS:** Fridays  **TIME:** 7pm-10pm  **COST:** Free |

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| **TAPHOUSE TWENTY**  201 Helen Walton St. Suite 1 in Heartland Cranberry Mall, Tomah, WI. 54660 ~ 608-372-4000 | | |
| **TRIVIA NIGHT**  **DAYS:** Tuesdays  **TIME:** 6:30pm  **COST:** ? | **A black circle with white text  Description automatically generated** | **BINGO NIGHT**  **DAYS:** Wednesdays  **TIME:** 7pm  **COST:** ? |

😊 Page 33

😊  **FOR YOUR INFORMATION…**

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| **WHY YOUR VOICE CHANGES AS YOU AGE**   |  |  |  | | --- | --- | --- | | **Age-related changes can impact how you sound – and some adults are more affected than others.** | gif of someone speaking  AARP; (Source: Getty Images) | By Kimberly Goad,  AARP Published January 22, 2025  *Kimberly Goad is a New York-based journalist who has covered health for some of the nation’s top consumer publications. Her work has appeared in* Women’s Health, Prevention, Health *and* Reader’s Digest. |   One of Michelle Adessa’s patients was a couple years into retirement when he noticed a change in his voice. For seemingly no reason, it had become breathy and hoarse – something the 71-year-old hadn’t experienced over the course of his career in sales and marketing, recalls Adessa, a speech pathologist with the Cleveland Clinic’s Voice center. He couldn’t help but notice it had gotten progressively worse in the six months since his wife died and he’d begun living alone.  Increasingly self-conscious, the patient began to withdraw socially. He stopped doing his regular readings at church and singing in the church choir; he begged off his weekly get-togethers at the local diner because friends, many of whom wore hearing aids, couldn’t hear him when he spoke.  By the time he time he went in search of a diagnosis – at the urging of his family – he was sure he had somehow done permanent damage to his voice. Turns out, he had a common, treatable condition called presbyphonia, or “aging voice”. Similar to how your abs, glutes, biceps and other muscles require regular exercise to stay strong, so do the muscles in your voice.  The vocal cords, also known as vocal folds, “Are essentially muscle covered in vibratory tissue,” Adessa explains. “As we age, our muscles become weaker, a process called sarcopenia. It affects the body at large, and also the muscles inside the vocal folds. As the vocal folds thin – or atrophy – they don’t touch the middle and let air escape when you talk. This can make the voice sound raspy, weak or breathy.”  That’s not the only actor at play. What’s known as respiratory drive – the intensity of your respiratory center’s output, which determines how much effort is required to breathe – “changes as we age, as does hearing,” Adessa says. “All of these changes can lead to the qualities that produce an aging voice.”  **WHAT DOES AN AGING VOICE SOUND LIKE?**  Besides breathiness and hoarseness, the symptoms of presbyphonia include lower volume and projection of your voice, difficulty being heard in noisy settings (like restaurants), a higher-than-normal pitch (if you’re a man), or lower (for women). Experts believe presbyphonia tends to go undiagnosed, so it’s difficult to know just how common aging voice is, but research suggests around 1 in 3 adults ages 60 and older have one or more of the symptoms above.  And although the condition is rarely serious, it’s important to see a laryngologist or ear, nose and throat (ENT) specialist if symptoms continue, to rule out other medical conditions like GERD (short for gastroesophageal reflux), cancer of the larynx, or neurological diseases such as spasmodic dysphonia or vocal fold paralysis.  “For example, a small tumor on the vocal folds can also produce raspiness. For that reason, anyone with voice changes that last longer than four weeks should see a doctor. This is particularly important for those with risk factors such as a history of smoking,” says Ted Mau, M.D., an otolaryngologist who specializes in voice disorders at UT Southwestern Medical Center.  If the exam shows that the vocal cords /folds are thin, stiffened, or have a gap between them when they close, the diagnosis is typically presbyphonia.  **TREATMENT FOR AGING VOICE**  You might think talking less would be a good way to preserve your voice or treat an aging one. Just the opposite. Like any muscle, your voice needs to be exercised to stay strong.  And while presbyphonia isn’t life-threatening, it “can impact your quality of life,” says Cristen  *Continued on page xx…* |

😊Page 34

😊 **FOR YOUR INFORMATION…**

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| **WHY YOUR VOICE CHANGES AS YOU AGE**, continued…  **TREATMENT FOR AGING VOICE,** continued…  Paige, a speech-language pathologist and senior clinician at Duke voice Care Center. “People may ask you to repeat more often, which can be tiresome and frustrating. Sometimes you have to strain to be heard. You also feel like you’re running out of air as you talk, which can be exhausting.”  Mau adds that many older adults already experience social isolation, and voice problems “can really exacerbate that.”  Voice therapy is considered the first-line treatment. Working with a speech pathologist, you’ll do vocal exercises that are designed to improve breathing, reduce straining when you speak and find the best pitch and volume.  “While nothing can restore the vocal folds to their 25-year-old glory, voice therapy focuses on improving wat already works well,” Paige says. “Speech pathologists individually tailor exercises that capitalize on good and efficient breath support. We help people strategize how they can best be heard, whether that’s over the phone, when out to dinner, or even just talking to a loved one at home.”  But any use of your voice counts as exercise, Adessa adds. “Reading out loud to yourself or your grandchildren, talking on the phone, singing along to a song that you love on the radio – those are all ways to exercise your voice,” she says. “Maintaining good breath support is also essential. All the classic things we do for our health – such as cardiovascular exercise, getting enough sleep and reducing stress – can help to optimize breath support and vocal quality.”  If therapy doesn’t help, your new doctor may recommend injections to plump up the vocal cords (an in-office, half-hour procedure that offers a temporary fix) or voice box implants to stabilize the vocal cords (a surgery known as thyroplasty that provides a permanent solution). “Both work by restoring a fuller bulk and straighter edge to the vocal folds, so the voice can be smoother and stronger,” Mau says.  As for Adessa’s patient, his voice improved after just three sessions of therapy. “He rejoined his choir and his weekly socializing at his local diner,” she says. “He now speaks with his daughter on the phone twice a week and even FaceTimes with his grandchildren so he can read to them.” |

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| **IS GREEN LIGHT THE NEXT GREAT PAIN RELIEVER?**   |  |  |  | | --- | --- | --- | | **Daily green light therapy may help with headaches and some chronic pain.** | White bust of a woman wearing green eyeglasses with a dark green backgroundGetty Images | By Freda Kreier, Reviewed by Stanley Sack, M.D. Published January 03, 2025.  *Freda Kreier is a freelance science journalist based in Washington, D.C. Her work has appeared in the* New York Times*,* Nature *and* Undark*.*  *Stanley Sack, M.D., spent 33 years practicing general pediatrics in Massachusetts and Florida. He works as a freelance writer and editor from his home in Key West, Florida. His articles have been featured in publications such as* Keys Daily *and* Rural Health Quarterly*.* |   Mohab Ibrahim, M.D., took it as a good sign when his patients refused to return the LED green lights he’d given them.  A few years ago, Ibrahim, a pain physician and anesthesiologist at the University of Arizona, Tucson, was testing green light as a painkiller. The idea that green might somehow help manage pain came to Ibrahim when his brother swore that his frequent headaches vanished after he spent time in the garden.  To test this theory, Ibrahim ran two studies. He asked 29 people with migraine and 21 with fibromyalgia – both chronic pain conditions – to spend two hours daily near a green LED lamp for *Continued on page 36…* |

😊Page 35

😊 **FOR YOUR INFORMATION…**

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| **IS GREEN LIGHT THE NEXT GREAT PAIN RELIEVER?** continued…  10 weeks. Those same people first spent a 10-week period exposed to white light. It was during the weeks of green light exposure that participants reported fewer migraines, less pain, better sleep and overall improved quality of light. The difference was so stark that when the time came to return the lights, “no one did,” he says. The migraine results were reported in the journal *Cephalalgia* and fibromyalgia results in *Pain Medicine*, both in 2020.  A handful of labs across the country have also found, over the last decade, that green light has a surprising ability to dull some kinds of pain. However, researchers caution that the field is in its infancy – and that relief may just be a placebo.  **LIFE THROUGH GREEN-TINTED GLASSES**  Pain is a monster. It eats into your time, your life and your mental health. Pain also is a fact of life as we age. The National Health Interview Survey in 2023 found chronic pain was highest in older adults, rising to more than 28 percent in people ages 45 to 64 and 36 percent among those 65 plus.  Medications are the main method for treating pain today. Overreliance on medication can come with some serious downsides, including risk of opioid addiction.  The search is on for new options. And light is one of them. Doctors already use blue light to treat jaundice in newborns and infrared light to bring down inflammation. Light can also just make us feel good. Padma Gulur, a professor of anesthesiology and population health at Duke University, points to the calming power of blue water.  Gulur and colleagues distributed either clear, blue or green-tinted glasses to 45 people ages 46 to 67 with fibromyalgia, a condition in which people experience widespread pain in their muscles. The blue glasses gave some people headaches, but Gulnur found, like Ibrahim, that “patients we had given green glasses to didn’t want to give [them] back to us,” she says. While patients said they still felt pain, the green-tinted glasses cur down on their use of opioids and users felt less anxious, the team reported in 2023 in *Pain Physician Journal.*  **DOES IT WORK?**  Why would seeing green make any difference to how a person experiences pain? Gulur thinks that certain wavelengths might activate our internal painkilling system. Our nervous system has natural ‘on’ and ‘off’ switches for pain. The ‘off’ switch works by releasing endorphins – basically self-made opioids. Absorbing green light might set off a feel-good cascade in our brains and bodies, Ibrahim says.  This is somewhat supported by animal studies. In Ibrhim’s lab, rats exposed to green light after surgery released more endorphins into their nervous systems than animals getting no green light. In that same study, published in 2023 in The Journal of Pain, green light reduced inflammation in the nervous system. Inflammation is linked to all kinds of trouble – not just pain, but also anxiety and depression.  Of course, those same effects could be brought on by a placebo, says Javeria Hashmi, research chair for pain research and associate professor at Dalhousie University on Nova Scotia. Just thinking you’re getting an effective painkiller may be enough to relieve the pain. Alternative therapies for pain are particularly tough to test for placebo. A sugar pill can be used as a stand-in for a drug but not for a wavelength of light.  **A PRACTICAL GUIDE TO GREEN LIGHT THERAPY**  Word of green light’s promise has created a mini online market for green-tinted products. A quick internet search reveals glasses and lamps promising pain relief.  Yet scientists are still learning whether green light works. Ibrahim’s work suggests that green light therapy is cumulative: The more you do it, the better you feel over time. He suggests people spend at least an hour or more a day exposed to green light to see results. Gulur agrees, suggesting that glasses might prove a better option for people on the move than a lamp.  In the next few years, Ibrahim predicts hospitals might start handing out green glasses to patients recovering from surgery. Most likely, green light therapy will serve as an add-on to  *Continued on page* ***41****…* |

😊Page 36

😊  **FOR YOUR INFORMATION…**

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| **MEASLES CASES ARE INCREASING IN U.S.:**  **ARE YOU IMMUNE?**   |  |  |  | | --- | --- | --- | | **Here are five things you need to know about the highly contagious virus.** | Little girls bare back overlaid with a line graph made of a measles rash cases of the measles are on the riseGETTY IMAGES | By Rachel Nania, AARP, Published January 24, 2024/Updated February 18, 2025. *Editor’s note: This story, originally published January 24, 2024, has been updated to reflect new information.*  Rachel Nania is an award-winning health editor and writer at AARP.org, who covers a range of topics including diseases and treatments. |   Nearly 50 cases of measles have been reported in West Texas over the last several weeks, making it the biggest outbreak the state has seen in decades. And due to the highly contagious nature of the virus, state health officials say the number of cases is likely to surpass the 48 already identified.  All of he reported cases have occurred in people who are unvaccinated or whose vaccination status is unknown, the Texas Department of State Health Service says. So far, 13 people have been hospitalized.  The Texas outbreak follows a higher-than-usual measles tally for 2024. According to data from the Centers for Disease Control and Prevention (CDC), 285 measles cases were reported nationwide last year, the largest number of cases the U.S. has seen since 2019.  These numbers may not seem particularly alarming, but “even one case of measles is something that we should all sit up and pay attention to,” says Patricia A. Stinchfield, a nurse practitioner and immediate past president of the National Foundation for Infectious Diseases. “And the reason for that is, it is the most contagious and easily transmittable virus that we have.”  **HERE’S WHAT YOU NEED TO KNOW ABOUT MEASLES AS NEW CASES SURFACE**.  **1.Measles is highly contagious.**  Like many other viruses, measles spreads through droplets released into the air when an infected person coughs or sneezes.  But unlike other common viruses, measles is so contagious that up to 90 percent of people who are close to an infected person will become infected if they are not immune to the virus, according to the CDC.  “It doesn’t have to be cough right in your face,” Stinchfield says. Tiny virus particles can survive in the air for two hours, where they “circulate around and bounce over to this person and that person, and before you know it, you’ve exposed a lot of people,” she says.  What’s more, a person infected with measles can spread the virus four days before the most obvious symptoms – a telltale rash – appears, and for four days after.  **2.Many older adults have immunity.**  If you’ve had the measles – and you probably have if you were born before 1957, the CDC says – it’s unlikely you’ll get it again. You’re also considered immune if you’ve had the MMR vaccine, given for measles, mumps and rubella. According to the CDC, two doses of MMR is about 97 percent effective at preventing measles – and that protection lasts a lifetime.  “So, I would say the older population is, either from disease or vaccination, most likely in good shape,” Stinchfield says.  Still, no vaccine is 100 percent effective, and about 3 out of 100 people who are fully vaccinated for measles will get it if exposed to the virus, the CDC says. Fully vaccinated people who get measles typically experience milder symptoms and are less likely to spread the disease to other people.  Can’t remember if you’ve had the illness or the vaccine? Talk to your doctor. The CDC says there is no harm in getting another dose of the MMR vaccine, even if you have prior immunity.  *Continued page 38…* |

😊Page 37

😊 **FOR YOUR INFORMATION…**

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| **MEASLES CASES ARE INCREASING IN U.S.,** continued…  **3.Without population immunity, measles can spread.**  Because the virus spreads so easily, you need a high level of immunity in the community – or  about 95 percent of the population immunized – to prevent ongoing transmission, says John  Schieffelin, M.D., an infectious disease physician and associate professor of pediatrics at Tulane University School of Medicine in New Orleans.  Research shows that the U.S. is under that the U.S. is under that threshold. During the 2023-2024 school year, MMR vaccination coverage among kindergarteners was 92.7 percent, down from 95 percent in pre-pandemic years, according to CDC data. This translates to roughly 280,000 kindergarteners who are at risk for measles. In some states, measles vaccine coverage among children is under 85 percent.  Vaccine misinformation is partially to blame for this dip, Stinchfield says. So is the pandemic, since many non-urgent doctor’s appointments were skipped or delayed, and so routine vaccinations were missed. (The first dose of the MMR vaccines is typically given around the first birthday; the second dose is around kindergarten entry.)  If vaccination rates continue to decline, measles could reestablish itself in the U.S., health experts warn. “Any kind of drop in our vaccine rates, we need to pay attention to and get them back up where they belong,” says Stinchfield, who adds that grandparents can help play a role by talking to their children and grandchildren about vaccines.  **4.Measles can be dangerous, even deadly.**  Schieffelin says a common misconception is that measles isn’t a big deal, since virtually everyone used to get infected. But that is not the case.  Common symptoms – which include a fever, cough, runny nose – can cause a person to feel “miserable,” says Stinchfield, who helped take care of hospitalized children during a large outbreak in Minnesota in the 1990s.  Three to five days into the illness, a rash breaks out and spreads from the tip of the head down the body. At this point, a fever can spike to more than 104 F, the CDC says.  The thing with measles, though, is that it’s not uncommon for the illness to turn severe. About 1 in 5 unvaccinated people in the U.S. who got measles end up in the hospital, according to the CDC. Complications range from dehydration to pneumonia to encephalitis (swelling of the brain).  Measles can also mess with your immunity to other illnesses, Stinchfield says – a phenomenon referred to as immune amnesia.  Young children are at increased risk for these complications; so are older adults, Schieffelin says. “As we get older, we don’t tolerate [viruses] quite as well,” he says.  It’s estimated 136,200 people worldwide, mostly children, died from measles in 2022, according to a report from the CDC and the World Health Organization.  **5.Unvaccinated travelers can spread measles**.  Most people in the U.S. are protected against measles with the vaccine, but the virus hasn’t been eliminated worldwide. In fact, the global vaccination rate for both MMR doses hovers around 74 percent, according to the CDC. In some countries, it’s as low as 66 percent.  The CDC says measles outbreaks are occurring in every region of the world, and that “travel destinations,” such as Austria, the Philippines, Romania, and the United Kingdom are expecting measles outbreaks.  An unvaccinated traveler who picks up a case in another country can bring it to the U.S. and spread it to other unvaccinated people, Stinchfield says. In a community with low vaccination rates, the disease will spread like wildfire, she adds.  Measles “is still out there,” Schieffelin says. “And by not being vaccinated, you really do run the risk of getting sick as well as your family members getting sick.”   |  | | --- | | NPR, February 21, 2025 by Brittany Melton… “Measles cases are growing in West Texas and popping up across the country. Experts say the best protection is vaccination and some adults may need a booster.” |   . |

😊Page 38

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| **LEARN HOW TO AVOID ROMANCE SCAMS**   |  |  |  | | --- | --- | --- | | **AARP’S GUIDE TO STAYING SAFE WHILE LOOKING FOR LOVE** | A person and person looking at a picture  Description automatically generatedGiulia Calistro | By Deirdre van Dyk, AARP, Published December 03, 2018/Updated February 04, 2025.  *Deirdre van Dyk is an AARP associate editor covering Social Security, caregiving, technology and fraud. She previously worked at* USA Today *and* Time*, where she covered business, government, sustainability and innovation.* |   Read the wedding announcements in any newspaper and there’s sure to be at least one couple who tells of meeting through an online dating site. But seeking romantic bliss in the cyberworld can have a major downside: Scammers are eager to take advantage of lonely hearts. Losses from romance scams reported to the Federal Trade Commission (FTC) in 2023 totaled $1,14 billion, the highest for any form of imposter scams. (Actual losses are surely higher, as scams are notoriously underreported crimes.)  False Romeos and Juliets are not confined to dating sites, however. Criminals also target potential victims in messages through Facebook and Instagram; 40 percent of people who told the FTC that they’d lost money in a romance scam in 2023 reported it started on social media.  What sets romance apart from other scams, says Mark Soloman, president of the International Association of Financial Crimes Investigators, is that instead of an urgent appeal for immediate payment, as occurs with IRS imposters and many other schemes, the criminal moves slowly. They will communicate many times, he notes, sometimes over a span of weeks or months, to gain the victim’s trust and make an emotional connection.  Whatever your interests and experiences, the scammers will mirror them. Have you just lost a spouse? So have they. Have you had some health problems? They have a treatment idea. “Immediately they have the attention of the victim,” says Petros Efstathopoulos, vice president of research at RSAC, which provides conferences, insights and education for global cybersecurity experts. Creating that kind of intimate connection “is scamming 101 and it’s super effective.”  Their goal is to steal everything they can from you. “Then when they do take everything, … they’ll transition the victim into being their money mule,” says Solomon; they’ll rope you into helping them steal from their next victim.  **HOW TO SPOT A ROMANCE SCAM**  To avoid placing your trust in the wrong person, pay close attention to these red flags.   |  |  | | --- | --- | | 01 | **A ‘wrong number’ text**. If you reply, you’ll soon find yourself in conversation with them. “All of a sudden, they create a relationship out of thin air,” says Solomon. | | 02 | **They want to talk to you directly.** If you meet on a dating site, they’ll quickly ask for your number, or ask you to communicate through WhatsApp or another messaging platform. “They want to take you off those sites because those companies have the ability … to identify fraudsters and block them,” says Solomon. | | 03 | **They live far away**. You can’t meet in person – yet – because they claim to live in another part of the country or to be abroad for business, a military deployment or charity work. | | 04 | **They are constantly in contact**. They love bomb you – lavish you with attention – texting first thing in the morning and last thing at night and promise a life together. | | 05 | **You make plans to meet, but something always comes up.** Just as they’re on their way to meet you at last, there’s a last-minute crisis. | | 06 | **They need money for an emergency**. Your online companion has a sudden medical problem, legal crisis or business disaster: they need money fast and you’re the only one who can help. | | 07 | **They have an investment opportunity**. They have a relative who’s done well in cryptocurrency, and they want you to benefit from their knowledge. |   *Continued on page 40* |

😊Page 39

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| **LEARN HOW TO AVOID ROMANCE SCAMS,** continued…  **HOW TO AVOID ROMANCE SCAMS**  Unfortunately, once we’ve decided someone is trustworthy, it’s hard to shift our perspective. That’s especially true for older adults, says Natalie Ebner, professor of psychology at the University of Florida in Gainesville. She likens it to switching tasks, “As we get older, it’s like it takes us longer to ease into the next task; we’re just not cognitively as flexible anymore,” she explains.  So, the best way to avoid getting involved with a romance scammer is to protect yourself from the get-go.   |  |  | | --- | --- | | 01 | **Be careful not to overshare online**. “People don’t realize that they are setting themselves up to become a target… They overshare about their recent heartbreak or the fact that they’ve been recently widowed,” cautions Estathopoulos. “The scammer immediately knows that this person is vulnerable [and] how to target them.” | | 02 | **Use software to sense scammers**. Set up filters on your email, set social media to private, and use your carrier, or other spam-blocking programs to avoid answering unknown numbers. “Machines can do a lot for us already in deception detection and we should use them,” says Ebner. | | 03 | **Discuss new love interests with family and friends**. All experts agree on this is the best way to prevent being scammed. Try to be open to the possibility that you may not be making a decision in your own best interest and check in with someone who can give you perspective. | | 04 | **Investigate suitors**. Do a reverse image search. If the same picture shows up elsewhere with a different name attached to it, a scammer may have stolen it. And research their background, “get as much information from this individual without giving away your information and try and verify that information,” says Solomon. | | 05 | **Avoid investing with someone you’ve met online**. “You usually don’t make investments from somebody on a computer that you’ve never met before in your life,” says Solomon: “There are safer ways to make investments.” | | 06 | **Cut off contact**. Immediately stop communicating if you suspect the individual may be a scammer. Do not reengage with them. |   **HOW TO REPORT SCAMS**   |  |  | | --- | --- | | 01 | **Notify the dating or social media site** on which you met the scammer. | | 02 | **Report the scammer** to local law enforcement and your state attorney general. | | 03 | **Inform federal agents** such as FTC or the FBI’s Internet Crime Complaint Center (IC3.gov). Not every complaint leads to enforcement action, but the information can help officials spot trends and sometimes identify the criminals. | | 04 | **For support and guidance**, the trained fraud specialists at the free AARP Fraud Watch Network Helpline, 877-908-3360, can share information on what to do next and how to avoid future scams. The AARP Fraud Watch Network also offers online group support sessions. |   **EDUCATIONAL RESOURCES**  The better informed you are about what scams are happening and how they work, the less likely you are to be a victim. Here are a few podcasts that describe scenarios and how to protect yourself:   |  |  | | --- | --- | | 01 | **The Perfect Scam**, AARP’s podcast features people who have experienced fraud and experts dedicated to fraud prevention. | | 02 | **The Protectors**, a consumer education podcast from the International Association of Financial Crimes Investigators. | | 03 | **This FBI page** has videos and podcasts to teach you how to recognize romance and other scams. |   . |

😊Page 40

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| 😊   |  |  |  | | --- | --- | --- | | [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **INFORMATION** | Policies Procedures Concept Chart ... |  |  | | --- | | Free Procedure Cliparts, Download Free Procedure Cliparts ... **REVIEW on FALLS and/or ACCIDENTS** | | **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. |  |  |  |  | | --- | --- | --- | | **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 | Free Procedure Cliparts, Download Free Procedure Cliparts ...**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. |  |  |  |  | | --- | --- | --- | | **YOUR CONTACT INFORMATION** | | | | Free Procedure Cliparts, Download Free Procedure Cliparts ... | **Please share** with staff - Pam or Paulette -**YOUR CONTACT INFORMATION** … your name, phone number, email, address, & birthdate (may, but do not have to share year). | Address Books) (Paperback) | DIESEL ... |   **FOR YOUR INFORMATION…**   |  | | --- | | **IS GREEN LIGHT THE NEXT GREAT PAIN RELIEVER?** continued…  current pain treatments, he says. People who need immediate pain relief will still receive opioids and analgesics. “If someone cane in in acute pain – let’s say they broke an ankle – am I going to shine a green light on them? Probably not,” he says.  The good news is that green light appears to be risk-free, Gulur says. Buying one of the many green-light products might not solve your problems in the long run and shouldn’t be a replacement for established care. But does that mean you shouldn’t try it? “For people to get engaged with the process of taking care of themselves – that’s what’s most important,” says Hashmi. If that means green light, “for me, it’s a no-brainer,” she says. |  |  |  |  |  | | --- | --- | --- | --- | | Laugh Clipart | Free download on ClipArtMag | Free Laughing Emoji Clipart Pictures - Clipartix  **March 19th**  **Nat’l Let’s Laugh Day** | old lady laughing clipart - Clip Art Library | Clip Art Laughing Clown Clipart Kid - People Laughing Clipart – Stunning  free transparent png clipart images free download |   😊Page 41 |

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

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| **WHEN THE SENIOR CENTER IS CLOSED DUE TO WEATHER** | | |
| Free Procedure Cliparts, Download Free Procedure Cliparts ...Free Snow Shovels Cliparts, Download Free Snow Shovels Cliparts png images, Free  ClipArts on Clipart Library | When the meal site is closed due to bad weather, most of the time, the Senior Center is still open.  If in doubt, call Pam or Paulette at the senior center 608-374-7476 after opening time (8:30am), say around 8:45am (for the 9am activity) or 9:00am. *During bad weather days,* *we are only closed on those days when Pam cannot get out of her house or driveway.* | If closed, we do call the radio stations:  **Tomah** (Magnum– 96.1, 94.5, 1460)  at 608-372-9600,  & **Sparta** (COW- 97.1) at 608-269-3100,  along with informing **city hall** 608-374-7420. |

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| Frosty man An a vector illustration of frosty man. funny of cold weather clip art stock illustrations | When we have winter & bitterly **cold temperatures**, as well as slippery conditions… dress appropriately, bring pets indoors, keep your vehicle’s fuel tank at least half full, and check on your neighbors, family and friends who are at risk  and may need assistance. | Man Shivering In Cold Winter Vector illustration of a young man with a red nose wearing a hat, a scarf and a winter jacket, shivering in the snow. Frozen stock vector |

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

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| Free Procedure Cliparts, Download Free Procedure Cliparts ... **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 ITEMS &/or DONATIONS OUTSIDE THE DOOR(S)**  **of the senior center.** |

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| **VOLUNTEERING to TREAT for AFTERNOON SNACK** | | |
| Free Procedure Cliparts, Download Free Procedure Cliparts ... | **Please contact staff – Pam or Paulette – if you are planning to bring a treat to share – we have a calendar in the kitchenette that we will reserve the date for you.**  Not only does your “treating” bring happiness to you for sharing, but it also helps the senior center budget. Plus, people just plain like treats. | **The tradition at the senior center is for those that wish to… on or around their birthday… to provide the afternoon snack or to treat everyone to a bingo card or such. All of this is optional and NOT a requirement.** |

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| Image result for free clip art - St. Patrick's Day | St. Patricks Day Clip Art Images – Browse 6,369 Stock Photos ... | Image result for free clip art - St. Patrick's Day | Image result for free clip art - St. Patrick's Day | See the source image |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | | **SENIOR & DISABLED SERVICES DEPARTMENT**  **INFORMATION** | Policies Procedures Concept Chart ... | | |
| **CODE OF CONDUCT** | | | | |
| **A sign with a check mark  AI-generated content may be incorrect.** | **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).* | | | Free Procedure Cliparts, Download Free Procedure Cliparts ... |
| **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 & 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  events. | | | | |

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

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| **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. |

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

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| **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 (IE: PALS). |

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| **POLICY – NO MEMBERSHIP FEES** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp** | 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. | See the source image  1-28-2019 Board Meeting |

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| **POLICY - PHOTOS/VIDEOS/ETC.** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp** | **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. | See the source image |

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| **POLICY – NO WEAPONS** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp** | As defined by Wisconsin State Statute 941.235 – Carrying Firearm in Public Building:  ‘Any person *(other than those listed in statue)* who goes armed with a firearm (941.23 Concealed Weapon) in any building owned or leased by the state or any political subdivision of the state is guilty of a Class A misdemeanor.’ | **NO FIREARMS OR WEAPONS**  **ALLOWED**  **ON THIS PROPERTY.** |

😊Page 44