



alzheimer's association®

**FOR IMMEDIATE RELEASE
PLEASE ADD TO YOUR COMMUNITY CALENDAR**

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Alzheimer's Association Announces December Family Education Programs Family programs are open to all at no charge

La Crosse, Wisconsin – November 18, 2016 – Each month, the Alzheimer's Association offers family education programs across Wisconsin. These classes are designed to assist anyone who has questions about Alzheimer's disease or related dementias. All programs are free-of-charge and open to families, caregivers and the general community. Each program is presented by an Alzheimer's Association staff member or trained community volunteer. These programs are made possible, in part, by funds raised through the Walk to End Alzheimer's®.

Pre-registration is encouraged. Please call 1.800.272.3900 to reserve your seat. Class details can be found on our website www.alz.org/gwwi.

Here are the December program offerings for this area:

Caregiver Stress - Take Care of Yourself

Caregivers will gain a better understanding of dementia, the changes, and how these changes may affect the caregiving journey. Learn about stress, how to identify it and initiate an action plan to lessen caregiver stress.

**Friday, December 23, 10:30 – 11:30 am
Sparta Community Center, 1000 E Montgomery Street, Sparta**

**Friday, December 23, 12:30 – 1:30 pm
Kupper-Ratsch Senior Center, 1002 Superior Avenue, Tomah**

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December Events

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Sparta Community Christmas Dinner
December 25 11:00 a.m. to 2:00 p.m.
Sparta American Legion
Please call 269-4411 for more info.
For home delivered meals
please call The Legion at 269-4411 or
Monroe County Senior Services at
269-8690.



Tomah Community Christmas Dinner
December 25, 2016
11:00 a.m. to 2:00 p.m.
Tomah American Legion
Please call 487-0366
for information or to get
Home Delivered meals.

Carryouts are available!



Vintage Express Extra Subscriptions



If you would like to have the Vintage Express Extra mailed to your home each month, please fill out the form below and send it to Monroe County Senior Services along with your donation of \$12. Your donation covers only the postage required to mail the Vintage Express Extra to you. If you would like to donate toward additional production costs, please include it in your check. Please check the date on your mailing label. This is the date that your donation for postage will be used up.

MAIL TO: **Sparta Senior Services**
14305 County Hwy. B B-16
Sparta, WI 54656-4509

Please add my name to the mailing list to receive **VINTAGE EXPRESS EXTRA**.

NAME: _____

ADDRESS: _____

Apt Number

CITY

Zip

PREPARING FOR WINTER

4



Are You Ready for Winter?

Time to get your home and car ready for cold and snow

(MADISON) – It is time to face the inescapable truth, winter is coming to Wisconsin. We all need to brush up on our winter driving skills and cold weather preparedness.

“Make sure you have an emergency supply kit in your car – it could save your life,” says Major General Don Dunbar, Adjutant General and Wisconsin’s Homeland Security Advisor. “If you slide off into a ditch and are stranded during a storm, food and other items in your kit could help keep you and your family safe until emergency help arrives.”

The emergency vehicle kit should contain items such as flashlight, first aid kit, booster cables, emergency flares, water and snack food along with extra gloves, hats, scarves and blankets. In addition, make sure you have a shovel and a bag of sand or kitty litter to help provide traction if you get stuck.

Every winter in Wisconsin, officials say approximately 50 people are killed and more than 4,900 are injured in crashes on icy or snow-covered roads. Many of those crashes are caused by driving too fast in winter conditions.

“The posted speed limit is based on dry pavement and good driving conditions. But the posted limit may be too fast for conditions when a road is snow covered and slippery,” says David Pabst, director of the WisDOT Bureau of Transportation Safety. “During severe winter storms, the safest decision is to not drive until conditions improve. Law enforcement officers frequently respond to vehicles in the ditch and chain-reaction crashes when motorists should not have attempted to travel. Slowed or stalled traffic on slippery roads also delays tow trucks and snowplows, which are trying to get roads cleared, as well as emergency responders.”

In addition to getting your vehicles winterized and putting together an emergency vehicle supply kit, now is also good time to get your home ready for the cold months ahead. Put together an emergency preparedness kit for your home that contains a three-day supply of non-perishable food and water in case there is no power during a winter storm. Also make sure your flashlights have new batteries and you have a NOAA Weather Radio to receive any emergency alerts.

For more information visit ReadyWisconsin at <http://ready.wi.gov>. You can also follow ReadyWisconsin on Facebook, Twitter and Instagram.



Winter Weather



Safety First - Stay Informed

The National Weather Service (NWS) issues winter storm warnings and watches. Here's what they mean and what you should do.

Winter Weather Advisory – There is a high confidence that a hazardous winter event will occur over a 12 hour period (e.g., 3 to 5 inches of snow) but should not become life threatening if caution is used.

Winter Storm Watch – Winter storm conditions including freezing rain, sleet, and heavy snow are possible within the next 36-48 hours. Continue monitoring the weather forecast.

Winter Storm or Ice Storm Warning – A significant winter storm is occurring or will begin in the next 24-36 hours. Heavy snow (e.g., 6 inches in 12 hours) or the combination of snow, sleet, freezing rain, and moderate winds will impact travel and outdoor activities and could become dangerous or deadly. An Ice Storm Warning is issued when mostly freezing rain is expected with ice accumulations of at least ¼ inch within a 12-hour period. When a Warning is issued, take necessary precautions – consider canceling travel plans.

Blizzard Warning – A dangerous storm with winds that are 35 mph or greater in combination with falling and/or blowing snow that reduces visibility to 1/4 mile or less for a duration of at least 3 hours. Canceling travel plans is advised.

MEMORY CAFÉ



Coping | Confidence | Connections

Lunch Bunch Memory Café

When: Thursday, December 22nd

Time: 11:00 am – 12:30 pm

Location: Jake's Northwoods
1132 Angelo Road
Sparta, WI

Topic: Christmas Caroling

RSVP: 269-8691 by Monday, December 19th



Lunch & beverage provided at a suggested donation of \$4.00 per person

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. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive environment. It's a place to talk with others and to learn, "You are not alone".

Topics: Art, music, health and wellness topics will be featured at each café.

Resources: Community resource information will be available each month. Staff from Monroe County Health Department, Senior Services or the Aging and Disability Resource Center will be available to answer questions and visit with Care Partners during the café. If you would like more information, or to be added to our mailing list, contact Laura at 608-269-8691.



Dining Site Menu December 2016



| MON | TUES | WED | THURS | FRI |
|--|---|--|--|---|
| | | | | |
| | | | 1 Beef Tips in Gravy Mashed Potatoes Lima Beans Baked Apples | 2 Stroganoff Casserole Summer Blend Veggies Peaches |
| 5 Savory Meatloaf Baked Potato Seasoned Peas Pears | 6 Dijon Chicken Breast Seasoned Rotini Diced Beets Apricots | 7 Sweet & Sour Meatballs Brown Rice Oriental Blend Veggies Frosted Brownies | 8 Turkey Dumpling Casserole Broccoli Cherry Pie | 9 Breaded Fish Oven Browns Seasoned Carrots Peaches |
| 12 Liver or Hamburger Steak Baked Potato Green Beans Mandarin-Pineapple Mix | 13 Baked Chicken with Gravy Steamed Rice Harvard Beets CranApple Crisp | 14 BBQ Pork Cutlet Scalloped Potatoes Squash Diced Pears | 15 Sloppy Joes/Bun Parsley Potatoes Brussel Sprouts Blueberry Pie | 16 Tuna Pasta Bake Winter Blend Veggies Fruit Cocktail |
| 19 Sweet Sour Chicken Brown Rice California Blend Veggies Pineapple Tidbits | 20 Chicken Cordon Bleu Au Gratin Potatoes Corn Dinner Roll Mint Crème Pie | 21 Beef Stew Baking Powder Biscuit Green Beans Cinnamon Stewed Apples | 22 BBQ Rib Patty on Bun Pasta Salad Carrots Strawberries | 23 CLOSED Merry Christmas |
| 26 CLOSED MERRY CHRISTMAS | 27 Pork Cutlet & Gravy California Blend Veggies Peaches | 28 Hearty Chili Lettuce Salad Bread Stick Strawberry Rhubarb Pie | 29 BBQ Pork/Bun Parsley Potatoes Carrots Mandarin-Pineapple Mix | 30 Roast Beef w/Gravy Baby Baked Potatoes Broccoli Black Forest Cake |

Caramel Bars

- * 12 oz. Caramels
- * 5 T. Milk
- * 11/2 c. Brown Sugar
- * 11/2 c. Melted Butter
- * 2 c. Flour
- * 2 c. Oatmeal
- * 1/2 tsp. Salt
- * 3/4 tsp. Baking Soda
- * 1/2 c. Chopped Pecans
- * 1 c. Chocolate Chips

DIRECTIONS:

Melt caramels and milk over low heat, stirring often. Remove from heat, set aside.

Mix brown sugar, butter, flour, oatmeal, salt, and baking soda. Put half of mixture into 9"X13" pan.

Bake at 350 degrees for 10 minutes.

Add chopped pecans, chocolate chips, and caramel over crust.

Crumble remaining crust mixture on top and pat smooth.

Bake at 350 degrees for 15-20 minutes longer.

NOTE: If you want to shorten your prep time on this recipe, you can substitute 3/4 of a jar of caramel topping. (normally used for ice cream) instead of the caramels and milk.



Niblets From Norwalk

It has been a gorgeous fall this year and it is hard to believe how green the grass has been through November. We are thankful the farmers had a good harvest this year.

The Trails to Rails Marathon had 703 runners this year. Many of them enjoyed running through the long tunnel.

December 6.....Cards.....1:00p.m.

December 12.....Quilting Christmas Part

December 27.....

Norwalk Second Harvest11:00a.m.....Community Center

Happy Holidays from our place to yours...Shirley Degenhardt

Wilton News

Merry Christmas to everyone. We hope you enjoy the holidays. December is a month for baking, Christmas shopping, enjoying friends and family.

Happy December birthday to Julitta Arndt.

Julitta facilitates our **Exercise Group on Mondays, Wednesdays and Fridays from 9:00a.m—10:00 a.m. at the Community Center.** Please join us for some exercise and remember to wish Julitta a happy December birthday.

We play cards the 4th Tuesday of every month.

Join us Monday—Friday for a delicious meal, socializing and a few good laughs. Please call (608)487-6130 before noon the day before to reserve your meal.

Dining Site Manager, Clarice Doyle

Kendall Keepers

MERRY CHRISTMAS!

Happy Birthday

Pat Stratman

Watch local papers for the date of the Birthday Club Party for Pat.

The Seniors Card Club will be celebrating the holidays at the Kendall Dining Site on **December 13th.**

We will have music on **December 16th.** Come and enjoy it with us.

Please call 463-7622 the day before by noon to reserve a meal.
Deb Elder, Site Manager

Cataract News

There was dancing in the kitchen at the Cataract Dining Site on Nov. 23, 2016. (No dancing on the tables was allowed.) Laurel Brandt and Diane Clark had toes tapping.

Starting Wednesday, Dec. 7th, we will be playing cards at 10:30 a.m. We will do this every other Wednesday.

Dec. 20, we will have our cookie exchange. Each person should bring a dozen cookies and will then go home with a dozen different cookies.

In December we will start playing BINGO every other week starting Dec. 13. Prizes will be provided. Have a great Holiday Season.

Barb

Dining Site News

Sparta Sensational Seniors

December 1.....Cards and Snacks

December 2.....BINGO

December 16.....BINGO

December 7 and 21.....10:30-11:30a.m. Art Expression, colored pencils & books

“For the Health of It” Walking Group continues in the gym every Monday &

Friday mornings 10:30-11:30



Juanita & Glenn Haines have attended Sparta’s Dining Site for 25 years. We wish them happiness in their new home at Marycrest. We are also grateful for their donation to our Ice Cream Fund.

Please join us Tuesday, December 20th for our December birthday and Christmas celebration.

Diane Clark and Laurel Brandt will join us to play some great music for us. Wear some “bling”-sparkly shirts or jewelry. Prize will be given for the best decked out!

To reserve your meal please call the prior day by noon to reserve your meal. (608)269-6778

Sue Dicus, Dining Site Manager



Getting Started With the Internet

Article from GCFLearnfree.org

The Internet is a global network of billions of computers and other electronic devices. With the Internet, it's possible to access almost any information, communicate with anyone else in the world, and much more. You can do all of this on your computer.

Connecting to the Internet

A device has to be connected to the Internet before you can access it. If you plan to use the Internet at home, you'll usually need to purchase an Internet connection from an Internet service provider, which will likely be a phone company or cable company. Other devices usually connect through Wi-Fi or cellular Internet connections. Sometimes libraries, cafes, and schools offer free Wi-Fi for their patrons, customers, and students.

If you're not sure how to connect your device, ask someone for help.

Browsing the Web

Most information on the Internet is on websites. Once you are connected to the Internet, you can access websites using a kind of application called a web browser.

A website is a collection of related text, images, and other resources. Websites can resemble other forms of media—like newspaper articles or television programs—or they can be interactive in a way that's unique to computers. The purpose of a website can be almost anything: a news platform, an advertisement, an online library, a forum for sharing images, or an educational site like us!

A web browser allows you to connect to and view websites. The web browser itself is not the Internet, but it displays pages on the Internet. Each website has a unique address. By typing this address into your web browser, you can connect to that website and your web browser will display it.

Navigating websites

Websites often have links to other sites, also called hyperlinks. These are often parts of the text on the website. They are usually colored blue, and sometimes they are underlined or bold. If you click the text, your browser will load a different page. Web authors use hyperlinks to connect relevant pages. This web of links is one of the most unique features of the Internet, lending to the old name World Wide Web. Each website has a unique address, called a URL. You'll notice that when you click a link, the URL changes as your browser loads a new page. If you type a URL in the address bar in your browser, your browser will load the page associated with that URL. It's like a street address, telling your browser where to go on the Internet.

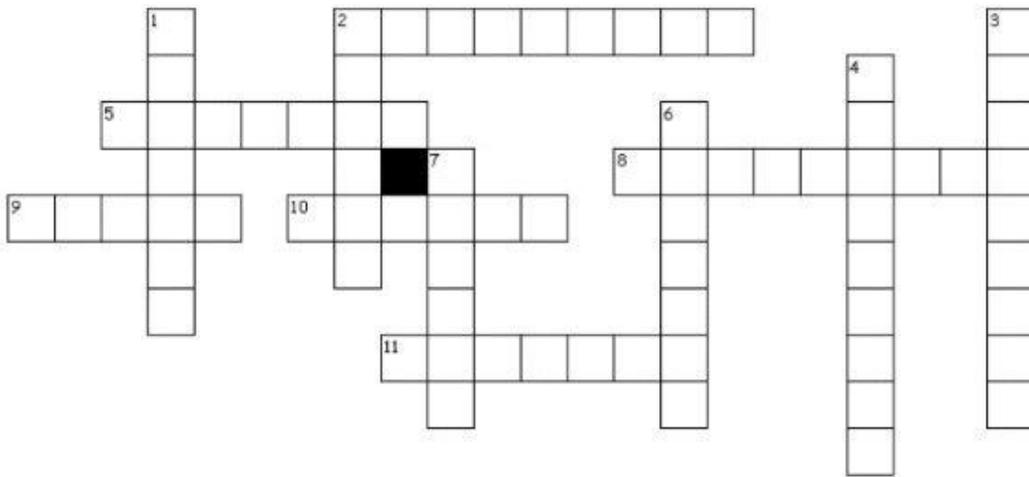
When you're looking for specific information on the Internet, a search engine can help. A search engine is a specialized website that's designed to help you find other websites. If you type keywords or a phrase into a search engine, it will display a list of websites relevant to your search terms.

Other things you can do on the Internet

One of the best features of the Internet is the ability to communicate almost instantly with anyone in the world. Email is one of the oldest and most universal ways to communicate and share information on the Internet, and billions of people use it. Social media (such as Facebook) allows people to connect in a variety of ways and build communities online.

There are many other things you can do on the Internet too. There are thousands of ways to keep up with news or shop for anything online. You can pay your bills, manage your bank accounts, meet new people, watch TV, or learn new skills. You can learn or do almost anything online.

Winter Crossword



answers

- _____ circp
- _____ cold
- _____ penguin
- _____ sleigh
- _____ skates
- _____ frost
- _____ everereg
- _____ mittens
- _____ scarf
- _____ snow



Unscramble the letters to find the words in our
Winter Anagram
Hidden Word (circled letters):
 snowflakes

Across

2. no two are alike
5. tuxedo with feathers
8. light a fire here to keep warm on chilly days
9. winter's favorite color
10. twelve sticks and one puck
11. frosty fellow with a carrot nose

Down

1. grandma will knit you one to keep you warm
2. winter vehicle for off road travel
3. some animals do this all winter
4. white teddy
6. covers for cozy hands
7. strap two sticks on your feet and swoosh down a hill



Unscramble the letters to find the words in our

Winter Anagram

Hidden Word (circled letters):

wnos

arcfs

mensitt

neverereg

tsorf

atekss

egish

innupeg

clod

circp



Cross
word
answer

SEVERE WEATHER MAY CAUSE SITE CLOSINGS

When dining centers are closed due to inclement weather, home-delivered meals are also cancelled. These cancellations are announced on local radio and television stations early in the morning.

Side streets and country roads may remain snow covered and slippery the day after a snowstorm therefore, home-delivered meal drivers may arrive late with your meal. Please be patient and wait 30 minutes after your usual delivery time to report an undelivered meal. Please have your driveways, sidewalks and porch steps clear of snow and ice, so our drivers can deliver your meals safely. Senior Services does not want to put the drivers at risk of falling and injuring themselves.

Remember to stock up on extra non-perishable food such as: canned soup, stew, tuna, fruit and vegetable juices, canned fruit and vegetables, peanut butter, pasta, rice and dry milk. It is important to have these available. BE PREPARED!

**Monroe County Senior Services
14305 County Highway B B-16
Sparta, WI 54656-4509
Phone (608) 269-8690
Fax (608) 269-8688
Office Hours Mon-Fri 8:00 am - 4:30 pm
Website: www.co.monroe.wi.us**

Mission Statement

It is our mission to plan, develop and manage programs and services which promote the dignity, independence and preferences of the older persons we serve. We help consumers access appropriate services from a wide range of available resources. Senior Services provides advocacy for quality of life issues and represents the views, needs and concerns of the older persons of Monroe County.

**Laura Moriarty
Susie Brownell
Diane Fennigkoh
Vicki Vieth
Wendy Kelly**

**Director 608-269-8691
Bookkeeper 608-269-8694
Transportation 608-269-8689
Nutrition 608-269-8692
Benefit Specialist 608-269-8693**

CHECK US OUT ON

