



Waupun Senior Center

MAY 2015 NEWSLETTER



AGE 50 & OVER WELCOME!

BUDDY BINGO

When: Friday, May 8th at 1:00pm

Who: Waupun Senior Center 2nd Friday of the month bingo players and 3rd grade students from SAGES.

How: One student and one adult will be paired up to play Buddy Bingo together. If one person in the pair wins both “buddies” win a prize. Prizes include: extra cards, lunch vouchers, \$5 gift cards, and special kiddie prizes. Come join the fun! FREE!

MEMORY PRESENTATION

Join us on Friday, May 29th from 10:30am—11:30am for “Memory Matters: Access Resources and Learn What is Normal Aging & What It’s Not.” This program is presented by Judy Wiese, Dementia Care Specialist, from the Aging and Disability Resource Center of Dodge County.

- Learn what the Aging and Disability Resource Center (ADRC) offers in services and how to access them.
- Explore how you can make a positive impact on your brain health as you age.
- Understand what to expect as you age and learn what is and is not normal aging.
- If experiencing some memory loss find out what you can do.
- Gather resources to help you and your loved ones age well.

NEW YOGA STRETCH

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Beginners can join anytime. FREE!

When: Mondays from 10:30—11:15am

Thursdays from 10:30—11:15am

MEETING INVITATION

Please bring your questions, comments or concerns regarding



the Waupun Senior Center to the Commission Meeting on May 21st at 9:30am. All are welcome to attend.

Commission Members:

- Marj Peachey—President
- Jane Reilly—Vice President
- Nancy Neevel—Treasurer
- Joyce Pattee—Secretary
- Lucille Ninneman
- Marion Birkholz

Location:

301 E Main Street
Waupun, WI 53963

Hours:

7:30am—4:00pm
Monday—Friday

Contact:

(920) 324-7930
parks@cityofwaupun.org

On the Radio:

AM 1170
Tuesdays at 7:45am

CRIBBAGE

Cribbage is played every Tuesday afternoon at 1:00pm. Double and single games are played. Two or three people can play at a time. Or four people can play two against two as partners. We have multiple tables and cribbage boards to play many games at the same time.

April Winners: Karen Starks, Dean Starks, and Beverly Yelczyn

JAM SESSION

The Brandon Music Makers will be at the Waupun Senior center every Wednesday from 10:30-11:30am! Song lyrics will be provided and song requests are welcome. Sing, play an instrument or just listen. We have bells, a ukulele, harmonica, stumpf fiddle, piano, keyboard, tambourine, and more!. Bring your instrument if you have one. Come jam with us!



Completed March 20, 2015

PUZZLE

Do you like to work on puzzles? The Waupun Senior Center always has a puzzle to work on! Help us complete it!



Completed April 14, 2015

BOOK CLUB

Our current book is *Playing for Pizza* by John Grisham. 320 pages. "Rick Dockery was the third-string quarterback for the Cleveland Browns. In the AFC Championship game, with a 17-point lead and just minutes to go, Rick lost the game for his team. Overnight, he became a national laughingstock and was cut by the team. Against enormous odds, Rick finally gets a new contract—as the starting quarterback for the Mighty Panthers...of Parma, Italy. Rick does not know anything about Parma (not even where it is) and doesn't speak a word of Italian. To say that Italy—the land of fine wines, extremely small cars, and football Americano—holds a few surprises for Rick Dockery would be something of an understatement." Source: <http://www.litlovers.com>

Pick up your copy at the Waupun Senior Center and join us on Friday, May 8th at 10:00am for coffee and discussion.

The next book will be selected at the May 8th meeting. Don't forget to bring your *Pizza* book to the May 8th meeting!

#1 NEW YORK TIMES BESTSELLER

JOHN GRISHAM



PLAYING FOR PIZZA

"SCORE ANOTHER ONE FOR GRISHAM!"
—USA Today

CRAFT CLUB

Coffee, conversations, and crafts every Tuesday morning at 9:00am. Show off your latest project or learn some tips and tricks from other crafters in the group. Do you needlepoint, crochet, cross-stitch, knit, make jewelry, scrapbook, make cards? Lets see! Bring your own craft to the Senior Center to work and chat.

BEAN BAG TOSS TOURNAMENT

Bean bag toss is very popular amongst senior centers and can be played indoors or outdoors. When playing singles, each player tosses at the same board. These two opposing players battle by throwing four bags alternating after every bag to complete a round. After each round, the players go to the other side and throw.

To earn points, you must outscore your opponent for the round. The difference in score is your earned points.

Points are scored by throwing the bag:

- On the board - 1 point
- In the hole - 3 point

The player that earns points in one round goes first for the next round. The player to earn 21 points wins the game.

Join us on Friday, May 15st at 1:00pm!

Chairs will be set up for spectators who want to watch rather than play. Bean bag is a game that everyone can play so even if you haven't played before come give it a try and you'll be hooked. All interested people must preregister by signing up at the Senior Center front desk or by calling 324-7930. Prizes will include: lunch vouchers and gift cards.



SENIOR CENTER RENTAL

A wonderful place for...

- Holiday parties
- Family reunions
- Baby showers
- Birthday parties
- Anniversary parties
- Wedding receptions

Amenities:

- Refrigerator/Freezer
- Microwave
- Stove
- 30 cup coffee maker
- Seating and serveware for 80 people
- Free WiFi

Monday—Friday 5:00pm—10:00pm \$75.00	Saturday, Sunday & Holidays 10:00am – 10:00pm \$125.00
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MOVIE AFTERNOON

Friday, May 22nd at 1:00pm

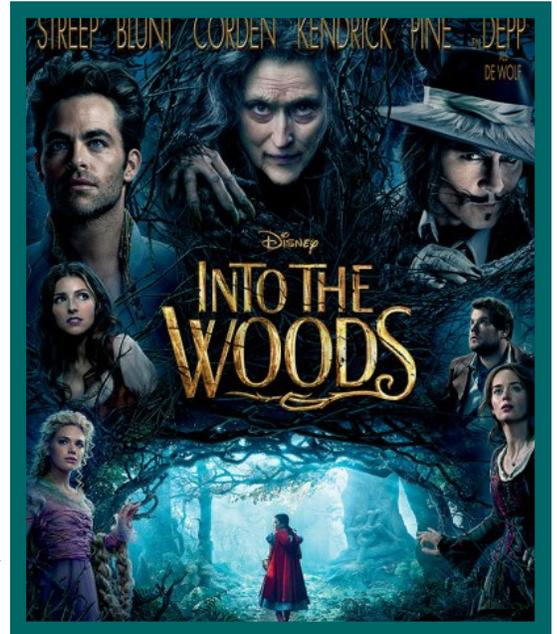
Join us for a FREE big screen movie. GUTH's popcorn and lemonade will be provided.

Featuring...

INTO THE WOODS

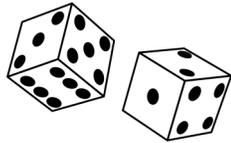
2014 movie; Adventure, Fantasy, Musical; 125 minutes PG. Starring: Anna Kendrick, Meryl Streep, Chris Pine, Johnny Depp

A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales to reverse the curse put on their family tree. Register for the movie by calling 324-7930 or sign up at the Senior Center front desk.



BOARD GAMES

We are looking for fellow board gamers to join us on the 1st and 3rd Tuesday morning of the month at 9:00am. Play one of ours or bring your own! Card and other tabletop games welcome too! Show us how to play your favorite game or learn someone else's favorite game. Want to add to our game collection? Game donations are also welcome!



HAND & FOOT CARDS

Hand & Foot will be played on the 2nd and 4th Tuesday morning of the month at 9:00am. Hand & Foot is a card game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. Don't know how to play? That's OK! We will teach you how to play this popular southern game.



YMCA WORKOUT TRIP

The YMCA of Dodge County is offering a monthly trip to use their facility in Beaver Dam. The May trip will take place on Friday, May 15th from 9:15-11:45am. Space is limited to 11 people on the bus. Sign up soon to reserve your spot! Bus pick-up and drop-off location will be the Waupun Senior Center. All interested people must preregister by signing up at the Senior Center front desk or by calling 324-7930. The trip will cost \$6/person and payment is due the day of the trip. Trip includes:

- Transportation to and from the YMCA
- Admission
- Propulsion walking and lap swimming in the pool
- Group fitness class at 9:45am
- Water aerobics class at 10:30am
- Hot tub and whirlpool use
- Wellness Center weights and equipment use



SENIOR CENTER LUNCH

Great food, great company, great place! Catered by Feil's in Randolph.

Who: 60 years or older, or married to someone age 60 or older

When: Monday – Friday at noon

Suggestion Donation: \$3.00

Registration: Required one day in advance before noon by calling 324-7930 or registering at the Senior Center front desk.

Many popular entrees like baked chicken, pork steak, meatloaf, ham rolls, Swiss steak; May's menu is included in this newsletter. Brought to you by Fond du Lac County Senior Dining Program. Join a morning activity and stay for lunch. Have lunch and join an afternoon activity. OR join a morning activity, stay for lunch, and join an afternoon activity!

REMINDER: The kitchen is for volunteers only. If you need something from the kitchen please ask a volunteer first. Please use the pool room hallway to get to the restrooms.

KITCHEN VOLUNTEER NEEDED

If you are interested in working in the Senior Center kitchen on Fridays from 9:30am—1:00pm, please call 324-7930 or stop by. All volunteers receive free transportation to the Waupun Senior Center and free lunch on the day(s) scheduled to volunteer.

Kitchen duties include:

- Practicing safe food handling procedures
- Checking food temperatures
- Packaging mobile meals
- Serving lunch
- Dishes and general cleaning



FOOT CARE CLINIC

1st and 3rd Wednesday morning of the month. Appointments start at 8:20am. Foot assessment and toenail trimming by Fond du Lac County Health Department. \$25.00/appointment. Make checks payable to: Fond du Lac County Health Department. Must register one day prior at the Waupun Senior Center or call 324-7930. Space is limited.

SENIOR TRANSPORTATION

Transportations for ages 60+ within the city limits of Waupun to medical appointments, hair appointments, restaurants, Waupun Senior Center, and many more places that are closer than you think! \$1.00 each trip. Available for people age 60 and over. Must be able to navigate 2 steps safely to board vehicle. Rides must be scheduled the day before by noon by calling 324-7930. Rides can be scheduled as early as 9:00am. The last non-medical ride is at 2:00pm and the last medical ride appointment is at 3:00pm. On the 2nd and 4th Thursday of the month, rides to the Fond du Lac County Mall are offered. Cost is \$4.00. Must have a minimum of 3 riders to make the trip. Call 324-7930 to reserve your spot or to be placed on the interest list.

A Message from Julie Hilbert, Benefit Specialist, FDL County Department of Senior Services

Limited Medicare Coverage When Traveling Abroad

by the GWAAR Legal Services Team (for reprint)

Whether visiting friends and family or exploring new exotic destinations, travel is something most people eagerly anticipate. However, it is advisable to check with one's insurance coverage before heading out on that next excursion.

Medicare coverage outside the U.S. is extremely limited. Outside the U.S. means anywhere other than the 50 states, District of Columbia, Puerto Rico, U.S. Virgin Islands, Guam, American Samoa, and Northern Mariana Islands. In most situations, Medicare will not cover medical services provided outside the U.S.

Medicare will, however, cover Medicare-covered services in foreign hospitals in 3 limited situations:

- 1) Individual is in the U.S. and experiences a medical emergency and the foreign hospital is closer than the nearest U.S. hospital that can treat the illness or injury.
- 2) Individual lives in the U.S. and the foreign hospital is closer to home than the nearest U.S. hospital that can treat the condition — regardless of whether it's an emergency.
- 3) Individual is traveling through Canada without an unreasonable delay by the most direct route between Alaska and another state when there is a medical emergency and the Canadian hospital is closer than the nearest U.S. hospital.

Foreign hospitals are not required to submit claims to Medicare for a patient. If someone receives services in a foreign hospital, they should submit a copy of that bill to Medicare for processing.

Medicare also covers medically necessary health care services received on a cruise ship when: 1) the doctor is allowed under law to provide medical services on the cruise ship, and 2) the ship is in a U.S. port or no more than 6 hours away from a U.S. port when services are received. Conversely, if the ship is more than 6 hours from a U.S. port, services will not be covered.

Medigap policies may offer additional coverage for medical services provided outside of the U.S. Some Medigap policies will provide foreign travel emergency health care coverage. Plans that do offer this type of coverage will typically pay 80% of the billed services after the yearly deductible is met. There are of course other limitations and exceptions to coverage with Medigap policies, so it important for travelers to check with their insurance agent before going abroad.

Medicare Advantage plans may also offer coverage for health care services provided outside of the U.S. Again, coverage may be limited, if it is available at all. Reviewing the yearly Summary of Benefits is advisable if a person is relying on an Advantage plan for international coverage.

Veterans or member of a veteran's family may have coverage outside of the U.S. Reimbursed medical care for U.S. veterans residing or traveling in Canada and other foreign countries, however, is typically limited to treatment for VA-rated, service-connected disabilities only. Nonetheless, there may be additional coverage through veteran's health insurance policies such as TRICARE.

Lastly, travel insurance is an option one should consider for medical coverage outside of the U.S. However, not all travel insurance includes health coverage. If an individual's only health insurance is Medicare, he or she may want to consider paying extra for this insurance before heading out on that next trip — unless traveling a direct route from his or her home state to Alaska.

A Message Judy Wiese, Dementia Care Specialist, Aging & Disability Resource Center of Dodge County

What is Dementia?

Dementia is not a specific disease. It's an overall term that describes a set of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to carry out daily activities. Alzheimer's disease is the most common cause of progressive dementia.

When should I have a memory screen?

A memory screen is a wellness tool that helps identify possible changes in memory and cognition that may warrant further evaluation. Though a memory screen is not a diagnostic tool, it creates a baseline of where a person is today so that future changes can be monitored. So just as blood pressure, cancer, diabetes or stroke screenings contribute to prevention and better treatments, so do memory screens. If you are concerned about your memory and want to track your memory ability over time, you may want to consider an annual memory screen.

How can a Dementia Care Specialist help me?

The Dementia Care Specialist will assist in the development of Dementia Friendly Communities, which will include Dementia Friendly Businesses, increased Civic Awareness and more. If interested in a Memory Screen, you may schedule an appointment at the ADRC or watch for details on an opportunity to be offered at the Waupun Senior Center on Friday, June 30th. For concerns about a loved one, a care consultation, either in person or by phone, may assist you in developing a care plan to allow them to remain independent longer.

Who is a caregiver?

A caregiver is anyone providing physical, emotional, financial or other types of assistance to a family member or friend, who has a chronic disease or other conditions, which require ongoing attention.

**The ADRC and Aging Programs in Dodge County are just a
phone call away!**

**Aging & Disability Resource Center of Dodge County
199 County Road DF, 3rd Floor, Juneau, Wisconsin 53039
920-386-3580 or 800-924-6407**



AGE 50 & OVER WELCOME!

MAY 2015



Waupun Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MONDAY—FRIDAY 7:30am—4:00pm 301 E. Main Street Waupun, WI 53963 (920) 324—7930 parks@cityofwaupun.org				
4 10:30am Yoga Stretch 1pm Euchre 25¢	5 9am Craft Club 9am Board Games 1pm Cribbage	6 8:20am Foot Care 10:30am Jam Session 1pm Sheepshead 25¢	7 10:30am Yoga Stretch 1pm Sheepshead \$1	8 10am Book Club Meeting 1pm Buddy Bingo
11 10:30am Yoga Stretch 1pm Euchre 25¢	12 9am Craft Club 9am Hand & Foot Cards 1pm Cribbage	13 10:30am Jam Session 1pm Sheepshead 25¢	14 10:30am Yoga Stretch 1pm Sheepshead \$1	15 9:15—11:45am YMCA Trip \$6 1pm Bean Bag Toss Tournament
18 10:30am Yoga Stretch 1pm Euchre 25¢	19 9am Craft Club 9am Board Games 1pm Cribbage	20 8:20am Foot Care 10:30am Jam Session 1pm Sheepshead 25¢	21 9:30am Commission Meeting 10:30am Yoga Stretch 1pm Sheepshead \$1	22 1pm Movie Afternoon <i>Into the Woods</i>
25 CLOSED MEMORIAL DAY	26 9am Craft Club 9am Hand & Foot Cards 1pm Cribbage	27 10:00 Brewer Trip 10:30am Jam Session 1pm Sheepshead 25¢	28 10:30am Yoga Stretch 1pm Sheepshead \$1	29 10:30am Presentation "Memory Matters: Access Resources and Learn What Is Normal Aging & What It's Not"

*****SCHEDULE IS SUBJECT TO CHANGES*** Please call to 324-7930 to register and verify.**