CORNERSTONE
COMMUNITY CENTER
Serving DeForest, Windsor and Vienna

SCOOP AUGUST 2025

Fill the wall! Let's share childhood photos! Please bring your labeled pictures by August 29th. We will display them though September.

Thank you for your continued patience as the construction continues. The end result will be worth the trouble! Think about improved access to the Center, a safe intersection and better visibility.

Happy Anniversary, Cornerstone!

MONDAY, AUGUST 4TH 12:30

Live Music! Country, jazz, blues and standards!

A SPECIAL THANKS TO OUR CO-SPONSOR: THE TERRACES LUXURY 55+ APARTMENTS

TUESDAY, AUGUST 5TH 11:15

PIZZA PARTY

Sponsored by: Parkside SENIOR LIVING

RSVP to 608-846-9469 x 4 by Aug 1st

THURSDAY, AUGUST 7TH 12:30

ANNUAL TALENT SHOW

505 N Main Street, DeForest Wi 53532 608-846-9469 www.deforestcenter.org

WELCOME!

Serving DeForest, Windsor and Vienna Communities

OUR MISSION

We are a cooperative inter-municipal Community and Senior Center providing area residents a welcoming place to meet, participate and volunteer while promoting independence, self-reliance and well-being for older adults and their families.

VISION STATEMENT

We shall serve as a common hearth around which individuals come together for common purposes within a culture of caring to improve the quality of life for area residents.

OUR STAFF

EXECUTIVE DIRECTOR:
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ASSISTANT COORDINATOR:
Mary Herschleb
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CENTER HOURS: MONDAY-FRIDAY
9:00AM-4:00PM

The Cornerstone Community Center is owned by the DeForest Half Century Club, Inc. and is operated by the DeForest Area Joint Community Center Commission. The Cornerstone Community Center is a registered trademark of the DeForest Half Century Club, Inc. and is licensed for use to the DeForest Area Joint Community Center Commission. The Center is governed by Commissioners/Board of Directors consisting of nine community members.

Officers & Executive Committee
Monica Smith, Commission President
Jan Steffenhagen-Hahn, HCC President
Amanda Nickel, Secretary/Treasurer

Commissioners & Directors
Randy Hanson
Anna Lezotte
Denise Powell
Louise Valdovinos
Jacob Vehring

AUGUST DONATIONS

TALAMORE OF SUN PRAIRIE-BIRTHDAY SPONSOR
WOOLLYS SNACK HUT – ICE CREAM DONATION
PARKSIDE ASSISTED LIVING
KWIK TRIP
THE TERRACES AT WINDSOR CROSSING LUXURY 55+ APARTMENTS – CO SPONSOR TOP SHELF ENTERTAINMENT
JAMES & SUSAN SCHMITZ
– IN MEMORY OF GERALD BOWEN
GAYLE BROKSIECK
DEB BERNDT
LINDA CHAPPELL
KIM FREDENBERG
JUNE GLADNEY
TRENDI KAMPSTRA
AMANDA NICKEL
TERI QUAMME
JOHN RATZ
PAULA ROSE
WILLIAM & MONICA SMITH
DIANE & MEL WANGERIN
LEE, PHYLLIS, RONALD SYVRUD
– IN MEMORY OF GREGORY SYVRUD

Thank you

AHERN

Thank you Ahern for the great tables! We will enjoy relaxing outside.

Thank You DPD for connecting with participants during "Coffee with a Cop"

WISHLIST

***Clorox Wipes**
***Chocolate/ Vanilla Ensure or Boost Protein Shakes**
***$10-$15 gift cards - Ex: gas card, grocery local restaurant/coffee shop**
(will be used for prizes at the Center)
***Decaf Coffee**
***K-pods (regular)**
***Individual coffee creamers**

Scan here for a full list

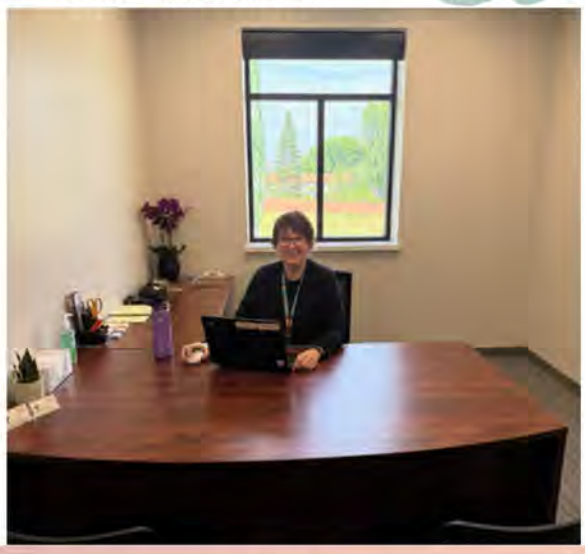
"Your life doesn't get better by chance, it gets better by change."
~Jim Rohn

"Let your hopes, not your hurts, shape your future."
~Robert H. Schuller

VILLAGE OF WINDSOR Wisconsin

Windsor office hours:

August 19th, 1pm-3pm
4430 Windsor Road
Second floor



Outreach Services for Veterans

Join Chris Summers, SSVF Casework Coordinator from Community Action Coalition for Supportive Services for Veterans and Families

- Veterans centered housing program
- Serves military veterans who are currently experiencing homelessness or are at-risk of becoming homeless.
- Provides a variety of services including housing navigation, financial assistance with security deposit and 1st month rent, and past due rent.
- Provides other services including moving/storage assistance, getting connected with VA healthcare/benefits, beds and household items.

All Veterans are invited to stop in to meet Chris. 3rd Wednesday every month from 10:00-12:00 pm

Monthly MIPPA Moment: August is National Immunization Awareness Month

For Medicare beneficiaries, if your medical provider accepts Medicare and recommends a vaccine, in most cases it is covered by your Part D plan, which must include most commercially available vaccines on their formularies. This includes vaccines such as for Shingles (Herpes Zoster), RSV (Respiratory Syncytial Virus), Tdap (Tetanus, Diphtheria, Pertussis), Hepatitis A, and other vaccines recommended for travel or are otherwise "reasonable as necessary" under your Part D plan. The exceptions are (Influenza) Flu, H1N1 (Swine Flu), Pneumonia, Hepatitis B, and COVID-19 vaccinations, which are covered by Medicare Part B. Remember, Medicare Part B covers one flu shot every flu season, which runs from November through April, not per calendar year. Part B also covers vaccines after you have been exposed to a dangerous virus or disease, such as a tetanus shot if you step on a rusty nail, or a rabies shot if you are bitten by a dog. See how services should be covered here: https://www.medicare.gov/coverage/preventive-screening-services

Please contact Case Managers ahead of time if you would like to schedule a meeting with them. Their schedules fill up quickly and they are rarely available for unexpected visits. If you leave a message for them, they will get back to you within two business days. Your patience is appreciated.

REFLEXOLOGY: MIND, BODY AND SPIRIT
2ND AND 4TH TUESDAY EACH MONTH
CALL TRACI TO SCHEDULE APPOINTMENTS 608-225-1456

Reflexology is a noninvasive and natural practice intended to revitalize, rejuvenate and balance your body. Using the thumb and fingers, firm pressure is applied to reflex points which are located on the feet. This pressure can stimulate the nerve endings (over 7200 in each foot) causing increased oxygen and blood flow to the organs and systems of the body, boosting your immune system and your bodies natural healing abilities.

REIKI: 3RD MONDAY EACH MONTH
CALL TRACI TO SCHEDULE APPOINTMENTS 608-225-1456

(Rey-Key) Is Universal Lifeforce energy, which is guided by a higher power or wisdom. A Japanese healing technique based on the belief that the therapist can channel energy into the patient by means of touch. Reike hopes to activate the natural healing processes of the body and restore physical, mental, emotional and spiritual wellbeing. The individual is fully clothed and lying down, if an individual is not comfortable being touched, this can be done using a hands-off method where the hands are placed slightly above the body.

MASSAGE: 1ST AND 3RD THURSDAY EACH MONTH
TO SCHEDULE APPOINTMENTS CALL 608-999-1504
ANITA, MASSAGE THERAPIST

Massage techniques include gentle stroking and kneading, and applying pressure to specific points on the body. Massage sessions typically last 60 minutes and can have many benefits including:
·Pain relief: Massage can help with pain and swelling from osteoarthritis, arthritis, and other injuries
·Improved flexibility: Massage can help increase flexibility and range of motion in joints, muscles, tendons, and ligaments
·Better sleep: Massage can help improve sleep quality
·Reduced stress: Massage can help reduce stress, fear, and anxiety
·Improved mood: Massage can help improve mood and alleviate depression
·Better circulation: Massage can improve blood circulation, especially in diabetic feet
·Reduced agitation: Massage can help reduce agitation in people with memory loss and dementia
·Faster healing: Massage can help injuries and illnesses heal more quickly

REGISTER NOW

- **Summer 2 Strength Training for women**
  8/13- 10/3 - $55/Session
  Classes offered Wednesdays and Fridays
- **Summer/Fall Core Fusion**
  8/13 10/1 - $55/Session
  Classes offered on Wednesdays

REGISTRATION NEEDED BY 8/6

Call the Center for location and times of classes

Please consult your healthcare provider before beginning any new exercise or therapy program

HAPPY TIMES TOURS & EXPERIENCES

Daytrips

Scan the QR Codes for more information on each trip!

AlcoHoliday
Fond du Lac
September 6th, 2025

The Wright Way
Frank Lloyd Wright
Oak Park/Chicago IL
October 15, 2025

Don't forget to mention the Community Center when you book a trip!

PLAN YOUR 2026 TRIP NOW!

collette

British Landscapes featuring England and Wales: May 17th-26th, 2026

Discover Canadian Rockies: August 8-15 2026

PREMIER WORLD DISCOVERY

Hurry! Music Cities Christmas Trip is filling fast!

Only a few spots left!

Music Cities Christmas- December 2025

A 6-day trip to America's music cities will depart on December 2, 2025. This holiday favorite will begin in Branson with shows and music that everyone will love. As you tour over to Memphis, enjoy the holiday-adorned scenery as you try some Southern BBQ on Beale Street. Then make your way to Nashville, where you will stay at the Gaylord Opryland Resort and take in a Holiday Dinner and Show. Spruce up your Christmas spirit with a show at the famous Grand Ole Opry on your last evening in Nashville.

Colorful Costa Rica- January 2026

Normandy, Paris & The Seine River Cruise- April 2026

California Rail Discovery- Sept 2026

NEW Victoria & Vancouver Christmas- December 2026

August 21st is National Senior Citizens Day!

On this day we celebrate all the Seniors in our lives, its a day to honor their contributions and show appreciation. In 1988, President Ronald Reagan established this day to raise awareness about the challenges older adults face and recognize their lasting impact on society. At 69, Reagan became president, and served until he was almost 78 years old, exemplifying the vitality and leadership of older Americans.

Today, seniors are more active than ever- many start new careers, volunteer, and serve as role models. Thanks to improved healthcare, the population of older adults has increased significantly. According to the United States Census Bureau, by 2035, older adults are projected to outnumber children nationwide for the first time in U.S History!

We welcome all ages into our building at Cornerstone, but it goes without saying that seniors and older adults have helped shape who we are as a center. We are grateful to all of our senior participants for your continued support of the Center and for just being YOU! On this day and everyday we hope you feel appreciated.

Cancer Support Group

2nd Monday of the Month 10:30-11:30

August Topic: **Cancer Guilt**

A cancer diagnosis can make you feel bad in a lot of different ways. You may be dealing with pain or other physical symptoms. But it can be equally difficult to cope with that nagging feeling that you may have done something to cause your cancer and that perhaps you could have avoided it if you had taken better care of yourself. Or perhaps you wonder if you did something to "deserve" getting sick. Or do you feel angry that you got cancer even though you've always eaten well, stayed active, and had your regular health check-ups. Whether you have cancer yourself or are supporting someone with cancer, the mental gymnastics can get tiring. Working through our thoughts and feelings and focusing on what's true and helpful is often easier with a group of friends.

Grief Support Group:

ATTENTION

Grief Support Group will be on August 6th from 1-2:30 instead of the normal 2nd Wednesday of the month.

Tech help at the Center

Tech time with Cate
*Friday, August 8th 11-11:30 am
Visit with Cate and explore the settings and benefits of your electronic devices! This includes phones, tables, and kindles/e-readers.

Tech Time with Steve
*Drop in on Wednesday, August 13th 10-12pm

***Note: These sessions are not professional technical support meant to diagnose, or repair broken or nonfunctioning equipment.**

Library at the Center
Tuesday, August 26th at 10 am.
Introducing The Friends of Governor Nelson State Park

Curious about nearby State Parks? The Friends of Governor Nelson State Park will be presenting information on this nearby State Park! The park offers hiking, prairie, woods, oak savannah, two beaches (one for people, one for pets), picnic areas, a boat launch, Indian Mounds, and much more. Volunteer activities are also available to help support the Friends group and the park - a critical role as government funding for State Parks continues to decline.
Join us to learn about all Governor Nelson State Park has to offer!

Dragonwood Readers Book Club
I was Anastasia by Ariel Lawhon
Friday, August 8th at 9:30

DeForest Area Public Library

Ariel Lawhon, a rising star in historical suspense, has set her sights on one of history's most beguiling mysteries: Did Anastasia Romanov survive the Russian Revolution, or was Anna Anderson, the woman who notoriously claimed her identity, an impostor? Russia, July 17, 1918: Under direct orders from Vladimir Lenin, Bolshevik secret police force Anastasia Romanov, along with the entire imperial family, into a damp basement in Siberia where they face a merciless firing squad. None survive. At least that is what the executioners have always claimed. Germany, February 17, 1920: A young woman bearing an uncanny resemblance to Anastasia Romanov is pulled shivering and senseless from a canal. Refusing to explain her presence in the freezing water or even acknowledge her rescuers, she is taken to the hospital where an examination reveals that her body is riddled with countless, horrific scars. When she finally does speak, this frightened, mysterious young woman claims to be the Russian Grand Duchess. As rumors begin to circulate through European society that the youngest Romanov daughter has survived the massacre at Ekaterinburg, old enemies and new threats are awakened. The question of who this woman is and what actually happened to Anastasia creates a saga that spans fifty years and three continents. This thrilling page-turner is every bit as moving and momentous as it is harrowing and twisted.

10 AUGUST EVENT CALENDAR

Serving DeForest, Windsor and Vienna Communities

Monday	Tuesday	Wednesday	Thursday	Friday
Every day: Billiards Room open Fitness Room open Outside walking Events in GREEN are at the Windsor Building				AUG 1 8:30 Summer 1 Strength Training $ 9:00 dvd Walking 9:00 Nail Clinic-Kelly 10:00 dvd Chair Yoga 12:30 Movie and Popcorn 12:30 Sheepshead 1:00 Rummikub
AUG 4 9:00 dvd Walking 9:00 Nail Clinic-Kelly 10:00 dvd Chair Yoga **12:30 Top Shelf Performs** 1:00 Euchre 1:00 Welcome New Friends	AUG 5 9:00 Nail Clinic-Kelly 9:15 Java Jewels 9:15 Summer 1 Gentle Yoga $ **11:15 Pizza Lunch** 12:30 Hand & Foot 12:30 Sheepshead	AUG 6 8:30 Summer 1 Strength Training $ 9:00 dvd Walking 9:15 Asian Mahjong 9:30 Summer Core Fusion $ 10:00 dvd Chair Yoga 12:30 Stitch Wits 1:00 Cribbage 1:00 Grief Group *(date change*)	AUG 7 9:00 Massage 12:30 Sheepshead **12:30 Talent Show** 1:00 Dominoes 3:00 Caregiver Support	AUG 8 8:30 Summer 1 Strength Training $ 9:00 dvd Walking 9:30 Dragonwood Book Club 10:00 dvd Chair Yoga 11:00 Tech Time 12:30 Sheepshead 1:00 Rummikub
AUG 11 9:00 dvd Walking 10:00 dvd Chair Yoga 10:30 Cancer Support Group 12:00 Jazzy Jems 1:00 Euchre	AUG 12 9:15 Java Jewels 11:00 Reflexology 11:30 Crafty Cards 12:00 Blood Drive 12:30 Hand & Foot 12:30 Sheepshead	AUG 13 8:30 Summer 2 Strength Training $ 9:00 dvd Walking 9:15 Asian Mahjong 9:30 Summer/Fall Core Fusion $ 10:00 dvd Chair Yoga 10:00 Tech Time with Steve 12:30 Stitch Wits 1:00 Cribbage	AUG 14 9:15 Summer 1 Gentle Yoga $ 10:15 Coffee and Crafts with Village Caregiving 12:15 Bingo 12:30 Sheepshead 1:00 Dominoes	AUG 15 8:30 Summer 2 Strength Training $ 9:00 dvd Walking 10:00 dvd Chair Yoga 12:30 Movie and Popcorn 12:30 Sheepshead 1:00 Rummikub
AUG 18 9:00 dvd Walking 10:00 dvd Chair Yoga 10:00 Genealogy Drop In Workshop 10:00 RSVP Helping Hands 11:00 Reiki 1:00 Euchre	AUG 19 9:00 Nail Clinic-Kelly 9:15 Java Jewels 9:15 Summer 1 Gentle Yoga $ 12:30 Hand & Foot 12:30 Sheepshead **1-3:00 Office hours in Windsor**	AUG 20 8:30 Summer 2 Strength Training $ 9:00 dvd Walking 9:15 Asian Mahjong 9:30 Summer/Fall Core Fusion $ 10:00 dvd Chair Yoga 10:00 Outreach Services for Veterans 12:30 Stitch Wits 1:00 Cribbage	AUG 21 9:00 Massage 9:15 Summer 1 Gentle Yoga $ 12:30 Sheepshead 1:00 Dominoes 3:00 Caregiver Support	AUG 22 8:30 Summer 2 Strength Training $ 9:00 dvd Walking 9:00 Nail Clinic-Kelly 10:00 dvd Chair Yoga 12:30 Sheepshead 1:00 Rummikub
AUG 25 9:00 dvd Walking 9:00 Nail Clinic-Kelly 10:00 dvd Chair Yoga 12:00 Jazzy Jems 1:00 Euchre	AUG 26 9:15 Java Jewels 9:15 Summer 1 Gentle Yoga $ 10:00 Govener Nelson State Park Program 11:00 Reflexology 11:30 Crafty Cards 12:30 Hand & Foot 12:30 Sheepshead	AUG 27 8:30 Summer 2 Strength Training $ 9:00 dvd Walking 9:15 Asian Mahjong 9:30 Summer/Fall Core Fusion $ 10:00 dvd Chair Yoga 12:30 Stitch Wits 1:00 Cribbage	AUG 28 9:00 Haircare- Drop In Appointment 9:15 Summer 1 Gentle Yoga $ 10:00 Blood Pressure Checks 12:15 Bingo 12:30 Sheepshead 1:00 Dominoes	AUG 29 8:30 Summer 2 Strength Training $ 9:00 dvd Walking 10:00 dvd Chair Yoga 12:30 Sheepshead 1:00 Rummikub

AUGUST MENU 11

www.deforestcenter.org

Monday	Tuesday	Wednesday	Thursday	Friday
RESERVATIONS ARE REQUIRED: Please call the Center, 846-9469 (#4) any day, but at least by noon the day BEFORE you want to eat, to reserve your meal	**Meatless Option (MO) available upon request. MO meal is chef's choice.**			1- Pot Roast Parsley Potatoes Green Beans Peaches Wheat Dinner Roll Lemon Bar
4- French Toast Sticks Syrup Sausage Patty Hash Browns Orange Wedges Juice Donut Holes	**5- SPONSORED PIZZA LUNCH** **Home Delivered Only**: Egg Salad Wheat Bread Spinach & Romaine Salad Dressing Cucumber Salad Fruit Medley Italian Ice	**6 DeForest Family Restaurant 10am-1** Home Delivered Only: Brat Wheat Bun German Potato Salad Baked Beans Fresh Fruit Cup Mini Danish	7- Diced Chicken w/Lettuce, Celery, Tomato, Carrot, Croutons Ranch Dressing Mandarin Oranges Muffin Ice Cream	8- BBQ Pulled Pork Sandwich Wheat Bun Coleslaw Potato Wedges Applesauce Sherbet
11– Cabbage Roll Mashed Potatoes Carrots Wheat Roll Mandarin Oranges Fruited Crisp	8-Friday Breaded Fish Sandwich Wheat Bun Tartar Sauce Baked Beans California Vegetables Apple Slices Trail Mix	**13 DeForest Family Restaurant 10am-1** Home Delivered Only: Pineapple Glazed Ham Rice Mix Five Way Veggies Corn muffin Fresh Melon Pudding	**14- Prize Lunch & Bingo** Swedish Meatball Mashed Potatoes Broccoli Wheat Bread Blushing Pears	15- Apple Salad w/Romaine, Grilled Chicken, Apples, Cheese, Cranberries, Almonds Mini Bagel/Cream Cheese Ambrosia
18- Seasoned Baked Cod Carrots Baked Beans Wheat Bread Banana Ice Cream	19- Smoked Sausage Baby Red Potatoes Sauerkraut Rye Bread Pineapple Cheesecake	**20 DeForest Family Restaurant 10am-1** Home Delivered Only: Chicken Alfredo Broccoli Raw Vegetables Ranch packet Peaches Cookie	21 Tuna Salad w/ Lettuce, Tomato Croissant Pea Salad Applesauce Fruit Crisp	22 Chicken Biscuits Peas & carrots Banana Juice Jello
25- Sloppy Joe on Wheat Bun Baked Beans Tator Tots Fresh Fruit Cup Sherbet	26- Roasted Chicken Garlic Mashed Potatoes Brussel Sprouts Wheat Dinner Roll Peaches Pudding	**27 DeForest Family Restaurant 10am-1** Home Delivered Only: Chicken Salad w/Lettuce Croissant Coleslaw Pears Sherbet	**28- Birthday Lunch & Bingo** Lemon Baked Cod Baby Red Potatoes Carrots Wheat Dinner Roll Strawberries Cake	29- BBQ Rib Hash brown Patty Baked Beans Wheat Dinner Roll Grapes Pudding

Each Check In you have for a game/activity during the month of August your name will be entered into a drawing for a prize at the end of the month!

Coffee and Crafts
with Village Caregiving

August 14th 10:15AM

Create windchimes while snacking and sipping on coffee!
RSVP to 608-846-9469 x 6

September BINGO
Theme:
"BACK TO SCHOOL"
Suggested donations for prizes:
Notebooks, Diaries, Pens, Pencils, Calendars, Crossword Puzzles, Word Searches, Books, Greeting Cards

GAME TIME

Interested in getting out and coming to the Center to play some cards or maybe sit and do a puzzle? Check out everything happening! If you don't see something your looking for let us know.
Call Brittney 608-846-9469 x6

Mondays:
Euchre -1:00PM
Tuesdays:
Hand & Foot- 12:30PM
Sheepshead- 12:30PM
Wednesdays:
Asian Mahjong- 9:15AM
Cribbage- 1:00PM
Thursdays:
Sheepshead- 12:30PM
Dominoes- 1:00PM
Fridays:
Sheepshead-12:30PM
Rummikub- 1:00PM
Work on a puzzle: anyday/allday

PROGRAM SPOTLIGHT

BINGO

Did you know? We play BINGO the second and last Thursdays every month, 12:15-1:30 pm. It's completely free and open to everyone—just drop in and join the fun! We play as many rounds as time allows. All prizes are generously donated from friends of the Center.
Each month, we feature a special prize theme, announced in advance in The Scoop. We gladly accept donations that match the theme, and we're always excited to collaborate with local businesses to sponsor "Black-Out" prizes or provide special treats for BINGO days.
Want to play or get involved as a BINGO sponsor?
Contact Brittney at 608-846-9469 ext. 6 for more details!

Join us for BINGO on August 14th and be treated to a delicious Ice Cream Sundae courtesy of Segues Senior Moving Specialists!

8/1 Jane Roberts
8/4 Jim Ederer
8/4 Russell Groblewski
8/6 Diane Olson
8/6 Mary Richter
8/6 Diane Sippel
8/7 Mike Dietrick
8/8 Cheryl Stenjem
8/9 Vicki Mueller
8/10 Shirl Cannon
8/10 Audrey Fusek
8/10 Lyndon Kroneman
8/10 Curt Wendlandt
8/11 Janice Kuchar
8/11 Candace Rabe
8/12 Joanne Emery
8/12 Peggy Kroll-Connor
8/12 Mark Townsend
8/13 Donna Gilles
8/13 Brenda Miller
8/14 Robert Larson
8/15 Vernon Treinen
8/16 Carol Krez
8/16 Lorna Mutch
8/17 Julie Garbe-Mey
8/17 Holly Stark
8/18 Corinne Bair
8/18 Karen Dixon
8/19 Jeanne Brinks
8/19 Frank Greve
8/19 Raymond Lavallee Jr
8/20 Robert Smith
8/22 Gerald Chlebowski
8/22 Julie Molnar
8/23 Diane Lange
8/25 Nora Geach
8/25 Tami Salzmann
8/25 Sandra Wilke
8/26 Michael Murphy
8/26 Don Thurston
8/28 Steven Eicher
8/29 Steven Clingman
8/29 Keith Podoll
8/30 Pat Link
8/30 Gwen O'Brien
8/31 Joanne Quam
8/31 Tom Summars

Movie Time!!

August 1 at 12:30
The Love Punch

Set in the French Riviera, The Love Punch brings together Pierce Brosnan and Emma Thompson in a feel good romantic comedy about an estranged couple who, after having their pension stolen by a crooked businessman, must reunite to steal it back.

pg-13. 1 h 34 min

August 15, 12:30
Flyboys

The adventures of the Lafayette Escadrille, young Americans who volunteered for the French military before the U.S. entered World War I, and became the country's first fighter pilots.

PG-13, 2 h 20 min

Tacky tourist dress up day!

RIDDLE

QUESTION
I'm tall when I'm young, and I'm short when I'm old. What am I?

ANSWER
a candle

IMPORTANT MESSAGE

Please note: Cornerstone does not officially endorse the agencies providing services or programs at the Center. We recommend that participants use discretion and care when considering any business or service offered.

Natalie's nutrition note:

Here we are, the dog days of summer. Stop on down to visit us, especially if you do not have central air! I wanted to take this moment to remind people that as we age, we become more prone to various problems. A sudden onset of confusion is NOT a sign of aging, rather something medical could be going on. Think dehydration, UTI, blood sugar problems to name a few. Please say something if someone you know and love is acting different than their "usual" self. We just advocated on behalf of an older adult with this exact situation. The doctors missed it, their friends missed it, the family missed it. Everyone wrote off the confusion for "aging." We can use our relationships and connections to help our neighbors.

Special Lunch Dates in August

Tuesday, August 5th – PIZZA LUNCH (for in-house dining only)

**(catered meal from Colonial Club is only for home delivered)

Thursday, August 14th – PRIZE LUNCH & BINGO

Thursday, August 28th – BIRTHDAY LUNCH & BINGO

Nutrition volunteers in their down time

Daily Nutrition: All menu items are prepared in kitchens that are NOT allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact. No substitutions allowed. Menu Guidelines: Menus for the Dane County Dining Centers are prepared to meet one third of the Daily Recommended Intake for Adults 70+ years of age. Shannon Gabriel, RD, reviews all menus. For comments, you may fill out a consumer satisfaction form found at your meal site or contact your Nutrition Site Manager. A suggested donation of $5.00 if you are able. The cost to provide this meal to you is: $13.56.

BLUEBERRIES

For seniors, blueberries are often considered a top fruit choice due to their high antioxidant content, which can support brain function, heart health, and potentially reduce the risk of age-related diseases. Here's why blueberries are a great option for seniors:

- *Brain Health:*

Blueberries are rich in antioxidants that may help improve cognitive function and potentially delay age-related cognitive decline.

- *Heart Health:*

The antioxidants in blueberries can help protect against heart disease, a common concern for seniors.

- *Antioxidant Powerhouse:*

Blueberries are packed with antioxidants, which help protect cells from damage caused by free radicals.

- *Fiber Content:*

Blueberries are a good source of fiber, which aids in digestion and helps seniors maintain a healthy weight.

- *Other beneficial fruits*

include apples, bananas, oranges, and mixed berries.

Ncoa.org

Transit vs. RSVP Medical Rides – Test Your Knowledge!

1. Which ride service is ONLY for medical appointments?
Transit Bus RSVP Medical Escort Rides Both

2. Which ride service is used for local trips like lunch at the Center or grocery shopping?
Transit Bus RSVP Medical Escort Rides Both

3. Which service uses trained volunteer drivers?
Transit Bus RSVP Medical Escort Rides Both

You'll find the answers underlined in the transportation article on page 17

4. If someone lives in DeForest, Windsor, or Vienna, which service(s) can they use?
Transit Bus RSVP Medical Escort Rides Both

5. What's the minimum amount of notice required for each ride service?

In Town Transit Bus Rides In August:

In town rides may be completed in DeForest, Windsor, & Vienna

MONDAYS
Pick n' Save/Walgreens
Bank/Post Office/etc.
In Town Rides

TUESDAYS
8/5: In town rides
8/12: Woodman's/Sun Prairie
8/19: Target/Madison
8/26: Walmart/Sun Prairie

Out of Town Rides
Pick-up: 9:30AM
Return: 1:15PM

TRANSIT SOLUTIONS

WEDNESDAYS
Rides reserved for
My Meal/My Way at the
DeForest Family Restaurant

THURSDAYS
8/7: In town rides
8/14: Center Bingo
8/21: In town rides
8/28: Center Bingo

FRIDAYS
8/1: Mission Nutrition
(11:00-11:45AM)
8/8: In town rides
8/15: Mission Nutrition
(11:00-11:45AM)
8/22: In town rides
8/29: In town rides

Your Guide to Transportation Services at the Center

Transit Bus Rides: Are for local trips like lunch at the Center, grocery shopping, and in-town appointments. The bus runs Monday–Friday, with rides scheduled between 9:30AM and 2:00PM. Rides must be scheduled with at least 24 hours' notice.

To qualify for this service, riders must:

- Be 60+ or have a disability and live in DeForest, Windsor, or Vienna.
- Have a signed Participation Agreement on file with the Center.

RSVP Medical Escort Rides: Are for medical appointments only and are provided by trained volunteer drivers using their own vehicles. Rides are available Monday–Friday from 8:00AM to 3:30PM and must be scheduled with at least 3 business days' notice. The more notice you give, the better the chance a driver will be available. Rides can even be scheduled months in advance!

To qualify this service, riders must:

- Be 60+ and live in DeForest, Windsor, or Vienna.
- Not be on Medical Assistance or in Assisted Living.
- Have a Participation Agreement on file with the Center.
- Be mobile without use of a wheelchair. Use of a cane or walker is allowed.
- Complete an RSVP of Dane County Passenger Registration Form to determine eligibility.

Come Volunteer with Us - We Need You!

Looking for a flexible and meaningful way to give back? Join our team of volunteers!
We're currently looking for:

- **Home-Delivered Meal (HDM) Drivers**
- **Medical Escort Drivers**
- **Kitchen Volunteers to help with meal prep and service at the Center**

Use your own vehicle, choose your own schedule, and make a real difference in the lives of neighbors in our community. Mileage reimbursement and training provided for drivers.

Help serve smiles — in the kitchen, behind the wheel, or wherever you shine!

Interested in Volunteering at Cornerstone Community Center?
We'd love to have you join us!

We ♡ our Volunteers

To get involved, contact Eliza:
(608) 846-9469 ext. 1606
esimpson@deforestcenter.org

Cornerstone Community Center

GET TO KNOW STAFF

PETS:

Cheryl: Dog named Cami
Deni: Little kitty Purr-Vida
Natalie: We help grandma with a golden retriever puppy
Mary Ann: Two dogs: Roxy & Rocket
Eliza: 3 cats and a snake named Amunet
Mary: I have two Nigerian dwarf goats and a few rabbits
Brittney: A dog and cat

Brewer Game 2025: We may not have come home with a win, but we came home with more friends and good times!

COMMUNITY RESOURCES

Aging & Disability Resource Center: 608-240-7400
Alzheimer's Association: 1-800-272-3900
Area Agency on Aging of Dane Co: 608-261-9930
Behavioral Health Resource Center: 608-267-2244
Elder Abuse and Neglect Hotline: 608-261-9933
LGTBQ+ Senior Alliance: 608-255-8582
Madison Public Health: 608-266-4821
Mental Health Crisis Line: 608-280-2600
Madison Social Security: 866-770-2262
Suicide Hotline: 800-273-8255
Medigap Hotline: 1-800-242-1060
Long-term Care Ombudsman: 1-800-815-0015

United Way of Dane County
The Power of Many. **Working for All.**

WASC
Wisconsin Association of Senior Centers

Cornerstone
Community Center
Serving DeForest, Windsor & Vienna

505 NORTH MAIN STREET
DEFOREST, WI 53532

SEPT 9TH MUSIC BY JACOB- PIANIST
SEPT 11TH MEDICARE PRESENTATION 10AM
SEPT 16TH 90 + BIRTHDAY PARTY
SEPT 18TH 4:30PM CASH BINGO- WIN $$

SEPT 23RD 10AM JESSICA MICHNA
SEPT 25TH *SHREDDING EVENT 10AM
*THE JOURNEY OF DOWNSIZING 10:15AM
* HAIRCUTS 9-3

* 5-7 HOLDING SPACE FOR CONVERSATIONS ABOUT SUICIDE
SEPT 27TH WINDSORFEST BINGO IN WINDSOR
WIN $$!!
OCT 2ND HEALTH AND WELLNESS FAIR 9-12
OCT 14TH MUSIC BY BOB GUGEL

OCT 23RD PUMPKIN DECORATING @THE CENTER
OCT 30TH *HAIRCARE 9-3
* BLOOD PRESSURE CHECKS 10AM

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