POWERFUL TOOLS FOR CAREGIVERS

TUESDAYS

APRIL 2ND – MAY 7TH

1:30 – 3:00PM

PEAK Program
155 W Lewis Street- Room #11
Platteville, WI

A six-week program that helps caregivers better care for their loved one – and themselves! This program will help you cope with the challenges that come with your role as caregiver. For more class information and to register please contact:

Pam Kul-Berg at 608-426-4295 or
Ruth Rotramel at 608-723-6113

Join us to help you become a more effective caregiver!
The Aging & Disability Resource Center of Southwest WI will be offering a “Powerful Tools for Caregivers” class series in Platteville beginning Tuesday, April 2nd. This **6-week class** series will meet from 1:30 – 3:00pm at the PEAK Program in Room 11 of the OE Gray Community Learning Center, 155 W Lewis Street. Class dates are Tuesdays April 2\textsuperscript{nd}, 9\textsuperscript{th}, 16\textsuperscript{th}, 23\textsuperscript{rd}, 30\textsuperscript{th} and May 7\textsuperscript{th}. Each class builds upon the previous classes, so attempting to attend all classes is recommended.

**There is no fee for this class series, but pre-registration is required to ensure we have enough materials for each participant.** Unpaid family caregivers from Grant, Iowa, Lafayette and Green Counties and the surrounding areas are invited to attend.

Focus is on the caregiver and self-care. You will learn techniques to reduce personal stress; communicate effectively with family, friends, and medical professionals; and reduce guilt, anger, fear, depression and tension. You will learn to build confidence in handling difficult caregiving situations, emotions and decisions. In addition to the education, support also comes from other caregivers who experience the similar feelings and day to day struggles. Although it is not a support group, participants give and receive support from each other.

Caregiving can be both challenging and rewarding. It is very important that caregivers pay attention to the physical, emotional, and financial problems that this role may cause and continue to take care of themselves. Families usually believe that no one can care for their loved one as well as they can, even though they are struggling to "do it all". It is important for the caregiver to maintain outside interests and activities, and continue to see friends. Often caregivers are reluctant to seek help until there is a crisis. This class can help you manage the challenges of caregiving.

**For more information or to register:** Call Pam Kul Berg at 608-426-4295 or Ruth Rotramel at 608-723-6113. Class size is limited.
Fasten Your Seatbelts. It's Going To Be A Grumpy Ride

WHEN: Friday, April 26th  COST: $85.00  PAYMENT DUE BY: April 15th
MAKE CHECKS PAYABLE TO: Platteville Area Senior Services (PASS)
INCLUDES: Deluxe Motorcoach Transportation, Lunch, and Musical
DEPART: Platteville Walmart at 8:45 AM
HEADING TO: Circa 21 Playhouse in Rock Island, IL
Euchre Skunk Party!!!
Wear your black & white
Thursday March 28th
Food & Drink at Noon
Game starts at 12:30

LEARN THE HISTORY OF
PLATTEVILLE’S STORIED
2ND STREET
WEDNESDAY THE 27TH
BEGINNING AT 10:30

For ad info. call 1-800-950-9952 • www.4lpi.com
Plattville Senior Center, Platteville, WI B 4C 01-1416

Bill’s Plumbing & Heating
Platteville, WI 53818
(608) 348-5026

SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY
## MARCH 2019 MENU

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>Please call the meal site (not the Center) by 6:00 the night before to reserve a meal! 348-8042</td>
<td>Unless another bread item is listed, all meals include a serving of Whole Wheat Bread</td>
<td></td>
<td>1 Brunch Egg Bake Hashbrowns Sausage Links Mixed Fruit Salad 100% Fruit Juice Cinnamon Roll</td>
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<tr>
<td>4 Sloppy Joe on a Bun Oven Roasted Potatoes Boston Baked Beans Sunshine Salad</td>
<td>5 Salisbury Steak/Gravy Parsley Buttered Potatoes Dilled Carrots Corn Apple Crisp</td>
<td>6 Ash Wednesday Baked Cod Cowboy Potatoes California Blend Veggies Mixed Greens w/Dressing Frosted Cake</td>
<td>7 Sliced Turkey Mashed Potatoes/Gravy Green &amp; Was Beans Tropical Fruit Bread Pudding w/ Caramel Sauce</td>
<td>8 Baked Ziti w/ Cheese Mixed Vegetables Peach Slices w/ Cottage Cheese Orange Rice Krispie Bar</td>
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<td>11 Oven Baked Chicken Breast Sweet Potatoes Peas &amp; Carrots Gelatin w/Fruit Cocktail Lemon Poppy Seed Cake</td>
<td>12 Spaghetti Casserole w/ Meat French Bread Seven Layer Salad Pineapple Rings Peanut Butter Cookie</td>
<td>13 Orange Glazed Pork Chops Duchess Potatoes Broccoli Fruited Gelatin Raspberry Oatmeal Bar</td>
<td>14 Swedish Meatballs Mashed Potatoes Stewed Tomatoes Baked Beans Baker’s Choice Cookie</td>
<td>15 Broccoli Soup Tuna Salad on Whole Wheat Bread Rosey Pears Pistachio Salad Banana Bread</td>
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<tr>
<td>18 Corned Beef Cooked Cabbage Baby Red Potatoes Normandy Vegetables Pistachio Pudding Pie Square</td>
<td>19 Meatloaf Cowboy Potatoes Spinach Peach Slices Oatmeal Raisin Cookie</td>
<td>20 Roast Beef w/Gravy Mashed Potatoes Baked Beans Ambrosia Salad Marble Cake</td>
<td>21 Parmesan Chicken Breast Oven Browned Potatoes Seasoned Beets Copper Penny Salad Frosted Cupcake</td>
<td>22 Seafood Alfredo Casserole Mixed Vegetables Creamy Coleslaw Banana Chocolate Revel Bars</td>
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<td>25 Calico Bean Casserole California Blend Veggies Peaches Cornbread Chocolate Éclair Dessert</td>
<td>26 Brat on a Bun w/ Ketchup, Mustard &amp; Sauerkraut German Potato Salad Orange Pineapple Salad Oatmeal Fudge Bar</td>
<td>27 BBQ Shredded Pork/Bun Broccoli Raisin Salad Sweet Potato Wedges Apple Waldorf Salad Frosted Pumpkin Bar</td>
<td>28 Pineapple Glazed Ham Au Gratin Potatoes Peas &amp; Pearl Onions Mixed Greens w/Dressing</td>
<td>29 Salmon Loaf Baked Potato Creamed Peas Tropical Fruit Cherry Cobbler</td>
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# March 2019 Events

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<tr>
<th>Monday</th>
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<tr>
<td>3 (Sunday) 5-8 pm Dance at Elks Club</td>
<td>5 8-9 Intensive Exercise w/John</td>
<td>Have a question about or for the PEAK Program? Call 348-9934 to speak with Jon or Jill</td>
<td>6 8:15-9:15 Yoga w/Eileen 10:00 Reading Club in Room 11 10:30 Guest Speaker Phil Karrmann, Topic: Guardianships</td>
<td>1 8-9 Intensive Exercise w/John 9:00 Card Making w/Becky Ericson 10:30 Cat in the Hat w/Kent Scheurell &amp; Head Start Kids 12:30 Cribbage</td>
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<td>4 8:15-9:15 Yoga w/Eileen 10:30 Guest Speakers Mike Mair/Tom Young, Topic: Hearing Loop 12:00 Bridge 12:30 Smear</td>
<td>6 8:15-9:15 Yoga w/Eileen</td>
<td>7 12:30 Euchre/500</td>
<td>8 8-9 Intensive Exercise w/John 9:00 SCA Meeting 10:30 PHS Solo/Ensemble Group w/Marcia Russell 12:30 Cribbage</td>
<td>12:30 Cribbage</td>
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<td>11 8:15-9:15 Yoga w/Eileen 11:00 Guest Speaker Sam Sanders, Topic: Bell Tower Retirement Community 12:00 Bridge 12:30 Smear</td>
<td>12 8-9 Intensive Exercise w/John 6 PM Paint with Theresa</td>
<td>13 8:15-9:15 Yoga w/Eileen</td>
<td>14 12:30 Euchre/500</td>
<td>15 8-9 Intensive Exercise w/John 11:00 “Just Ask Judy” Topic: Living Well With Chronic Conditions 12:30 Cribbage</td>
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<tr>
<td>18 8:15-9:15 Yoga w/Eileen 10:45 Guest Speaker Brodie Dockendorf, Topic: Quilt Block Wind Farm 12:00 Bridge 12:30 Smear</td>
<td>19 8-9 Intensive Exercise w/John 10:30 BP/Sugar Level Checks thanks to Edenbrook</td>
<td>20 8:15-9:15 Yoga w/Eileen</td>
<td>21 12:30 Euchre/500</td>
<td>22 8-9 Intensive Exercise w/John 12:30 Cribbage</td>
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Evening Paint Classes with Theresa
This month make this fun Easter decoration!
Tuesday the 12th at 6 PM
Please call the week before to register.
Dance Party

Singles and Couples

At Platteville Elks Lodge

March 3 from 5-8 P.M.

Platteville Elks Lodge #1460
50 South Oak Street, Platteville, Wisconsin

Cover Charge
Singles $3  Couples $5

Music by Ts N Js Productions

This opportunity is put together by members of

To request disability accommodations, contact Caryn Stanley advisor, at stanleyca@uwplatt.edu or 608.342.7122.