BLOOD DRIVE

Platteville Senior Center-PEAK

Wednesday, June 19
11:00 am - 2:00 pm
Community Room
155 W Lewis Street

To schedule an appointment, email Jon Meidinger at peak@platteville.org.

Last Date to Donate Elsewhere: 4/24/19
Please eat before donation. Must have photo ID to donate.

All presenting donors will receive a voucher for a $10 Gift Card to Amazon.com, Casey’s General Store, Dairy Queen or Domino’s!
MAKING AN IMPACT IN GRANT COUNTY
Providing programs, services and advocacy on dementia-related issues in your community.

The State of Wisconsin has identified 1,095 people in Grant County alone with Alzheimer’s or other form of dementia.
alzwisc.org

FAMILY CAREGIVER EDUCATION
5/30 Understanding & Responding to Behavior Changes
   3—4:30 PM Gunderson Boscobel Area Hospital & Clinics

5/9, 16, 23 Crossing Bridges
   1—3:30 PM Sinsinawa Mound

6/27 Understanding & Responding to Behavior Changes
   1—2:30 PM PEAK formerly Platteville Senior Ctr.

7/31 Communication Tips & Strategies
   3—4:30 PM Gunderson Boscobel Area Hospital & Clinics

8/15 Communication Tips & Strategies
   1—2:30 PM PEAK formerly Platteville Senior Ctr.

8/22 Is it time for Facility Care?
   1—2:30 PM Sinsinawa Mound

9/24 Family Dynamics in the Dementia Journey
   3—4:30 PM Gunderson Boscobel Area Hospital & Clinics

10/17 Making Holidays Meaningful
   1—2:30 PM PEAK formerly Platteville Senior Ctr.

10/24 End of Life & Dementia
   1—2:30 PM Sinsinawa Mound

COMMUNITY EDUCATION PROGRAMS
Boost your Brain, Understanding Alzheimer’s & Dementia, We All Forget

MEMORY CAFÉ
Platteville, Every 2nd Wednesday, 1—2:30 PM
   Park Place Community Room
   1075 Elm St. Platteville

Sinsinawa, Every Last Thursday, 1—2:30 PM
   Sinsinawa Mound Center,
   585 Cty Rd. Z, Sinsinawa

CAREGIVER SUPPORT GROUP
Platteville, Every 3rd Wednesday, 1—2:30 PM
   Park Place Community Room
   1075 Elm St., Platteville
   Onsite respite care available
   call 608-723-4288.

Fennimore, Every 2nd Wednesday, 1—2:30 PM
   Memorial Building
   860 Lincoln Avenue, Fennimore

Sinsinawa, Every 2nd Thursday, 1—2:30 PM
   Beginning June 13th, Sinsinawa Mound Center,
   585 Cty Rd. Z, Sinsinawa

LOCAL RESOURCE
Southwest Behavioral Services
Part of the Southwest Health Rural Health Clinic
1450 Eastside Rd., Platteville, WI 53818
   By appointment 608-348-3656

Your community Dementia Outreach Specialist
Heather Moore
heather.moore@alzwisc.org  608-723-4288
IS IT TIME TO HAVE “THE TALK?”

Get help finding the right words when you take the We Need to Talk seminar online or in person. Sponsored by AARP Driver Safety, this class guides families in determining when it’s time for their loved ones to hang up the keys. While knowing when the time is right can be hard, surveys show that more than half of older drivers whose family asked them to retire from driving said they listened to and followed the suggestions of others.

Invaluable Advice

The seminar is FREE and offers practical tips and advice on three main topics:

1. The Meaning of Driving – Find out what driving means to older adults and the emotions they may face when having to give it up.

2. Observing Driving Skills – Learn to observe your loved one’s driving skills objectively and talk about alternatives to driving.

3. Planning Conversations – Discover how to have “the talk” while encouraging independence. It’s a difficult conversation to initiate, but with the right tools, you can really make a difference in the life of an older driver.
EVERY THIRD MONDAY
We’re lucky to have Bryant Schobert, Pharmacist at The Pharmacy at Southwest Health, visit us to discuss a different medication related topic.
This month’s topic: Mental Health
10:45 to 11:30
Followed by a delicious lunch (call #348-8042 by 6 PM the day before if you would like to eat)

Friday June 14th @ 11 AM
PPD Lieutenant Jeff Haas will give us pointers on how to properly dispose of expired and unused prescription medications.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Pasty</td>
<td>Chicken Salad on Whole Wheat Bread Deviled Egg Potato Salad Melon Pieces Chocolate Chip Cookie</td>
<td>Swiss Steak w/Gravy Red Bliss Potatoes Maple Baked Beans Mixed Fruit Peach Crisp</td>
<td>Unless another bread item is listed, all meals include a serving of Whole Wheat Bread</td>
<td>Roast Beef Sweet Potatoes Buttered Beets Pineapple Tidbits Frosted Yellow Cake</td>
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<tr>
<td>Mixed Greens w/ Dressing Apricots Oatmeal Fudge Bar</td>
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<tr>
<td>BBQ Chicken Breast</td>
<td>Lasagna w/Meat Sauce Buttered Green Beans Tossed Greens/Salad Dressing Garlic Bread Apple Crisp</td>
<td>Salisbury Steak w/Gravy Mashed Potatoes Stewed Tomatoes Creamy Coleslaw Frosted Chocolate Cake Platteville Birthdays</td>
<td>Seasoned Baked Cod O'Brien Potatoes Spinach Peaches Seven Layer Bar</td>
<td>Sloppy Joe on a Bun Potato Wedges Baked Beans Cucumber Tomato Salad Pudding Pie Square</td>
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<td>Cowboy Potatoes</td>
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<tr>
<td>Seasoned Corn Broccoli &amp; Raisin Salad Rhubarb Dessert</td>
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<td>Beef Stew over a Baking Powder Biscuit Spinach Waldorf Apple Salad Cream Puff Dessert</td>
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<tr>
<td>Swiss Steak</td>
<td>Meatloaf Oven Browned Potatoes Seasoned Green Beans Mixed Fruit Berry Cobbler</td>
<td>Bratwurst on a Bun w/ Sauerkraut Dilled Carrots Potato Salad Tropical Fruit Lemon Bar</td>
<td>Seafood Alfredo w/ Pasta Cauliflower &amp; Broccoli Rosy Pears Fruited Strawberry Gelatin w/Topping</td>
<td>Hamloaf Sweet Potato Wedges Black Bean Salad Coleslaw Mandarin Orange Cake</td>
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<td>Cooked Cabbage Orange Peanut Butter Bar</td>
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<tr>
<td>25 Hamburger on a Bun w/ Onions &amp; Mushrooms Seasoned Potato Wedges Baked Beans Cantaloupe Ranger Cookie</td>
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<tr>
<td>26 Chicken &amp; Vegetable Casserole Mixed Greens w/ Dressing Chunky Applesauce Strawberry Shortcake w/Topping</td>
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<tr>
<td>27 Sliced Roast Beef/Gravy Mashed Potatoes Honey Glazed Carrots Pears Cherry Cheesecake</td>
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<td>28 BBQ Riblet</td>
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Please call the meal site (not the Center) by 6:00 the night before to reserve a meal!

348-8042

Unless another bread item is listed, all meals include a serving of Whole Wheat Bread.
# June 2019 Events

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>3</td>
<td>4</td>
<td><strong>Have a question about or for the Senior Center?</strong>&lt;br&gt;Call 348-9934 To speak with Jon or Jill</td>
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<td>10:30</td>
<td></td>
<td>12:30 Euchre&lt;br&gt;12:30 500</td>
<td></td>
<td>9:00 Card Making w/Becky&lt;br&gt;12:30 Cribbage&lt;br&gt;Saturday, June 8&lt;br&gt;10:00-11:30 “We Need to Talk.” (How do you know when it’s time for you or loved one to stop driving?)</td>
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<tr>
<td>10:45</td>
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<td><strong>REMEMBER: No Yoga through the summer</strong></td>
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<tr>
<td>Guest Speaker and demonstration from Sara Spooner Spinning Guild</td>
<td>12:30 Euchre&lt;br&gt;12:30 500</td>
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<td>8-9 Intensive Exercise w/John&lt;br&gt;9:00 SCA Meeting&lt;br&gt;11:00 Guest Speaker Jeff Haas, Topic: “Drug Returns”&lt;br&gt;12:30 Cribbage</td>
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<td>12:00 Bridge</td>
<td>11:30 BP/Sugar Level Checks courtesy of Edenbrook</td>
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<td>10:45</td>
<td>18</td>
<td>11-2 Mississippi Valley Blood Drive</td>
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<tr>
<td>Guest Speaker Bryant Schober, Topic: Mental Health</td>
<td>12:30 Euchre&lt;br&gt;12:30 500</td>
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<td>12:30 Cribbage</td>
<td><strong>BRAT SALE</strong>&lt;br&gt;10:30 at Heiser Hardware</td>
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<td>12:00 Bridge</td>
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<td><strong>12:30 FREE BINGO sponsored by St. Croix Hospice</strong></td>
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<tr>
<td>12:00 Hearing Support Group</td>
<td>10:30 Guest Speaker Ann Cooley, Marine Credit Union, Topic: Money Management Through Transitions&lt;br&gt;12:30 Euchre/500&lt;br&gt;1:00 Understanding and Responding to Behavior Changes w/ Alzheimer’s &amp; Dementia Alliance of Wisconsin</td>
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Sign Up For Our E-Newsletter Today!

Send an email to peak@platteville.org to get a digital copy of this publication sent directly to your inbox.
(Need help setting up an email address? Let us know.)

In addition, you will be the first to know about upcoming trips, parties, programs, and more.

Look for our meal site menu and event calendar every month in your favorite local newspaper - The Platteville Journal
Platteville Area Senior Support aka PASS

PASS is a 501c3 nonprofit fundraising group supporting senior programs and activities in the greater Platteville area.

Our primary emphasis is replacing Senior Center funding lost due to city-wide budget cuts.

Want to help out with a fundraiser or become a member? Call John Klosterman at #217-341-5357 or email pvillepass@gmail.com

BRAT SALE!!!

Support Our Seniors!

Saturday June 22 - 10:30 @ Heiser's