924 Jackson Street Stoughton, WI 53589 Spring 2023

Greenspire Apartments

A Word from the Office...

Spring has *finally* SPRUNG! It's so nice when the days get longer, and we can begin wearing fewer layers. Waking up to birds chirping instead of a snowstorm is a real joy! Then again, it is springtime in Wisconsin and the weather can be very unpredictable!

This issue of our newsletter is jam packed with interesting articles, additional local resources, safety tips, chair exercises, seasonal recipes, and a couple of smiles. We hope you enjoy!

As you may know, the spring elections are on Tuesday, April 4. For more information, contact the City Clerk at 608-873-6677 or visit www.ci.stoughton.wi.us.

If you do not have renter's insurance, we strongly encourage you to get it to protect your personal belongings, and other items related to a potential insurance claim. The cost is extremely reasonable.

As the weather improves, the site staff & several trusted contractors will be busy with projects to enhance your living experience. We will share more details as the schedules come together over the next few months.

In addition, we recently tested and upgraded our fire alarm panels. Although we try to make sure all our residents are aware of these activities, we also understand the disturbance can be unsettling. Please feel free to reach out if you every have questions or concerns.

Your Manager,
Wendy

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Office Hours:

Mon., Tues. & Thurs.
8:00 a.m. - 3:00 p.m.
Wed. & Fri. 8:00 a.m. - Noon
All other times, by appointment Office: (608) 873-7855

United Way 2-1-1 aims to make accessing resources easier for those in need. This service is provided 24/7 and is confidential. Dial 2-1-1 from either a landline or cell phone.

In Other News...

Wisconsin Named #3 Best State to Retire

Did you know, 38% of Wisconsin residents are over the age of 50?

Wisconsin certainly has its fair share of snow, but during the warmer weather our parks are stunning and a day trip is just what the doctor ordered!

It's also one of the most affordable states to retire in, thanks to a lower cost of living. There are lots of options for those who are looking for assisted living communities and active communities for those over 55.

Wisconsin offers a wide range of services support services. For more information, contact Aging and Disability Resource Center (ADRC) of Dane County: 608-240-7400

VITA
Free Tax Assistance

Free Tax Assistance IRS certified volunteers are providing free tax preparation through Volunteer Income Tax Assistance (VITA) and Tax Counseling for Elderly (TCE) programs.

For more information about program and locations call (608) 266-2486 or call 2-1-1.

How to Protect Yourself from FoodShare Fraud

FoodShare benefits continue to be a target. FoodShare fraud can result in you losing the monies in your account, which prevents you from being able to buy food until those monies are replenished. Therefore, it is important that you take steps to protect your identify and your benefits.

Department of Health Services recommends you do the following to protect your benefits:

- ✓ Check the accuracy of account information by calling the agency that issues your FoodShare benefits.
- ✓ Monitor account balances using the MyACCESS mobile app or ebtEdge website or mobile app.
- ✓ Add or change optional account passwords to limit unauthorized access.
- ✓ Change Personal Identification Numbers (PINs) often by calling QUEST Card Service at 877-415-5164.

Do not share account passwords and PINs with anyone who is not part of your household. Report lost or stolen cards immediately to QUEST Card Service at 877-415-5164.

Follow Numbers 1 through 55

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		3	8	5	20	40	15	21	23	45
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8	4	5	22	9	10	11	16	40	20	32
10	5	26	23	10	42	41	15	39	21	33
14	6	25	24	11	12	13	14	39	22	47
8	7	14	15	16	17	18	19	20	23	46
21	34	33	32	31	40	27	26	25	24	55
23	35	18	19	30	29	28	27	28	29	54
24	36	30	32	31	5	2	50	51	52	53
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Health & Wellness

Photo Credit: Sylvia Jansen

What Are The Benefits of Chair Exercises?

Chair workouts provide many of the same proven benefits — like greater circulation and better heart health — as more traditional forms of exercise. The accessible option works for many groups. There are certain benefits of chair exercises that are especially important for older adults.

1. Stronger muscles
Muscle mass declines with age (sarcopenia). And weaker muscles have been linked to impaired physical function and mobility over time. Fortunately, exercise can help you prevent or reverse age-related muscle loss.

2. Better balance and flexibility
It might seem counterintuitive that using a chair to exercise can lead to better balance. But it absolutely can. A small study compared two exercises in adults with mobility problems: sitting-to-standing and standing on one leg. The chair-rising exercise was more effective at improving balance and walking speed. Workouts like chair yoga may help older adults enhance their balance and flexibility. The practice might also boost confidence in their abilities and lower the risk of falls.

3. More functional mobility
Functional mobility is the capacity to move in various environments. It allows you to make critical movements, such as walking, bending, or standing. And it's one of several ADLs that help you take care of your basic needs and stay independent as you age.

4. Improved cognitive function
Physical activity boosts your brain health. An active lifestyle can keep your memory sharp and slow cognitive decline as you age. The same 2021 review found that seated exercises improved cognitive function in nursing home residents.

5. Better quality of life
With so many possible health benefits, chair exercises may help older adults improve their quality of life. One study examined the effects of a chair fitness program on older women. After 14 weeks, they had better functional fitness and were happier and less stressed. Another study looked at a complete chair-based fitness regimen for inactive older adults. The plan enhanced physical and cognitive function as well as emotional and social well-being.

The bottom line
Chair exercises can help you stay active and independent as you get older. They've been shown to improve balance, mobility, and quality of life for older adults. But seated and standing options make chair exercises an accessible workout for people of various ages and fitness levels.

Source: GoodRX

Recipe Corner

PARMESAN CHICKEN

Source: Ina Garten

INGREDIENTS

4 to 6 boneless, skinless chicken breasts
1 cup all-purpose flour
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 extra-large eggs
1 tablespoon water
1 1/4 cups seasoned dry bread crumbs
1/2 cup freshly grated Parmesan, plus extra for serving
Unsalted butter
Good olive oil

DIRECTIONS

1. Pound the chicken breasts until they are 1/4-inch thick.
2. Combine the flour, salt, and pepper on a dinner plate. On a second plate, beat the eggs with 1 tablespoon of water. On a third plate, combine the bread crumbs and 1/2 cup grated Parmesan. Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides in the bread-crumb mixture, pressing lightly.
3. Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large saute pan and cook 2 or 3 chicken breasts on medium-low heat for 2 to 3 minutes on each side, until cooked through.

7 INGREDENT LEMON BARS

INGREDIENTS

Shortbread Crust
1 cup (230g; 2 sticks) unsalted butter, melted
1/2 cup (100g) granulated sugar
2 teaspoons pure vanillal extract
1/2 teaspoon salt
2 cups + 2 Tablespoons (265g) all-purpose flour (spooned & leveled)

Lemon Filling
2 cups (400g) granulated sugar
6 Tablespoons (46g) all-purpose flour
6 large eggs
1 cup (240ml) lemon juice (about 4 lemons)
optional: confectioners' sugar for dusting

DIRECTIONS

1. Preheat the oven to 325°F (163°C). Line the bottomand sides of a 9×13 glass baking pan (do not use metal) with parchment paper, leaving an overhang on the sides to lift the finished bars out (makes cutting easier!). Set aside.

2. Make the crust: Mix the melted butter, sugar, vanilla extract, and salt together in a medium bowl. Add the flour and stir to completely combine. The dough will be thick. Press firmly into prepared pan, making sure the layer of crust is nice and even. Bake for 20-22 minutes or until the edges are lightly browned. Remove from the oven. Using a fork, poke holes all over the top of the warm crust (not all the way through the crust). A new step I swear by, this helps the filling stick and holds the crust in place. Set aside until step 4.

3. Make the filling: Sift the sugar and flour together in a large bowl. Whisk in the eggs, then the lemon juice until completely combined.

4. Pour filling over warm crust. Bake the bars for 22-26 minutes or until the center is relatively set and no longer jiggles

Empowerment Services

Stoughton Area Senior Center

248 W. Main Street
Stoughton, WI 53589
(608) 873-8585
www.StoughtonSeniorCenter.com

Case Management
The Case Management program links older adults with services available to help them remain as independent as possible in their homes and community.

Home Delivered Meals
Meal delivery is available every weekday on a donation basis to homebound people over 60 years of age who reside in the City of Stoughton and Towns of Albion and Dunkirk. Meal reservations should be made by 1:00 PM the previous working day.

Nutrition Site
The Senior Center serves lunch every weekday at 12:00 PM on a donation basis to people over 60 years of age.

Elder Law & Local Estate Plans
As a service to the community, Attorney Eric Christoffersen offers meetings at his local office at 194 W. Main St. on Mondays at no charge. If additional work is required, you may be offered to retain his law firm for a fee. Call for details at (608) 662-0440 or edc@dfgrams.com.

Support Groups
The Senior Center hosts the following support groups: Grief, Low Vision, Memory Loss Caregivers, Multiple Sclerosis, and Parkinson's disease.

Resource Library
The Senior Center has a library of resource publications, including books, books on DVD, large-print books, brochures, DVDS and other media available to the public.

Source: Stoughton Area Senior Center

disabilityrights WISCONSIN

Disability Rights Wisconsin (DRW) is a private non-profit organization that protects the rights of people with disabilities statewide. Their mission is to advance the dignity, equality, and self-determination of people with disabilities. They work to pursue justice on matters related to human and legal rights.

DRW is completely independent of government and the disability service system in order to be free of any conflicts of interests which undermines our capacity to advocate vigorously on behalf of the human and legal rights of people with disabilities.

Programs:

- Protection and Advocacy: Our Core Service
- Disability Benefits Specialists Training and Support
- Disability Drug Benefit Helpline
- Family Care and IRIS Ombudsman
- SSI Managed Care External Advocacy Project
- Victim Advocacy

Telephone (toll free): 800-928-8778

DRW Voter Hotline: 844-347-8683

Online: Fill out a request form at

https://hipaa.jotform.com/212243712717046

Email to: info@drwi.org

Reminder: Maintenance Requests and Emergencies

EMERGENCY fire, flood, personal injury
Dial 911 first! It is important to remember police, fire and ambulance are the primary first responders. They are the ones specifically trained to handle these types of situations. And they are closer and can definitely be there faster than any of us!

After hours, EMERGENCY weekend or holiday maintenance
Call (608) 513-4130. If you have to leave a message, it is extremely important that you follow the instructions of leaving your name, your address and phone number where you can be reached, and a brief description of the nature of your emergency. Our technician will return your call promptly in response to your emergency.

NON-EMERGENCY routine maintenance request
Visit or call the Greenspire office at (608) 873-7855 or greenspire@sbcglobal.net. These types of requests can be addressed during regular business hours. You are also welcome to write up your own maintenance request and bring it to the office or put it in the building's drop box. It may be easier for you to tell maintenance when you see them around the property, but please have it directed through the office so it is written down and put in maintenance's mailbox.

Greenspire Office:
924 Jackson Street
Stoughton, WI 53589
Phone: (608) 873-7855
E-Mail: greenspire@sbcglobal.net

BMC Office:
1502 W. Broadway Suite #302
Madison, WI 53713
Phone: (608) 222-1981
Fax: (608) 441-8838
E-mail: sue@bmcmadison.com
www.bmcmadison.com

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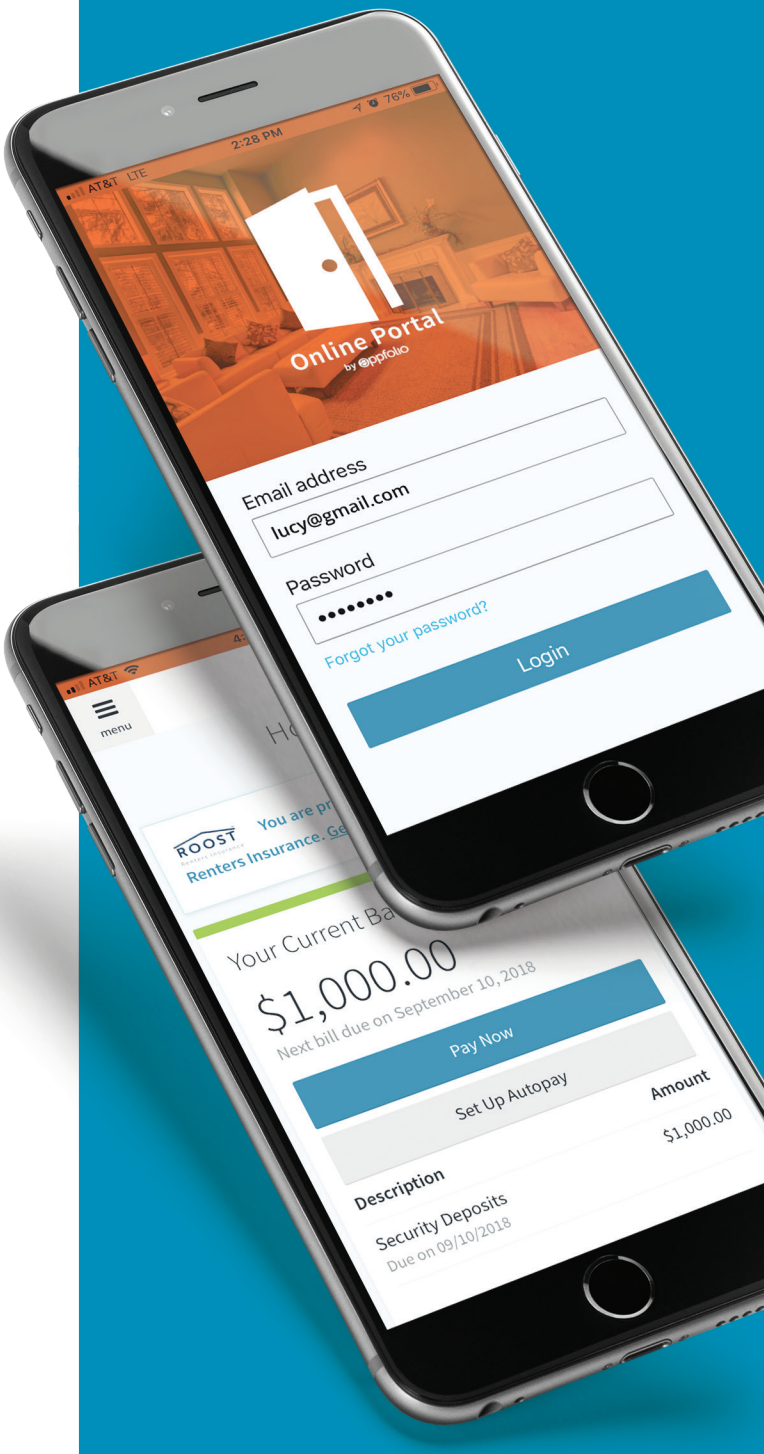

Easy Payments

+ Pay your rent instantly
+ Set up auto-payments

Fast Maintenance

+ Submit maintenance requests (+ photos) easily
+ Monitor the status of your requests

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+ View or download your lease
+ Access important documents from anywhere
+ Stay logged in for instant access

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