

THE Messenger

VOLUME 40, NUMBER 2

FEBRUARY, 2023

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



Voices of Color

WITH HOST MELVIN HINTON

February is Black history month, and we are excited to introduce Dr. Linda Vakunta, Deputy Mayor of Madison. Dr. Vakunta works with housing and human service issues for the City, and she was recently named as one of Wisconsin's 52 Most Influential Black Leaders in 2022.



Dr. Linda Vakunta

Our community is a rich mix of many different cultures. Being an inclusive community means learning about and appreciating our differences. It means unlearning stereotypes and ideas that we may have of one another; some of which are ingrained in the fabric of society.

Join us on the third Thursday of each month at 10 am to learn about and meet individuals whose diverse leadership is shaping the future of our community.


A virtual presentation sponsored by the Madison Senior Center.
Get your Zoom link by emailing seniorcenter@cityofmadison.com

Thursday, February 16, at 10 am



Food: A Cultural Culinary History

**MONDAYS, 1:30-3:30 PM,
FEBRUARY 13 – MAY 1**

This course explores the history of how humans have produced, cooked and consumed food through the ages. It covers the cultures of the world and the foods that have affected history. Activities will include sampling food! This is a Great Course facilitated by Robin Proud. 

FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581
FAX.....(608) 267-8684
Website..... madisonseniorcenter.org

SENIOR CENTER STAFF

Community Resources Manager, Yolanda Shelton-Morris (she, her)

(608) 266-6563, yshelton-morris@cityofmadison.com

Program Coordinator, Laura Hunt (she, her)

(608) 267-8650, lhunt@cityofmadison.com

Office/Rental Manager, Karen Cator (she, her)

(608) 266-6290, kcator@cityofmadison.com

Volunteer Coordinator, John Weichelt (he, him)

(608) 267-2344, jweichelt@cityofmadison.com

Reception Coordinator, Gary Flesher (he, him)

(608) 267-8651, gflesher@cityofmadison.com

Custodian, Ricky Butler (he, him)

(608) 266-6581, rbutler@cityofmadison.com

*"The Madison Senior Center promotes successful aging."
AA/EOC Employer and Service Provider*

MISSION STATEMENT

The Madison Senior Center provides opportunities for older adults to engage in healthy living education and activities in a relevant and inclusive community.

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs are offered in person, virtually and hybrid. Watch for the "**VIRTUAL**" after the program time. Classes that are both in person and virtual are referred to as "**Hybrid**". **Register for the programs**, even if they are free. Most programs require a minimum number. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email seniorcenter@cityofmadison.com or (608) 267-8651.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

Member of



Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$25,760 (one person) or \$34,840 (two people) for programs and events. The application is simple and all information is confidential. Call 267-8650 or email Laura at lhunt@cityofmadison.com.

Public spaces (interior and exterior) at the Madison Senior Center are monitored by staff on video security cameras; participants and visitors may be recorded.

SUBSCRIBE TODAY!

If you prefer a paper copy of *The Messenger*, our monthly newsletter, it is only \$10. The Weekly Window is only available electronically.

Register for *The Messenger* (PLEASE PRINT)

☐ \$10 per year, check enclosed (Make check payable to Madison Senior Center.)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Mail to the Madison Senior Center, 330 W. Mifflin Street, Madison, Wisconsin 53703.

FOR YOUR INFORMATION

Aging & Disability Resource Center (ADRC)

ADRC works with older adults, adults with disabilities and caregivers to connect them to community services that help keep them healthy and safe in the community. They provide a friendly, welcoming place where you can get unbiased information about aging or living with a disability. Their contact information is 2865 N. Sherman Ave, Madison, WI 53704; (608) 240-7400 or email ADRC@countyofdane.com.

NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. NewBridge provides programs and services throughout the community: Bridge Buddies - Friendly Callers, Case Management, Diversity & Inclusion Activities, Food Bridge Delivery, Foot Clinics, Home Chore Program – Outdoor Only, Loan Closet, Representative Payee & Guardianship Service and Zoom Classes & Activities. NewBridge case managers have drop-in hours at the Madison Senior Center once a month usually. Check the “Calendar” page for the correct day and time.



Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60 plus and their families in accessing services that will help older adults continue living in their own homes and communities. The amount of assistance provided depends on the needs of the older adult. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact Information: 2865 N Sherman Ave, Madison, WI 53704; 608-261-2995 or email AAA@countyofdane.com.

Like us on Facebook:
facebook.com/MadisonWISeniorCenter



Health & Safety Precautions

To protect the health and safety of all participants, volunteers, and staff in our building, we ask that all facility visitors agree to the following practices:

- ♥ Follow guidance provided by the CDC and Public Health Madison and Dane County.
- ♥ Stay home if you are sick.
- ♥ Masks are welcome and encouraged (but not required).
- ♥ If you appear sick, you may be asked to leave the building.
- ♥ Wash hands often with soap and water for at least 20 seconds.
- ♥ Take advantage of hand sanitizer stations.
- ♥ Use a tissue to cover a cough or sneeze.
- ♥ Social distance when possible.

Haircuts

4TH TUESDAY OF THE MONTH, 9 AM - 1 PM | APPOINTMENT REQUIRED

MSC will offer FREE haircuts once a month by a licensed cosmetologist.

HAIR MUST BE CLEAN. Call (608) 266-6581 to schedule an appointment. ***No haircuts in January or February.** Haircuts will resume in March 2023.



Inclement Weather

In most cases, the Senior Center will remain open. When an instructor or presenter calls off because of weather or illness we will attempt to contact all participants who are registered for that program. Check the website or Facebook for updates.



Blood Pressure Screening

EVERY OTHER TUESDAY, 11 AM - 12 PM

Keep tabs on your blood pressure. Our volunteer is a trained paramedic, and he would love to have you stop by during American Heart Month.

LIFELONG LEARNING

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

A Funeral's Carbon Footprint

TUESDAY, MARCH 21, 10-11 AM

Cremation vs. burial: which one leaves a larger ecological footprint? Learn from Nickie Gard and Melissa Theisen about the environmental impact of a funeral home's services and what Gunderson and other funeral homes are doing to combat the rise of these ecological concerns. *R*

The History of Hollywood Musicals

MONDAYS, 1-3 PM

This series will look at the evolution of the American movie musical. Each week, we will watch and learn about an important film in the musical genre with an introduction to each film that will include important historical points, fun facts and short biographies of the stars. Join us for a trip through Hollywood musical history.

FEBRUARY 27

The Jazz Singer (1927) – The first “talking” film features Al Jolson as a Jewish performer torn between his faith and his love of popular music. Historically important because of the film’s technical aspects but fun to see and hear Jolson singing such popular tunes as “Dirty Hands, Dirty Face,” “Toot Toot Tootsie” and “My Mammy.”



MARCH 6

The Broadway Melody (1929) – MGM touted this musical as “All Talking! All Singing! All Dancing!” and it won the Best Picture Academy Award. Bessie Love and Anita Page play a sister act trying to crash Broadway and Charles King is the singer who comes between them. Many of the songs have become standards: “You Were Meant for Me,” “The Wedding of the Painted Doll,” and the title tune.

Exploring Poetry

2ND & 4TH WEDNESDAYS,
11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There will be opportunities to read, recite and write. *Best Words, Best Order* is the title of a collection of essays by the poet Stephen Dobyns which in just those four well-chosen words perfectly describes what a poet aspires to when putting a poem together. Writing poetry is spills and thrills for the beginner and expert too. There are countless small pitfalls but sometimes in the writing something happens, an ah ha moment where the poet feels he/she can say or almost say precisely what needs to be said. Exploring Poetry is led by Mark Kraushaar.



AARP Safe Driving

WEDNESDAY, MARCH 15, 9 AM - 1 PM

The course teaches proven driving techniques to help keep you and your loved ones safe on the road. *R*

Additionally you will learn:

- ♥ Important facts about the effects of medication on driving.
- ♥ How to reduce driver distractions.
- ♥ How to maintain the proper following distance behind another car.
- ♥ Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- ♥ Techniques for handling left turns, right-of-way, and roundabouts.
- ♥ Age-related physical changes and how to adjust your driving to compensate.
- ♥ Call (608) 266-6581 to register or email seniorcenter@cityofmadison.com.
- ♥ **Fee:** \$20 AARP Member and \$25 Non-Member. *Pay instructor with check or cash.*



LIFELONG LEARNING

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Walking Backward - Meet Author Frances Milburn

THURSDAY, MARCH 9, 10-11 AM

This touching story is about an older woman whose children declare her no longer able to live in the family home. As Irene relives her past, we learn about a life her children never dreamed she lived... and the tragedies that tore apart two cherished friendships. *R*

Frances Milburn, a retired teacher, has just released the novel, *Walking Backwards*, centered on a common current theme about living situations and care for senior parents. She has also written four other books and many short stories, which she is still getting ready for publication.

Technology & Finance

Digital Scams

WEDNESDAY, FEBRUARY 15, 10-11 AM

Swindlers and scammers have always been around, but our digital world seems to provide them even more opportunities. Stay alert and know what to watch for. Attend this one hour presentation and learn about how to avoid scams online, on your phone and even through social media.

Online Safety

WEDNESDAY, FEBRUARY 22, 10-11 AM

Security is important when you are using the internet, especially if you are sharing confidential information. There are also a number of scams regarding the security of your computer. Some of the things we will cover are password security, network security and social media security.

Computer/Technology Assistance

Basic Technology including: smart phone basics, downloading apps, social media, virus protection, and email.

Digital Photography support including: photo editing, enhancements, HDR capture, storage, and online gallery presentations.

Website Design including: domain registration, website management, and working with web hosting companies.

Share your computer challenges or questions with John Weichelt to schedule an appointment at (608) 267-2344 or jweichelt@cityofmadison.com. Understanding and advancing your use of technology is about your ambitions and not about your age.

Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are also available **by appointment** to provide BOTH basic and advanced tutoring, instruction, and tech support. There is not a printer in the Computer Lab. Bring a USB drive to download material that you would like to print or save.

Money Matters

BY APPOINTMENT



Do you struggle with knowing who to talk to or trust at a Financial Institution? Maybe you are having trouble paying your bills, or need to dispute a charge. Perhaps you want to save a little each month, and need help identifying how to make a change so there's something left to save. We are not financial experts, but we would like to match you up with someone we trust who can help you find the best person to talk to depending on your needs. Our volunteer, Mike Fogle, spanned 43 years in the banking industry. He was president of Castle Bank in northern Illinois, and has experience in many areas of banking and investing. He can answer basic questions, and serve as liaison when the problem requires connecting with working professionals. We cannot give financial advice or counseling. Call John at (608) 267-2344 to schedule an appointment.

LIFELONG LEARNING

Fabric Art Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

Express yourself using simple sewing techniques. Local artist, Wendy Fern Hutton, guides you through the process of creating something that speaks to your soul—an animal, a medicine doll or maybe a spirit guide. Use fabrics, beads, feathers, ribbons, or anything else you can think of. *R*

LGBTQ 50+ ALLIANCE

The **LGBTQ 50+ Alliance** is sponsored by *OutReach Community Center* and the *Madison Senior Center*. Its purpose is to create a better quality of life for LGBTQ older adults by building partnerships with senior service providers and provide social opportunities. Call (608) 255-8582 for more information or email info@lgbtoutreach.org. You can also check out our website, lgbtq50plusalliance.org.

Get Involved

New people are welcome at all of our activities. Not sure? Stop in once to test the waters, and see what you think. Our Steering Committee is also always looking for new people who like to organize and plan activities, or who have an interest in advocacy. For more information call Kristi at (608) 255-8582 or email us at info@lgbtoutreach.org.

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2-4 PM

GG&B is a discussion group for those fortunate enough to have arrived, that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBTQ 50+ Alliance

Exploring Spirituality

1ST & 3RD THURSDAYS, 1-3 PM

Meets at MSC, 330 W. Mifflin St.

This discussion group discusses a wide variety of topics related to religion and spirituality. Sponsored by the LGBTQ 50+ Alliance.

The Sappho Group

A 50+LESBIAN WOMEN'S' SOCIAL GATHERING

**HELD AT THE FITCHBURG SENIOR CENTER,
5510 LACY RD, FITCHBURG**

3RD WEDNESDAYS, 1:30-3 PM

This confidential group is open to 50+ lesbian women - out, in, single, partnered, married with all sorts of family definitions and beliefs. The social group will include a chance to talk, meet new people, and connect with old friends. Activities will include outings to gay events, group events we create ourselves, and community building projects. If more information is needed call (608) 270-4290.

Outreach Senior Advocate

The Outreach Senior Advocate, Kristi Mason, coordinates educational trainings and workshop with the community in addition to advocating for LGBTQ+ older adults and their wellness. You can reach Kristi at (608) 255-8582 or kristim@outreach.org.



Kristi Mason



OutReach
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To promote equality and quality of life for LGBT people.



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Paul O'Flanagan
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608-630-5068

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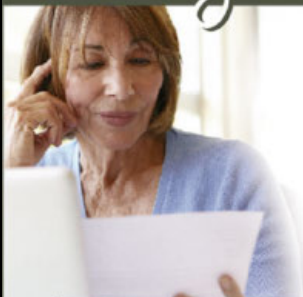


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Madison Senior Center, Madison, WI

A 4C 01-1141

ENTERTAINMENT

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. Free popcorn or snacks.

FEBRUARY 7

Glass Onion: A Knives Out Mystery (2022)

World famous detective Benoit Blanc travels to Greece to peel back the layers of a mystery surrounding a tech billionaire and his eclectic crew of friends. *Stars: Daniel Craig, Edward Norton and Kate Hudson. Comedy, Crime & Drama. 2 hours 19 minutes. Rated PG-13.*



FEBRUARY 14

Senior Moment (2021)

After drag racing his vintage convertible around Palm Springs, a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again. *Stars: William Shatner, Jean Smart and Don McManus. Comedy, Drama, Romance. 1 hour 32 minutes. Not rated.*



FEBRUARY 21

Wildcat (2022)

Wildcat follows the inspiring story of a young veteran on his journey into the Amazon. Once there, he meets a young woman running a wildlife rescue and rehabilitation center, and his life finds new meaning as he is entrusted with the life of an orphaned ocelot. What was meant to be an attempt to escape from life, turns out to be an unexpected journey of love, discovery, and healing. *Stars: Melissa Lesh and Trevor Beck Frost. Documentary. 1 hour 45 minutes. Rated R.*



FEBRUARY 28

Samaritan (2022)

Thirteen-year old Sam Cleary suspects that his mysteriously reclusive neighbor Mr. Smith is actually the legendary vigilante Samaritan, who was reported dead 25 years ago. With Crime on the rise and the city on the brink of chaos, Sam makes it his mission to coax this neighbor out of hiding to save the city from ruin. *Stars: Sylvester Stallone, Javon "Wanna" Walton and Pilou Asbaek. Science Fiction, Drama, Action, Fantasy. 1 hour 42 minutes. Rated PG-13.*



50+ Meet & Greet

THURSDAY FEBRUARY 16, 6-9 PM / GOODMAN COMMUNITY CTR, BRASSWORKS BUILDING, 210 WAUBESA ST.

Make new friends & find someone who shares a common interest. Join us for a fun & a casual social gathering for guests 50 and older. Learn about fun events in Dane County, other networking groups and how to meet people online with similar interests. Enjoy music, dancing, appetizers, wine & beer and door prizes! \$10 ticket includes all activities, food, and one drink ticket. To register, contact Gayle at (608) 204-8032 or gayle@goodmancenter.org. Sponsored by: Goodman Community Center, NewBridge, Monona Senior Center, and Madison Senior Center.

GROUPS, CLUBS & SERVICES

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Spanish Conversation

WEDNESDAYS, 1:30-3 PM **VIRTUAL**

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register email seniorcenter@cityofmadison.com. Once you are registered you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. *R*

Wii Bowling

MONDAY – FRIDAY,
12:30-2:30 PM



Gather round for some friendly competition. A great way to get a little exercise and meet other people. This is drop-in. New players welcome!

B-I-N-G-O

WEDNESDAYS, 10:15-11:15 AM

NewBridge is offering BINGO on Wednesdays before lunch.

Each BINGO card costs 50 cents (maximum of two cards).

You can play for the entire hour with that card. If you get a BINGO, then you win \$1. Any remaining money in the kitty at the end, goes to the first person(s) to get a “black out.” Each week there will also be a raffle. Participation in the raffle is free.



Valentine's Day Karaoke

TUESDAY, FEBRUARY 14, 10 AM - 12 PM

Are you 55 years old and older and like Karaoke. Join us on Valentine's day to sing your favorite love songs (or any other song you want).



Nail Salon

WEDNESDAY, FEBRUARY 15,
10 AM - 12 PM

Get ready for the holidays, and enjoy some “me” time, while you visit, get your nails painted and sip tea. Please bring your own polish if want a specific color. We will have red and clear. This is not a full manicure. Trimming, gel/acrylic removal and application not provided. Call today to schedule your appointment, (608) 266-6581.



Downtown Madison's Veteran Social

TUESDAYS AT 1000 HOURS, STARTS FEBRUARY 28

Madison Veteran's Peer Support Program wants to bring Veteran's together in their community to help build comradery and socialization. The long-term plan is to have the group identify 1-2 participants of to eventually take over hosting. This allows the VA Peer Support team to step aside, and provide hands off support when needed, and begin a new social in a different location for more Veterans.

Come *socialize* with other Veterans, *learn* about what your community has to offer, and *meet* new people. Veterans age 55 and up. Male, female, gender fluid. Socials are open to all Veterans and to their family members and supporters in the community.

*Following the social, participants age have the option to stay for lunch. Conditions apply and pre-Registration through NewBridge Madison (608-512-0000 ext 4006) is required.

If you are interested in signing up ahead of time for the Social contact Rhea Vacha, Local Recovery Coordinator with Madison VAMC Peer Support Program at 608-256-1901 xx18622.

MADISON CENTER CENTER PROGRAM & ACTIVITY LIST

Programs, activities and times are subject to change. Call (608) 266-6581 to confirm a program or activity.

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, 1/27 – 5/12 (16 weeks)	9:30 – 10:45 am	\$95	Virtual
Ballroom Basics for Balance	Fridays 2/3 – 4/21 (12 weeks)	10:00 – 11:30 am	\$75	MPL
BINGO at Nutrition Site	Wednesdays	10:15 – 11:15 am	50 cents	MSC
Blood Pressure Screening	E/O Tuesday, 2/7 and 2/21	11:00 am – 12:00 pm	Free	MSC
Cardio Dancing	Fridays	1:00 – 1:45 pm	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 4:00 pm	Free	MSC
Digital Scams	Wednesday, February 15	10:00 – 11:00 am	Free	MSC
eFood Pantry	Place orders Tuesday 2/14 Pick-up orders Thursday 2/16	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am – 12:30 pm	Free	MSC
Food: A Cultural Culinary History	Mondays, February 13 – May 1	1:30 – 3:30 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Exercise	Monday - Friday	9:00 – 9:45 am	Free	MSC
History of the Hollywood Musicals	Mondays starting February 27	1:00 – 3:00 pm	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays, January 17 – March 7	2:00 – 3:00 pm	\$52	MSC
Movies (titles on page 8)	Tuesdays	12:30 – 3:00 pm	Free	MSC
Nail Salon	Wednesday, February 15	11:00 am – 1:00 pm	Free	MSC
NewBridge Case Manager	Monday, January 9	10:30 – 11:30 am	Free	MSC
Online Safety	Wednesday, February 22	10:00 – 11:00 am	Free	MSC
Spanish Conversation	1st Wednesday in Person Others Virtual No class 12/21	1:30 – 2:30 pm	Free	MSC/Virtual
Non-Traditional Doll Making	Wednesdays	1:00 – 4:00 pm	Supplies	MSC
Technology Assistance	By appointment	Varies	Free	Virtual
Valentine Karaoke	Tuesday, February 14	10:00 am – 12:00 pm	Free	MSC
Veterans' Social	Tuesdays starting February 28	10:00 – 11:00 am	Free	MSC
Wii Bowling	Weekdays	12:30 – 2:30 pm	Free	MSC
Writing Your Life	Thursdays, 1/19 – 2/23	10:00 – 11:30 am	Free	MSC

Program Partners

The Madison Senior Center partners with a number of other agencies and service providers in Dane County to provide the highest number of quality programs that provide opportunities for successful aging. Sometimes these programs meet at other sites, or the registration is handled by the partner agency. This is indicated in the description.

KEY

H = Hybrid



NB = NewBridge

O = Outreach

P = Plato Class

V = Virtual

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
KEY  H = Hybrid NB = NewBridge O = Outreach P = PLATO Class V = Virtual		1 9:00 Gentle Exercise 10:15 BINGO 11:15 Lunch (NB) 1:00 Doll Making 1:30 Spanish Conv @ MSC	2 9:00 Gentle Exercise 9:30 PLATO 10:00 Writing Your Life 11:15 Lunch (NB) 	3 9:00 Gentle Exercise 9:30 BB4B V 10:00 BB4B @ MPL 11:15 Lunch (NB) 1:00 Cardio Dance	4/5  Sunday National Wear Red Day
6 9:00 Gentle Exercise 11:15 Lunch (NB)	7 9:00 Gentle Exercise 10:00 Gentle Yoga 11:00 Blood Pressure 11:15 Lunch (NB) 12:30 Movie: Glass Onion 2:00 LBDM	8 9:00 Gentle Exercise 10:15 BINGO 11:00 Exploring Poetry 11:15 Lunch (NB) 1:00 Doll Making 1:30 Spanish Conv V	9 9:00 Gentle Exercise 9:30 PLATO 9:45 Preschool 10:00 Writing Your Life 11:15 Lunch (NB) 2:00 Gay, Gray & Beyond	10 9:00 Gentle Exercise 9:30 BB4B V 10:00 BB4B @ MPL 11:15 Lunch (NB) 1:00 Cardio Dance	11/12  Saturday National Inventor's Day
13 9:00 Gentle Exercise 11:15 Lunch (NB) 1:30 Culinary History  National Cheddar Day	14 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Valentine Karaoke 11:15 Lunch (NB) 12:30 Movie: Senior Moment 2:00 LBDM *ePantry Ordering Day 	15 9:00 Gentle Exercise 10:00 Digital Scams 10:15 BINGO 11:15 Lunch (NB) 1:00 Doll Making 1:30 Spanish Conv V	16 9:00 Gentle Exercise 10:00 ePantry Pick-Up 10:00 Voices of Color 10:00 Writing Your Life 11:15 Lunch (NB) 6:00 50+ Mixer @ Goodman	17 9:00 Gentle Exercise 9:30 BB4B V 10:00 BB4B @ MPL 11:15 Lunch (NB) 1:00 Cardio Dance 1:00 How Jesus Became God (P)	18/19  Saturday National Drink Wine Day
20 9:00 Gentle Exercise 10:00 Great Literature (P) 11:15 Lunch (NB) 1:30 Culinary History 	21 9:00 Gentle Exercise 11:00 Blood Pressure 11:15 Lunch (NB) 12:30 Movie: Wildcat 2:00 LBDM	22 9:00 Gentle Exercise 10:00 Online Safety 10:15 BINGO 11:00 Exploring Poetry 11:15 Lunch (NB) 1:00 Doll Making 1:30 Spanish Conv V	23 9:00 Gentle Exercise 10:00 Writing Your Life 11:15 Lunch (NB) 1:30 The Play's the Thing (P) 2:00 Gay, Gray & Beyond	24 9:00 Gentle Exercise 9:30 BB4B V 11:15 Lunch (NB) 1:00 Cardio Dance 1:00 How Jesus Became God (P)	25/26  National Tell a Fairy Tale Day
27 9:00 Gentle Exercise 10:00 Great Literature (P) 11:15 Lunch (NB) 1:00 Hollywood Musical 1:30 Culinary History	28 9:00 Gentle Exercise 10:00 Veteran Social 11:15 Lunch (NB) 12:30 Movie: Samaritan 1:00 Brain & Body Fitness 2:00 LBDM				



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PUZZLE

Valentine's Day Word Search

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E J S D W X M F R F E Z O M W
R W Q T E V O L W S O V H J X
Q O X P V S L I S N E V H X Z
V U S T Y D P I L L L F B S Z
Y D N A C M K D E O R O S E S
C H O C O L A T E S V R O A F
S D C R Z Z T Y X H C E Y H E
T X I B C E L E U Z E V Y U B
R H E P R X N G X N A E B O R
A L C X U I S B R E Z R O D U
E C F S M C S F Y V Y E V G A
H X A E V A L E N T I N E R R
D I B R U L X G Q E S R H C Y
A P D Q D V X N I X T M M C E

BE MINE
CHOCOLATES
FOREVER
I LOVE YOU
LOVE LETTER

CANDY
CUPID
HEARTS
KISSES
ROSES

CARD
FEBRUARY
HUGS
LOVE
VALENTINE

VOLUNTEER VIEW

Volunteer Opportunities

FRONT DESK RECEPTION

This is the focal point of the Madison Senior Center. If you like to know what's going on and when, and have office skills, this may be the spot for you. MUST have computer/phone/office skills and experience. Shifts are 4 hours, weekly and Mon - Fri.

MODERATOR/HOST FOR BOOK CLUB

Are you a person of color who is excited about advancing racial equity and social justice? Help MSC pick books, formulate questions, and lead a monthly hour long book club. This new book club will offer different perspectives. A minimum of 5-6 month commitment is required. This is a grassroots program, and it will be dependent on input from the facilitator.



SEWING AND KNITTING

Do you like to help others? Many older adults either don't sew or are no longer physically able to do even basic mending. This would be a new service at the Senior Center, and would include things like sewing on buttons, hemming pants/skirts, replacing zippers, and making alterations. We have three sewing machines, but you could use your own. The plan is to have this be a social experience at the Senior Center, but we will adapt for as needed for the pandemic.



GAMES VOLUNTEER

Bolster older adult socialization by facilitating card games, board games, and strategy games. Learn the rules, teach others, and organize prizes.

ARTIST OF THE MONTH

We have a wonderful space to display your artwork on the first floor of the Madison Senior Center. Tracking is already in place and we provide hooks and line for hanging. Invite your friends and family to see your work anytime during our hours of 8:30am to 4pm; M-F.



MARKETING ASSISTANCE (HYBRID)

Use your technology skills to assist in promoting the Madison Senior Center and its programs. Under direction of the Program Coordinator you will create Facebook events, posts, posters, and calendar postings. We offer a ton of great programs, but often need extra push to let people know about them.

OUTREACH (EVENTS/ACTIVITIES)

Expand our offerings and participants at the Madison Senior Center by assisting with outreach into underserved communities. If you enjoy spending time with older adults this may be for you. Work with the Program Coordinator to plan and implement activities in the community. This may include contacting potential vendors, speakers or presenters, and being in present to make sure things run smoothly. Help older adults gain access to services, programs and wellness activities at various community centers and housing complexes.

FOOT CARE PROFESSIONAL

MUST be Licensed RN or CNA. Provide proper foot care education and perform: inspection; warm foot soak; nail trimming; foot rub with lotion; physician referral (if needed). Looking to schedule once per month at the Madison Senior Center.



ARTFUL/PHOTO AFFAIR PLANNING COMMITTEE

Do you have a creative flair? Do you like to plan things? We need fresh faces and ideas to keep things relevant. This year there will be one combined event and we want your input. You can still participate as an artist/photographer if you are on this committee.

**For more volunteering info, contact John,
267-2344 or jweichelt@cityofmadison.com.**

FOUNDATION

What Does The MSC Foundation Do?

The Madison Senior Center Foundation, a 501 c 3 organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation contact John Weichelt, (608) 267-2344.

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- ♥ Jeffrey Budzisz – Treasurer
- ♥ Tom DeChant
- ♥ Kathy Whitt

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Give the Gift of FUN!

Our seniors are increasingly isolated, even now as the pandemic is less of a threat. Many don't have access to the latest technology. The Nintendo Switch would be an awesome way to help the seniors at the center stay connected and engaged. It would help them stay active and have fun while playing the many games available such as Nintendo Switch Sports. Your donations are greatly appreciated and make a difference. Thank you for your consideration.



REMEMBRANCE DONATIONS

- ♥ In Memory of Donna Bryant *by Tom Benish*
- ♥ In Honor of Kathy Whitt *by Sarah Whitt*
- ♥ In Honor of Mark Nepper & Write Your Life Class *by John & Nancie Cotter*
- ♥ In Appreciation of Moving Forward Wisconsin, Senior Downsizing Professionals *by Laura Duguid, Leonard Auction and Appraisal*

SPONSOR

- ♥ Sonic Foundry

PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

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Your personal donation provides programs, activities and services for adults over 55. Please make checks payable to: *Madison Senior Center Foundation, Inc.*

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Address _____ City _____ State _____ Zip _____

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Send Acknowledgement to (Name and Address): _____

Your donation is tax deductible as allowed by law. Donations are publicly acknowledged.

Please indicate if you wish to remain anonymous. For credit card gifts visit:

www.cityofmadison.com/senior-center/donate/donate-today.

HEALTH & FITNESS

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Brain & Body Fitness


TUESDAY FEBRUARY 28 & MARCH 7, 1-2 PM

Changes in brain health, such as Alzheimer's disease and dementia, are one of the greatest health and societal challenges facing Wisconsin communities. Despite the benefits of engaging in brain health-promoting activities, readily accessible, evidence-guided programming can be hard to come by! Since 2019, the Gilmore-Bykovskyi Brain Health Team has partnered with MSCR to deliver the Brain and Body Fitness Program. We provide this program through volunteer efforts of faculty, staff, and students at no cost to participants. Through Brain and Body Fitness, we aim to provide research-informed education on ways to maintain brain health and engage in brain and physical exercises. This year, we are expanding our program to collaborate with Madison Senior Center for a two-part series on February 28 and March 7 from 1-2 pm. We hope you will join us!

Gentle Yoga

TUESDAYS, 10-11 AM



Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you. Please register in advance. 

Somantic Workshop: For Pain Management

THURSDAY, MARCH 16, 1-3 PM, \$15 FEE

Somatics is a practice of slow muscle movements that train the brain and muscles to let go of tension to reduce or eliminate pain. You will learn about muscle patterns that cause most of our pain; and somatic movements that address pain in the low back, shoulders, neck and other areas. The first hour will be classroom style learning followed by a short break. Then we will practice Somatic flows as a group and independently so that you leave with tools that address your own pain.

February is
American Heart Month



DON'T SKIP A BEAT: PREPARE FOR HEART ATTACKS

Although heart attacks can happen suddenly, you can take steps now to prevent and prepare in case it happens to you or a loved one. Approximately every 40 seconds, someone in the United States has a heart attack. Preparation could help save a life.

1. **Know the risks.** Certain behaviors and conditions can increase your risk for a heart attack, including smoking, having uncontrolled high blood pressure, being overweight, and eating an unhealthy diet.
2. **Have a heart-to-heart.** Engage friends, family members, and loved ones in a conversation about heart attack risks, and discuss what you can do together to prevent a heart attack.
3. **Recognize the signs.** Heart attacks look and feel different in women than they do in men. In addition to chest pain, women more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.
4. **Be safe, not sorry.** Many heart attacks start slowly with relatively mild pain. That keeps many people from calling 911 as soon as they should.
5. **Write down important information.** Keep a record of what medicines your loved ones are taking, are allergic to, and who they would want as their emergency contact.
6. **Focus on prevention** by eating healthfully, getting enough physical activity, not smoking, staying at a healthy weight, and managing other health conditions like high blood pressure, high blood cholesterol, and diabetes.

Learn more at


<https://blogs.cdc.gov/publichealthmatters/2017/02/american-heart-month/>

HEALTH & FITNESS

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Chair Fit

FRIDAYS, 10:15-11 AM STARTING IN MARCH


What is Chair Fit? A fun workout that works on improving strength, balance, endurance, flexibility, and range of motion all to the rhythm of fun music. Great for all fitness levels! Exercises are tailored to your fitness level with the goal of gradually improving that level. Please register. 

HASFit Gentle Exercise


The HasFit program is available on YouTube. When our TV is not in use, tune in at your convenience to complete an exercise session. Instructors for the senior sessions focus on strength, flexibility and balance.

Cardio Dancing for 55+

FRIDAYS IN FEBRUARY, 1 - 1:45 PM

Start out the weekend with an energizing cardio class that will get the blood pumping. This class is for you if you can move around freely without assistance, and would enjoy a class that recreates the dance moves to songs you love at an easily modified intensity to fit your comfort range. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! **New start time at 9:30 am in March!** 

Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! This class is for you if you want to get better at moving about your world with more confidence and you want to have fun in the process! No partner or dance experience required. More information, 2023 class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org. 



BB4B VIRTUAL AND ADAPTIVE: WORLD TOUR, FOLK DANCE, BALLROOM, AND MORE! VIRTUAL

\$95 – for this 16-week class, January 27 - May 12

Fridays 9:30 - 10:45 am **via Zoom**

Registration: <https://forms.gle/YaMD1xU1BGkSP8rd8> Financial assistance available. Follow directions when registering.

For more information:

www.ballroombasicsforbalance.org/index.php/find-classes/

TANGO, WALTZ, LINE DANCE, JAZZ AND MORE!

Location: Madison Central Library (201 W. Mifflin St.)

Sponsored by Madison Senior Center

\$75 – for this 12-week class, February 3 - April 21

Fridays, 10 - 11:30 am

Financial assistance available. Follow directions when registering.

To register contact Susan Frikken, instructor, at (608) 692-8794.

February is American Heart Month

5 SURPRISING FACTS ABOUT HIGH BLOOD PRESSURE

1. High blood pressure may be linked to dementia.
2. Young people can have high blood pressure, too.
3. High blood pressure usually doesn't have any symptoms
4. Many people who have high blood pressure don't know it.
5. Women and African Americans face unique risks when it comes to high blood pressure.



For more details on these facts go to:

https://www.cdc.gov/bloodpressure/5_surprising_facts.htm

COMMUNITY

ePantry: Food Pantry Online Ordering System with Pick-Up at MSC

The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. All orders must be placed on the Tuesday of the same week you pick the food up. Our pick-up day is the 3rd Thursday of each month. Orders can be picked 10 am - 12 pm. To learn about ordering and eligibility call John at (608) 267-2344. Thank you to our volunteers for getting the groceries from the River Food Pantry to the Senior Center.



The ePantry may only be used once a month. Based on household size, families select from a variety of healthy and nutritious food, including fresh produce, meat, dairy, culturally relevant offerings, and special dietary options, such as vegetarian and gluten-free items.

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, February 14	Thursday, February 16
Tuesday, March 14	Thursday, March 16
Tuesday, April 18	Thursday, April 20
Tuesday, May 16	Thursday, May 18
Tuesday, June 13	Thursday, June 15

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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



SPANISH

Despensa en línea (ePantry): Sistema de Órdenes en Línea de la Despensa de Alimentos para ser recogidos en el Centro Para Adultos Mayores (MSC por sus siglas en inglés)

El Centro Para Adultos Mayores es ahora uno de los sitios para poder recoger las órdenes colocadas a través de la Despensa en Línea ePantry de la Despensa de Alimentos River. Eso significa que si usted ordena alimentos a través de la ePantry, usted puede recogerlos en el MSC. Todas las órdenes deben ser colocadas el día Martes de la misma semana en que recogerá los alimentos. Nuestra fecha para recoger los alimentos es el 3er Jueves de cada mes. *Las órdenes pueden recogerse entre las 10:00am y las 12:00pm.* Para obtener información acerca de cómo ordenar y la elegibilidad, llame a John al 608-267-2344. Agradecemos a nuestros voluntarios por llevar los alimentos desde la Despensa de Alimentos River hasta el Centro para Adultos Mayores.

El ePantry solo puede ser usado una vez al mes en el Centro para Adultos Mayores de Madison. Basado en el tamaño de su núcleo familiar, las familias seleccionan entre una variedad de alimentos saludables y nutritivos, incluyendo productos frescos, carnes, lácteos, alimentos culturalmente relevantes ofrecidos y opciones para dietas especiales tales como artículos vegetarianos o sin gluten.

Fecha de la Orden de Alimentos	Fecha para Recoger los Alimentos
Martes 14 de Febrero	Jueves, 16 de Febrero
Martes 14 de Marzo	Jueves 16 de Marzo
Martes 18 de Abril	Jueves 20 de Abril

Febrero es el Mes Americano del Corazón Febrero es el Mes Americano del Corazón

NO SE SALTE UN LATIDO: PREPÁRESE PARA LOS ATAQUES AL CORAZÓN

Una crisis a menudo golpea sin previo aviso. Aun cuando los ataques al corazón pueden suceder de improviso, usted puede tomar medidas ahora para prepararse en caso de que le suceda alguno a usted mismo o a sus seres queridos. Cada 40 segundos aproximadamente, alguien en los Estados Unidos sufre un ataque al corazón. Usted puede tomar medidas para prepararse para la posibilidad de un ataque al corazón. La preparación puede ayudarle a salvar una vida.

1. **Conozca los riesgos.** Ciertas condiciones pueden aumentar su riesgo de un ataque al corazón, incluyendo el fumar, tener una presión sanguínea alta y descontrolada, estar con sobrepeso y consumir una dieta poco saludable.
2. **Tenga una conversación franca - de corazón a corazón.** Involucre a sus amigos, sus familiares y sus seres queridos en una conversación acerca de los riesgos de un ataque al corazón, y discutan lo que pueden hacer *juntos* para prevenir un ataque al corazón.
3. **Reconozca las señales.** Los ataques al corazón se ven y se sienten de forma diferente en las mujeres que como se ven y se sienten en los hombres. Además de dolor en el pecho, las mujeres tienen más posibilidades de sentir dificultad para respirar, náuseas y vómitos, y dolor en la espalda, el cuello o la mandíbula.
4. **Manténgase seguro, no arrepentido.** Muchos ataques al corazón comienzan lentamente con un dolor relativamente leve. Esto hace que muchas personas no llamen al 911 tan pronto como debieran.
5. **Anote información importante.** Mantenga un registro de los medicamentos que sus seres queridos están tomando, los medicamentos a los cuales son alérgicos, y las personas a las cuales desean tener como contactos de emergencia.
6. **Enfóquese en la prevención** comiendo de forma saludable, realizando suficientes actividades físicas, sin fumar, manteniendo un peso saludable, y manejando otras condiciones de salud tales como la presión sanguínea alta, el colesterol alto en la sangre y la diabetes.

Obtenga más información en <https://blogs.cdc.gov/publichealthmatters/2017/02/american-heart-month/>

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✦ **Black** ✦
History Month

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**Black History Month is
an annual celebration of
achievements by African
Americans and a time
for recognizing their
central role in
U.S. history.**



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