

THE Messenger

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Relevant, Inclusive, Enlightened
Madison Senior Center
330 W. Mifflin Street
Madison, Wisconsin 53703
(608) 266-6581
cityofmadison.com/senior-center



BLACK LIVES MATTER

The Madison Senior Center is an inclusive community center, committed to serving older adults from all segments of our community. We support the Black Lives Matter movement, and want everyone to feel welcome, respected and appreciated in our building and programs. The terrible tragedies we are hearing about in the news are just a few examples of the racism and racial injustice that clearly still run rampant throughout our country.

In the coming months we plan to offer opportunities for learning and discussion about this movement, racial equity, racism and how to take action and make positive change at a level that is appropriate for you. If you have ideas for programs, facilitators or would like to be involved with the planning, email Laura at lhunt@cityofmadison.com. Together we are stronger!

Expressions: Photo & Art (An Exhibit for Artists 55+)

TENTATIVE DROP-OFF DATE OF SEPTEMBER 15, 2020

Expressions is Artful Affair and Photo Affair reinvented as one mega event. We were unable to hold Artful Affair in May, but MSC staff are hopeful that we will be open by the end of September. This duo event will utilize both floors. Artists who have entered both events in the past will still be able to submit both art and photography. More information will be available in the August *Messenger*.

Golf Outing at Cherokee – Get your team together!

The first annual Madison Senior Center Golf Tournament hosted by Cherokee Country Club is August 10, 2020. Madison area golfers will hit the links to have fun and raise money for the MSC Foundation. Proceeds will go towards upgrading audiovisual equipment. Many individuals who participate in programs and activities experience hearing and vision impairment. It is critical that the equipment we use provides accessibility to all. If you are interested in entering or sponsoring a hole, contact John Weichelt at jweichelt@cityofmadison.com.



This issue mailed out at no charge compliments of the Madison Senior Center Foundation. Subscribers will have an extra month added on to their subscription.

FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581

FAX.....(608) 267-8684

Website..... madisonseniorcenter.org

Hours..... Monday-Friday, 8:30 am-4 pm

SENIOR CENTER STAFF

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Sally Jo Spaeni

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267-8651, gflesher@cityofmadison.com

Custodian, Jeff Thompson, 266-6581,

jathompson@cityofmadison.com

"The Madison Senior Center promotes successful aging."

AA/EOC Employer and Service Provider

COMMITTEE ON AGING

An advisory body to the Community Services Committee and the Community Development Division, as well as other City Departments, the Mayor and the Common Council. Meets 4th Wednesday at 2:30 pm. Cancelled until further notice.



MISSION OF THE MADISON SENIOR CENTER

The Madison Senior Center involves older adults as leaders, teachers and learners, and provides a balanced, diverse, and coordinated program that acts as an ideal model for aging.

Member of



FREE E-MAIL SIGN-UP

Receive your *Messenger*, the monthly newsletter of the Madison Senior Center, by email. Register for your new My City of Madison Account at: <https://my.cityofmadison.com>. Click on 'New User?' in the green box; then, on the word box 'Register'. Provide your information and click the box to 'Register'. Scroll down to Senior Center and click!

SUBSCRIBE TODAY!

If you prefer a paper copy of The Messenger, the monthly newsletter of the Madison Senior Center, it is only \$10. Drop off this form and a \$10 payment.

Register for The Messenger (PLEASE PRINT)

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

FOR YOUR INFORMATION

From the Desk of Sally Jo

Tablets2Go is a Tablet Loan Program provided by the Madison Senior Center. The goal is to increase accessibility for older adults to Madison Senior Center programming. Our programs promote healthy aging and follow Rowe and Kahn's model for Successful Aging "... (1997), which is arguably the best known and widely applied model of SA (Dillaway & Byrnes, 2009), and views "better than average" aging as a combination of three components: avoiding disease and disability, high cognitive and physical function, and engagement with life."¹



In the midst of COVID-19 older adult activities are limited and Madison Senior Center is looking for ways to engage participants virtually to limit exposure to the virus. When we reopen, Tablets2Go will offer older adults the option of participating in programming at home by lending them a tablet to access programs for the duration of a class they have registered to participate in.

Currently 36% of Madison Senior Center participants fall at or below 240% of the Federal Poverty Level. We know that Internet devices are not always accessible to our low-income participants and the Tablets2Go program will provide an option for them. Many participants live in senior housing complexes that provide a free WiFi connection. Others may prefer having a tablet to watch their class on due to its size, portability and versatility. Overall, we believe the Tablets2Go program will enrich older adults' lives. Whatever your reason is for participating in Tablets2Go, we hope you'll give it a try! Watch for more details soon!

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4986588/>

Sally Jo



General Policies

- ♥ Public spaces (interior and exterior) at the MSC are monitored by staff on video security cameras; participants and visitors may be recorded.
- ♥ **R** = Register. Most of our presenters are volunteers and their time is valuable. The **R** means that programs without sufficient enrollment may be canceled.
- ♥ All participants and guests must check in upon arrival. If you aren't at the center for business purposes, and will be returning within the next three months, please apply for a free membership. You will be issued a key tag to scan when you come in.
- ♥ Sleeping/napping is not allowed.
- ♥ Participants are limited to a maximum of two bags while at MSC. Bags must be kept with you at all times. Staff cannot look after the personal belongings of participants.
- ♥ Our facilities cannot be used for personal care/hygiene.
- ♥ Service animals are welcome. They should always be on a leash. You must clean up after your own animal.

Opening Update

At the time of this writing, we still don't know when we will be able to open, but please know that we are as anxious as you to see people again. The plan is to begin easing into modified building usage some time after we enter phase 3.

All of our participants are at a higher risk of infection, and we will be doing everything in our power to minimize the risk while still remaining accessible.



Do You Need WiFi?

Dream Bus bookmobile is now operating as a mobile WiFi hotspot. It will be parked at the following locations Monday through Thursday. Please observe social distancing guidelines.

- ♥ 10 am-12 pm: Close to the corner of Monterey Dr. and Trailway St. near Warner Park
- ♥ 1-3 pm: Allied Drive Learning Center, 2237 Allied Dr.

WiFi Network: IBR600B-fe2 Password: 44306fe2

Internet and Phone Helpline

Call (608) 267-3595. Callers can get help:

- ♥ Finding internet service and discounts
- ♥ Determining eligibility for a discount on voice or bundled voice and data service through the Lifeline program
- ♥ Finding locations where emergency Wi-Fi has been made available during the outbreak if no other options are available at home

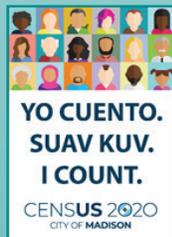


Computer Lab

The computer lab will not open when the building reopens. We appreciate your patience and understanding. The safety and well-being of participants, volunteers and staff is of the utmost importance to us.

Census

It's not too late to complete your 2020 census. The data generated from the census will effect government funding allocations for the next ten years. Fill it out online at my2020census.gov or call them at 844-330-2020. The census information effects funding for schools, hospitals, city services, county services, and so many services that our community depends on.



MyChart

The COVID-19 pandemic forced many people to engage with technology who previously didn't know how to or simply didn't want to. It turned normal upside down. One online technology that saw an increase of use is MyChart.

My Chart provides patients with secure online access to many part of their medical records. The free system offers a personalized way to manage and track your health information and communicate with your medical office. You also gain more control. Here are just a few of the benefits:

- ♥ **E-Visits:** a quick convenient way of dealing with minor problems. Some health plans have co-pays and some grant you a few free E-Visits each year.
- ♥ **Online Appointment Scheduling:** If you have been seen in the last two years, and don't need a same day appointment, save yourself the hassle of being in the phone que.
- ♥ **Online Bill Payment:** Enjoy paperless billing, and make your payments online.
- ♥ **Faster Access to Test Results:** You receive an email notification when the test results are available to read.
- ♥ **Direct Communication:** No more phone tag! Communicate securely and directly with your physician.

MyChart offers a securely encrypted way for patients to access personal medical information using the internet. This allows patients to better manage time and become more involved and informed in their medical care.

 = Register

ARTS & ENTERTAINMENT



Local Artists and Volunteers Show Support for the Black Lives Matter movement and Business Owners on State Street. Thank you to photographer Henrique Nardi.

Free Museum Tours of Art Exhibits

Enjoy fine art from around world from the comfort of your home.

GUGGENHEIM MUSEUM, NEW YORK

Tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras. From the Guggenheim website, www.guggenheim.org/at-large, you can learn about free guided virtual tours and find the link to a virtual tour with Google Arts & Culture.

NATIONAL GALLERY OF ART, WASHINGTON, D.C.

This famous American art museum features two online exhibits through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer. artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en

MUSÉE D'ORSAY, PARIS

You can virtually walk through this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others. artsandculture.google.com/partner/musee-dorsay-paris?hl=en

UFFIZI GALLERY, FLORENCE

This less well-known gallery houses the art collection of one of Florence, Italy's most famous families, the de'Medicis. The building was designed by Giorgio Vasari in 1560 specifically for Cosimo I de'Medici, but anyone can wander its halls from anywhere in the world. artsandculture.google.com/partner/uffizi-gallery?hl=en

MASP, SÃO PAULO

The Museu de Arte de São Paulo is a non-profit and Brazil's first modern museum. Artworks placed on clear perspex frames make it seem like the artwork is hovering in midair. Take a virtual tour to experience the wondrous display for yourself. artsandculture.google.com/partner/masp?hl=en

Volunteering During a Pandemic

Seniors in our community are under a lot of stress being at higher risk than most to become seriously ill with COVID-19. Please consider these volunteer opportunities which will provide immediate relief.

♥ Pen Pal Program

This Program is open to anyone that might enjoy some friendly communication. Begin a friendship via email or regular mail. If you are interested contact: jweichelt@cityofmadison.com or call (608) 266-6581.

♥ NewBridge Madison

Our community partner, NewBridge Madison, is looking for volunteers to deliver food pantry groceries and emergency supplies to older adults. Call (608) 512-0000 to volunteer.

♥ SSM Meals on Wheels

The demand for nutritious meals has increased dramatically. Many of the regular volunteers for this program are elderly themselves and no longer able to safely volunteer. To volunteer, call (608) 223-7952.

Volunteer Opportunities

Once MSC opens again, we will still have volunteers that prefer or will be medically advised to refrain from volunteering. If you are able to volunteer at MSC, check out the opportunities below.

♥ Front Desk Reception

Meet, greet and help people by volunteering weekly at the front reception area. Answer and route telephone calls. Provide accurate information about programs and register participants. MUST have computer/phone/office skills and experience. Shifts are 4 hours, weekly Mon - Fri. Social distancing measures will be in place.

♥ Special Event & Fundraising Team

Join a team of enthusiastic volunteers to plan, execute, and evaluate special events and fundraising efforts. Use your personal connections to secure financial resources and gifts to support our Senior Center.

♥ Marketing and Media Team

Do you have experience with marketing, media, or advertising? MSC is looking for enthusiastic volunteers to help tell our story of an inclusive community where older adults thrive.

♥ Golf Outing at Cherokee

Madison Senior Center Golf Tournament hosted by Cherokee Country Club to be held August 10, 2020 was planned by a committee of VOLUNTEERS! It is on track to raise thousands of dollars for the Madison Senior Center Foundation. The proceeds from this event are targeted for technology upgrades at the Senior Center.

Contact John Weichelt, Volunteer Coordinator,
267-2344, jweichelt@cityofmadison.com.

Volunteer Spotlight

This month we highlight our **Pen Pal** volunteers. These folks stepped up to the call as soon as they heard there was a need. They exchange letters or emails with older adults who are feeling isolated. The program started because of sheltering in place during the pandemic, but true friendships have been formed and many of our pairs will continue to write even as we return to the workplace and everyday activities. Check out these quotes from volunteers and participants:

- ♥ “Thank you for doing this program!” ~ Stanley
- ♥ “Thank you for getting us together.” ~ Faisal
- ♥ “How wonderful it is to find a letter in the mail ... Having a pen pal gives us something good to look forward to when the mail arrives.” ~ Katy
- ♥ “I decided to join the pen pal program because I thought that it would give me something to do during Safer at Home orders when my classes were moved online ... Little did I know that I would make a new friend out of the program too!” ~ Erin



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Gratitude Is About Attitude

Taking time to smell the flowers may seem cliché, but being grateful while rushing through the daily grind or disappointments in life may be a good way to begin. It isn't easy to be grateful all the time, especially when navigating through life's challenges, but learning to be grateful for even the smallest things in our lives—and living in the moment and noticing all the reasons to be thankful—can do wonders for mental health and make the tough times more bearable.

It is understandable to be overwhelmed with the adverse aspects of life, such as the loss of loved ones, diminished health, or a global tragedy. These things can take a toll on a person's physical and mental health. Countless articles about happiness abound, but being happy is not a one-size-fits-all cure.



GRATITUDE BENEFITS

Many studies demonstrate that gratitude has a distinctively influential connection between health and happiness, and it can be a means to cope with dark days. Practicing gratitude is easy to do once you make a habit of it—and the benefits are enormous.

The list is long, but some of the many benefits of living a grateful life include:

- ♥ Greater happiness
- ♥ Improved health
- ♥ Strengthened relationships
- ♥ Increased spiritualism
- ♥ More contentment
- ♥ Better sleep
- ♥ Increased energy

Think about developing a habit of practicing gratitude. The results may be surprising and life-changing!

- ♥ List three things you are grateful for each day. This quickly puts life into perspective.
- ♥ Send thank you cards to friends, family, or caregivers, thanking them for their care and friendship.
- ♥ Keep a gratitude journal to help focus on the wonderful aspect of the day and to provide a reference for those times when life is hard.
- ♥ Say thank you when you wake up. A new day is never promised, so starts the day off on the right foot.
- ♥ Find the light in the dark. Think of the good during the bad times to help refocus your attitude.
- ♥ Focus on gratitude for a few minutes each day. Whether it is through prayer, meditation, or just thinking about it.
- ♥ Share your life by volunteering your time and talents to benefit others.

THE POWER OF PRACTICING GRATITUDE

At any age, life is challenging, so everyone can benefit from having a grateful heart. Learning to appreciate all we have at any given time can help boost our mood and turn a bad day around. ©LPi

Conversation With a Cop

Welcome to “Coffee with a Cop” with pandemic modifications. Officer Casey Amoroso will write a column for our Messenger responding to questions or concerns that you would like to talk to a police officer about. Submit your questions and concerns to lhunt@cityofmadison.com. You can also leave a message at (608) 267-6581, and I will call you back.

Finding the Positive - Virtual

TUESDAY, JULY 14, 1 PM

There’s a lot of chaos and uncertainty in the world today. Now more than ever, we need to reduce our stress and boost our optimism. Join **Tina Hallis** for a fun and impactful program to learn a few science-based tips and tricks to avoid getting stuck in the negativity. Discover how to enjoy more peace and happiness and be a positive ripple in your family and community. *Email lhunt@cityofmadison.com to receive your Zoom invite.* 

Tina Hallis, Ph.D., is a professional speaker, positivity catalyst, and founder of The Positive Edge. She is the author of *Sharpen Your Positive Edge: Shifting Your Thoughts for More Positivity & Success*. Tina worked for 20+ years in biotechnology before discovering Positive Psychology in 2011. She was so inspired by the powerful impact of this information, she decided to become certified and dedicate her career to helping people realize that positivity is a choice and how to make that choice easier.



Gay, Gray & Beyond - Virtual

2ND & 4TH THURSDAY, 1-3 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 LGBTQ Senior Alliance. *Email karenkane13@gmail.com to request a Zoom invite.* 

Senior Beat

Madison City Channel and the Senior Center develop television programs “for, by and about seniors.”

We are currently not producing new episodes of Senior Beat, but we hope to resume in the fall. You can view all existing episodes at cityofmadison.com/information-technology/city-channel/shows.

Watch *Senior Beat* all month: Tuesdays at 12:30 pm, Wednesdays at 4:30 pm, Fridays at 12 pm, and Sundays at 4:30 pm on Madison City Channel (Charter analog 98, Charter Digital 994 and AT&T U-verse, 99).

Current Events Discussion Group - Virtual

1ST TUESDAY OF MONTH, 2-4 PM

There is so much going on in the world and our country that sometimes it’s hard to make sense of it all. This is a safe place to ask questions and sort through it all. A facilitator will be at each meeting. Sponsored by LGBTQ 50+ Alliance. *Email karenkane13@gmail.com to request a Zoom invite.* 

COVID-19 Scams: Protecting Yourself and Your Loved Ones - Virtual

THURSDAY, JULY 23, 10-11 AM

The WI Bureau of Consumer Protection will highlight the latest scams targeting WI consumers. This will include some familiar scams with a new COVID twist, as well as charity and romance scams. You will also hear about helpful tips to spot scams, ways to avoid falling victim and available resources. *Email lhunt@cityofmadison.com to receive your Zoom invite.* 

Michelle Reinen is an Executive Policy Initiatives Advisor for the Division of Trade and Consumer Protection within the Department of Agriculture, Trade and Consumer Protection. As an advisor, some of her responsibilities include identifying and working on new initiatives, building stakeholder relations and outreach to communities and various groups. In a prior role, Michelle had responsibility for the oversight and enforcement of WI laws that protect consumers and honest businesses against unfair and fraudulent practices in the marketplace.

NUTRITION PROGRAMS

All Nutrition Sites are closed due to COVID-19 restrictions.

NewBridge Madison is providing the following meal services:

TAKE-OUT MEALS

Meals are available to pick up at the following locations for older adults 60+. While there is no charge for these meals, donations are accepted via mail to NewBridge, 1625 Northport Dr. #125, Madison 53704. Call to order Monday-Friday, 8:00 am-4:00 pm. Orders are due by Thursday 10:00 am the week prior. Contact information to order is below.

LJ's Sports Tavern and Grill, 8 North Patterson St.

- ♥ Friday between 3:00-4:00 pm
- ♥ 1 Meal Hot Fish Fry
- ♥ Order with Candice (608) 512-0000 Ext. 4006

NewBridge West Office, 5724 Raymond Rd.

- ♥ Wednesday between 3:00-4:00 pm
- ♥ 1 Meal Catered by Kavanaugh's Esquire Club
- ♥ Order with Candice at (608) 512-0000 Ext. 4006

Kavanaugh's Esquire Club, 1025 N. Sherman Ave.

- ♥ Wednesday between 3:00-4:00 pm
- ♥ 1 Meal Catered by Kavanaugh's Esquire Club
- ♥ Order with Candice at (608) 512-0000 Ext. 4006

Mount Zion Church, 2019 Fisher St.

- ♥ Monday between 10:00 am-12:00 pm
- ♥ 2 Meals Catered by Kavanaugh's Esquire Club
- ♥ Order with Candice at (608) 512-0000 Ext. 4006

MEAL DELIVERY FOR HOME BOUND ONLY

For older adults who do not have a car and do not have a proxy driver

- ♥ Friday between 3:00-4:00 pm
- ♥ 2 Meals Catered by Kavanaugh's Esquire Club
- ♥ Order with Kristen at (608) 512-0000 Ext. 2001



LGBTQ 50+ ALLIANCE

LGBTQ 50+ Alliance

The LGBTQ 50+ Alliance is committed to connecting LGBTQ adults with programs and services in our community. 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 providing intergenerational social opportunities. Call (608) 255-8582 for more information or email info@lgbtoutreach.org. You can also check out our website, lgbtq50plusalliance.org.

Call OutReach at 255-8582 to confirm if meetings listed below are happening.

CURRENT EVENTS DISCUSSION GROUP

- ♥ 1st Tuesday, 2-4 pm - **Virtual**

COFFEE MEETUPS

- ♥ Mondays, 2-4 pm - **Virtual**

EXPLORING SPIRITUALITY

- ♥ 1st AND 3rd Thursdays 1-3 pm - **Virtual**

GAY, GRAY & BEYOND

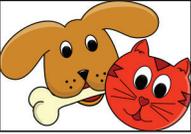
- ♥ 2nd AND 4th Thursdays, 1-3 pm - **Virtual**

Sudoku

Answers located on page 16.

	9	4			7	2		6
3					1			
2					3			5
						6	8	9
8	2	3						
4			5					8
			6					3
5		7	2			1	9	

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
	V = Virtual	1 10 - 11:15 am Easy Yoga Plus V	2  WORLD UFO DAY	3 1 - 2 pm Tai Chi Fundamentals V	4/5  INDEPENDENCE DAY
6  NATIONAL FRIED CHICKEN DAY	7 2 - 4 pm Current Events Discussion Group V	8 10 - 11:15 am Easy Yoga Plus V	9 1 - 3 pm Gay, Gray & Beyond V  NATIONAL SUGAR COOKIE DAY	10 1 - 2:15 pm Easy Yoga Plus V 1 - 2 pm Tai Chi Fundamentals V	11/12  ALL AMERICAN PET PHOTO DAY
13  NATIONAL FRENCH FRY DAY	14 1 - 1:30 pm Positivity Expert Tina Hallis V	15 10 - 11:15 am Easy Yoga Plus V  NATIONAL GIVE SOMETHING AWAY DAY	16	17 1 - 2:15 pm Easy Yoga Plus V 1 - 2 pm Tai Chi Fundamentals V	18/19  NATIONAL ICE CREAM DAY (7/19)
20  NATIONAL LOLLIPOP DAY	21  HOT DOG DAY	22 10 - 11:15 am Easy Yoga Plus V	23 10 am COVID-19 Scams V	24 1 - 2:15 pm Easy Yoga Plus V 1 - 2 pm Tai Chi Fundamentals V	25/26  NATIONAL HOT FUDGE SUNDAE DAY (7/25)
27	28	29 10 - 11:15 am Easy Yoga Plus V  NATIONAL LIPSTICK DAY	30  NATIONAL CHEESECAKE DAY	31 1 - 2:15 pm Easy Yoga Plus V 1 - 2 pm Tai Chi Fundamentals V	



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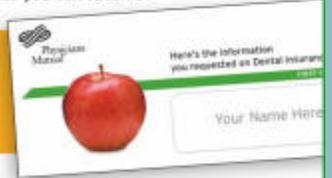
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www.dental50plus.com/liturgical



*Individual plan.
Product not available in MI, MT, NH, NM, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offers: Certificate C250A (JD: C230E; PA: C250G); Insurance Policy P133 (GA: P130GA; NY: P130REY; OR: P130CK; TN: P130TH); 80066-0817



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Madison Senior Center, Madison, WI B 4C 01-1141

GROUPS & GAMES

ALL PROGRAMS ON THIS PAGE HAVE BEEN SUSPENDED DUE TO COVID-19. THEY WILL RESUME WHEN IT IS SAFE TO DO SO.

Table Tennis

MONDAY-FRIDAY, 11:30 AM-1 PM

Meet friends and find challenging partners. Events may be occasionally scheduled. Check calendar or call 266-6581.



Pool - Billiards

Play pool unless an event is scheduled in the lounge area.



Wii Bowling

MONDAYS-WEDNESDAYS-FRIDAYS, 12:30-2:30 PM

Gather round for some friendly competition. A great way to get a little exercise and meet other people. Join our Wii bowling league.

Knitting for the Needy

2ND MONDAY 10:30-11:30 AM

RSVP Group Projects Program; Make a difference in your own creative way... Volunteers in the *RSVP Group Projects Program* handcraft & donate items like hats, mittens, quilts, afghans, pillows and baby items to help keep our community safe, warm and comforted. If you (or someone you know) enjoy the social aspect of sewing, knitting or crocheting in an RSVP group or prefer to implement a craft in your own home, please join our efforts! Yarn and fabric provided. All skill levels welcome! Contact Kate Seal, Group Projects Coordinator at (608) 310-7280 or kseal@rsvpdane.org for more information.



AA (Alcoholics Anonymous)

WEEKDAYS, 12-1 PM

A friendly, welcoming group. Meetings are held Monday-Friday unless the Senior Center is closed for a holiday.

Grupos de apoyo

Offered in Spanish only. Se Ofrece Solo en espanol. Bienvenida a nuevos participantes.

**2ND WEDNESDAY, 5:45-8 PM
LATINX DISCUSSION GROUP**

Call (608) 512-0000 ext. 3009 for more information.

Red Hat Mamas

LAST TUESDAY OF THE MONTH, 12:15 PM

The Red Hat group meets after the Nutrition Site meal. New members are always welcome. Enjoy lunch and meeting monthly with a vivacious group of women.



The SOS Senior Council

2ND FRIDAY, 12 PM

SOS Senior Council is an advocacy group for citizens regardless of age. They advocate on health care, social security, environment, welfare and affordable housing issues. This meeting is held at the Madison Senior Center. SOS Offices are located two doors down at 336 W. Mifflin St., Madison, WI 53703, (608) 256-7626.

Spanish Conversation

WEDNESDAYS, 1:30-3 PM

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Come when you can. There are no attendance requirements. All levels welcome.

STAY SAFE AND HEALTHY!

We can't wait to see you again in person!

HEALTH & WELLNESS

Easy Yoga Plus - Virtual

WEDNESDAY AT 10 AM OR FRIDAY AT 1 PM

Easy Yoga Plus is a safe evidence based yoga class designed for seniors taught by Ellen Millar, RYT. In addition to being a certified yoga teacher, Ellen completed the Duke Integrative Medicine Master Class Yoga for Seniors.



You must go to Ellen's website to register www.thewonderofyoga.com. After you register you will receive a Zoom invite. Register at least a day in advance so she has time to send you the invite. Free but REGISTRATION REQUIRED. 

Tai Chi Fundamentals - Virtual

FRIDAYS, 1-2 PM

Tai Chi is one of the best exercises for balance, and good balance means fewer falls. Tai Chi also builds core strength and stamina through its slow, precise movements. Its focus on posture and alignment helps release tension, and the emphasis on mindful action promotes stress reduction, improves mental health, and can even improve sleep quality. All levels welcome. No fees until classes resume at the Senior Center. *Email Rachel at sandretto.taiji@gmail.com to register and get a Zoom invite.* 

Gentle Exercise - Virtual

ANY DAY YOU CHOOSE ON YOUTUBE

Until we can be together again, stay active exercising at home. If you have access to a computer and the internet, you can watch the same program at home that we do at the Senior Center. Go to www.youtube.com. Do a search for **HASfit**. Several options will come up so scroll down until you find **Seated Chair Exercise Senior Workout Routines**. If you are feeling adventurous check out one of the other HASfit videos as well. Questions? Call 266-6581. Leave a message and as staff person will call you back.

Massage

SUSPENDED UNTIL FURTHER NOTICE

1ST MONDAY AT 2 PM

Decrease your stress, prevent stress-related injuries and reduce the effects of depression and anxiety. Meet with Seth Jensen LMT. Cost is \$10 for 15 minutes. Choose between a chair or a foot massage. Call 266-6581 for a time. 

Foot Care Clinic

RESUMES AUGUST 13, 2020

2ND THURSDAY OF EVERY MONTH, 12-3:30 PM

MSC partners with Owen's Superior Foot Care to offer this service. Nail Technician Emma Sunde will provide foot care to non-diabetics. Cost is \$21. By appointment only. Call 266-6581. Please bring two towels. 

Experts in Arthritis

AUGUST 19, 10 AM

This is a free public seminar for people with arthritis and people who care about them. It is coordinated by the US Bone & Joint Initiative (USBJI). The seminar will cover what YOU can do to manage your arthritis: Practical strategies to take control of arthritis with updates on a) The role of the patient in disease management and b) The role of nutrition and exercise in disease management. A question and answer breakout session will provide clinical and research answers on rheumatoid arthritis, osteoarthritis and juvenile arthritis. Your presenter will be Katuska Peppard, BSN, CMSRN, from the Madison VA Hospital. Call 266-6581 to register. 



6 Steps for Avoiding Dehydration

Older adults face unique challenges when it comes to staying safe during the hot days of summer. These challenges range from health conditions that increase sun sensitivity to more fragile skin. They can put an older adult at higher risk for heat-related illnesses such as sun poisoning and heat stroke.

It's important for seniors and family caregivers to take steps to avoid dehydration, especially during the dog days of July and August.

Here are a few preventive measures that promote healthier hydration for older adults.

SIX WAYS TO PREVENT DEHYDRATION

1. Maximize fluid intake

Drinking eight to ten glasses of water each day during the summer is important. It's advice most people know they should follow, but don't always do. If the taste of water isn't appealing to you, foods with a high water content can help you stay hydrated. Popsicles, melon, apples, pears, pineapple, cucumbers, tomatoes, carrots, and leafy greens are a few foods to include in your diet all year round.

2. Limit alcohol consumption

Summer is a season for outdoor celebrations. Many of these parties include alcoholic beverages. Unfortunately, alcohol contributes to dehydration. When outdoors in the summer sun, seniors should limit alcoholic beverages or avoid them completely.

3. Avoid caffeinated beverages

Caffeine is a diuretic. This means when you indulge in sodas, iced coffee drinks, and energy drinks, fluids pass through your system faster. That can contribute to dehydration. Stick to water with lemon or lime slices or other noncaffeinated beverages.

4. Monitor medication side effects

Some people aren't aware that medications may increase sun sensitivity. If a medication you or your loved one takes has that as a potential side effect, it means you are at higher risk for sunburn, hives, rashes, and dehydration. Review your medications to see if sun sensitivity is listed as a side effect and learn more if it is.

5. Schedule outdoor time wisely

Try to limit the time you or the senior you are a caregiver for spends outdoors. Stick with the coolest times of day, which are generally before 10:00 a.m. or after 4:00 p.m.

6. Wear a hat

While many seniors might not consider themselves hat people, wearing a lightweight hat with a brim at least three inches wide is another hydration safety tip. It shades the face and neck, helping to keep you or your senior loved one cooler.

RECOGNIZING THE SYMPTOMS OF DEHYDRATION

Finally, we suggest familiarizing yourself with the symptoms of dehydration in an older adult. From confusion to irritability, the signs aren't always obvious. Recognizing when you or a loved one is in the early stages of dehydration can help you get treatment before a more serious health crisis occurs.

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SERVICES & SUPPORT

Scholarship Fund

Scholarships are available to people over age 55 with annual income less than \$24,280 (one person) or \$32,920 (two people) for programs and events. A simple application is required from and all information is confidential. The application is available at the Front Desk or from Laura Hunt, lhunt@cityofmadison.com.

Free DVD Check Out

SUSPENDED DUE TO COVID-19

The Madison Senior Center has a wonderful collection of older movies. They are now available for you to check out free of charge. Inquire at the Front Desk for more information, and to see a list.

Great Courses to Check Out

SUSPENDED DUE TO COVID-19

Over the last few years we have offered a number of courses that are produced by the company Great Courses. These are video-taped, semester long courses from professors all over the country. Past courses are available on DVD to check out and watch on your own at the senior center or at home. Inquire at the Front Desk if you are interested.

Sudoku

Answers

1	9	4	8	5	7	2	3	6
3	5	6	9	2	1	8	4	7
2	7	8	4	6	3	9	1	5
7	1	5	3	4	2	6	8	9
6	4	9	1	8	5	3	7	2
8	2	3	7	9	6	4	5	1
4	3	2	5	1	9	7	6	8
9	8	1	6	7	4	5	2	3
5	6	7	2	3	8	1	9	4

NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their service areas are Case Management, Nutrition, Home Chore, Programs & Activities, Foot Care Clinics and a Loan Closet. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. The Madison Senior Center collaborates with NewBridge to make even more programs and services available throughout the community. Star* indicates services added for COVID-19.

CASE MANAGEMENT

Social workers are available by phone (608) 512-0000 and by email info@newbridgemadison.org to help older adults and connect them to resources.

NECESSITY KIT DELIVERY*

Necessity kits will be delivered to the door by a volunteer. Kits may contain depending on availability: toilet paper, soap, sanitizing wipes, toiletries, etc.

BRIDGE BUDDIES - FRIENDLY CALLERS*

Volunteers are matched with older adults to do safety check calls and/or social friendly calls.

FOOD BRIDGE DELIVERY

Groceries are delivered to the door by a volunteer from a food pantry and done every two weeks.

MEDICAL EQUIPMENT LOAN CLOSET

The East Madison/Monona NewBridge location has a loan closet with items such as walkers, raised toilet seats, commodes, crutches and more. Loan Closet items are available to seniors for a donation. Call NewBridge at (608) 512-0000 to ask if the item you need is available. They also welcome in-kind donations of these items: shower chairs, tub transfer benches, and commodes. The Loan Closet is open Monday - Thursday, 9 am -3 pm.

HOME CHORE PROGRAM

The Home Chore program has been suspended during the pandemic.

COMMUNITY OUTREACH

Madison College Classes

Register at (608) 258-2310 or visit <http://madisoncollege.edu/> and click MyMadisonCollege, login to your account, and use the Student Center to add your 5-digit class number(s). First time users need to activate an account. Register EARLY; classes are cancelled if there are fewer than 10 participants registered one week prior to the beginning date. All fees are paid to Madison College.



Note: Information on fall classes will be available in the August *Messenger*. You may also contact Madison College directly.

ADRC of Dane County – Aging & Disability Resource Center

The ADRC provides information about resources and support on all aspects of life related to aging or living with a disability and is a one-stop shop for older adults, people with disabilities and their families. ADRC staff are unbiased and knowledgeable professionals who listen to your concerns, help clarify your options and direct you to appropriate resources. The ADRC is also the access point for information about long-term care options and applying for public benefits. Services provided by the ADRC are free and available to all Dane County residents regardless of income or assets.

Stay Hydrated!

GINGER, LIME & MINT SPARKLING WATER

Recipe from Rowena Dumlao-Giardina

Yields: 4 servings | Serving Size: 1-1/2 cups | Calories: 22

Ingredients

- ♥ 3 ounces ginger, peeled and chopped
- ♥ 1 lime, sliced (organic if possible)
- ♥ 10 fresh mint leaves (organic if possible)
- ♥ 6 cups sparkling water



Instructions

1. In a big pitcher, put the ginger, lime, and mint.
2. Pour the water and refrigerate for at least three hours. It will taste more if you leave it longer. Cover the pitcher while sitting in the refrigerator.
3. When ready to serve, put some ice cubes in the pitcher if you want it really cold.

Useful Telephone Numbers



ADRC - Aging & Disability Resource Center	240-7400
Alcoholics Anonymous.....	222-8989
Al-Anon Family Support	258-0314
Alzheimer’s Association 24/7 Helpline.....	800-272-3900
Alzheimer’s & Dementia Alliance of Wisconsin.....	232-3400
AAA - Area Agency on Aging of Dane County	261-9930
Elder Abuse & Neglect Helpline.....	261-9933
LGBTQ+ Senior Alliance/OutReach	255-8582
Madison Public Health.....	266-4821
Meals on Wheels (lunch)	276-7598
Meals on Wheels (supper).....	204-0923
Mental Health Crisis Line.....	280-2600
Metro Paratransit Reservations	266-4466
Narcotics Anonymous.....	258-1747
NewBridge Madison	512-0000
Office for the Deaf & Hard of Hearing	855-359-5252
Wisconsin Council for the Blind & Visually Impaired.....	800-783-5213

Are you feeling overwhelmed or frightened about COVID-19? Support is available.

Call the Wisconsin Department of Health and Human Services Distress Line: 1-800-985-5990.

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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.



For ad info. call 1-800-950-9952 • www.lpiseniors.com

Madison Senior Center, Madison, WI C 4C 01-1141

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The Madison Senior Center Foundation, Inc. is a 501(c) 3 organization. Your contributions are tax deductible as allowed by law. Donations to the Foundation are a primary financial resource that provides programs and activities. In addition, the Foundation provides grants to local agencies who are also committed to successful aging. Your generosity makes things happen here! Please consider a regular contribution.

If you would like to be a MSC Champion as a donor or a volunteer, call Sally Jo Spaeni or John Weichelt at 266-6581.

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The Senior Center will use donated gift certificates as prizes for our 1st Annual Golf Tournament at Cherokee Country Club on August 10. Proceeds from this fundraiser will go towards the purchase of technology to assist the hearing and visually impaired who participate at the center. It is critical that the programs we offer are accessible to all.

For more information, please contact John Weichelt at (608) 267-2344 or jweichelt@cityofmadison.com.



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ALLEN CENTENNIAL GARDEN



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