

THE Messenger

VOLUME 37, NUMBER 5

MAY, 2020

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



Memorial Day

The Memorial Day holiday is intended to honor the men and woman who died while serving in the United States military. It is always the last Monday in May, and in the minds of many is the unofficial start of summer.



Many people visit graves and memorials, volunteers place flags on the graves of veterans, and some communities hold parades. We salute the men and women who made the ultimate sacrifice for our safety and freedoms.

Golf Outing at Cherokee - Get your Team Together!



We are excited to announce the first annual Madison Senior Center Golf Tournament hosted by Cherokee Country Club to be held August 10, 2020. Madison community members will hit the links to have fun, raise money for the Madison Senior Center Foundation, and learn about programs and services provided by MSC.

MSC will use proceeds from this fundraiser towards the purchase of audiovisual equipment. Many individuals who utilize our space and participate in program, activities and classes experience hearing and vision loss. Therefore, it is critical that the equipment we use during these programs provide accessibility to all. We will be purchasing large video monitors, new projectors and projection screens. The purchase of headsets with microphones will allow all to hear presentations and to fully participate in programming at the Senior Center.

If you are interested in entering, 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.....cityofmadison.com/senior-center
Hours..... Monday-Friday, 8:30 am-4 pm

SENIOR CENTER STAFF

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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.

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)

\$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.



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. Go to the website, cityofmadison.com/senior-center. Click on the tab for *The Messenger*. Depending on your device, on either the far right or the bottom of the screen, you will see **Subscribe to Email List**. Fill in your email and then click on **Subscribe**. Questions? Call Gary at 267-8651.

FOR YOUR INFORMATION

May is Older American's Month!

This year's theme, *Make Your Mark*, highlights older adults' unique and lasting contributions to their communities—the way you do it is up to you. Whether it's sharing a story with grandchildren, facilitating a class on your favorite subject, or leaving a legacy of community action, you too, can make your mark this month. In the spirit of this theme, here are a few suggestions to make your mark this May, and all year long.



- ♥ **Volunteer your Time.** Madison Senior Center offers a myriad of opportunities for older adults to share their expertise. Call today to find out how your skills and abilities can be utilized.
- ♥ **Engage in your Community.** Being engaged in your community offers opportunities like leadership, participation, and advocacy. Consider taking a class at MSC, joining a book club at your local library, or sign up for a social group through MeetUp.com.

We've all been limited in our ability to get out and "make our mark" during the COVID-19 pandemic but let's not forget what an important role we have in our community, and in the lives of our families and friends. We can still influence the world around us. A phone call, an email, or a handwritten letter is a great way to continue to be influential. Consider keeping a journal; loved ones will treasure it in the years ahead as they peek into the window of your soul. Go ahead, "*Make Your Mark*"!

Once social distancing is outdated, I hope to see you at MSC Making *Your Mark* in a way that makes you shine!

Warmly,

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.



Avoiding SSA Scams During COVID-19

by Jim Kreidler, Consumer Education Specialist, FTC, April 7, 2020

While some of you are home, practicing social distancing and frequent hand washing to avoid the Coronavirus, remember that scammers are still busy trying to take advantage of people. Some scammers are pretending to be from the Social Security Administration (SSA) and trying to get your Social Security number or your money. Here's what to know:

- ♥ **Do not trust caller ID.** Scam calls may show up on caller ID as the Social Security Administration and look like the agency's real number, but it's not the SSA calling.
- ♥ **Your Social Security number is not about to be suspended.** And your bank accounts are not about to be seized.
- ♥ **Don't verify your Social Security number or any other personal information to anyone who calls out of the blue.** If you already did, visit [IdentityTheft.gov/SSA](https://www.identitytheft.gov/SSA) to find out what steps you can take to protect your credit and your identity.
- ♥ **SSA will never call to threaten your benefits or tell you to wire money, send cash, or put money on gift cards. Anyone who tells you to do those things is a scammer. Every time.**
- ♥ **Talk about it.** If you're getting these calls, chances are your friends and family are too. Please talk with them about it.
- ♥ **People who know about scams are much less likely to fall for them.** So by discussing them you are helping protect people you care for and people in your community.

Computer Lab

The computer lab is available every day MSC is open. On Tuesdays from 10-11:30 am, a volunteer is available to answer questions. Please respect the posted behavior and etiquette policies. At times, the computer lab may be closed for classes or special programs. Closures will be posted on the door in advance.

Complete Your 2020 Census Form

MARCH 2020	APRIL 2020	MAY 2020
ONLINE OR PHONE	BY MAIL	IN PERSON
All households will receive a letter to fill out the 2020 Census form online or by phone.	If not completed yet: Households will receive a paper form.	If not completed yet: Households will be visited by census workers.

CENSUS 2020 CITY OF MADISON

Learn more: www.cityofmadison.com/2020Census

Avoid Coronavirus Scams

from the Federal Trade Commission

- ♥ **Don't respond to texts, emails or calls about checks from the government.** The details are still coming together.
- ♥ **Ignore online offers for vaccinations and home test kits.** There are no products proven to treat or prevent COVID-19 at this time.
- ♥ **Hang up on robocalls.** Scammers are using illegal robocalls to pitch everything from low-priced health insurance to work-at-home schemes.
- ♥ **Watch for emails claiming to be from the CDC or WHO.** Use sites like [coronavirus.gov](https://www.coronavirus.gov) and [usa.gov/coronavirus](https://www.usa.gov/coronavirus) to get the latest information. And don't click on links from sources you don't know.
- ♥ **Do your homework when it comes to donations.** Never donate in cash, by gift card, or by wiring money.

Tech Trivia

- ♥ The average computer user blinks seven times a minute, the normal rate is twenty times per minute.
- ♥ The first ever VCR (Video Camera Recorder), which was made in 1956, was the size of a piano!
- ♥ CD's (Compact discs) read from the inside to the outside edge, which is the reverse of how records work.

= Register

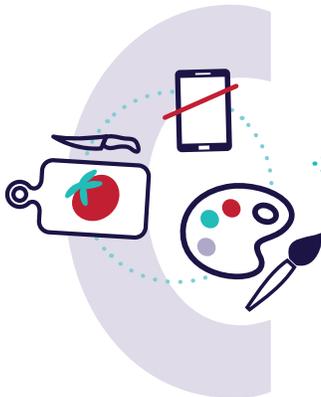
CALM

Tips for *caregivers* from *caregivers*



We all experience stress in our lives, and everyone reacts to and copes with stress in their own way. What is stressful for one person may not be stressful for someone else. CALM is a method used to minimize stress, anxiety and depression.

Create over Consume



Spend more time creating than consuming. If you are struggling today try to create a new normal until this passes.

Action Focused



Try immediate problem-solving to work on calming down the emotional response in your body. Challenge yourself to focus on what you can control.

Lean in and Learn



Lean in with curiosity to learn. Go to the greater experience of what you are going through.

Move Forward



Move forward by taking incremental steps forward daily. Recreate actions daily that are normal to you. Move your body every day.

Stress overload may cause us to become ill, irritable, depressed and interfere with our daily function. If you're experiencing any of these symptoms, you may want to seek out additional support and guidance from the Alzheimer's & Dementia Alliance of Wisconsin.

3330 University Avenue, Suite 300, Madison, WI 53705 | 608.232.3400 or 888.308.6251 (toll free) | alzwiss.org

THE VOLUNTEER VIEW

Why Volunteer?

- ♥ Meet new people
- ♥ Develop professional relationships
- ♥ Hone and sharpen skills
- ♥ Build new skills
- ♥ Share your expertise

Volunteer Opportunities

Once MSC opens again, we will still have volunteers that prefer or will be medically advised to refrain from volunteering. Therefore, it is more important than ever to consider volunteering at MSC to help us maintain our quality programming and funding of older adults in the community. See our below opportunities that will become available once MSC is open again.

FRONT DESK RECEPTION

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

SPECIAL EVENT & FUNDRAISING TEAM

Join a team of enthusiastic volunteers to plan, execute, and evaluate special events and fundraising efforts. Share your talent for securing donations to further our mission.

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.

Contact John Weichelt, Volunteer Coordinator, (608) 267-2344, jweichelt@cityofmadison.com.

Volunteer Spotlight: Volunteering During a Pandemic

The seniors in our community are facing a very stressful time right now being at higher risk than most to become seriously ill from the virus COVID-19. Please consider the following volunteer opportunities which will help folks get through the next few months.

PEN PAL PROGRAM

As time goes on there will be increased rates of depression and loneliness among seniors in the community. We are currently recruiting BOTH younger folks and older folks to begin a friendship via email or regular mail. If you know someone who could benefit from this program, please 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 living in Madison. Please consider calling (608) 512-0000 to get involved.

SSM MEALS ON WHEELS

The demand for nutritious meals has increased dramatically. Many of the current volunteers for this program are elderly themselves and are no longer able to volunteer. Please consider volunteering to help out this program as they struggle to maintain enough volunteers. Call (608) 276-7598 to sign up.

VOLUNTEER



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how will you spend it?

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For ad info. call 1-800-950-9952 • www.4lpi.com

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

Coffee with a Cop

Madison Police Officers Ken Brown and Kraig Kalka will join us for coffee in the lounge area as soon as gatherings are allowed again. They are on the front line of this crisis and we thank them for their dedication and service.

Intergenerational Programming

“**Intergenerational programming**,” as defined by the National Council on the Aging, involves those “activities or **programs** that increase cooperation, interaction or exchange between any two generations.”

WHAT ARE THE BENEFITS OF INTERGENERATIONAL PROGRAMS?

- ♥ Energize older adults and give a sense of purpose, especially when they’re sharing their experience and skills.
- ♥ Reduces a sense of isolation for older adults and potentially relieves or lessens depression.
- ♥ All generations learn new skills.
- ♥ Helps younger generations understand aging and face their own more positively.

Intergenerational partnerships benefit everyone!

When generations work together, this can break down stereotypes, change attitudes and lives, foster mutual empathy and improve communities. **Intergenerational** partnerships allow each group to see the other as individuals, just people—rather than “old” or “young.”

HOW CAN YOU PARTICIPATE IN FOSTERING OUR PARTNERSHIPS AMONG THE GENERATIONS?

- ♥ Participate in current programs
- ♥ Consider your interests: What do you enjoy doing that would be beneficial to do with another generation?
- ♥ Suggest a new program; Participate in creating it!

Senior Beat

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

Due to COVID-19 restrictions, we are currently not producing new episodes of Senior Beat. Reruns of past episodes will be shown. You can always watch the episode online at www.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

**1ST TUESDAY OF MONTH, 2 - 4 PM
(VIA ZOOM IN MAY)**

Email Karen Kane at karenlkane13@gmail.com for a Zoom invite.

There is so much going on in the world and in our country that sometimes it’s hard to make sense of it all. This is a safe place to ask questions, talk about impact and sort through it all. A facilitator will be at each meeting. Sponsored by the LGBTQ 50+ Alliance.

THURSDAY, JUNE 13, 8:45 AM - 1 PM



Driver Safety

This course is based on the latest driver safety research and insights. Learn evidence-based safe driving strategies, and refresh your knowledge of the latest rules and hazards of the road. After course completion, you may even be eligible for a multi-year auto insurance discount. **Fee \$15 AARP Members / \$20 Non-Members. Bring your AARP Membership Card. Pay the instructor at the class.** This is your last chance to take this course at this low rate. In July, program fees increase. You are welcome to bring snacks to eat in the classroom.

EDUCATION & ENRICHMENT

Make Your Mark

M	N	A	M	E	R	I	C	A	N	S	Y	I	N
R	L	O	V	E	S	T	R	O	N	G	O	D	R
O	E	R	R	E	E	T	N	U	L	O	V	U	A
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C	T	A	U	E	O	R	W	I	S	D	O	M	D
R	S	T	N	O	K	T	E	M	I	T	O	I	U
A	U	N	C	O	N	T	R	I	B	U	T	E	L
O	E	C	N	E	R	E	F	F	I	D	I	S	T
A	Y	A	M	A	L	F	A	M	I	L	Y	Y	S

COMMUNICATE

MAKE

TIME

UNIQUE

STORY

MARK

CAREGIVER

STRONG

TALENT

SENIOR

DIFFERENCE

CONTRIBUTE

VOLUNTEER

AMERICANS

LOVE

WISDOM

FAMILY

MAY

FRIENDS

OLDER ADULT

Meal Calendar - May, 2020

MONDAY	TUESDAY	WEDNESDAY
<p>CALL NEWBRIDGE MADISON TO LEARN ABOUT HOME-DELIVERED MEALS: (608) 512-0000.</p> <p>This is a congregate nutrition site operated by NewBridge. Reservations are required at least 24 hours in advance.</p> <p>The cost to provide a meal is \$8.97; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$4.</p> <p>Meatless Option (MO) will be listed as the second option. Entrees with pork have an *.</p>		
<p>4</p> <p>Cheese Tortellini Bake Bread Stick/Butter Spinach Mandarin Oranges Blueberry Crisp</p> <p>Cheese Tortellini Bake (in marinara sauce) (MO) Spiced Apples (NCS)</p>	<p>5</p> <p>Chicken a la King Brown Rice Green Beans Corn Salad Banana Raspberry Sherbet</p> <p>Soy a la King (MO) SF Ice Cream (NCS)</p>	<p>6</p> <p>Pot Roast with Gravy Mashed Potatoes Carrots Orange Juice WW Bread/Butter Frosted White Cake</p> <p>Black Bean Burger (MO) SF Jell-O (NCS)</p>
<p>11</p> <p>Chicken Strips Honey Mustard Sauce Roasted Brussel Sprouts Coleslaw NAS – steamed peas Dinner Roll/Butter Fruit Cup Peanut Butter Cookie.</p> <p>Pita and Hummus (MO) SF Cookie (NCS)</p>	<p>12</p> <p>Ham & Potato Casserole* NAS – Chicken/Potato Casserole California Blend Orange MG Bread/Butter Chocolate Banana Cake</p> <p>Veggie and Potato Casserole (MO) Banana (NCS)</p>	<p>13</p> <p>BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread /Butter Tropical Fruit Butterscotch Swirl Ice Cream</p> <p>Multigrain Burger (MO) SF Ice Cream (NCS)</p>
<p>18</p> <p>Brat* White Bun Mustard/Ketchup Green Beans Marinated Cucumbers Fruit Cocktail Apple Crisp</p> <p>Veggie Hot Dog (MO) Spiced Applesauce (NCS)</p>	<p>19</p> <p>Baked Chicken on the Bone Italian Vin. Pasta Salad Roasted Baby Carrots Mixed Fruit Frosted Marble Cake</p> <p>Garden Burger (MO) SF Pudding (NCS)</p>	<p>20</p> <p>Rustic Tomato Bean Soup Dinner Roll/Butter Mixed Greens Dressing Peaches Chocolate Chip Cookie</p> <p>Veggie Tomato Bean Soup (MO) SF Cookie (NCS)</p>
<p>25</p> <p>CLOSED</p>  <p>memorial DAY</p>	<p>26</p> <p>Greek Chicken Pasta Carrot Raisin Salad 4 Bean Salad Orange Rainbow Sherbet Cup</p> <p>Egg Salad (MO) SF Ice Cream (NCS)</p>	<p>27</p> <p>Meatballs* in Gravy Mashed potatoes California Blend Tropical Fruit with Fresh Melon Dinner Roll/Butter Blueberry Crisp</p> <p>Veggie Meatballs (MO) SF Pudding (NCS)</p>

THURSDAY	FRIDAY
	<p>1</p> <p>MAY DAY</p> <p>Sloppy Joe WW Bun Carrot Coins Black Eyed Pea Salad Pineapple Chocolate Pudding</p> <p>Chickpea Joe (MO) SF Pudding (NCS)</p>
<p>7</p> <p>Traditional Meatloaf Sweet Potato/Butter Broccoli White Bread/Butter Apple Juice Cup Tapioca Pudding</p> <p>Veggie Wrap (MO) SF Pudding (NCS)</p>	<p>8</p> <p>Sausage Veggie Egg Bake* Fruit Cup Mini Biscuit/Butter Spiced Apples Coffee Cake</p> <p>Cheesy Scrambled Eggs (MO) SF Cookie (NCS)</p>
<p>14</p> <p>Stuffed Green Pepper Soup Mixed Greens Dressing Crackers Spiced Apple Slices</p> <p>Cheese and Tomato Sandwich (MO)</p>	<p>15</p> <p>Enchilada Casserole Fiesta Corn Pinto Beans Mandarin Oranges Frosted Churro Cake</p> <p>Red Beans and Rice (MO) SF Pudding (NCS)</p>
<p>21</p> <p>Tuna Casserole Stewed Tomatoes Pickled beets Banana Lime Sherbet</p> <p>Egg Salad (MO) SF Ice Cream (NCS)</p>	<p>22</p> <p>Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie w/Peanut Butter Frosting</p> <p>Veggie Chicken in Gravy (MO) Banana (NCS)</p>
<p>28</p> <p>Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Strawberry Swirl Ice Cream</p> <p>Veggie Burger (MO) SF Ice Cream (NCS)</p>	<p>29</p> <p>Tuna Salad Sandwich on WW Tomato Soup Fruit Cup Blueberry Pound Cake</p> <p>Hummus Wrap (MO) SF Cookie (NCS)</p>

May



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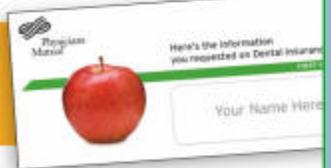
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Care Wisconsin Medicare Dual Advantage

- Are you eligible for Medicare and Medicaid?
- Do you live in Jefferson County?
- You may be eligible for Care Wisconsin Medicare Dual Advantage.

Care Wisconsin Medicare Dual Advantage is an HMO SNP with a Medicare Advantage contract and a contract with the Wisconsin Department of Health Services for the Medicaid Program. Enrollment in Medicare Dual Advantage depends on contract renewal. This plan is available to anyone who has both Medical Assistance from the State and Medicare.

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cmancheski@lpseniors.com or (800) 950-9952 x2687

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

CLUBS & GROUPS / GAMES

Table Tennis

MONDAY-FRIDAY, 11:30 AM-1 PM

Meet friends and find challenging partners. All ability levels welcome.

CANCELLED
IN MAY

Pool - Billiards

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

CANCELLED
IN MAY

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.

CANCELLED
IN MAY

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.

CANCELLED
IN MAY BUT KEEP
ON KNITTING!

AA (Alcoholics Anonymous) **CANCELLED**

WEEKDAYS, 12-1 PM

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

IN MAY

Spanish Conversation

WEDNESDAYS, 1:30-3 PM

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

CANCELLED
IN MAY

Grupos de apoyo

Call NewBridge Madison at (608) 512-0000 for information on the schedule.

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

2ND WEDNESDAY, 5:45-8 PM

LATINX DISCUSSION GROUP

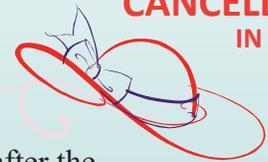
CANCELLED
IN MAY

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.

CANCELLED
IN MAY



The SOS Senior Council

2ND FRIDAY, 12 PM

Call 256-7626 for info on the May meeting. 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.

Gay, Gray & Beyond

2ND & 4TH THURSDAY, 1-3 PM
(VIA ZOOM IN MAY)

Email Karen Kane at karenlkane13@gmail.com for a Zoom invite.

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 to consider our individual selves, our unique strengths and the nature of our ever-changing world. *Sponsored by the LGBTQ 50+ Alliance.*

HEALTH & WELLNESS

Self-Care Strategies for Stressful Times

Worry and anxiety about COVID-19 and its impact can be overwhelming. Social distancing makes it even more challenging. It's important to be aware of the effects this stress can have on your health, even if you don't get the virus.

- ♥ Take Care of Your Body
 - » Get enough sleep
 - » Participate in regular physical activity
 - » Eat healthy
 - » Avoid tobacco, alcohol and drugs

- ♥ Take Care of Your Mind
 - » Keep your regular routine
 - » Limit exposure to news media
 - » Stay busy
 - » Focus on Positive Thoughts
 - » Use your moral compass or spiritual life for support
 - » Set Priorities

- ♥ Connect With Others
 - » Make Connections
 - » Do something for others
 - » Support a family member of a friend

Tai Chi Fundamentals

CANCELLED
IN MAY

FRIDAYS, 10-11 AM

ALTERNATE ZOOM CLASS AVAILABLE! FRIDAYS, 1-2 PM

Email the instructor at sandretto.taiji@gmail.com for a Zoom invite. Limited spots available.

The December 2014 Harvard Health Letter called Tai Chi the "best exercise for balance." 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. Pay the \$2 per class fee when you check in. Scholarships are available. 

Massage

CANCELLED
IN MAY

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 on the 3rd Wednesday of each month. Cost is \$10 for 15 minutes. Choose between a chair or foot massage. Call 266-6581 for a time. 

Foot Care Clinic

CANCELLED
IN MAY

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

MSC is partnering 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. 

Gentle Yoga

CANCELLED
IN MAY

THURSDAYS, 10-10:45 AM

Do you want to improve your balance, range of motion and flexibility? Do you want to strengthen your bones and muscles, quiet your mind? Then GENTLE YOGA is for YOU! All abilities and levels welcome. We will do a combination of seated and standing positions, and instructor, Michelle Ripp, will always suggest modifications if a pose isn't working for you. Pay the \$2 per class fee when you check in. Scholarships are available.

Gentle Exercise

CANCELLED
IN MAY

MONDAYS – FRIDAY, 9-9:45 AM

ALTERNATE ZOOM CLASS AVAILABLE! TUESDAYS, 12:30-1:30 PM

Email the instructor at sandretto.taiji@gmail.com for a Zoom invite. Limited spots available.

Exercise together by watching exercise programs that increase strength, flexibility and balance. Everyone welcome! If you have internet, you can search Hasfit on YouTube at home.

COVID-19 Impact on Mental Health

The COVID-19 pandemic has likely brought many changes to how you live your life, and with it uncertainty, financial pressures and social isolation. Information overload, rumors and misinformation can make your life feel out of control and make it unclear what to do.

Recognize what is typical and what is not. Stress is a normal psychological and physical reaction to the demands of life. Everyone reacts differently, and it's normal to feel stress and worry during a crisis. But multiple challenges daily, can push you beyond your ability to cope.

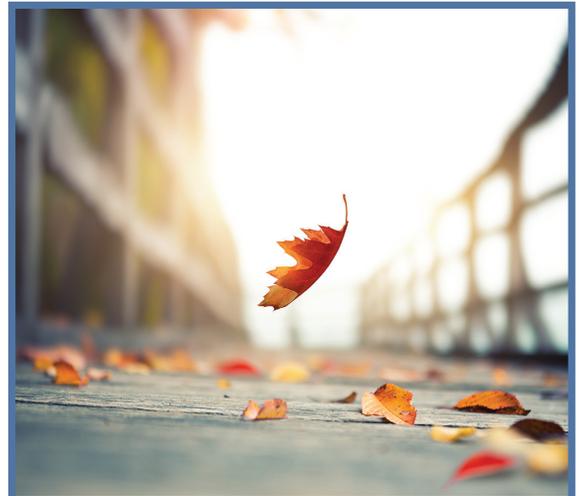
Despite your best efforts, you may find yourself feeling helpless, sad, angry, irritable, hopeless, anxious or afraid. You may have trouble concentrating, changes in appetite, body aches and pains, or difficulty sleeping. When these signs and symptoms last for several days in a row, it's time to ask for help.

GET HELP WHEN YOU NEED IT

- ♥ Call or use social media to contact a close friend or loved one
- ♥ Contact a minister, spiritual leader or someone in your faith community.
- ♥ Contact your employee assistance program, if your employer has one
- ♥ Call your doctor or therapist to ask the option of phone, video or online appointments.
- ♥ Contact organizations such as the National Alliance on Mental Illness (NAMI) 608-249-7188 or the Substance Abuse and Mental Health Services Administration (SAMHSA) 1-800-662-4357
- ♥ If you're feeling suicidal or like hurting yourself, call the suicide hotline 1-800-273-8255

CONTINUE YOUR SELF-CARE STRATEGIES

Stress won't disappear from your life when the health crisis of COVID-19 ends. Continue self-care practices to care for your mental health and increase your ability to cope.



Falls are the #1 cause of injury death in Wisconsin

During this time of social distancing, it's important to keep moving and to eliminate fall hazards in your home.

If you are worried about falling and would like guidance on helpful exercises and home safety during COVID-19, please call

Ron Dorr at 608-212-9120

Monday – Friday between the hours of 10:00 a.m. – 12:00 p.m.

Resource provided by Safe Communities of Madison-Dane County

THERE ARE THINGS YOU CAN DO TO PREVENT A FALL!

www.safercommunity.net/falls-prevention/

Fall Prevention Project Sponsors:
Dane County Area Agency on Aging,
United Way of Dane County
Wisconsin Institute for Healthy Aging

Sustaining Members of Safe Communities

Lifesavers: Dane County, City of Madison,
American Family Insurance, UW
Health/Quartz/UPH-Meriter

Heroes: SSM Health, Rich and Amy Steffen

First Responders: AAA Wisconsin,
Group Health Cooperative of SC WI, Madison
Gas and Electric



SERVICES & SUPPORT

Cloth Face Masks

When we are able to reopen our doors, we will be accepting donations of cloth face masks. The masks must be unused. Masks will be distributed free of charge to volunteers and seniors who do not have a face covering. Supplies may be limited.

Scholarship Fund

Scholarships are available to people over age 55 with annual income less than \$25,520 (one person) or \$34,480 (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

SUSPENDED

Check Out

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

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.



NewBridge offers case management, programs, nutrition sites, Home Chore and other services. Phone number: (608) 512-0000 and website: www.newbridgemadison.org. The Madison Senior Center collaborates with NewBridge to make even more programs available to you throughout the community.

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

Do you want to stay in your home or apartment, but find that you need a little extra help? Volunteers are available who want to help you with cleaning, organizing, and other household tasks. This service is available to NewBridge case management clients. Call (608) 512-0000 for more information.

Case Management

Case Management is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and coordinating supportive services. In person assistance at MSC is temporarily suspended. Call NewBridge Madison if you need assistance, (608) 512-0000.

Food Bridge

“YOUR CONNECTION TO WHOLESOME GROCERIES”

Volunteers provide monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County. Contact your NewBridge Case Manager for more information.

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. All Madison College adult enrichment classes will be taught online or cancelled through Labor Day. Please contact Madison College for a schedule.



Need Food Assistance Due to COVID-19?

TAKE-OUT MEALS

Meals are available to pick up at the locations listed below. Meals are FREE but donations will be accepted via mail to **NewBridge West**, 5724 Raymond Rd. Participants will be given a pick-up time when they order. Call to order during business hours, Monday-Friday, 8 am-6 pm, (608) 512-0000, Ext. 4006.

- ♥ **Messiah Lutheran Church**, 5202 Cottage Grove Rd.
 - » Tuesday and Thursday between 11:30 am-12:30 pm
- ♥ **LJ's Sports Tavern and Grill**, 8 N. Patterson St.
 - » Friday between 3-4 pm
 - » 2 Meals – Hot Fish Fry and Cold Meal to Reheat
- ♥ **NewBridge West Office**, 5724 Raymond Rd.
 - » Monday and Wednesday between 3:30-4:30 pm
- ♥ **FEED Kitchens**, 1219 N. Sherman Ave.
 - » Monday and Wednesday between 3:15-4:15 pm
- ♥ **Gallagher Tent and Awning**, 809 Plaenert Dr.,
 - » Tuesday and Thursday between 3-4 pm



If you or a household member leaves your home at any time, you are at risk for COVID-19.

Assume you have been exposed to COVID-19.

WHAT YOU CAN DO:

- 1** **Monitor yourself for symptoms** like fever, cough, shortness of breath, and sore throat.
- 2** **Isolate yourself from all others immediately** if you develop symptoms. This means not leaving your house and staying in a separate room, if possible.
- 3** **Come out of isolation** once these three things happen:
 - No fever for 72 hours, or 3 full days, without use of fever-reducing medications, **AND**
 - Other symptoms (like cough or shortness of breath) have improved, **AND**
 - It has been at least 7 days since you first had symptoms

Updated 3/27/20

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MADISON & DANE COUNTY



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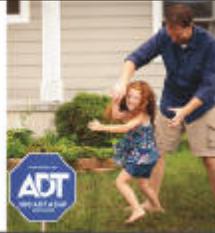
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... a community where we celebrate differences, value
each life journey, and all can share their gifts.
... a community that listens to one another with
openness, curiosity, and respect.



Community of Christ

5110 Kevins Way, Madison, WI 53714 • Phone: 608-221-1477

<http://www.facebook.com/MadisonCommunityOfChrist/>

Webpage: www.cofchrist.org

Sunday Mornings

9:30am Christian Education • 10:30am Social

10:45am Worship

Memorial Day Weekend - Labor Day • 9:30am Worship

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WisconsinSeniorMedicarePatrol



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.4lpi.com

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

GIVING MATTERS TO SENIORS

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.

MADISON SENIOR CENTER FOUNDATION BOARD

- ♥ Jeffrey Budzisz - Treasurer
- ♥ Harry Engstrom - Vice President
- ♥ Faisal Kaud
- ♥ Sally Miley - President
- ♥ Sally Jo Spaeni - Executive Director
- ♥ Jegan (Sri) Sriskandarajah
- ♥ John Weichelt - Staff
- ♥ Kathy Whitt

During the COVID-19 Pandemic, your donations are supporting outreach to vulnerable seniors. Staff and volunteers are sending cards and letters, making phone calls and responding to questions and concerns.



DONATIONS

- ♥ John & Christine Gauder
- ♥ Jane Smith

IN-KIND

- ♥ Jim Lamal
- ♥ Sally Jo Spaeni



DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

Send to: **330 W. Mifflin Street, Madison, Wisconsin 53703**

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

Donor Name _____ Phone _____

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Email _____ Amount Enclosed \$ _____

In Honor of: _____ In Memory of: _____

In Appreciation of: _____ Other: _____

Send Acknowledgement to (Name and Address): _____

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