



MONONA Senior Connection

Meeting Old Friends...Making New Friends

February 2021

A MONTHLY NEWSLETTER OF THE MONONA SENIOR CENTER • MONONA, WI (608)222-3415

Learn To Snowshoe!

Thursday, February 11th at 1:00 p.m.

Learn the basics and have fun in the snow! Join us as Missy, with our Monona Parks and Recreation Department, shows us how to snowshoe. We have a limited supply of snowshoes, so call early! If you have your own snowshoes and want to join us, indicate that when you call.

This class is free. Call 222-3415 for reservations today!



Let's Visit Africa

with the Essers

Wed., February 10th at 1:00 p.m.

Join John and Joann Esser virtually as they share their presentation "Zimbabwe, Zambia & Botswana: An African Adventure." They will share details on this great adventure, including phenomenal pictures.

Call 222-3415 to sign up so we can send you the link to Zoom with us!



FOR YOUR INFORMATION

Directory

Monona Senior Center Office

1011 Nichols Road • Monona, WI 53716

Phone (608) 222-3415

Fax (608) 222-9225

Hours Monday-Friday, 8:30 a.m. - 4:30 p.m.

Website www.mymonona.com
(Click **Senior Center** in the lower right corner!)

Contact the Center Office to report a change of address, if you wish to become a member, volunteer or if you fail to receive your newsletter each month.

Senior Center Director, Diane Mikelbank

Phone (608) 222-3415

Email dmikelbank@ci.monona.wi.us

Project Assistant, Lori Chapman

Email lchapman@ci.monona.wi.us

Program Coordinator, Lisa Brooks

Email lbrooks@ci.monona.wi.us

You Can Join Us! If you are age 50 and older, you can join us. There are no residency requirements to participate in programs at the Monona Senior Center. There are residency requirements for some services including case management, transportation, and meals on wheels. Call 222-3415 with questions.



www.NewBridgeMadison.org

Phone (608) 512-0000

Call for information on outreach assistance, medical bill assistance, meal programs or if you wish to volunteer.

Monona Senior Citizens Committee

The Senior Citizens Committee investigates the needs of senior citizens, develops programs and services specifically to serve senior citizens, and provides public information regarding senior citizens' programs and services.

Aldersperson Molly Grupe (**Chair**), John Anderson, Gwen Feit, Steve Halverson, Peggy McDonald, Glenn Vosberg and Sara Whalen

Mission Statement

The mission of the Monona Senior Center is to provide those fifty and over with educational, social, recreational, health, and fitness programs as well as volunteer opportunities. We strive to enhance the dignity, support the independence and enrich the lives of and advocate for older adults.



Senior Bus Passes

If you use the Monona Lift, did you know Convenience passes (20 rides) are available for purchase on the bus, at Monona City Hall and at the Monona Senior Center?

The Aging and Disability Resource Center

Services are free and available to Dane County residents. **Phone: (608) 240-7400**

Dane County Transportation Services and Programs

- *Transportation Call Center (CC) 242-6489 open to assist with rides.
- *Focal Points & Cancer Center staff informed to contact Call Center for ride needs.
- *Transit Solutions and Care Van Service (Group Access Service & Rural Senior Group) 294-8747
- *Dane County Delivers: Senior Grocery Solutions: Volunteers shop for groceries and Transit Solution/Care Van Service delivers groceries to homes. Call 242-6489 with grocery list.
- *Door-to-door grocery shopping trips continue but in small groups (maximum 2 people).
- *Transportation available to deliver take-out meals from congregate meal sites and home-delivered meals coordinated with RSVP.

Monona Cares!

In December, the Monona community held a food drive to support our local food pantry and assist families in need in our community. The food drive has been a huge success, thanks to the generosity and giving spirit of the citizens of Monona. As of the 1st of the year, we had collected and dropped off almost 1,000 pounds of food, toiletries, drinks and other amazing items.



Support
Friends of the Monona
Senior Center Inc.

When you shop at [smile.amazon.com](https://www.smile.amazon.com),
Amazon donates.

Go to [smile.amazon.com](https://www.smile.amazon.com)

Friends of the Monona Senior Center Board Members

The Friends of the Monona Senior Center, Inc. is a 501(c)3 tax exempt organization dedicated to supporting the Monona Senior Center in its efforts to serve older adults in this and surrounding communities.

Kathy Thomas (*President*), Susan Manning (*Vice President*), Judy Runk (*Treasurer*), Dan Eklof (*Secretary*), Molly Grupe (*Web Page*), Jackie Amati, Kathy Bell, Dean Bowles, Mary Pat Chvala, Sandy Homburg, Laura Nielsen, Stan Nielsen and Bob Shank.

Peggy Johnson (*Sunshine Chair*) (221-9088) *Call Peggy to report the illness or death of a member.*

It is Time to Renew Your “Friends” Membership for 2021!

To receive your monthly newsletter, please fill out the membership form below and mail to “Friends of the Monona Senior Center” at 1011 Nichols Road, Monona, WI 53716 or bring it to the Senior Center. Checks may be made out to “**Friends of MSC.**” All memberships run from January 1st through December 31st. Donations above and beyond membership dues are greatly appreciated and help to support programs and services of the Center.

Friends of Monona Senior Center Membership Form (checks payable to “Friends of MSC”)

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Birthday _____ E-mail _____

- | | |
|---|--|
| <input type="checkbox"/> Monona Resident \$8.00 | <input type="checkbox"/> Benefactor/Corporate \$150.00 |
| <input type="checkbox"/> Non Monona Resident \$10.00 | <input type="checkbox"/> Donation \$ _____ |
| <input type="checkbox"/> Life Member \$100.00 | <input type="checkbox"/> I am new to the area |
| <input type="checkbox"/> I am interested in helping with “Friends” Activities | |



VIRTUAL PROGRAMS

Low Vision Support

Friday, February 26th at 11:00 a.m.

The Wisconsin Council of the Blind and Visually Impaired is coordinating this meeting through Zoom and you are welcome to join in. Call or e-mail Jean Kalscheur and she will get you what ever is needed to access the group. Contact Jean at jkalscheur@wcbblind.org or 608-237-8106. You may also join by phone.



Wisconsin Council of the
Blind & Visually Impaired

Coffee & Conversation

Wednesdays in February at 10:00 a.m.

This is a great social time to chat about anything on your mind. Call 222-3415 to register!



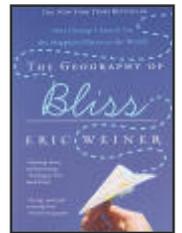
For each event listed you must call 222-3415 and leave your email address so we can send you the link and include you on the list to notify for any changes. Thank you!

Virtual Travel Book Club with Kirstin Pope

Wednesday, February 10th at 1:00 p.m.



February 10th Book: *The Geography of Bliss* by Eric Weiner. It's SO good! We will travel to the Netherlands, Ice Land, Switzerland, Bhutan, Thailand, Qatar to name a few.



Broaden your horizons.

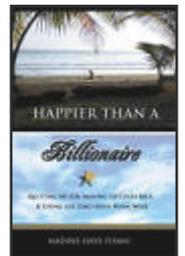
Be introduced to new places and authors. We will likely read books you wouldn't usually choose and have some great discussions about them. Even if you don't enjoy every book, being able to hear other's thoughts is valuable. Getting different perspectives and having discussions is something we might not do if we just read it alone.

Keeping It Simple!

Meeting online means you can attend however it's most comfortable for you. All you have to do is read the book. You don't even have to finish the book. Just give it your best shot and show up. That's it!

Where Will We Travel?

Choosing our monthly book will be a group effort. To start, I will select our first. Then, another Travel (Book) Club member will decide our next destination, etc. until we have been, well, *everywhere!*



March 10th Book: "Happier Than A Billionaire: Quitting my job and moving to Costa Rica" by Nadine Hays Pisani.

Please call 222-3415 to register for this program so we can send you the Zoom link.

NewBridge

Thursday, February 4th, 1:00 p.m.

Gretchen Shadeburg, BA, Case Manager with NewBridge Madison will join us through Zoom. The topic is **Mental Health & Seniors** -- We will discuss how necessary positive mental health and mental stimulation are for seniors and tips on how to maintain positive mental health during the winter and the pandemic.

Call by Monday, February 1st so we can send you an invite to the Zoom meeting.



Winter Energy Savings

Tuesday, February 9th at 10:00 a.m.

Zoom Presentation by MG&E

What is fact or fiction when it comes to saving energy this winter?

Laura Paprocki of MGE will discuss possible improvements.

Keys to logging into or creating your MGE account and exploring some of the energy tools available online that MGE has to offer.

Join us on Zoom and discuss simple or complex ideas about energy use in your home.

Call 222-3415 to register and share your email.



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Mondays - Tai Chi Balance

February 1st, 8th, 15th and 22nd
11:00 a.m.

Tai Chi Balance is a body-mind-spirit practice offered by certified Tai Chi Instructor Jody Curley, featuring Tai Chi and Qigong movements and breathing practices for balance. Movements can be done standing or seated. Have a chair nearby!

**Congratulations!**

Tai Chi Balance has been awarded the Balance Stamp of Approval (BSOA).

This class meets the balance-enhancing criteria for Falls Prevention developed by the Balance Keys Committee of Safe Communities of Madison-Dane County.

Tuesdays - Mindful Movement

February 2nd, 9th, 16th and 23rd
10:00 a.m.

MM is a gentle movement class designed for all ability levels, allowing you to find your own pace and intensity.

A simple, yet effective practice focuses on body awareness and joint mobility to encourage oxygen & blood flow, increase vitality, release unhealthy tension, and promote balance and self-awareness. Seated and standing routines enhance circulation and flow.

Thursdays - Chair Yoga

February 4th, 11th, 18th and 25th
10:00 a.m.

For anyone who has ever hesitated to try yoga because of the challenge of getting down onto the mat or doing standing poses, now a chair becomes your mat. Beginner to advanced, each pose will be presented in multiple levels of flexibility.

Call 222-3415 to receive the Zoom invite.

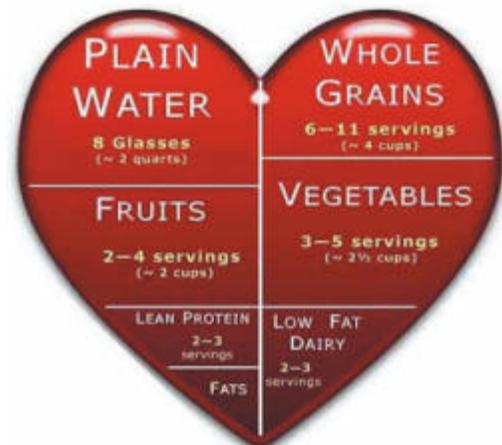
Mindful Moments

Tuesdays, February 2nd, 9th, 16th and 23rd
11:30 a.m.

Join Sandy Homburg for a calming 15 minute guided mindfulness meditation. Mindfulness meditation is a form of meditation or relaxation that focuses awareness on breathing to achieve a healthy, balanced mental state. Mindful meditation is proven to reduce reaction to stress, lowering the heart rate, reducing anxiety, and strengthening positive thought patterns and attitudes. All are welcome, and no experience is needed.

Please call 222-3415 and leave your e-mail address. We will send you the invite.

Thank you, Sandy for offering this service FREE to our participants!

**Support our Wellness Instructors**

for their time and expertise each week.

Suggested donation of \$5.00 per class

Donations can be mailed to the Senior Center. Checks may be made out to "City of Monona" or you can pay by credit or debit card at mymonona.com/seniorcenter. Indicate which class your donation is to go toward.



Zoom Tunes

Friday, February 12th from 4:15 - 5:15 p.m.

Collaborative events are brought to you by NewBridge Senior Services, Madison Senior Center, Goodman Community Center and Monona Senior Center.

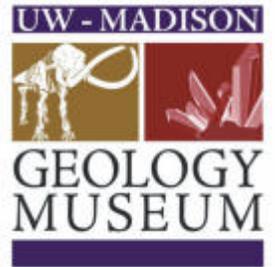
Essensual Beatz delivers authentic performances of original songs and updated standards that unite past and future. Guitarists and songwriters Virginia Rose and Mark Nelson make it their mission to engage their audience while exploring life through music.

Registration for this event will be through the NewBridge Madison website: www.newbridgemadison.org



Fossil Safari

Thursday, February 11th
1:00 p.m.



Join the UW-Madison Geology Museum in a time-traveling safari to ancient Wisconsin! You will get to see what Wisconsin looked like 450 million years ago when it was covered by a shallow, tropical sea. You'll learn about the rocks we can see in southern Wisconsin, the fossils that are found in them, and what those creatures would have looked like when they were alive.

Call 222-3415 if interested and please share your e-mail address so we can share the Zoom link.



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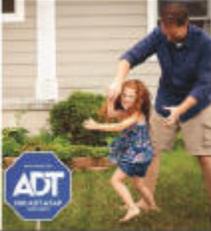
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SOCIAL CONNECTIONS

Social connections are still a vital need even during times of uncertainty and restrictions. We have volunteers who have time to visit or reach out to those that might be feeling like they could use a social connection. Our volunteers are used to being in touch too and in addition to the staff here, they miss being with our participants. Call us at 222-3415 if you would like to reach out to others or would like to be on our list to call and connect with once or twice a month!



Caregivers Corner Monthly Caregiver Support Groups



There are a number of **support** groups in **Dane County** that meet at various times, days, and locations. Call the Area Agency on Aging at (608) 261-9930 for more information.

AREA AGENCY ON AGING OF DANE COUNTY

The AAA publishes a monthly newsletter **Caregiver Chronicles** to provide Dane County Caregivers with useful information and resources.

To subscribe, email debroux.jane@countyofdane.com or call 608-261-5679



East Towne Mall Trip

Tuesday, February 2nd, 10:30 a.m.– 12:30 p.m.

Due to the change in the open hours at the mall, we are not running pick-ups until approximately 10:30 a.m.

We will alternate between Target and East Towne Mall monthly as was requested by those recently surveyed.

Monona Residents:

Call 222-3415 if interested in a ride.

Woodman's East Trip

Tuesday, February 9th at 9:30 a.m.

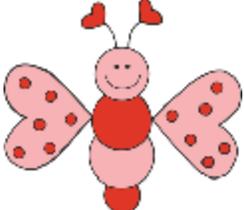


Gerald and Sharon Scallon and JoAnn Munski for their donations in memory of **Rachel Aaroen**.

Oakwood Village for sponsoring the Trips to the Lighthouses presentation in January.

Fitness Program Donations from: Dorothy S., Jan H., Jeanne E., Pat G., Ann A., Sara W., Dot K., Mary R., Marcia K., Cindy S., Ann N., Sue M.

MONONA SENIOR CENTER CALENDAR • FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 11:00 Zoom Tai Chi 12:00 Reflexology 	2 10:00 Mindful Movement 10:30 East Towne Trip 11:30 Mindful Moments 1:00 Dan's Zoom Open Lab	3 10:00 Coffee & Conversation 1:30 Ballroom Basics for Balance	4 8:45 Foot Care Clinic 10:00 Chair Yoga 1:00 NewBridge Presentation	5 9:00 Foot Care Clinic 
8 11:00 Zoom Tai Chi 	9 9:30 Woodmans East 10:00 Mindful Movement 11:30 Mindful Moments 1:00 Winter Energy Savings by MGE	10 8:30 Tax Clinic 10:00 Coffee & Conversation 1:00 "Let's Visit Africa" 1:00 Travel Book Club 1:30 Ballroom Basics for Balance	11 10:00 Chair Yoga 1:00 Fossil Safari 1:00 Learn to Snowshoe 	12 10:00 Scholarly Scoop 
15 11:00 Zoom Tai Chi	16 10:00 Mindful Movement 11:30 Mindful Moments 1:00 Dan's Zoom Open Lab 3:00 Remember to Write	17 8:30 Tax Clinic 10:00 Coffee & Conversation 1:30 Ballroom Basics for Balance	18 10:00 Chair Yoga 9:00 Reflexology	19 8:00 Chair Massage 1:00 Agrace Emotional Health during COVID
22 9:00 Diabetic Foot Clinic 11:00 Zoom Tai Chi	23 10:00 Mindful Movement 11:30 Mindful Moments 3:00 Remember to Write	24 8:30 Tax Clinic 10:00 Coffee & Conversation	25 9:00 Foot Care Clinic 10:00 Chair Yoga	26 9:00 Foot Care Clinic 11:00 Low Vision Support Group



February

CHECK IT OUT!

AARP Tax Preparation



The AARP tax assistance program has been working hard to come up with a safe way to provide this valuable service in the midst of this pandemic.

FREE SIMPLE TAX RETURN ASSISTANCE will be available again this year. There will be fewer appointments available due to Covid 19 safety concerns for all.

Appointments will begin on Wednesday February 10th and run on Wednesdays through April 7th.

Please bring the following to your appointment:

- A fully completed form 13614-C (Intake/Interview) and supplemental forms. **The forms need to be picked up ahead of time at the Senior Center. Call 222-3415 for pick up time.**
- Proof of ID (Photo ID)
- Social security card for you/spouse, and dependents
- Copy of your 2019 Federal and State Tax Return
- Your 2020 Social Security Income statement
- Wage and earning statement(s) W-2s, W2g, 1099R, 1099G
- Interest and dividend statements from banks and investments (1099's)
- Any money gains/loss reports (Stock and Investments)
- 2020 Medical Insurance premiums (WI allows to be deducted)
- Amount of ECONOMIC STIMULUS received. It is not taxable but is reportable
- A blank check (If you want direct deposit)

If you will be filing for Homestead Credit you will need a completed Rent Certificate and/or current property tax bill. To qualify you must have less than \$24,680 income and have been a full year WI resident for the tax year with earned income if under age 62 unless disabled.

At your appointment you will not meet with the tax preparer as you have in the past. Your documents will be either scanned or dropped off to have your taxes computed. You will be notified when your taxes are completed and given a time to pick up your return.

For alternative service, visit [IRS.gov](https://www.irs.gov) for a variety of online resources and to file with IRS FREE FILE - free for most taxpayers. **Call for an appointment at 222-3415.**

Let's Cook Together

February 19th & 26th and March 5th & 12th from 4:00 - 5:30 p.m.

Join UW Medical School students as they lead you through cooking simple, healthy recipes with six ingredients or less! We will send you the recipe and you pick up the ingredients on your own. If you need help getting the ingredients, please contact Diane at Monona Senior Center at least one week in advance. On the day of the event you click on the Zoom link you will receive through e-mail and you will start cooking step-by-step to create the delicious dish! You will be sent the Zoom link closer to the class date if you are registered. Sign up for one or all dates.



Register by calling 222-3415 and sharing your contact information including e-mail address.



Agrace Grief Support Center Grief during COVID

A PRESENTATION TO PROMOTE HEALTHY SURVIVORSHIP

Friday, February 19, 1:00-2:00 p.m.

Agrace's Dana Basch, Community Grief Specialist will present ways to cope with grief in this tumultuous time.

This one-hour talk will cover:

The nature of grief after a death * Ways to best support grieving people * How the pandemic is affecting people's grief * Future implications of pandemic-related grief.

There will also be time to share ideas, discuss concerns and ask questions.

Call the Monona Senior Center to register at 222-3415



Now Available!

A new way to pay for programs / donate to the Senior Center!



Give today through our online payment platform, WeShare.

Support the Monona Senior Center today using your debit or credit card or checking or savings account.

1. Visit mymonona.com\seniorcenter
2. Click on the Online Donations and Payments button.
3. Select the payment type.
4. Set up your donation or payment.

Call 222-3415 if you have any questions.

IT'S SAFE. IT'S SIMPLE. IT'S CONVENIENT.



Zoom Open Lab with Dan

Tuesdays, February 2nd & 16th
1:00, 2:00 or 3:00 p.m.

Work with Dan one-on-one via Zoom to answer questions you may have about your Apple or Microsoft computer, tablet or phone. Space is limited for each day and time slot. Be prepared to share your help topic when registering.

Call 222-3415 to make an appointment and leave your e-mail address so we can send the Zoom link.

Madison College Classes

Go to <https://madisoncollege.edu/enrichment-courses> to see a variety of enrichment courses being offered online. You can register through the MATC website and enjoy learning something new this winter!



BITS AND PIECES

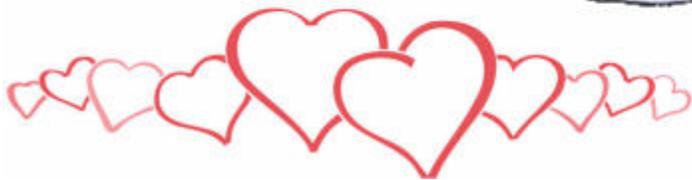
Weather Notice

Because schools are not meeting in person, we cannot rely on school closing notifications for guidance if the weather potentially would make it unsafe to hold programs.

Please call 222-3415 for updates or go to mymonona.com/seniorcenter for the latest information.



Like us on Facebook and follow fun and informative posts, other events in the area as well as ours and inspirational messages and videos!



Don't Let Finances Stop You from Participating



Thanks to donated funds from the Friends of the Monona Senior Center, there are scholarships available for those who cannot afford the fees for Monona Senior Center programs. Ask a staff member if you are interested in applying.



Listen to WVMO 98.7 FM - The Voice of Monona for updates & events each month from the Monona Senior Center!

Free Grocery Deliveries

Dane County Delivers:
Senior Grocery Solutions
Call: 608-294-8747

For people 60+ or with disabilities
Donations accepted

Greeting Cards for Sale...

Come in to see a great variety of birthday, anniversary, get well, sympathy and other cards. Our cards are convenient and very reasonably priced.

Call 222-3415 to make an appointment!



Goodman Community Center:

Sign up and receive your Bingo card by contacting Gayle at 608-204-8032 or gayle@goodmancenter.org

NewBridge: Contact Deenah at 608-512-0000 ext. 3002 to sign up, receive your Bingo card and Zoom link.

Wisconsin Amish Virtual Experience

\$85 Per Package

Receive:

- 1 Package of Amish Cashew Crunch
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- 1 Beautifully crafted handmade wooden bowl
- Private Facebook Group where you will be able to view a video on Wisconsin's Amish Country



HAPPY TIMES TOURS & EXPERIENCES

Call the Monona Senior Center at 222-3415 to make your reservation and purchase by March 1st.

Monona Senior Center package pickup will be: Monday March 29th between 2:00 - 4:00 p.m.

More Travel coming from Happy Times Tours & Experiences

*Virtual: A Pre-Derby Kentucky Experience with pickup packages at the end of April.

*Day Trip: Lavender Fields - Wednesday June 23rd. Leaving from the Monona Senior Center.

*Extended Trip - May 23-28th, Stunning South Dakota, Deadwood, SD

More info on [Website: www.happytimestours.com](http://www.happytimestours.com)



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Care Wisconsin and My Choice Family Care are now My Choice Wisconsin.

My Choice Wisconsin

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Income Restrictions May Apply



Reflexology

Monday, February 1st from 12:00 - 4:30 p.m. and Thursday, February 18th from 9:00 a.m. - 4:30 p.m.

Reflexology is a form of massage applying deep pressure to reflex points on the feet, opening nerve pathways to increase circulation and create a sense of balance within the body. The feet are like a roadmap that connects to organs and glands within the body and by working with the feet it can increase normal function and flow. The cost for a one-hour session is \$45 and a half-hour session is \$25.



Chair Massage

NOW ON 3rd FRIDAY OF THE MONTH

Friday, February 19th, 8:00 - 11:00 a.m.



Gonzalo Reategui, Licensed Massage Therapist at Peak Performance Massage, offers the beneficial service of chair massage. You can experience improved circulation, a reduction in swelling, relaxed muscles, enhanced sleep quality and more. 15 minute session for \$15 or 30 minutes for \$30.

Please remember to bring a pillow cover to your chair massage appointment.

Face Masks are required for all appointments. Appointments can be made by calling 222-3415. For all foot clinics, please arrive 10 minutes early and bring two towels.



New Foot Clinic Times and Dates Going Forward...

Diabetic Foot Clinic

Monday, February 22nd, 8:45 a.m. - 12:00 p.m.

The Monona Senior Center offers diabetic foot clinics, facilitated by Gail Owens, RN, BSN. We hold the clinic in the Senior Center Main Hall. The cost is \$25.00. She will perform a complete foot inspection, warm foot soak, nail trimming and relaxing foot rub.

Foot Clinics

Thursday, February 4th 8:45 a.m. - 12:00 p.m.

Friday, February 5th 9:00 - 11:30 a.m.

Thursday, February 25th 9:00 - 11:30 a.m.

Friday, February 26th 9:00 - 11:30 a.m.



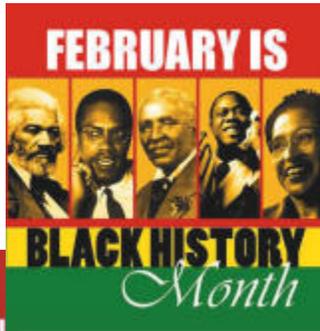
The Monona Senior Center offers foot clinics. ALL clinics are in the Senior Center Main Room. The cost is \$22.00.



Face Masks

It is recommended that people wear a face covering while in public. This includes while you visit the Monona Senior Center if you have an appointment. If you need one, please let us know.

Black History Month is an annual observance originating in the United States, where it is also known as African-American History Month. It has received official recognition from governments in the United States and Canada, and more recently has been observed in Ireland, the Netherlands, and the United Kingdom.



Thanks for playing by counting the snowflakes in our January issue! Congratulations to Dot Koenig and Kate Hemon!



Here is the count...

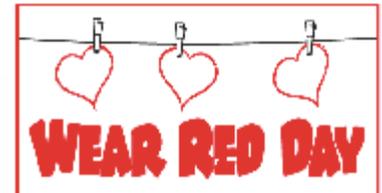
Cover - 3	Pg. 8 - 3	Pg. 15 - 1
Pg. 2 - 7	Pg. 9 - 2	Pg. 16 - 7
Pg. 3 - 1	Pg. 10 - 3	Pg. 17 - 0
Pg. 4 - 1	Pg. 11 - 2	Pg. 18 - 1
Pg. 5 - 0	Pg. 12 - 4	Pg. 19 - 3
Pg. 6 - 6	Pg. 13 - 0	Pg. 20 - 4
Pg. 7 - 0	Pg. 14 - 1	TOTAL - 49

NATIONAL HEART MONTH

HEALTHY HEART TIP
Get regular, moderate physical activity! It helps lower blood pressure and helps your body control stress and weight. Start by doing what you can, even 10 minutes can make an impact on your heart.

Fresh Ideas

National Wear Red Day® is celebrated the first Friday of February. Wear red and encourage others to do the same to bring awareness that heart disease is the leading cause of death in the U.S.



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HAPPENINGS

“Remember to Write” Workshop using Zoom

Tuesdays, February 16th - March 23rd from 3:00 - 5:00 p.m.



Did you know:

- Writing about your life can boost the power and clarity of your brain and mind?
- Young relatives thrive when they know family stories showing values like resilience, courage, & honesty?
- Writing in a small, supportive group is a lot of fun?

Whether you want to share your own life experiences or pass on your family’s stories, this workshop will help you get started and stay motivated. Each week we’ll discuss aspects of writing from life, including storytelling, organizing your project, and the ethics of writing about living people. Suggested themes and prompts will help you write 2-3 pages each week. Each class session includes time to share what you’ve written in a supportive environment.

About the presenter: **Sarah White** is a published author and personal historian who has taught reminiscence writing workshops since 2004. Participants praise the way she makes the sessions stimulating and keeps discussions on track.



To enroll, call 222-3415 and leave your e-mail address. We will e-mail you with the Zoom invite

This program is being offered FREE thanks to the support of the Friends of the Monona Senior Center.



COVID-19 Services Provided by NewBridge for Adults 60+

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 New, 1625 Northport Dr. #125, Madison 53704. Call to order Monday-Friday, 8:00 a.m. - 4:00 p.m. Orders are due by Thursday 10:00 am the week prior. *Contact information to order is:*

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

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



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



Friday, February 12th at 10:00 a.m. WI Farming, Soil and Dung Beetles



Dr. Kriska has been in the Biology Department at UW-Whitewater over 14 years. She teaches introductory courses, the department writing course, and their upper-level

Invertebrate Zoology course. She has a Master's and Ph.D.

in Entomology from UW-Madison. She conducted a survey of Wisconsin scarabs for her Master's thesis at UW-Madison where she developed several side projects focusing on specific dung beetle groups in the state. She is the self-proclaimed Dung Beetle Queen of Wisconsin, although she generally loves anything with an exoskeleton and more than four legs. She enjoys sharing her passion for invertebrates with others and sparking curiosity of and appreciation for the natural world.

Open to the Public.
Call 222-3415 and share your email address!

Scarab beetles are one of the five largest families of beetles in the world (nearly 28,000 species!), and about 25% of scarabs are dung beetles. Wisconsin boasts about 60 species of dung beetles that have the often overlooked and underappreciated job of breaking down solid waste and recycling nutrients back into the ecosystem. We will take a closer look at our state's dung beetle fauna and the different strategies they employ to carry out their role as nature's septic systems.

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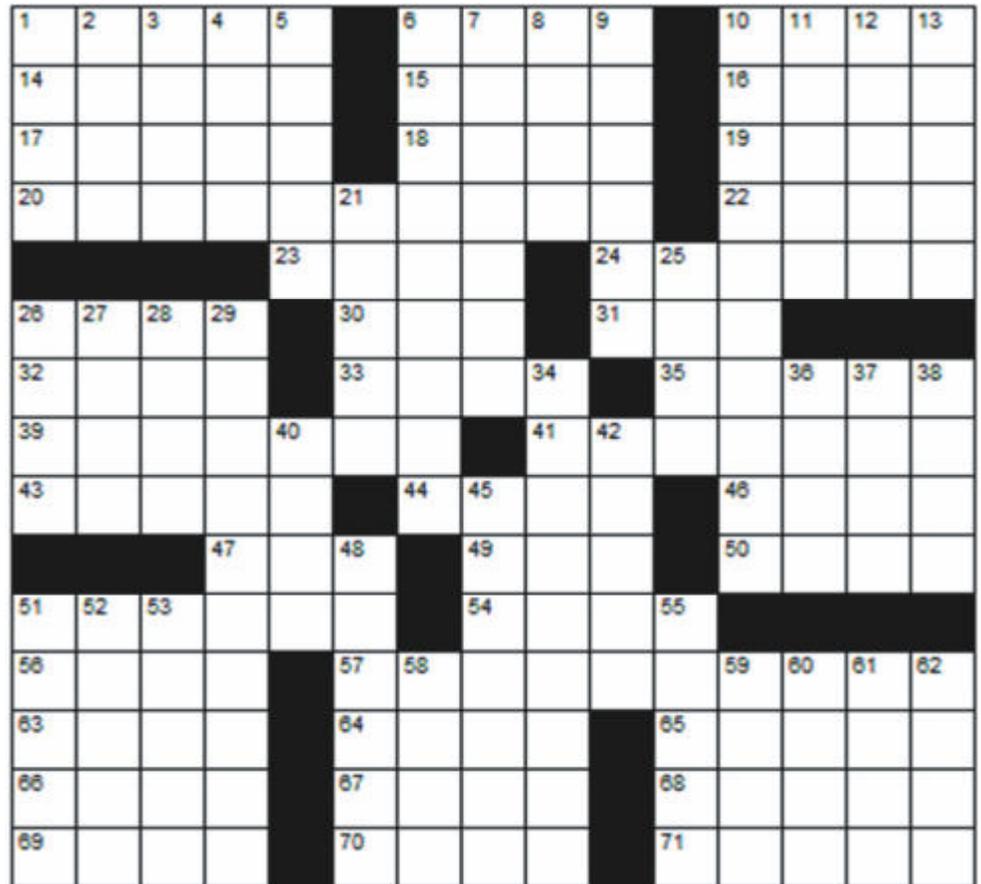
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MORE TO DO!

ACROSS

1. Decelerates
6. Chilled
10. Forearm bone
14. A woman whose husband is dead
15. A magician
16. French for "We"
17. Idolize
18. Dainty
19. Clothing
20. A brown sauce
22. Type of sword
23. Novice
24. Stay
26. Dagger handle
30. Faster than light
31. Not used
32. Food thickener
33. Layer
35. Betel palm
39. Books on unusual subjects
41. Invigorate
43. Tidy
44. Magma
46. Exam
47. Abet
49. Confederate soldier
50. Anagram of "Sees"
51. Meager
54. Gait faster than a walk
56. Diplomacy
57. Commemorates
63. Against
64. Baking appliance
65. Positive pole
66. Lampblack
67. Platter
68. Line dance
69. Not there
70. If not
71. Leg joints



<http://www.mirroreyes.com/crossword/2020/c201231.html>

DOWN

- | | | |
|----------------------------|-------------------------|-----------------------|
| 1. Q-Tip | 13. Something of value | 42. Wealthy man |
| 2. Adriatic resort | 21. Elevators (British) | 45. Not devious |
| 3. Smell | 25. Genuine | 48. Decipher |
| 4. Unit of language | 26. Cut away | 51. Hiding place |
| 5. Sugary | 27. Chills and fever | 52. Small boat |
| 6. Unbiased | 28. Ranch | 53. Performer |
| 7. Open one-horse carriage | 29. Three-party | 55. Path |
| 8. Auspices | 34. Awe | 58. Wicked |
| 9. Humiliate | 36. Nights before | 59. Soon |
| 10. Protect by insurance | 37. To tax or access | 60. Anagram of "Note" |
| 11. Jeweler's glass | 38. Stake | 61. Border |
| 12. Naked models | 40. Ear-related | 62. Oceans |



SPOT THE DIFFERENCE ANSWERS from January newsletter.

1. Shovel handle removed.
2. Line on right shell removed.
3. Seam in boy's hat removed.
4. Girl's chin missing.
5. Girl's shovel changed.
6. Portion of girl's hair ribbon removed.
7. Pail of water colored in.
8. Umbrella top colored in.
9. Boy's button moved.
10. Window in castle moved.
11. Starfish moved.
12. Flagpole longer.

Monona Drivers offer Experience & Service that's Second to NONE!

The City of Monona provides a valuable transportation service to all of its residents. For a city our size, we are fortunate to have access to affordable, accessible rides to essential stops in our community and limited areas of Madison. What makes this service exceptional are the remarkable drivers who go above and beyond to offer safe, friendly rides to all who board their buses. We wanted to take a few moments to recognize the drivers behind the wheels of the Monona Lift and Express.



Abdellah Ouali has been driving for First Student since 1992 and has been driving in Monona for 20 years. Staying on schedule in the winter months, while being safe is the most challenging part of his job, but Abdellah enjoys being outdoors, helping people and especially assisting older riders. When not driving, Abdellah exercises twice each day and babysits his six-year-old granddaughter. He also helps his family, still in Morocco, as much as he can.

Bob Bates has been working for First Student for 19 years, training school bus drivers with the company for five years, which he thoroughly enjoyed. He works a challenging split shift of three hours in the morning and three hours in the afternoon. Bob has one older sister and three younger brothers. He generously donates platelets to the Red Cross over 20 times annually and has been doing this for the past five years. Bob shares that it is a joy to transport Monona residents.

Bill Redinger has a decade of driving experience in Monona and has been with First Student for 16 years. He enjoys meeting new people as he drives and finds his greatest challenge to be when two riders get on the bus who want to go in opposite directions. This early riser drives the 5:35 - 11:35 a.m. shift - sometimes traversing Monona streets before the snowplows do. Bill's hobbies include woodworking, jigsaw puzzles and listening to books on tape.

**City employees and officials receive compliments on these drivers regularly.
We're lucky to have them!**

COVID-19 vaccine is not likely to be available to the public until spring 2021 or later. In the meantime, COVID-19 continues to spread rapidly in our community. Until a vaccine is distributed to the general public (and even for some time after), we must remain vigilant. Please wear your mask, limit indoor gatherings, practice social distancing, washing your hands for at least 20 seconds and stay home when you're sick.

For more information about the vaccine go to

<https://www.publichealthmdc.com/coronavirus/covid-19-vaccine>



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The Monona Senior Center is accredited by the Wisconsin Association of Senior Centers.



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✘ Membership Renewal Time!! ✘

If there is a red “X” on the mailing label next to your name, as of the date of this mailing your 2021 membership dues to the **Friends of the Monona Senior Center** have **NOT** been received. **Memberships run from January 1st through December 31st.**

Please include the membership form on page three with your payment and drop off or mail to the Monona Senior Center. Checks may be made out to “Friends of MSC.” You can also go to [mymonona.com\senior center](http://mymonona.com/senior center) to make your payment!

Donations over and above your membership are always appreciated!