

THE Messenger

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FEBRUARY, 2021

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



THE BLACK FAMILY: REPRESENTATION, IDENTITY, AND DIVERSITY

The found of Black History Month was Dr. Carter G. Woodson. It started in 1926 as Negro History Week. Dr. Woodson developed an important philosophy of history. He insisted it was more than gathering facts. It must include some description of the social conditions of the period being studied. That is very relevant to the what is happening today and to the 2021 Theme of Black History Month, The Black Family: Representation, Identity, and Diversity

Dr. Woodson created Negro History week in 1926 because he believed that young African Americans were not being taught enough about their own heritage, and about the achievements and contributions of their ancestors. His beliefs and accomplishments legitimized the study of Black history and have given a profound sense of dignity to all Black Americans.

The Black family has been a topic of study in many disciplines. Its representation, identity, and adversity have been revered, stereotyped, and vilified from the days of slavery to our own time. The Black family knows no single location. Not only are individual Black families diasporic, but Africa and the diaspora itself have been long portrayed as the Black family at large.

The family offers a rich tapestry of images for exploring the African American past and present. Take the time to listen and learn. Search out books and articles written by African Americans based on their personal experiences. It isn't a once size fits all, but there are similarities in the cultural difference that will increase understanding.

FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581
FAX.....(608) 267-8684
Website..... madisonseiorcenter.org
Hours..... Monday-Friday, 8:30 am-4 pm

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*“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.



MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults age and thrive.

Member of



Wisconsin Association
of Senior Centers



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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 _____

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City _____ State _____ Zip _____

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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 ...

In the last 13 months, I've learned more about structural racism in our country. I've learned that to help progress toward and achieve racial equality, one thing everyone can do is practice anti-racism. This is especially true for white people. I've learned that to do my part to move forward, I need to seek to learn, understand, and acknowledge Black culture, history, and experiences. I need to be aware of my own biases and commit to being vigilant about challenging them.



It's Black History Month. I'm urging you to wholeheartedly embrace learning all you can learn about Black history, Black culture, and the achievements and contributions Black community members have made to the City of Madison. We'd like to facilitate part of your journey.

Madison Senior Center and its participants have benefitted from several of Madison's Black community leaders' work. Let us recognize a few. We thank Barbara Harrington-McKinney, City of Madison District 1 Alderperson. Barbara has contributed her time, expertise, skills, especially critical thinking, and experience as a Black woman to policies and operational decisions that have shaped how Older Adult Services are implemented in the City of Madison.

Additionally, we recognize Alnisa Allgood, Donna Bryant, and Belinda Beason, who serve on the City of Madison Committee on Aging. They bring their knowledge on aging issues, experiences as Black community members to the table and impact the process as they oversee operations and policy decisions. We are grateful for their selfless service and look forward to continuing our commitment to inviting Black influencers to the Community Development Division Older Adult Service processes tables.

During February, Black History Month, and hopefully beyond, Madison Senior Center will be offering a virtual program showcasing Black community members. We invite you to tune in and learn from these leaders who will tell their story about the cultural, civic, and community experiences that have shaped who they are and explain how they've used those experiences to positively impact the community. Join us!

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.

Tablets2Go

A tablet is a small computer that you can use at home or carry with you. Virtual programs and activities are our best way to connect with you at this time. If you don't have a computer, and want take a virtual program, we can lend you a tablet for FREE. Tablets2Go is available to adults age 55+. Call (608) 266-6581 to schedule an appointment and check-out a tablet. Picture ID required. 

Internet and Phone Helpline

The Public Service Commission of Wisconsin (PSC) launched a customer service phone line for people who need help locating phone or internet service during the COVID-19 public health emergency. Callers can speak with a PSC Consumer Affairs staff person who will walk through internet and phone service options available in their area and discuss eligibility for discounts on critical communications services.

The internet and phone helpline number is (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

Tax Preparation

Due to the COVID-19 crisis the Madison Senior Center will not be a host site for tax preparation. Below are resources you can contact about sites that are able to provide this service.

- ♥ AARP Tax-Aide Foundation for Tax Counseling for the Elderly (TCE) 1-888-227-7669
- ♥ The IRS for Volunteer Income Tax Assistance (VITA) site questions 1-800-906-9887
- ♥ United Way at 211

Madison VITA Office / Richard Dilley Tax Center, 2206 South Park St, Madison, WI 53713, Open: February 1-April 14, 2021.
Hours: Monday, Friday & Saturday 9 am-3 pm and Wednesday 12-6 pm.

Appointment only. Drop-off format. Schedule your appointment online: <https://dane.extension.wisc.edu/> If you are unable to sign up online, call (608) 616-5439 M-F between 8 am-12 pm.

This information can also be found at: www.revenue.wi.gov/Pages/FAQS/pcs-vita.aspx.

Programs in 2021

Unless otherwise stated, **all programs are virtual** until further notice. If accessibility is a problem we will assist any way we can. It is more important than ever that you **register for the programs**, even if they are free. This allows for better planning and communication. It also provides an additional measure of security because only people who are registered are allowed to enter the Zoom chat session. If you need assistance with registration, email lhunt@cityofmadison.com or gflsher@cityofmadison.com. We will need first name, last name, phone number and email address. The initial link we send out or post online is a registration link. After you register you will receive a confirmation email with the actual Zoom link to join the program.

Advance Planning for Everyone

WEDNESDAY, FEBRUARY 24 AT 10 AM

You need a will! It doesn't matter how much money that you have. Our presenter, Chris Schmidt is an attorney at BoardmanClark. He will cover the following important points:

- ♥ Why is a will important for you to have?
- ♥ Why should everyone have a power of attorney for finances and health care?
- ♥ What is the difference between a power of attorney and a will or trust?
- ♥ What should you consider when planning for retirement benefits?

Register for this free presentation by clicking on the link on our website or by emailing Gary at gflsher@cityofmadison.com. 

FUN & GAMES

P	R	E	S	I	D	E	N	T	S	D	A	Y
I	A	C	E	H	G	I	K	M	N	Z	M	O
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AFRICAN
 AMETHYST
 AQUARIUS
 BLACK HISTORY
 CHOCOLATE
 CUPID
 DOUGLAS
 FEBRUARY
 GROUNDHOG
 HEART MONTH
 JUSTICE
 LINCOLN
 LOVE
 PISCES
 PRESIDENT'S DAY
 SHADOW
 SNOWFLAKE
 SWEET
 VALENTINE
 WASHINGTON

Math Magic

WITH LOVE FROM THE LAND OF RAMANUJAN

With the help of mathematics I will predict how many siblings you have Try it! You will have a hard time believing it.

1. Count the number of brothers you have.
2. Add 2 to that number
3. Now multiply the resulting number by 2
4. Add 1 to that number
5. Multiply the new number by 5
6. Add the number of sisters you have to that number
7. Deduct 25 from the answer in #6.
8. Now you will get a number with two digits. The first digit represents the number of brothers you have, while the second digit represents the number of sisters.

THE VOLUNTEER VIEW

Volunteer Opportunities

It is more important than ever to consider volunteering with MSC to help us maintain our quality programming and funding of older adults in the community. See our below current opportunities available.

EDGEWOOD RN PROGRAM

For Spring of 2021 MSC and Edgewood College are looking to pair older adult volunteers with students for a series of discussions, zoom (computer) chats, or phone conversations. The topics will expand beyond medical topics to discussions about: nutrition, recreation, and coping with COVID. This is for general well-being, increased socialization, and mental health check-in for BOTH the student and volunteer.

PEN PAL PROGRAM PARTICIPANT

People of all ages who like to write letters are encouraged to sign up for our Pen Pal Program. MSC staff will match you with someone of a different generation. All participants are background checked and letters can be sent via “snail” mail or email. This program is ideal for adults seeking friendly communication. If you know someone who might like a pen pal, like a grandparent, parent, or a neighbor, encourage them to sign up as well.

PEN PAL RECRUITER

Enjoy the thrill of connecting new friendships! Assist in recruiting older adults into the pen pal program by calling area independent senior living communities. Gain valuable business and networking experience promoting our popular pen pal program.

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

Volunteer Spotlight:

Terri Marsh

Terri Marsh is Masters of Social Work intern for the Senior Center. She attends UW Madison, and she plans on gaining a clinical license to work as a counselor.



Surprising thing people might not know

about you? I have my open water Scuba diving certification! This means that I can go to any internationally approved driving site and explore.

What fictional character do you wish you could meet? I'd love to meet Stuart Little. He's a little cartoon mouse that can talk and I think talking to animals would be amazing! You can imagine Dr. Doolittle is my very close second choice for the same reason.

Favorite Zoo animal and why? I really love animals, so it's difficult for me to choose. I love visiting the otters and giraffes. The indoor enclosure for the giraffes brings you up close and personal like I've never been before. The otters make me giddy. I enjoy their playfulness. It's hard not to smile!

What do you think is the greatest invention of all time?

Electricity. There are so many pieces of our everyday lives that rely on a stable source of electricity.

Favorite celebrity over 55 and why? I admire Julie Andrews a lot. I grew up watching her in The Sound of Music and many other films. My mum and I enjoy re-watching the films and talking about changes in times.

If you could re-live an event or moment in your own life, what

would it be? I would go back and live through the first concert I ever attended. There is something about the energy of concerts that really makes me smile and feel connected to the other people singing and enjoying the music.

If you could eat only 3 foods for the rest of your life, what would

they be? Potatoes because they're so versatile, cheese because it's my favorite food, and chocolate because any problem can be made better with a hug and a piece of chocolate.

If you have to leave the country, and you don't get to return, you have five minutes to pack three items into a backpack. What

do you take? The first items that come to mind are my wallet with all cash withdrawn from my bank accounts, passport, and a water bottle. However, on the fun, less practical side I would take my dog Lars, a bag of favorite candies and a framed photo of my family.



Custom Care Plan

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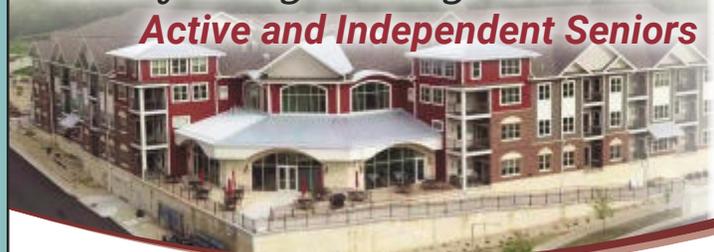
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Madison Senior Center, Madison, WI A 4C 01-1141

EDUCATION & ENRICHMENT

Fossile Safari

TUESDAY, FEBRUARY 16, 9:30 AM

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. To register send an email with your name and phone number to gflasher@cityofmadison.com. Our presenter, Brooke Norsted, Assistant Director of the UW-Madison Geology Museum has a BS and a Masters degree in Geology. As part of her studies, she has walked on glaciers in Alaska, dug up dinosaurs in Canada, hiked the canyons of Utah, and investigated 300 million year old reptile footprints in Oklahoma. *R*

Life During a Pandemic: A Photographic Exposé

If you are a new photographer or have been taking pictures your whole life, this intergenerational project is for you! We are chronicling our daily lives during this pandemic through pictures we take from March 15, 2020 to June 30, 2021. As an added bonus, participants will have the opportunity to attend photography workshops put on by professional photographers. The project will culminate in a gallery night. To register email Laura at lhunt@cityofmadison.com. (Sponsored by Madison Senior Center and NewBridge Madison)

WORKSHOP #1 – THE BASICS OF PHOTOGRAPHY

THURSDAY, FEBRUARY 11 AT 4 PM

This class will cover the basics with an emphasis on using your smart phone for photography. There will be a Q&A time so bring your questions! To register email Gary at gflasher@cityofmadison.com. Stephanie Shanks is a professional photographer specializing in portrait and landscape photography. She is passionate about teaching others how to add more creativity to their lives.

Zoom Tunes Music Series

ESSENSUAL BEATZ

FRIDAY, FEBRUARY 12 FROM 4:15-5:15 PM

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.

Upward Spirals: Saturday, March 27, 4-5 pm

Sponsored by NewBridge Senior Services, Monona Community Center, Madison Senior Center and Goodman Community Center.

REGISTRATION FOR ZOOM TUNES: See NewBridge Website for a link to the Zoom Invite or email gflasher@cityofmadison.com *R*

Line Dancing – Coming in March!

THURSDAYS IN MARCH, 2-3 PM

Line dancing is a fun and inclusive way to enjoy movement in the form of dance with lots of personalization and modifications to each dancer's style and needs! Ever been curious to learn? Already have experience and miss dancing in a group? Join us for Beginner Line Dancing on Thursdays in the month of March. The registration link will be on the website, or you can email Gary at gflasher@cityofmadison.com. *R*

Spanish Conversation

WEDNESDAYS, 1:30-3 PM

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register email gflasher@cityofmadison.com. Once you are registered you will be sent an invite with a link to join the conversation. All levels welcome. *R*

Knitting for the Needy

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. Yarn and fabric provided. All skill levels welcome! Contact Kate Seal, Group Projects Coordinator, at (608) 310-7280 or kseal@rsvpdane.org for more info.

EDUCATION & ENRICHMENT

New Bridge Madison Programs

POETRY PROJECT WITH FABU

THURSDAY, FEBRUARY 18, 1-2 PM

Listen to, recite and create poetry together, with Madison's Poet Laureate Fabu Carter. Poetry is a wonderful way to share words and keep memories alive; so, whether you are a novice or an accomplished poet, please join us! Funded by Bader Philanthropies, Inc. See NewBridge website, newbridgemadison.org for a link to the Zoom invite. **Coming in March** – a live call in show! Watch for more details coming soon. 

ARTS FOR ALL: MEDITATION WITH TEXTILES

Thursdays, February, 4, 11, 18 10:30-11:45 am

This is the second part of a 6-week series on working with textiles in a meditational way. Textiles tell stories: well used, worn out textiles that have been lovingly mended and patched carry meaning and wisdom. We will meditate about the stories they carry as we travel through a variety of techniques to express our love and appreciation for this most basic material. Artist Patrizia will be our guide. No prior experience necessary.

All materials provided. To register contact Deenah at deenahg@newbridgemadison.org. 

ARTFUL AGING

Wednesdays, February 3, 10, 17, 24, 10:15 am-12:15 pm

Join us for the first four classes of this 8-week series. All levels of experience are invited to attend from the novice to the professional. Artist Amy will lead us through a process of drawing with pencil, pen, markers, crayons or other medium. Everyone is an artist! \$5 fee to cover the cost of materials – all materials will be supplied. To register contact Deenah at deenahg@newbridgemadison.org. 

Preschool with St. James

THURSDAY, FEBRUARY 11, 10:30 AM

Join MSC and the St. James preschoolers for interactive stories and songs. We had so much sharing, talking and singing with the children the last few months. Email Laurie at lbibo@cityofmadison.com to register and get your Zoom invite. 

LatinX Programs

For additional information call Garrett at NewBridge, (608) 512-0000 Ext. 3009

¡SÍGUENOS EN FACEBOOK!

www.facebook.com/groups/newbridgelatinx

CÍRCULO DE AMIGOS CON GARRETT

el 10 y 17 de Febrero 1-2:30 pm

Únete a nosotros en el zoom. Vengan a tomarse un cafecito, charlar, y platicar en un ambiente familiar para una oportunidad de conocernos mejor! 

BINGO BILINGÜE

el 26 de Febrero 2-3:30 pm

GRUPO DE DISCUSIÓN EN EL ZOOM

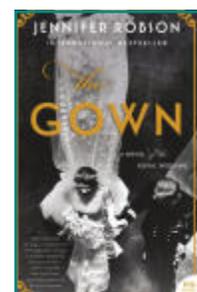
Todos los viernes, 10-11:30 am

Únete a nosotros en el zoom donde discutimos temas relevantes sobre la salud, el bienestar y otros temas importantes dentro de la comunidad latina. 

MSC Book Club

MEETS THE 3RD THURSDAY OF EACH MONTH, 1-2 PM

Looking for a fun way to enjoy books and meet new people? Join our Book Club! Each month we will read a different book and rotate facilitators. Books are often available at the library, and can be reserved in advance. Many books have audio versions* for those with vision impairments. Email gflisher@cityofmadison.com to register. 



- ♥ February 18: **The Gown: A Novel of the Royal Wedding*** by Jennifer Robson
- ♥ March 18: **The Tattooist of Auschwitz** by Heather Morris
- ♥ April 15: **Caste** by Isabel Wilkerson

NUTRITION PROGRAMS

COVID-19 Services

Provided by NewBridge for Older Adults 60+

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 am-4 pm. *Orders are due by Thursday 10 am the week prior.*

NewBridge West Office, 5724 Raymond Rd.

- ♥ Monday between 10-11:30 am
- ♥ 1 Meal Catered by
Kavanaugh's Esquire Club
- ♥ *Order with Candice at
(608) 512-0000 Ext. 4006*

NewBridge West Office, 5724 Raymond Rd.

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

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

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

Let's Cook Together

FRIDAYS, FEBRUARY 19 & 26 AND MARCH 5 & 12, 4-5:30 PM

UW Medical students will lead us through cooking simple, healthy recipes with six ingredients or less! We will send you the recipe and you pick up the ingredients. If you need help getting the ingredients please contact Laura at lhunt@cityofmadison.org at least **one week** in advance. To register email Gary at gflisher@cityofmadison.com or call (608) 266-6581. We will send the recipe and Zoom link after you register. Sponsored by NewBridge Senior Services, Monona Community Center, Madison Senior Center & Goodman Community Center.

Incredibly Heart Healthy Foods

1. Leafy Green Vegetables

Leafy green vegetables like spinach, kale and collard greens are well-known for their wealth of vitamins, minerals and antioxidants. They are high in vitamin K and nitrates which can help reduce blood pressure and improve arterial function.

2. Whole Grains

Common types of whole grains include whole wheat, brown rice, oats, rye, barley, buckwheat and quinoa. Eating whole grains is associated with lower cholesterol and systolic blood pressure, as well as a lower risk of heart disease.

3. Berries

Strawberries, blueberries, blackberries and raspberries are jam-packed with important nutrients key to heart health and they are rich in antioxidants.

4. Fatty Fish and Fish Oil

Fatty fish like salmon, mackerel, sardines and tuna are loaded with omega-3 fatty acids, which have been studied extensively for their heart-health benefits.

5. Nuts and Seeds

Nuts like walnuts, almonds, hazelnuts, macadamia nuts, pecans, peanuts have fiber, unsaturated fat and other heart boosting nutrients. Chia seeds, flaxseeds and hemp seeds are all great sources of heart-healthy nutrients, including fiber and omega-3 fatty acids.

6. Legumes

Beans are high in resistant starch and have been shown to reduce levels of cholesterol and triglycerides, lower blood pressure and decrease inflammation.

7. Dark Chocolate

Dark chocolate is rich in antioxidants like flavonoids, which can help boost heart health. It has been associated with a lower risk of developing calcified plaque in the arteries and coronary heart disease.

8. Green Tea

Green tea has been associated with a number of health benefits, from increased fat burning to improved insulin sensitivity. It is high in polyphenols and catechins. It has been associated with lower cholesterol, triglycerides and blood pressure.

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
1 9:00 Senior Stretch & Strength 10:30 Key Yoga 	2 2:00 Current Events Group 	3 9:00 Senior Stretch & Strength 10:00 Easy Yoga + 10:15 Artful Aging 10:30 Key Yoga 1:30 Spanish Conversation	4 10:30 Arts For All 1:00 Spirituality  NATIONAL HOME MADE SOUP DAY	5 10:30 Key Yoga 10:30 BB4B 1:00 Easy Yoga + 1:00 Tai Chi  NATIONAL WEAR RED DAY	6/7  ICE CREAM FOR BREAKFAST DAY (6)
8 9:00 Senior Stretch & Strength 10:30 Key Yoga 	9 10:00 Early Cancer Screening  NATIONAL PIZZA DAY	10 9:00 Senior Stretch & Strength 10:00 Easy Yoga + 10:15 Artful Aging 10:30 Key Yoga 1:30 Spanish Conversation 5:30 Ballroom Basics for Balance (BB4B)	11 10:00 Preschool 10:30 Arts For All 1:00 Gay, Gray & Beyond 4:00 Basics of Photography 6:30 Only Leaves Should Fall	12 10:30 Key Yoga 10:30 BB4B 1:00 Easy Yoga + 1:00 Tai Chi 4:15 Essensual Beatz  CHINESE NEW YEAR (OX)	13/14  VALENTINE'S DAY (14)
15 9:00 Senior Stretch & Strength 10:30 Key Yoga 	16 9:30 Fossil Safari 	17 9:00 Senior Stretch & Strength 10:00 Easy Yoga + 10:15 Artful Aging 10:30 Key Yoga 1:30 Spanish Conversation 5:30 BB4B ASH WEDNESDAY	18 10:00 Voices of Color 10:15 Arts For All 1:00 Spirituality 1:00 Book Club (The Gown) 1:00 Poetry with Fabu 1:00 "Two Generations ..."	19 10:30 Key Yoga 10:30 BB4B 1:00 Easy Yoga + 1:00 Tai Chi 4:00 Let's Cook Together	20/21  NATIONAL CHERRY PIE DAY (20)
22 9:00 Senior Stretch & Strength 10:30 Key Yoga	23  NATIONAL BANANA BREAD DAY	24 9:00 Senior Stretch & Strength 10:00 Advance Planning 10:00 Easy Yoga + 10:30 Key Yoga 1:30 Spanish Conversation 5:30 BB4B	25 1:00 Gay, Gray & Beyond  NATIONAL CLAM CHOWDER DAY	26 10:30 Key Yoga 10:30 BB4B 1:00 Easy Yoga + 1:00 Tai Chi 4:00 Let's Cook Together	27/28  NATIONAL POLAR BEAR DAY (27)

All programs in the Messenger, and on this calendar, are open to everyone. The colors indicate who the sponsor of the program is.

Green = LGBTQ 50+

Brown = Community Partner



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First, contact your county Aging and Disability Resource Center (ADRC).
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LGBTQ 50+ ALLIANCE

The **LGBTQ 50+ Alliance** is sponsored by *OutReach Community Center* and the *Madison Senior Center*. Its purpose is to create a better quality of life for LGBTQ older adults by building partnerships with senior service providers and 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.

Current Events Discussion Group

1ST TUESDAY OF MONTH, 2-4 PM

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. Email LGBTQ50plus@gmail.com to request a Zoom invite.

Exploring Spirituality: A Learning and Discussion Group

1ST & 3RD THURSDAY, 1-3 PM

This group looks at how world religions deal with issues related to LGBTQ people. We also examine spirituality outside of religious institutions, including scientific studies. Group meets at OutReach, 2701 International Lane, Suite 101, Madison, but currently on Zoom. Email LGBTQ50plus@gmail.com to receive a Zoom invite.

Gay, Gray & Beyond

2ND & 4TH THURSDAY, 2-4 PM*

GG&B is a discussion group for those fortunate enough to have arrived, that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBTQ 50+ Alliance. Email LGBTQ50plus@gmail.com to receive a Zoom invite.
*Note the new start time.

Mindfulness Movement with KEY Yoga

MONDAY-WEDNESDAY-FRIDAY, 10:30 AM

Join Mimi Millen in a 70-minute Key Yoga class which will emphasize mindfulness. Attend as often as you are able. Email LGBTQ50plus@gmail.com to receive a Zoom invite.

OUTREACH SENIOR ADVOCATE UPDATES

The OutReach Senior Advocate coordinates educational trainings and workshop with the community in addition to advocating for LGBTQ+ older adults and their wellness.

Early Cancer Screening is Critical

TUESDAY FEBRUARY 9, 10-11 AM

Over 30,000 people in Wisconsin are diagnosed with cancer each year. In general, the earlier cancer is detected, the higher the chance for cure. Come learn about the current recommendations for cancer screening including who should be screened and what exactly screening involves.

Dr. Blitzer, a resident physician in radiation oncology, will give a short talk on cancer screening (including lung cancer, breast cancer, and colon cancer) and answer questions. All are welcome.



OutReach
SOUTH CENTRAL WISCONSIN'S LGBT COMMUNITY CENTER
To promote equality and quality of life for LGBT people.

HEALTH & WELLNESS

Stepping On – Starts in March!

**TUESDAYS, MARCH 2 - APRIL 20 (8 WEEKS),
10 AM - 12 PM**

Stepping On is an evidence-based workshop meeting once per week for seven weeks, two hours per week, with a reunion class three months later. The class is led by trained leaders who work with you and your classmates to help improve your balance and reduce your risk of falling by reviewing medications, exploring the role of vision and falls, teaching strength and balance exercises, and offering help to improve your safety at home. Members of the class support each other's efforts to take action to prevent falls. Older adults who may have balance problems or fear of falling are the best fit for this class. According to studies, people who complete Stepping On classes see a 31% reduction in falls. A Stepping On workshop costs \$35 for the seven-week session and includes the reunion class. **This will be a virtual class. An 8th week has been added to provide a class period dedicated to technology and logistics. Mail \$35 check to the Madison Senior Center / 330 W Mifflin St / Madison, WI 53703. Write Stepping On on the Memo line.* 

Ballroom Basics for Balance (BB4B)

**WEDNESDAYS, 5:30-6:45 PM, FEBRUARY 10 -
MARCH 31**

FEE - \$40 (SCHOLARSHIPS AVAILABLE)

This class is for you if you want to get better at walking or moving around on various surfaces and in various environments, both inside and outside. Dances for this sessions are Argentine tango and Cha-cha! Since we aren't able to meet in person you must be able to move about on your own without a device or person to help you. You also must be able to hear well enough to hear the instructions coming from your computer. A completed registration form and payment in advance is **REQUIRED** to attend, and to have a spot held for you. Please send a check to **Madison Senior Center, 330 West Mifflin St, Madison, WI 53703**. Attendance is **LIMITED** to 10 participants, and we will keep a wait list. **Classes are 75 minutes long** and will meet virtually via Zoom. If you have any problems registering, or need a scholarship application, email Laura at lhunt@cityofmadison.com.

Tai Chi Fundamentals

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.* 

Easy Yoga Plus

**WEDNESDAY AT 10-11:15 AM OR FRIDAY AT
1-2:15 PM**

A yoga program designed for the aging body with a focus on improving balance, muscle strength, and flexibility. Enjoy the camaraderie of like-minded older adults eager to become more aware of how the mind, body and spirit work together to improve your quality of life. During 2021 areas of focus will include low back pain, falls prevention, osteoporosis, and other issues facing us as we age. Taught by Ellen Millar, a certified teacher trained to work with seniors and who knows what is safe for the older body. For more information about Ellen, the class or registration follow this link: thewonderofyoga.com/zoom-“easy-yoga-plus!” 

Senior Stretch & Strength

MONDAYS & WEDNESDAYS FROM 9-10 AM

NewBridge presents this very popular Zoom offering of a one-hour gentle stretch and strength-building class with Becky Ott-Forde. Join her to learn from the comfort of your own home and get active weekly! **REGISTRATION:** See www.newbridgemadison.org for a link to the Zoom Invite. 

February is American Healthy Heart Month

Heart disease is the leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures, you can lower your risk of developing heart disease and also improve your overall health and well-being.

The more body fat that you have and the more you weigh, the more likely you are to develop heart disease, high blood pressure, type 2 diabetes, breathing problems, and certain cancers. If most of your fat is around your waist rather than at your hips, you are at a higher risk for heart disease and type 2 diabetes. This risk may be high with a waist circumference that is more than 35 inches for women or more than 40 inches for men. To correctly measure your waist circumference, stand and place a tape measure around your middle, just above your hipbones. Measure your waist just after you breathe out.

If you have been diagnosed with overweight or obesity, it's important to follow your doctor's recommendations for losing weight. Health professionals recommend losing 5% to 10% of your initial weight over the course of about 6 months. Even before you reach this goal, a loss of just 3% to 5% of your current weight can lower triglycerides and glucose levels in your blood, as well as your risk of developing type 2 diabetes. Losing more than 3% to 5% of your weight can improve blood pressure readings, lower "bad" LDL cholesterol, and increase "good" HDL cholesterol.

Be Active: Benefits of Physical Activity



The National Institute of Health says the best medicine for you is physical activity! Being active has many benefits, including the following:

- **Build & maintain strength** - stay independent for longer
- **Improve energy** - do the things you enjoy
- **Improve balance** - lower your risk for falls
- **Manage & prevent diseases** - reduce symptoms and likelihood of getting some diseases including arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and some cancers.
- **Sleep better** - get the zzz's
- **Reduce stress and feelings of depression** - enjoy life
- **Weight management** - reach or maintain a healthy weight
- **Blood pressure** - lower your blood pressure
- **Brain health** - keep you on top of your game!

Find more tips or learn more about the Physical Activity for Lifelong Success (PALS) program at wihealthyaging.org/PALS

●●● PALS: Physical Activity for Lifelong Success | WIHA



SERVICES & SUPPORT

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$24,280 (one person) or \$32,920 (two people) for programs and events. The application is simple and all information is confidential. Call 267-8650 or email Laura at lhunt@cityofmadison.com.

Mindfulness & Dementia Care Support Group

2ND TUESDAY OF EACH MONTH, 6 PM

Connect with others and learn mindfulness strategies to help you cope with your caregiver journey. We will read the book, *Caring for a Loved One with Dementia*. Books are provided. RSVP to Schmidt.joy@countyofdane.com.

Lewy Body Dementia Support Group

VIRTUALLY EVERY 2ND & 4TH WEDNESDAY, 1:30-3 PM

What is it? What are the symptoms? What do I need to know? What steps do we take next? Learn all of this and so much more. Tailored for those with loved ones who have been diagnosed with Lewy Body Dementia (LBD). Join us by telephone if you are unable to join the virtually meeting: Toll Free 833-548-0282 / Meeting ID: 880 1595 5586 / Passcode: caregiver. If you have any questions, contact Noreen Kralapp 608-661-0463 or Noreen.kralapp@alz.wisc.org. *Sponsored by Alzheimer's & Dementia Alliance of Wisconsin.*

Alzheimer's & Dementia Support Groups

To participate or get more information contact (608) 661-0463, Noreen.Kralapp@alz.wisc.org

ADULT CHILD CAREGIVER SUPPORT GROUP

♥ 1st & 3rd Wednesday • 6:30 pm

DANE COUNTY CAREGIVER SUPPORT GROUP

♥ Weekly on Thursdays • 1-2:30 pm

YOUNG-ONSET CAREGIVER SUPPORT GROUP

♥ 1st & 3rd Mondays • 6:30 pm

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.

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.

CLOTH FACE MASK DELIVERY

One reusable, handmade mask will be delivered to the door by a volunteer upon availability.

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

Only Leaves Should Fall

PREVENTION, MYTHS AND STRATEGIES IN THE AFRICAN AMERICAN COMMUNITY

VIRTUAL FALLS PREVENTION PANEL

THURSDAY, FEBRUARY 11, 2021, 6:30 – 7:30 PM

Moderator: Mary V. Muse

Panelists:

- ♥ Dr. Linda Scott, PhD, RN, NEA-BC, FNAP, FAAN, Dean of the University of Wisconsin-Madison School of Nursing
- ♥ Dr. Roanne Osborne, MD, MBA, FAAFP, CPE, Chief Medical Officer at MercyCare Health Plans
- ♥ Dr. Eva Vivian, PharmD, MS, PhD Professor at the University of Wisconsin-Madison School of Pharmacy
- ♥ Aaron Gabriel Perry, Founder and President of Rebalanced-Life Wellness Association

Hear from experts in the health field talk about the importance of falls prevention strategies! To Register Visit <https://forms.gle/GfA5zhUWGPjzssK4A> or call Ashley Hillman at (608) 235-1957.

Supported by: Dane County Falls Prevention Task Force, African American Health Network of Dane County and Safe Communities

“Two Generations Learning From Each Other”

THURSDAYS 1-2 PM, FEBRUARY 18, MARCH 4 AND MARCH 18

A virtual, timely program with students from Shabazz High School: “Two Generations Learning From Each Other” will include conversations with the students regarding a variety of topics, including discussion on surviving the Pandemic from different perspectives. Sign up now to make a difference! Email John at jweichelt@cityofmadison.com to register or get more information.

Virtual Memory Cafe

A memory café is a welcoming group of friends, family, and persons with memory loss/cognitive changes most often caused by Alzheimer’s or other related dementia. Each meeting we gather to socialize and do brain enhancing activities.

Our virtual memory cafes are an opportunity to continue meeting so we stay socially connected while being physically distanced. Please join us on Zoom via computer, tablet, or phone from where you are located. Register for either of these by contacting: **Teena at (608) 843-3444 or teena.monk-gerber@alzwiss.org** to receive your Zoom link and information.

“LOVE STORIES”

♥ February 12, 10 am - 12 pm

“LET’S CELEBRATE ST. PATRICK’S DAY

♥ March 12, 10 am - 12 pm

Ageing Mastery Program (AMP)

COMING IN APRIL!

AMP encourages mastering behaviors that lead to improved health, stronger financial security, and overall well-being through small but impactful changes. If you are a retirement age adult who plans to live another 10-30 years AMP is for you! This five-week program featuring local experts will provide valuable resources, opportunities for community involvement and the chance to meet new friends.



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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.



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REMEMBRANCE - IN HONOR OF

- ♥ Kathy Whitt *by Sarah Whitt*
- ♥ Arden Trine, Money Educator *by Judith Fuerstenberg**

**This is a correction from last month's issue. It was incorrectly listed as "In Memory of."*

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VOICES OF COLOR

THURSDAY, FEBRUARY 18, 10-11 AM

A new monthly series that gives you the opportunity to have engaging conversations with Black community leaders. Listen to their stories that speak to cultural differences, learn more about Madison’s history from a POC’s (person of color) perspective, ask questions and have an experience.

Our first guest is Madison native, Alder Sheri Carter. Our February moderator, Alnisa Allgood, is the Founder and Executive Director of Collaborations for Good, Inc.

We are kicking off this series in February in honor of Black History Month. The **REGISTRATION LINK** can be found on our website, www.madisonseniorcenter.org or you can email gflesher@cityofmadison.org.