



# The Senior Sentinel



A Publication of Middleton Senior Center, 7448 Hubbard Avenue, Middleton, WI 53562

## COVID-19 Vaccination Information

February 2021

*From "Monthly MIPPA Moment"*

*MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.*

The U.S. Food and Drug Administration (FDA) has so far granted Emergency Use Authorizations (EUA) for COVID-19 vaccines which have been shown to be safe and effective. The data has demonstrated that the known benefits of the vaccine outweigh any known and potential harms of becoming infected with COVID-19. Safety information from the Center for Disease Control (CDC) may be found online. Pharmaceutical manufacturers are now working to distribute the vaccine to *priority* groups:

### **The CDC recommended Phase 1a:**

- > Initial supplies go out to health care personnel and long term care (LTC) facility residents.

### **Next, per CDC recommendations, Phase 1b includes:**

> Frontline essential workers such as fire fighters, police officers, corrections officers, food and agricultural workers, United States Postal Service workers, manufacturing workers, grocery store workers, public transit workers, and those who work in the educational sector (teachers, support staff, and daycare workers.)

- > People aged 75 years and older not in LTC facilities, because they are at higher risks from COVID-19.

### **Phase 1c of the CDC recommendations includes:**

- > People aged 65–74 years not in LTC facilities, because they are at higher risks from COVID-19.
- > People aged 16–64 years with underlying medical conditions which increase the risks from COVID-19.
- > Other essential workers, such as in transportation and logistics, food service, housing construction and finance, information technology, communications, energy, law, media, public safety, and public health.

### **How the vaccination process will work:**

> Two doses are needed - depending on the specific vaccine you get, a second shot 3-4 weeks after your first shot is needed.

> The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days. Reports of a severe allergic reaction (requiring epinephrine or hospital treatment) are extremely rare and consistent or lower than rates of other vaccinations.

> It takes time for your body to build protection after any vaccination. Keep in mind COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.

Continued on page 3...

Adapted from Medicare.gov and CDC.gov. For more information on MIPPA Programs, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.



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**8:00 – 4:30, Monday - Friday**  
**608-831-2373**



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**Age Requirement**

You must be at least 55 years of age to participate in senior center programming.

**Notice**

Middleton Senior Center does not endorse the agencies that offer programs. Participants should always be cautious when entering into any type of business deal or using the services listed or presented. If it sounds too good to be true, it usually is. Do your homework, ask questions, and never sign anything if you have any doubts about what you're signing.

**Commission on Aging Members**

Mike Lester, Stacy Austin-Li, Richard Brye, Peg Martin, Jim Schwartz, Gladys Simon, Emily Kuhn, Kenneth Markart, and Stephen Small  
 Commission meets the third Monday of each month at 4:00.

**Agendas and minutes:** posted on the senior center bulletin board.

**Newsletter Information**

Did you know you can help us with mailing costs by getting the newsletter online? Visit [www.ourseniorcenter.com](http://www.ourseniorcenter.com) to sign up.

You can also find the newsletter on the City of Middleton website at [www.ci.middleton.wi.us](http://www.ci.middleton.wi.us)

**Are you moving or going out of town for an extended time?**

Please notify us to change your address or pause your deliveries.

Otherwise, your newsletter gets sent back to us and we are charged the return fee. If that occurs, your name will be removed from the mailing list.

**How can my business place an ad in this publication?**

Call Alex Nicholas at **1-800-950-9952 ext. #2538**.

**Class & Trip Policies**

Be sure to pick up the senior center class and travel policies when participating in these events. The senior center does not pro-rate classes. Travel refunds are not issued unless we can fill your spot.

**Key Cards**

When you visit the senior center for an activity, drop in, or have lunch, please make sure you check in at the front desk with your key card. If you do not have a key card, please stop by the front desk, fill out a form, and one will be made for you. Key cards allow us to keep track of who is in the facility every day and how many people are using the senior center throughout the year.



## Here's what to know regarding Medicare:

- > Medicare covers FDA-approved COVID-19 vaccines under Part B.
- > Medicare covers the lab tests for COVID-19 testing. You pay no out-of-pocket costs.
- > Medicare covers certain FDA-authorized antibody tests if you were already diagnosed with a known current or known prior COVID-19 infection or suspected current or suspected past COVID-19 infection.
- > Medicare covers all medically necessary hospitalizations. You'll still pay for any hospital deductibles, copays, or coinsurances that apply.
- > If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests.

**REMEMBER: Medicare covers the vaccine at no cost to you, so if anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam. Here's what you should know:**

- > You can't pay to put your name on a list to get the vaccine.
- > You can't pay to get early access to a vaccine.
- > Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

 <p>One &amp; two bedroom apartment homes for those 55+ looking for an independent, maintenance-free lifestyle. Call for a no-obligation tour <b>608-836-5905</b> <a href="http://www.horizonseniorhousing.com">www.horizonseniorhousing.com</a> <a href="mailto:pheasantbranch@horizondbm.com">pheasantbranch@horizondbm.com</a> 6430 Pheasant Lane   Middleton</p>	<p><b>Residential and Seniors Real Estate Specialist</b> <b>Gladys Simon</b> Cell: <b>(608) 770-1514</b> <a href="mailto:simong@firstweber.com">simong@firstweber.com</a> <a href="http://GladysSimon.FirstWeber.com">GladysSimon.FirstWeber.com</a></p>  <p><b>SIMON HOME TEAM</b> Your Leading Advantage! </p> <p><i>"Whether buying or selling, let my experience, professionalism and patience help guide you as you transition to your next lifestyle change."</i></p>
<p><b>MIDDLETON SENIOR LIVING</b> FOR ADULTS 62+ AND/OR PERSONS WITH A DISABILITY</p> <p><b>Voss Haus Apartments</b> 1 &amp; 2 Bedrooms HEAT INCLUDED Rent is Based on Income <a href="http://www.meridiangroupinc.net">www.meridiangroupinc.net</a> <b>608-831-5990</b> </p>	<p><b>Luxury Living in Cottage Grove for Active and Independent Seniors</b></p>  <p><b>DRUMLIN RESERVE</b> a capri community</p> <p><b>Open Monday-Friday</b> 8am-4pm or By Appointment</p> <p>Call <b>608-839-6116</b> or email <a href="mailto:Idemmerly@drumlincommunities.com">Idemmerly@drumlincommunities.com</a> today to schedule a <b>personal tour!</b></p> <p>To see all our amenities and what our residents enjoy most about our community, visit <b><a href="http://www.drumlinresidences.com">www.drumlinresidences.com</a></b></p> <p> Pet Friendly    Affordable Housing Available    Community &amp; Activity Room</p>



## **AARP Taxes 2020 starting in February 2021**

Due to the pandemic AARP Tax Preparation will be conducted with two short appointments with each of you: the first one to **scan** your documents and the second to **review** your return with you and give you the print copy. Volunteers will be working remotely using the scanned documents and talking to you by telephone. You (and your spouse) will be asked to sign a consent before your documents are scanned.

Intake forms and instructions will be available at the front desk for you to pick up and fill out prior to your first appointment, if possible. You will be contacted by telephone by a tax preparer prior to your appointment to help organize your documents and fill out the intake form. Please answer calls from 617-675-4444.

Please call the senior center to add your name to the waiting list. Once a start date is determined, people on the waiting list will be contacted first for available appointments.

### **Essential Documents to Bring to the Tax Site**

**Government issued photo ID for the taxpayer (taxpayers)**

**Social Security cards or Social Security Statement for everyone named on your return**

**Last year's tax return (use this to organize this years documents)**

**Income documents:**

Wage statements - W2

Other 1099 forms

Social Security statement - SSA 1099

Interest and dividend statements

Retirement statements – 1099R

Self-employment records

Unemployment – 1099G

Brokerage statements

**Amount of Economic Impact Stimulus payments you received**

**Healthcare – 1095A if marketplace insurance**

**Mortgage interest paid**

**Property taxes**

**How much you paid in rent**

**Medical/dental expenses:**

Amount you paid for medical/dental/drug/vision insurance

Amount paid for long-term care insurance

Charitable contributions - cash contributions separate from goods donated

**Educational Expenses:**


Form 1098-T

Other education expenses

**Checking or Savings account information for direct deposit or direct debit**



### **Watch the Lights!**

If a program has a red light, that means it will NOT be available until at least the next newsletter is published. 

If a program has a green light, it is available. 

For ALL programs, please call ahead to verify that the program is indeed available. Also, please be sure to register for ALL programs you would like to attend.

Thank you for your cooperation.



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Additional services are available, please contact us for our General Price List.

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# February 2021



1 - Monday	2 - Tuesday Groundhog Day	3 - Wednesday	4 - Thursday	5 - Friday
Cheese Tortellini Bake Spinach Mandarin Oranges Blueberry Crisp  <b>MO: Marinara and Cheese Tortellini</b> <b>NCS: Spiced Pears</b>	Chicken a la King Brown Rice Green Beans Corn Salad Banana Sherbet  <b>MO: Soy a la King</b> <b>NCS: SF Ice Cream</b>	Pot. Roast with Gravy Mashed Potatoes Carrots Juice Cake  <b>MO: Veggie Meatballs</b> <b>NCS: SF Jell-O</b>	Rustic Tomato Bean Soup Mixed Greens Peaches Cookie  <b>MO: Tomato Soup</b> <b>NCS: SF Cookie</b>	<b>*Ham &amp; Potato Casserole</b> California Blend Pineapple Pudding  <b>MO: Soy &amp; Potato Casserole</b> <b>NCS: SF Pudding</b>
8 - Monday	9 - Tuesday	10 - Wednesday	11 - Thursday Thomas Edison (1847)	12 - Friday
BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Cake  <b>MO: BBQ Veggie Chick'n</b> <b>NCS: SF Cookie</b>	Stuffed Green Pepper Soup Crackers Mixed Greens Spiced Apple Slices  <b>MO: Egg Salad</b> <b>NCS: N/A</b>	Enchilada Casserole Fiesta Corn Pinto Beans Mandarin Oranges Ice Cream <b>MO: Bean/Cheese Burrito</b> <b>NCS: SF Ice Cream</b>	Mushroom Swiss Burger Green Beans Potato Salad Fruit Cocktail Pudding  <b>MO: Black Bean Burger</b> <b>NCS: SF Pudding</b>	Lemon Baked Fish Baked Potato Dinner Roll Peaches Cake  <b>MO: Veggie Wrap</b> <b>NCS: SF Jell-O</b>
15 - Monday Presidents' Day	16 - Tuesday	17 - Wednesday	18 - Thursday	19 - Friday
Tuna Casserole Stewed Tomatoes Pickled Beets Apple Sauce Lemon Bar  <b>MO: Veggie Casserole</b> <b>NCS: SF Jell-O</b>	Chicken Strips Roasted Brussels Sprouts Coleslaw Fruit Cup Apple Crisp  <b>MO: Veggie Chick'n Strips</b> <b>NCS: Spiced Apples</b>	Taco Pasta Casserole Broccoli Cauliflower Pineapple Cookie  <b>MO: Veggie Taco Chick'n</b> <b>NCS: SF Cookie</b>	Roasted Turkey/Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Cake  <b>MO: Garden Burger</b> <b>NCS: SF Pudding</b>	Greek Chicken Pasta Carrot Raisin Salad 4 Bean Salad Juice Sherbet  <b>MO: Hummus &amp; Pita</b> <b>NCS: SF Ice Cream</b>
22 - Monday	23 - Tuesday	24 - Wednesday	25 - Thursday	26 - Friday Pistachio Day
<b>*Meatballs in Gravy</b> Mashed Potatoes California Blend Fruit Cup Cookie  <b>MO: Veggie Meatballs in Gravy</b> <b>NCS: SF Cookie</b>	Tuna Salad Sandwich Tomato Soup Tropical Fruit Ice Cream  <b>MO: Cheese Sandwich</b> <b>NCS: SF Ice Cream</b>	Sloppy Joe Kidney Bean Salad Mixed Vegetables Banana Cake  <b>MO: Chickpea Joe</b> <b>NCS: SF Pudding</b>	Honey Baked Chicken Broccoli Yams Pears Brownie  <b>MO: Honey Baked Veggie Chick'n</b> <b>NCS: Pineapple</b>	Spaghetti Noodles Meat Sauce Wax Beans Peaches Pumpkin Bar   <b>MO: Marinara Sauce</b> <b>NCS: SF Jell-O</b>



Meals provided by: Dane County Consolidated Food Service

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.

MO: meatless option \*contains pork SF: sugar free NCS: no concentrated sugar

Senior Dining



Relationships Food & Fun



## Video Lecture Series: America's Long Struggle against Slavery

Tuesdays at 9:00

January 5—April 13

30 lectures - 2 lectures/week

Cost: \$20

Limit: 10 Participants

Sign up now!

Many historical views of American slavery only look at small parts of this enormous struggle, focusing on single events or just a small segment of well-known figures. But to understand America - to fully understand our country today - one must examine the whole history of struggle, oppression, and resistance, not only by more famous figures like Abraham Lincoln and Harriet Tubman, but also by an enormous and often unfamiliar cast of characters.



Registration is required, so call **608-831-2373** to reserve your spot today!

## Video Lecture Series: Understanding the World's Great Structures

7

Fridays at 10:15

February 12 - April 30

24 lectures - 2 lectures/week

Cost: \$15, plus \$25 for optional transcript

Deadline to Register: February 4

Limit: 10 Participants

Sign up now!

Our world is filled with structures that have stood the test of time, give character to the cities and landscapes in which they're located, are visited by millions of people each year, and capture our wonder for the marvels of engineering innovation and progress. While structures such as the Giza pyramids, Brunelleschi's dome, and the Brooklyn Bridge are visual spectacles in and of themselves, they are just as important for the way they were designed as for the way they look.



Registration is required, so call **608-831-2373** to reserve your spot today!

## NEVER MISS A NEWSLETTER !

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## **COVID-19 Vaccine: Who Gets It First And Why?**

*From Public Health Madison and Dane County*

COVID-19 vaccine is being shipped to states and vaccine is being administered! This means that there is a new tool to add to the toolbox we've been using to prevent the spread of the virus and to eventually see an end to the pandemic.

Knowing that it will take some time for a large enough supply to vaccinate everyone in the United States to become available, the national Advisory Committee on Immunization Practices (ACIP) created a series of grouping recommendations for who should get the vaccine first. The Centers for Disease Control (CDC) then took those recommendations to create the first grouping, or tier, of people to be vaccinated. We will work with the Wisconsin Department of Health Services and follow these priority tiers.

Both ACIP and CDC had three goals in mind when creating their recommendations: 1) Decrease death and serious disease as much as possible; 2) Preserve functioning of society; and 3) Reduce the extra burden COVID-19 is having on people already facing disparities.

When you look at the goals above, you see that preserving the functioning of our society is one goal. Our healthcare workers have been on the frontline of this pandemic since the beginning, providing care for those who may be, or are sick with COVID-19. They are faced with high risk of exposure to the virus daily, and without them, there is no one to care for those who are sick with COVID-19. By vaccinating those who care for us if we get sick, protecting them from becoming sick themselves, the functioning of our society is preserved.

### **Why do we need a vaccine?**

Getting vaccinated will be one of the best ways to protect yourself and your community. A COVID-19 vaccine can protect you from getting sick and potentially prevent you from spreading the virus to those around you. A vaccine, however, does not replace the need to continue other actions to stop the spread and keep ourselves healthy. This is especially true while we are in the process of administering vaccine, as it will take many months to provide vaccine to everyone who needs it.

### **How will you know when you can get a COVID-19 vaccine?**

We are working with our local healthcare and community partners to plan for equitable, ethical, and transparent distribution of COVID-19 vaccines. We will work with our partners in specific sectors, such as schools, as vaccine becomes available to them.

As with most things concerning this pandemic, information changes frequently and sometimes rapidly. We strive to keep you updated on the latest information as we learn it, and that will continue as things progress with the vaccination process. The same goes for information about COVID-19 vaccines. As we learn more about who will be in tiers, when more vaccine is available in our area, or when new tiers will be vaccinated, we will communicate that to you through news releases, blog posts, and on our social media channels.

### **What can we do until a COVID-19 vaccine is ready for the public?**

It will take many months to vaccinate all Wisconsinites. In the meantime, there are many ways we can protect ourselves and others from COVID-19.

Ways to stop the spread include:

- Staying at home as much as possible and especially if you are sick.
- Wearing a mask in public.
- Staying at least 6 feet away from other people when possible when you leave your home.
- Avoiding close contact with people, particularly those who are sick.
- Washing your hands often with soap and water, or using hand sanitizer with at least 60% alcohol
- Getting tested if you experience any symptoms of COVID-19.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Covering your cough or sneeze with a tissue, then throwing the tissue in the trash and washing or sanitizing your hands.
- Cleaning and disinfecting frequently touched objects and surfaces.

While we wait for more COVID-19 vaccine to be made available, we encourage everyone to get their yearly flu vaccine this fall. While the flu vaccine will not protect against the COVID-19 virus, it can protect you against the flu and keep you and loved ones out of an already overburdened health care system.



**After ten months of listening to people who are wearing masks, I finally understand what Charlie Brown's teacher was saying.**



**NO FLU** for you  
Protect Yourself. Protect Others. Get a Flu Shot.



## Movie # 1

### Richard Jewell

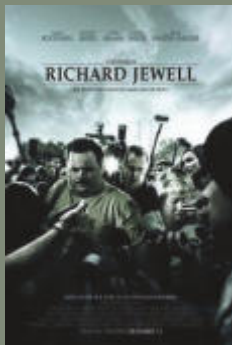
Friday, February 12 at 1:00

R, Drama, 2h 11m

Paul Walter Hauser, Sam Rockwell, Kathy Bates, Olivia Wilde, Brandon Stanley, Ryan Boz, Charles Green

Limit: 10 Participants

After foiling a bomb attack at the 1996 Atlanta Olympics, security guard Richard Jewell is an instant hero. However, when the FBI leaks to the media that he is a suspect in the bombing, his life becomes a nightmare.



Registration required. Call 608-831-2373



## Movie # 2

### Tenet

Friday, February 26 at 1:00

PG-13, Sci-Fi, Action, Mystery, 2h 30m

John David Washington, Robert Pattison, Elizabeth Debicki, Kenneth Branagh, Dimple Kapadia, Aaron Taylor-Johnson

Limit: 10 Participants

Armed with only one word, Tenet, and fighting for the survival of the entire world, a Protagonist journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time.



Registration required. Call 608-831-2373



More Trips to  
Come in 2021.  
Stay tuned...



### iPad Available

Do you have an upcoming video medical appointment, but no computer, tablet, or phone to use? We are here to help with an iPad that is available to use for medical appointments, Wi-Fi to connect online, and private spaces. Call **608-831-2373** to find out more.



Several activities, programs, and support groups are offered online. Look for this logo scattered throughout the newsletter.

### Kalal's Korner: Know Your Food Groups – Oils (Not)

Oils - fats that are liquid at room temperature - are not actually considered a food group. While oils are high in calories, they are important because they provide important nutrients such as unsaturated fat and vitamin E. Choosing unsaturated fat in place of saturated fat can reduce your risk of heart disease and improve "good" (HDL) cholesterol levels, and vitamin E may help stop the development of plaques in your arteries.

The recommended daily allowance for men and women over the age of 51 is 6 teaspoons and 5 teaspoons, respectively. It is a good idea to use oils rather than solid fats, such as butter, when cooking. It can be a little tricky when measuring your daily oil intake because, while it is easy to measure oil that you cook with, some foods contain oil naturally. For example, half of a medium avocado contains three teaspoons of oil, one tablespoon of peanut butter contains 2 teaspoons of oil, and 4 large ripe olives have a half a teaspoon of oil. Nuts also contain oil - one ounce of mixed nuts contains three teaspoons. Keep in mind, however, that the heart-healthy benefits of nuts could be canceled out if they are covered with chocolate, sugar, or salt.

The fat in some tropical plants, including coconut oil, palm oil, and palm kernel oil, are not included in the oil category because they are higher in saturated fats than other oils. For nutritional purposes, they should be considered to be solid fats and their intake limited.





## Procedures for All Programs:

- All programs require registration (Newsletter Assembly, Wii Sports, Puzzles, etc.), no matter how small. Please call or email in advance to make sure you're on the list!
- All programs will have limits - until they don't.
- All instructors, participants, and volunteers must sign in via key card at the front desk.
- No walk-ins (yet) for programs. We need to know who is coming and going, just in case...

## Programs that are available for registration now (look for the green buttons):

- AARP Tax Aide phone)
- Bringing the Fun to You!
- Caregiver Support Group
- Coloring
- Commission on Aging
- Easy Yoga Plus (online)
- eReader Assistance Appointments
- Essential Tremors Support Group (online)
- Exercise Equipment
- Gadget Guru (online & by phone)
- Home Delivered Meals
- Line Dancing (online)
- Movie - twice!
- Mystery Book Club (online)
- Newsletter Assembly
- Nimble Fingers
- Paper Crafting
- Puzzles
- Senior Center Writing Group (online)
- Spanish Classes
- Strength & Flexibility
- Tai Chi
- TOPS (online)
- Video Lecture - twice!
- Women Embracing Change (online)
- Wood Carving
- Wii Sports

Note: New programs for this month are in bold and underlined.

### SEVERE WEATHER CLOSING

#### FOR THE MIDDLETON SENIOR CENTER

Normally, Middleton Senior Center closes for severe weather when Middleton-Cross Plains School District closes. This year we will be following the National Weather Service (NWS). Middleton Senior Center closes when the NWS issues one of the following warnings to go into effect PRIOR TO NOON:

#### Winter Storm Warning or Advisory

#### Blizzard Warning or Advisory

#### Wind Chill Warning or Advisory

#### Ice Storm Warning or Advisory



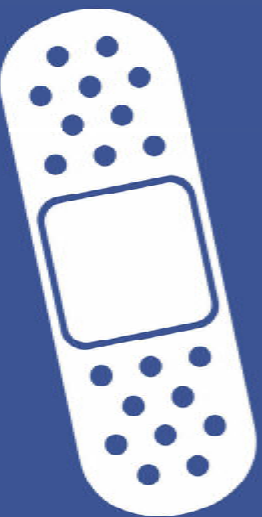
If a warning or advisory goes into effect prior to noon, meals **WILL NOT** be delivered.

If a warning or advisory goes into effect at 12:00 p.m. (noon) or later, meals **WILL** be delivered as usual and the senior center will not be closed.

If you have any questions, please call the senior center at 608-831-2373.

## FIGHT FLU

Get your family vaccinated against flu this season. It's the best way to protect you and your loved ones from getting the flu.



Sign up now!

10



www.cdc.gov/fluflu

## Wisconsin has 580,000 family caregivers across the state

*Are you one of them?*



Get access to FREE online educational resources to help caregivers:

Sign up today!

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- Learn about health issues
- Manage care for loved ones
- Take care of yourself

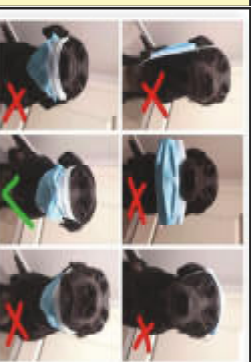
Register at [wisconsincaregiver.org](http://wisconsincaregiver.org)





11						
Monday		Tuesday		Wednesday	Thursday	Friday
1	2	3	4	5		
11:00 Spanish 12:30 Wii Sports	9:00 Video Lecture 10:00 Women Embracing Change (online) 11:00 Spanish	8:30 Nimble Fingers 9:00 Strength & Flexibility 10:00 Mystery Book Club (online) 10:00 Easy Yoga Plus (online) 11:00 Spanish	10:00 Mary on Piano 10:30 TOPS (online) 12:30 Nimble Fingers 1:00 Wood Carving	8:30 Strength & Flexibility 1:00 Easy Yoga Plus (online) 4:00 Line Dance Video (online)		
8	9	10	11	12		
11:00 Spanish 12:30 Wii Sports	9:00 Video Lecture 11:00 Spanish	8:30 Nimble Fingers 9:00 Strength & Flexibility 10:00 Easy Yoga Plus (online) 10:30 Essential Tremor (online) 11:00 Spanish	10:00 Mary on Piano 10:30 TOPS (online) 12:30 Nimble Fingers 1:00 Wood Carving	8:30 Strength & Flexibility 10:15 Video Lecture 1:00 Movie #1 1:00 Easy Yoga Plus (online) 4:00 Line Dance Video (online)		
15	16	17	18	19		
11:00 Spanish 12:30 Wii Sports 4:00 Comm. on Aging	8:00 Newsletter Assembly 9:00 Video Lecture 10:00 Women Embracing Change (online) 11:00 Spanish	8:30 Nimble Fingers 9:00 Strength & Flexibility 10:00 Easy Yoga Plus (online) 11:00 Spanish	10:00 Mary on Piano 10:30 TOPS (online) 12:30 Nimble Fingers 1:00 Wood Carving	8:30 Strength & Flexibility 10:15 Video Lecture 1:00 Paper Crafting 1:00 Easy Yoga Plus (online) 4:00 Line Dance Video (online)		
22	23	24	25	26		
11:00 Spanish 12:30 Wii Sports	9:00 Video Lecture 9:00 eReader 11:00 Spanish	8:30 Nimble Fingers 9:00 Strength & Flexibility 10:00 Easy Yoga Plus (online) 11:00 Spanish	10:00 Caregiver Support Group 10:00 Mary on Piano 10:30 TOPS (online) 12:30 Nimble Fingers 1:00 Wood Carving	8:30 Strength & Flexibility 10:15 Video Lecture 1:00 Movie #2 1:00 Easy Yoga Plus (online) 4:00 Line Dance Video (online)		

# **FEBRUARY**





## 12 Volunteer Opportunities

As we progress down the path of the pandemic, we shall call volunteers to let them know their roles when they return to their volunteer positions. There are many changes at the senior center, including wearing masks, wearing gloves when handling money, and staying six feet apart. The City is doing an excellent job of cleaning and sanitizing the buildings, so there will be a safe environment in which to volunteer. We are missing all our volunteers and seniors, and we hope to be able to see everyone again in the near future.

### High School Students in Need of Volunteer Hours To Graduate

High School Seniors are available to help!



#### **Phone Buddies**

Visit with you once a week



Interested? Call us at **608-831-2373**.

### Fill-In Volunteers Needed for Ongoing Sanitation



We need volunteers to disinfect all high-contact surfaces in the senior center. Ideally, this would be done for 3-4 hours every day we are open, and it will continue for as long as there are pandemic-related restrictions in place.

This cleaning allows us to keep the senior center open for the limited programs we are able to offer. Please lend a hand if you can.

Call us at **608-831-2373** if you would like to volunteer.

### Rides for Medical Appointments

To ensure the safety of all of our volunteer drivers during the COVID-19 pandemic, the RSVP Executive Committee has suspended all Driver Escort rides. If a senior needs a ride for an essential medical appointment, please call Dane County Transportation Center at **608-242-6489**.



### HOW TO AVOID **COVID-19** VACCINE SCAMS

**WHILE VACCINATION DETAILS ARE GETTING WORKED OUT, HERE'S WHAT TO KNOW:**

- YOU CAN'T PAY TO PUT YOUR NAME ON A LIST TO GET A VACCINE.  
**THAT'S A SCAM.**
- YOU CAN'T PAY TO GET EARLY ACCESS TO A VACCINE.  
**THAT'S A SCAM.**
- NOBODY LEGITIMATE WILL CALL ABOUT A VACCINE AND ASK FOR YOUR SOCIAL SECURITY NUMBER, BANK ACCOUNT, OR CREDIT CARD NUMBER.  
**THAT'S A SCAM.**
- IGNORE ANY VACCINE OFFERS THAT SAY DIFFERENT, OR ASK FOR PERSONAL OR FINANCIAL INFORMATION.  
**THAT'S A SCAM.**
- CONTACT YOUR HEALTHCARE PROVIDER DIRECTLY WITH QUESTIONS ABOUT GETTING A COVID-19 VACCINE.

### Class Registration and Payment Policies

- \* Middleton Senior Center will not pro-rate classes. The full rate will be charged for registrations after the sign up deadline.
- \* A refund will be given only if the vacated class spot is filled.
- \* Class payments are due two weeks before the first class begins. Non-payment will result in removal from the class list.
- \* Registration for classes begins two calendar days after the newsletter is mailed. Normally, the mailing occurs on the third Tuesday of the month and class sign up would begin the following Thursday. Please consult the newsletter for specific class registration dates when available.
- \* When registering for a class, all participants must provide full names and phone numbers.
- \* Participants must be at least 55 years of age to participate in classes. An exception is for participants' caregivers, who should notify staff in advance of registering for the class. Children are not allowed in classes or on bus trips.
- \* Middleton Senior Center contracts with outside agencies who have their own guidelines and refund policies. Those policies take precedence over senior center policies.

**These policies were adopted and approved by the Commission on Aging.**





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**REPORT** suspicious claims or activities

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Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)  
[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)  
f [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

**Wisconsin SMP**  
Empowering Seniors To Prevent Healthcare Fraud

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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**Blood Pressure Screenings**

First Tuesday and Third Thursday

To be announced...

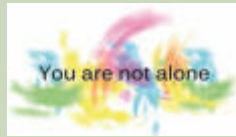
**Caregiver Support Group**

Date: February 25

Time: last Thursday at 10:00

Registration required.

For information, contact Carmen Sperle at 608-819-0033 or [carmen.sperle@hcr-manorcare.com](mailto:carmen.sperle@hcr-manorcare.com)

**eReader Assistance Appointments**

Date: February 23

Time: Fourth Tuesday at 9:00-12:00

By appointment only

Personalized Tablet and eReader Training Sessions. One-on-one sessions lasting 15-60 minutes will be conducted by staff from the Dane County Library Service. Call 608-831-2373 to set up an appointment.

**Foot Care (Nail Care - Toes and Fingers)**

SSM Health at Home and Middleton Senior Center offer foot care several times each month. The cost is \$22.00.

This service is NOT covered by Medicare. Emergency care is available for \$10, and requires a separate appointment. For an appointment, call 608-831-2373.

**TOPS Meetings**

Thursdays at 10:30 via Zoom

Taking Off Pounds Sensibly (TOPS) is a weight loss program based on members helping and supporting each other.

Annual membership is \$32.00. Contact Mary Rismeyer ([mary.rismeyer@gmail.com](mailto:mary.rismeyer@gmail.com)) for more information.

**Al-Anon - To be announced****Sober Today - To be announced****Case Management Services**

Contact us if you are in need of case management services. Call 608-831-2373 for an appointment.

**Home Delivered Meals**

You may qualify for home delivered meals (aka Meals on Wheels) during Phase 2 of the Forward Dane re-opening plan. Call one of our case managers at 608-831-2373 to learn more.

**Essential Tremor/Dystonia Support Group**

Date: Tentative (confirm at email below)

Time: 10:30

"Stay Positive! Test Negative!!"

For more information, e-mail [madmidet@charter.net](mailto:madmidet@charter.net)**Women Embracing Change**

Dates: February 2 &amp; 16

Time: First &amp; Third Tuesday at 10:00

This group's mission statement is to provide a forum for women to share and discuss the changes we experience as we age, while continuing to grow in a positive way.

**Forget-Me-Nots**

Dates To Be Announced

A partnership with St. Luke's Lutheran Church, this group is for those in the early stages of memory loss. These 90-minute sessions include individual and group brain games, music, gentle exercise, and time for socialization.

Note: Call one of our case managers at 608-831-2373 to register for the group.

**Gadget Guru Appointments**

From Dave: "Since in-person teaching is not practical to do while maintaining reasonable safety precautions, only remote help will be available for the foreseeable future. During this time, as a way to help out the community, I am not charging for my services. Feel free to call 608-301-5602 to schedule an appointment."

**Mending Appointments**

Dates To Be Announced

Time: First &amp; Third Thursday at 1:00-3:20

By appointment only

Bring only two items and please make sure the items are clean when you bring them in for mending.

Call 608-831-2373 for an appointment.

**Loan Closet**

The loan closet is available by appointment. If you need something, you must call to make an appointment.

- Available: wheelchairs, canes, walkers, undergarments, and crutches.
- Not Available\*: commodes, raised toilet seats, bed rails, foam wedges, and used electronic devices.



\*Note: If you borrowed it from us, you can bring it back.



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E 4C 01-2063







## **Strength & Flexibility**



**Cost: \$45 (or \$80 for both)**

**Instructor: Paul Novak**

**Class Limits: 5-7 participants**

**Wednesday: 9:00 (February 3-24)**

**Friday: 8:30 (February 5-26)**



17

Strength & Flexibility is a movement class that includes some work on yoga mats and other exercise elements. These classes utilize Tai Chi and Qi Gong principles and can be tailored to individual levels. All fitness levels are encouraged to join. Call the senior center at **608-831-2373** for more information or to sign up.

**Note #1:** Participants will be required to provide their own mats. If a participant cannot acquire a mat, one may be borrowed from the senior center for the duration of the class.

**Note #2:** The start time for the Friday sessions has been moved to 8:30.

## **Easy Yoga Plus (via Zoom)**

**Cost: Free (Donations Appreciated)**

**Instructor: Ellen L. Millar, RYT**

**Wednesday at 10:00 and Friday at 1:00**



A yoga program designed for the aging body, with 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 concern will include low back pain, falls prevention, osteoporosis, and other issues facing us as we age.

The class is taught by Ellen L. Millar, Registered Yoga Teacher and a graduate of Duke Integrative Medicine Master Class, Yoga for Seniors.

To register, follow the link: <https://thewonderofyoga.com/contact>



## **Tai Chi for Beginners**

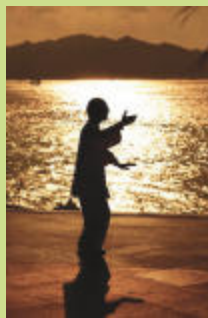
**Cost: \$15**

**February 3-24**

**Wednesday at 2:30**

**Certified Instructor: Bob Harrington**

**Class Limits: 4-7 participants**



This class will give participants the option to sit or stand. The class is limited to 30 minutes of exercise, so it's perfect for the beginner. It's a great class for anybody with arthritis or wanting greater flexibility.

## **Exercise Equipment Available to Use!**



One hour time slots are available by reservation only. Please call at least one day in advance. Participants are required to wipe down machines after they are done using them.

Call **608-831-2373** to make a reservation.



## **Line Dancing**

**Cost: Free!**

**When: Every Friday**

**Instructor: Sandy White**

**Cinematographer: Ray White**



Every Friday afternoon, line dancing videos will be uploaded to Middleton Senior Center's YouTube channel! These videos will star our very own Sandy White, who will be taking viewers step-by-step through several line dances.

Note: Registration is **not** required.

YouTube link: <https://www.youtube.com/channel/UCn7BU5KYyosOjgJ4OQgioVQ>



**A signed liability waiver is required for all participants for every series of exercise classes.**



**Middleton Senior Center recommends that you consult a physician prior to joining an exercise program.**



## Transportation

Transportation options to Middleton residents each week are listed below. You **MUST** contact the senior center at **608-831-2373** no later than the day before you wish to use these valuable services.

Transportation to the meal site and local grocery shopping is by donation. The suggested donation is \$1.00 round trip to the meal site and the suggested donation for local grocery shopping is \$2.00 round trip. The fee is based upon your ability to donate. No one will be denied rides for these purposes. These times are tentative and may vary depending on the route and number of people who participate.



### Bus Schedule



Day	Destination	Pick Up	Drop Off
Every Monday	 Lunch at Senior Center	10:30	12:30
1 <sup>st</sup> & 3 <sup>rd</sup> Monday	Hilldale & Madison Walgreens	11:30	1:30
2 <sup>nd</sup> & 4 <sup>th</sup> Monday	West Towne Mall	11:30	1:30
Every Tuesday	 Lunch at Senior Center	10:30	12:30
Every Tuesday	Middleton Pick 'N' Save & Walgreens	11:00	1:00
Every Wednesday	 Lunch at Senior Center	10:30	12:30
Every Thursday	 Lunch at Senior Center	10:30	12:30
Every Thursday	Junction Road Pick 'N' Save & Target	11:30	1:00
Every Friday	 Lunch at Senior Center	10:30	12:30

Love Your Neighbor  
who doesn't  
68 Look like you  
Think like you  
Love like you  
Speak like you  
Pray like you  
Vote like you  
Love Your Neighbor  
No exceptions

### Notice!

For your safety, limited areas of the senior center building are now open. The first step in this process will be allowing only very small groups to use those limited areas. Ongoing cleaning efforts will be easier and it will allow us to proceed with caution.

Thank you for your understanding and cooperation!



### Watch the Lights!



If a program has a red light, that means it will NOT be available until at least the next newsletter is published.



If a program has a green light, it is available.

For ALL programs, please call ahead to verify that the program is indeed available. Also, be sure to register for ALL programs you would like to attend, please.




Thank you for your cooperation.



**Video Surveillance:** Public spaces at Middleton Senior Center are monitored by staff on video security cameras. Outdoor spaces are included. For your protection, participants and visitors are recorded while visiting our facility.



## Reading and Writing


 **Hats & Tales**    
**2<sup>nd</sup> Wednesday at 10:00 (Oct. - May)**


A group of volunteers who reads at Little Red Preschool. Please contact Patty Nordhaus at 608-225-4663.

**Mystery Book Club**    
**Wednesday, February 3 at 10:00 (Zoom)**

### Upcoming Books:

**Feb.3:** "A Great Deliverance" by Elizabeth George

**Senior Center Writing Group**   
**Wednesday, February 10 at 1:00 (Zoom)**


A group of creative seniors that writes about a variety of topics in a variety of writing styles. Please consider joining this thriving group of writers. They meet the second Wednesday of the month. Each month a different member decides on the topics and styles of writing. Participants bring their homework to share with the class. Led by Jan Bosman... 

The topics for the outside-of-class 10 minute writing will be:


1. Tell a story about a time, before the year 2020, when you had to Sink or Swim.
2. Are you or are you not a dreamer?
3. If you have a favorite poem, please share it and tell us why you like it; or tell us your three favorite books of all time and why they touched you.

Call Joyce Waldorf at 608-833-0159


## Music

**Mary on Piano**   
**Thursday at 10:00**

 **Middleton Jazz Band**  
**Thursday at 9:00**

 **Sing Along**  
**Dates to be announced**  
**1<sup>st</sup> and 3<sup>rd</sup> Tuesday at 10:00**

## Creating

**Nimble Fingers**   
**Wednesday 8:30-11:30**  
**Thursday 12:30-2:30**

For the present time we are asking members to call ahead when visiting the senior center outside of the above listed times.

Sewing machines WILL be available to use during these times. There will be no formal meetings at this time.

Attendance will be limited to 10 people and EVERYONE must register at the front desk upon arrival.

**Puzzles**   
**Registration required.**

 **Stitchers**  
**Tuesday at 1:00**

**Wood Carving**   
**Thursday at 1:00**

**Newsletter Assembly**   
**February 16**

## Information on Masks















Everyone who visits Middleton Senior Center will be required to wear a mask. If you need one, call 608-831-2373 and we shall arrange for a volunteer errand runner to deliver a mask to you.



## Stuff We Need

- Sponsor entertainment or a program (average cost is \$175)
- Sponsor treats for a program
- Clorox wipes
- Kleenex
- Your ideas!

## Weekly Cards and Games

-  **Bridge:** Monday at 12:30
-  **Cribbage:** Monday & Thursday at 10:00
-  **Euchre:** Wednesday at 1:00
-  **Mah Jongg-Bams - Beginners**  
Tuesday at 10:00
-  **Mah Jongg - Craks:** Tuesday at 1:30 - A group for new players
-  **Mah Jongg - Dots:** Tuesday at 12:30
-  **Mah Jongg - Jokers:** Tuesday at 10:00
-  **Open Cards:** Bring your own group
-  **Pinochle:** Monday & Friday at 12:30
-  **Scrabble:** Monday & Friday at 9:00
-  **Silver Divas Bridge Group:**  
Monday at 12:00
-  **Rummikub:** Friday at 9:00
-  **Wii Sports:** Monday at 12:30 

## Coffee and the Economy

**To Be Announced**  
**2<sup>nd</sup> Tuesday at 9:00**  
 The discussion will be about market updates.



## Bakery Items

Bakery items are distributed on **Monday at approximately 10:30**



**Social Distance**

## Social Seniors



A brief pause is in order, but watch this space for a triumphant return!



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Please make the check out to The  
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## THE MIDDLETON SENIOR CENTER ACCEPTS GIFTS IN THREE WAYS

ENDOWMENT FUND  
WITH THE MADISON COMMUNITY FOUNDATION

### THE FUTURE FUND

This fund can be used for Senior Center  
equipment needs, or to expand and  
update programs and activities.

### THE FRIENDSHIP FUND

These funds may distribute directly to  
older adults in need at the discretion of the  
Senior Center staff. Scholarships can also be awarded from this fund.

