

THE Messenger

VOLUME 39, NUMBER 10

OCTOBER, 2022

Inside this Issue

For Your Information 2
 Lifelong Learning 4
 Entertainment 9
 Program & Activity List 10
 Calendar 11
 Word Search 13
 Volunteer View 14
 Foundation 15
 Groups & Clubs 16
 Health & Fitness 17
 Español 19

Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street




Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center




Madison Senior Center
Health & Resource Fair

Presented by:   


Tuesday, October 11, 9:00 - 11:30 am


**330 W Mifflin St, 608-266-6581,
cityofmadison.com/senior-center**

Presentations **FREE - Registration not required**



Stay Warm & Save Energy
 How to stay comfortable and save energy this winter: energy saving tips and discussion about energy! Presented by Laura Paprocki and Gloria Castillo Posada from MGE. English & Espanol






Brain & Body Fitness
 Some changes in memory and thinking are a normal part of aging. Learn more about changes in memory that may occur as we age, and participate in brain and body exercises that promote brain health. Presenters, Lilli Kay and Laura Block are graduate students working with the Gilmore-Bykovskiy Lab at the UW-Madison School of Medicine and Public Health.

Health Screenings
 Blood Pressure
 Hearing
 Vision
 Depression
 Memory

**Medical & Housing Resources,
 Health Screenings, Social Services, Relevant Presentations & More**

PLUS Free Snacks, and Door Prizes

PREMIER SPONSORS
 All of Us Research Program, MGE, My Choice Wisconsin, Noel Manor and Visiting Angels



Trick or Treat at the Madison Senior Center
Wednesday, October 26, 3-6 pm

FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581
FAX.....(608) 267-8684
Website..... madisonseniorcenter.org

SENIOR CENTER STAFF

Interim Manager, Yolanda Shelton-Morris (she, her)
(608) 266-6563, yshelton-morris@cityofmadison.com

Office/Rental Manager, Karen Cator (she, her)
(608) 266-6290, kcator@cityofmadison.com

Program Coordinator, Laura Hunt (she, her)
(608) 267-8650, lhunt@cityofmadison.com

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

Reception Coordinator, Gary Flesher (he, him)
(608) 267-8651, gflesher@cityofmadison.com

Custodian, Ricky Butler (he, him)
(608) 266-6581, rbutler@cityofmadison.com

Outreach & Marketing Specialist, Patricio Ortiz (he, him)
(608) 267-8683, portiz@cityofmadison.com

“The Madison Senior Center promotes successful aging.”
AA/EOC Employer and Service Provider

Member of



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 thrive.

Program Format & Registration

Programs will be offered in person, virtually and sometimes both ways. Watch for the **“VIRTUAL”** after the program time. Classes that are both in person and virtual are referred to as **“Hybrid”**. **Register for the programs**, even if they are free. Almost all programs have a minimum number requirement. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email seniorcenter@cityofmadison.com or (608) 267-8651.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$25,760 (one person) or \$34,840 (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.

Public spaces (interior and exterior) at the Madison Senior Center are monitored by staff on video security cameras; participants and visitors may be recorded.

SUBSCRIBE TODAY!

If you prefer a paper copy of *The Messenger*, our monthly newsletter, it is only \$10. The Weekly Window is only available electronically.

Register for *The Messenger* (PLEASE PRINT)

\$10 per year, check enclosed (Make check payable to Madison Senior Center.)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

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

FOR YOUR INFORMATION

Aging & Disability Resource Center (ADRC)

ADRC works with older adults, adults with disabilities and caregivers to connect them to community services that help keep them healthy and safe in the community. They provide a friendly, welcoming place where you can get unbiased information about aging or living with a disability. Their contact information is 2865 N. Sherman Ave, Madison, WI 53704; (608) 240-7400 or email ADRC@countyofdane.com.

NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. NewBridge provides programs and services throughout the community: Bridge Buddies - Friendly Callers, Case Management, Diversity & Inclusion Activities, Food Bridge Delivery, Foot Clinics, Home Chore Program – Outdoor Only, Loan Closet, Representative Payee & Guardianship Service and Zoom Classes & Activities



Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60 plus and their families in accessing services that will help older adults continue living in their own homes and communities. The amount of assistance provided depends on the needs of the older adult. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact Information: 2865 N Sherman Ave, Madison, WI 53704; 608-261-2995 or email AAA@countyofdane.com.

Free Mending Services

We will be starting a new free mending service for older adults. You will be able to drop off clothing items at the front desk, and pick them up in 2-3 weeks. All items must be clean when dropped off. More details will be available soon.



Health & Safety Precautions

To protect the health and safety of all participants, volunteers, and staff in our building, we ask that all facility visitors agree to the following practices:

- ♣ Follow guidance provided by the CDC and Public Health Madison and Dane County.
- ♣ Stay home if you are sick.
- ♣ If you think you may have been exposed to COVID wear a mask, and get tested.
- ♣ Masks are welcome and encouraged (but not required).
- ♣ If you appear sick or are excessively coughing, you may be asked to leave the building.

TAKE PREVENTATIVE ACTIONS:

- ♣ Wash hands often with soap and water for at least 20 seconds.
- ♣ Take advantage of hand sanitizer station located in the building.
- ♣ Use a tissue to cover a cough or sneeze, dispose of tissue, and wash hands.
- ♣ Social distance when possible.

IF YOU TEST POSITIVE FOR COVID-19...

Please notify the Madison Senior Center, and tell us what days that you may have been here and been contagious. Follow CDC guidelines for isolation and wearing a mask.

Haircuts

4TH TUESDAY OF THE MONTH, 10 AM - 12 PM | APPOINTMENT REQUIRED

We all know how difficult it is to keep your hair trimmed and looking neat. There is the scheduling, and the transportation, and we all know that it isn't cheap to get a decent haircut. We can help you out! MSC will offer FREE haircuts once a month by a licensed cosmetologist. Hair must be clean. Please bring a towel. Call (608) 266-6581 to schedule an appointment.

LIFELONG LEARNING

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Exploring Poetry

2ND & 4TH
WEDNESDAYS, 11 AM -
12:30 PM



This program is for anyone who enjoys poetry. There will be opportunities to read, recite and write. *Best Words, Best Order* is the title of a collection of essays by the poet Stephen Dobyns which in just those four well-chosen words perfectly describes what a poet aspires to when putting a poem together. Writing poetry is spills and thrills for the beginner and expert too. There are countless small pitfalls but sometimes in the writing something happens, an ah ha moment where the poet feels he/she can say or almost say precisely what needs to be said. Exploring Poetry is led by Mark Kraushaar.

Writing Your Life

THURSDAYS, SEPT 15 – OCT 20, 10-11:30 AM

We all have stories to tell, stories about our life experiences, stories about our friends, stories about our families. Some of those stories encompass the joys of achievement, celebration, milestone moments, and the joy of love. Others detail the harder parts of life, jealousy, betrayal, sadness, loss. Our stories define us. Through the Greater Madison Writing Project's "Writing Your Life" workshops, we will help you find the stories you want to tell and give you writing strategies that will help you craft them into the stories that you will want to share. Our writing workshops will incorporate several different writing strategies. *R*

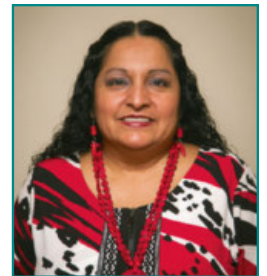
Each 90-minute session will include exploration of different strategies opportunities to write and seek feedback, and time to share writing in a welcoming and enthusiastic community. Led by Mark Nepper.

Voices of Color

THURSDAY, OCTOBER 20, 10-11 AM VIRTUAL

A monthly series presented on Zoom that gives you the opportunity to have engaging conversations with community leaders who are also People of Color. The program host is Melvin Hinton, who you may know from Radio Literature on WORT. Listen to our guests' stories that speak to cultural differences, learn about Madison from a different perspective, and ask questions about what you hear and learn. *R*

In October our guest will be, Dr. Téllez-Giron, who received her medical degree, with honors, at the National University of Mexico (UNAM). As many immigrants, she moved without anything and started over from cleaning houses to taking care of senior citizens while she was doing all the steps to becoming a physician in the United States. She completed the University of Wisconsin Family Medicine Residency program and joined the Faculty of the same program.



She has been the chair of the Latino Health Council in Madison for the past 21 years and under her leadership several annual community initiatives have been started. For the past eighteen years she has been the medical director of a monthly health education Spanish radio program.

Dr. Téllez-Giron has received multiple awards. Some of the most relevant are: The 2008 UW Madison Outstanding Women of Color award, the 2011 City-County Reverend Dr. Martin Luther King, Jr. Humanitarian Award and the 2016 Arnold P Gold Foundation Humanism in Medicine Award and more recently the 2022 Superhero of Medicine award from the Wisconsin Medical Society.

Creative Writing

TUESDAYS, NOVEMBER 1, 8, 15 AT 9:30-11:30 AM

Have you ever dreamed of writing a novel or short story? This is an opportunity to learn about the creative writing process. Watch on the website and in the November *Messenger* for more information on this exciting new program. *R*

LIFELONG LEARNING

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

AARP Smart Driver Course

MONDAY, OCTOBER 19, 9 AM - 1 PM



The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally you will learn:

- ♣ Important facts about the effects of medication on driving.
- ♣ How to reduce driver distractions.
- ♣ How to maintain the proper following distance behind another car.
- ♣ Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- ♣ Techniques for handling left turns, right-of-way, and roundabouts.
- ♣ Age-related physical changes and how to adjust your driving to compensate.
- ♣ Fee: \$20 AARP Member and \$25 Non-Member. Pay instructor with check or cash.

Talleres y Celebración de Planificación Avanzada de Cuidados Médicos

MADISON SENIOR CENTER | 330 W MIFFLIN ST. MADISON, WI

Para inscribirse contacte a Katia (608) 800-1316. Enlaces de Zoom y Transporte disponibles. Sponsored by UW Health, Dean Health Plan, NewBridge, Madison Senior Center, Latino Health Council and the River Food Pantry.



Great Courses to Check Out

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

Non-Traditional Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

Express yourself using simple sewing techniques. Local artist, Wendy Fern Hutton, guides you through the process of creating something that speaks to your soul—an animal, a medicine doll or maybe a spirit guide. Use fabrics, beads, feathers, ribbons, or anything else you can think of.

Democracy and Its Alternatives

WEDNESDAYS, OCTOBER 5
– DECEMBER 28 (NO CLASS
NOVEMBER 23), 12-2 PM

What characteristics do democracies share? How do they differ? And what can *alternatives* to democracy—namely, authoritarianism and dictatorship—teach us about democracy itself? **Democracy and Its Alternatives** tackles these questions in 24 lectures designed and led by Ethan Hollander, professor of political science at Wabash College. It is an effort to understand democracy from all available angles—in theory and in practice, from ancient Greece to revolutionary America—the good and the bad, its present and its future. A Great Courses program facilitated by Jim Lamal. Fee is \$10 and scholarships are available.



LIFELONG LEARNING

Lost Treasures of the Maya

FRIDAY, SEPTEMBER 30, 10-11:30 AM | EPISODES 1 & 2

FRIDAY, OCTOBER 7, 10-11:30 AM | EPISODES 3 & 4

In this four episode series, “explorer Albert Lin ventures into the Guatemalan jungle to explore how a new high-tech treasure map is revealing tens of thousands of ancient ruins. Dozens of archaeologists head out on a voyage of discovery, exploring lost ruins for the time in 1,500 years. What they are finding is rewriting the history of one of the world’s most mysterious ancient civilizations.”

This is a National Geographic documentary.



White Cane Safety Day

OCTOBER 15

The White Cane Law encourages the year-round independence of people in the blind and visually impaired community, creating a sense of empowerment and improving public safety. Thousands of blind and visually impaired individuals around the state of Wisconsin use a white cane for mobility and safe travel.

Wisconsin’s White Cane Law Statute N. 346.26(1) states:

“An operator of a vehicle shall stop the vehicle before approaching closer than 10 feet to a pedestrian who is carrying a cane or walking stick which is white in color or white trimmed with red and which is held in an extended or raised position or who is using a dog guide and shall take such precautions as may be necessary to avoid accident or injury to the pedestrian.” The penalty for violating the law is between \$25 and \$200 for the first offense and between \$50 and \$500 for the 2nd violation.”

Arts & Crafts

FRIDAY, OCTOBER 21,
10-11 AM



Our friend Jackie, from Vista West, returns to share her crafting magic with us. This month, we will make a seasonal/fall craft. **Register by Monday, October 17** to ensure enough supplies.

Photo Affair

PHOTO DROP OFF: TUESDAY, OCTOBER 25,
9A M-3 PM

Photos tell a story and allow us to share a part of ourselves with others. They capture moments in time and in our hearts. Photo Affair is an annual contest/exhibit that features photography by adults 55+ in Dane County. The participation fee is \$20 and participants can submit up to three original pieces that have not been submitted to this event previously. Photographs must be framed and ready to hang. Photo Affair is open to all abilities and levels, but it is not intended for professionals. Local photo and art professionals are asked to judge the submissions and provided constructive feedback. Prizes are awarded based on their decisions.

The official opening of the exhibit will coincide with Gallery Night, a community art show sponsored by the Madison Museum of Contemporary Art (MMOCA). This year Gallery Night is Friday, November 4. Additional information is available on the website, by calling (608) 266-6581, or by emailing lhunt@cityofmadison.com.

Hispanic Heritage Month

SEPTEMBER 15 – OCTOBER 15

Celebrate the contributions to our community by individuals of Hispanic descent.



Custom Care Plan

Free Assessment

Visits from 3 hours to 24/7



Age in place with the help of

Visiting Angels
608-819-0665

www.VisitingAngels.com/MadisonWI

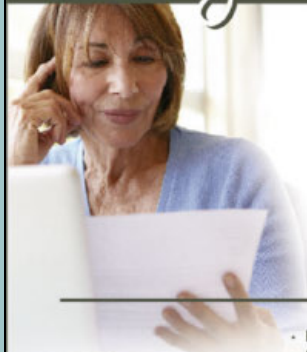
GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact Ruth Schlitz to place an ad today!
rschlitz@lpicommunities.com
or (800) 950-9952 x2671



Planning isn't just for You



Pre-Arranging Service
Funeral Burial Plans
Funeral Cremation Plans

Gunderson
LIFE CELEBRATION CENTERS
Celebrating 100 Years of Caring for Your Family

608-221-5420
gundersonfh.com

- East / Madison 608-221-5420
- Middleton 608-831-6761
- Oregon 608-835-3515
- Cross Plains 608-798-3141
- Fitchburg 608-442-5002
- Stoughton 608-873-4590
- Black Earth 608-767-3684
- Mount Horeb 608-437-5077
- Lodi 608-592-3201

Our Family Will Take Good Care of Your Family



FREE DELIVERY with \$40 Purchase

Open 7 a.m - Midnight 7 Days a week
111 N Broom St 608-255-2616
www.capecentremarket.com

SENIOR Helpers

Care and comfort at a moment's notice.

Help care for those who have cared for us

Now Hiring Caregivers

* Flexible Hours * Training Provided
* Great Team

Apply Today 608-729-5365
www.seniorhelpers.com/wi/madison



HASKINS
SHORT &
BRINDLEY LLC

5113 Monona Drive, Monona, WI 53716
608-237-6673
www.HSBElderLaw.com

Areas of Law Practice
Estate Planning
Elder Law
Social Security
Medicaid/Medicare
Guardianship
Special Needs/Disability
WisPACT Trust
Probate
Real Estate
Family Law

Attorneys
Brenda R. Haskins
Julie A. Short
Anne M. H. Brindley
Anna M. Dontje
Amy Devine
Amanda Pirt Meyer

50+ years combined experience!

Waunakee
MANOR

Independent and Assisted Living

(608) 849-5016
801 Klein Dr. • Waunakee
www.waunakeemanor.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

Honest, reasonably priced attorney

I Make House Calls!

Wills • Trusts

Individual/Trust/Estate Income Tax
Powers of Attorney • Real Estate

Paul O'Flanagan
Attorney at Law

313 Price Place, Suite 110
Madison, WI 53705
608-630-5068

Paul@oflanaganlaw.com

Thrive
Locally



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

Madison Senior Center, Madison, WI

A 4C 01-1141

LIFELONG LEARNING

Technology & Finance

Tablets2Go

Virtual programs and activities will continue to be a great way to connect with friends and family, or take programs at the Madison Senior Center. If you do not have a computer we can lend you a tablet for FREE. Tablets2Go is available to you if are an adult age 55+ who belongs to the Madison Senior Center. Membership is free. Call (608) 266-6581 to schedule an appointment and check out a tablet. Picture ID required.

Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are also available by appointment to provide BOTH basic and advanced tutoring, instruction, and tech support. We will find a volunteer to best fit your technology voyage.

Computer/Technology Assistance

Basic Technology support including: smart phone basics, downloading apps, social media, virus protection, and email.

我们提供免费的，一对一的技术指导。UW-Madison 的学生将解答您关于电子设备的任何问题，比如如何避免诈骗，买卖二手物品，使用社交软件，等等。

请携带您自己的电子设备，我们也提供台式电脑。如您有兴趣参与，请致电周紫艳: (608) 977-3802.

Digital Photography support including: photo editing, enhancements, HDR capture, storage, and online gallery presentations.

Website Design including: domain registration, website management, and working with web hosting companies.

Please feel free to share your computer challenges or questions with John Weichelt to schedule an appointment at (608) 267-2344 or jweichelt@cityofmadison.com. Understanding and advancing your use of technology is about your ambitions and not about your age.

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 provide social opportunities. Call (608) 255-8582 for more information or email info@lgbt Outreach.org. You can also check out our website, lgbtq50plusalliance.org.

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 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.

Exploring Spirituality

1ST & 3RD THURSDAYS, 1-3 PM

MEETS AT OUTREACH

This discussion group discusses a wide variety of topics related to religion and spirituality. Sponsored by the LGBTQ 50+ Alliance.

Outreach Senior Advocate

The OutReach Senior Advocate, Kristi Mason, coordinates educational trainings and workshop with the community in addition to advocating for LGBTQ+ older adults and their wellness. You can reach Kristin at (608) 255-8582 or kristim@outreach.org.



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

ENTERTAINMENT

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

October 4

LUCY & DESI (2022)

This film explores the rise of comedian icon Lucille Ball, her relationship with Desi Arnaz, and how their groundbreaking sitcom I Love Lucy forever changed Hollywood, cementing her legacy long after her death in 1989. *Stars: Lucie Arnaz, Bette Midler, Carol Burnett. Documentary, Biography, Comedy. 1 hour 43 minutes. Rated PG.*



October 11

COCO (2017)

Aspiring musician Miguel, confronted with his family's ancestral ban on music, enter the Land of the Dead to find his great-great-grandfather, a legendary singer. *Stars: Anthony Gonzalez (voice), Gael Garcia Bernal (voice), Benjamin Bratt (voice). Action, Adventure, Biography. 1 hour 45 minutes. Rated PG.*



October 18

PIG (2021)

A truffle hunter who lives alone in the Oregon wilderness must return to his past in Portland in search of his beloved foraging pig after she is kidnapped. *Stars: Nicholas Cage, Alex Wolff and Adam Arkin. Drama, Mystery. 1 hours 32 minutes. Rated R.*



October 25

THE HOUSE WITH A CLOCK IN THE WALLS (2018)

A young orphan named Lewis Barnavelt aids his magical uncle in locating a clock with the power to bring about the end of the world. *Stars: Jack Black, Cate Blanchett, Owen Vaccaro. Comedy, Family, Fantasy. 1 hour 45 minutes. Rated PG.*



Free DVD Check Out

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

MADISON CENTER CENTER PROGRAM & ACTIVITY LIST


Programs, activities and times are subject to change. Call (608) 266-6581 to confirm a program or activity.

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
AARP Smart Driver	Monday, October 19	9:00 am – 1:00 pm	\$20/25	MSC
Arts & Crafts	Friday, October 21	10:00 – 11:00 am	Free	MSC
Ballroom Basics for Balance	Fridays, Sept. 16 – Dec. 9 10 weeks	9:30 – 10:45 am	\$65	Virtual
Ballroom Basics for Balance	Fridays, Sept. 16 - Dec. 9 No Class 10/14	10:00 – 11:30 am	\$70	MPL Central
Blood Pressure Screening	E/O Tuesday	11:00 am – 12:00 pm	Free	MSC
Cardio Dance	Fridays	1:00 – 1:45 pm	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 4:00 pm	Free	MSC
Coffeehouse Sing-a-long	1st & 3rd Wednesdays	9:45 – 11:15 am	Free	MSC
Connecting Across Differences	Mondays	1:00 – 3:00 pm	\$20	Goodman
Death Café	Friday, October 21	1:30 – 3:00 pm	Free	MSC
Democracy & It's Alternatives	Wednesday Oct. 5 – Dec. 28	12:00 – 2:00 pm	\$10	MSC
eFood Pantry	Pick-up orders October 20	10:00 am – 12:00 pm	Free	MSC
Euchre	Mondays	1:00 – 2:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am – 12:30 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Exercise	Monday through Friday	9:00 – 9:45 am	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
Haircuts	4th Tuesday	10:00 – Noon By Appt.	Free	MSC
Health & Resource Fair	Tuesday, October 11	9:00 am – 11:30 am	Free	MSC
Lost Treasures of the Maya - Part 2	Friday, October 7	10:00 – 11:30 am	Free	MSC
Movies	Tuesdays	12:30 – 3:00 pm	Free	MSC
Non-Traditional Doll Making	Wednesdays	1:00 – 4:00 pm	Supplies	MSC
Shingles Presentation	Monday, October 24	12:00 – 1:00 pm	Free	Virtual
Spanish Conversation	1st Wednesday in Person Other Wednesdays Virtual	1:30 – 3:00 pm	Free	MSC/Virtual
Tablets2Go	Ongoing - By appointment	Varies	Free	MSC
Technology Assistance	By appointment	Varies	Free	Virtual
Voices of Color	3rd Thursday	10:00 – 11:00 am	Free	Virtual
Wii Bowling	Weekdays	12:30 – 2:30 pm	Free	MSC
Writing Your Life	Thursdays, Sept. 15 – Oct. 20	10:00 – 11:30 am	Free	MSC



October 2022

SEPTEMBER 15 - OCTOBER 15 HISPANIC HERITAGE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
<p>3 9:00 Gentle Exercise 1:00 CAD @ Goodman</p>	<p>4 9:00 Gentle Exercise 11:00 Blood Pressure 12:30 Movie - "Lucy & Desi"</p>	<p>5 9:00 Gentle Exercise 10:00 CH Sing-a-long 1:00 Non-Traditional Doll Making 1:00 Democracy 1:30 Spanish Conv. @ MSC Yom Kippur</p>	<p>6 9:00 Gentle Exercise 10:00 Writing Your Life</p>	<p>7 9:00 Gentle Exercise 9:30 BB4B - Virtual 10:00 BB4B @MPL 10:00 Treasures of the Maya (Part 2) 1:00 Cardio Dance</p>	<p>8/9 Oct. 8 National Chess Day </p>
<p>10 9:00 Gentle Exercise 10:00 Medicare 101 1:00 CAD @ Goodman Indigenous People's Day</p>	<p>11 9:00 Health & Resource Fair 12:30 Movie - "Coco"</p>	<p>12 9:00 Gentle Exercise 11:00 Exploring Poetry 1:00 Non-Traditional Doll Making 1:00 Democracy 1:30 Spanish Conversation - Virtual</p>	<p>13 9:00 Gentle Exercise 10:00 Writing Your Life 2:00 Gay, Gray & Beyond</p>	<p>14 9:00 Gentle Exercise 9:30 BB4B - Virtual 10:00 Advance Care Planning 1:00 Cardio Dance</p>	<p>15/16 Oct.15 National White Cane Safety Day </p>
<p>17 9:00 Gentle Exercise 9:00 AARP Smart Driver 1:00 CAD @ Goodman</p>	<p>18 9:00 Gentle Exercise 10:00 Gentle Yoga 11:00 Blood Pressure 12:30 Movie - "Pig" *ePantry Orders due</p>	<p>19 9:00 Gentle Exercise 10:00 Medicare D Appts. 10:00 CH Sing-a-long 1:00 Non-Traditional Doll Making 1:00 Democracy 1:30 Spanish Conversation - Virtual</p>	<p>20 9:00 Gentle Exercise 10:00 Writing Your Life 10:00 Voices of Color - Virtual 10:00 ePantry Pick-Up</p>	<p>21 9:00 Gentle Exercise 9:30 BB4B - Virtual 10:00 Art & Crafts 10:00 BB4B @MPL 10:00 Advance Care Planning 1:00 Cardio Dance 1:30 Death Cafe</p>	<p>22/23 Oct. 22 National Make a Difference Day </p>
<p>24 9:00 Gentle Exercise 12:00 Shingles - Virtual 1:00 CAD @ Goodman</p>	<p>25 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Haircuts 11:15 Red Hat Mamas 12:30 Movie - "The House with a Clock in the Walls"</p>	<p>26 9:00 Gentle Exercise 10:00 Medicare 101 11:00 Exploring Poetry 1:00 Non-Traditional Doll Making 1:00 Democracy 1:30 Spanish Conversation - Virtual 3:00 BID Trick or Treating</p>	<p>27 10:00 Medicare D Appts. 2:00 Gay, Gray & Beyond</p>	<p>28 9:00 Gentle Exercise 9:30 BB4B - Virtual 10:00 BB4B @MPL 1:00 Cardio Dance</p>	<p>29/30 Oct. 29 10:00 Advance Care Planning - Día de los Muertos</p>
<p>31 9:00 Gentle Exercise 1:00 CAD @ Goodman  Halloween</p>					



IN-HOME CARE

- Companionship • Meal Preparation
- Light Housekeeping • Laundry
- Incidental Transportation
- Medication Reminders
- Grooming & Dressing Guidance

PERSONAL CARE SERVICES

- Bathing • Oral Hygiene
- Transferring & Positioning
- Incontinence Care & Toileting

SPECIALIZING IN
ALZHEIMER'S, PARKINSON
AND DEMENTIA CARE

608-442-1898

579 D' Onofrio Drive, Suite 10
Madison WI 53718



Comfort Keepers

www.ckmadison.com



An international network of independently owned and operated offices. ©2009 CK Franchising, Inc.

"STAY YOUNG AT HEART BY TAKING CARE OF CHILDREN IN YOUR COMMUNITY!"
BADGER BUS IS ALWAYS HIRING ACTIVE SENIORS LOOKING FOR REWARDING, PART-TIME WORK.



BadgerBus

established 1920

Sign-On Bonuses Available for New Drivers.
Apply online today at: badgerbus.com/jobs

Enjoy a friendly work environment, sign-on bonuses and flexible hours!

CONNECTIONS

YOUR VISION. YOUR PATH. YOUR PARTNER.



A program of
Lutheran Social
Services

IRIS Consultant Agency (ICA)

Call toll-free: 844-520-1712 | Email: connections@lsswis.org



We believe in the INFINITE POSSIBILITIES of every person.

We support you to live your best life
at home, in your community and at work.

LET'S GET STARTED!

First, contact your county Aging and Disability Resource Center (ADRC).
FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

my choice WISCONSIN

My Choice Wisconsin
is a managed care organization that
serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

GOODMAN'S Jewelers

The Diamond Store of Madison for Generations

220 State St. • Madison, WI

608.257.3644

Store Hours

Mon. - Fri. 10 AM - 5 PM

Saturday 10 AM - 4 PM

Sunday Closed

www.goodmansjewelers.com

Williamstown Bay of McFarland

Beautiful and Spacious
1 and 2 Bedroom Apartments
Available for those age 55+

Call
(608) 838-4248

4809 Dale St.
McFarland, WI 53558
wtb-mcfarland@oakbrookcorp.com
www.wtbmcfarland.com

Included In
The Rent:

- Heat, Water & Sewer.
- Parking & Storages.
- Same Floor Laundry.
- Small Pets Welcome.
- Beautiful Com. Room & Resident Activities

Income restrictions may apply. Professionally managed by Oakbrook Corporation.

We Make Medicare Uplifting

Call for an appointment today!

INFORMED CHOICE

INSURANCE AGENCY

608-819-6311

877-446-3676

34 Schroeder Ct Ste 240 – Madison
www.informedchoice.com

MEDICARE



This is an advertisement for insurance. Neither Informed Choice or its agents are connected with the Federal Medicare program. IC111016

WICKSHIRE MADISON

\$250 OFF

your BSR
for the 1st year
when you mention this ad

1601 Wheeler Rd, Madison, WI 53704 • (608) 496-8707
wickshireseniorliving.com/communities/madison

Whitcomb SQUARE

Senior (55+) Apartments

In Wooded Orchard Ridge
West Madison

Rent includes HEAT & Garage.

KellerApartments.com

Office: 608-227-6543 • Cell: 608-577-2451



ALL 2 BR APARTMENTS

KELLER
REALTY



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

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

HALLOWEEN WORD SEARCH

F M B D L I D H Y W V A M P I R E A P B
 S X L T X D V P G H D K U E E U S H G I
 K B L A Q R P P X G X C A U L D R O N J
 E D E V Q G N P V H Y A M K J D O A Y H
 L J D R R N E K K R C Z A W T O M Q G L
 E L G Z O D Z I A D X J B P T V B H K P
 T K H V W T C H T P Y E P U R V D O U I
 O B O T E G Z F L Q N G I M I M N B I U
 N G S W L K S P O O K Y E P C U O A C G
 B J T N U J G S C U S X N K K M H T F S
 K P R C R O Z P W O X G Q I H M A S E E
 A P G B V F W I T C H C A N D Y U H G E
 E M P H O G S D X E Y Z P F O G N G Z J
 H M A C O B W E B V E Q L S P O T Y O B
 J F R P R F P R S W S M O N S T E R M I
 Q L T B G O U X J E X Z Z E H E D P B V
 W J Y L Y M X P L R B T R H G R P L I A
 M D B O T R E A T N G F J T K X P F E L
 W K C O S T U M E K O J Z L J Q O D D B
 F C T D G E X P S I Y E H A T L J F W Z

MUMMY	PUMPKIN	TRICK	ZOMBIE	MONSTER
SKELETON	VAMPIRE	TREAT	BATS	CANDY
WITCH	BLOOD	PARTY	CAULDRON	COSTUME
GHOST	SPIDER	SPOOKY	COBWEB	HAUNTED

VOLUNTEER VIEW

Volunteer Opportunities

FRONT DESK RECEPTION

This is the focal point of the Madison Senior Center. If you like to know what's going on and when, and have office skills, this may be the spot for you. MUST have computer/phone/office skills and experience. Shifts are 4 hours, weekly and Mon - Fri.

FINANCIAL LITERACY FACILITATOR

Use your extensive knowledge of finance and savings to impart wisdom on seniors looking to learn more about how to manage their money.



GREAT COURSES FACILITATOR

Great Courses at the Senior Center are facilitated by volunteer instructors who break down lectures by professors into lessons that consist of videos, handouts, and enlightening discussion. Turn your love of learning into a great volunteer experience.

MODERATOR/HOST FOR BOOK CLUB

Are you a person of color who is excited about advancing racial equity and social justice? Help MSC pick books, formulate questions, and lead a monthly hour long book club. This new book club will offer different perspectives. A minimum of 5-6 month commitment is required. This is a grassroots program, and it will be dependent on input from the facilitator.

SEWING AND KNITTING

Do you like to help others? Many older adults either don't sew or are no longer physically able to do even basic mending. This would be a new service at the Senior Center, and would include things like sewing on buttons, hemming pants/skirts, replacing zippers, and making alterations. We have three sewing machines, but you could use your own. The plan is to have this be a social experience at the Senior Center, but we will adapt for as needed for the pandemic.



GAMES VOLUNTEER

Bolster older adult socialization by facilitating card games, board games, and strategy games. Learn the rules, teach others, and organize prizes.



EXERCISE FACILITATOR

MSC wants to expand exercise AND fitness classes with new ideas such as cardio drumming, ball cardio and interesting forms of dance. Keep seniors moving and active by encouraging exercise on a weekly basis.

ARTIST OF THE MONTH

We have a wonderful space to display your artwork on the first floor of the Madison Senior Center. Tracking is already in place and we provide hooks and line for hanging. Invite your friends and family to see your work anytime during our hours of 8:30am to 4pm; M-F.



MARKETING & SPECIAL EVENT ASSISTANCE

Have a chance to expand our offerings and participants at the Madison Senior Center by assisting with outreach and marketing efforts. Specifically looking at expanding into diverse areas. Provide assistance in preparing promotional material for events and performing necessary tasks to make sure the event or program goes over as smoothly as possible. This may include contacting potential vendors, speakers or presenters, and assisting in set-up prior to the program's start.

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

FOUNDATION

Madison Senior Center Foundation Amps up Partnership Grants

WHAT DOES THE MSC FOUNDATION DO?

The Madison Senior Center Foundation, a 501 c 3 organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising. The Foundation covers scholarships for any fee-based programs.

Beginning in 2022, the MSC Foundation Partnership Fund Grant was launched, and its purpose is to increase the amount of support given to community non-profits who serve older adults. The intent is to promote successful aging amongst older adults (age 55+) living in the city of Madison. We evaluate successful aging using a framework developed by researchers Rowe & Kahn. Their framework is based on three pillars: maintaining cognitive and physical strength, avoiding disease and disability, and staying engaged with family, friends and the community.

The Foundation plans to periodically offer a competitive grant opportunity, to nonprofit agencies that offer programs, activities, or services that align with MSC's adopted framework for successful aging. Frequency will be determined by the availability of funds. Donations to the MSC Foundation given today will promote healthy aging not only at the Senior Center, but in the entire Madison community.



PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

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

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

Donor Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

In Honor of: _____ In Memory of: _____

In Appreciation of: _____ Other: _____

Send Acknowledgement to (Name and Address): _____


Your donation is tax deductible as allowed by law. Donations are publicly acknowledged. Please indicate if you wish to remain anonymous. For credit card gifts visit: www.cityofmadison.com/senior-center/donate-today.

GROUPS & CLUBS

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Spanish Conversation

WEDNESDAYS, 1:30-3 PM VIRTUAL

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 gflsher@cityofmadison.com. Once you are registered you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. 



Euchre

MONDAYS, 1-2 PM

If you aren't already a euchre player, you don't know what you are missing. It is a fun card game that moves along quickly. On Mondays, join us at the Senior Center to play. Not sure how to play, or feeling a little rusty? No problem, instruction is available.



Wii Bowling

MONDAY – FRIDAY, 12:30-2:30 PM

Gather round for some friendly competition. A great way to get a little exercise and meet other people. This is drop-in. New players welcome!

Nimble Thimbles

DAY & TIME TBD

Sewing seems to be a lost art. It's not taught in the schools any more, and many older men never had the opportunity to learn this life skill. Join our Nimble Thimbles group to meet other sewers, help others with mending, meet new friends, and potentially do a group project. MSC has four sewing machines for the group to use, or you are of course welcome to bring your own. If you want to learn more, contact John Weichelt, (608) 267-2344 or jweichelt@cityofmadison.com.

Coffeehouse Sing-a-long

1ST & 3RD WEDNESDAYS, 10-11 AM

Clear your throats . . . join us for this series event that offers singing, fellowship, and fun! Would you like to sing some folk or traditional songs with your neighbors on a casual basis? Come one, come all, and let's revive the coffeehouse folk music experience! The menu is folk songs from the American tradition, but we can add and expand as the group wishes.

Death Cafe

FRIDAY, OCTOBER 21, 1:30-3 PM



At a Death Café people, often strangers, gather to eat a snack, drink tea or coffee and discuss death. It is a directed discussion of death with no agenda, objectives or themes. It is not a grief support group or a counseling session. Interested? Death Cafés have spread quickly across Europe, North America and Australasia. Since 2011 there have been 13,972 Death Cafés in 81 countries. Please register.

Red Hat Mamas

LAST TUESDAY EVERY MONTH, 11 AM

This is MSC's informal version of the Red Hat Society. We meet once a month for camaraderie at the Madison Senior Center, and we always try to wear red. Most people bring a lunch or register to receive a meal at the congregate meal seat operated by NewBridge. After lunch, we plan an activity or just socialize. In between meetings, we plan get together for birthdays, movies or local events. This free (and fun) group is open to anyone age 55+. You are responsible for your own meal and activity fees when we go out.

Like us on Facebook:
[facebook.com/MadisonWISeniorCenter](https://www.facebook.com/MadisonWISeniorCenter)



HEALTH & FITNESS

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Gentle Yoga

TUESDAYS, 10 - 11 AM

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you. Please register in advance. No fee until fall, but donations are welcome. *R*

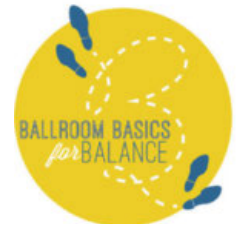


HASFIT Gentle Exercise

The HasFit program is available on YouTube. When our TV is not in use, tune in at your convenience to complete an exercise session. Instructors for the senior sessions focus on strength, flexibility and balance.

Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! This class is for you if you want to get better at moving about your world with more confidence and you want to have fun in the process! No partner or dance experience required. More information, 2023 class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org. *R*



Cardio Dancing for 55+

FRIDAYS 1 - 1:45 PM

Start out the weekend with an energizing cardio class that will get the blood pumping. This class is for you if you can move around freely without assistance, and would enjoy a class that recreates the dance moves to songs you love at an easily modified intensity to fit your comfort range. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! *R*

Healthy Aging & Dental Hygiene

One of the three pillars of Successful Aging (Rowe & Kahn, 1997) is avoiding disease and disability. Researchers know there's a synergic relationship between oral health and overall wellness. Gum disease is linked to a host of illnesses including heart disease, diabetes, respiratory disease, osteoporosis, and rheumatoid arthritis. Consistent dental care and cleanings are as important as we age as they are for young children.



Medicare 101

MONDAY, OCTOBER 10, 10-11 AM

Do you have questions about Medicare? What is it? Who is eligible? Do I need additional coverage? If so, please join John Kreft from Humana to learn all about Medicare. In this educational program, you will learn who is eligible for Medicare, the different enrollment periods, the different Medicare options available and about some helpful resources available. This presentation is open to those new to Medicare as well as those currently covered by Medicare. Please join us and have your questions answered by John Kreft!



Free Blood Pressure Screening

EVERY OTHER TUESDAY, OCTOBER 4 & 18, 11 AM-12 PM

COMMUNITY

eFood: Food Pantry Online Ordering System



PLACE ORDERS OCTOBER 18

The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. Our pick-up day is the 3rd Thursday of each month (October 20). Orders can be picked 10 am - 12 pm.

The ePantry may only be used once a month. Based on household size, families select from a variety of healthy and nutritious food, including fresh produce, meat, dairy, culturally relevant offerings, and special dietary options, such as vegetarian and gluten-free items.

To learn about ordering and eligibility call John at (608) 267-2344.

Help Our Community In Your Own Creative Way!

Do you enjoy sewing, crocheting or knitting? Join our efforts in keeping local community members warm, safe and comforted! As an RSVP (Retired & Senior Volunteer Program) 'Group Projects & Homemaker' volunteer, you can make quilts, mittens, shawls, tote bags, cotton dishcloths, face masks, fidget quilts and other creations that help local families in need. There is an ongoing need for these handcrafted items in Dane County! A pending group is being developed; meetings are likely to be monthly at the Madison Senior Center. Contact Kate Seal, RSVP Group Projects Coordinator at kseal@rsvpdane.org or (608) 310-7280 to inquire about registering and for more details!

NEVER MISS A NEWSLETTER!
Sign up to have our newsletter emailed to you at
www.mycommunityonline.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | **833-287-3502**

When life offers the gift of time...
how will you spend it?

We'll help you every step of the way. **Offering a continuum of care for seniors:**

- > Independent Living
- > Assisted Living
- > Memory Care
- > Rehabilitation

Call 608-663-8600 or email madisonsales@oakparkplace.com
718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison

Concerned about Medicare fraud? Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline: 888-818-2611
www.smpwi.org
 WisconsinSeniorMedicarePatrol

SMP Senior Medicare Patrol
Preventing Medicare 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.

BIENVENIDOS AL CENTRO PARA ADULTOS MAYORES DE LA CIUDAD DE MADISON (MSC)

Estamos muy entusiasmados de contactar a los adultos mayores hispano parlantes en la Ciudad de Madison. No dude en comunicarse con nuestro especialista en Alcance Comunitario, Patricio Ortiz al 608-267-8683 o envíele un correo a: portiz@cityofmadison.com. En el MSC tenemos un compromiso con el desarrollo de la salud y el envejecimiento sano para todos los adultos mayores de la Ciudad de Madison. Nos gustaría mucho contar con su participación en nuestros programas. También contamos con intérpretes en lengua española. **Bienvenidos al Centro para Adultos Mayores de la Ciudad de Madison (MSC).**

Celebración del Mes de la Herencia Hispana

El día sábado 8 de octubre entre las 12 y 4 pm se llevará a cabo una celebración importante **del Mes de la Herencia Hispana** para adultos mayores en el Centro Multicultural Católico (CMC) de Madison (1862 Beld St.) en la zona sur de Madison. Dicha celebración contará con muy buena comida, música, bailes, bingo, karaoke y otras amenidades. Será una celebración muy divertida y entretenida para los adultos mayores y sus familias. No se la pierdan! Para mayor información contactarse con Lilliam al 608-441-3257.



Talleres y celebración de planeación avanzada de cuidados médicos

Los días 14 y 21 de Octubre (entre 10 y 11:30 am) se llevarán acabo en el MSC talleres de información y de práctica sobre este tema. El 29 de octubre (10 am – 2 pm) se llevará a cabo una celebración del *Día de los Muertos* con comida y festejos para usted y familia. Planificar con tiempo, su atención médica, sus finanzas y sus últimos deseos, harán que las cosas sean más fácil para sus seres queridos durante los momentos de duelo, o cuando ellos tengan que tomar decisiones difíciles a nombre suyo. En una colaboración con NewBridge, UW Health, y Dean Health Plan, el MSC ofrecerá estos talleres en los cuales usted aprenderá lo que necesita saber para una planeación avanzada efectiva. Incluyendo la documentación legal del caso. Para registrarse comuníquese con Katia al 608-512-0000 ext. 3009.

Feria de la Salud y de Recursos en el MSC

El Martes 11 de Octubre entre las 9 y las 11:30 am, se llevará a cabo en el Centro de Adultos Mayores de la Ciudad de Madison (MSC), ubicado en el 330 W. Mifflin St., una feria de recursos de salud para adultos mayores que contará con la participación de muchas organizaciones relacionadas con este tema. Las presentaciones en esta feria serán muy variadas y consistirán en talleres sobre ahorrar energía para mantenerse calefaccionado en el invierno, ejercicio físicos saludables, salud del cerebro, la importancia de la sociabilidad, la mantención de la movilidad física y muchos otros temas de interés para la salud de los adultos mayores. Contará con presentaciones de especialistas de la escuela de medicina y salud pública de la UW-Madison, de MGE y otras organizaciones relacionadas con temas médicos. También habrá servicios de evaluación de presión arterial, audición, vista, etc. La entrada es gratis y habrá comida y premios para los participantes.

Se necesitan líderes de programas y actividades en el Centro de Adultos Mayores (MSC)

Si usted o alguien que conozca le gustaría liderar (en español) un programa o actividades en el Centro para Adultos Mayores de la Ciudad de Madison, por favor déjenos saber. Tenemos oportunidades disponibles tanto pagadas como de voluntario. Comuníquese con Patricio llamando al 608-267-8683 ó con John (en inglés) llamando al 608-267-2344.

Madison Senior Center
Foundation, Inc.

330 WEST MIFFLIN STREET
MADISON WI 53703
cityofmadison.com/senior-center

NON PROFIT ORG
PRSR STD
US POSTAGE PAID
PERMIT 1132
MADISON, WI

WELLNESS TALKS

Shingles: What You Should Know

MONDAY, OCTOBER 24, 2022, 12-1 PM

FREE ZOOM WEBINAR (ADVANCED REGISTRATION REQUIRED)

Register at https://mononaterrace.zoom.us/webinar/register/WN_CiTnzETWS3e-RbCYdIK9-Q

We will explore the diagnosis of the painful skin condition known as shingles, its relationship to chickenpox, and the increasing risk of occurrence as we age. Successful treatment depends on early recognition. Prevention—by way of a safe and effective vaccine—is the best way to avoid this nasty condition. Presentation will be followed by ample time for questions and answers.



Jonathan L. Temte, MD/PhD is Associate Dean for Public Health and Community Engagement at the University of Wisconsin School of Medicine and Public Health where he also serves as professor of Family Medicine and Community Health. Dr. Temte served on the U.S. Advisory Committee on Immunization Practices from 2008-2015, becoming the first family physician to serve as chair from 2012 to 2015. He currently chairs the Wisconsin Council on Immunization Practices, is a member of the CDC's Board of Scientific Counselors and is the AAFP representative on the ACIP COVID-19 Vaccine Work Group.

Sponsored by:



Find us on Facebook: [MadisonWISeniorCenter](https://www.facebook.com/MadisonWISeniorCenter)



Follow us on Twitter: [@MadisonSrCenter](https://twitter.com/MadisonSrCenter)