



West Madison SENIOR CENTER

"HELPING OLDER ADULTS STAY INDEPENDENT"

Volume 7, Issue 8

August 2018

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First Impressions Mary Todd Lincoln "Preserve the Union"

Friday, August 10

1:00-2:30 pm

Capital City Church

401 N. Blackhawk Ave.

Parking lot on Eugenia Ave.

RSVP to Candice (608) 238-7368 x 8

Jessica Michna will be portraying Mary Todd Lincoln, "Preserve the Union." Mary recalls her early years and education in Lexington, Kentucky. She tells of her move to Springfield, Illinois, where she would meet and marry young prairie lawyer Abraham Lincoln. Mary introduces the audience to life in Washington, regaling her listeners with stories about her boys, including her biggest boy Mr. Lincoln. In this time of national strife, the Lincolns would suffer personal tragedies, concluding on that fateful day in April of 1865. Refreshments will be served after the program.



We will be closed for Labor Day
Friday, August 31
and Monday, September 3

West Madison Senior Center

5724 Raymond Road, Madison, 53711

Office Hours: Monday-Thursday 9:00 am-3:00 pm

Friday 9:00 am-Noon

Phone: (608) 238-7368 Fax: (608) 238-1260

Email: info@wmseniorcenter.org

www.wmseniorcenter.org

"Like Us" on Facebook: West Madison Senior Center

Thank You to Our Funders:



Donors
Like You!



Deb Temerbekova
Administrative Assistant
debt@wmseniorcenter.org
(608) 238-7368 ext. 1

Mission

Our mission is to help older adults stay independent and active in our community by providing programs, services and resources.

Vision

People of all ages and backgrounds dedicated to building a better community.



West Madison
SENIOR CENTER

Upcoming Board Meeting
Monday, August 27
2:30–4:30 pm
Meadowridge Commons

Your comments are important to us and we invite you to visit our board meetings. Please call the Executive Director at least 24 hours in advance to register your attendance.

Visitors will be asked to sign-in and state your comments, questions, and concerns at the start of the meeting. These issues will then be forwarded to the appropriate committee.

Thanks for your interest in WMSC.

Board of Directors



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joelc@wmseniorcenter.org

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katiek@wmseniorcenter.org

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candicea@wmseniorcenter.org

Rachel Okerstrom
Case Manager
rachelo@wmseniorcenter.org

Maureen Quinlan
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maureenq@wmseniorcenter.org

Tiffany Schafer
Volunteer Coordinator
tiffanys@wmseniorcenter.org

Deb Temerbekova
Administrative Assistant
debt@wmseniorcenter.org

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry or age (where applicable), or any other basis prohibited by applicable law.

Clients, participants, and volunteers are encouraged to report any discrimination relating to service delivery by the Coalition to the Executive Director or Board Chair, in writing.

The "West Madison Senior Center" newsletter is a monthly publication that is mailed free of charge to annual donors. Anyone may pick up an issue at their local library, grocery store, church or neighborhood center. This newsletter contains at least 25% non-advertising. The West Madison Senior Center office is located at 5724 Raymond Road, Madison, WI 53711.

Katie's Comments



Katie K. Gallagher
Executive Director
katiek@wmseniorcenter.org
(608) 238-7368 ext. 9

Merging Forward: Serving Older Adults

The four Madison Senior Coalitions continue to move forward with plans for our merger effective January 1, 2019. One question we continually are asked is, 'How will this merger affect me as an older adult?'

One reason for our merger is we recognize the increasing number of older adults in our community and their expanding needs. We believe the merger will allow us to provide quality services for even more older adults in Madison and Monona.

If you are currently receiving services or participating in our programs or activities, how will this affect you in 2019?

A primary goal of our merger is to maintain the programs and services we currently provide on each side of Madison and Monona.

The services and programs you currently enjoy or depend on will remain local. The four Madison coalitions will maintain their locations in the North, East, South and West sides of Madison.

If you are currently working with a case manager, you will continue to work with that case manager. If you are part of the home chore program, your volunteer will continue to provide you with chore assistance in your home. Weekday meals will continue to be offered at sites throughout Madison and Monona. We will continue to provide the same types of activities, groups and events as we currently do, and we are working to provide more activities for seniors throughout Madison in 2019.

Feel free to contact Katie Gallagher at the West Madison Senior Center if you have any questions. We look forward to serving even more seniors as one agency.

Enjoy the rest of your summer!



2018 Annual Donation Form

Name: _____

Street Address: _____

Telephone: _____

City: _____

Email: _____

State: _____ Zip: _____

How would you like your monthly newsletter?

Printed Copy Emailed Copy

Can we publish your name in our newsletter/website?

Yes No

General Donation:

- I am a new donor
 \$25.00 Individual \$50 Golden Club
 \$35.00 Household \$100 Patron Club

Program Donation: \$ _____ for:

- Case Management
 Nutrition
 Senior Programs
 Home Chore

Donations are tax deductible to the extent of the tax code.
Please mail check to: **West Madison Senior Center (WMSC)**
5724 Raymond Road, Madison, WI 53711

Office Use Only:

Cash or Check Total \$ _____ Check # _____
Donation Letter Mailed _____ Entered into Database _____

Case Management Service

The Case Management Program is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and coordinating supportive services.



Joel Collins
Case Manager
joelc@wmseniorcenter.org
(608) 238-7368 ext. 7



Rachel Okerstrom
Case Manager
rachelo@wmseniorcenter.org
(608) 238-7368 ext. 4



Maureen Quinlan
Case Manager
maureenq@wmseniorcenter.org
(608) 238-7368 ext. 3

New Photo ID for Voting

By the GWAAR Legal Services Team

The 2018 partisan primary is coming up on August 14, 2018. Offices on the ballot include Governor, U.S. Senator, U.S. Representatives, odd-numbered Wisconsin State Senate seats, and all Wisconsin Assembly seats. Now is the time to make sure you have a valid form of identification for voting. Most people already have the right kind of photo ID for voting, such as a driver's license, Wisconsin Department of Transportation (DOT)-issued ID card, a U.S. military ID card, a U.S. passport, a tribal ID card, or a student ID card issued by a Wisconsin accredited university or college. These types of identification are valid for voting if they are unexpired or if they expired after the date of the most recent general election on November 8, 2016.

If you do not have a valid form of identification, and the documents you need to apply for an ID card are not easily available or would cost too much money for you to obtain them, you can use the voter ID petition process. This petition process is available for applicants unable to provide proof of name and date of birth, United States citizenship, identity, or other required documentation. The process is free and will allow you to obtain a receipt that you can use to vote while you obtain the remaining documents.

You should go to your local DMV office to apply for your photo ID receipt. If they are available, you should bring:

- Proof of your name and date of birth (such as your birth certificate);
- Proof of your identity (such as a Social Security card, Medicaid card, Medicare card, etc.)
- Proof of Wisconsin residency (such as a utility bill, government mail, lease, etc.);

- Proof of U.S. Citizenship (such as your U.S. birth certificate or citizenship paperwork); and
- Social Security Number.

Remember that if you already have an unexpired **Wisconsin driver's license or identification card, or if you have a Wisconsin driver's license or identification card** that has expired since November 8, 2016, you already have valid identification for voting.

Please note that there is no separate "voter ID" card. If you are unsure whether your identification meets the requirements, you should visit the Wisconsin Elections Commission website at <http://elections.wi.gov/> to check. The Wisconsin Elections Commission also has information on its website about voter eligibility, poll locations, voter registration information or other election information. If you have questions about how to obtain identification for voting, you can call the Department of Motor Vehicles (DMV) Voter ID hotline at 844-588-1069.

Note: The West Madison DMV Service Center at the Hill Farms Office Building moved from 4802 Sheboygan Avenue to 8417 Excelsior Drive.

August Outreach

A WMSC Case Manager will be available at the following location. Please stop by and say hello or come with questions:

Lussier Community Education Center
55 S. Gammon Rd.
Friday, August 17
11:30 am-12:30 pm

Volunteer Programs & Services



Tiffany Schafer
Volunteer Coordinator
tiffanys@wmseniorcenter.org
608-238-7368 ext. 2

Volunteer Opportunities

Home Chore Volunteers

Help an older adult with limited means remain in the comfort of his/her home or apartment by helping them with minor home tasks. A few hours of your time each month develops a friendship while helping with tasks that have become too difficult. Areas of help often include: vacuuming, dusting, cleaning kitchen and bath floors, or organizing items. *Contact Tiffany if you are interested.*

Be a friendly visitor to an older adult and help ease the isolation of a senior in our Home Chore Program. Periodic visits can offer positive and rewarding social interactions for the senior and the volunteer. *Contact Tiffany if you are interested.*

Newsletter Mailing Volunteers

Tab, label, and bundle our monthly newsletters for mailing. Day of the week varies but it happens towards the end of the month from 10:30-11:30 am at the Good Shepherd Church for June, July and August. *Contact Tiffany if you are interested.*

"Volunteers do not necessarily have the time; they just have the heart."
- Elizabeth Andrew

Volunteer Spotlight

As a token of our appreciation for our outstanding volunteers, we host a spotlight each month to share their contributions. This month we are highlighting 2018 Brat Fest Volunteers



18 volunteers representing West Madison Senior Center raised **\$316** for the agency!!

These volunteers donated **39.5** volunteer hours @ \$8.00 per hour.

Volunteers wrapped brats and grilled brats.

134,528 brats sold over the 4 day fest.

The four day fest was held over Memorial Day weekend, May 25-28 on Willow Island, next to the Alliant Energy Center.

Thank you
to our 2018
Brat Fest
volunteers!!

Senior Activities



Candice Martin
Program Manager
candicea@wmseiorcenter.org
(608) 238-7368 ext. 8

The Senior Activities are designed to provide opportunities for learning, socializing, and involvement throughout the community. Please note the location of the activity.

TO ALL OF OUR COLLABORATING ORGANIZATIONS- THANK YOU!



Alicia Ashman,
Sequoia, Meadowridge
Libraries



Beth Israel Center



Activities at Local Libraries



Movies will be shown at the Alicia Ashman Library
733 N. High Point Rd.
Wednesdays, 1:30-3:30 pm.
Snacks will be served.

Thank You BrightStar Care
for your 2018 movie program sponsorship.



Beirut
Wednesday
August 8
1:30-3:30 pm



The Leisure Seeker
Wednesday
August 15
1:30-3:30 pm



Chappaquiddick
Wednesday
August 22
1:30-3:30 pm



Finding Your Feet
Wednesday
August 29
1:30-3:30 pm



MADISON
PUBLIC
LIBRARY

Get Smart About
Smart Phones

Tuesday, August 7
6:30-7:30 pm
Alicia Ashman Library

Don't let smart phones outsmart you!
Are you considering getting a smart phone,
but don't know where to start?
Do you have questions about how to use your
own phone? Join tech and gadget expert
Dave Friedman as he explains some
ins and outs of your phone,
or helps you decide about getting a new phone.
He'll provide some tips and tricks,
and you can come with questions for him, too.

Registration required, call 608-824-1780



Alicia Ashman Library

Friday Night Mix Up

Friday, August 3 and 10, 6:30-8:30 pm
There is something for everyone as we combine
Friday Night Coloring with Friday Game Night.
You can enjoy your favorite games, relax with adult
coloring, work on a puzzle and/or try a new craft
on the First and Second Friday of the month!

Read to a Dog

Thursday, August 23, 4:00-5:30 pm
Bring a favorite book (or find one at the library!)
And read aloud to a furry friend. Time slots
available on a first come, first served basis.

Activities at Bethany United Church 3910 Mineral Point Rd.



Stretch + Strengthen Yoga

Room 312 Chapel
Tuesdays, 9:00-10:00 am
Thursdays beginning Sept. 13
9:00-10:00 am

On the corner of Larkin and Mineral Point Rd. This is an accessible building with an elevator, plenty of parking, classes are held on the 3rd floor Chapel Room (312)

Align, stretch and strengthen your body, mind, and spirit. Build balance and flexibility with an intelligent exercise system that will help you

become more resilient to life's everyday stresses.

We will focus on your unique strengths and limitations to create a practice that is playful, peaceful, and may include poetry!

There will be a drop-in fee of \$15.

And or purchase a 10 class pass at \$130.00 [discount of \$2] Use the 10 passes anytime within 6 months. Sliding scale always available.

Flow Chair Yoga

Wednesdays, Noon-1:00 pm
This class has a \$10 drop in fee

Activities at Dale Heights Church 5501 University Ave.

West Side Warblers Sing Along

1st & 3rd Tuesdays
August 7 & 21
6:00 pm Name That Tune
6:30-7:30 pm Sing Along

We offer a wide variety of your favorite songs, with Robert Auerbach on piano and Patricia Stone on accordion. Afterward we provide snacks, and an opportunity to mingle with congenial folks. We hope

you'll add your voice to our group of joyful, enthusiastic singers, and by all means bring a friend.



Activities at Capital City Church 401 N Blackhawk Ave. Parking lot on Eugenia Ave.



Foot Care Clinic

WMSC and SSM Health at Home (formally Home Health United) provide foot care for \$22.

Call 238-7368 to make an appointment.
Wednesday, August 8, 1:00-2:45 pm
2nd Wednesday of the month
Thursday, August 16, 9:00-10:45 am
3rd Thursday of the month

Activities at St. Andrew's Episcopal Church 1833 Regent St.



Exercise Classes

Mondays
8:40-9:40 am
9:50-10:50 am (chair)
Wednesdays
8:40-9:40 am

Monday and Wednesday Exercise Classes have moved from Capital City Church to St. Andrew's Episcopal Church. The church has an elevator for easy access to the classroom. Street parking. Please note the time change and the lower pricing for classes and drop in rate.

Mondays and Wednesdays, 8:40-9:40 am class is focused on aerobic activity, strength, balance, and flexibility. Mondays, 9:50-10:50 am class is focused on strength, balance, and flexibility and is less intense with most exercises being chair based. The cost of the class is \$20 for a month, \$18 for 6 classes, or \$4 for drop-in. Please pay and direct questions to Instructor Rebecca Otte-Ford.

Foot Care Clinics

West Madison Senior Center and SSM Health at Home (formally Home Health United) provide foot care for \$22.

Call 238-7368 to make an appointment.

Capital City Church, 401 N. Blackhawk Ave.
Wednesday, August 8, 1-2:45 pm
(2nd Wednesday of the month)

Mt. Olive Lutheran Church, 110 N. Whitney Way
Tuesday, August 21, 9:30-11:15 am
(3rd Tuesday of the month)

Capital City Church, 401 N. Blackhawk Ave.
Thursday, August 16, 9-10:45 am
(3rd Thursday of the month)

Our Lady Queen of Peace, 401 Mineral Pt. Rd.
Monday, August 27, 9:30-11:45 am
(4th Monday of the month)

Activities at Lussier Community Edu. Center, 55 S. Gammon Rd.

Nutritious Lunch

Fridays at Noon

Meal, bus reservations, and cancellations should be made by calling 238-7368 ext. 8 by Noon the preceding business day.

Food From Friends

Fridays from 11:30 am-12:30 pm

Every week Food from Friends offers fresh breads, produce, and an assortment of other perishables too. Individuals and families may help themselves to what they need as often as they wish.

League of Women Voters

Friday, August 3

11:30 am-12:30 pm

See page 10 for more information.

Activities in Meadowood

Meadowood Nbhd. Center, 5740 Raymond Rd.
Meadowridge Commons, 5734 Raymond Rd.
Meadowridge Library, 5726 Raymond Rd

Nutritious Lunch

Tuesdays, Wednesdays, Thursdays at Noon
Moved to Good Shepherd Church June, July, Aug.
Meal, bus reservations, and cancellations should
be made by calling 238-7368 ext. 8
by Noon the preceding business day.



Madison Missions

Middle school students with Madison
Missions will be volunteering at our
Thursday Noon Meal on August 2



Cribbage

Wednesdays, 10:30 am-Noon
Thursdays, 10:30 am-Noon
& 12:45-1:30 pm
Good Shepherd Church



Ping Pong

Saturdays
2:00-4:00 pm
Meadowood Nbhd. Center
Enjoy a fun game of ping pong!



Blood Pressure Check

Wednesdays
11:00 am-1:00 pm
Meadowridge Library
Health Worker Sheray Wallace



Food Pantry for Seniors

Thursdays
10:30 am-1:00 pm
Meadowood Nbhd. Center

Open Computer Lab

Mondays 9:00 am-1:45 pm
Tuesdays, Wednesdays, Thursdays, Fridays
9:00 am-2:30 pm
Meadowood Neighborhood Center



Register to Vote

August 1 and 2, Good Shepherd Church
August 3, Lussier Community Edu. Ctr.
11:30 am-12:30 pm

Justine Malinski with the League of Women Voters
will be on hand to help anyone who needs to
update voting information or register to vote.
Please bring a WI driver's license or WI ID (if you
have either one). The address on the driver's
license does not have to be correct, Justine can
update it. If you don't have a driver's license or ID
and want to register you should bring proof of
residence (utility bill, pay check, bank statement,
any gov't document with your name and address
on it. If you want to get a DL/ID, Justine can help
you with that as well.

Falls and Balance Screening Tips to Keep You on Your Feet

Thursday, September 13
Meadowridge Commons
11:15 am-12:00 pm

Friday, September 14
Lussier Community Edu. Ctr.
11:15 am-12:00 pm

Join Dr. Sarah Stineman, physical therapist and
orthopedic specialist, to learn about reducing your
falls risk. Falls are the number one cause of
injury-related deaths in Wisconsin and 1 in 4 older
adults fall each year. This session will discuss
potential risk factors for falling and what you can
do to reduce your risk. You will learn about the
importance of activity, building strength and home
modifications that can help keep you on your feet.



Activities at Attic Angel
8301 Old Sauk Rd.
Check In at Front Reception Desk



Welcome to the new joint programming with Attic Angel and West Madison Senior Center. The classes listed below repeat every week. To register, call Adam Alexander at 608-662-8804 or email at adam.alexander@atticangel.org. Please let Adam know you heard about these classes from West Madison Senior Center. If it is your first time taking a wellness class, you will need to sign a waiver which is available at the Attic Angel front reception desk. You may attend and try out your first class for free.

Exercise Class Fees:

\$5 per class: Brain Fitness, Chair Exercise, Kickboxing, Meditation & Relaxation, Walking Group.

\$10 per class: Fit Circuit, Strength Circuit, Balance, Qi Gong (seated Tai Chi), Tai Chi—Advanced.

\$60 per class: Personal Training, by appointment only, 45 minute personal session.

\$60 monthly class pass: This payment would allow you to attend the same class all month.

\$100 monthly ALL class pass: This payment would allow you to attend all classes each month with the exception of the Personal Training class.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00 am Fit Circuit in Wellness Room 11:45 am Meditation Relaxation in Quiet Room 1:15 pm Strength Circuit in PT Gym 2:30 pm Chair Exercise in Wellness Room 3:15 pm Fit Circuit in Wellness Room 4:00 pm Balance in Wellness Room	8:30 am Personal Training in Wellness Room- <i>Appt. only</i> 9:30 am Exercise in Wellness Room 10:30 am Tai Chi-Advanced in Wellness Room 3:15 pm Brain Fitness in Wellness Room	9:00 am Fit Circuit in Wellness Room 10:30 am Balance in Wellness Room 11:00 am Personal Training in Wellness Room- <i>Appt. only</i> 2:15 pm Strength Circuit in PT Gym 3:15 pm Fit Circuit in Wellness Room 4:15 pm Chair Exercise in Wellness Room	8:30 am Personal Training in Wellness Room- <i>Appt. only</i> 9:30 am Exercise in Wellness Room 10:30 am Brain Fitness in Wellness Room 1:15 pm Qi Gong in Quiet Room 4:00 pm Balance in Wellness Room	8:30 am Personal Training in Wellness Room- <i>Appt. only</i> 9:15 am Tai Chi in Wellness Room 10:00 am Personal Training in Wellness Room- <i>Appt. only</i> 1:15 pm Strength Circuit in PT Gym 2:30 pm Kickboxing in Wellness Room 3:15 pm Fit Circuit in Wellness Room

Free Entertainment

Attic Angel in the Community Room

Summer Concert with Jim Kellerman

Tuesday, August 14 at 6:30 pm

Jim's shows consist of everyone's favorites from America's Golden Age

Piano Recital

Sunday, August 19 at 2:00 pm

Judy Ferrari's students will be wearing costumes and playing duets

Free Presentations

Attic Angel outside of the Community Room

Aegis Therapies Presentation

Monday, August 6 at 3:30 pm

Community Issues Speaker

DAIS (Domestic Abuse Intervention Services)

Wednesday, August 8 at 10:30 am

Staff from DAIS will discuss their organization and the issue of domestic abuse in the Madison Area

Author Andy Davis Free Seminar A "Fulfilling Aging Plan"

Tuesday, October 9

10:30 am-12:00 pm at Attic Angel

8301 Old Sauk Rd., Middleton in Community Room

(This program was scheduled for Wednesday, September 26 at Alicia Ashman Library. This is the rescheduled date and location.)



Refreshments will be served. Registration until October 5, (608) 238-7368 x 8.

Aging is inevitable. How we deal with it is not. Aging is a journey we all take, yet it often seems that we all take this journey as a solo venture.

A 'Fulfilling Aging Plan' is based on visionary change within your life. It is designed to keep you in control

whenever and wherever possible. It is designed to help you create an individualized plan so that you can identify and design the 'what', 'whys' and 'hows' so that you live your full life in a meaningful way.

Done properly your 'Fulfilling Aging Plan' should reduce or eliminate social isolation, improve your welfare, and help you identify and build your support networks so you lead a more active, healthy and happy life consistent with your values and goals.

Andy Davis is Chair of the Board of Trustees of the Madison Youth Performing Arts Foundation, founder of the Pretos Leadership Institute, an author and lecturer. His latest book I Ain't Dead Yet, A Fulfilling Aging Plan is set to go to print this year. It looks at how retirement affects individuals and their families, and takes that beyond just the financial repercussions.

Don't miss this great seminar!



Local Resources

Alzheimer's & Dementia Alliance of WI Monthly Family Education Programs

The programs offer information about topics related to caring for people living with Alzheimer's disease or other dementia. All programs are free and no registration is required. ADAW is pleased to host these programs in partnership with Middleton Public Library and Hawthorne Public Library.

2018 Family Education Program Schedule:

Is it Time for Facility Care?

Monday, August 13, 5:30-7:00 pm
Hawthorne Public Library, 2707 E. Washington Ave
Review factors to consider when making a decision to move to facility care.

Resources and Support at Each Stage

Monday, September 10, 5:30-7:00 pm
Middleton Public Library, 7425 Hubbard Ave
Understand memory loss, cognitive impairment and dementias, what to do if concerned and resources and supports available.

Agrace Support Groups

In August, Agrace will offer two grief support groups at the Agrace Grief Support Center, 2906 Marketplace Drive, Fitchburg. There is no cost for these groups for people whose family member had hospice care in the past 12 months. Fees can be lowered or waived for others, if needed.

Bridges Grief Support Group

This support group is for adults. No pre-registration is needed. Meets Wednesdays, alternating by week between morning and evening sessions. Contact Jody at (608) 327-7118 or visit agrace.org/griefgroups to confirm dates and times.

Family Grief Support Program

This support group is for families with children aged 5 to 18. Meets every other Tuesday, from 5:30 pm to 7:00 pm; dinner is included. Pre-registration is required. For details, call Jessie at (608) 327-7135 or visit agrace.org/griefgroups.

2018 Triad Senior Safety Programs

Triad of Wisconsin and RSVP of Dane County's **16th Triad Crime Prevention and Safety Conference & Expo**

Friday, September 28, 8:00 am-3:00 pm
American Family Insurance Training Center
6000 American Parkway, Madison, 53783

\$25 by August 15, \$35 after August 15
Includes continental breakfast, breaks and lunch.
Contact Mary Stamstad at 608-441-7897 or
mstamstad@rsvpdane.org, or triadofwisconsin.org

"Keys to a Safer Life" - *Learning how to keep ourselves and those we care about safe.*

Trudy Gregorie, Executive Director of the National Adult Protective Services Association. (NAPSA) will be the keynote. She is a member of the National Triad Association Board.

Seniors, law enforcement, fire and emergency medical service workers, human service personnel and the general public are invited to attend this important conference.

Workshops will include: Issues in Nursing Homes and Senior Facilities, Scams and Frauds, Hoarding, **Peer Bulling, Opioid's Growing Problem, Dementia** Issues for Law Enforcement, Dementia Friendly and Memory Café Programs, Problems of Loneliness

"SAFER, SMARTER SENIORS:
Become a Partner in Prevention"



West Madison
SENIOR CENTER

Local Resources

Dane County Cultural Diversity Program

Did you know Dane County has a cultural diversity program for seniors? The goal is to reduce isolation for African American and Latinx seniors. Programs center around socialization and building a sense of community. All African American and Latinx senior adults who reside in Dane County are welcome. This program is hosted by the North/Eastside Senior Coalition. Call 608-243-5252 for more information. Limited transportation available.

Latinx Cultural Diversity Events



Rodrigo Valdivia
Cultural Diversity Program Specialist
rvaldivia@nescoinc.org
243-5252 ext. 203. *Yo Hablo Española*

Latinx Monthly Discussion Group

MSCR Pontoon Boats and Picnic
Thursday, August 16, 9:30 am-3:00 pm
Tenney Park, 1501 Sherman Ave.

Instead of our regular evening discussion group this month, we will be taking advantage of the summer and going out for a nice morning ride on the MSCR pontoon boats from 9:30 am-12:30 pm. Afterwards, we will have a picnic at the Tenney Park Shelter until 3:00 pm. \$5 to participate, space is limited. Call Rodrigo at (608) 800-1316 for more information.

Latinx Diabetes Group

Wednesday, August 22, 5:45-8:00 pm
Madison Senior Center, 330 W. Mifflin St.

Topic: Support group for those living with or caring for someone with diabetes. Learn tips and connect with others about effective methods for managing your diabetes. This month, Aracely Portillo of UW-Extension will be coming by to give us our fourth and final talk of the year regarding healthy nutrition habits and accessible exercises for all skill levels.

Support Group at Good Shepherd Church

Thursday, August 30, 11:30 am-2:00 pm
5701 Raymond Rd.

Topic: Join us for lunch and conversation. Call Rodrigo at (608) 800-1316 to see if you qualify or would like to join.

African American Cultural Diversity Events



Pam Bracey
Cultural Diversity Program Specialist
pbracey@nescoinc.org
243-5252 ext. 205

Monthly Discussion Group

Wednesday, August 8, 10:00 am-Noon

Burr Oaks Community Room, 2417 Cypress Way

Caregiver's: why is it important that you matter? Do you know about the resources available to you as a caregiver? Come for more information. Bring your questions.

Monthly Diabetes Support Group

Thursday, August 23, 2:00-4:00 pm

Burr Oaks Community Room, 2417 Cypress

Walgreens will be joining us to present on "Skin Care" This is very important for those with diabetes because the skin will go through so many changes with this disease. Jean from MSCR will also be available for folks needing help with walking sticks and exercising.



Come Together Party



Tuesday, August 28
4:00-6:00 pm

Warner Park Comm. Rec. Center
1625 Northport Drive


\$2.00 Fee with Door Prize Entry Included
Pre-registration required.

Call Pam, Rodrigo or Ruth at 243-5252
Entertainment, Door Prizes, Dinner

An event to bring together 125 of our program participants for a night of entertainment, food, and learning about one another's cultures.

One goal of our cultural diversity programs is to reduce isolation by identifying barriers that prevent diverse older adults from accessing community services and assist in removing these obstacles.

Are you a Male Caregiver caring for someone with Alzheimer's or Dementia? Take a coffee break with us.



**1ST MONDAYS | 10 AM – 11 AM
STARTING AUGUST 6TH, 2018**

**KAVANAUGH'S ESQUIRE CLUB
1025 N Sherman Ave. Madison**

**Cost: the cost of a cup of coffee from
the Esquire Club**

RSVP REQUIRED. PLEASE CONTACT EITHER OF THE FOLLOWING:



Joy Schmidt
Dementia Care Specialist
ADRC of Dane County
608-240-7400



Bonnie Nuttkinson
Program Coordinator
Alzheimer's Association
608-203-8500

Nutrition Program



Candice Martin
Program Manager
candicea@wmseiorcenter.org
(608) 238-7368 ext. 8



Bob Burns
Nutrition Coordinator
Tuesday-Friday Nutrition Sites

Nutritious lunch meals are offered at three locations on the west side, Monday-Friday. The meal is well balanced and **appealing for seniors who don't enjoy cooking or eating alone.** Meals and transportation require a reservation.

If you are age 60 and older, the suggested minimum donation is \$4.00. Transportation is available with a suggested donation of \$1.00. *Please give what you can afford.*
If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$9.73.

Where:	When:	How to Reserve:
Meadowridge Commons 5734 Raymond Road Good Shepherd Lutheran Church 5701 Raymond Rd. Jun., Jul., Aug.	Tuesday Noon, Wednesday Noon, Thursday Noon	Meal, bus reservations, and cancellations should be made by calling 238-7368 x 8 by Noon the preceding (business) day.
Lechayim at Beth Israel Center 1406 Mound Street	Monday Noon January-May September-December	Meal, bus reservations, and cancellations should be made by calling 442-4081 by 2:00 pm the preceding Wednesday.
Lussier Community Ed. Center 55 S. Gammon Road	Friday Noon	Meal, bus reservations, and cancellations should be made by calling 238-7368 x 8 by Noon the preceding (business) day.

Activities at Good Shepherd 5701 Raymond Rd.

Blood Pressure Checks
Wednesdays, August 1, 8, 15, 22
11:30 am-12:00 pm

BINGO with Prizes
Thursday, August 30
at Meadowridge Commons
11:30 am-12:00 pm

League of Women Voters
August 1 and 2 at Good Shepherd Church
11:30 am-12:30 pm
See page 10 for more information

Meals at Good Shepherd Lutheran Church will be moving back to the Meadowridge Commons beginning Tuesday, August 28

Meals will be served Tuesdays, Wednesdays, Thursdays at Noon at Good Shepherd Lutheran Church, 5701 Raymond Road for the months of June, July and August. Roundtrip lunch transportation services are still available for a suggested donation of \$1.00 for residents living in the west side service area. Reservation information listed above.

August Menu

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Funded by: Senior Dining</p>  <p>Fellowship, Food & Fun</p>	<p>1 Good Shepherd BBQ Chicken Sweet Potatoes Dinner Roll Mixed Salad Fruit, Dessert VO: Veggie Burger</p>	<p>2 Good Shepherd Meat Loaf, Mashed Potatoes and Gravy Corn, Roll Fruit, Dessert VO: Chickpea, Mushroom Curry, Steamed Rice</p>	<p>3 Lussier Pulled Pork on Bun Baked Beans Mixed Salad Fruit, Dessert VO: 3 Bean Stew, Polenta</p>
<p>7 Good Shepherd Grilled Chicken Thighs Baked Potato Mixed Salad, Dinner Roll Fruit, Dessert Salad: Tuna Salad VO: Veggie Bean Stew, Rice</p>	<p>8 Good Shepherd Bag Lunch Good Shepherd Room</p>	<p>9 Good Shepherd Beef & Bean Enchilada Casserole Green Beans Mixed Salad Fruit, Dessert VO: Bean & Cheese Enchilada</p>	<p>10 Lussier Baked Fish with Lemon Roasted Carrots Roll Mixed Salad Fruit, Dessert VO: Spaghetti w/Mushroom & Spinach</p>
<p>14 Good Shepherd Sausage Mac & Cheese Sweet Peas Mixed Salad Fruit, Dessert Salad: BLT Cobb VO: Baked Mac & Cheese</p>	<p>15 Good Shepherd Roasted Chicken Brown Rice Sautéed Zucchini Mixed Salad Fruit, Dessert VO: Baked Tofu</p>	<p>16 Good Shepherd Cheeseburger with Lettuce & Tomato Potato Salad Mixed Salad Fruit, Dessert VO: Veggie Burgers</p>	<p>17 Lussier Pork Ribs Baked Beans Mixed Veggies Bread Fruit, Dessert VO: 3 Bean & Mushrm Chili</p>
<p>21 Good Shepherd Chicken & Broccoli Alfredo, Corn Mixed Salad Garlic Bread Fruit, Dessert Salad: Chef VO: Tofu Alfredo</p>	<p>22 Good Shepherd Brat on a Bun Chopped Onions Sauerkraut Baked Beans Fruit, Dessert VO: Veggie Burger</p>	<p>23 Good Shepherd Chicken Teriyaki with Stir Fry Veggies Brown Rice Carrots Fruit, Dessert VO: Tofu Teriyaki</p>	<p>24 Lussier Quiche Lorraine Sweet Potato Mash Mixed Salad Fruit Dessert VO: Spinach & Mushroom Quiche</p>
<p>28 Meadowridge Chicken & Sausage Jambalaya, Peas Mixed Salad Fruit, Dessert Salad: Chicken Caesar VO: Bean & Mushroom Jambalaya</p>	<p>29 Lussier Baked Fish with Lemon Baked Potato Cole Slaw Bread Fruit, Dessert VO: Baked Tofu</p>	<p>30 Meadowridge Sweet and Sour Chicken Steamed Rice Mixed Veggies Salad Fruit, Dessert VO: Chickpea, Mushroom Curry, Steamed Rice</p>	<p>31 Lussier CLOSED NO LUNCH</p>

Calendar of Events

MONDAY	TUESDAY	WEDNESDAY
<p>Joint Activities with Attic Angel and West Madison Senior Center are listed on page 11. The programs listed repeat every week.</p>		<p>1 8:30-9:30 am Exercise @ SAEC 10:30 am-12:00 pm Cribbage @ GSC 11:30 am-12:00 pm Blood Pressure @ GSC 11:30 am-12:30 pm League of Women Voters @ GSC 12:00 pm Lunch @ GSC 12:00-1:00 pm Chair Yoga @ BUC</p>
<p>6 8:30-9:30 am Exercise @ SAEC 9:45-10:45 am Chair Exercise @ SAEC 3:30 pm Aegis Therapies Presentation @ AA</p>	<p>7 9:00-10:00 am Stretch + Strengthen Yoga @ BUC 12:00 pm Lunch @ GSC 6:30-7:30 pm West Side Warblers Sing Along @ DHC</p>	<p>8 8:30-9:30 am Exercise @ SAEC 10:30 am Community Issues Speaker DAIS @ AA 10:30 am-12:00 pm Cribbage @ GSC 11:30 am-12:00 pm Blood Pressure @ GSC 12:00 pm Lunch in Good Shepherd Rm 12:00-1:00 pm Chair Yoga @ BUC 1:00-2:45 pm Foot Clinic @ CCC 1:30-3:30 pm Movie @ AAL</p>
<p>13 8:30-9:30 am Exercise @ SAEC 9:45-10:45 am Chair Exercise @ SAEC</p>	<p>14 9:00-10:00 am Stretch + Strengthen Yoga @ BUC 12:00 pm Lunch @ GSC 6:30 pm Summer Concert with Jim Kellerman @ AA</p>	<p>15 8:30-9:30 am Exercise @ SAEC 10:30 am-12:00 pm Cribbage @ GSC 11:30 am-12:00 pm Blood Pressure @ GSC 12:00 pm Lunch @ GSC 12:00-1:00 pm Chair Yoga @ BUC 1:30-3:30 pm Movie @ AAL</p>
<p>20 8:30-9:30 am Exercise @ SAEC 9:45-10:45 am Chair Exercise @ SAEC</p>	<p>21 9:00-10:00 am Stretch + Strengthen Yoga @ BUC 9:30-11:15 am Foot Clinic @ MOC 12:00 pm Lunch @ GSC 6:30-7:30 pm West Side Warblers Sing Along @ DHC</p>	<p>22 8:30-9:30 am Exercise @ SAEC 10:30 am-12:00 pm Cribbage @ GSC 11:30 am-12:00 pm Blood Pressure @ GSC 12:00 pm Lunch @ GSC 12:00-1:00 pm Chair Yoga @ BUC 1:30-3:30 pm Movie @ AAL</p>
<p>27 8:30-9:30 am Exercise @ SAEC 9:45-10:45 am Chair Exercise @ SAEC 9:30-11:45 am Foot Clinic @ OLQP</p>	<p>28 9:00-10:00 am Stretch + Strengthen Yoga @ BUC 12:00 pm Lunch @ MRC</p>	<p>29 8:30-9:30 am Exercise @ SAEC 10:30 am-12:00 pm Cribbage @ LCEC 12:00 pm Lunch @ LCEC 12:00-1:00 pm Chair Yoga @ BUC 1:30-3:30 pm Movie @ AAL</p>

THURSDAY	FRIDAY
<p>2 10:30 am-12:00 pm Cribbage @ GSC 10:30 am-12:00 pm Madison Missions Volunteers @ GSC 11:30 am-12:30 pm League of Women Voters @ GSC 12:00 pm Lunch @ GSC 12:45-1:30 pm Cribbage @ GSC</p>	<p>3 11:30 am-12:30 pm League of Women Voters @ LCEC 12:00 pm Lunch @ LCEC</p> <p>4 SATURDAY 2:00-4:00 pm Ping Pong @ MNC</p>
<p>9 10:30 am-12:00 pm Cribbage @ GSC 12:00 pm Lunch @ GSC 12:45-1:30 pm Cribbage @ GSC</p>	<p>10 12:00 pm Lunch @ LCEC</p> <p>11 SATURDAY 2:00-4:00 pm Ping Pong @ MNC</p>
<p>16 9:00-10:45 am Foot Clinic @ CCC 10:30 am-12:00 pm Cribbage @ GSC 12:00 pm Lunch @ GSC 12:45-1:30 pm Cribbage @ GSC</p>	<p>17 11:30 am-12:30 pm Case Manager Outreach @ LCEC 12:00 pm Lunch @ LCEC</p> <p>18 SATURDAY 2:00-4:00 pm Ping Pong @ MNC</p>
<p>23 10:30 am-12:00 pm Cribbage @ GSC 12:00 pm Lunch @ GSC 12:45-1:30 pm Cribbage @ GSC</p>	<p>24 12:00 pm Lunch @ LCEC</p> <p>25 SATURDAY 2:00-4:00 pm Ping Pong @ MNC</p>
<p>30 10:30 am-12:00 pm Cribbage @ MRC 11:30 am-12:00 pm BINGO @ MRC 12:00 pm Lunch @ MRC 12:45-1:30 pm Cribbage @ MRC</p>	<p>31 Closed for Labor Day</p>

WMSC provides a broad range of opportunities for learning, socializing, volunteer work and involvement throughout the community. Contact Candice at 238-7368 x 8 candicea@wmseniorcenter.org

- AA** = Attic Angel
8301 Old Sauk Rd.
- AAL** = Alicia Ashman Library
733 N. High Point Rd.
- BIC** = Beth Israel Center
1406 Mound St.
- BUC** = Bethany United Church
3910 Mineral Point Rd.
- CCC** = Capital City Church
401 N. Blackhawk Ave.
Parking lot on Eugenia Ave.
- DHC** = Dale Height's Church
5501 University Ave.
- GSC** = Good Shepherd Lutheran Church, 5701 Raymond Rd.
- LCEC** = Lussier Community Edu. Center, 55 S. Gammon Rd.
- MRL** = Meadowridge Library
5726 Raymond Rd
- MRC** = Meadowridge Commons
5734 Raymond Rd
- MNC** = Meadowood Nbhd. Center
5740 Raymond Rd.
- MOC** = Mount Olive Church
110 N. Whitney Way
- OLQP** = Our Lady Queen of Peace Church, 401 S. Owen Dr.
- SAEC** = St. Andrew's Episcopal Church, 1833 Regent St.



West Madison Senior Center Office
 5724 Raymond Road
 Madison, WI 53711

West Madison
 SENIOR CENTER

RETURN SERVICE REQUESTED



Have you remembered West Madison Senior Center in your will?

The West Madison Senior Center (WMSC) is a non-profit organization helping older adults stay independent since 1975. We provide programs and services to anyone 60 years or older on Madison's west side. We provide Case Management, Nutrition, Volunteer Home Chore, and Senior Activities. Our office is located at 5724 Raymond Road, Madison.

Resource Telephone Numbers		
AARP	(866) 448-3611	Independent Living 274-7900
Access to Independence	242-8484	LGBT Senior Alliance 255-8582
ADRC Aging and Disability Resource Cntr.	240-7400	Lussier Community Education Center 833-4979
Affordable Housing Resource Line	(855) 510-2323	Madison Public Health 266-4821
Age Advantage Older Workers	242-4914	Madison School & Community Rec 204-3000
Agrace Hospice	276-4660	Madison Senior Center 266-6581
Alzheimer's & Dementia Alliance	232-3400	Meals on Wheels (lunch) 276-7598
Alzheimer's Association	203-8502	Meals on Wheels (evening) 204-0923
American Parkinson Disease Assoc.	229-7628	Mental Health Crisis Line 280-2600
Area Agency on Aging of Dane County	261-9930	Metro Paratransit Reservations 266-4466
Catholic Multicultural Center	661-3512	National Alliance on Mental Illness 249-7188
Care Wisconsin	240-0020	North/Eastside Senior Coalition 243-5252
Centro Hispano	255-3018	Project Home 246-3737
Coalition of Wisconsin Aging Groups	224-0606	RSVP Driver Escort Program 238-7787
Dane County SOS Senior Council	256-7626	SAIL/Sense of Security (SOS) 230-4321
Dane City Veteran's Service Office	266-4158	St. Mary's Golden Care 258-5995
Domestic Abuse Intervention Service	251-4445	Social Security Administration (866) 770-2262
East Madison/Monona Coalition	223-3100	Services to Elderly Persons (STEP) 242-7400
Elder Abuse & Neglect Helpline	261-9933	South Madison Coalition of Elderly 251-8405
Home Health United/VNS	242-1516	Tenant Resource Center 257-0006
		United Way 2-1-1 2-1-1
		West Madison Senior Center Office 238-7368