

Trends & Traditions

January 2021

Madison Senior Center

Featured Events	1
General Information/New & Noteworthy	2
Messages from the Municipal Agent	3
Financial Resources	4
General Information/Ongoing Activities	5
General Information & Ongoing Activities.....	6
Virtual Events.....	8
Things to do at Home	9
Back Pages	10

FEATURED EVENTS

HAPPINESS CLUB

We could all use more happiness in our lives these days, join us when Founder and Facilitator of the Madison Happiness Club, Tina Garrity, will be sharing her insights on Happiness and living a positive life, especially during these turbulent times. Tina founded the monthly club in 2003, which has been extremely successful in promoting positive solutions to live a more fulfilling and happier life. Hope you can join Tina on the zoom presentation.

Registration required. **Friday January 15th at 1pm**

FREE

DODGE DIABETES

Dodge Diabetes is based on the Center for Disease Control & Prevention's Prevent T2, a successful, evidence-based lifestyle change program. Prevent T2 is part of the National Diabetes prevention Program. The next section of this class, taught by a certified diabetes educator, begins Jan. 26th.

- A total of 26 classes will be held throughout the year on Tuesdays from 3:30 to 4:30 p.m. Classes will be held virtually via Zoom with a potential for in-person meetings in the VNA's Guilford Wellness Center and Hamden Program Room once it is deemed safe to do so.
- For the first four months, the class meets every week, then every other week, and then once a month during the last half of the year. This class is ideal for anyone with prediabetes who needs support and education to make healthy food choices, add physical activity into their day, cope with stress, and overcome barriers to stay on track.

The cost of this program to participants is \$85 for the full 12-month program. To learn more about this program, you may call the Help line at 866.474.5230. To register for the Dodge Diabetes class, visit vnacommunityhealthcare.org/calendar

ZUMBA GOLD WITH CASSIE MORRISON

Zumba Gold is perfect for the active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Join Cassie Morrison on Zoom from your own home, come ready to sweat, and prepare to leave empowered and feeling strong. Classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! For your safety we ask you wear sneakers and clothes you can move in! **(6 classes). Thursdays, Jan.21st - Feb. 25th 5:45 - 6:30pm.**

Fee: MM\$51 | NMM\$61

BALANCE & STRENGTH TRAINING

Join Michelle from Join Effort for a 30 minute Balance and Strength Training Zoom class. *Balance and Strength Class Description:* Low-impact moderate intensity workout consisting of balance exercises and strength exercises. The intervals are 30 seconds of work and 15 seconds of rest totaling about 25 minutes, followed by a stretching cool down to finish. As time goes on, the exercises will get increasingly harder and more challenging to maximize both a person's balance and strength. (6-week class) **Tuesdays starting January 19th at 1pm**

Fee: MM\$36 | NMM\$46

Free Demo class on Tuesday, Jan. 12th at 1pm

GENERAL INFORMATION/NEW & NOTEWORTHY

MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

HOURS: Mon.-Wed. 8:30-4pm

Thurs.: 8:30 - 6; Fri.: 8:30 - 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins
Wendy Oberg

Members Dale Kach
Lori Murphy
Jim Ryan
Roselyn Fahey
Chris Abbott

The Senior Commission meets on the second Thursday of the month. The next meeting will be Jan. 14th, 2021 at 5:30pm, to get the Zoom link go to:

<https://www.madisonct.org/Calendar.aspx?EID=4266&month=9&year=2020&day=4&calType=0>

SENIOR CENTER STAFF

Dir. of Senior ServicesAustin Hall
Asst. DirectorHeather Noblin
Program CoordinatorEllie Gillespie
Receptionist.....Ari Potter
ChefKevin Wolfe
ServerAmy Butler
Server.....Laurie Bragg
Bus Driver:Helen Sneider
Bus Driver:Dennis Marron
Bus DriverTom Lufsey
Facility Attendant.....Steve Radley

FROM THE DIRECTOR

Happy New Year! January 1st is a date that brings about change. Everyone resolves to get fit and eat healthy on January 1st. Everyone resolves to read more books or to try something new on January 1st. Everyone resolves to be a better person on January 1st. I can whole heartedly recommend that you resolve to get involved in Senior Center activities and programs. The team at the Senior Center is ready to help you stick to your resolution and guide you on the way to becoming a better version of yourself. If you haven't taken a Zoom class by now, what are you waiting for? Seeing different people and being a part of a community of your peers can help get you up and going and get you through the winter months and beyond. Give something new a try this year, you won't regret it.

Here's to a happy, healthy and safe 2021!

Austin

STAMP OUT STROKE A PREVENTION PROGRAM

Join Rachel Forman, MD, as she discusses how to prevent strokes through a community service organization called *Stamp Out Stroke*. *Stamp Out Stroke* is affiliated with the Yale stroke department. They are a group of physicians, medical students, and nurses whose mission is to educate the New Haven and surrounding communities about stroke. Many people are unaware of the risk factors for stroke and that most strokes are preventable. This Zoom lecture will review stroke risk factors, how to recognize warning signs, and the importance of receiving prompt care. There will be a brief Q&A session following the lecture. **Registration required.**

Wednesday, January 13th at 1pm FREE

MESSAGES FROM THE MUNICIPAL AGENT

DO YOU HAVE AN EMAIL ADDRESS & ARE ONE OF HEATHER'S CLIENTS?

Please email her so that she has your address on file at noblinh@madisonct.org

BE ON THE LOOKOUT

Please be on the lookout for the 2020 income tax documents. You may need these whether you are planning to file income taxes or not. Be sure to save them. New benefit letters for Social Security are usually mailed in the middle of December. Be sure to keep these as well. This will act as your current proof of income.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application Intake has begun! Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for ALL members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required.

Monthly Income: Single: \$3,137.08 Couple: \$4,102.34

SNAP PROGRAM (FORMERLY FOOD STAMPS)

A DSS program that helps offset food expenses. Money is given monthly to eligible participants, on an EBT debit card to use at local grocery stores. An asset limit of \$3,500 may apply to those households whose income is over 185% of the Federal Poverty Level. If your income is under this limit, there is no asset limit. For additional information and a checklist of documents require for the application, please contact Heather. Monthly Max. Income: Single: \$1,968, Couple: \$2,658.

MEDICARE SAVINGS PROGRAM

Helps to pay the monthly Medicare Part B premiums. Depending on income level this program may also lower co-pays for prescriptions to between \$3.30 and \$8.80 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. Monthly Income Guidelines: Single: \$2,617.44 & Couple: \$3,535.02

THE FOOD PANTRY

Madison Community Services operates a food pantry for those residents who need a little extra help and food support. The Food Pantry is located at 50 Mungertown Rd, Madison, CT and is open on Wednesdays from 11am to 3pm. Due to COVID, to use the pantry you must register for a time. This can be done via their website www.madisoncommunityservices.org/food-pantry or via phone at (203) 245-3031. Proof of residency is required. For those unable to drive to the pantry, arrangements can be made for a delivery. Please contact Heather Noblin for more information.

MEMBERSHIP FEE ASSISTANCE PROGRAM

Membership Fees are due January 1st annually and are good for a year. If you are a Madison Resident and cannot afford the annual membership fee of \$15. The Madison Senior Center will waive the annual fee for those folks who qualified under the following programs Energy Assistance, CT Tax Relief, or CT Renters Rebate Program. Please contact Heather Noblin for assistance.

FINANCIAL RESOURCES

Eversource- (800)286-2000

Due to the COVID-19 pandemic, two new programs have been developed by the Utility Companies to provide additional assistance.

Matching Payment Program Phase 2 “Lite” (new)

MPP Phase 2 “Lite” is a new program offered to eligible low-income, heating customers who would have otherwise been eligible to enroll in MPP during the normal Program year (Nov – May) but did not. Starting in July, customers only need to make four (4) payments of \$75 (total \$300) to be eligible to receive a “match,” down to a zero balance on their electric bill. Payments must be made by the end of the Phase 2 “Lite” program which is October 31. (CEAP is not a requirement for Phase 2 “Lite”) MPP Phase 2 “Lite” (available now through Oct 31) is a completely separate program from the normal MPP which is year-round (Nov-Oct). Instead this will be for customers *who did not* participate in the MPP this program year but would have otherwise been eligible.

Below Budget Worksheets during Phase 2 (for regular MPP)

Customers who enrolled on MPP during normal Phase 1 program (Nov – May 1) have the ability to lower their MPP total monthly payment amount. This will only be available to lower **existing** MPP total monthly payment amounts up through October 31, 2020. The minimum total monthly is \$75, but the budget is calculated based on income vs. expenses. To access either program or for more information regarding how these programs might assist you, please contact Heather Noblin.

Internet Service:

According to Comcast, they are taking the following steps to assist people for the next 60-days:

- “Xfinity WiFi Free For Everyone”: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free, including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots, then launch a browser.
- “No Disconnects or Late Fees”: Comcast states it will not disconnect a customer’s internet service or assess late fees if they are unable to contact them. Contact Comcast’s Care Team to make a flexible payment arrangement.
- “Internet Essentials Free to New Customers”: Comcast states that low-income families who live in a Comcast service area can sign-up for “Internet Essentials”. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for a nominal monthly fee.

More Help

Unemployment:

If you become unemployed due to COVID-19 you should apply for unemployment benefits. Please visit www.ctdol.state.ct.us or contact (860) 263-6000 with any questions.

If you have an existing healthcare appointment, or think you need to see your doctor, please call them first to see if your appointment can be conducted over a smartphone with video capability or any device using video technology, like a tablet or a laptop. For some appointments, a simple check-in over the phone without video capabilities may suffice.

FINANCIAL HELP WITH YOUR PETS

Are you or someone you know having difficulty buying food or caring for your beloved companions? With the virus making people ill and the drops in people’s incomes changing lives, some folks are unable to support their animal families.

No one should have to surrender their animals. This is a tragedy, AND there’s help out there! Here is an article that lists numerous resources, national and state wide: www.dogingtonpost.com/need-help-with-vet-bills-or-pet-food-there-are-resources-available

This website also has lots of resources, some for specific diseases and some national resources. www.keepyourpet.com/vet-care-assistance..

GENERAL INFORMATION/ONGOING ACTIVITIES

ZOOM 101

From the comfort of your own home, Zoom meetings are a fun way to engage with others socially, learn new things, and take a class. All you need is a computer with a webcam and microphone, a tablet, or a smartphone and an internet connection. You could even join the class with a regular telephone to hear the audio portion.

If you would like to learn about this new way of connecting, interacting and learning, join Ellie Gillespie as she walks you through the basics of joining a Zoom meeting. You will also receive a zoom user guide to help you remember the ins and outs. **Call Ellie to set up a one-on-one meeting** **FREE**

Zoom info is sent to all registrants prior to the class.

ZOOM PRACTICE & SOCIAL HOUR

Join us for Zoom sessions twice a month to practice your newly acquired Zooming skills. We will explore and practice the chat features, icons and have fun zooming with each other. Registration Required

Monday, January 4th & 25th at 1:30 FREE

SNOWY & ICY WEATHER

When inclement weather arises, the Madison Senior Center will post **closing information on your local NBC, CBS, ABC News channels**. This will potentially effect **Meals on Wheels** and **Drive Through Lunches**. If you would like further information regarding the status of individual programs, transportation or the Center, please call (203) 245-5627.

THE TREMBLE CLEFS *For Our Parkinson's Disease Community*

The OC Tremble Clefs is a California based singing program conducted via Zoom. It establishes singing groups with these primary benefits: focus is on utilizing good breathing practice, louder voice volume and wider pitch range; thus addressing some of the most serious voice symptoms found in people with Parkinson's. One of the typical characteristics is a soft, breathy voice. Other symptoms may include slurring and monotone. People with Parkinson Disease also may suffer from slowness of movement and therefore reduced activity and sometimes social isolation. Participation in a Tremble Clefs singing program can help overcome these problems through breathing, stretching and posture activities, vocal exercise, rhythm and movement, and a strong social support system. The benefits are enjoyed by those both with and without previous singing experience. These rehearsals are done via Zoom, and will continue after the pandemic has abated. There are no requirements for this group except an INTEREST! You don't have to have a great voice to join or even any previous musical experience. They do a variety of music - everything from Broadway to country, pop to traditional! Caregivers and families are invited to take part in rehearsals and performances. ***If you are interested in this program call the Madison Senior Center for more information.***

THE MARITIME AQUARIUM

Something fun to do on those cold winter days. The Maritime Aquarium at Norwalk, will be streaming some of their most popular educational programs each week! Students, families and individuals are welcome to take part in these live-streaming virtual programs. All programs require advance reservations to receive the needed link. .

<https://www.maritimeaquarium.org/virtual-programs>

GENERAL INFORMATION & ONGOING ACTIVITIES

LEGAL ASSISTANCE

Erin Duques is an estate planning, elder law, and special needs planning attorney, practicing in the Madison office of the law firm of Czepiga, Daly, Pope & Perri. Sessions are intended to provide seniors an opportunity to ask and get information regarding general legal questions. The attorney cannot provide specific legal advice during this limited session and a formal attorney-client relationship is not established. Call the Senior Center to schedule an appointment on: **Friday, January 15th at 9-10am**

FINANCIAL COUNSELING FOR SENIORS

Madison Financial Planning will be offering general advice on financial matters for seniors on subjects such as reverse mortgages, retirement planning, credit card debt, debt consolidation, and estate planning. These **phone** appointments will be scheduled in 15-minute increments twice a month on Thursdays **by appointment only, at 9:15-10:15am Thurs., Jan. 14th & 28th FREE**

“SAFETY CHECK LIST”

Are you concerned for your safety in the event of emergency or weather event? In the days following an emergency/weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call (203) 245-5627.

DIAL-A-RIDE

Mondays: 8am - 4pm; Wednesdays: 8am - 4pm ; Fridays: from 8am - 2pm (203) 245-5695 or (203) 245-5627
Due to the pandemic our transportation is not running, please check with the Center for updates.

MEALS-ON-WHEELS

The Meals on Wheels program is ongoing. For more information regarding the Meals on Wheels Program, please call (203)245-5627. Leave a message with your name and contact information. Meals on Wheels call the Madison Senior Center at (203) 245-5627 and someone will get back to you as soon as possible. Space is limited. A doctor's note is required to be eligible to receive meals. Have your doctor fax the note to: (203) 318-0670

HANDICAPPED PARKING PERMIT

APPLICATION Permit applications are available in the Senior Center office.

ASK THE NURSE IS NOW ON ZOOM!

VNA Nurse will take your Zoom appointment on the 2nd and 4th Tuesdays of the month, where she can review your medications, help you to create a medication list, help you prepare for an appointment with your doctor. To schedule an appointment please call the Senior Center, we will give then give the appointment information to the VNA and they will send you a Zoom link. Not sure about Zoom? Join the Zoom 101 class (p. 5). **Tuesday, Jan. 12th & 26th at 12:30pm**

GROCERY STORES

Grocery stores will be open from 6am to 7:30 am only for customers over the age of 60 who the CDC and local health officials say are the most vulnerable. There are many grocery stores offering delivery services.

INSTACART - www.instacart.com - requires subscription and internet access. The Instacart Senior Support Line is new and reachable at 1 (844) 981-3433, daily from 8 am. - 11 pm. ET. For more information, you can visit www.instacart.com/help. **PEAPOD** - www.peapod.com -requires subscription and internet access.

SHOPRITE - www.shoprite.com Requires subscription and internet access. Accepts SNAP EBT Card.

EXERCISE CLASSES, ACTIVITIES & GROUPS

SENIOR'S IN MOTION

Join Patty Velleca on Zoom, see your Senior Center friends and get moving again! All you need is a computer, a tablet or a smartphone and an internet connection, you can do this! Call us if you have any questions and we can walk you through it. Seated and standing exercise to increase muscle tone, joint flexibility, and cardiovascular strength. *Zoom info is sent to all registrants prior to the class.* **Wednesday, Jan. 6th - 27th at 10:30am Fee: MM\$34 | NMM\$44**

CHAIR YOGA WITH PATTY

A gentle form of yoga that is practiced sitting on a chair intermingled with a bit of mindfulness and meditation. **Thurs., Jan. 7th - 28th at 1-2pm Fee: MM\$34 | NMM\$44**

MEDITATION, MINDFULNESS, MOVEMENT

Tai Chi and Yoga instructor, Kim Langley, has created a class from her knowledge and experience, to share with you. Meditation and Mindfulness practices and techniques, as well as a full body stretch and toning segment in each class. Breathing exercises and balance exercises will also be shared. Class can be done in a chair, or standing and will be delivered via Zoom. **Min.: 5 students (4 classes) Fridays, Jan. 8th - 29th at 11am. Fee: MM\$40 | NMM\$50**

VNA ZOOM BOOTCAMP

For those who need to increase muscle strength and improve flexibility, enjoy live Zoom classes. Register by calling the Senior Center and you will be added to the list to receive weekly emails with the Zoom information to connect to that week's class with instructor, Sue Adnani. (12 weeks)

Begins Wed., Jan. 13th at 5:30pm Fee: \$23

A JOURNEY THROUGH AMERICA'S PAST -*An Interactive Series Of Seminars About The History Of The United States*

America's story is related in a series of hour-long seminars on the key events, as well as the people whose life, work, and achievements shaped the destiny of this country. In the storyteller's style, he brings to life historical events as part and parcel of a complex tapestry originated in the past, but which continues to be woven in contemporary times.

If you are new to Zoom, please feel free to reach out to us and we will help you learn it. *Zoom info is sent to all registrants prior to the class.*

Thursdays, Jan. 7th - 28th 10:30-11:30am FREE

TAI CHI

Suzanne Hanley is offering Tai Chi via Zoom. T'ai Ch'uan is a gentle way to nourish body, mind, and spirit. The slow movements can improve health, vitality, balance, and concentration. All the things we need right now. If you would like to learn to use Zoom, try our Zoom 101 class or contact us, we can help! **Min. 5 students (5 classes) Tues., Jan. 26th - Feb. 23rd at 10:30am Fee: MM\$48 | NMM\$58**

JOINT EFFORT - GUIDED EXERCISE

Joint Effort is an exercise concept for seniors with locations on the shoreline, that guides their clients to improved strength, balance, posture, stamina and overall functionality in a fun, safe and effective manner!

For more information call **Joint Effort** at (203) 458-6683 or email JointEffortexercise@gmail.com. They are located at 300 Village Walk, in Guilford

CAREGIVERS' SUPPORT GROUP

During this time of social distancing, we have launched a virtual caregiver support group. If you are on the journey of caring for an ill or aging loved one and looking for support - particularly during this challenging time of being homebound - join us online **Wednesdays at 2 p.m.** <http://connecticuthomecare.org/our-care-programs/family-caregiver-resources>.

VIRTUAL EVENTS

THE EIGHTEEN MOVEMENTS VIDEO PRACTICE

For those who have been coming to the Senior Center and participating in the online [Eighteen Movements Qi Gong](#) class in the library, click on the above link.

CRIBBAGE ONLINE

Here are some sites where you can play cribbage, some solo some with friends

[CribbageClassic.com](#) • [ecribbage.com](#) • [Cribbagepro.net](#) • [Kingscribbageonline.com](#)

MAHJONGG IN THE TIME OF COVID

Trying to find the things we love to do, while staying safe at home is more important than ever before right now.

[RealMahJongg.com](#) is American MahJongg and you can do a 14 day free trial and if you want to stick with it, it is \$5.99/month after that. [MyJongg.net](#) is free but seems not quite as robust as RealMahJongg, but you could try them both and see which one you like best.

PLAY HAND & FOOT ONLINE

The classic competitive multi-card deck game where players create books while trying to burn through their two decks - [The Hand and The Foot](#). Able to support 2-8 players. Players may compete individually, or divide into even numbers of competing teams. If you need more instructions read the comments, they are very helpful! And it's FREE

LEARN TO KNIT

What a great time to learn to knit! Check out this link and there are many others if you don't like this one.

<https://sheepandstitch.com/how-to-knit>

MADISON SENIOR CENTER BOOK CLUB

The Madison Senior Center Book Club is adapting to the COVID pandemic and is shifting in-person meetings to email reviews. If you are interested call the Senior Center and we will forward your contact information to Barbara Zekala, who is overseeing the Book Club. She will contact you with the details of how to participate. The upcoming books to discuss are:

December 22: The Thorn Birds • **January 26:** A Town Called Alice • **February 23:** The Tuscan Child

March 23: The Henna Artist • **April 26:** Disappearing Earth

THE NIMBLE THIMBLE GROUP

Cynthia Barker, an experienced needlepoint teacher is running a needlepoint group! Join the group, share the projects you've been working on and chat with your friends as you "point" away!

Never been on Zoom? All you need is a computer, a tablet or a smartphone and an internet connection. Still nervous?

Call the Senior Center, we can help you become a Zoom Master! **Alternate Mondays, 1:30pm FREE PLEASE**

REGISTER

THINGS TO DO AT HOME

LEARN TO RECOGNIZE MISINFORMATION ON THE INTERNET

As seniors, we are vulnerable to misinformation online even under normal circumstances. But the pandemic has made the problem especially pressing. We are more susceptible to the virus, making discerning reliable health information vitally important now.

Media Wise for Seniors

In this online self-paced course, Christiane Amanpour and Joan Lunden will help you improve your media literacy. You'll learn tools and techniques for fact-checking what you see on the internet so you can protect yourself against misinformation. All course material will be available Oct. 1, 2020.

www.poynter.org/shop/self-directed-course/mediawise-for-seniors-hands-on-lessons-on-separating-fact-and-fiction-online.

VIRTUAL MUSEUM TOURS

Arts and Culture Google

Google Arts & Culture is a non-profit initiative. They work with cultural institutions and artists around the world. Together, their mission is to preserve and bring the world's art and culture online so it's accessible to anyone, anywhere. And here's a link to the [New Britain Museum of American Art digital collection](https://www.google.com/culturalinstitute/).

Cabin Fever? Tour Yellowstone National Park

<https://www.travelandleisure.com/trip-ideas/national-parks/best-yellowstone-national-park-webcams>

KEEP YOUR MIND & BODY PERFORMING AT THEIR BEST

Physical activity is an important part of healthy aging. Check out these articles, which were previously housed on the Go4Life exercise and physical activity website, to learn the latest on how exercise and physical activity can help you stay healthy as you age. Find tips on how to fit exercise into your daily life safely and get motivated to get moving! Check out this website from the National Institute on Aging for safe recommended exercise to keep you performing at your peak ability. <http://www.nia.nih.gov/health/exercise-physical-activity>

TECH SAVVY SENIORS

TECH SAVVY SENIORS is a service offered by Nick Koobatian, a high school student and Madison resident who came to the Senior Center and assist seniors one on one with their devices. He has now adapted this service to keep seniors safe and taken his considerable knowledge to the internet.

If you have an issue you would like to work on one on one with Nick, you can do that by contacting Nick at nick@tech-savvy-seniors.org.

BLOGS FOR YOU

The Joy of Aging Gracefully: <http://thejoyofaginggracefully.com> Antonia Albany is an author of the book *Golden Grace: Embracing the Richness of Our Later Years* and writes for Senior Planet.

Elderchicks: <https://elderchicks.wordpress.com> A great blog geared toward one of the fastest growing US populations; senior women in their retirement years. Read hilarious and relatable stories or leave a story of your own to share with this community of elderly women.

The Upside To Aging: <https://theupsideaging.com> The Upside to Aging is a blog for caregivers run by Molly Wisniewski, who has been a dementia caregiver for over 10 years. She brings a positive and optimistic side to caregiving while acknowledging the frustrations felt by many dementia caregivers. Complete with caregiving tips, stress management techniques, and dementia caregiving news, The Upside to Aging is a great place for caregivers to find community.

Senior Planet: <https://seniorplanet.org> Senior Planet is a blog that "celebrates aging by sharing information and resources that support aging with attitude, and helps people who were born long before the digital revolution to stay engaged and active by bringing a digital-technology focus to a range of topics." At Senior Planet, no topic is off limits. With topics ranging from news, health, sex, dating, and art, to senior fashion, travel, and entertainment, the site strives to engage seniors and encourage an active lifestyle through age.

BACK PAGES

MSC CAFÉ DRIVE-THRU LUNCH

January 21st at 12pm

Madison Resident Sign-up: Mon. Jan 4th

Non Res. Sign-up: Wed. Jan. 6th

Fee: \$4