

Third Annual Families Like Mine Conference for Relative Caregivers of Children

One-day Virtual Conference, Monday, July 19, 2021, 8 am-5 pm

Families Like Mine is a free statewide conference for relative caregivers who are caring for children both through the child welfare system and informally. This all-day workshop event will feature a keynote speaker, workshop presentations, and a virtual resource fair. This year we will be using a new virtual platform that will allow participants to connect with other relative caregivers in discussion groups and speak to vendors providing resources for relative caregiving families. Our workshop sessions will include:

- Mental Health and Youth
- Trauma-Informed Care
- Overview of the Life of a Case
- Parenting your Grandchild and Child
- Guardianship Information
- School Advocacy for Relative Caregivers

<https://2021flmconference.eventbrite.com>

Any questions? Contact info@coalitionforfcyf.org or call 414 475-1246

The first 150 registrants will receive a free copy of the *Kinship Parenting Toolbox*. Copies of the book will be mailed by the end of July.



Got 5 minutes?

Make Your Voice Count!

Dane County is looking for your thoughts and ideas that will help improve programs and services for residents as you age. Your responses will help develop a plan for 2022-2024 that will guide our work & funding of existing and needed programs. Please take this survey before July 31st:

https://www.surveymonkey.com/r/DCAging_2022_2024



Make Your Voice Count!



2021 Senior Advocacy Training

Presented by the Area Agency on Aging of Dane County's Legislative/Advocacy Committee

Tuesdays, 27 July and 3 & 10 August 2021, 9am-Noon, Online Via Zoom, Free

- Meet with Federal, State, and County elected officials
- Understand County level legislative & budget processes
- Learn effective advocacy leadership skills

Register by 7/19/21 to aaa@countyofdane.com



Resources and Support

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Don't miss *The Commentator*



Check out *The Commentator* on Charter Channel 983 or TDS Channel 13 or 1013. Pat features events and programs happening at the Colonial Club. Check the Star or www.ksun.tv for times and to view over 100 archived programs; catch up on Colonial Club events you've missed.

If you would like to have a personal history interview for the *Living History* program contact Laura at 608-837-4611 to set up an interview.

Copies of the online survey are available in the main office and can be returned to the Case Management department when completed.

Generations Online

As Covid19 tragically forces many of us into isolation, we can at least enjoy virtual togetherness. *Easy Tablet Help for Seniors* is a free app to guide you on using FaceTime, Zoom or Skype, texting, taking photos and email with large type, simple on-screen instructions. Go to www.gol4apple.org or wwwgol4android.org for simple instructions.



Information

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Trips



HAPPY TIMES TOURS & EXPERIENCES

The Center is excited to offer Extended trips and Daycations with this new company. Kris Hoff, owner of the company and the Center have worked together previously. The trip informational sheets are available at the Center. All reservations are made directly with Happy Times Tours & Experiences at 414-867-2727. Make sure to mention that you saw the trip information through The DeForest Area Community and Senior Center. Check out their website at www.happytimestours.com



Center is using Automated Phone Calls



The Center continues to use a feature through our data base, My Senior. We are able to send automated calls for reminders or invitations! Please note our phone number will not be displayed, it will have a 617 area code (Massachusetts). This is a simple and effective way to get a message out.

Library Home Service Program



Dane County Library Service's Outreach program supplies books to anyone living in Dane County who has an ongoing physical condition that prevents them from coming to the library. The large print and audio books are sent postage free through the mail and may be returned the same way. To learn more about this free service, contact Outreach Librarian Mary Driscoll

at 266-4419 or driscoll@dcls.info

- Wild on Minnesota**-August 9-13
- Hit the Rhode (Rhode Island)**-August 14-21
- Everyone Loves Lucy (Jamestown, NY)**-August 23-27
- Chicago and Movies in Prison**-August 28
- West Virginia...Almost Heaven**-September 11-16
- The P's of Pennsylvania**-September 11-17
- Washington D.C. Veterans Tribute**-September 15-21
- Chicago Movies & Props**-September 18
- Niagara Falls**-September 20-24
- Kick A\$\$ Kansas**-September 20-24
- 48th Annual Warrens Cranberry Festival**-September 25
- Top Secret Fall Mystery**-September 27-30
- Fall at Foxwoods (Mashantucket, CT)**-October 3-9
- The Colors of Coeur d'Alene, ID**-October 10-15
- Very Vermont**-October 10-17
- Louisville & Southern Indiana's Boos & Booze**-October 10-17
- The Shores of the Chesapeake Bay**-October 16-22
- Grand Hotel Somewhere in Time Event & Season**-October 29-November 1
- Pioneer Woman & Magnolia Market**-November 1-7
- Christmas in Branson**,- November 12-16
- Catfish Moon**-November 14
- Christmas at the Creation Museum, Ark & Clifton Mills**-November 30-December 4

Fitchburg Senior Center Newsletter July 2021

2021 Senior Farmers' Market Vouchers

The Area Agency on Aging (AAA) of Dane County offers vouchers to seniors for use in purchasing \$25 worth of fruits, vegetables or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2021 season (June through October). Vouchers will be distributed on a first come/first serve basis to Dane County residents age 60 or older who have gross incomes under \$23,828 per year (\$1,986/month) for a one-person household, or \$32,227 (\$2,686/month) for a two-person household. Only one set of vouchers will be distributed per household.

Past participants will receive an application in the mail along with instructions for this year's program. For those who have never participated in the program and wish to apply, contact AAA Dietitian Shannon Gabriel at 261-5678. Vouchers will be distributed to approved applicants via USPS. If you have questions, you can also call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.



What's Going On In Your Community?

The Fitchburg Festival of Speed! An all-day festival taking place July 10. This bike race is FREE and open to the public with a Kids Zone that is family friendly! Visit the website for times and details: <http://fitchburgfestivalofspeed.com>

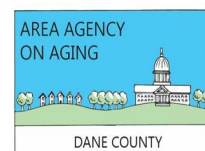
Concerts at McKee—Eddie Butts Band

Monday, July 19 from 6:00—9:00 p.m.

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https://www.surveymonkey.com/r/DCaging_2022_2024



COMMUNITY SERVICES & SUPPORT

Mindfulness & Dementia Care Support Group

2ND TUESDAY OF EACH MONTH, 6 PM

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

Lewy Body Dementia Support Group

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

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

Alzheimer's & Dementia Support Groups

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

ADULT CHILD CAREGIVER SUPPORT GROUP

♥ 1st & 3rd Wednesday • 6:30 pm

DANE COUNTY CAREGIVER SUPPORT GROUP

♥ Weekly on Thursdays • 1-2:30 pm

YOUNG-ONSET CAREGIVER SUPPORT GROUP

♥ 1st & 3rd Mondays • 6:30 pm

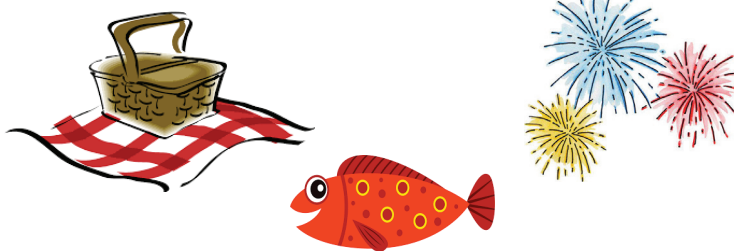
NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their service areas are listed below. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. The Madison Senior Center collaborates with NewBridge to make even more programs and services available throughout the community: Bridge Buddies - Friendly Callers, Case Management, Diversity & Inclusion Activities, Face Mask Delivery, Food Bridge Delivery, Foot Clinics, Home Chore Program – Outdoor Only, Loan Closet, Representative Payee & Guardianship Service and Zoom Classes & Activities.

Word Search

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

- | | | |
|-----------|-----------|-----------|
| Biking | Fish | Picnics |
| Blue | Fourth | Red |
| Boating | Ice Cream | Reopening |
| Fair | July | Summer |
| Fireworks | Lakes | White |



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Please take this survey before July 31st!

McFarland Senior Outreach Services
McFarland Municipal Center
5915 Milwaukee St.
P.O. Box 110
McFarland, WI 53558

July 2021



Contact Senior Outreach
if you would like this newsletter
by email, at no cost.
senior.outreach@mcfarland.wi.us

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Check for McFarland Senior
Outreach updates at:
mcfarland.wi.us/senioroutreach



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Lupus Support Group For Women of Color

3rd Monday each month 6-7:30pm CST

Join a POSITIVE group of women supporting each other through the lupus journey.

<https://zoom.us/j/97391205163>

SAVE THE 2021 DATES:

July 19, August 16

September 20, October 18

November 15, December 20

We Make Medicare Uplifting
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Dane County News

The Senior Center partners with Dane County to provide services to older adults.

These articles from Dane County do apply to Seniors in our area, so please read them!

Monthly MIPPA Moment: Preventive Services Re-minder

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

One of the most popular Holidays is Independence Day, or the Fourth of July! This holiday is about the United States gaining our independence from England. Unfortunately, it can also be associated with gaining unwanted weight by over-indulging in festive barbeque celebrations loaded with calories, saturated fats, cholesterol and sodium.

If you become concerned, Medicare Part B (Medical Insurance) covers "obesity screenings" and behavioral therapy and counseling if you have a body mass index (BMI) of 30 or more. Medicare covers that counseling if your primary care doctor or other qualified provider gives the counseling in a primary care setting (like a doctor's office), where they can coordinate your personalized prevention plan with your other care. You pay nothing for this service if your primary care doctor or other qualified primary care practitioner accepts Medicare assignment.

Remember: focus on your overall positive well-being by practicing healthy behaviors, regardless of your weight or BMI. Be aware that Medicare preventive services can help!

Adapted from <https://www.medicare.gov/coverage/obesity-behavioral-therapy>.

For more information on MIPPA Programs, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.

FREE Virtual "Welcome to Medicare" Seminar

What you need to know about enrolling in Medicare!

Saturday, July 17, 9:00 - 11:30 AM via Zoom

If you are turning age 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans?

Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all of these complex questions?

Sign up to attend the following **Free Welcome to Medicare Seminar**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs.

Email aaa@countyofdane.com by July 8 to register.

Got 5 minutes?

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Waunakee Senior Center Newsletter July 2021

Make Your Voice Count

The Area Agency on Aging of Dane County is looking for your thoughts and ideas that will help improve programs and services for the residents of Dane County as they age. Your participation in a small focus group will help develop a plan that will guide programs and funding over the next three years.

Please call Waunakee Senior Center if you are willing to participate in this small focus group scheduled to meet Thursday, July 15th from 10 to 11 a.m. in the Waunakee Senior Center Board Room.

We ask participants pre-register by calling 849-8385 no later than Friday, July 9. Each participant will receive a \$10 Kwik Trip gift card for your time and participation.

** There is limited space available for this small focus group, however, should this fill to capacity we plan to offer a second opportunity for the remaining interested participants. This will be scheduled on Thursday, July 22 from 10 – 11 a.m.*

For those of you unable to participate in the focus group, please help us by completing a survey during the month of July by visiting:

https://www.surveymonkey.com/r/DCAging_2022_2024



Curbside Senior Picnic ~ Sponsored by the Rotary Club of Waunakee

Wednesday, July 14
11:30 a.m. - Noon

The Waunakee Rotary Club returns with another FREE Curbside Senior Citizen Summer Picnic!

Curbside pick up is available at the Waunakee Senior Center parking lot. Menu includes delicious brats hot off the grill ~ complete with picnic style side dishes and a tasty dessert!

Follow the signs and the flow of vehicles - your picnic meal will be delivered to your vehicle by one of the many Rotary Club volunteers.

Please call 849-8385 no later than 2pm Tuesday, July 6th to make your reservation as advanced reservation for this meal is required.

Waunakee nursing homes and assisted living facilities may call and order group delivery.

Like Us on Facebook!



<https://www.facebook.com/waunakeeseniorcenter>

COMMUNITY OUTREACH

FREE Virtual Welcome to Medicare Seminar

WHAT YOU NEED TO KNOW ABOUT ENROLLING IN MEDICARE!

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Saturday, July 17, 2021, 9-11:30 am

Via Zoom

Email aaa@countyofdane.com to register by July 8, 2021

Internet & Phone Helpline

The Public Service Commission of Wisconsin (PSC) has a number you can call to discuss service options and learn about discounts: (608) 267-3595

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



Day of Reflection

#MadisonDaneDaysofReflection

#2021DaysofReflection



AN INVITATION. On Friday, June 18th through Friday June 25th, we invite you to take some time to pause, remember and reflect on our collective trauma. The past 15 months have been like none other in recorded human history. They have taken their toll in ways we have yet to truly acknowledge, articulate and sometimes even allow ourselves to feel. None of us has been untouched by the twin pandemics of COVID-19 and widespread systemic injustice and violence toward Black, Indigenous and people of color.

It is our hope that people, organizations, and businesses across Madison and Dane County choose to intentionally mark the week in some way in shared **Days of Reflection**. This could range from journaling or taking some moments of silence by yourself or with friends, family and colleagues to hosting a small, appropriately distanced gathering, candlelight vigil or walk of some sort. It could be through art or through demonstration. The choice is yours. We simply invite you to stop and shift your gaze to all we have been through together.

If you're interested in organizing events or registering ideas please go to <https://www.namidanecounty.org/>. We'd like to get an idea of what sorts of things people are planning. Thank you.

Humbly offered by participants of the City of Madison's Neighborhood Resource Teams

Join Us: June 18-26
Days of Reflection
Reflect in a way that is meaningful for you



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