

Caregiver Chronicles

September 2022

AREA AGENCY ON AGING OF DANE COUNTY
2865 N SHERMAN AVE, MADISON, WI 53704
608-261-9930
[HTTPS://AAA.DCDHS.COM/](https://aaa.dcdhs.com/)



*It is a good heart who . . . acknowledges
intergenerational friendships
both young and old have lessons for the
other.*

—Jeffrey DeMann, actor

September Resources

September is Intergeneration Month: Caring Across Generations

In September we celebrate **Intergeneration Month** to encourage celebration, education, and communication among the generations.

Dane County Kinship Care Program: [Click here](#) for resources and program contacts including the [Wisconsin Kinship Navigator](#).

Generations United provides resources that improve the lives of children, youth, and older adults. [Click here](#) for their publication on *Kinship Caregiving Options* and [here](#) for their fact sheet on multigenerational households. Working to create a country where all generations are valued, respected and supported, Generations United provides projects, programs, public policy, and technical assistance.

Caregiver Teleconnection *Talking to Children about Dementia* with Tam Cummings, PhD. This Zoom discussion on September 1 provided a how-to for talking with pre-teens, teens, and young adults about dementia and how to assist them in their grief. See page 12 for details and link to register.

Rainbow Project Grandparent Support Group meets at The Rainbow Project in Madison on the second Saturday of each month from 10:00 am—12:00 pm. Call 608-255-7356 for more information.

September 19—23 is Malnutrition Awareness Week: Nutrition is a Patient Right

Malnutrition threatens your health and your ability to recover from injuries or illnesses. See pages 8 & 9 for more information. See page 10 for details on the upcoming online workshop, *Stepping Up Your Nutrition*, presented on September 19 & 20.

Dane County Senior Nutrition Program: [Click here](#) for information on Senior Dining Sites, Personal Nutrition Counseling for older adults, the quarterly newsletter *Nutrition News*, and more.

September is Senior Center Month

Dane County Client-Centered Case Management Program is located in 12 agencies called Focal Points throughout Dane County. These agencies also provide a wide variety of programming and services. They include: Colonial Club Senior Activity Center, DeForest Area Community & Senior Center, Fitchburg Senior Center, McFarland Senior Outreach Services, Middleton Senior Center, NewBridge Madison, Northwest Dane Senior Services, Oregon Area Senior Center, Southwest Dane Senior Outreach, Sugar River Senior Center, Stoughton Area Senior Center, and Waunakee Senior Center. [Click here](#) for detailed information.

Jane De Broux
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Dane County Area Agency on Aging

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Undercounted and Undervalued Multigenerational Care

Caregiving is the most common occupation in the United States. More than one in five adults provided care for an older adult or child with special needs in 2020, for an estimated total of 53 million caregivers. While individuals in all generations need caregiving, it's older adults—the fastest-growing demographic group in the United States—who are most likely to need help. According to the AARP, two-thirds will eventually need long-term services and support.

Multigenerational caregiving is the transfer of resources (personal care, financial assistance, emotional care) to at least two different generations and much has been written about the *sandwich generation* or those who give care to parents and children at the same time. However, there are other common variations such as caregiving for a spouse and parent at the same time; or a parent and grandparent; or a spouse and adult child. And, the picture is not complete without also taking a look at “horizontal care” or care that is provided to a spouse, sibling, or friend along with care to an parent, grandparent, or child.

When looking at what multigenerational caregivers need, it is important to take into account all levels of care provided. While we often picture middle-aged adults who are sandwiched between generations, over half of 19- to 30-year-olds in the U.S. give support to a parent. When you consider the full range of care provided, you can begin to see the potential toll on the caregiver population. Caregiving is a challenging role when caring for just one other person. When we begin adding more people to the equation, the need for caregiver support is greater than ever.

As pioneering caregiver advocate Rosalyn Carter said, “There are only four kinds of people in the world: those who have been caregivers; those who are currently caregivers; those who will be caregivers; and those who will need caregivers.” While true, her statement conjures a vision of give-and-take that is not always the case. Sometimes there are many demands on a caregiver, but little support or reciprocity. Extended family, neighbors, and civic organizations are not available to everyone. Geographic distance and the realities of modern life have changed the landscape considerably.

Caregiving has positive aspects, including promoting emotional closeness, but it also can have negative effects for the caregiver. From emotional strain to impacting employment to forced leave from the labor force, across the caregivers' lifetime these effects can add up to increased insecurity and intergenerational inequality. For example, if an adult child leaves the work force to care for a parent, they are sacrificing earnings, social security and pension funds, and other resources needed for their own aging. Grandparents and other relative caregivers may sacrifice their retirement years to raising children who need them by rejoining the workforce or changing their lifestyles. Caregivers caring for high-needs care partners may forego their own medical attention in order to make sure their loved one gets what they need.

Understanding the full picture is required to galvanize more attention on the needs of caregivers from all walks of life. Because the full breadth of the ways we provide unpaid family care are undercounted, they are also undervalued.

—Jane De Broux, Dane County Caregiver Specialist

Reference:

<https://www.marketwatch.com/story/a-big-problem-is-looming-for-older-americans-11657737711>

How Medicare Prescription Drug Reforms in the Inflation Reduction Act Help Low-Income Older Adults

AUGUST 2022

Congress passed the [Inflation Reduction Act of 2022](#) (IRA), which includes sweeping Medicare [Click for link](#) prescription drug reforms and changes to the Part D program to protect people with Medicare from high out-of-pocket costs. This fact sheet provides a summary of the IRA's health provisions that will bring cost savings to low-income older adults.

Expands the Medicare Part D Extra Help Program

- **In 2024, eligibility for the full Part D low-income subsidy (“Extra Help”) will be expanded to people with income below 150% of the federal poverty level** (\$20,385 for a single person in 2022). The partial subsidy will be eliminated.
- People with incomes between 135% and 150% FPL who previously qualified for the partial subsidy will now have the full subsidy with lower co-pays and no deductible.
- Asset limits for the full subsidy will continue to apply.

This expansion efficiently targets help to those who have the hardest time paying for needed medications, particularly [older adults of color who make up a disproportionate share of Medicare beneficiaries with income below 150% FPL](#). It will provide substantial additional financial support to the more than 400,000 low-income people who currently have only partial subsidies. It will also simplify the Extra Help program and streamline eligibility, reducing barriers to enrollment for thousands more people who are eligible but not enrolled. [Click for link](#)

Caps Medicare Part D Out-of-Pocket Costs

- **All people with Medicare Part D coverage will have their out-of-pocket prescription drug costs limited to \$2,000 per year.** This out-of-pocket cap begins in 2025 and applies to people enrolled in both stand-alone prescription drug plans (PDPs) and Medicare Advantage drug plans (MA-PDs).
 - In 2024, cost sharing will be eliminated in the Part D catastrophic phase, effectively capping out-of-pocket costs at the catastrophic threshold.
 - In 2025, a new monthly cost-sharing cap policy will allow people to choose to spread their out-of-pocket costs throughout the year. This option will also be available to people with Extra Help.

- In 2023, **insulin costs for people with Medicare will be capped at \$35 per month** with no deductible.
- For plan years 2024 - 2029, annual premium growth for Part D coverage will be limited to 6%.

These out-of-pocket limits will greatly help people with chronic conditions who face high drug costs and older adults living on fixed incomes by providing more predictability and protection from catastrophic costs.

Expands No-Cost Coverage of Vaccines for People with Medicare

- **In 2023, people with Medicare will be able to receive all recommended vaccines without cost-sharing.** The IRA aligns vaccine coverage under Part B and Part D and eliminates cost-sharing and deductibles for vaccines covered under Part D, such as shingles.
- The IRA also improves access to vaccines for adults with Medicaid by requiring coverage of all recommended vaccines, including administration, with no cost sharing and enhancing federal reimbursement to states.

Lowers Prescription Drug Prices

- For the first time since the Part D program was established, the **Medicare program will be required to negotiate the prices of certain high-cost prescription drugs** covered under either Part D or Part B. Though negotiated prices will be phased in, the requirement will yield savings for people with Medicare, the Medicare program itself, and consumers across the health system.
- The IRA also **requires prescription drug manufacturers to pay rebates** to the government if they raise the price of a drug covered by either Part D or Part B above the inflation rate. This inflationary rebate rule, which will be applied in 2023, is similar to existing rebates in the Medicaid program and its aim is to discourage pharmaceutical companies from making large price hikes.

Extends Enhanced Premium Assistance to People with Marketplace Coverage

- The IRA extends the enhanced premium tax credits for Affordable Care Act Marketplace coverage for 3 years (through 2025), saving money for older adults not yet eligible for Medicare.
- These enhanced premium tax credits, passed as part of the American Rescue Plan in December 2020, have cut premiums by more than half for many enrollees. With the subsidies, over 80% of Marketplace enrollees ages 55-64 are eligible for a plan with a monthly premium of \$50 or less.

[Click for link](#)

Resources

- [Legal Basics: Medicare Part D](#), Justice in Aging [Click for link](#)
- [2022 Part D Extra Help Eligibility and Coverage](#), National Council on Aging [Click for link](#)
- [Part D Basics](#), Medicare Rights Center [Click for link](#)
- [Understanding the Health Provisions in the Inflation Reduction Act](#), Kaiser Family Foundation [Click for link](#)

Monthly MIPPA Moment: Medicare & Vaccines

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

It is important to stay up to date on your vaccines! Vaccines protect you from serious illness and can even keep you out of the hospital. Medicare covers many of the vaccines for beneficiaries.

Medicare Part B covers the following in full:

COVID-19 vaccines and booster shots. Staying up to date with your COVID-19 vaccines (including getting all **recommended boosters** when eligible) will keep you best protected from severe COVID-19 illness.

One flu shot per flu season. The CDC recommends getting your flu shot by the end of October to stay protected throughout flu season. Flu season runs from the Fall through Spring.

Two different pneumococcal shots. Medicare covers the first shot at any time and a different, second shot if it is given at least one year after the first shot.

Your specific **Medicare Part D** plan may cover the following in full or part (*depending on your plan*):

Shingles vaccine: One-time vaccine given in two shots over two to six months

Tdap vaccine (tetanus, diphtheria and pertussis/whooping cough): One shot if you've never been vaccinated, and a booster every ten years

Other vaccines covered: Vaccines that are "reasonable and necessary" to prevent illness and are not covered by Part B

Visit [Medicare.gov](https://www.medicare.gov) or your Part D plan information to see what other vaccines Medicare covers, and talk with your doctor about staying up to date on your vaccines.

From Medicare.gov. For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458. This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 2101WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.





FREE Virtual (Online) Welcome to Medicare Seminar

Sponsored by Area Agency on Aging of Dane County's
Elder Benefits Specialist Program

What you need to know about enrolling in Medicare

If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

September 17, 2022, 9-11:30 am

Email aaa@countyofdane.com register by 9/9/2022

This seminar
will be offered
via Zoom.

Last seminar in 2022: November 12, 2022
(Location TBD)



To read the most recent
newsletter from the
ADRC copy and paste this
link into your browser:

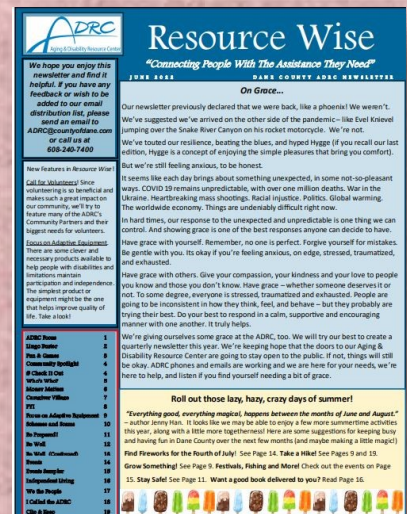
[https://
www.daneadrc.org/
documents/pdf/
Resources/Summer-
2022.pdf](https://www.daneadrc.org/documents/pdf/Resources/Summer-2022.pdf)

Monday through Friday
Call 7:45 am—4:30 pm

(608) 240-7400

Website: www.daneadrc.org

Email: ADRC@countyofdane.com

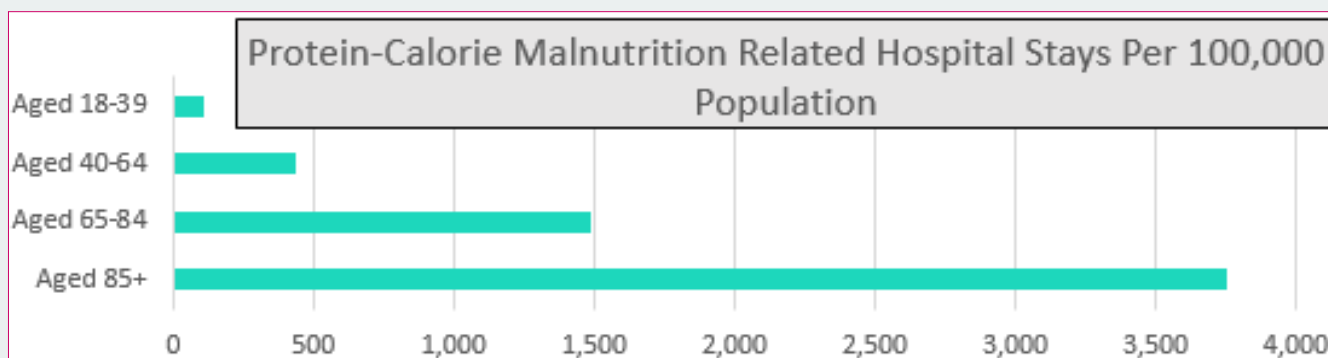


Malnutrition Awareness Week September 19 - 23

Why Nutrition is Important: Patients over the age of 65

Poor nutrition and eating problems can put you at risk of being malnourished. Malnutrition threatens your health and your ability to recover from injuries or illnesses. That's why it is important for you to know what symptoms to look for and when you need to address them. If you were recently hospitalized, been given directions regarding your diet, or been told you need a bit more nourishment, it is particularly important that you keep, follow, and share this information with those around you.

FACT: An older adult has the potential to face significant nutrition issues prior to, during, and after hospitalization.



What You Need to Watch For

Since malnutrition may not be immediately apparent, you need to watch for, write down, and talk about any changes you notice in:

- Your appetite
- Your weight
- How much food you eat
- Your activity levels
- Your bowel habits
- Swelling in your belly, legs, ankles, and feet



You're doing OK if you can say, "I feel good. I eat three meals a day (or follow my regular eating schedule) and have the energy to do what I want."



When You Need to Be Concerned

If you notice any of the following warning signs, you need to discuss them with your healthcare provider:

- Sudden loss or decrease in appetite
- Eating less than 75% of a normal meal for more than a week
- Episodes of nausea, vomiting, or diarrhea for more than three days
- Unplanned weight loss greater than 10 pounds
- Decrease in activity level



Schedule an appointment if you find yourself saying, “I haven’t wanted to eat anything since I started this new medication”; “I’m not finishing my meals like I used to”; “My stomach has been upset for days”; “My clothes don’t seem to be fitting like they had been”; or “I don’t have enough energy.”

When You’re in Danger from Malnutrition

If you notice any of the following warning signs, you need to discuss them with your healthcare provider:

- Eating half as much as you normally do for more than a week
- Persistent nausea, vomiting, or diarrhea
- Sudden and rapid weight loss with noticeable muscle and/or fat loss
- Swelling in your feet, ankles, legs, or belly
- Feeling confused or having increased memory loss



Act immediately if you find yourself saying: “It’s been over a week and I can hardly eat a bite”; “I can’t stop going to the bathroom”; “My feet and ankles are swollen”; or I can’t concentrate when my family is talking to me.”

For information on nutrition programs or personal nutrition counseling contact: AAA Registered Dietitian Shannon Gabriel at 608-261-5678 or Gabriel.Shannon@countyofdane.com



Stepping Up Your Nutrition



Did You Know? Malnutrition can cause muscle loss and dizziness and increase your risk of falls.

You may be at risk if you are: losing weight without dieting, not getting enough to eat, losing muscle strength, have two or more chronic conditions, or not drinking enough fluids.

Join us for a 2-hour virtual workshop to learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health

Monday, September 19 at 2—4 p.m.

OR

Tuesday, September 20 at 9—11 a.m.

Identifying malnutrition risk among older adults is important.

- 1-in-2 older adults may be at risk for Malnutrition
- Annual costs for disease-associated malnutrition are estimated at \$51.3 billion
- Although prevalent, malnutrition often goes unrecognized

Where: Online via Zoom

Cost: FREE (with the option to donate \$5 to cover class materials)

Facilitator: Shannon Gabriel, Registered Dietitian

Register by September 9th: Space is limited.

Register for just one of the workshop sessions above by contacting Shannon at 608-261-5678 or Gabriel.Shannon@countyofdane.com

McFarland Senior Outreach & E.D. Locke Library Present

Senior Caregiving: Where Do I Begin?

A series of **FREE** informational presentations to improve caregiving knowledge so you can better assist and advocate for your loved ones.



September 20th

Resources for an Aging Parent

September 29th

Navigating Legal Decisions

October 27th

The ABC's of Senior Housing

November 17th

Hospice & Palliative Care Services

Each session is from 6 p.m. to 7:30 p.m. at E.D. Locke Public Library, 5910 Milwaukee Street, McFarland. Register for a single session or the entire series by calling 608-838-7117.



Body, Mind, Heart & Soul

Caregiving for Self and Others

Wednesday, September 21st at 10:00 a.m.

A Zoom Presentation

It is estimated that, at any given time, one in four Americans is actively caregiving for someone. That estimate is likely to be conservative, depending upon how one defines caregiving. Yet it's really hard to give what one does not have to give, and that means caregiving to and for oneself is just as important.

Please join Jody Curley in a conversation about the challenges of being a caring, giving and THRIVING human being.



Jody Curley, M.A., is a Madison native who worked in geriatric care for fifty years, becoming a dementia care specialist and an Alzheimer's and dementia care educator. She has also been a Tai Chi and Chi Kung teacher for over three decades and continues to offer classes regularly via Zoom. Her students range in age from the thirties to the nineties!

Please call the Monona Senior Center at 608-222-3415

to register and receive the Zoom link.



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
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All sessions will be on Zoom. You may log in or call in to participate.

Thursday September 1	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Talking to children about dementia with Tam Cummings, PhD <i>Explaining why a parent or grandparent is acting differently can be a challenge. This session will discuss how to talk with preteens, teens and young adults about dementia and how to assist them in their grief. **Sponsored by VITAS Healthcare**</i>
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Tuesday September 6	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Isolation: The Curse of Caregivers with Evalyn Greb, LCSW <i>Exhaustion and depression among caregivers has often led to decreased socialization, which is as an important part of self-care. For the past couple of years, we have been encouraged to isolate due to the pandemic. But more and more, Public Health experts are beginning to call isolation a national epidemic. Join us in discussing attitudes and responses to help caregivers, loved ones, and family members informed and ready to fight this curse!</i>
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Wednesday September 7	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Using a Positive Approach part 2 with Sheri Fairman, MSW <i>People with dementia experience the world around them differently than we do. Understanding their experience and allowing that to guide our approach can make all the difference when caring for a person with dementia. Guided by Teepa Snow's Positive Approach to Care, attendees will walk away with tools to aid in their caregiving for their loved one with dementia.</i>
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Thursday September 8	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: Understanding the signs of paranoia, hallucinations and delusional behaviors with Lucy Barylak, MSW <i>If you are caring for a loved one with dementia you need to know the signs of paranoia, hallucinations, and delusional behaviors. Please join Dear Lucy as she will discuss the symptoms to look for and ways to redirect and distract your loved one if needed. She will also provide tips on how to manage the behaviors you may see.</i>
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Monday September 12	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Avoiding Medicare Schemes During Fall Open Enrollment with Melinda Gardner, Benefits Counseling Supervisor <i>October 15 – December 7 is Medicare Annual Enrollment Period, this is prime time for scammers to be at work but it is also a time for us to be on high alert. We will discuss information important for you during this enrollment period to help reduce your chance of being a victim of fraud, errors, or abuse.</i>
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Tuesday September 13	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	El Manejo de la fatiga del cuidador con el Dr. Nestor H Praderio <i>Nestor H. Praderio, M.D. revisará la fatiga del cuidador y la importancia de "cuidarse a sí mismo". Él describirá las habilidades básicas de afrontamiento para ayudar a aliviar su estrés y mantener una relación positiva con su ser querido.</i>
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Wednesday September 14	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Safe Medications with Lucy Barylak, MSW <i>Dear Lucy will talk about how to best manage your loved one's medications.. Caregivers need to understand and be vigilant about medication side effects, as well as how new medications may affect someone with dementia. If you have a question for Dear Lucy, please submit it to caregiversos@wellmed.net.</i>
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Date Time Topic A LEADING VOICE FOR CAREGIVERS

All sessions will be on Zoom. You may log in or call in to participate.

<p>Thursday September 15</p>	<p>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</p>	<p>Disaster Preparedness 101 for Caregivers with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>National Preparedness Month is observed each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. September is also the peak of hurricane season. This session will outline key preparedness tips for caregivers and seniors as well as how to keep calm.</i></p>
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<p>Tuesday September 20</p>	<p>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</p>	<p>Alzheimer's and Other Dementias: How to Prevent Them with Paul Bendheim, MD <i>Paul Bendheim, MD, Clinical Professor of Neurology, University of Arizona College of Medicine, Phoenix, founder of BrainSavers, and author of The Brain Training Revolution will summarize the new science of the aging brain. He will discuss:</i></p> <ul style="list-style-type: none"> • <i>What are the risk factors for Alzheimer's disease?</i> • <i>How modifying risk factors can prevent millions of cases.</i> • <i>What can each of us do in our daily lives to reduce our personal risk by as much as 50%.</i>
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<p>Wednesday September 21</p>	<p>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</p>	<p>Safe Medications with Lucy Barylak, MSW <i>Dear Lucy will talk about how to best manage your loved one's medications.. Caregivers need to understand and be vigilant about medication side effects, as well as how new medications may affect someone with dementia. If you have a question for Dear Lucy, please submit it to caregiversos@wellmed.net.</i></p>
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<p>Wednesday September 28</p>	<p>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</p>	<p>COVID-19, Monkeypox and Flu: Fall 2022 Caregiving Update with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>We're all tired of hearing about COVID-19, but our national case positivity rates remain high despite relaxed restrictions and guidance. We'll discuss caregiver concerns, information about new boosters and what precautions to take. We'll also answer questions about Monkeypox and the upcoming flu season.</i></p>
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A program of the WellMed Charitable Foundation
 Register online at: www.caregiverteleconnection.org
 call 866.390.6491 Toll Free

Note two locations for event. Check each flyer on pages 14 & 15 for details:

Mt. Zion Baptist Church

ARE YOU CONCERNED ABOUT FALLING?

Only Leaves Should Fall

Falls Prevention Event

Tuesday, September 27, 2022

Mt. Zion Baptist Church
2019 Fisher St., Madison

12:00pm - 3:00pm



Schedule

11:45 am - 12:00 pm	Registration
12:00 pm - 1:00 pm	Lunch, Melly Mells Soul Food
1:00 pm - 2:45 pm	Screening Stations
2:45 pm - 3:00 pm	Debrief

Registration

This event is FREE of charge and lunch is provided, but registration is required.

To register, call Mt. Zion Baptist Church at 608-255-5270

Supported by:

- Dane County Falls Prevention Task Force
- Madison Area Technical College
- University of Wisconsin Madison
- African American Health Network
- Mt. Zion Baptist Church
- UW Health · CAARN
- SSM-Health



Triangle Community Ministry

ARE YOU CONCERNED ABOUT FALLING?

Only Leaves Should Fall

Falls Prevention Event

Tuesday, September 27, 2022

Triangle Community Ministry

755 Braxton Place, Madison

Brittingham Community Room

12:00pm - 3:00pm

Schedule

11:45 am - 12:00 pm	Registration
12:00 pm - 1:00 pm	Lunch, El Pastor
1:00 pm - 2:45 pm	Screening Stations
2:45 pm - 3:00 pm	Debrief

Registration

This event is FREE of charge and lunch is provided, but registration is required.

To register, please call Nurse Carri at 608-257-8517

Supported by:

- Dane County Falls Prevention Task Force
- Madison Area Technical College
- Triangle Community Ministry
- University of Wisconsin Madison
- UW Health
- Edgewood College Nursing



UWHealth



EDGEWOOD COLLEGE
Henry Predolin School of Nursing



Monona Area Dementia Friendly Community **MEMORY CAFE**

Join us in a safe environment
for conversation, connection,
games, refreshments, and
activities

**Dementia
Friendly**



Check out the Monona
Senior Center's website or
Facebook page for activity
details



WHO:

Persons with dementia or
memory loss and their
caregivers or loved ones
interested in connecting
with others in similar
situations



WHERE:

Monona Public Library
1000 Nichols Rd,
Monona, WI 53716



WHEN:

First Wednesday of
every month
10:00AM-11:30AM

Contact the Monona Senior Center to register
608-222-3415