



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 Madison, WI 53713

SOUTHSIDE SENIOR

OCTOBER 2018 VOLUME 142

Phone: 608-251-8405 smcelder.com

TRIANGLE RESIDENTS

Triangle residents are invited to join in the free programs below. For more details, call Laura at 228-1374.

*CPR and Stroke Prevention
with UPH-Meriter Nurse
Wednesday, October 24*

<i>Parkside</i> 2:00—3:00 pm	<i>Brittingham</i> 3:00—4:00 pm
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*Chair Yoga
Tuesday, October 23
1:00—2:00 pm
Brittingham*

*Falls Prevention Continued
Tuesdays, October 2 & 9
1:00—2:15 pm
Brittingham*

Snacks and raffle prizes for those who attend all 3 sessions.

*Play Games or Chat with
a student. Call Laura to set up*

40th Annual Embroiderer's Guild Needlework Show

Saturday October 20 10:00—4:00
Sunday, October 21 12:00—4:00
Lutheran Church
of the Living Christ
110 N. Gammon Rd.

See a large display of beautiful needle art made by Embroiderer's Guild members and their families over the past 40 years. Enjoy homemade treats and shop the gift boutique and a stash sale of stitching supplies, kits, fabrics and fibers.

BOARD INVOLVEMENT IS A CRITICAL COMPONENT OF SUCCESS

As we draw closer to our highly anticipated January 1, 2019 goal of merging the four Senior Coalitions in the City of Madison and Monona into a new agency, it is important to recognize and thank the many dedicated Board volunteers who have contributed their talents, experience and literally hundreds of hours of time to ensure the success of the process.

Since March 2016, a core group of two Board of Directors representatives from each of the four coalitions have been directly involved in the planning, development and decision making of every aspect of the merger process, from the early conversations to the difficult challenges involved in addressing the future direction of a single, merged entity.

Part of the remaining responsibilities of the Transition Board include approval of the 2019 Budget, new salary and benefit schedules for employees, Human Resource/Personnel policies and implementation of our marketing plan. These decisions have been reached after careful consideration of data, input from Board members, community stakeholders, staff and volunteers, to ensure transparency and inclusion.

As the Transition Board looks to finish their work by year-end, and hand off oversight responsibility to a new Board of Directors, I and my fellow Executive Directors would like to thank them for their commitment and support. Thanks to EMMCA representatives Dan Pechauer and Bob DiLoreto, NESCO representatives Walt Stewart and Jan Somerfeld, SMCE representatives Nancy Kosseff and Peter Davis and WMSC representatives Dan Gronemus and Dick Ihlenfeld, as well as the other "alternates" who have given so much of their time. I

This is a very exciting and energizing time for all of us, as we can see the end result of three years of hard work, building a new agency that will address the needs of the growing population of older adults in our community for years to come.

Thank you,

Marcia Hendrickson

City Collaboration Executive Director/SMCE



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**ACTIVITIES
DOWNTOWN**

Events below are held at Madison Senior Center 330 W. Mifflin St. Details;266-6581.

Singing Ventriloquist

Tuesday, October 30

1:00—2:00 pm

Terry & Danny sing a variety of music from oldies to country to gospel. Their show is fun, funny and interactive. They LOVE to have audience participation!

Smart Phone Class

Friday, October 12

10:00 am

registration needed: 266-6581

Bring your smart phone and learn how to use its features at this class. Focus will be on phones that use the android technology such as Samsung, LG and Motorola. It will not cover iPhones.

Tuesday Matinees

Popcorn and beverages served. Films are free but donations are appreciated for refreshments.

1:00 pm, October 2 *The Big Sleep (1946)* Classic film noir mystery-with Humphrey Bogart as detective Phillip Marlowe working on a blackmail case that involves the spoiled rich. Lauren Bacall plays the heiress who falls for him. *Not rated*

1:00 pm, October 16 *LBJ (2017)* Woody Harrelson stars as Lyndon Johnson, who must meet the challenge of becoming President when Kennedy is assassinated. Jennifer Jason Leigh plays his wife Lady Bird Johnson. *Drama R.*

Author Doris Green

Tuesday, October 9 1:00—2:00 pm

Join Wisconsin author Doris Green, to hear about her book, *Elsie's Story: Chasing a Family Mystery*, a memoir about the puzzling circumstances surrounding her aunt's death. Ms. Green will also talk about her newest release, *Wisconsin Underground: A Guide to Caves, Mines, and Tunnels In and Around the Badger State* (second edition of her original published in 2000).

Edward Jones Perspective with Andrew Drane

Wednesday, October 10

10:00-11:00 am

registration needed: 266-6581

Discuss market changes and tips to help you stay on track with your financial goals.

Video Course:

WWI; the Great War

Wednesdays, 12:00—2:00 pm

September 26—February 13 \$10

registration needed: 266-6581

From August 1914 to November 1918, an unprecedented catastrophe gripped the world that continues to reverberate into our own time. World War I was touched off by a terrorist act in Bosnia and all too quickly expanded far beyond the expectations of those who were involved to become the first "total war." Facilitated by Jim Lamal.

Pineapple Players

Thursday, October 11

10:30—11:15 am

The Pineapple Players is a group of retirees who love to play the ukulele. They have a lot of fun and love to have audience participation. They bring along song sheets so anyone who wants to, can sing-along.

Avada Hearing Tests

Monday, October 29

9:00 am—12:00 noon

registration needed: 266-6581

Take advantage of this free opportunity to have your hearing screened by staff from Avada hearing Care. They will also provide free cleaning and servicing of all types of hearing aids.

Got Clutter?

Monona Terrace

Tuesday, October 16

12:00 Noon

Get ideas and a strategy for decluttering your life at this presentation by Dawn Eyre, owner of Segues LLC, a senior move management company.

Ms. Eyre will discuss the five categories of things we no longer need, offer advice on how to approach downsizing, and give recommendations for what to do with the things we choose to part with, especially paperwork.



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RESOURCES

Health Insurance Review Season

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. You should always review the materials your plan sends you at this time of year to make sure it still is the best plan for you. These materials may be called “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC).

October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. It is also the time to add Medicare D drug coverage if you need to do so.

MEDICARE OPEN ENROLLMENT PERIOD

OCTOBER 15—DECEMBER 7 During this time you can make the following changes to your 2019 coverage:

- Switch from one Medicare D (prescription drug) plan to another.
- Enroll in a Medicare Part D plan if you did not do so when you were first eligible, although a late enrollment penalty may apply.
- Switch from Original Medicare to Medicare Advantage, or vice versa.
- Switch from one Medicare Advantage plan to another

If you want to enroll in a Medicare Advantage plan;

- You must be enrolled in Medicare Part A and B.
- You must live in the plan’s service area.
- You cannot have End-Stage Renal Disease (some exceptions).

MEDICARE INITIAL ENROLLMENT PERIOD is either when you turn 65, or when you become eligible for disability benefits —When you are first eligible for Medicare, you have a seven-month period to sign up. This period begins three months before your 65th birthday, includes the month you turn 65, and ends three months after you turn 65. If you qualify because you’re receiving disability benefits, it starts three months before your 25th month of disability benefits from Social Security, or Railroad Retirement Board (RRB) and lasts seven months.

South Madison Coalition Case Managers can help south Madison residents to sign up or make changes to Medicare benefits, but you must make an appointment in advance. **If you need help before the end of Open Enrollment, please call 251-8405 by November 15 to reserve an appointment.**

Case Management

South Madison Coalition case management services are *free of charge* to South Madison residents age 60 or older. Our case managers are happy to visit your home to talk about your needs and the ways we can help you connect to resources for living independently in the community.

Our case managers can help you to look for housing, set up medical appointments, become familiar with local transportation options, or apply for government and specialty programs that you may be eligible for, such as Medical Assistance, Project Home, Energy Assistance or home chore volunteer services.

Try to contact us early if you foresee a future need for our help.

Due to high demand for our services you may wait as long as 12 weeks before a case manager can be assigned to work with you.

To find out more, or for answers to basic questions, call us at 251-8405 or stop during walk-in hours at the locations below.

Walk-in Office Hours

*Madison Senior Center

330 W. Mifflin Street

Mondays 11:00 am–12:00 noon

*Romnes Apartments

540 W. Olin Ave.

Thursdays, 11:00 am—12:00 noon

*Fisher-Taft Apartments

2025 Taft Street

Wednesdays 10:30—11:30 am

*Burr Oaks Apartments

Wednesdays 9:45—10:15 am



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MENU

Reserve/Cancel 251-8405

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY Salad Option
<p>1</p> <p>Italian Sausage on Wheat Bun Roasted Potatoes Stewed Tomatoes Orange Strawberry Ice Cream <i>Alternate Dessert: SF Ice Cream</i> VO-Veggie Meatballs</p>	<p>2</p> <p>Chili Baked Potato & Sour Cream Cornbread Banana Rice Pudding <i>Alternate Dessert: SF Pudding</i> VO-Veggie Chili</p>	<p>3</p> <p>Taco Seasoned Chicken Tortilla Refried Beans Fiesta Corn Tropical Fruit Frosted White Cake <i>Alternate Dessert: SF Cookie</i> VO- Veggie Taco</p>	<p>4</p> <p>Pulled Pork on Wheat Bun Creamy Coleslaw Carrot Raisin Salad Grape Juice Vanilla Pudding <i>Alternate Dessert: SF Pudding</i> VO-Black Bean Burger</p>	<p>5</p> <p>Brat with Sauer-kraut on Bun Stewed Tomatoes Banana Carmel Apple Crisp <i>Alternate Dessert: SF Cookie</i> VO-Cheese & Tomato Sandwich</p>	<p>5</p> <p>Santa Fe Salad: mixed greens topped with seasoned shredded pork, black bean salsa & tortilla chips; Ranch dressing Banana Carmel Apple Crisp</p>
<p>8</p> <p>Beef Pot Pie with Biscuit Topping Creamed Spinach Apple Juice Chocolate Frosted White Cake <i>Alternate Dessert: Pineapple</i> VO-Veggie Pot Pie</p>	<p>9</p> <p>Chicken & Gravy on White Bread Mashed Potatoes Green Beans Orange Carnival Cookie <i>Alternate Dessert: SF Cookie Packet</i> VO-Soy & Gravy</p>	<p>10</p> <p>Fish Sandwich & Cheese Slice on Wheat Bun Yams Coleslaw Fruit Cup Strawberry Jell-O <i>Alternate Dessert: SF Jell-O</i> VO- Garden Burger</p>	<p>11</p> <p>Pasta & Meatballs with Marinara Sauce Carrots Mixed Green Salad Balsamic Vinaigrette Banana Ambrosia Salad <i>Alternate Dessert: Mandarin Oranges</i> VO-Veggie Meatballs in Marinara</p>	<p>12</p> <p>Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Cheesecake Brownie <i>Alternate Dessert: SF Chocolate Pudding</i> VO-Egg Salad</p>	<p>12</p> <p>Seven Layer Salad: Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and hard cooked egg. Mini Croissant Peaches Cheesecake Brownie</p>
<p>15</p> <p>Cheeseburger on Wheat Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff <i>Alternate Dessert: SF Jell-O</i> VO-Black Bean Burger</p>	<p>16</p> <p>Egg Salad on Wheat Pickled Beets 3 Bean Salad Grape Juice Dreamsicle Whip <i>Alternate Dessert: SF Orange</i> VO-None</p>	<p>17</p> <p>Beef Stew Biscuit Green Beans Chunky Applesauce Chocolate Chip Banana Cake <i>Alternate Dessert: SF Cookie</i> VO-Veggie Wrap</p>	<p>18</p> <p>Chicken Macaroni Casserole Peas Tomato Juice Pineapple Butterscotch Pudding <i>Alternate Dessert; SF Pudding</i> VO Macaroni & Cheese</p>	<p>19</p> <p>Barbecued Ribs Cheesy Potatoes Roasted Veggies French Roll Apple Pie & Ice Cream <i>Alternate Dessert: SF Ice Cream</i> VO- Veggie BBQ Meatballs</p>	<p>19</p> <p>Harvest Salad: mixed greens topped with beets, garbanzo beans, cucumber, red onion, & feta cheese: balsamic vinaigrette. French Roll Apple Pie & Ice Cream</p>
<p>22</p> <p>Cheese Tortellini Bake in Meat Sauce Bread Stick Spinach Mandarin Oranges Blueberry Crisp <i>Alternate Dessert: SF Cookie</i> VO Veggie Tortellini Bake</p>	<p>23</p> <p>Pot Roast & Gravy Mashed Potatoes Mixed Green Salad Wheat Bread Orange Tapioca Pudding <i>Alternate Dessert: SF Pudding</i> VO Hummus Wrap</p>	<p>24</p> <p>Chicken a la King On Biscuit Carrots Corn Salad Peaches Raspberry Sherbet <i>Alternate Dessert; SF Ice Cream</i> VO Soy a la King</p>	<p>25</p> <p>Meatloaf Mashed Potatoes Gravy Corn White Bread Apple Juice Frosted White Cake <i>Alternate Dessert; SF Jell-O</i> VO Black Bean Burger</p>	<p>26</p> <p>Egg Bake Roasted Red Potatoes Biscuit Grape Juice Spiced Apples <i>Alternate Dessert; none</i> VO none</p>	<p>26</p> <p>Chicken Confetti Salad: shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon; Ranch dressing Biscuit Grape Juice Spiced Apples</p>
<p>29</p> <p>Pizza Burger Navy Bean Salad Marinated Cucumbers Banana Chocolate Chip Cookie <i>Alternate Dessert: SF Cookie Packet</i> VO-Garden Burger</p>	<p>30</p> <p>Ham & Potato Casserole Veggie Blend Multigrain Bread Fruit Cup Chocolate Cream Pie <i>Alternate Dessert: SF Pudding</i> VO-Soy & Potato Casserole</p>	<p>31</p> <p>Enchilada Casserole Sour Cream Corn Tossed Salad French Dressing Strawberry Cheese-cake Brownies <i>Alternate Dessert: SF Jell-O</i> VO-Bean Burrito</p>	<p>Items on this menu are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. **contains pork</p>		
					<p>Fisher-Taft Apartments 2025 Taft St. Madison Senior Center 330 W. Mifflin St. Romnes Apartments 540 W. Olin Ave.</p>



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LUNCH PROGRAM and
NEIGHBORHOOD SENIOR
CENTER ACTIVITIES

Senior Lunch Program 608-251-8405

We invite you to attend lunch Monday through Friday at one of our dining centers—see the locations on the menu (page 4). Come every day or once in a while. If you are age 60 or older, or are a disabled person living at Romnes or Fisher-Taft Apartments, you will not be charged for the meals. But please donate what you can, to keep the program going. The suggested minimum donation is \$4 per meal. You can make your donation anonymously at the dining center. Others who attend the meals will be asked to pay the full cost of the meal; \$9.73.

RESERVATIONS are needed by 12:00 noon, at least one business day before the meal.

Call 608-251-8405.

CANCELATIONS —If you know you will not be able to attend a reserved meal, call 251-8405 to cancel by 12:00 noon, one business day before the meal

TRANSPORTATION to dining centers from your home is available through Dane County's group van service. Suggested donation is \$1 per round trip, but no-one is denied service if unable to donate. Rides must be reserved at least 24 hours in advance; call Transit Solutions at 608-294-8747.

MEAL CHOICES Every day, the menu includes a *vegetarian* entrée choice and an "alternate dessert." You are welcome to choose these for some or all of your meals. You can also choose a *salad main dish* on Fridays. If you need to limit sodium, you can ask for a *no added sodium diet*. Your meals will then include substitutes when menu items are high in sodium. Note that meals are planned to average 1000 mg or less of sodium.

SPECIAL DIETS Mechanical Soft, Pureed or Bland Diets can be provided with a Doctor's order. If you have trouble swallowing or have had dental work done, a Mechanical Soft meal will substitute ground meats and soft versions of other menu items. For more details on Special diets, call the Nutrition Program Supervisor at 251-8405.

TAKE OUT MEALS are not available.

HOME-DELIVERED MEALS are available in some cases. If you are recovering from a hospital stay, or have an illness that prevents you from attending lunch in the dining room, please call the Program Supervisor at 251-8405 to request home delivery.

FREE Foot Care, Blood Sugar Readings, & Blood Pressure with Edgewood RN Students

Advanced nursing students will provide these services and answer your questions about medical care and medications on Tuesday, October 16 at:

Romnes Apartments 10:00—11:00 am

Fisher-Taft Apartments 12:30—1:15 pm

Burr Oaks Apartments 2:30—3:15 pm

Southridge Apartments 4:30—5:15 pm

Please call 251-8405 to reserve your place.

Greet Autumn with Michael Gruber

Wednesday, October 10 at:

Romnes Apartments 11:45—12:45 pm

Fisher Taft Apartments, 1:30—2:30 pm

Join Michael for some of your favorites and his original tunes for vocals and acoustic guitar.

Poetry with FABU

Romnes Apartments

Tuesday, October 2 11:30 am

Fisher Taft Apartments

Thursday, October 4 2:45 pm



**Moving Forward Series:
Seeking the Upside of Life with Chronic
Medical Conditions**

Monday, October 8 6:30-8:00 pm
Alliant Center-Exhibition Hall Mendota 1-2
Speaker: Dr. Heidi Beck

UW Health Rehab Health Psychology

It is common to experience negative feelings while living with a chronic medical condition. Still, the negative emotions don't have to take over. New research in psychology shows that "suffering" can be used as a force to build strength, focus, vision and a new sense of purpose. Join Dr. Beckman to learn ideas for turning health-related challenges into personal growth.

Free Seminar: Control Your Pain

Tuesday, October 9 6:00—7:00 pm
Sheraton Madison 706 John Nolen Drive
Registration needed; call 1-877-147-4650

Hear how a decorated veteran has overcome his opioid addiction and learn about alternate therapies for pain management. Speaker Justin Minyard was first injured as a first responder on 9/11. He also served 8 combat tours, receiving 2 Purple Hearts and a Bronze star for valor. This program is provided by Advanced Pain Management.

Stepping On Classes

\$35.00 Fee for classes held at locations below

- > **Tuesdays 12:00 noon—2:00 pm**
October 16—November 27
St. Mary's Hospital Center for Wellness
700 S. Park St.
Registration needed: 608-843-4363
- > **Wednesdays 1:00—3:00 pm**
October 17—December 5; skip Nov. 21
Our Lady Queen of Peace Parish Center
401 Owen Dr.
Registration needed: 608-231-4614
- > **Tuesdays 9:30—11:30 am**
October 23—December 11, skip Nov. 20
UPH Meriter Monona Clinic
6408 Copps Ave.
Registration needed: 417-8272

**Wisconsin Women's Health Foundation
Annual Dialogue: How to Talk to Our Kids**

Thursday, October 11 8:00—10:30 am

Complimentary buffet breakfast at 8:00 am

Edgewater Hotel Free to Public

advance registration needed; space limited

Call 608-251-1675 x103 or register online at:

<https://madisontix.com/events/2018-wwhf-dialogue>

This annual event is held by the Wisconsin Women's Health Foundation to address important health topics. This year, a moderated panel with Special Agent Heather Ryan (formerly with the NCIS) and Dr. Margie Skeer, Associate Professor at the Tufts University School of Medicine, will discuss the current opioid epidemic, how to prevent opioid misuse, relationship violence, and real life solutions for families. Moderator will be Pam Taucher.

**Wisconsin Women's
Health Foundation Free Classes**

Classes below are all held at

Meriter Business Center 2650 Novation Pkwy

FREE, but registration needed

Call 608-251-1675 x103 or online: wwhf.org/events/

Breast Cancer

Wednesday, October 10 1—2:00 pm

Come hear an RN review factors linked to breast cancer and how to reduce risk. Hear about screening recommendations and how to advocate for care. Emphasis is on the issues and steps that women face prior to breast cancer diagnosis.

Everywoman's Journal

Saturday, October 27 9:00—11:00 am

Learn how you can use health journaling-as a preventive tool. After the workshop, receive further monthly journaling exercises via e-mail.

Diabetes Prevention

Thursday, November 1 11:00am—12:00 noon

Join a registered nurse to learn about your risk of getting diabetes and ways to prevent it.



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**COMMUNITY-WIDE
ACTIVITIES &
EVENTS**

Wisconsin Science Festival

Thursday – Sunday
October 11 – 14

Full schedule at <https://wisconsinsciencefest.org/>

Take this weekend to revive your sense of wonder. Science Festival events will take place at UW Madison and many other public venues around Madison and the entire state. Some highlights include hands-on flight simulation at UW Mechanical Engineering, and the Science is Fun Extravaganza with Professor Shakashiri and Madison Youth Choir members.

One Sky One World Kite Festival

Sunday, October 7
11:00 am – 4:00 pm
McKee Farms Park

2930 Chapel Valley Rd.

The 33rd International Kite Fly For Peace will feature many beautiful kites flown by regional kite fliers, banners and ground displays, bird gliders that drop from the sky and kite making for kids.

Free Fall Fest

Friday, October 26 5:30 – 7:30 pm
Aldo Leopold Nature Center
300 Femrite Dr. Monona
Refreshments for purchase
at food carts

Bring the family for a fun-filled night of not-too-spooky activities, including a costume parade, torch-lit hike, night time nature bingo, marshmallows over a bonfire and more.

Downtown Family Halloween

Wednesday, October 24
3:00 – 6:00 pm

State St. & Capitol Square

Embrace Diversity Family Concert

7:00 pm

Monona Terrace

Bring the grandkids for an afternoon of free activities at many downtown locations. There will be Special Kids in the Rotunda shows and festive Halloween photos at Overture Center, Madison Parks Hay Rides around the Capitol Square, crafts, spooky stories, art projects, stories and songs, and Trick or Treat at some 75 businesses.

Wrap up the day at the Diversity Concert at Monona Terrace.

Cider Press & Open House at Farley Center

Wednesday October 8
10:30 am – 2:30 pm

2299 Spring Rose Rd. Verona

11:30 am Farm Tour

12:00 noon Bee Tour

1:00 pm Green Cemetery Tour

1:30 pm Farm Tour

The non-profit Farley Center is located on 43 acres of woods and farmland near Verona. It includes an organic farm incubator, and land set aside for green burials.

At this event the public is invited to learn more about the center and enjoy helping to make cider in a 160 year old press. Bring apple treats to share, if you like.

Free transportation may be available for the meetings below. Call the contact person for details

African American

Details: Pam Bracey, 243-5252

Latino

Details: Rodrigo Valdivia, 243-5252

Grandparents & Other Relatives as Parents

Childcare provided and transportation may be available!
Details: Serena Breining 255-7356

Gay, Gray & Beyond

Thursdays, October 11 & 25

1:00 – 3:00 pm

Madison Senior Center
330 W. Mifflin St.

New Memory Café'

Third Fridays of Month

9:30 – 11:30 am

Fountain of Life Covenant Church

633 W. Badger Rd.

Details: Barbara McKinney

Diversity Coordinator

Alzheimer's & Dementia

Alliance of Wisconsin

608-232-3400

A Memory Café' is a welcoming place for people with forgetfulness, early Alzheimer's, or other changes in their thinking—and their friends and families. It is a positive place to socialize, enjoy music, play games and join in other fun activities.

Come to this Memory Café' to have a safe, comfortable environment to talk with others who understand what you are going through. c

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NONPROFIT ORGANIZATION
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MADISON WI

Dedicated to Safe Independence for the Community's Older Adults

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The **South Madison Coalition of the Elderly** is a nonprofit agency serving south Madison residents age 60 and older. Our service area extends from the Capitol Square to the south city limits, between Randall Avenue and Lake Monona. We provide some services directly, and assist older adults to obtain a wide range of additional services and information for maintaining self-reliance. If you or someone you know needs information or assistance, call 251-8405 or stop by our office, 128 E. Olin Avenue, Suite 110.

REGULAR HOURS: Monday–Thursday, 8 am–4 pm; Friday, 8 am–3 pm

ACCESS COMMUNITY HEALTH—ERDMAN CLINIC	443-5480	ELDER ABUSE HELPLINE	261-9933
ACCESS COMMUNITY DENTAL CLINIC	443-5482	HOMELESS HOTLINE/ AFFORDABLE HOUSING RESOURCE LINE	
ACCESS COMMUNITY HEALTH—WINGRA CLINIC	263-3111		(855) 510-2323
ADRC AGING & DISABILITY RESOURCE CENTER	240-7400	LGBT SENIOR ALLIANCE	255-8582
ALZHEIMER'S & DEMENTIA ALLIANCE OF WIS.	232-3400	MADISON SENIOR CENTER	266-6581
ALHEIMER'S ASSOCIATION	203-8500	MENTAL HEALTH CRISIS LINE	280-2600
AREA AGENCY ON AGING OF DANE COUNTY	261-9930	NORTH/EASTSIDE SENIOR COALITION	243-5252
BAYVIEW FOUNDATION	256-7808	POLICE-SOUTH MADISON DISTRICT	266-5939
BURR OAKS SENIOR APARTMENTS	250-2585	FISHER-TAFT HOUSING	255-9133
BRITTINGHAM APARTMENTS	266-4381	ROMNES APARTMENTS	267-9524
CAPITOL CENTER APARTMENTS	255-5311	ST. VINCENT DE PAUL	257-0919
CATHOLIC MULTICULTURAL CENTER	661-3512	SOCIAL SECURITY ADMINISTRATION	866-770-2262
CDA MAINTENANCE	245-5797	SOUTHRIDGE APARTMENTS	273-2797
DAIS DOMESTIC ABUSE INTERVENTION SERVICES	800-747-4045	TENANT RESOURCE CENTER	257-0006
EAST MADISON/MONONA SENIOR COALITION	223-3100	VETERANS SERVICE OFFICE OF DANE COUNTY	266-4158
		WEST MADISON SENIOR COALITION	238-7368