



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 Madison, WI 53713

SOUTHSIDE SENIOR

January 2018 VOLUME 133

Phone: 608-251-8405 smcelder.com

TRIANGLE RESIDENTS

Triangle residents are invited to join in the free programs below:

****Play The Price is Right—
Quit Smoking Edition**

Snacks & prizes add to the fun

<i>Parkside</i> Wednesday January 31 3:00—4:00 pm	<i>Brittingham</i> Thursday February 1 3:00—4:00 pm
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****Chair Yoga**

Mondays, 1:00—2:00 pm
beginning in mid-January

All abilities and skills welcome!
Contact a service coordinator for dates and locations.

****Peer Support**

Be matched with a member of the community to meet weekly or bi-weekly and chat or play games. Contact a Service Coordinator for availability.

Eleven Years of ***SOUTHSIDE SENIOR***

This month you are reading the 133rd issue of *SOUTHSIDE SENIOR*. For the past eleven years, **South Madison Coalition of the Elderly** has made it a priority to provide a free newsletter to area older adults and the businesses and professionals who serve them.

Why do we make the newsletter a priority? Many older adults do not have high speed internet and cannot afford a subscription to a newspaper. Many prefer reading the news and information on paper. We are committed to keeping our older neighbors in the loop about changes that affect them. And we want others in the community to be informed about these issues as well.

How do we decide what goes in? Of course, we give priority to info about services and resources of special interest to local older adults. We also believe that informing our readers of low cost or free activities, provides encouragement to get out and stay active in the community (which is a good way to stay healthy!) Having limited incomes does not mean readers have limited interests. So we provide info about a variety of events that may appeal to seniors with many kinds of interests.

Providing a free newsletter is important to us. We use the most economical ways possible to edit, print, label and mail the *SOUTHSIDE SENIOR*, which keeps the average cost per reader at about \$15 per year. Readers who can afford to contribute toward the cost of the newsletter would free up funds for other important needs. Please consider donating what you can. Thank you!

**The South Madison
Coalition of the Elderly
office will be CLOSED
Monday, January 1, 2018**

**Our Board of Directors
and Staff wish you all
the best of health and
happiness in 2018!**

Your Name _____

Your Address _____

Contribution Amount: \$ _____

Mail your contribution to : **South Madison Coalition of the Elderly
128 E. Olin Ave. Suite 110
Madison WI 53713**



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SOUTHSIDE SENIOR

JANUARY 2018 PAGE 2

**ACTIVITIES
DOWNTOWN**

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

Creativity and the Brain

Friday, January 19 10:00 am

Join artist, life coach and retired arts educator, Henry Hawkins, for a look at the connection between brain function and the creative process. Get an exciting perspective on how you can harness your creative core all through your lifetime. This interactive and engaging session will leave you asking for more!

Goals of Southern Utah Wilderness Alliance

Tuesday, January 30

1:00—2:15 pm

registration needed: 266-6581

Learn about efforts to protect the spectacular landscape of southern Utah from oil, gas, and tar sands extraction. This network of undesignated wilderness quality lands also contains the largest concentration of Native American cultural sites in the entire country.

Clayton Daughenbaugh of the Southern Utah Wilderness Alliance will introduce you to the area with a 15 minute DVD tour narrated by Robert Redford. The Alliance is working to fight a political movement that opposes conservation and even the existence of U.S. public lands.

The History of Spain

Wednesdays 12:00—2:00 pm

January 31—April 25

registration needed: 266-6581

Spain has played a unique and pivotal role in Western civilization. With its strategic location, Spain has served as a crossroad for cultures, religions, ideas and trade. Through the centuries, Spain has been home to many different peoples, and has seen numerous political and cultural shifts and historical moments. Professor Joyce E Salisbury, presents this Great Course, facilitated by Jim Lamal.

Tuesday Matinees

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

****12:45 pm January 2 *Ziegfeld Girl (1941)*** Three young women who join the glamorous Ziegfeld Follies find that their lives are changed, but not just for the better. This musical stars Judy Garland, Hedy Lamarr, Lana Turner and Jimmy Stewart .

1:00 pm January 16 *Megan Leavey (2017)* Stars Kate Mara, Ramon Rodriguez and Tom Felton. Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq. *Drama; PG-13.*

Sip & Swipe Café® FREE Tablet Training for Older Adults

**registration needed: 266-6581
Maximum of 4 participants per session**

A Sip & Swipe Café® is a place where older adults can get free self-paced lessons on how to use a tablet. A coach works with the learner to provide support and answer questions. These skills also will transfer to most smart phones. Tablets are provided, so if you've been contemplating purchasing one, this is a great opportunity to try one out.

Volunteer coaches are needed, and will receive training.

Smart Phone Basics

Friday, January 5

10:00—11:15 am

registration needed: 266-6581

Limit of 10 participants

Bring your smart phone and learn how to take advantage of 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.

Bone Health

Wednesday, January 10 10:00 am

Join Der. Sarah Stineman, Physical Therapist, to discuss how bones change with age, and how you can use diet and exercise to reduce the risk of fractures.



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SOUTHSIDE SENIOR

JANUARY 2018 PAGE 3

RESOURCES

Ready, Set, Retirement!

Friday, January 26

8:30am—12:30 pm

Madison Senior Center

Seating limited;

Reservations needed.

Call 608-243-2881

Attend this event to get valuable, unbiased information for making key retirement decisions—whether you are about to retire, or already have done so.

Arrive early to visit with representatives from special needs trusts, the Dane County Aging and Disability Resources Center (ADRC) and the Board on Aging and Long Term Care.

Then hear presentations about:

- Estate planning (wills & trusts, naming beneficiaries, probate versus non-probate assets)
- Powers of attorney for health care and finance
- Medicare
- Social Security

The purpose of this event is to provide neutral educational information—it is not a marketing or sales presentation. It is presented by The State Bar of Wisconsin Pro Bono Program, Madison College, the Dane County Bar Association, the GWAAR Elder Law & Advocacy Center, and WPS Charitable Foundation.

Welcome to Medicare

Saturday, January 20

9:00—11:30 am

**Aging & Disability Resource
Center of Dane County
(ADRC)**

2865 N. Sherman Avenue

Register by January 10;

call 608-261-9930

If you are turning age 64 this year, the Dane County Area Agency on Aging wants to help you to make informed choices about your Medicare options!

NOW IS THE TIME Some of the decisions and actions you need to take about Medicare must take place 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.

Do you understand what Medicare is and isn't?

Do you know how to avoid penalties for late enrollment in Medicare?

Do you know how to get the most out of your health and prescription benefit plans?

Attend this seminar to get easy-to-understand answers from unbiased experts who specialize in benefit programs. You will walk away with the accurate and detailed information you need to make confident decisions.

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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SOUTHSIDE SENIOR

JANUARY 2018 PAGE 4

MENU

Reserve/Cancel 251-8405

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY Salad Option
<p>CLOSED 1</p> <p>*** No meal served at Madison Senior Center on January 15.</p>	<p>2</p> <p>Chicken Breast 1/2 Sweet Potato Peas Multigrain Bread Pumpkin Pie <i>Alternate Dessert:</i> Pineapple VO-Veggie Burger</p>	<p>3</p> <p>Meat Chili Black Beans with Corn Cornbread Apple Juice Strawberry Shortcake <i>Alternate Dessert:</i> SF Jell-O Cup VO-Red Beans & Rice</p>	<p>4</p> <p>**Pizza Casserole Mixed Greens Italian Dressing Peaches Wheat Roll Brownie <i>Alternate Dessert:</i> Fresh Apple VO-Veggie Pizza Casserole</p>	<p>5</p> <p>Lemon Baked Fish Tartar Sauce 1/2 Baked Potato Peas Apricots Wheat Bread Tapioca Pudding <i>Alternate Dessert:</i> SF ice Cream VO-Black Bean Burger</p>	<p>5</p> <p>Taco Salad: beef, lettuce, green onion, tomatoes, cheese, salsa, black olives, sour cream, & tortilla strips. Apricots Wheat Bread Tapioca Pudding</p>
<p>8</p> <p>**Sausage Gravy on Biscuit Roasted Potatoes Orange Juice Spiced Pears Cinnamon Roll <i>Alternate Dessert:</i> SF Cookie VO-Quiche</p>	<p>9</p> <p>Chicken Parmesan Fresh Mixed Greens Ranch Dressing Wheat Roll Cherry Cobbler <i>Alternate Dessert:</i> Diced Peaches VO-Baked Potato & Veggie Cheese Sauce</p>	<p>10</p> <p>Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Chocolate Chip Cookie <i>Alternate Dessert:</i> SF Pudding VO-Veggie Enchilada</p>	<p>11</p> <p>Homemade Chili Corn Salad Corn Bread Lime Jell-O with Fruit Cocktail M&M Cookie <i>Alternate Dessert:</i> Fruit Cup VO-Red Beans & Rice</p>	<p>12</p> <p>Baked Chicken on Bone Gravy Red Potatoes Stewed Tomatoes Sourdough Roll Mandarin Oranges Cherry Crisp <i>Alternate Dessert:</i> SF Cookie Packet VO-Garden Burger</p>	<p>12</p> <p>Cordon Bleu Salad: Mixed Greens, diced chicken, ham, Swiss cheese, green peppers, tomatoes, & Ranch dressing. Sourdough Roll Mandarin Oranges Cherry Crisp</p>
<p>***15</p> <p>Cheeseburger & Lettuce on Wheat Bun Calico Beans Carrots Apple Juice Pineapple Fluff <i>Alternate Dessert:</i> Pineapple VO-Black Bean Burger</p>	<p>16</p> <p>**Italian Sausage w/ Peppers & Onions Stewed Tomatoes Seasoned Roasted Potatoes Wheat Bread Orange Frosted Cake <i>Alternate Dessert:</i> SF Cookie Pack VO-Hummus Wrap</p>	<p>17</p> <p>**Meatloaf Garlic Mashed Potatoes Broccoli Pineapple Wheat Bread Peanut Butter Cookie <i>Alternate Dessert:</i> Fresh Apple VO- Veggie Meatballs</p>	<p>18</p> <p>Open-face Chicken & Gravy Sandwich Mixed Veggies Apple Sauce Strawberry Jell-O with Pears <i>Alternate Dessert:</i> SF Jell-O VO-Soy & Gravy Open-face Sandwich</p>	<p>19</p> <p>Spaghetti & Meat Sauce Fresh Mixed Greens & French Dressing Bread Stick Diced Peaches Vanilla Pudding <i>Alternate Dessert:</i> SF Pudding VO-Soy Meat Sauce</p>	<p>19</p> <p>Harvest Salad: beets, garbanzo beans, cucumber, red onion, feta & croutons on mixed greens; Balsamic Vinaigrette Diced Peaches Vanilla Pudding</p>
<p>22</p> <p>Roast Turkey Chicken a la King Brown Rice Corn Pickled Beets Mandarin Orange Chocolate Chip Cookie <i>Alternate Dessert:</i> SF Cookie Pack VO-Soy a la King</p>	<p>23</p> <p>Green Pepper Soup Kidney Bean Salad Wheat Bread Banana Chocolate Pudding <i>Alternate Dessert:</i> Diced Peaches VO-Veggie Wrap</p>	<p>24</p> <p>**Meatballs in Gravy Roasted Potatoes Fresh Mixed Greens French Dressing Multigrain Bread Fruit Cup Carrot Cake <i>Alternate Dessert:</i> Diced Pineapple VO-Veggie Meatballs in Gravy</p>	<p>25</p> <p>Baked Mostaccioli Bread Stick Spinach Diced Peaches Oatmeal Cookie <i>Alternate Dessert:</i> Mandarin Oranges VO-Veggie Mostaccioli</p>	<p>26</p> <p>Baked Barbecued Ribs Cheesy Potatoes Chunky Applesauce Mixed Greens Ranch Dressing Dinner Roll Frosted Pumpkin Bar <i>Alternate Dessert:</i> Fruit Cup VO-Veggie Burger</p>	<p>26</p> <p>Chicken Confetti Salad: Shredded lettuce, diced chicken, tomatoes, cucumber, corn bacon & Ranch dressing. Dinner Roll Applesauce Frosted Pumpkin Bar</p>
<p>29</p> <p>**Ham Slice Yams Spinach Wheat Bread Spiced Pears Brownie <i>Alternate Dessert:</i> Fresh Apple VO Cheese & Tomato Sandwich</p>	<p>30</p> <p>Roast Turkey Gravy Stuffing with Cranberries Fresh Greens Ranch Dressing Banana Pumpkin Bar <i>Alternate Dessert:</i> SF Cookie Pack VO-Soy with Gravy</p>	<p>31</p> <p>**Meatballs in Marinara on Penne Noodles Roasted Brussels Sprouts Diced Peaches Pineapple Upside Down Cake <i>Alternate Dessert:</i> Pineapple VO-Veggie Meatballs in Marinara</p>	<p>MEALS SERVED at:</p> <p>Romnes Apartments 540 W. Olin Ave.</p> <p>Fisher-Taft Apartments 2025 Taft St.</p> <p>Madison Senior Center 330 W. Mifflin St.</p> <p>**contains pork</p>		
<p>Items on this menu are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergies will not be transferred through cross-contact.</p>					





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128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

JANUARY 2018 PAGE 5

**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). 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; \$10.23.

MEAL CHOICES Note that the menu includes a *vegetarian* entrée choice every day. You are welcome to choose this for some of your meals, even if you are not a vegetarian. You can also choose a *salad main dish* on Fridays-every week or just sometimes.

If your doctor advises you 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. Call our office at 251-8405 to arrange this.

RESERVATIONS must be made by 12:00 noon, at least one business day in advance. Call 608-251-8405.

CANCELATIONS If you cannot attend a meal you have reserved, please cancel and help to avoid needless waste. To cancel, call 251-8405 by 12:00 noon, the day before the meal.

TRANSPORTATION is available from your home to a nearby dining center. 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.

SOME NOTES and a NEW LOOK for the MENU

As you review the January menu, you will see we have added the “alternate dessert” for each day. If you are a diabetic, or you just want to avoid eating too many sweets, you can choose an alternate dessert that contains less sugar than the regular dessert. We have long been in the habit of calling this a diabetic meal when we take your orders. But it is more accurate to call it a “no concentrated sweets” option. You can choose this option as you see fit, just let us know if you want it for all of your meals, or just some of them, based on the menu that day. Note that in some instances, you will end up with two servings of fruit in your meal.

You also may notice that meals include more fruits and not quite as many vegetables. Last year, the Senior Meal Program guidelines for menu planning were changed to include more servings of fruits and vegetables, with the goal of serving healthier meals. However, after a few months, it became clear that more vegetables were being served than seniors could or would eat at one meal. So menus for the past few months have included more fruits and fewer veggies.



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SOUTHSIDE SENIOR

JANUARY 2018 PAGE 6

***HEALTH
NOTES***

Proposed Changes to Madison Paratransit Service

WHAT IS PARATRANSIT? The Americans with Disabilities Act (ADA) of 1990 requires public transit agencies to provide paratransit service to persons with disabilities who cannot access the public transit system due to their disability. Madison Metro's paratransit service complements the same area and hours of the city bus system, but paratransit riders travel directly from their homes to specific locations, rather than using public bus stops.

Anyone wanting to use the paratransit system must submit an application and have an in-person assessment by a trained Paratransit professional from the Metro staff. The assessment evaluates the applicant's ability to function in physical, cognitive, and sensory areas. For example, this may include evaluation of an applicant's gait and balance, step climbing ability, bus route and landmark identification, short term memory, and attention span or other functions necessary for use of the bus. (Most persons in wheelchairs are able to ride regular buses, because they are all equipped with a wheelchair lift).

Persons who are determined to be eligible for Paratransit then schedule rides up to 7 days in advance. Pickups are made within a 20 minute window of the requested time. Fares are \$3.25 or 1 green paratransit ticket. *You can begin the application process by calling 266-4466.*

CHANGE IS COMING For the last 20 years, Metro has provided a level of paratransit service above and beyond the requirements of the Americans with Disabilities Act. But in 2018, Metro Transit expects the loss of \$3.9 million in federal funding which had helped pay for this level of paratransit services. With these funds no longer available, Metro will need to adjust its services to a level closer to what is required by the ADA. Metro staff have been working on this issue for several years with awareness of the challenges involved and the individuals they affect. Policymakers, paratransit advisors, and staff put their best efforts toward finding solutions and making a proposal that would provide the best options available. Metro staff and the City of Madison Transit and Parking Commission recently held a public hearing on their proposal. They will meet again on **Wednesday, January 10 at 5:00 pm at the City Council Chambers. Interested persons are welcome to provide feedback. Feedback can be provided:**

- in person at the meeting in room 201, 210 Martin Luther King Jr. Blvd.
- by mailing comments to
- Metro Transit Public Hearing Comments, 1245 E. Washington Ave. Ste. 201 Madison WI 53703
- Or by calling 608-266-4466, or by email to: mymetrobus@cityofmadison.com

PROPOSED CHANGES and TIMELINE, if approved:

- As of Thursday, February 1, 2018, fares for all paratransit rides increase to \$4.00 per trip, (Companions required to pay \$4.00 fare. Personal Care Attendants continue to ride for free.)
- As of Sunday, June 3, 2018, cash fares only. Elimination of paratransit convenience tickets. (Except for agency contracted rides.)
- As of Sunday, October 7, 2018, most riders will have "curb-to-curb" service only. "Door-to-door" service will only be available if necessary due to a disability. Each rider will be evaluated to make this determination.
- As of Sunday, June 3, 2018. Elimination of "leave attended" ride options.



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SOUTHSIDE SENIOR

JANUARY 2018 PAGE 7

***COMMUNITY-WIDE
ACTIVITIES &
EVENTS***

Martin Luther King Jr. Holiday Events

FREE Community Dinner

Friday, January 12 4:30—7:00 pm
Gordon Commons
770 W. Dayton St.

Share a meal in the spirit of brotherhood and sisterhood. Enjoy a buffet-style dinner of fried and baked chicken, mashed potatoes and gravy, mac'n'cheese, vegetables, sweet potato pie and more.

Annual Madison/Dane County King Holiday Observance

Monday, January 15 5:00—8:00 pm
Overture Center

**5:00 pm Freedom Sing-in

**6:00 pm Program with speaker, MLK Community Choir and presentation of the MLK Humanitarian Award by Count Executive Joe Parisi and Mayor Paul Soglin.

Eating Smart, Being Active

Thursday, January 11 1:00—2:30 pm
Goodman South Madison Library

Registration may be needed;
call 266-6395

Parents and grandparents... Do you want to save money and still feed your family healthy meals and snacks? Are you looking for fun and easy ways for you and your family to be more physically fit? Do you want recipes and ideas for quick, easy and healthy meals? Join UW nutrition educator Lytonia Floyd in this series of events to learn more about eating smart and being active. There will be free cooking and health related giveaways for class members to keep.

Live the Life You Want- Penny by Penny

Wednesday, January 17
12:00—1:00 pm

Dream Bank 1 N. Pinckney St. Struggling to find the money to reach your goals? Join Amy Crowe, Summit Credit Union financial educator, to find out how spending habits, emotions and the stories we tell ourselves can get in the way. Learn how the "every penny needs a home" strategy can improve both your finances and your personal life.

Family Moove & Groove

Saturday, January 6
9:30 am—12:00 noon

Dream Bank 1 N. Pinckney St. Bring the grandkids and your dancing shoes for an extreme dance party with bubbles, games, hula hoops, bean bag toss and more!

Madcity Sessions

Thursday, January 18
7:30—10:00 pm

Overture Center Capitol Theater Admission is free and dancing is encouraged at this event, featuring two top local bands. Drop in any time during the evening.

First up is Kinfolk, with captivating R&B, soul, funk, and Latin beats.

The second act of the evening is The Big Payback, a Madison Favorite Dance Band in 2016. They play jazz-rock featuring vocals by Leah Isabel Tirado and a "smoking horn section."

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

10:00 am-12:00 noon

831 E. Washington Ave.

Gay, Gray & Beyond

Thursdays, January 11 & 25
1:00—3:00 pm

Madison Senior Center

330 W. Mifflin St.

Frozen Assets Festival

Friday-Sunday February 2-4
Edgewater 1001 Wisconsin Place

Enjoy a variety of free family-friendly activities at this annual festival. There will be ice skating, sleigh rides, an ice science lab and figure and speed skating demos. Watch for more details at <https://cleanlakesalliance.org/frozen-assets>.

Badger Rock CommUNITY Night

Friday, January 12 5:30—8:00 pm

Enjoy a free community dinner and activities with your neighbors. Doors open at 5:30 and dinner is served at 6:00 pm.

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NONPROFIT ORGANIZATION
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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

CLOSED MONDAY, JANUARY 1, 2018

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