



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 Madison, WI 53713

SOUTHSIDE SENIOR

November 2017 VOLUME 131

Phone: 608-251-8405 smcelder.com

TRIANGLE RESIDENTS

Triangle residents are invited to take advantage of the following free programs:

****Quit Smoking Fair**

Get information and play games as you learn techniques to gain freedom from tobacco!

<i>Parkside</i>	<i>Brittingham</i>
Wednesday	Thursday
November 1	November 2
3—4:00 pm	3—4:00 pm

****Karaoke**

Sing old favorites and learn new songs with UW volunteer Michaela.

<i>Parkside</i>	<i>Brittingham</i>
Friday	Friday
November 3	November 17
2:00—3:00 pm	3:00—4:00 pm

****Chair Yoga**

All abilities welcome!

Tuesdays 1—2:00 pm

<i>Parkside</i>	<i>Brittingham</i>
November 7	November 14
November 21	November 28

The South Madison Coalition of the Elderly office will be closed Thursday and Friday, November 23 and 24.

DAY LIGHT SAVINGS TIME ends

**SUNDAY, NOVEMBER 5
Turn your clocks back one hour**

Free Home-delivered Thanksgiving Day Dinner

Are you homebound, or will you just not have other access to a Thanksgiving meal this year? You can request a home-delivered dinner for Thanksgiving Day.

Deliveries will be made around noon on Thursday, November 23.

RESERVATIONS NEEDED for DELIVERY! CALL 251-8405

by 12:00 NOON on MONDAY, NOVEMBER 20

The deliveries are coordinated by the South Madison Coalition of the Elderly, and distributed by volunteer drivers. This year, South Madison Coalition is collaborating with the North/Eastside Senior Coalition to expand home deliveries to more north Madison residents, and a group of volunteers led by Rev. David Smith will prepare the food at the new FEED kitchens on Sherman Avenue in north Madison. No community Thanksgiving meal will be held at St. Mark's Church this year.

Madison Senior Center Holiday Open House

**Tuesday, November 28
1:00—3:00 pm**

All are invited to share holiday spirit and learn about the many ways the Madison Senior Center enriches life for older adults. Meet the donors and volunteers who help make its many programs possible, and join Senior Center staff in thanking them for their contributions.

1:00 pm KC & The Ranger with "Country Christmas" vintage cowboy songs, harmony yodeling, humor and history.

After the show, enjoy a reception of holiday treats, including a chocolate fountain, and view the annual Festival of Wreathes display.

60+ Speed Dating

**Thursday, November 16
4:00—6:00 pm**

**Concourse Cirq Restaurant
1 West Dayton St.**

**Pre-registration required by Friday, November 10; 266-6581
\$5.00 admission**

Adults 60 and older are invited to come meet people, socialize and make friends! Women will be assigned a seat and men will rotate around the tables each time a bell rings. While seated together, you will have six minutes to get acquainted.

Madison Senior Center Classic English Tea

**Friday, December 8 2-4:00 pm
\$25 per ticket Reserve yours soon; call 266-6581**



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

NOVEMBER 2017 PAGE 2

***ACTIVITIES
DOWNTOWN***

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

Love the Packers?

Tuesday, November 7

10:00—11:15 am

registration needed: 266-6581

This program revisits the great history of the Packer franchise through hundreds of photographs of my old football cards, newspapers, and magazines. It's a fast-moving presentation, and fans enjoy watching for their favorite players as the history unfolds. The presenter is Jim Rice, a retired history teacher and school superintendent. Mr. Rice has written four books on football history, and enjoys sharing what he knows.

Chair or Foot Massage

4th Wednesdays

\$10 for 15 minutes

Reserve a time at 266-6581

Andrew Hanson LMT

Decrease anxiety and depression and prevent stress-related injuries

Let Go & Go with the Flow of Zentangle

Tuesday, November 14

9:30—11:30 am

\$10 includes mini art tool kit; pay instructors at class; bring a Micron 01 pen, or purchase at class registration needed-space limited: 266-6581

Join Certified Zentangle Teachers Donna Danowski and Sue Conant in creating beautiful images using structured patterns on 2 different sizes of Zentangle tiles. This class will reinforce basic steps of the Zentangle method, introduce more tangles, and allow "play time. Learn about Pan Pastels, pastel (dry) color-like paints that blend beautifully.

Chair Yoga

Thursdays, 10:00-10:45 am

All abilities welcome.

\$4 donation recommended

Meet the Author

Tuesday, November 14

12:00—1:00 pm

registration needed: 266-6581

Meet Madison poet Shosshauna Shy, and hear about "Poetry Jumps Off the Shelf;" a unique mission to place poetry in public places where it is not expected!

Tuesday Matinees

1:00 pm November 7: *Gentleman's Agreement (1947)* Gregory Peck stars as a journalist who poses as a Jew to get an inside view of anti-Semitism. Dorothy McGuire and John Garfield also star in this Academy Award winner. NR.

1:00 pm October 17 *King Arthur-Legend of the Sword (2017)* This new version of the story stars Eric Bana, Djimon Hounsou and Jude Law. *Rated PG-13*

Popcorn and beverages served.

Winter Art Fair Off the Square

Monona Terrace Exhibition Hall

Saturday, November 11 9:00 am—5:00 pm

Sunday, November 12 10:00—4:00 pm

Admission \$5; children under 12 free

Over 135 Wisconsin artists will exhibit pottery, paintings, fiber, glass art, wood, photography, jewelry, graphics, sculpture and more. On Saturday there will be a Silent Auction of artwork contributed by exhibitors. Musical entertainment will range from Johnny Chimes to Bluegrass, classical to the Madison Area Ukelele Initiative, with spe-

cial performances by Madison Suzuki Strings students and advanced piano students of area piano teachers.

Community Carol Sing

Overture Center Overture Hall

****Monday, November 27 7:00 pm**

Free & No Reservations needed, but date/time subject to change; for more information, contact 608-257-3734 or info@madisonsymphony.org.

Start off the holiday singing carols to the accompaniment of the Overture Concert Organ. All ages and voices are welcome!



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

NOVEMBER 2017 PAGE 3

RESOURCES

Dane County Dental Care Options for Persons on Low Incomes

Dental care for persons on low incomes can be hard to find. The providers below accept patients with Medical Assistance or BadgerCare. If you have no dental insurance, call them to learn more about ways to set up an affordable payment plan.

Dental care costs dental offices more to provide when patients miss appointments. They appreciate reliable patients who keep appointments and arrive on time and are more likely to help you arrange the most affordable payment plan by being a reliable patient.

Access Community Health Centers Dental Services

Joyce & Marshall Erdman Clinic — 2202 S. Park St.

William T. Evjue Clinic — 3434 East Washington Ave.
608-443-5482

- Patients Accepted: Children and adults who are uninsured (sliding fee scale), insured, or on Medical Assistance/BadgerCare
- Cleanings, oral hygiene instruction, dental exams, restorative care, dentures, root canals, extractions, sealants, fillings, X-rays.

Familia Dental

3003 E. Washington Avenue 608-244-8050

- Patients accepted: children and adults who are uninsured, insured, or on Medical Assistance
- Preventive and restorative dental care.

Madison College Dental Hygiene Clinic

1705 Hoffman Street, Room 151
608-258-2400

- Patients Accepted: The general public, adults and children.
- Preventive dental care services provided for a small fee; Medicaid/BadgerCare insurance also accepted.
- Cleanings, x-rays, fluoride treatments, sealants, and oral hygiene education. Services provided by Dental Hygiene students

More Smiles Wisconsin

630 East Washington Ave. 608-665-2752

More Smiles plans to open a second clinic in Fitchburg soon

- Patients Accepted: South Central Wisconsin low income residents
- Preventive and restorative and emergency dental services.

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



South Madison Coalition of the Elderly
128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

NOVEMBER 2017 PAGE 4

MENU

Reserve/Cancel 251-8405

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY Salad Option **
MEALS SERVED at: Romnes Apartments 540 W. Olin Ave.	Fisher-Taft Apartments 2025 Taft St. Madison Senior Center 330 W. Mifflin St.	1 Green Pepper Soup Kidney Bean Salad Wheat Bread Banana Frosted Cake VO-Veggie Wrap	2 Meatballs in Gravy Roasted Potatoes Mixed Greens French Dressing Multigrain Bread Fruit Cup Carrot Cake VO-Veggie Meatballs & Gravy	3 Roast Turkey & Gravy Stuffing with Cranberries Fresh Greens Ranch Dressing Banana Pumpkin Bar VO-Veggie Burger	3 Santa Fe Chicken Salad; seasoned chicken, black bean salsa & tortilla strips on mixed greens Ranch Dressing Stuffing Banana Pumpkin Bar
6 Baked Mostaccioli Spinach Bread Stick Diced Peaches Cookie VO-Vegetarian Mostacciolir	7 **Ham Slice Yams Spinach Wheat Bread Spiced Pear Slices Brownie Cake VO-Cheese Sandwich	8 Hearty Bean Soup Fresh Mixed Greens Creamy French Dressing Wheat Dinner Roll Apple Ice Cream	9 Meatballs in Marinara Sauce on Wheat Noodles Roasted Brussels Sprouts Diced Peaches Pineapple Upside Down Cake VO-Veggie Meatballs in Marinara	10 Barbecued Ribs Cheesy Potatoes Corn Dinner Roll Apple Pie VO-Black Bean Burger	10 Taco Salad: beef, lettuce, green onion, tomatoes, cheese, salsa, black olives, sour cream, tortilla strips Dinner Roll Apple Pie
13 **Roast Pork Mashed Potatoes Baked Cabbage & Apples Wheat Bread Mandarin Oranges Banana Bar VO-Veggie Patty	14 Potato-crusted Fish 1/2 Baked Potato Sugar Snap Peas Dinner Roll Pineapple Confetti Cake VO-Veggie Wrap	15 Beef Stew Green Beans Dinner Roll Applesauce Chocolate Cake VO-Veggie Patty	16 Roast Turkey Mashed Potatoes Gravy Green Beans Wheat Roll Pumpkin Pie VO-Veggie Burger	17 Hungarian Goulash with Macaroni Roasted Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake VO-Baked Potato & Veggie Cheese Sauce	17 Harvest Salad: beets, garbanzo beans, cucumber, red onion & feta & croutons on mixed greens; Balsamic Vinaigrette Diced Peaches Pound Cake
20 Chicken Breast Sweet Potato Spinach Multigrain Bread Apple Crisp VO-Hummus Wrap	21 Cheeseburger, lettuce & Tomato on Wheat Bun Corn Kidney Bean Salad Jell-O with Diced Peaches VO-Veggie Meatballs	22 Vegetable Barley Soup Half of Tuna Salad Sandwich on Wheat Banana Diced Pears Cookie VO-Cottage Cheese	23 CLOSED HAPPY THANKSGIVING!	24 CLOSED	24 Tuna Salad: Tuna salad, tomato & cucumber on mixed greens Applesauce Cake
27 Lemon Baked Fish 1/2 Baked Potato Peas Wheat Roll Apricot Tapioca Pudding VO-Hummus Wrap	28 Chicken Parmesan Casserole Fresh Mixed Greens Ranch Dressing Wheat Roll Cherry Cobbler VO-Black Bean Burger	29 Sausage Gravy on Biscuit Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll VO-Veggie Egg Bake	30 Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Cookie VO-Veggie Enchilada	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  	



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

NOVEMBER 2017 PAGE 5

**LUNCH PROGRAM and
NEIGHBORHOOD SENIOR
CENTER ACTIVITIES**

Senior Lunch Program 608-251-8405

for questions, reservations & cancelations

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; \$10.23.

RESERVATIONS must be made by 12:00 noon, at least one business day in advance. 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, at least one business day in advance.

TRANSPORTATION to the 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 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. Ask for the "diet" option-if you need to *avoid highly concentrated sweets*.

If your doctor has instructed 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.

TAKE OUT MEALS are not available.

HOME-DELIVERED MEALS are available in some cases. Call 251-8405 for details.

South Madison older adults are welcome to attend the free activities below. Have lunch at our dining center and stay for some social fun, or just drop in for the afternoon. Questions? Call us at 251-8405.

Bingo

Southridge Apartments, 1914 Post Rd.

Tuesdays November 14 & 28 2:00—3:30 pm

Romnes Apartments 540 W. Olin Ave.

Wednesdays, November 1 & 15 1:00 pm

Games & Dominoes at Romnes

Dominoes Monday– Friday 12:30 pm

Cards Mondays, Thursdays & Fridays 1:00 pm

Foot Care for non-Diabetics at Romnes

Scheduled for Wednesday this month only.

Wednesday, November 29 1:00—3:00 pm

Advance appointments needed; call 251-8405

\$20.00 payable at appointment

****YOGA AT ROMNES DISCONTINUED DUE TO
DWINDLING ATTENDANCE**



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

NOVEMBER 2017 PAGE 6

**HEALTH
NOTES**

Wisconsin Women's Health Foundation Classes

Women are invited to take advantage of these free classes led by registered nurses and volunteers from the Wisconsin Women's Health Foundation. This non-profit was started by former Wisconsin First Lady, Sue Ann Thompson, to provide all Wisconsin women with free, high quality health education that has been shown to make a real difference in women's health. WWHF programs focus on evidence-based prevention of the diseases and conditions that have the most impact on Wisconsin women, including cancer, heart disease, diabetes, tobacco use, mental health, dementia, domestic violence and more. **Register in advance for all the upcoming classes below by calling 608-251-1675 x 103.**

Everywoman's Journal

Research shows that journaling has a positive effect on mental health. Women who journal report feeling less stressed, with better moods and improved problem-solving ability. These workshops offer women a safe, private environment to connect, or reconnect to their inner selves. Trained volunteer facilitators guide participants through a sampling of the techniques. Participants receive a specially-designed journal, guidebook, pen, and health resource information. Attendees can also sign up for "step two" in which they receive journaling exercises by email every month, to help them continue their self-care.

****Tuesday, November 7**

6:30—8:30 pm

Madison Central Library

****Wednesday, November 15**

2:00-4:00 pm

**Meriter Business Center
2650 Novation Pkwy**

Grapevine Session: Advance Care Planning

This presentation by a registered nurse, will help participants understand advance care planning; which is a process of understanding, reflecting on, and discussing future medical decisions. Adults of all ages should create an advance care plan, regardless of their current state of health.

****Thursday, November 2**

11:00 am—12:00 noon

**Meriter Business Center
2650 Novation Pkwy**

Self Care

Self-care is a necessary and unselfish tool for maintaining good health and well-being. Led by a registered nurse, women will look at the steps they can take for balancing physical, mental, and spiritual health needs amidst everyday responsibilities.

****Thursday, Dec 7**

2:00—3:00 pm

**Meriter Business Center
2650 Novation Pkwy**

Moving Forward: Who Said Care-giving is Easy?

Monday, November 13 6:30-8:00

Alliant Center-Exhibition Hall

Mendota 5/6

free parking No registration

Care-giving is one of the most challenging jobs you will have. It is normal and common to feel overwhelmed and exhausted when providing care for someone. Join Amy Scharmer, MSSW, of the UW Health Neurology Clinic, to learn more about ways to cope with caregiver fatigue, and the community resources available to help you.

Healthy Aging with Dr. Ruddy, ND: *Natural Medicine for Every Decade of Life*

Friday November 17

12:00—1:00 pm

**Monona Terrace free; sponsored
by Group Health Cooperative**

Did you know that our long-term health is ruled by many invisible "clocks," each requiring a specific maintenance regimen at each decade of life? Are you wondering if your present diet is helpful to maintain optimal vitality well into old age? Curious if any of the supplements on the market actually work to delay aging?

If you answer yes to any of these questions, you will learn something new at this talk.



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

NOVEMBER 2017 PAGE 7

**COMMUNITY-WIDE
ACTIVITIES &
EVENTS**

SPARK! Programs

at SPARK! programs. adults with dementia and their care partners enjoy museum arts and artifacts in a comfortable setting, guided by trained docents and volunteers. Programs are free but registration is required at least 24 hours ahead.

Madison Children's Museum
100 N. Hamilton St.

Register at 608-256-6445 x 156

Friday, November 10

10:00—11:30 am

Make ceramic jewelry

Sunday, November 19

1:00-2:30 pm

Decorate cookies & tell stories

Wisconsin Historical Museum
30 N. Carroll St.

Register at 608-261-9359

Monday, November 13

2:00-3:30 pm **The Fur Trade-**

Have a hands-on look at the objects that were traded

Friday, December 1

10:00—11:30 am

Decorate cookies & tell stories

Monday, December 11

2:00-3:30 pm **Holiday Celebration**

Bring in a holiday momento or photo to share and discuss your family's holiday traditions.

Madison Police Department
Civilian Training
Response Active Shooter

Thursday, November 9

6:00—8:00 pm

MPD Training Center
5702 Femrite Dr.

Free training open to the public. Not suitable for children under age 10.

Wisconsin Science Festival-Curiosity Unleashed

Thursday—Sunday

November 2—5

Most events free. See full list at wisconsin-science-fest.org/events/ Have fun and stimulate your brain! This four day fest features hundreds of activities that connect the public with the sciences, technology, engineering, art and math. Coinciding with the Wisconsin Book Festival, some events will feature authors who write about science and society.

Enjoy activities and events at all Madison Museums, the UW Discovery Center and other UW departments, Olbrich Gardens, the Central Library and more.

A sampling of activities: Robot Zoo, Flight Simulators, a Panel Discussion on Changes in Outdoor Recreation. Hear a talk by Dave Levitan, author of *Not a Scientist, How Politicians Mistake, Misrepresent, and Utterly Mangle Science.*

Science Festival Kickoff

Free for All Ages

Wednesday, November 1

5:00—8:00 pm

Madison Children's Museum
100 N. Hamilton St.

See a glassworking demonstration, and try activities offered by Madison Herpetological Society, UW Neuroscience, UW Plant Pathology, Edgewood College Science Ambassadors, MCM Taste of Tech and Adult Role Models in Science.

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

Thursday, November 9

1:00—3:00 pm

Madison Senior Center

330 W. Mifflin St.

How-to Fest: Community Ukelele

Sunday, November 12

2:00—4:00 pm

Central Library Rooms 301 & 302
Come learn to play and find out about the thriving local ukulele scene at this learn-to play workshop and sing-a-long. Instructions will be displayed on a large video screen, and 50 members of Madison Area Ukelele Initiative (MAUI) will help beginners learn to tune, strum and play simple chords in a fun atmosphere. Afterwards, all will strum and sing some easy songs together.

Saturday Farmers Market

Last day on the Capitol Square is **November 11**. Market moves to **Monona Terrace November 18** through **December 16**.

South Madison Coalition of the Elderly
128 E. Olin Avenue Suite 110
Madison WI 53713

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
PERMIT #2185
MADISON WI

Dedicated to Safe Independence for the Community's Older Adults

November 2017 VOLUME 131 circulation: 1400

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 THURSDAY, NOVEMBER 23 and FRIDAY, NOVEMBER 24

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