



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 Madison, WI 53713

SOUTHSIDE SENIOR

September 2017 VOLUME 129

Phone: 608-251-8405 smcelder.com

****LOCATION CHANGE for Free Workshop:**

The Introduction to Medicare
workshop on
Wednesday, September 13
1:00—3:00 pm
will be held at
Neighborhood House
29 S. Mills St.

TRIANGLE RESIDENTS

Service coordinators will offer free programs just for Triangle residents this fall. They include:

Crockpot Cooking Series

Wednesdays 5:00 pm

Sept. 20, Oct. 25 & Nov. 15

Brittingham Apartments

Advance registration with a service coordinator is needed.

Those who complete all three classes will receive a CrockPot.

Quit Smoking Jeopardy

Wednesday, September 27 3:00 pm

Parkside Apartments

Thursday, September 28 3:00 pm

Brittingham Apartments

Enjoy fun, food, prizes, & get tips and support to quit Smoking. !

Free Shredding

Limit of 3 small boxes or 5 paper grocery bags. Paper products only—no need to remove rubber bands, staples or paper clips.

Food pantry donations welcome!

Saturday, September 16

8:00—10:00 am

Dane County Credit Union

3394 E. Washington Ave.

News: Collaboration/Consolidation of Four Madison Senior Coalitions

In 2016, the four Madison Senior Coalitions began conversations about working together more collaboratively to better serve seniors in Madison and Monona. As these conversations have continued into 2017, the very real idea of consolidating these four agencies into one senior service agency has developed.

The Senior Coalition boards and staff members believe that by consolidating we can help 1,500 more seniors enjoy longer, safer, and healthier independent lives. By consolidating into one agency, we will be able to share resources, expand our programs and be stronger advocates for seniors within our community.

In 2017, the Coalitions' boards and staff members have been working together to design a consolidated senior service agency. We are still in the drafting stages, but a few things are very clear:

Seniors are our number one priority. As we talk about becoming one agency, the driving force behind this is the desire to serve each senior better and to serve more seniors.

We have a lot in common. We all provide quality case management services, we all provide great senior nutrition programs, and we all have popular home chore programs.

We have a lot to share with each other. Each coalition has one or more unique programs that serve beyond their borders. By consolidating, we can integrate these programs more completely throughout Madison and Monona.

If you work with a coalition case manager, or if you attend a coalition senior dining center, or go to coalition programs, you may wonder how this will affect you. The four Coalitions' boards and staff members are working to make this transition as smooth and seamless as possible. We have a commitment to keeping the Coalitions' staff members and keeping locations throughout the city of Madison.

Continuity and accessibility are important to providing quality service. We will keep you up to date as we move along in this process. If you have questions, please contact the Executive Director at your Madison Senior Coalition.



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

SEPTEMBER 2017 PAGE 2

**ACTIVITIES
DOWNTOWN**

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

Meet the Authors

registration needed: 266-6581

Tuesday, September 12

12:00—1:00 pm

Meet Madison's current Poet Laureate, Oscar Mireles and enjoy hearing some of his poems.

Tuesday, September 12

12:00—1:00 pm

Meet former bakery owner, Diana Konkle and hear about her new cookbook; *Baking with Einkorn—A 10,000 year-Old Grain!* Learn about this variety of wheat, and Diana's ideas for healthier ways to bake.

Zoo to You

Friday, September 8

10:00—11:00 am

registration needed: 266-6581

Vilas Zoo volunteers will talk about animal classifications, adaptations, and behavior.

Computer Fix It Clinic

Monday, September 18

1:00—4:00 pm

registration needed: 266-6581

Madison's non-profit DANenet offers Fix IT clinics for those who don't have the means to pay for repairs to their computers. Adults can bring in their devices (smart phone, desktop, tower, laptop, etc.) and DANenet staff and volunteers will help assess, fix and clean the devices. DANenet will provide free recycling for items beyond their useful life.

Finance with Andrew Drane

Wednesday, September 13

10:00—11:00 am

registration needed: 266-6581

Find out more about how to reap the best rewards, even when you just have a little money to invest.

Silent Film to Live Music

Friday, September 15 10:00 am

Enjoy the 1925 silent Buster Keaton film *Seven Chances*, set to music performed live by Jeanne Felix on piano and Laurie Riss on cello.

Tuesday Matinees

1:00 pm September 5: *It Happened to Jane (1959)*

Stars Doris Day, Jack Lemmon and Ernie Kovacs. Single Mom, Jane Osgood runs a lobster business. When railroad staff ruin her shipment, she sues Harry Foster Malone, director of the line and the "meanest man in the world". *PG-13*.

1:00 pm August 15 *Lion (2016)*

Stars Rooney Mara, Nicole Kidman & Dev Patel. A five-year-old Indian boy gets lost far from home, and survives many challenges before being adopted by a couple in Australia. 25 years later, he sets out to find his lost family. *Rated R*

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

The Physics of History

Wednesdays, 12:00—2:00 pm

September 20—December 3

registration needed: 266-6581

\$10 fee by September 20

Facilitated by Jim Lamal

This video course taught by award-winning Columbia University Professor David J. Helfand, gives you the background to understand how scientists know what they do about the past. These lectures cover an astonishing range of cases in which physics has helped to redefine history—in astronomy, archaeology, geology, climatology, art history, and other fields.

PLATO Preview

Wednesday, September 20

1:30—3:00 pm

Like to learn new things and exchange ideas? PLATO is a community of intellectually curious adults, who are mostly 50 or older. They explore interesting subjects through member-led discussion groups, lectures, travel and cultural activities. Come to this informal preview to learn more and meet the coordinators of up-coming courses. This event is set up like a resource fair. A more formal information session will be held in a classroom at 2:00 pm.

Open Computer Lab

Tuesdays & Thursdays 10—2:00

Mon., Wed., Fri. 12:30—3:45 pm



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

SEPTEMBER 2017 PAGE

3

RESOURCES

Use Up Those Farmer's Market Vouchers!

Did you pick up Farmer's Market Vouchers earlier this summer? The Area Agency on Aging keeps track of how many vouchers are used, in order to measure the effectiveness of this program. As of now, usage is lower than usual.

Are you remembering to use your vouchers? Is something preventing you from using them as much as in the past? If you are having trouble getting to a market, it may help to know that a family member or friend who goes to a Farmer's Market can use your vouchers to shop for you.

Do you need some new ideas for using Farmer's Market products? Here are some fun websites you can explore for inspiration:

- Fivesensespalate.com
- theleekandthecarrot.com
- wisconsinfromscratch.com

If you missed the voucher distribution, there are still some vouchers available for adults who are 60 or older and have gross incomes no higher than \$23,311 per year for one person or \$30,044 for a two-person household. Call 261-5678, or check with your coalition case manager if you have one, to find out how to get vouchers worth \$25 that you can use toward purchase of any SNAP-eligible foods at Farmer's Markets during the rest of 2017.

Autumn Day Trip to Galena Illinois

Tuesday, October 24

\$30 per person (non-refundable) due at time of registration

Register no later than noon, Friday, October 6 Call 238-0196

Madison Senior Coalitions invite you to join a Motor Coach Day Trip to beautiful Galena, Illinois. Spend the day browsing specialty shops and antique stores in the walkable historic shopping district.

The trip will not include a guided tour or lunch; these are at your own discretion. Galena Trolley offers one-hour narrated tours of the historic district for \$18; tickets can be purchased at the Galena Trolley Depot, 314 Main St. Tour times are 11:00 am or 12:00 noon;

We will travel to Galena via a 40 passenger Badger Bus Motor Coach. Pick up and drop off locations are:

8:00 am Pickup

8:30 am Pickup

**North/Eastside Coalition
1625 Northport Dr.**

**West Madison Senior Coalition Office
517 N. Segoe Rd.**

Coach will re-board for the return trip at 3:00 pm. Return time is approximately 5:00 pm, with drop-off at these same locations.

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

SEPTEMBER 2017 PAGE 4

MENU

Reserve/Cancel 251-8405

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY Salad Option **
<p>MEALS SERVED at: Romnes Apartments 540 W. Olin Ave.</p> <p>Fisher-Taft Apartments 2025 Taft St. Madison Senior Center 330 W. Mifflin St.</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.</p> <p>**contains pork</p>  					
<p>LABOR DAY NO MEALS SERVED OFFICE CLOSED</p>	<p>Barbecued Ribs Twice Baked Potato Baked Beans Dinner Roll Apple Pie VO-Veggie Wrap</p>	<p>Baked Mostaccioli Tossed Green Salad Ranch Dressing Bread Stick Orange Cake VO-Veggie Meatballs in Tomato Sauce with Cheese</p>	<p>Grilled Chicken, Lettuce & Tomato on Bun Carrots Green Beans Jell-O with Peach Slices VO-Black Bean Burger</p>	<p>Salisbury Steak Mashed Potatoes Carrots Rye Bread Jell-O with Fruit Cocktail VO-Salisbury Veggie Patty</p>	<p>Hummus Plate: Hummus, pita bread, celery, carrots, cucumber, cherry tomatoes Jell-O with Fruit Cocktail</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>8</p>
<p>Chicken Salad & Lettuce on Wheat Bun Carrot Sticks Marinated Tomatoes Fruit Cup Cookie VO-Egg Salad on Bun</p>	<p>**Ham & Swiss & Lettuce on Croissant Kidney Bean Salad Banana Lemon Bar VO-Cheese Sandwich</p>	<p>**Roast Pork & Gravy Mixed Greens Corn Wheat Bread Fruit Cocktail Vanilla Pudding VO- Veggie Patty</p>	<p>Spaghetti & Meat Sauce Parmesan Peas Garlic Bread Stick Strawberry Jell-O with Pineapple VO-Soy Meat Sauce</p>	<p>Biscuits & Gravy Hash Brown Patty Tomato Juice Mandarin Oranges Cinnamon Roll VO-Spinach/ Cheese Quiche</p>	<p>Harvest Salad: beets, garbanzo beans, cucumber, red onion & feta on mixed greens Balsamic Vinaigrette Dressing Mandarin Oranges Cinnamon Roll</p>
<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>15</p>
<p>Swiss Steak Rice Mixed Greens & Tomato Slices Italian Dressing Fruit Cup Oatmeal Cookie VO-Veggie Meatballs</p>	<p>Chicken Macaroni Salad Four Bean Salad Orange Jell-O with Peaches VO-Pasta Salad with Cheese</p>	<p>Cheeseburger, Lettuce & Tomato on Wheat Bun Baked Beans Banana Lemon Raspberry Cake VO-Egg Salad Sandwich</p>	<p>**Italian Sausage with Peppers & Onions Carrots Mandarin Oranges Pineapple Cake VO-Vegetarian Wrap</p>	<p>Breaded Fish Half Baked Potato Corn Multigrain Bread Pineapple Fluff VO-Veggie Cheese Sauce on Baked Potato</p>	<p>Chicken Salad: Shredded lettuce, diced chicken, tomatoes, cucumber, corn, bacon & Ranch Dressing Multigrain Bread Pineapple Fluff</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>22</p>
<p>**Au Gratin Potatoes & Ham Mixed Veggies Rye Bread Fruit Cup Ice Cream VO-Au Gratin with Soy Meat</p>	<p>Beefy Mac & Cheese Carrots Apple Strawberry Shortcake VO-Mac-N-Cheese</p>	<p>Chicken Cacciatore Pea Salad Wheat Bread Diced Peaches Sherbet VO-Soy Meat Sauce on Noodles</p>	<p>**Meatloaf Mashed Potatoes Gravy Mixed Greens & Tomatoes French Dressing Wheat Bread Jell-O & Diced Pears VO-Veggie Patty</p>	<p>Beef Burrito Bake Spanish Rice Corn Diced Pears Cookie Packet VO-Veggie Burrito Bake</p>	<p>Tuna Salad: Tuna salad, tomato & cucumber on mixed greens Diced Pears Cookie Packet</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>28</p>	<p>25</p>



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

SEPTEMBER 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.

MONDAY, SEPTEMBER 4 OFFICE CLOSED NO MEALS SERVED

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.

Poetry with Fabu

Romnes Apartments

Tuesday, September 5 11:15 am

Fisher-Taft Apartments

Thursday, September 7 2:30 pm

Bingo

Southridge Apartments, 1914 Post Rd.

Tuesdays September 5 & 19 1:45—3:30 pm

Romnes Apartments 540 W. Olin Ave.

Wednesdays, September 7 & 21 1:00 pm

Free Yoga for All Abilities

Romnes Apartments Wednesdays, 3-4:30 pm

Call ahead: 515-8127. Newcomers are welcome!

Games & Dominoes

Romnes Dominoes Monday– Friday 12:30 pm

Cards Mondays, Thursdays & Fridays 1:00 pm



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

SEPTEMBER 2017 PAGE 6

**HEALTH
NOTES**

Moving Forward Series: Botox Is Not Just for Wrinkles

Monday, September 11 6:30-8:00

**Alliant Center-Exhibition Hall Mendota 5/6
free parking No registration**

Botox is not just a cosmetic treatment-it is used to treat many symptoms of Parkinson's disease and dystonia, such as cramping toes, pain and drooling. Dr. Laura Buyan Dent of the UW Movement Disorders Clinic, will explain how it works.

AARP Safe Driver Class

**Tuesday October 17 9:00 am—1:00 pm
arrive by 8:45 am

**Madison Senior Center 330 W. Mifflin St.
\$15 for AARP Members (bring your card)
\$20 for non-members**

This course is based on the latest driver safety research and insights. Learn evidence-based safe driving strategies, and refresh your knowledge of the latest rules and hazards of the road. After course completion, you may even be eligible for a multi-year auto insurance discount. You are welcome to bring along snacks to eat in the classroom.

FREE Self Defense Class for Women

Madison Senior Center 330 W. Mifflin St.

Tuesdays 1:00—4:00 pm October 3, 10, 17 & 24

****arrive 10 minute early**

Registration needed: 266-6581

attendance at all 4 classes is expected

Chimera® is a self-defense program designed for women age 55+. It teaches avoidance, awareness, assertiveness, and physical protection skills designed to help stop an attack and escape. All techniques are easy to learn and use. Chimera is taught by a certified instructor trained to provide safe, confidential space for the examination of experiences and feelings about sexual assault if they arise.

Wear loose layers that allow free movement. You will be removing shoes, stockings, and jewelry.

Alzheimer's & Dementia Alliance Free Family Caregiver Series: Communication Tips & Strategies

Monday, September 11 5:30—7:00 pm

Alicia Ashman Library 733 High Point Rd.

Learn ways to effectively and compassionately communicate with someone who has dementia .

Walk with Ease

Mondays, Wednesdays, Fridays 9:00—10:00 am

September 116—October 20

Madison Senior Center

\$10 for 6 weeks; includes book

Registration needed: 266-6581

This class has been designed by the Arthritis Foundation to teach how to make walking safe and comfortable. Each class is led by a CPR certified instructor. Studies demonstrate that taking this class will help reduce pain, improve balance, increase strength and result in better overall health. Autumn is a great time to get out and walk and this class will help motivate you to get moving. You will also learn valuable information about living a positive life with arthritis.

Healthy Living with Diabetes

Wednesdays 1:00—3:00 pm

September 20—October 25

Access Health Center-Erdman Clinic

2202 S. Park St.

Registration needed: 230-7425

This workshop is for persons with diabetes (Type 2, Type 1 or pre-diabetes), to learn and share support with others who deal with similar challenges.

Stepping On

Tuesdays 1:00—3:00 pm

September 26—November 7

St. Mary's Hospital Center for Wellness

700 Park St.

\$35 (\$25 for Golden Care members)

Registration needed: 258-6645



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

SEPTEMBER 2017 PAGE 7

**COMMUNITY-WIDE
ACTIVITIES &
EVENTS**

Psychological Effects of the Internet

Wednesday, September 27

12:00—1:00 pm

Monona Terrace

The public is invited to this free lecture about the impact of the Internet on how we think. UW-Madison Vilas Professor Morton Ann Gernsbacher will present empirical evidence of ways the Internet is positively affecting psychological processes such as communication, education, socializing, development and aging.

Eagle & Friends at Veteran's Museum

Saturday, September 16

2:30—4:00 pm

30 W. Main St.

Bring the family to this free program about the importance of the bald eagle to veterans of the US Armed Forces and Wisconsin. Afterwards enjoy a 30 minute meet-and-greet with bald eagles, Glory (adult male) and Valkyrie (young female), with a falcon and owl on hand as well.

Thai Fest at Olbrich

Sunday, September 24

11:00 am—4:00 pm

Enjoy this celebration of Thai culture to be held in Olbrich's Thai Garden and Pavilion. Festivities include traditional dance performances, music and demonstrations, and Thai cuisine for purchase from Sa-Bai Thong. Free admission courtesy of the Royal Thai Consulate General.

Fur Trade History

Monday, September 18

5:00—6:30 pm

30 on the Square

**Outdoors on stages next to
Veteran's Museum**

Wisconsin's fur traders exchanged technology and culture as well as furs and trade goods. Learn about the people, goods and ideas of the fur trade, at this presentation by costumed interpreters from the Wisconsin Historical Museum.

International Night

Saturday, September 9

5:30—7:00 pm

**CMC Fitchburg 5256 Verona Rd.
Freewill donation**

This community fundraiser takes place at the new Catholic Multicultural Center branch in Fitchburg. Enjoy Food, music and dance performances from around the world, and arts and crafts for all ages including Papel Picado and Chinese Lanterns. Admission is a donation of any amount to support the social service programs of the CMC.

Heritage Fest

Sunday, September 10 12—5:00 pm

Barn Dance starts at 2:45

Schumacher Farm Park

5682 Hwy. 19 Waunakee

\$10/ adult; \$5/ ages 4-17; \$20/family

Some food & drink for purchase

Re-visit the good old days on the farm. See steam-powered threshing demonstrations and try traditional crafts. Join the pie-eating contest and cake walk, visit farm animals and munch on sweet corn.

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

Gay & Gray Discussion Group

Thursdays, September 7 & 21

1:00—3:00 pm

Madison Senior Center

330 W. Mifflin St.

Details: mail@LGBTseniors.org

Grandparents & Other Relatives as Parents

Childcare provided and transportation may be available!

Details: Serena Breining 255-7356

Saturday, September 8

10:00 am-12:00 noon

831 E. Washington Ave.

Susan Hofer Jazz Band at LGBT Fall Social

Thursday, September 14

6:00—8:00 pm

Madison Senior Center

330 W. Mifflin St.

\$10 suggested donation for dinner
Share a catered dinner and sit back to enjoy the soulful vocals of Susan Hofer at the autumn LGBT social. Hofer "walks the line between traditional jazz and the outer limits of improv."

LaborFest

Monday, September 4 12-5:30 pm

Madison Labor Temple

1602 S. Park St.

Free family event features food, music by Natty Nation and Chris Plata with Extra Hot, magic shows, bounce house, a caricature artist; more.

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

September 2017

VOLUME 129

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 LABOR DAY, MONDAY SEPTEMBER 4, 2017

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