



## South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 Madison, WI 53713

# SOUTHSIDE SENIOR

MARCH 2018 VOLUME 135

Phone: 608-251-8405 [smcelder.com](http://smcelder.com)

### TRIANGLE RESIDENTS

Triangle residents are invited to join in the free programs below. For more details, call Brittany at 575-4942 or Laura at 228-1374.

#### Health Fair!!

Wednesday, March 21 2:30 pm  
Brittingham

Learn about local resources and get entered to win prizes!

#### Karaoke with Michaela

Fridays, March 2 & 16

Parkside 4:15—5:00 pm	Brittingham March 2 & 16/19
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#### Quit Smoking Support Groups

Wednesdays, 2:00—4:00 pm

Share support with other residents and UW medical students.

Parkside March 7	Brittingham March 14
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#### \*\*Chair Yoga

Mondays, 1:00—2:00 pm

All abilities and skills welcome!

Parkside March 12 & 26	Brittingham March 19
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#### \*\*Peer Support

Be matched with a Peer Support Volunteer to chat or work on puzzles. Contact a Service Coordinator for availability.

### Coalition Staff Changes

This spring the **South Madison Coalition of the Elderly** is going through many staffing changes as we wind down our contract to provide long term care case management for Dane County older adults who have been on the Community Options Program. The COP program is ending, due to changes in the way the state of Wisconsin distributes Medicaid Waiver funds for long term care. Each month, a portion of the clients we have served under COP are transitioning to Family Care or other long term care programs. The Majority of case managers on our staff who have served these clients are leaving our agency for other jobs. By June of this year, our staff size will be less than half of what it was last June.

As this change is occurring, remaining staff are adding more job responsibilities to their workloads. Please be assured that we are doing our very best to maintain the high quality of services our clients expect and deserve!

We are also working hard with our colleagues at the other three Madison Senior Coalitions to prepare for 2019, when we will become a new non-profit agency serving all of Madison. We believe the new agency will be able to best serve community older adults as increasing numbers of us turn 60 in the coming years.

### Free Medicare Workshops

registration needed; call 266-6581

Attend one of these workshops to get the information you need to make important decisions about your health coverage—whether you're new to Medicare, about to turn 65, or preparing to retire. Medicare specialist Donna Bryant will explain what you need to know, and take questions after the presentation.

Learn about the different parts of Medicare, find out when you can get Medicare, and decide if you want Part A and Part B. Understand your options for dealing with long term care, and be prepared for the new Medicare Cards coming in April. **More in depth 1:1 appointments will also be available.**

Monday, March 12 11:45am—1:45pm  
Romnes Apartments 540 W Olin Ave

Thursday, March 22 1:00—3:00 pm  
Catholic Multi-Cultural Center 1862 Beld St

DAYLIGHT SAVING TIME  
BEGINS ON  
SUNDAY, MARCH 11.

Turn your clocks  
ahead one hour



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***SOUTHSIDE SENIOR***

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**ACTIVITIES  
DOWNTOWN**

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

### **Series: Preventing Financial Exploitation**

**PART 2: FDIC Coverage Basics-  
Protecting What You Have**

**Thursday, March 15**

**10:00—11:00 am**

**Presenter: Victoria Davis, Branch  
Manager, Associated Bank  
registration needed: 266-6581**

### **Tuesday Matinees**

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

**1:00 pm, March 6 *Libeled Lady*  
(1936)** Classic screwball comedy  
with Myna Loy as a society  
diva who slaps newsman  
Spencer Tracy with a lawsuit.  
He then enlists his fiancée Jean  
Harlow and buddy William  
Powell in a hilarious series of  
counter maneuvers. *Not Rated*

**1:00 pm, March 20 *A United King-  
dom* (2016)** Based on a true  
event from 1947, when an Afri-  
can king desires to marry a Lon-  
don office worker, provoking an  
international conflict. Stars  
David Oyelowo and Rosamund  
Pike. *Drama; PG-13.*

### **Chair or Foot Massage**

**Wednesday, March 21 10:00 am**

**\$10 for 15 minutes**

**Reserve a time at 266-6581**

**Seth Jensen LMT**

Massage can help with anxiety  
and depression and prevent  
stress-related injuries.

### **Meet Witty Ann Garvin**

**Tuesday, March 13**

**12:00—1:00 pm**

Come meet novelist Ann  
Garvin, author of *I Like You Just  
Fine when You're Not Around*.  
She writes with compassion and  
wit about the life of a radio  
therapist trying to care for her  
mother with Alzheimer's, her  
colicky niece, and a lot of diffi-  
cult patients.

### **Victorian's Secrets: Women's Underwear**

**Tuesday, March 6**

**10:00 am**

**registration needed: 266-6581**

Throughout the 19th century,  
women were constantly reshap-  
ing their bodies to ever-  
changing ideals using corsets,  
hoops, and bustles.

Join Leslie Bellais, Curator of  
Social History at the Wisconsin  
Historical Society, to take a look  
at the layers of underwear  
needed to create the ideal Victo-  
rian silhouette, and explore how  
these undergarments reflected  
societal values.

### **Sleep Concerns**

**Monday, March 19 10:00 am**

**registration needed: 266-6581**

Sleep disturbances can be very  
challenging. Come hear a pres-  
entation on some medical condi-  
tions that contribute to poor  
sleep, and get tips on ensuring  
the best possible night's sleep.

### **Songs & Stories**

**Tuesday, March 27**

**1:00—2:00 pm**

Come hear Rich Baumann treat  
you to his songs and stories.

### **Zentangle Art**

**Tuesday, March 20**

**9:30 am—12:00 noon**

**registration needed: 266-6581**

**\$15 includes mini art tool kit**

Join Certified Zentangle Teach-  
ers to create beautiful watercolor  
washes in this class.

### **Keeping Safe After 55**

**Tuesdays in April FREE**

**10:00 am—12:00 noon**

**registration needed: 266-6581**  
Madison Senior Center has  
teamed up with the Rape Crisis  
Center to offer this series of  
workshops for women, about  
how to protect yourself in a va-  
riety of situations. Topics will  
include confronting pressure  
(awkward situations), sexual  
assault, stalking, and other  
situations participants bring up  
in discussions. The importance  
of confidentiality will be  
stressed.

- **April 3 Realities of Self-  
Defense After 55**
- **April 10 Out and About**
- **April 17 Standing Up to  
Pressure**
- **April 24 Family & Friends**



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***RESOURCES***

## **Multicultural Senior Wellness Fair**

**Friday, March 23 9:00—11:30 am**

**Warner Park Community Center 1625 Northport Drive**

**Presented by the North\Eastside Senior Coalition**

**FOR MORE INFORMATION, CALL 242-5252**

**Sponsored by MG&E, SSM Health, TASC, and  
Wisconsin Alzheimer's Disease Research Center**

Spend a morning getting up-to date about your own wellness. Get free screenings, hear useful presentations, enjoy healthy snacks and win a door prize. After the Fair, stay for lunch and then play bingo.

**Between 9:00—11:30 am**

- Take advantage of 12 different FREE health screenings
- Visit 35 informational booths

**Presentations:**

**9:45—10:15 am *Vision & Aging: What's Normal, What's Not***  
Marshall Flax, UW McPherson Eye Research Institute

**10:30—11:00 am *A Multi-Cultural Workshop: Energy Safety & Saving***, Madison Gas and Electric. Language Accommodations Available: Spanish, Hmong, and English

**LUNCH 11:30—12:15 Advance Reservation needed.**

**Call 243-5252 no later than noon on Thursday, March 22**

**BINGO 12:15—1:15**

## **CSA Open House**

**Sunday, March 18 11:00 am—3:00 pm**

**Monona Terrace**

Come meet local farmers from a variety of Community Supported Agriculture (CSA) farms to learn more about their farm, pick-up locations, on-farm events, and 2018 sign-up information. Explore different share options such as veggies, meat, eggs and chose your own CSA share for this growing season while snacking on local food samples.

Free workshops throughout the event will help you learn how to make the most of your CSA experiences. Low-income households can apply for assistance in purchasing shares for up to half the cost of a share or \$300, via the Partner Shares assistance fund administered by FairShare. Take a workshop to learn more.

## **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

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# MENU

Reserve/Cancel 251-8405

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY Salad Option
<p><b>SERVED at:</b></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><b>**contains pork</b></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><b>1</b></p> <p><b>**Meatballs in Marinara on Wheat Pasta</b> Roasted Brussels Sprouts Diced Peaches Pineapple Upside Down Cake</p> <p><i>Alternate Dessert:</i> SF Jell-O VO-Veggie Meatballs</p>	<p><b>2</b></p> <p><b>**Roast Pork Loin</b> Mashed Potatoes Baked Cabbage with Apples Wheat Bread Mandarin Oranges Banana Bar</p> <p><i>Alternate Dessert:</i> Apple VO-Black Bean Burger</p>	<p><b>2</b></p> <p><b>Chicken Salad:</b> Cranberry pecan chicken salad, tomatoes, cucumbers, &amp; croutons on shredded lettuce with Balsamic vinaigrette</p> <p>Mandarin Oranges Banana Bar</p>
<p><b>5</b></p> <p>Potato-crusted Fish Half Baked Potato Sugar Snap Peas Pineapple Dinner Roll Frosted Cake</p> <p><i>Alternate Dessert:</i> SF Ice Cream VO-Veggie Burger</p>	<p><b>6</b></p> <p><b>**Ham Slice</b> Yams Spinach Sliced Spiced Pears Wheat Bread Brownie</p> <p><i>Alternate Dessert:</i> Diced Peaches VO-Veggie Wrap</p>	<p><b>7</b></p> <p>Hearty Bean Soup Mixed Greens Creamy French Dressing Wheat Roll Apple Ice Cream Cup</p> <p><i>Alternate Dessert:</i> SF Cookie Packet</p>	<p><b>8</b></p> <p>Homemade Beef Stew Green Beans Dinner Roll Apple Sauce Frosted Marble Cake</p> <p><i>Alternate Dessert:</i> Fruit Cup VO-Soy Beef Stew</p>	<p><b>9</b></p> <p>Chicken Cordon Bleu Half Baked Potato Green Bean Casserole Roll Fruit Cup Pistachio Pudding</p> <p><i>Alternate Dessert:</i> SF Pudding VO-Hummus Wrap</p>	<p><b>9</b></p> <p><b>Chef's Salad:</b> mixed greens, deli ham, deli turkey, Swiss cheese, green pepper, tomato, hard-boiled egg, Ranch dressing</p> <p>Fruit Cup Dinner Roll Pistachio Pudding</p>
<p><b>12</b></p> <p>Hungarian Goulash with Macaroni Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake</p> <p><i>Alternate Dessert:</i> SF Fresh Orange VO-Garden Burger</p>	<p><b>13</b></p> <p>Vegetable Barley Soup 1/2 Tuna Salad Sandwich on Wheat Banana Carrot Slaw Cookie</p> <p><i>Alternate Dessert:</i> SF Cookie Pack VO-Cheese &amp; Tomato Sandwich</p>	<p><b>14</b></p> <p>Roasted Chicken Breast Half Sweet Potato Peas Multigrain Bread Pumpkin Pie</p> <p><i>Alternate Dessert:</i> Pineapple VO- Egg Salad Sandwich</p>	<p><b>15</b></p> <p><b>**Pizza Casserole</b> Mixed Greens Italian Dressing Peaches Wheat Roll Brownie</p> <p><i>Alternate Dessert:</i> SF Jell-O VO-Veggie Pizza Casserole</p>	<p><b>16</b></p> <p>Corned Beef Cabbage, Carrot, Potato Medley Watergate Salad Rye Bread Grasshopper Pie</p> <p><i>Alternate Dessert:</i> SF Fresh Apple VO-Veggie Meatballs</p>	<p><b>16</b></p> <p><b>Hummus Plate:</b> Hummus served with pita bread, cucumber slices, tomatoes, celery sticks, green pepper slices</p> <p>Watergate Salad Grasshopper Pie</p>
<p><b>19</b></p> <p>Lemon-baked Fish Half Baked Potato Peas Wheat Roll Apricot Tapioca Pudding Cup</p> <p><i>Alternate Dessert:</i> SF ice Cream VO-Black Bean Burger</p>	<p><b>20</b></p> <p>Chicken Parmesan Casserole Mixed Greens Ranch Dressing Wheat Roll Cherry Cobbler</p> <p><i>Alternate Dessert:</i> Diced Peaches VO-Baked Potato &amp; Veggie Cheese Sauce</p>	<p><b>21</b></p> <p><b>**Sausage Gravy on Biscuit</b> Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll</p> <p><i>Alternate Dessert:</i> SF Cookie Packet VO-Quiche</p>	<p><b>22</b></p> <p>Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Chocolate Chip Cookie</p> <p><i>Alternate Dessert:</i> SF Fruit Cup VO-Veggie Enchiladas</p>	<p><b>23</b></p> <p>Homemade Chili Corn Salad Corn Bread Lime Jell-O with Fruit Cocktail M&amp;M Cookie</p> <p><i>Alternate Dessert:</i> SF Pudding VO-Soy Chili</p>	<p><b>23</b></p> <p><b>Pork Taco Salad:</b> seasoned shredded pork, diced tomatoes, cheese, salsa, black olives, sour cream &amp; tortilla strips on shredded lettuce</p> <p>Lime Jell-O with Fruit Cocktail M&amp;M Cookie</p>
<p><b>26</b></p> <p>Cheeseburger on Wheat Bun with Lettuce &amp; Tomato Calico Beans Carrots Apple Juice Cup Pineapple Fluff</p> <p><i>Alternate Dessert:</i> Fresh Orange VO Garden Burger</p>	<p><b>27</b></p> <p><b>**Italian Sausage with Peppers &amp; Onions</b> Stewed Tomatoes Seasoned Roasted Potatoes Wheat Bread Orange Chocolate Cake with Powdered Sugar</p> <p><i>Alternate Dessert:</i> SF Cookie Packet VO-Hummus Wrap</p>	<p><b>28</b></p> <p>Open-Face Chicken &amp; Gravy Sandwich Mixed Vegetables Apple Sauce Strawberry Jell-O with Pears</p> <p><i>Alternate Dessert:</i> Pineapple VO-Veggie Meatballs &amp; Gravy</p>	<p><b>29</b></p> <p><b>**Meatloaf</b> Garlic Mashed Potatoes Broccoli Pineapple Wheat Bread Peanut Butter Cookie</p> <p><i>Alternate Dessert:</i> SF Jell-O VO-Quiche</p>	<p><b>30</b></p> <p>Baked Lemon Butter Fish Roasted Red Potatoes Veggie Blend Rye Roll Tropical Fruit Mix Frosted Chocolate Cake</p> <p><i>Alternate Dessert:</i> Fresh Apple VO-Veggie Wrap</p>	<p><b>30</b></p> <p><b>Tuna Salad:</b> tuna salad, tomato &amp; cucumber on mixed greens</p> <p>Rye Roll Tropical Fruit Mix Frosted Chocolate Cake</p>



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***SOUTHSIDE SENIOR***

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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 the dining centers listed 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. Others who attend the meals will be asked to pay the full cost of the meal; \$9.73.

**MEAL CHOICES** Note that the menu includes a *vegetarian* entrée choice, and an alternate dessert every day. Alternate desserts have fewer concentrated sweets than regular desserts. You can choose these for some of your meals, or all of them—just let us know ahead of time. You can also choose the *salad option* on Fridays—every week or just sometimes.

**RESERVATIONS and CANCELATIONS must be made no later than 12:00 noon, one business day in advance. Call 608-251-8405. If you cannot attend a meal you have reserved, please cancel by 12:00 noon, the day before the meal, so that we avoid needless waste.**

**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.

### **\*\* EARLY RESERVATIONS NEEDED for HOLIDAY MEALS**

To celebrate major holidays, we typically serve a special holiday-themed meal. Often, extra seniors sign up for these meals, which requires additional food to be ordered in advance. In order to make sure we have enough food, we are asking for earlier reservations for these days. If you plan to attend one of the meals below, please note that you will need to reserve your meal 3 days in advance.

#### **St. Patrick's Day Meal**

**served Friday, March 16—**

**Reservations needed by noon, Tuesday, March 13**

This menu is on page 4. What is Watergate salad? It is made with pistachio pudding, crushed pineapple, whipped topping and chopped nuts.

#### **Easter Meal**

**served Monday, April 2—Reservations needed  
by noon, Wednesday, March 28**

This meal will include Ham, Cheesy Potatoes, Broccoli Salad, Dinner Roll, Pineapple and Coconut Cream Pie.

### **Bahama Bob Milan on Steel Drums**

Get in the mood for warm weather to come. Enjoy an afternoon of music with a Caribbean flavor,  
**Friday, March 9 at:**

**Romnes Apartments 11:45—12:45 pm**

**Fisher Taft Apartments, 1:30—2:30 pm**

### **Blood Pressure and Sugar Readings, Foot Care & More**

Advanced nursing students will be available on the days below to take blood pressure and sugar readings and to discuss medical issues with residents who have questions. In addition, they will provide foot care one day a month. They will be at:

**Fisher-Taft Apartments 2025 Taft St.**

**Tuesday March 6 12:00—1:30pm**

**Tuesday March 20 1:00—3:00pm foot care day**

**Romnes Apartments 540 W. Olin Ave.**

**Tuesday, March 27 10:00 am—12:30 pm foot care**

**Burr Oaks Apartments 2417 Cypress Way**

**Tuesday, March 27 1:00—3:00 pm foot care day**



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**HEALTH  
NOTES**

### Wellness Workshop: Neuropathy

Tuesday, March 20 6:30 pm  
RNC Madison  
1001 S. Whitney Way (inside the  
Cambridge Winery Building)  
To register or for more details call  
274-6200

Attend this free informational workshop to learn why the symptoms of peripheral neuropathy vary from one person to another. Find out why neuropathy makes you feel the way you do. Hear about new therapies that can be used to treat your symptoms.

### Spring Class; Ballroom Basics for Balance

Mondays, April 2—May 21  
10:00—11:15 am  
MSCR East  
4620 Cottage Grove Rd.  
\$32 for 8 weeks

Scholarships available; for details & to register, call MSCR: 204-3000

### Wisconsin Women's Health Foundation Classes

Registration needed; 251-1675 x 103  
Classes taught by registered nurses.

#### Bone Health

Thursday, March 22  
11:00 am—12:00 Noon  
Meriter Business Center  
2650 Novation Pkwy

#### Heart Health: Know Your Numbers

Thursday, March 29  
6:30 am—7:30 pm  
Sequoia Library 4340 Tokay Blvd

#### Stepping On Classes

Thursdays, March 15—April 26  
1:00—3:00 pm  
Temple Beth El 2702 Arbor Dr.  
\$35 registration needed: 442-4081

Tuesdays, March 27—May 8

9:30—11:30 am  
UnityPoint Health—Monona  
6408 Coops Ave.

\$35 registration needed: 417—8262

### Caregiver Series: Care-giving Journey: Middle-stage Dementia

Wednesdays, March 7—28  
5:30—7:00 pm FREE  
Alzheimer's & Dementia  
Alliance of Wisconsin  
517 N. Segoe Rd.

This series for family caregivers includes presentations, group discussion and role playing opportunities for practicing strategies. Participants will gain insight into their own strengths and challenges as caregivers, find ways to enhance their coping skills, and develop an individualized plan of care.

### Moving Forward: Exercise? Me?

Monday, March 12 6:30-8:00 pm  
Alliant Center-Exhibition Hall  
Mendota 1-2 Meeting Room

- Jane Busch, Zumba instructor, Harbor Athletic Club
- Patti Batt, boxing instructor, Hybrid Athletic Club
- Brandon Green, personal trainer, Pulse Fitness, Baraboo
- Sue Peterson, Parkinson's Exercise Program, UW Health

Join these experts to learn how you can **have fun**, as you improve your strength, balance and endurance through a variety of exercise programs. The panel will get you moving with interactive demonstrations.

### Bioethics Symposium: "Follow the Money: Ethical Dilemmas in High-Cost Medicine"

Thursday, March 8 1:00—5:30 pm FREE & open to public  
UW Health Sciences Learning Center 750 Highland Ave.

Presented by the UW School of Medicine and Public Health and the Department of Medical History and Bioethics. This afternoon will include debate, discussion and presentations with national and local speakers including:

- "An American Sickness: How Healthcare became Big Business" Elisabeth Rosenthal, MD (Drawn from her 2017 NYT Bestseller)
- "Are Physicians Paid Too Much?" Dean Baker, PhD & Elisabeth Rosenthal, MD
- "High Deductibles and 'Financial Toxicity': Ethical Limits to Patient Advocacy" Alyna T. Chien, MD, MS & Yousuf Zafar, MD



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**COMMUNITY-WIDE  
ACTIVITIES &  
EVENTS**

**Monona Terrace  
FREE Meditation**

Wednesdays, 12:00—12:45 pm

March 28—May 30

Skip April 11 & May 9

**SPARK! Lumberjack  
Life in Wisconsin**

Monday, March 12

10:00—11:30 am

Wisconsin Historical Museum

30 N. Carroll St.

FREE but preregistration needed;  
call 261-9359 or email kait-

lyn.shapiro@wisconsinhistory.org  
SPARK! interactive museum programs are designed for persons with early to mid-stage memory loss, and their care partners. At this session, participants will view the museum's lumbering exhibit and discuss the work and leisure activities of Wisconsin's early lumberjacks, including Paul Bunyan.

**Egg Hunt & Photos with  
Easter Bunny**

Saturday, March 31 FREE

9:30 am—12:00 noon

DreamBank, One N. Pinckney St.

Bring the grandkids for a fun morning, beginning with an Easter Egg Hunt at 9:30, followed by Easter-themed crafting and photos. Pictures will be taken on a first-come, first-served basis.

**Spring Flower Show**

March 10—March 25

10:00 am—4:00 pm daily

Olbrich Gardens

\$5/adults \$3/age3-12

Free for Olbrich members

**Events at Wisconsin  
Historical Museum**

30 N. Carroll St.

**History Sandwiched in:  
Wisconsin's Nazi Fighter**

Tuesday, March 6

12:15—1:00 pm \$3 donation

Hear the story of Mildred Fish-Harnack, a UW grad who helped lead the underground resistance against the Nazis, until she was captured, tortured and guillotined on the direct orders of Hitler.

**History Sandwiched in:  
The Extended Family of Laura  
Ingalls Wilder**

Tuesday, March 20

12:15—1:00 pm \$3 donation

Go beyond the books to learn what the historical evidence concerning Wilder's extended family reveals about pioneer life.

**UW's Slainte Irish Dancers**

Saturday, March 17

10:30—11:15 am FREE

Bring the family to see these prize-winning celi dancers perform, and then join in learning to dance a jig!

**Badger Rock  
Community Center  
501 E. Badger Rd.**

Free Community Dinner

Friday, March 9 5:30—8:00 pm

Doors open at 5:30 and dinner is served at 6:00 pm.

Badger Rock Community Market

Sundays, March 4 & 18

12 noon—4:00 pm

Shop from local farmers and makers, purchase prepared food and enjoy fun activities.

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, March 8 & 22

1:00—3:00 pm

Madison Senior Center

330 W. Mifflin St.

**Personal Finance for  
LGBT Seniors**

OutReach

2701 International Ln. Ste. 101

Registration needed: call 255-8582

Instructor: Laurie Ellis-McLeod, PhD, AIF, President, AERIE Preferred Financial Group

These free classes focus on the particular financial concerns of LGBT seniors.

Monday, March 19 3—4:40 pm

*Taming the Debt Dragon:*

*Strategies for a Stronger*

*Financial Future*

Pre-register by March 12

Wednesday, March 28 1—2:30 pm

*You've Stopped Working-Your*

*Money Shouldn't: Strategies*

*for Stronger Post-Retirement*

*Finances*

Pre-register by March 21

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**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*

**MARCH 2018 VOLUME 135**

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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		TENANT RESOURCE CENTER	257-0006
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