

# NEWBRIDGE NEWS

Your Connection to Successful Aging

JANUARY 2019

## Welcome to NewBridge

NewBridge's board of directors and staff members are delighted to be serving seniors in Madison and Monona. While a new agency, you will see the familiar faces that you know from your local Madison Senior Coalition. In addition, you will have the opportunity to meet NewBridge staff members and volunteers from throughout Madison and Monona.

The NewBridge News will be your monthly guide to the programs and people that make up NewBridge. Please use the NewBridge News to find out about meal sites, foot clinics, educational programs and social activities throughout Madison and Monona. You are welcome to events at any location. We look forward to seeing you at a NewBridge event!



*We've Merged!*

North/Eastside SENIOR Coalition    emmca    South Madison Coalition of the Elderly    West Madison SENIOR CENTER

~ are now ~



NEWBRIDGE

The Madison Senior Coalitions have merged to create NewBridge, providing case management, older adult activities, meals, volunteer home chore program and more!

(608) 618-0000    NewBridgeMadison.org

*Your Connection to Successful Aging*

Reminder: We are closed  
January 1 and January 21.

CHECK OUT  
WHAT'S  
INSIDE!

**02** General Information  
**03** Staff & Board of Directors  
**04** Volunteer Opportunities  
**05** Case Management Services  
**06-10** Programs & Activities  
**11** Transportation

**12** Health and Wellness  
**13** Local Resources  
**14-15** Join the Friends Group!  
**16-17** Calendar of Events  
**18** Menu  
**19** Nutrition Program

[www.NewBridgeMadison.org](http://www.NewBridgeMadison.org)

(608) 618-0000

# GENERAL INFORMATION

## A LETTER FROM THE DIRECTOR...

### NewBridge: Your Connection to Successful Aging

On January 1, 2019, NewBridge officially came into existence as a non-profit organization serving older adults in Madison and Monona. While a new organization, it has a long history of service. Each of the Senior Coalitions has provided service for over 40 years.

To ensure longer, safer and healthier independent lives, NewBridge provides a variety of services for older adults.

NewBridge services include:

- Case Management that connects social workers to seniors who need assistance accessing resources such as food, transportation, affordable housing, energy assistance and benefits.
- Senior Meals that provide nutritious meals to seniors throughout Madison and Monona.
- Home Chore Program that connects volunteers to seniors who need assistance with household chores so they can remain in their homes.

By merging into one agency, NewBridge will integrate these core programs to provide high quality service citywide with reduced wait times. In addition, NewBridge will expand current programs serving a portion of the city to the whole city of Madison. Moving forward, NewBridge will have the infrastructure in place to develop new programs to respond to new issues affecting older adults.

*Marcia Hendrickson*

## CONTACT INFO

Phone: (608) 618-0000

Fax: (608) 299-0700

Email: [Info@NewBridgeMadison.org](mailto:Info@NewBridgeMadison.org)

Office Hours: Monday-Friday, 8:00 am-4:00 pm

Like Us on Facebook: [NewBridge Madison](#)

### SOUTH MADISON MAIN OFFICE

128 E. Olin Avenue, Suite 10, Madison, WI 53713

### EAST MADISON/MONONA

4142 Monona Drive, Madison, WI 53716

### NORTH MADISON

1625 Northport Dr. #125, Madison, WI 53704

### WEST MADISON

5724 Raymond Road, Madison, WI 53711

## MISSION

NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry or age (where applicable), or any other basis prohibited by applicable law. Clients, participants, and volunteers are encouraged to report any discrimination relating to service delivery by the Coalition to the Executive Director or Board Chair, in writing.

The “*NewBridge News*” newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. Anyone may pick up an issue at their local library, grocery store, church or neighborhood center. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 128 E. Olin Avenue, Suite 110, Madison, WI 53713.

# STAFF

- MARCIA HENDRICKSON, Executive Director
- KATIE GALLAGHER, Marketing/Home Chore Director
- JIM KRUEGER, Fund Development/Activities Director
- SONYA LINDQUIST, Programs Director
- LOIS GERBITZ, Executive Assistant
- JOE NEUMAIER, Administrative Assistant
- DEB TEMERBEKOVA, Administrative Assistant
- GABI ANZALONE, Case Manager
- SAMMY AZUMA, Case Manager
- JENNIFER BROWN, Team Lead Case Manager
- JODIE CASTANEDA, Team Lead Case Manager
- SUSY CRANLEY, Bilingual Case Manager
- KARI DAVIS, Trainer/Technical Support Specialist
- TEREZ FAHY, Case Manager
- NORA HAMMER, Case Manager
- RACHEL OKERSTROM, Case Manager
- MAUREEN QUINLAN, Case Manager

- ALLIE SCHRANK, Bilingual Case Manager
- GREG SCHUMACHER, Case Manager
- KATE SHENKER, Case Manager
- GLEN THOMMESEN, Case Manager
- MICHELLE ANDERSON, Program and Event Coordinator
- KATIE BRIETZMAN, Volunteer Guardian Program Coordinator
- JANE DEBROUX, Caregiver Program Coordinator
- RUTH HELLENBRAND, Program and Event Coordinator
- JEANETTE ARTHUR, Home Chore Coordinator
- DAVID WILSON, Home Chore Coordinator
- MARY BROWNING, Dane County Dietician
- PEG BRUNNER, Nutrition Program Manager
- BOB BURNS, Nutrition Site Coordinator
- DEBI HANKINS, Nutrition Site Coordinator
- KRISTEN HUBER, Nutrition Program Manager
- CANDICE MARTIN, Nutrition Program Manager
- TRACY OLIVER, Nutrition Site Coordinator
- ARETHA RICHMOND, Nutrition Site Coordinator

# BOARD OF DIRECTORS

- TIM CONROY - CEO, Capitol Lakes Community
- AMY DEVINE - Pro Bono Coordinator, Victim Advocacy Program, Disability Rights Wisconsin
- JULIE DIETERLE - Retired Physical Therapist
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- CEDRIC JOHNSON - Community Relations Manager, Madison Gas & Electric
- TIM RYAN - CFO, Monona State Bank
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- BARBARA ZABAWA - President and Attorney, The Center for Health and Wellness Law, Clinical Assistant Professor, UW-Milwaukee MHA Program



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**Contact our Volunteer Coordinators at 608-819-0033**



## VOLUNTEER SPOTLIGHT



Eric Boyd has been a dedicated Home Chore volunteer for about two years. Eric has helped many NewBridge clients through the months.

He works multiple jobs that take him throughout Wisconsin and yet he has never turned down a request for help. From staining decks, mowing lawns, raking leaves and shoveling snow, Eric has become invaluable to the Home Chore program and we cannot thank him enough. Eric says his motivation to volunteer came from the need to set a good example for his two young children. Eric's kindness and dedication to the program can best be explained by the words of a client he serves.

“Eric is thoughtful, polite and extremely caring. I do not know what I would do without him. He has introduced me to his family and I see him as an angel sent to me. He is just a wonderful person. He's what we need in the world right now.”

## HOME CHORE PROGRAM



**C** Help an older adult with limited means remain in the comfort of his/her home or apartment by helping with minor home tasks. A few hours of

your time each month develops a friendship while helping with tasks that have become too difficult. Areas of help often include: vacuuming, dusting, cleaning kitchen and bath floors, or organizing items.

**Be a friendly visitor to an older adult** and help ease the isolation of an older adult in our Home Chore Program. Periodic visits can offer positive and rewarding social interactions for the older adult and the volunteer.

*For North, East and West Madison, contact David Wilson if you are interested and for South Madison, contact Jeanette Arthur if you are interested.*

## NEWSLETTER MAILING

Tab, label, and bundle our monthly newsletters for mailing. Day of the week varies but it happens towards the end of the month from at the West Madison location, *contact Deb Temerbekova if you are interested* and the North Madison location, *contact Lois Gerbitz if you are interested.*



# CASE MANAGEMENT SERVICES

The Case Management Program is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and

## Find a Living Well Program Near You!

By the GWAAR Legal Services Team

Living Well is a six-week evidence-based program for those with chronic health conditions (anything that affects a person's health on a chronic basis). The program is led by a peer leader, and meets once a week for two and a half hours per session. The interactive group is made up of people with a variety of chronic conditions, but it has been found that they can still give each other tips about their similar symptoms.

To find a Living Well group near you, contact the Dane County health promotion coordinator Ashley Hillman, (608) 235-1957, [ahillman@safercommunity.net](mailto:ahillman@safercommunity.net)

## WALK-IN HOURS

### SOUTH MADISON

Madison Senior Center  
330 W. Mifflin Street  
Mondays, 11:00 am-Noon

Romnes Apartments  
540 W. Olin Avenue  
Thursdays, 11:00 am-Noon

Fisher-Taft Apartments  
2025 Taft Street  
Wednesdays, 10:30-11:30 am

### WEST MADISON

Good Shepherd Church  
5701 Raymond Road  
Thursday, January 24  
10:00-11:00 am

### NORTH MADISON

Goodman Community Center  
149 Waubesa Street  
Tuesdays, January 8 & 22  
11:30 am-1:00 pm



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# PROGRAMS & ACTIVITIES

## **NORTH MADISON**

For information about programs at the North Madison location, call Ruth at (608) 618-0000.

### **Ongoing Programs at Warner Park**

#### ***5¢ Bingo***

Every Friday, 10:15 am

Each card costs 5¢; all proceeds paid out to the winners. Call 24 hours ahead if you want to stay for lunch at 11:30 am.

#### ***Book Club***

2nd Tuesday due to the Holiday, 10:00 am

#### ***Book Exchange Program***

Bring in used books and exchange them for ones you haven't read. NewBridge Friends only.

#### ***Card Playing***-All skill levels welcome!

Euchre - Mondays, 8:30-11:30 am

Kings Corner - Mondays, 10:30-11:30 am  
(No Euchre or King's Corner January 21)

Sheepshead - 1st & 3rd Wed, 1:00-3:00 pm

Mahjong - 1st & 3rd Thurs, 1:00-3:30 pm

NOTE: All Euchre Tournaments for 2019 will be hosted at Lakeview Lutheran Church with Lunch at 11:00 am and Euchre to follow. *Next tournament:* January 14

#### ***Blood Pressure Clinic***

4th Wednesday, 10:00-11:00 am

#### ***FREE Senior Chair Yoga***

Every Wednesday, 10:30 am

#### ***Men's Dementia Support Group***

1st Monday, 10:00 am

#### ***Technology Help Appointments***

Every Tuesday, 10:00 am-12:00 pm

Sharon Persich, is to answer your questions. *Bring in your phone, laptop computer or tablet.* Call to make an appointment. (No appointments Jan. 1)

#### ***Knit & Crochet Group (Quilters too!)***

2nd and 4th Tuesday, 9:00-11:00 am

Meet in the lobby of Warner Park Community Recreation Center.

#### ***Sassy Steppers Dance Crew***

Practice every Monday, 4:00 pm

(No practice Monday, January 21)

Sassy Steppers are a fun dance team that perform for events and other senior centers around the area. Any skill level welcome.

#### ***Ping Pong League***

Every Monday, 9:00 am-Noon

(No league Monday, January 21)

Come join the senior ping pong league! There is no need to pre-register.

#### ***Card-Making Club***

2nd and 4th Wednesdays, 1:00 pm

Help create home-made cards for all occasions.

#### ***Sewing Club/FREE Mending Service***

1st and 3rd Thursday, 9:00 am

Senior adults with general mending and alteration needs. Limit three articles per month.

#### ***Coffee and Book with a Librarian***

Every Tuesday, 10:00 am

(No program Tuesday, January 1)

## EAST MADISON/MONONA

For information about programs at the East Madison/Monona location, call Ruth at (608) 618-0000.

### *Accordion Music by Patricia Stone*

Tuesday, January 22, 11:00 am  
Messiah Madison, 5202 Cottage Grove Rd

### January Programs - Monona Senior Center, 1011 Nichols Rd, Monona

For information about programs at the Monona Senior Center, call Diane at (608) 222-3415.

### *Play Bunko*

Wednesday, January 9, 4:00-5:15 pm  
Play Bunko with the Monona Grove Girls High School Basketball Team! Call to register.

### *Snowshoe with Us!*

Thursdays, January 31 and February 14  
10:00-11:00 am

Learn the basics and have fun in the snow! We have a limited supply of snowshoes, so call early! If you have your own snowshoes, indicate that when you call.

### *Sip & Swipe Café - Free iPad Training*

Mondays, January 14 and 21  
1:00 pm-3:00 pm, Monona Room

The Sip & Swipe Café is a safe, friendly place to learn at your own pace with a coach ready to assist if you.

Register to attend two, two-hour sessions where you will learn the basics, texting, email, using the camera and sending photos, video chat, search the internet. Limited Availability. Call to register.



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# PROGRAMS & ACTIVITIES

## WEST MADISON

For information about programs at the South Madison location, call Michelle at (608) 618-0000.

### Ongoing Programs - Location Listed

#### *Stretch and Strengthen Yoga*

Bethany United Methodist Church  
\$10-12 drop in charge, sliding scale avail.  
Every Tuesday, 9:00-10:00 am  
(No class Tuesday, January 1)

#### *Exercise Classes*

St. Andrew's Episcopal Church  
\$4 drop in rate, \$18 for 6 class pass, \$20 for a month class pass

Every Monday Exercise 8:40-9:40 am  
(No class Monday, January 21)

**Monday Chair Exercise is canceled for the winter.**

Every Wednesday Exercise 8:40-9:40 am

#### *Dance Fitness for Life*

Capital City Church  
\$10 class fee per class  
Every Saturday 11:30 am-12:15 pm  
Beginning January 5

#### *Cribbage*

Meadowood Neighborhood Center  
Every Wednesday 10:30 am-12:00 pm  
Every Thursday 10:30 am-12:00 pm and 12:45-2:00 pm

#### *Ping Pong*

Meadowood Neighborhood Center  
Every Saturday 2:00-4:00 pm

#### *West Side Warblers Sing Along*

Dale Heights Church  
1st and 3rd Tuesday, 6:00 pm  
Name That Tune, 6:30-7:30 pm

## *Food Pantries*

Lussier Community Education Center  
Every Friday, 10:30 am-12:30 pm

Meadowood Neighborhood Center  
Every Thursday, 10:30 am-1:00 pm

## *Movies at Alicia Ashman Library*

Every Wednesday, 1:30-3:30 pm  
(No movie Wednesday, January 2)



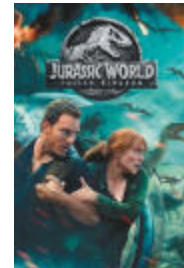
January 9  
Dog Days



January 16  
Mamma Mia!



January 23  
Wonder



January 30  
Jurassic World

## Mark Your Calendar

### *Cultural Arts Dance Fitness*

Meadowood Neighborhood Center  
Free to try then \$5 a month  
Every Saturday 12:00-2:00 pm  
Beginning February 2, 2019

### *Mary Todd Lincoln*

#### *Part 2*

Capital City Church  
Friday, May 24  
1:00-4:00 pm  
Jessica Michna will be portraying Mary Todd Lincoln. Refreshments will follow the program.





## SOUTH MADISON

### January Programs - Madison Senior Center, 330 W Mifflin Street

For information about programs at the Madison Senior Center, call Laura at (608) 266-6581.

#### *Laughing Bodies/Dancing Minds*

Thursdays, January 10–February 28,  
11:00 am-12:00 pm  
8-week movement class. \$70 fee.  
Scholarships available.

#### *Smart Phone Technology*

Friday, January 11, 10:00 am



Android technology only, not Apple iPhones. Registration required. Phone number above.

#### *Rich Baumann*

Tuesday, January 29, 1:00-2:00 pm  
Singer, musician, storyteller

#### *Good Drugs Gone Bad*

Tuesday, January 15, 10:00-11:00 am  
Public Health Madison & Dane County to learn more about the epidemic affecting our community.

#### *Conversational Spanish Group*

Wednesdays, 1:30-3:00 pm  
All levels welcome.

#### *Knit 1, Purl 2*

2nd Monday, 10:30-11:30am  
Our group works on service projects for the non-profit RSVP. Yarn and needles provided, or you may use your own.

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The University of Wisconsin Osteoporosis Clinical Research Program is looking for men who have been diagnosed with osteoporosis or low bone density and are not receiving drug therapy. Participants must be willing to:

- Come to the study office for 9 visits over 15 months
- Administer a daily dose of injectable study medication or placebo (injection with no medicine)

If interested, please call the UW Osteoporosis Clinical Research Program at **608-265-6410** and ask about the **Bone Density study**.



# CULTURAL DIVERSITY PROGRAM

## LATINX CULTURAL DIVERSITY PROGRAM

### *Farewell to Rodrigo Valdivia*

Rodrigo Valdivia, the Outreach and Activities Coordinator for the Latino older adult program at NewBridge has accepted a job with the Dane County Office for Equity and Inclusion. Rodrigo's last day with NewBridge will be January 14. For the past three years Rodrigo has done a wonderful job expanding the program into the west Madison and Fitchburg communities. Thank you Rodrigo for your commitment to the Latino older adult community. We will miss you.

Latino older adults in need of assistance after January 14 are encouraged to contact either of our Latino case managers Susy Cranley or Allie Schrank.

### *Bilingual Bingo and Lunch with optional Computer Class*

Friday, January 4, 10:00 am-2:00 pm  
Warner Park Community Recreation Center, 1625 Northport Dr.  
Vera Court Neighborhood Center  
(participants will be shuttled)

### *Fitchburg Bilingual Bingo and Lunch*

Friday, January 18, 10:30 am-12:30 pm  
Fitchburg Senior Center, 5510 Lacy Rd.  
Transportation available only for residents of Fitchburg and the surrounding West Madison neighborhoods.

### *Support Group in Meadowood*

Thursday, January 24, 11:00 am-2:00 pm  
Meadowood Neighborhood Center, 5740 Raymond Rd.

Transportation available for those living in the West Madison service area.

Call Rodrigo at 608-800-1316 to see if you qualify or would like to join.

## AFRICAN AMERICAN CULTURAL DIVERSITY PROGRAM

### *January Happenings*

There will be no African American discussion group or support group in the month of January. Instead there will be a meet and greet with the new African American Older Adult Outreach and Activities Coordinator on Thursday, January 24. Please contact the NewBridge office for more details.

### Mark Your Calendar

### *14th Annual Multicultural Senior Wellness Fair*

Friday March 29, 9:00-11:00 am  
Warner Park Community Recreation Center, 1625 Northport Dr.

Join us for special presentations, 35 informational booths and 12 Free health screenings. Language accommodations available for Spanish, Hmong and English. Bilingual Bingo from 12:15-1:00 pm  
Come for the Health Fair and stay for lunch and bingo! RSVP by calling NewBridge at (608) 618-0000 by March 25.

# TRANSPORTATION TO FOOD PANTRIES

If you are disabled, or 60 or older, and live in your own home or apartment in Madison/Monona, you can take advantage of the food pantry trips. Each pantry may have special requirements and service areas. Rides are provided on a donation basis. This is door-to-door service on accessible group vans. Up to 6 grocery bags are allowed and drivers will assist with unloading. Call Transit Solutions (608) 294-8747 to make reservations a few days in advance. Trips to stores and libraries are also available. Please call NewBridge for a complete list (608) 618-0000.

## SOUTH MADISON

### Tuesdays

St. Vincent de Paul  
2033 Fish Hatchery Rd.  
(608) 257-0919

Pick up: 10:30 am, Return 1:00 pm

### Thursdays

Bethel Lutheran Church  
213 Wisconsin Ave.  
(608) 257-3577

Pick up: 11:30 am, Return 1:30 pm

## WEST MADISON

### Wednesdays

Middleton Outreach Ministries  
3502 Parmenter St. Middleton  
(608) 826-3417

Pick up 10:30 am, Return 1:00 pm

### Thursdays

Meadowood Neighborhood Center  
5740 Raymond Rd. Madison  
(608) 467-8360

Pick up: 11:00 am, Return 1:00 pm



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608-663-0336  
4517 Monona Dr.



MONONA SHOE REPAIR  
If the Shoe Fits, Repair It.

Now Selling SAS 

## Do you provide care for a FAMILY MEMBER WITH MEMORY LOSS?

If so, we are interested in hearing about your experience for a research study. The study explores how caregivers assess their family member's well-being. Better understanding may help improve services to other caregiving families.



### We would like to talk to you if:

- Your family member has memory loss due to dementia.
- You have knowledge of your family member's daily life.
- Your family member lives at home (and not in a care facility).

### If you participate:

- You will be interviewed once, for about an hour.
- Interviews can be held in-home or at a convenient location.
- Your information will be kept strictly confidential.
- You will receive \$20 in appreciation for your time.

### To volunteer for this study:

- Please call or email to schedule a confidential interview.



**Tricia Egan, MSW**  
UW-Madison School of Social Work  
(608) 334-8556  
egan3@wisc.edu







NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide foot care for \$20. Please bring two towels. Call (608) 618-0000 to make an appointment.

**EAST MADISON**

Monona United Methodist Church  
606 Nichols Road, Monona  
Wednesday, January 16  
Wednesday, January 23  
12:30-3:30 pm

**NORTH MADISON**

Goodman Community Center  
149 Waubesa Street  
Monday, January 14  
8:30-10:30 am

St. Paul Lutheran Church  
2126 N. Sherman Ave  
Tuesday, January 8  
1:00-3:15 pm

Warner Park Community Rec. Center  
1625 Northport Drive  
Friday, January 11  
9:00-Noon

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, January 15  
1:00-2:45 pm

**WEST MADISON**

Capital City Church  
401 N. Blackhawk Ave.  
Wednesday, January 9  
1:00-3:00 pm  
Thursday, January 17  
9:30-11:30 am

Mount Olive Lutheran Church  
110 N. Whitney Way Room 11  
Tuesday, January 15  
9:30-11:30 am

Our Lady Queen of Peace  
401 Mineral Point Road  
Monday, January 28  
9:30-Noon

**MEDICAL EQUIPMENT LOAN CLOSET**

The East Madison/Monona location has a loan closet with items such as walker, raised toilet seats, commodes, crutches and more. Loan closet items are available to seniors for a donation. Call NewBridge (608) 618-0000 to ask if the item you need is available.

We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and commodes.



# LOCAL RESOURCES

## ***West Madison Triad***

January 24, 10:00 am  
Prairie Park Apartments, 6530 Schroeder Rd. Emergency Preparedness,  
Speaker: Jim Jenkins from RSVP

## ***Vets Connect at St. Paul's Lutheran***

Thursday, 4:45-7:00 pm  
2126 N. Sherman Ave.  
Connect with vet services, free dinner, games, movies and more!

## ***FREE Healthy Living with Diabetes***

Wednesdays, January 23-February 27  
5:00-7:30 pm, Joyce & Marshall Erdman Clinic, 2202 S. Park St.  
Registration required (608) 230-7425

## ***Welcome to Medicare Seminar***

Saturday, January 12, 9:00-11:30 am  
Monona Community Cntr, 1011 Nichols Rd  
Registration required by January 2, 2019  
call (608) 261-9930.

If you are turning age 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! This seminar is presented by the Dane County Elder Benefits Specialists. These unbiased experts will provide the accurate and detailed information you need.

### **Next Seminar will be:**

Saturday, April 13, 9-11:30 am  
Oregon Area Senior Center



2205 N. Sherman Ave.  
Madison, WI 53704

Phone # (608) 244-0044

www.madisonchironorth.com



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Government-funded programs for frail seniors and adults with disabilities.

We match our members to the health and long-term care supports and services they need.

More than 40 years as a non-profit!



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# SEGUES

## Senior Move Specialists

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## Novation

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**1 & 2 Bedroom Apartments for those 55 +**

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# FRIENDS OF NEWBRIDGE

We are excited to announce our new Friends group and we want you to join! The Friends of NewBridge will support NewBridge's mission and its work with older adults in Madison and Monona. Friends will participate in a variety of programs, events, meetings and volunteer opportunities.

Friends will have an influential voice in older adult issues in our community.

## Benefits for Friends of NewBridge

- Monthly Newsletter
- Discount Card to Local Businesses
  - Invitation to Special Events
  - Valuable Social Connections

We invite you to join the Friends of NewBridge today and become a Founder of the Friends of NewBridge. Founders will pay a special introductory rate of \$15 for up to two members of the same household to join the Friends group. This Founders offer began in December 2018 and extends through March 31, 2019. Founders of the Friends will be recognized with a commemorative certificate.

## FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: \_\_\_\_\_

Name of Second Household Member (if any): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please email me the newsletter:   yes   no

Amount Enclosed: \$15 for 2019 enrollment fee

\$\_\_\_\_\_ optional donation to help the  
Friends group support NewBridge



Make checks payable to: **NewBridge**

Please mail the form & payment to: NewBridge c/o Friends of NewBridge, 128 E Olin Ave. #110, Madison, WI 53713

Donations are tax deductible to the extent of the tax code.



# FUTURE OF NEWBRIDGE

As we approach our merger to become NewBridge some of us will grieve the loss of our local Coalition. The four senior coalition should be proud of what each one has been accomplished over the past 40+ years and we shall bring along to NewBridge all that had made each of us successful.

When a bridge is reinforced and expanded we appreciate the concern for our safety and the easier access. The bridge is still there for us and more beneficial than beforehand. *NewBridge was formed with the same idea in mind.* NewBridge will help us support so many seniors in Madison and Monona.

NewBridge will serve nutritious meals for over 200 older adults each day; provide 30,000 hours of case management for seniors annually; ensure over 500 home bound seniors have help with household chores and food in their homes; coordinate over 6,000 programs annually and manage 2,000 volunteers to support seniors.

We urge everyone to continue and support our work with seniors by becoming a Founder of the Friends of NewBridge. See page 14 for details.

Thank you for your support of the Madison Senior Coalitions and NewBridge!



When life offers the gift of time...  
*how will you spend it?*

**We'll help you every step of the way.**  
**Offering a continuum of care for seniors:**

- > Independent Living > Assisted Living
- > Memory Care > Rehabilitation

Call 608-663-8600 or email  
[madisonsales@oakparkplace.com](mailto:madisonsales@oakparkplace.com).  
718 Jupiter Dr., Madison, WI 53718  
[oakparkplace.com/madison](http://oakparkplace.com/madison)

**FREE AD DESIGN WITH PURCHASE OF THIS SPACE.**  
- 800-950-9952 -

Oak Park place



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**DON'T SHOP. AD. PT.**



# JANUARY CALENDAR OF EVENTS



## 01 TUESDAY

CLOSED FOR THE HOLIDAY

## 02 WEDNESDAY

8:40	Exercise	St. Andrew's
10:30	Cribbage	Meadowood
10:30	Chair Yoga	Warner Park
1:00	Sheepshead	Warner Park

## 03 THURSDAY

9:00	Sewing Club	Warner Park
10:30	Cribbage	Meadowood
10:30	Food Pantry	Meadowood
12:45	Cribbage	Meadowood
1:00	Mahjong	Warner Park

## 04 FRIDAY

10:15	Bilingual Bingo	Warner Park
11:30	Food Pantry	Lussier Center

## 05 SATURDAY

11:30	Dance Fitness	Capital City
2:00	Ping Pong	Meadowood

## 07 MONDAY

8:30	Euchre	Warner Park
8:40	Exercise	St. Andrew's
9:00	Ping Pong	Warner Park
10:00	Men's Support	Warner Park
10:30	Kings Corner	Warner Park
4:00	Sassy Steppers	Warner Park

## 08 TUESDAY

9:00	Yoga	Bethany United
9:00	Knit Group	Warner Park
10:00	Book Club	Warner Park
10:00	Tech Appt.	Warner Park
10:00	Coffee & Book	Warner Park
1:00	Foot Clinic	St. Paul

## 09 WEDNESDAY

8:40	Exercise	St. Andrew's
10:30	Cribbage	Meadowood
10:30	Chair Yoga	Warner Park
1:00	Card Making	Warner Park
1:00	Foot Clinic	Capital City
1:30	Movie	Alicia Ashman

## 10 THURSDAY

10:30	Cribbage	Meadowood
10:30	Food Pantry	Meadowood
12:45	Cribbage	Meadowood

## 11 FRIDAY

9:00	Foot Clinic	Warner Park
10:15	Bingo	Warner Park
11:30	Food Pantry	Lussier Center

## 12 SATURDAY

11:30	Dance Fitness	Capital City
2:00	Ping Pong	Meadowood

## 14 MONDAY

8:30	Euchre	Warner Park
8:30	Foot Clinic	Goodman Center
8:40	Exercise	St. Andrew's
9:00	Ping Pong	Warner Park
10:30	Kings Corner	Warner Park
4:00	Sassy Steppers	Warner Park

## 15 TUESDAY

9:00	Yoga	Bethany United
9:30	Foot Clinic	Mount Olive
10:00	Tech Appt.	Warner Park
10:00	Coffee & Book	Warner Park
1:00	Foot Clinic	Lakeview
6:00	Sing Along	Dale Heights

## 16 WEDNESDAY

8:40	Exercise	St. Andrew's
10:30	Cribbage	Meadowood
10:30	Chair Yoga	Warner Park
12:30	Foot Clinic	Monona United
1:00	Sheepshead	Warner Park
1:30	Movie	Alicia Ashman

## 17 THURSDAY

9:00	Sewing Club	Warner Park
9:30	Foot Clinic	Capital City
10:30	Cribbage	Meadowood
10:30	Food Pantry	Meadowood
1:00	Mahjong	Warner Park
12:45	Cribbage	Meadowood

## 18 FRIDAY

10:15	Bingo	Warner Park
10:30	Latinx Bingo	Fitchburg SC
11:30	Food Pantry	Lussier Center

## 19 SATURDAY

11:30	Dance Fitness	Capital City
2:00	Ping Pong	Meadowood

# JANUARY CALENDAR OF EVENTS

## 21 MONDAY

CLOSED FOR THE HOLIDAY

## 22 TUESDAY

9:00 Yoga Bethany United  
 9:00 Knit Group Warner Park  
 10:00 Tech Appt. Warner Park  
 10:00 Coffee & Book Warner Park  
 11:00 Accordion Music Messiah

## 23 WEDNESDAY

8:40 Exercise St. Andrew's  
 10:30 Cribbage Meadowood  
 10:00 Blood Pressure Warner Park  
 10:30 Chair Yoga Warner Park  
 12:30 Foot Clinic Monona United  
 1:00 Card Making Warner Park  
 1:30 Movie Alicia Ashman

## 24 THURSDAY

10:30 Cribbage Meadowood  
 10:30 Food Pantry Meadowood  
 11:00 Latinx Group Meadowood  
 12:45 Cribbage Meadowood

## 25 FRIDAY

10:15 Bingo Warner Park  
 11:30 Food Pantry Lussier Center

## 26 SATURDAY

11:30 Dance Fitness Capital City  
 2:00 Ping Pong Meadowood

## 28 MONDAY

8:30 Euchre Warner Park  
 8:40 Exercise St. Andrew's  
 9:00 Ping Pong Warner Park  
 9:30 Foot Clinic Queen of Peace  
 10:30 Kings Corner Warner Park  
 4:00 Sassy Steppers Warner Park

## 29 TUESDAY

9:00 Yoga Bethany United  
 10:00 Tech Appt. Warner Park  
 10:00 Coffee & Book Warner Park

## 30 WEDNESDAY

8:40 Exercise St. Andrew's  
 10:30 Cribbage Meadowood  
 10:30 Chair Yoga Warner Park  
 1:30 Movie Alicia Ashman

## 31 THURSDAY

10:30 Cribbage Meadowood  
 10:30 Food Pantry Meadowood  
 12:45 Cribbage Meadowood



### PROGRAM LOCATIONS:

Alicia Ashman Library  
 733 N. High Point Road

Bethany United Methodist  
 Church, 3910 Mineral Point Road

Capital City Church  
 401 N. Blackhawk Avenue  
 Parking lot on Eugenia Avenue

Dale Heights Church  
 5501 University Avenue

Fitchburg Senior Center  
 5510 Lacy Road, Fitchburg

Goodman Community Center  
 149 Waubesa Street

Lakeview Lutheran Church  
 4001 Mandrake Road

Lussier Community Education  
 Center 55 S. Gammon Road

Meadowood Neighborhood  
 Center, 5740 Raymond Road

Messiah Madison  
 5202 Cottage Grove Road

Monona United Methodist Church  
 606 Nichols Road, Monona

Mount Olive Lutheran Church  
 110 N. Whitney Way

Our Lady Queen of Peace  
 401 Mineral Point Road

St. Andrew's Episcopal Church  
 1833 Regent Street

St. Paul Lutheran Church  
 2126 N. Sherman Avenue

Warner Park Community  
 Recreation Center  
 1625 Northport Drive



# JANUARY MENU FOR NORTH, EAST, WEST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Goodman Catering Fruit and Dessert Served Daily	<b>01</b> CLOSED	<b>02</b> Pulled Pork on Bun MO: 3 Bean Stew	<b>03</b> Spaghetti MO; Veg. Sauce	<b>04</b> Grilled Chicken MO: Baked Tofu
<b>07</b> Sloppy Joes MO: Lentil Joes	<b>08</b> Chicken Pot Pie MO: Veggie Pot Pie	<b>09</b> Baked Fish MO: Baked Tofu	<b>10</b> Beef Goulash MO: Veg. Goulash	<b>11</b> Sausage Mac Cheese MO: Mac & Cheese
<b>14</b> Roasted Chicken MO: Baked Tofu	<b>15</b> Cheeseburger MO: Veggie Burger	<b>16</b> Pork Ribs MO: BBQ Tofu	<b>17</b> Beef Stew MO: Veg. Stew	<b>18</b> Chicken Alfredo MO: Tofu Alfredo
<b>21</b> CLOSED	<b>22</b> Chicken Stir Fry MO: Tofu Stir Fry	<b>23</b> Corned Beef Hash MO: Tofu Hash	<b>24</b> Turkey Noodle Soup MO: Veg. Noodle Soup	<b>25</b> Jambalaya MO: Veg. Jambalaya
<b>28</b> Bakes Fish MO: Baked Tofu	<b>29</b> Sweet n Sour Chicken MO: Veg. Stir Fry	<b>30</b> Meat Chili MO: Veg. Chili	<b>31</b> Hot Ham Sandwich MO: Grilled Cheese	

# JANUARY MENU FOR SOUTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Consolidated Food Service	<b>01</b> CLOSED	<b>02</b> BBQ Chicken Breast MO: Black Bean Burger	<b>03</b> Tuna Salad Sandwich MO: Egg Salad	<b>04</b> Enchilada Casserole MO: Bean Burrito
<b>07</b> Beef Stroganoff MO: Soy Stroganoff	<b>08</b> Tuna Casserole MO: Veggie Wrap	<b>09</b> Pork Loin MO: Garden Burger	<b>10</b> Chicken Strips MO: Hummus & Pita	<b>11</b> Taco Pasta Casserole MO: Red Bean & Rice
<b>14</b> Roasted Turkey MO: Hummus Wrap	<b>15</b> Chicken Sandwich MO: Cheese Sandwich	<b>16</b> Meatballs MO: Veg. Meatballs	<b>17</b> Sloppy Joe MO: Soy Joe	<b>18</b> Ham MO: Cheese Sandwich
<b>21</b> CLOSED	<b>22</b> Spaghetti MO: Veg. Sauce	<b>23</b> Chicken Chili MO: Veg. Chili	<b>24</b> Pork Loin MO: Multigrain Burger	<b>25</b> Baked Fish MO: Veg. Wrap
<b>28</b> Italian Sausage on Bun MO: Veg. Meatballs	<b>29</b> Chili MO: Veg. Chili	<b>30</b> Turkey in Gravy MO: Soy in Gravy	<b>31</b> Pulled Pork on Bun MO: Egg Salad	

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.

# NUTRITION PROGRAM

Nutritious daytime meals are offered at thirteen locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for seniors who don't enjoy cooking or eating alone. **Meals and transportation require a reservation.**

## RESERVATIONS

Meal, bus reservations, and cancellations should be made by calling (608) 681-0000 by Noon the at least one business day in advance.

## TRANSPORTATION

Transportation is available through Transit Solution which is door-to-door service. Suggested donation is \$1.00 per round trip, but no-one is denied service if unable to donate. Reservation is required.

## DONATION

If you are age 60 and older, the suggested minimum donation is \$4.00. Transportation is available with a suggested donation of \$1.00. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$9.73.

Meal Site	Address	Day Served	Meal Time
<b>SOUTH MADISON</b>			
Fisher Taft Apartments	2025 Taft Street	M-F	11:30 am
Romnes Apartments	540 West Olin Avenue	M-F	11:30 am
Madison Senior Center	330 West Mifflin Street	M-F	11:30 am
<b>EAST MADISON/MONONA</b>			
Monona Meadows	250 Femrite Drive, Monona	M & W	Noon
Messiah Madison	5202 Cottage Grove Road	T	Noon
Festival Foods	810 E. Washington Avenue	TH	11:00 am-1:00 pm
Cranberry Creek	1501 Lake Point Drive	F	8:30-10:30 am
<b>NORTH MADISON</b>			
Warner Park Community Ctr	1625 Northport Drive	M-W & F	11:30 am
Festival Foods	810 E. Washington Avenue	TH	11:00 am-1:00 pm
Goodman Community Ctr	149 Waubesa Street	M-F	11:45 am
<b>WEST MADISON</b>			
Beth Israel Center	1406 Mound Street	M Sept-May	Noon
Meadowridge Commons	5734 Raymond Road	T-TH	Noon
Lussier Community Center	55 South Gammon Road	F	Noon



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

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## IMPORTANT PHONE NUMBERS

AARP ..... (866) 448-3611  
 Access Community Health—Erdman Clinic ..... 443-5480  
 Access Community Dental Clinic ..... 443-5482  
 Access Community Health—Wingra Clinic ..... 263-3111  
 Access to Independence ..... 242-8484  
 ADRC Aging and Disability Resource Cntr. .... 240-7400  
 Affordable Housing Resource Line ..... (855) 510-2323  
 Age Advantage Older Workers ..... 242-4914  
 Agrace Hospice ..... 276-4660  
 Alzheimer's & Dementia Alliance ..... 232-3400  
 Alzheimer's Association ..... 203-8502  
 American Parkinson Disease Assoc. .... 229-7628  
 Area Agency on Aging of Dane County ..... 261-9930  
 Catholic Multicultural Center ..... 661-3512  
 Care Wisconsin ..... 240-0020  
 Centro Hispano ..... 255-3018  
 Community Action Coalition ..... 246-4730  
 Crisis Line ..... 280-2600  
 Dane County SOS Senior Council ..... 256-7626  
 Dane Cty Veteran's Service Office ..... 266-4158  
 Domestic Abuse Intervention Service ..... 251-4445  
 Elder Abuse & Neglect Helpline ..... 261-9933  
 Goodman Community Center ..... 204-8032  
 Home Health United/VNS ..... 242-1516

Homeless Services Consortium ..... (855) 510-2323  
 Independent Living ..... 274-7900  
 Jewish Social Services ..... 278-1808  
 LGBT Senior Alliance ..... 255-8582  
 Lussier Community Education Center ..... 833-4979  
 Madison Public Health ..... 266-4821  
 Madison School & Community Rec ..... 204-3000  
 Madison Senior Center ..... 266-6581  
 Meals on Wheels (lunch) ..... 276-7598  
 Meals on Wheels (evening) ..... 204-0923  
 Mental Health Crisis Line ..... 280-2600  
 Metro Paratransit Reservations ..... 266-4466  
 Madison Gas & Electric ..... 252-7222  
 National Alliance on Mental Illness ..... 249-7188  
 Non-Emergency Police Dispatcher ..... 255-2345  
 Project Home ..... 246-3737  
 RSVP Driver Escort Program ..... 238-7787  
 SAIL/Sense of Security (SOS) ..... 230-4321  
 Social Security Administration ..... (866) 770-2262  
 St. Vincent De Paul ..... 257-0919  
 Veterans Service Office Of Dane County ..... 266-4158  
 Tenant Resource Center ..... 257-0006  
 United Way 2-1-1 ..... 2-1-1  
 Warner Park Comm. Rec. Ctr ..... 245-3690