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!

Reminder: We are closed January 1 and January 21.
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

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.
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

STAFF
• MARCIA HENDRICKSON, Executive Director
• KATIE GALLAGHER, Marketing/Home Chore Director
• JIM KRUEGER, Fund Development/Activities Director
• SONYA LINDQUIST, Programs Director
• LOIS GEBITZ, Executive Assistant
• JOE NEUMAIER, Administrative Assistant
• DEB TEMERBEKOVA, Administrative Assistant
• GABI ANZALONE, Case Manager
• SAMMY AZUMA, Case Manager
• JENNIFER BROWN, Team Lead Case Manager
• JODE 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

• Personal Medication Counseling
• Specialized Healthcare Services Available
  1. Immunizations
  2. Free Blood Pressure Readings the 1st Tuesday of every month from 1-4 P.M.
• 15-Minute Prescription Service
• Diabetic Shoes and Supplies Available
• Medicare, Medicare D, Medicaid, Wisconsin SeniorCare, Tri-Care, and most Insurance Plans Accepted
• Free Delivery on Madison's East Side & Monona – Monday thru Friday
• Drive Thru Pick Window

DYKMAN’S TIME SHOP
◆ Watches and Clocks ◆
◆ Sales and Service ◆
Tuesday-Friday 9-6 • Saturday 9-2
www.dykmans.com
BRING IN AD FOR 10% OFF ANY PURCHASE
2701 University Avenue • 233-1444

The Medicine Shoppe
Caring beyond prescriptions
4205 Monona Drive, Monona, WI
(608) 221-8151
www.medicineshoppe.com/0605
Monday - Friday 9:00 am - 6 pm • Saturday 9:00 am - 1 pm

Midwest Home Care
Senior Care Professionals
(608) 276-6000
www.midwesthomecare.com

Norwegian American Genealogical Center & Naeseth Library
415 West Main Street • Madison, WI 53703-3116
Phone 608-255-2224
Website nagcnl.org • Email genealogy@nagcnl.org
Open Monday - Friday • 10:00 a.m. to 4:30 p.m.

Let us help you find your Norwegian roots!
• Expert genealogical research assistance for beginners and advanced researchers
• Stellar collection of books, microfilms, documents, and research materials
• Translation Services • Classes • Tours
• Web resources explained
Call or email for an appointment nagcnl.org

Heartland Hospice Care
Volunteers are the Heart of Hospice
Heartland volunteers offer companionship and practical, compassionate help.
• Friendly Visits • Pet Visits • Vigil Service
• Volunteer-to-Veteran visits • Clerical Support
The time, care and support provided by Heartland volunteers greatly impacts our patients and their families.
Volunteer time commitments are flexible.
Contact our Volunteer Coordinators at 608-819-0033

For ad info. call 1-800-950-9952 • www.4lpi.com
New Bridge, Madison, WI
A 4C 01-2049
VOLUNTEER OPPORTUNITIES

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

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.
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
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.
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)

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.

Monona Meadows
A Retirement Housing Foundation® Community
250 Femrite Drive, Monona, WI 53716
608-221-4422
Call for your personal tour today!

Ready for Medicare?
Stop by to explore your UnitedHealthcare® options and compare plan benefits. And when you’re ready, you can enroll with a local licensed sales representative on-site.

We’re here for you. No appointment needed.
Leigh Maxwell
Licensed Sales Representative
Farmer Insurance Agency
2980 CAHILL MAIN
Fitchburg, WI 53711
608-772-5700, TTY 711
Suite 205

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 608-772-5700, TTY 711. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare.

UnitedHealthcare

Are you a man who has, or is concerned about osteoporosis, low bone density or fractures?
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.

Monona Meadows
A Retirement Housing Foundation® Community
250 Femrite Drive, Monona, WI 53716
608-221-4422
Call for your personal tour today!

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.

Monona Meadows
A Retirement Housing Foundation® Community
250 Femrite Drive, Monona, WI 53716
608-221-4422
Call for your personal tour today!

Ready for Medicare?
Stop by to explore your UnitedHealthcare® options and compare plan benefits. And when you’re ready, you can enroll with a local licensed sales representative on-site.

We’re here for you. No appointment needed.
Leigh Maxwell
Licensed Sales Representative
Farmer Insurance Agency
2980 CAHILL MAIN
Fitchburg, WI 53711
608-772-5700, TTY 711
Suite 205

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 608-772-5700, TTY 711. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare.

UnitedHealthcare

Are you a man who has, or is concerned about osteoporosis, low bone density or fractures?
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.

Monona Meadows
A Retirement Housing Foundation® Community
250 Femrite Drive, Monona, WI 53716
608-221-4422
Call for your personal tour today!

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.

Monona Meadows
A Retirement Housing Foundation® Community
250 Femrite Drive, Monona, WI 53716
608-221-4422
Call for your personal tour today!

Ready for Medicare?
Stop by to explore your UnitedHealthcare® options and compare plan benefits. And when you’re ready, you can enroll with a local licensed sales representative on-site.

We’re here for you. No appointment needed.
Leigh Maxwell
Licensed Sales Representative
Farmer Insurance Agency
2980 CAHILL MAIN
Fitchburg, WI 53711
608-772-5700, TTY 711
Suite 205

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 608-772-5700, TTY 711. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare.

UnitedHealthcare

Are you a man who has, or is concerned about osteoporosis, low bone density or fractures?
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.
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

**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

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.
**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
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 coalitions 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!
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Tuesday</td>
<td></td>
<td>Closed for the holiday</td>
<td></td>
</tr>
<tr>
<td>02 Wednesday</td>
<td>8:40</td>
<td>Exercise</td>
<td>St. Andrew's</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Cribbage</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Chair Yoga</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td>Sheepshead</td>
<td>Warner Park</td>
</tr>
<tr>
<td>03 Thursday</td>
<td>9:00</td>
<td>Sewing Club</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Cribbage</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Food Pantry</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>12:45</td>
<td>Cribbage</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td>Mahjong</td>
<td>Warner Park</td>
</tr>
<tr>
<td>04 Friday</td>
<td>10:15</td>
<td>Bilingual Bingo</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>11:30</td>
<td>Food Pantry</td>
<td>Lussier Center</td>
</tr>
<tr>
<td>05 Saturday</td>
<td>11:30</td>
<td>Dance Fitness</td>
<td>Capital City</td>
</tr>
<tr>
<td></td>
<td>2:00</td>
<td>Ping Pong</td>
<td>Meadowood</td>
</tr>
<tr>
<td>07 Monday</td>
<td>8:30</td>
<td>Euchre</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>8:40</td>
<td>Exercise</td>
<td>St. Andrew's</td>
</tr>
<tr>
<td></td>
<td>9:00</td>
<td>Ping Pong</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td>Men's Support</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Kings Corner</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>4:00</td>
<td>Sassy Steppers</td>
<td>Warner Park</td>
</tr>
<tr>
<td>08 Tuesday</td>
<td>9:00</td>
<td>Yoga</td>
<td>Bethany United</td>
</tr>
<tr>
<td></td>
<td>9:00</td>
<td>Knit Group</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td>Book Club</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td>Tech Appt.</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td>Coffee &amp; Book</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td>Foot Clinic</td>
<td>St. Paul</td>
</tr>
<tr>
<td>09 Wednesday</td>
<td>8:40</td>
<td>Exercise</td>
<td>St. Andrew's</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Cribbage</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Chair Yoga</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td>Foot Clinic</td>
<td>Capital City</td>
</tr>
<tr>
<td></td>
<td>1:30</td>
<td>Movie</td>
<td>Alicia Ashman</td>
</tr>
<tr>
<td>10 Thursday</td>
<td>10:30</td>
<td>Cribbage</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Food Pantry</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>12:45</td>
<td>Cribbage</td>
<td>Meadowood</td>
</tr>
<tr>
<td>11 Friday</td>
<td>9:00</td>
<td>Foot Clinic</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:15</td>
<td>Bingo</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>11:30</td>
<td>Food Pantry</td>
<td>Lussier Center</td>
</tr>
<tr>
<td>12 Saturday</td>
<td>11:30</td>
<td>Dance Fitness</td>
<td>Capital City</td>
</tr>
<tr>
<td></td>
<td>2:00</td>
<td>Ping Pong</td>
<td>Meadowood</td>
</tr>
<tr>
<td>14 Monday</td>
<td>8:30</td>
<td>Euchre</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>8:30</td>
<td>Food Pantry</td>
<td>Goodman Center</td>
</tr>
<tr>
<td></td>
<td>8:40</td>
<td>Exercise</td>
<td>St. Andrew's</td>
</tr>
<tr>
<td></td>
<td>9:00</td>
<td>Ping Pong</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Kings Corner</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>4:00</td>
<td>Sassy Steppers</td>
<td>Warner Park</td>
</tr>
<tr>
<td>15 Tuesday</td>
<td>9:00</td>
<td>Yoga</td>
<td>Bethany United</td>
</tr>
<tr>
<td></td>
<td>9:30</td>
<td>Foot Clinic</td>
<td>Mount Olive</td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td>Tech Appt.</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td>Coffee &amp; Book</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td>Foot Clinic</td>
<td>Lakeview</td>
</tr>
<tr>
<td></td>
<td>6:00</td>
<td>Sing Along</td>
<td>Dale Heights</td>
</tr>
<tr>
<td>16 Wednesday</td>
<td>8:40</td>
<td>Exercise</td>
<td>St. Andrew's</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Cribbage</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Chair Yoga</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>12:30</td>
<td>Foot Clinic</td>
<td>Monona United</td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td>Sheepshead</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>1:30</td>
<td>Movie</td>
<td>Alicia Ashman</td>
</tr>
<tr>
<td>17 Thursday</td>
<td>9:00</td>
<td>Sewing Club</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>9:30</td>
<td>Foot Clinic</td>
<td>Capital City</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Cribbage</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Food Pantry</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td>Mahjong</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>12:45</td>
<td>Cribbage</td>
<td>Meadowood</td>
</tr>
<tr>
<td>18 Friday</td>
<td>10:15</td>
<td>Bingo</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Latinx Bingo</td>
<td>Fitchburg SC</td>
</tr>
<tr>
<td></td>
<td>11:30</td>
<td>Food Pantry</td>
<td>Lussier Center</td>
</tr>
<tr>
<td>19 Saturday</td>
<td>11:30</td>
<td>Dance Fitness</td>
<td>Capital City</td>
</tr>
<tr>
<td></td>
<td>2:00</td>
<td>Ping Pong</td>
<td>Meadowood</td>
</tr>
</tbody>
</table>
### 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 St. Andrew’s
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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goodman Catering Fruit and Dessert Served Daily</td>
<td>01 CLOSED</td>
<td>02 Pulled Pork on Bun MO: 3 Bean Stew</td>
<td>03 Spaghetti MO: Veg. Sauce</td>
<td>04 Grilled Chicken MO: Baked Tofu</td>
</tr>
<tr>
<td>28 Bakes Fish MO: Baked Tofu</td>
<td>29 Sweet n Sour Chicken MO: Veg. Stir Fry</td>
<td>30 Meat Chili MO: Veg. Chili</td>
<td>31 Hot Ham Sandwich MO: Grilled Cheese</td>
<td></td>
</tr>
</tbody>
</table>

# JANUARY MENU FOR SOUTH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consolidated Food Service</td>
<td>01 CLOSED</td>
<td>02 BBQ Chicken Breast MO: Black Bean Burger</td>
<td>03 Tuna Salad Sandwich MO: Egg Salad</td>
<td>04 Enchilada Casserole MO: Bean Burrito</td>
</tr>
<tr>
<td>07 Beef Stroganoff MO: Soy Stroganoff</td>
<td>08 Tuna Casserole MO: Veggie Wrap</td>
<td>09 Pork Loin MO: Garden Burger</td>
<td>10 Chicken Strips MO: Hummus &amp; Pita</td>
<td>11 Taco Pasta Casserole MO: Red Bean &amp; Rice</td>
</tr>
<tr>
<td>14 Roasted Turkey MO: Hummus Wrap</td>
<td>15 Chicken Sandwich MO: Cheese Sandwich</td>
<td>16 Meatballs MO: Veg. Meatballs</td>
<td>17 Sloppy Joe MO: Soy Joe</td>
<td>18 Ham MO: Cheese Sandwich</td>
</tr>
</tbody>
</table>

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.
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.**

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