

**We hope you enjoy this newsletter and find it helpful. If you have any feedback or wish to be added to our email distribution list, please send an email to [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com) or call us at 608-240-7400**

True patriotism springs from a belief in the dignity of the individual, freedom and equality not only for Americans but for all people on earth.

—Eleanor Roosevelt



## Celebrating Community

America has always faced challenges, but what makes us unique is how Americans respond to them. Americans are tough, resilient and welcoming people. Americans are devoted to our country. For this Independence Day, let’s take time to think about how we should also be devoted to our fellow Americans.

Our history is one of a country with a rich blend of people, ideas, culture and languages. As Americans our strengths lie in our differences and our willingness to learn about each other. We’re lucky in Dane County because the Dane County

community is full of gathering spaces, events, volunteering opportunities and outdoor activities that enable us to get to know our neighbors.

This summer let’s celebrate our uniqueness, our individuality and also our community. We are a mix of people who can bring out the best in each other when we celebrate and embrace our differences. Let’s respect each other and take care of each other. Coming together is what makes America great!



## Wonderful Wisconsin!

Have any plans for Wednesday September 20th? How about setting aside a few moments to appreciate our great state? In celebration of the assets that make Wisconsin a desirable place to live and work, the third Wednesday in September is Wisconsin Day. The day falls during Wonderful Wisconsin Week, which is customarily proclaimed by the governor to celebrate the state's rich culture and resources.

Enacted April 15, 1994, from the 1993 Laws of Wisconsin, Act 333.



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## You’re safe here.



Both Dane County and the City of Madison have passed resolutions declaring the county and city a Sanctuary for Trans and Non-binary individuals. While mostly symbolic, the measure vows to support gender expression and care for transgender children, adults, and their families, and asks police and sheriff not to prioritize arrests based on any future laws against gender affirming care.

The resolutions let the LGBTQ+ community know that they are safe and supported by the whole community. As expressed by State Rep. Francesca Hong, “Everyone deserves to live in a community where they know that they are free to be themselves.”

## Striving for Healthy Communities and Neighborhoods



What gathering places offer help, fellowship, and life-enriching programs for a beautiful, more livable community and strengthen neighborhoods?

Our local community or neighborhood centers! Centers provide solutions to meet community needs, often including child and youth programming, employment services, regular community events, food pantry services, older adult services, as well as providing activities, spaces for neighborhood-oriented activities, and public gatherings for the benefit of residents. Centers serve every population from school kids to seniors, from low to high incomes, and across the boundaries of the able-bodied to those having various disabilities.

Offering:

- ⇒ **Programs** – Child Care, Clothing Drives, Community Dining Sites, Food Pantries, Recreation, Senior Health and Wellness, and Tutoring just to name a few.
- ⇒ **Classes** – ranging from Employment Skill Building to Exercise to Financial Management to Self-Defense.
- ⇒ **Clinics** – Housing, Legal and Technological lead the list.
- ⇒ **Special Events** – Art Exhibits, Fairs, Festivals, Markets, and Musical Performances.
- ⇒ **And more!**

How can they do all these wonderful things?

Through funding provided by local governments, grants, organizational donors like businesses, not-for-profits, groups, and individuals. Legacy gifts – wills/estate giving – are becoming popular amongst individuals as a way to make positive impact. Community centers can also self-generate funds by renting spaces and providing special events. And one of the main ways our community centers continue to run is on the love of the people- those who volunteer and donate their time, energy, skills and ideas. Volunteers are the glue that hold everything together and make things happen. So if it moves you – volunteer!

Please enjoy the magic our Community Centers provide - bringing people together, offering support and services and fun. You might be surprised to see everything that's going on! Doing things together, sharing common interest and goals – that's what brings out the best in all of us.

You can find more about-

Madison Neighborhood Centers <https://www.cityofmadison.com/dpced/planning/neighborhoods/436/>

Madison Community Centers

<https://www.cityofmadison.com/find-my-local/community-centers>

Other Dane County locations: In your search engine type "Community Center, with your town's name". (Some community centers may serve more than one town/community.)

Or please call the ADRC for additional information and help finding your community center.

## The Air We Breathe



You know the old joke about Wisconsin: please "smell our Dairy-Air!" But as we've seen lately, the quality of our air is impacted by a variety of pollutants, from wildfires on the Pacific coast and Canada, to exhaust from vehicles, to factory waste, dust, pollen, mold spores, and even volcanoes.

Unfortunately, poor air quality no joke. Exposure to toxic air is unhealthy for everyone, especially those with lung or heart conditions, children (their lungs are still developing), and those pregnant or over age 65. When monitored air quality levels are bad or "unhealthy" you might experience coughing, trouble breathing, stinging eyes, sore throat, headache, chest pain or fatigue. Long-term exposure can lead to serious chronic illness, cancer and even premature death.

Continued on next page...

Brain teasers have been shown to enhance the function of the prefrontal cortex, which plays an important role in cognitive abilities, such as thinking, decision making, concentration and problem solving.

### Can you solve these brain teasers?

1. What has 13 hearts but no other organs?
2. What comes at the end of everything?
3. What do the letter "t" and an island have in common?
4. Which word in the dictionary is spelled incorrectly?
5. What has three feet but cannot walk?
6. What begins with an "e" and only contains one letter?
7. I am easy to lift but hard to throw. What am I?
8. What has a neck but no head?
9. What has to be broken before you use it?
10. What can you catch but never throw?
11. Which fish costs the most?
12. What's always found on the ground but never gets dirty?
13. What gets wet while drying?
14. What gets smaller every time it takes a bath?
15. What's always running but never gets hot?

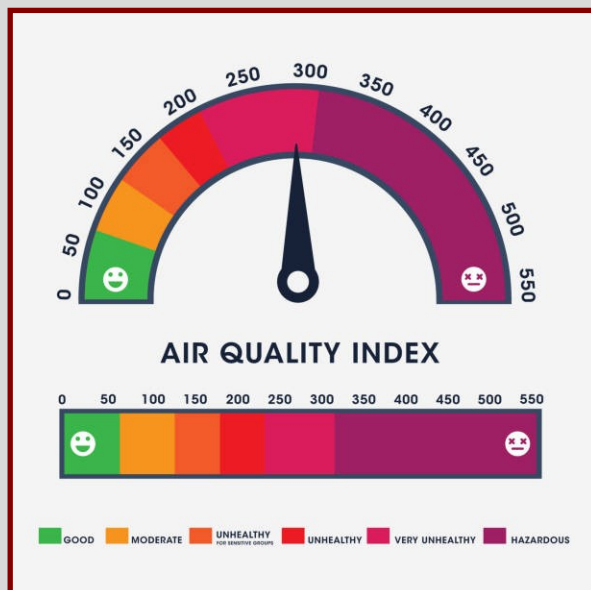


If needed, you can find the answers on Page 16 of this issue.

## The Air We Breathe (Continued from previous page)

Just as we frequently check the weather to plan our daily activities depending on the forecast for snow, rain, heat or cold, we need to be aware of the air quality around us. Public Health of Madison and Dane County advises people to:

- ◆ Check the air quality status in your area: [www.airnow.gov](http://www.airnow.gov) or [www.airquality.wi.gov](http://www.airquality.wi.gov)

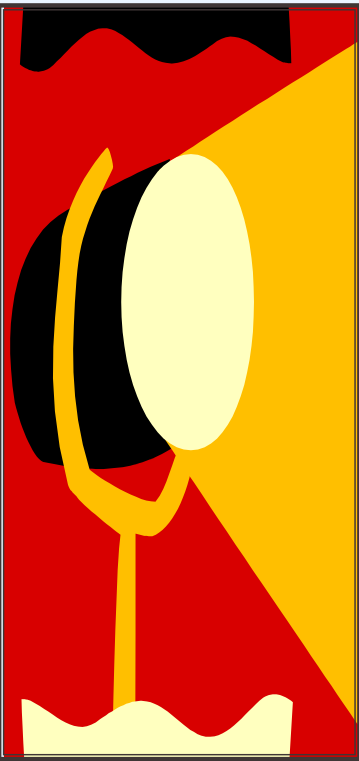


- ◆ Add an "air quality alert" to the weather app on your phone for official notifications
- ◆ Run a home air purifier

And during periods of poor or unhealthy air levels:

- ◆ Stay indoors
- ◆ Close windows and doors
- ◆ Run the air conditioner on recirculate if possible
- ◆ Limit outdoor exposure and avoid strenuous activities
- ◆ Wear N95 or KN95 masks if you must be outside

Please contact the ADRC of Dane County if you have concerns or 911 if you physically need help. We want you to stay safe and stay healthy.



# River Food Pantry Planning Expansion!

Since 2006, The River Food Pantry in Madison has been finding creative ways to ensure those in need have access to food and essentials. They have grown to serve over 2,500 people every week! Their services include free groceries and freshly prepared meals for pickup or delivery, online grocery orders, mobile meals, and emergency food lockers.



However, as the demand for these services just keeps growing with increased costs of living and reduction in public food assistance programs, their current space is not able to meet the need.

In order reach more people and offer new options, The River is planning to purchase land and build a new warehouse.

And to kick-start its expansion, Dane County Executive Joe Parisi recently announced that Dane County is investing \$1.5 million in The River Food Pantry. "The River Food Pantry's expansion project is much needed and will allow the organization to grow with our community," said Parisi.

**Volunteers Urgently Needed!** The River Food Pantry relies on 30 volunteers a day to prepare, package and deliver food, but they are currently short-handed. There are a variety of volunteer duties and shifts are generally two hours. They count on neighbors helping neighbors! For more information, please call (608) 442-8815 or email [volunteer@riverfoodpantry.org](mailto:volunteer@riverfoodpantry.org)



## COMMUNITY SPOTLIGHT:

### The River Food Pantry

2201 Darwin Rd,  
Madison, WI 53704  
(608) 442-8815

[info@riverfoodpantry.org](mailto:info@riverfoodpantry.org)

<https://>

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

## From Forests, Food!

Food forests mimic a forest planted with edible plants. There are taller trees on the edges, smaller trees/shrubs outside the shade of the tall trees, and in the sunny spots, you'll find herbs, ground covers and flowers. The food forest will provide fruits, nuts, herbs, greens, roots, and even edible flowers with little maintenance.

A local food forest in Madison is Lansing Food Forest - a public forest garden in the Eastmorland

Neighborhood, behind Olbrich Botanical Garden. It is coordinated by Wisconsin Food Forests, on city land. Planted in the spring of 2020, the forest has become a community gathering space with two benches for seating, a Little Free Library, a plant trading post, and a natural play area for kids. Come and stop by anytime to enjoy a snack and relax.

Lansing Food Forest plantings currently include strawberries, rhubarb, pears, cherries, asparagus, honeyberry, juneberry, elderberry, gooseberry, currants, peaches, thyme and apricots.

For more info visit: [Wisconsin Food Forests – Wisconsin Food Forests](#). The Wisconsin Food Forests group also has a bilingual book available on Amazon to teach and inspire people about what to plant to start their own food forest: *F is for Food Forest: An ABC Book from Wisconsin Food Forests* <https://a.co/d/5eV0S8D>





# Who's Who at the ADRC?

Presenting:

**ADRC Information & Assistance Specialist  
Alex Parks**



## What is your role at the ADRC?

I am an Information and Assistance Specialist (I&A). In this role I help customers with many types of concerns. I provide information over the phone, via post or email, at the ADRC or out in the community. I enjoy providing my clients resources, options and helping each person think through important decisions. As an I&A, I provide individual counseling to help people compare various resources, help discuss individual values/preferences, and how to afford it all.

## Can you tell us a little about what did you did before you came to the ADRC?

I come to the ADRC with a wide range of job experiences. I would say my favorite job was being an Activity Coordinator for an assisted living facility. I loved the job and could have stayed there forever! I have many highlights as an activity coordinator but some stand outs were learning people's stories, and going on outings together, like the zoo and to see the holiday lights. My next opportunity was working for the Wisconsin Disability Decision Bureau. This position helped me learn that I crave interaction with people and that I enjoy being in direct services to folks. I then transitioned to a job as a Case Manager at a local Managed Care Organization. I really liked being in the community, and I enjoyed seeing people in their homes. I liked getting to know my clients, where they are at and what is going on in their life, and I felt like I was making a real difference their lives.



## What made you pick this career?

This answer is easy! I really like to work with people. I like to hear about the fascinating lives people live. I like to make a difference and if I can help in even a little way, I feel like I have done my job.

## Tell us about yourself:

I am from Dodgeville. I live with my family about an hour from the ADRC. I am married and we have the sweetest, most curious 15 month old. We also have three more furry family members, our three cats Marley, Finnigan and Desi.

## What do you like to do for fun?

We are an outdoors family. We enjoy running, and hiking at Devil's Lake. We love the Dane County Farmers Market (personal favorites are spicy cheesy bread and scones). I also really enjoying reading - any genres are fun!

## Alex fun fact:

I love going to eat at diners! A couple of my most recent diner experiences were the Norskie Nook and Jet Room.

**Thanks Alex! We are so glad to have you at the ADRC!**

## End of an Era— Public Health Emergency Expires

Are you, a family member or a friend receiving Medicaid benefits? The Federal Public Health Emergency period expired May 1<sup>st</sup>. Medicaid Reviews will begin and a letter from the state will be mailed to Medicaid members. The state will be requesting details about things like household size, income, and assets.

Things to remember:

- Medicaid members will keep their coverage until their renewal
- 45 days prior to their renewal date members will receive a renewal packet
- Renewal packets will contain pre-filled forms
- If you complete your renewal early, you risk losing Medicaid



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

If you are eligible for Federal Medicare and losing State Medicaid, you will have a limited time to enroll in certain Medicare plans:

- Three months for a Medicare Advantage plan (Part C)
- Three months for a Medicare Part D drug plan
- Two months for Medicare Supplemental Insurance (Medigap), during which you cannot be denied coverage based on your health

Ways to renew Medicaid:

- Website: My Access - <https://access.wisconsin.gov/access/>
- Mail: Centralized Document Processing Unit – CDPU, P.O. Box 5234 Janesville, WI 53547-5234
- Phone: 1-888-794-5556 and Fax: 855-293-1822
- Appointment only at local agency:, 1819 Aberg Ave, Madison, WI 53704



## NATURE for ALL!

The Pheasant Branch Conservancy, located in Dane County, provides community members a place to explore nature. Use the observation decks, hike, bike or just leisurely wander to experience all the conservancy has to offer. Pheasant Branch Conservancy has upland oak savanna, lowland wetland prairies, Indian mounds, fresh water springs, and is home to a variety of flora and fauna, including cranes, butterflies, frogs, deer, turtles and song birds.

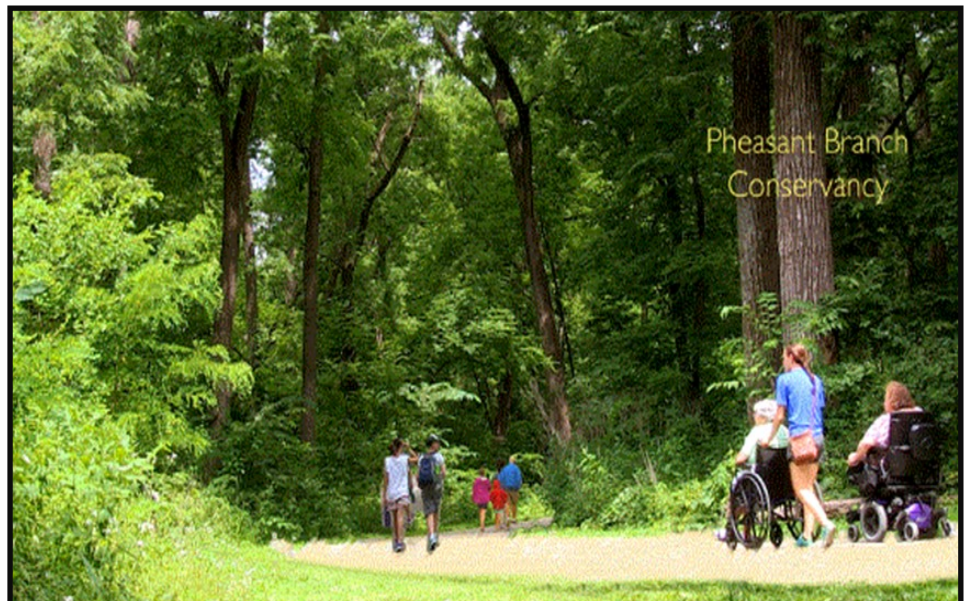
### Accessible Nature!

Pheasant Branch Conservancy believes nature needs to be accessible to everyone. To ensure this guiding philosophy is realized, they have special programs and unique services for people with disabilities, including accessible trails, guides for visual impairment, Make-a-Memory activities for those with cognitive impairments, and wheelchair rentals.

### All-Terrain Wheelchair!

Pheasant Branch visitors have FREE access to an all-terrain wheelchair to explore the Conservancy. The chair is available at Orchid Heights Park (reservation and \$50 deposit required) thanks to Access Ability Wisconsin and the City of Middleton. The wheelchair is stored at Orchid Heights Park and can be reserved online or by contacting the city at 608-821-8360.

For directions and maps: <https://pheasantbranch.org/directions-maps/>  
Check out all of the accessibility resources here: <https://pheasantbranch.org/accessibility/> or email any questions to General Inquiries at [office@pheasantbranch.org](mailto:office@pheasantbranch.org)





# Keep in Mind

News from University of Wisconsin  
Alzheimer's disease research programs

Caregiver Village



NEW NEWSLETTER! *Keep in Mind* is a bi-monthly newsletter designed to share information relevant for everyone on brain health, research opportunities, resources, upcoming events and other news from Alzheimer's disease research programs at the University of Wisconsin. Click here to sign up: <https://wisc.us10.list-manage.com/subscribe?u=e5a5b8a912ee25716a37ae563&id=be3c575475>



## Alzheimer's & Dementia Alliance of Wisconsin:

The Alzheimer's & Dementia Alliance of Wisconsin (ADAAW) closed their doors on June 30<sup>th</sup>. The ADAAW team has been helping clients connect to other dementia related resources and agencies. If you are looking for dementia information and support, the Aging & Disability Resource Center, along with our Dementia Care Specialists, are here to help. The ADRC thanks the Alzheimer's & Dementia Alliance for all of their work and partnership over the years.

## NEW RESOURCE: Drop-In Center for Unhoused Youth ages 17 – 24!

This past June, the community non-profit agency Urban Triage, with the support of many local partnerships, opened its new Unhoused Youth Drop-In Center, located downtown Madison at 306 E. Wilson Street. The Youth Drop-In Center is for youth ages 17.5 to 24, who are experiencing housing insecurities. The young adults who use the Center can receive wrap-around support and services, including help with resumes, job placements, essential needs, food, trauma recovery, housing navigation support, case management, and additional support tailored to fit their needs. Urban Triage is rooted in helping those most vulnerable and filling gaps in services, while providing a comfortable, accepting and stigma-free place that centers the humanity of all who come through the door.



The Urban Youth Center offers storage space for belongings, a washer and dryer to wash clothes, a game room, a lounge, a computer area, a bathroom with a shower, and many other essentials for unhoused youth.



If you would like to make donations to the Youth Center, they can use pre-packaged snacks, water bottles, women's underwear, socks, toilet paper, paper towels, disinfectant wipes, laundry pods, travel size toiletries, VISA gift cards (\$25).

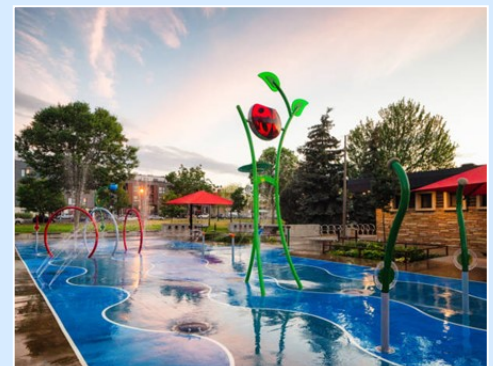
Contact Urban Triage at (608) 299-4128.



## Making a Splash: Accessible Water Fun!

Dane County has multiple Splash Parks across our various communities. Splash parks and pads offer a fun way to beat the heat and get into the water if you or a loved one has limited mobility. Many area splash parks have shelters, rest areas and convenient benches to relax on, all while playing on a hard (but slippery) surface. Don't forget your hat, sunscreen and water shoes!

- Phoebe Bakken Memorial Park** - 4064 Vilas Rd, Cottage Grove
- Tom & Rita Tubbs Splash Pad & Playground** - 550 North Street, Sun Prairie
- Cypress Splash Park** - 902 Magnolia Ln, Madison
- Elver Park** - 1250 McKenna Blvd, Madison
- Reindahl Park** - 1818 Portage Rd, Madison
- City of Middleton Lakeview Park Splash Pad** - 6300 Mendota Ave, Middleton
- Lakeview Park Splash Pad** - 6300 Mendota Ave, Middleton
- Fitchburg Park** - 2930 Chapel Valley Rd, Fitchburg
- Fireman's Park Beach** - 600 Bruce St, Verona
- Conservancy Commons Park** - 6822 Yellowwood Lane, DeForest





# Check it Out!

# My ACCESS Mobile App

Are you on the go, don't have access to a computer, receiving public benefits and have a Smart Phone? The Forward Health My ACCESS Mobile App may be just what the doctor ordered.

The My ACCESS Mobile App is helpful if you are in any of these programs administered by the Capital Consortium/state income maintenance unit, such as:

- [BadgerCare Plus](#) or [Medicaid](#)
- [FoodShare](#)
- [Wisconsin Shares Child Care Subsidy Program](#)
- [Wisconsin Works \(W-2\)](#)
- [SeniorCare](#)

You can download the free app if you are 18 or older, have at least iOS 10.0 or Android 7.0, and can search for "MyACCESS Wisconsin" on the AppStore or Google Play.

The app will allow you to:



### Check your benefits

Learn about your programs and when your renewal is due. You can also view your digital ForwardHealth or SeniorCare cards (the cards you use for the health care programs you're enrolled in).



### Get reminders

Learn what actions you need to take or which documents you need to submit.



### Upload documents

Submit photos or PDFs of documents, then check their status.



### Update your address

Update your home address, mailing address and phone number(s).

While the app can help you avoid long phone queues and save time, you will still need to report financial or situational changes through the ACCESS website or by contacting your county or tribal agency.

If this sounds like something you'd like to explore or have questions regarding the app, you can get started at these links:

[ForwardHealth: Resources for the MyACCESS Mobile App | Wisconsin Department of Health Services](#)

[ForwardHealth: MyACCESS Mobile App FAQs | Wisconsin Department of Health Services](#)

The Aging & Disability Resource Center of Dane County is proud to support the Americans with Disabilities Act (ADA) 33rd Anniversary. On July 26th we celebrate this important civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. #ADA33 #ThanksToTheADA

## Celebrate. Learn. Share.

# ADA 33



## Americans with Disabilities Act





## Why You Need a Robot!

Not R2-D2 or Robby the Robot, but a robot vacuum! A robotic vacuum cleaner, sometimes called a robovac or a roomba™ can make keeping your home clean a whole lot easier, especially if you have limited mobility or use a wheelchair.

You may not think of the robovac as typical “adaptive equipment”, but it’s become a very popular cleaning tool. Most robovacs are round or D-shaped, about 12-14 inches in diameter, and 3-4 inches tall. This allows them to get into tight spots and go under beds. They operate very quietly, on most floor types and run on a rechargeable battery.

The technology allows the vacuums to “map” the layout of your floors and remember it. Although their size doesn’t allow them to hold too much debris, newer models are able to automatically empty the waste into a compartment in their docking station. This feature means you don’t even have to interact with it for weeks or months at a time!

Although these high tech helpers are not cheap (\$200-\$400 on average), the convenience may be worth the investment.



## WALK-IN HOURS ARE CHANGING

**Starting the week of May 29th,  
Tenant Resource Center will be open  
for walk-in visits during the following  
hours:**

**Monday-Thursday  
9am-6pm  
1202 Williamson St  
Suite 101**

**Saturday  
10am-2pm  
Madison College  
Goodman South  
2429 Perry St**



## HAPPY ANNIVERSARY!

Celebrating the dedication and hard work of the ADRC of Dane County staff members who have been serving our community for over a decade!

- |                   |                    |
|-------------------|--------------------|
| Michelle Mwita    | Jenny Robl         |
| Amy Gunter        | Amy Hunt           |
| Nestor Silva      | Rich Zietko        |
| Shia Yang         | Marcos Rios        |
| Amy Elske         | Melinda Schindhelm |
| Abigail Musselman | Mindy Russell      |
| Susie McCabe      | Tiffany Scully     |
| Lynnan Osawa      | Vickie Vierig      |
| Erin Estabrook    | Katie Wells        |
| Jana Moll         | Krista Rasmussen   |
| Amanda Stankus    | Kurt Svensson      |
| Peggy Carroll     | Jennifer Fisher    |
| Kayla Stevens     | Lynn Riley         |
| Marie Vandenberg  | Joe Purcell        |
| Marissa Burack    | Bill Huisheere     |

# 10 YEARS!

## Is It a Scam or Is It Legit?!

All of us get those texts and e-mails that make us wonder, is it a scam or is it real? One type of malicious communication are scammers who pretend to be part of our government and other benefit providers, placing us at risk of identity theft. Wisconsin Department of Health Services (WI DHS) and the Department of Children and Families (WI DCF) do legitimately communicate with e-mail and text message to those of us receiving benefits from the state of Wisconsin like BadgerCare, Medicaid and FoodShare. So it's important be especially vigilant and determine who these texts and emails are from. Below are some quick tips to help.

### Are you wondering if a message you received is really from DHS/DCF?

- ✓ Texts will come from **94347** (WI DHS).
- ✓ Emails will come from [dhs@info.wi.gov](mailto:dhs@info.wi.gov)

DHS/DCF email and text messages will **never**:

- × Ask you for personal information, like your birthday or Social Security number.
- × Ask you for financial information, like your bank account or credit card number.
- × Offer you a prize or money for responding.

Learn More:

Visit <https://www.dhs.wisconsin.gov/dms/e-comms.htm> to find out how to receive our texts and emails.



We welcome you to take a few hours and enjoy some of the best "Summer Blockbusters"! These absolute instant classics contain adrenaline fueled action scenes, banger soundtracks, the most quotable quotes and some of the spookiest chills to cool off your hot summer day.

Top 20 McCabe's at the Movies Summer Blockbusters:

1. Independence Day (1996)
2. Jaws (1975)
3. Dazed and Confused (1993)
4. The Goonies (1985)
5. Terminator 2
6. Indiana Jones and the Temple of Doom (1984)
7. The Lost Boys (1987)
8. Gone in 60 Seconds (2000)
9. Guardians of the Galaxy (2014)
10. Men in Black (1997)
11. My Girl (1991)
12. Friday (1995)
13. Twister (1996)
14. Jurassic Park (1993)
15. Dirty Dancing (1987)
16. Girls Trip (2017)
17. Wonder Woman (2017)
18. Speed (1994)
19. The Sixth Sense (1999)
20. The Long, Hot Summer (1958)

## McCabe's at the Movies



## A Market of Culture

In the summer of 2015, local non-profit Centro Hispano created El Mercadito de Centro, or “the downtown market”. Initially designed to serve its clients and neighbors by providing the opportunity to buy fresh produce during visits, it now aims to create a place and time for the local community to gather each week and pause for a moment and come together over food, to learn about healthy eating and have the opportunity to interact with farmers and other food entrepreneurs. Centro’s Mercadito is not your traditional farmer’s market – modeled on the little street markets you find in Latin America, it brings together culinary experiences with entertainment the whole family can enjoy. There are local products for sale, produce, traditional Latin American food and beverages, crafts, traditional entertainment, activities for children and more. The market accepts SNAP benefits. In the summer, the market also accepts Double Your Dollars promotions for SNAP-eligible clients, giving them extra “cash” including to purchase fruits and vegetables.

If you have plans for summer projects – whether it’s planting a tree, putting in a fence or a new mailbox post– be sure to call 8-1-1 to Diggers Hotline before you begin! Diggers Hotline is a free service that helps to make sure you don’t damage underground lines that could be dangerous or costly if damaged. Call at least three working days before you start digging and they’ll alert the owners of the lines to mark your yard. Call even if you’ll only be using hand tools; and it doesn’t matter how deep you are digging. State law ([Wisconsin Statute 182.0175](#)) requires notifying Diggers Hotline before you excavate, grade, trench, dig, drill, augur, tunnel, scrape, plow cable or pipe! Stay safe out there!



Know what's below.  
Call before you dig.



# EVERY THURSDAY

THROUGH DECEMBER 14TH, 2023

4:00 - 7:00 PM

810 W Badger Rd. Madison, WI



Contact: [marcos@micentro.org](mailto:marcos@micentro.org)

[centrohispanodanecounty](#)

[centro.hispano.5](#)





## These hot days!

When the days heat up, the hot temperature can become a serious threat to health.

### Follow these important tips:

**Keep Cool.** Stay in air-conditioned buildings, limit indoor oven usage, and do not sit in a parked car or leave a child or pet in a parked car.

**Stay out of the Sun.** Wear light weight clothing and limit your outdoor activity from 12-3pm.

**Stay Hydrated!** Drink water throughout the day. Do not wait until you're thirsty to drink.

**Keep Connected.** Check local news for heat warnings and safety tips, and check on friends and neighbors (and pets).



**Be Well**

During high heat events, cooling centers are located throughout Dane County:

- ◆ Area shopping centers and malls
- ◆ Senior centers
- ◆ Public libraries
- ◆ Public pools
- ◆ Village and City Halls

Dane County residents can also check out Public Health of Madison & Dane County website <https://www.publichealthmdc.com/> or call the Aging and Disability Resource Center of Dane County for updates and more information on active cooling centers in your area.

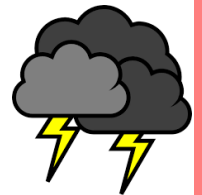
Energy assistance agencies may be able to help with furnace repair and replacement and water heater repair/replacement throughout the summer months, as well as weatherization services.

Contact Habitat for Humanity Re-store to see if they have any air conditioners for purchase. West location at 608-442-9919 or east at 608-661-2813.



Heading out into the great outdoors? As summer temperatures soar and storms get more extreme, follow this excellent advice from the UW –Dane County Extension To ensure your safety while enjoying outdoor activities, we recommend the following:

1. Stay informed: Regularly check weather conditions before heading out, as dangerous storms can develop quickly.



2. Be prepared: Bring an ample supply of water, familiarize yourself with nearby drinking water sources, take breaks in shaded areas, and identify safe locations in case of severe weather.

Also, don't forget to check yourself and your pets for ticks after any outdoor activities. It's a bad year for these creepy critters!



## Covid 19: Not quite gone, and not forgotten!

A reminder from Madison Public Health that the end of the Public Health Emergency (PHE) does not mean the end of COVID. The Centers for Disease Control (CDC) stopped tracking community levels of COVID when the federal emergency declaration ended on May 11, 2023. However, for your own health and for the good of the community at large, stay informed:

- **Public Health of Madison & Dane County will continue providing free COVID vaccines at their clinics and in the community.**
- **There are still testing options.** Local libraries will continue to have free tests available. You can buy tests in stores, pharmacies, and online. Healthcare centers and select pharmacies offer testing. However, check with your insurance provider, as costs have changed for most testing options.

**We know what works to protect against COVID.** The CDC continues to recommend that everyone get vaccinated, get the latest booster, use an at-home test if you're exposed or have symptoms, [stay home if you're sick](#), and wear a mask when there are a lot of people sick with COVID.

Source: City of Madison - Public Health Madison & Dane County <https://www.publichealthmdc.com/blog/no-more-community-levels-of-covid>



**It's time...**

## For Senior Farmers' Market Vouchers!



The Area Agency on Aging (AAA) of Dane County has begun to distribute Farmers' Market Vouchers to older adults for use in purchasing \$35 in fruit, vegetables, or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2023 growing season (June 1—October 31).

New this year:

- The voucher sets increased from \$25 to \$35.
- Vouchers are available per person instead of per household. Each person age 60+ can receive their own set of vouchers.

The vouchers are distributed on a first come/first serve basis to those **age 60+**, who live in Dane County and have gross incomes under \$26,973 per year (or \$2,248/month) for a one-person household or \$36,482 per year (or \$3,041/month) for a two-person household. New this year: one set of vouchers is available per person.

Distribution of farmers' market vouchers will be done by mail. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678 or [Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com). **Please note:** Individuals who received vouchers last year should automatically receive an application by mail this year. Applications for existing customers were mailed in May.

*"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."*

## Food Pantries Need Your Help!



In February, more than 700,000 Wisconsinites on the FoodShare program received their last emergency SNAP benefit. The federal emergency SNAP benefits were provided during the COVID-19 PHE as a way to help relieve the financial burden of the pandemic.

Imagine being disabled or a senior on a limited income, living alone. At the height of the pandemic, you received around \$280 a month in SNAP benefits. But now, despite inflation and the high cost of groceries, your benefit is again as little as \$23 a month.

Since then, food pantries all across Wisconsin have seen an influx of people looking to supplement their own pantries and to fill in the gaps that the emergency SNAP benefits provided. Many food pantries are in need of volunteers, monetary and food donations. If you are able, please consider donating your time, money or food to your local food pantry.

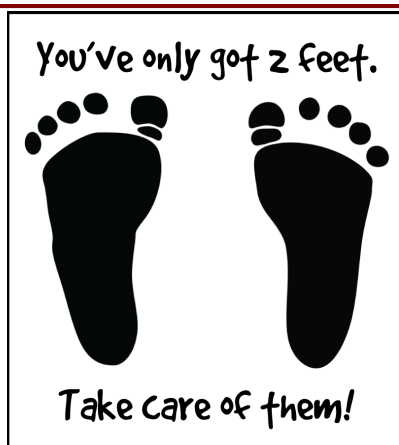
## Foot Care Clinics are Back!

Since the end of the Public Health Emergency, most of the area Senior Centers have resumed their Foot Care services. Call your local Focal Point for more information and to schedule an appointment.

(Spots fill up quickly!)

Cost is \$25; Diabetic foot care \$30.

Healthy feet are vital to your overall well-being, so treat them right!



## Free In-Person Welcome to Medicare Seminars

*Sponsored by Area Agency on Aging of Dane County's Elder Benefit Specialist Program*

If you are turning age 64 this year, you can get help making informed choices about your Medicare options.

You'll receive accurate and detailed info from unbiased experts in benefit programs.

To Register, email [aaa@countyofdane.com](mailto:aaa@countyofdane.com)

**September 16 2023 In-person, Location TBD**

**-register by 9/8/23**

**November 11 2023 In-person Location TBD**

**-register by 11/3/23**

**"How wonderful it is that nobody need wait a single moment before starting to improve the world."** —Anne Frank



# Happy 46<sup>th</sup> Birthday Willy Street Fair!

On a cloudy 3rd Sunday of September in 1977, to build community, celebrate place, and raise funds to support youth programming, Common Wealth Development, a private non-profit community development organization, gave birth to the Willy Street Fair! This bouncing bundle of joy soon received co-parenting with the Wil-Mar Neighborhood Center and has been bringing happiness and helpfulness to the neighborhood ever since, as we have watched it grow from a small, single day event to a large two day extravaganza.

Your support of the Willy Street Fair pays it forward to benefit important youth programming sponsored by these neighborhood institutions. You further support the community through sampling goods from local merchants, drinking and dining on the epicurean viands provided by our local food and beverage producers.

**Fair Dates:** September 16<sup>th</sup> & 17<sup>th</sup>, 2023

**Fair Location:** 800, 900 & 1000 block of Williamson Street, Madison

**Fair Vending Hours:**

- Saturday, September 16th, 1:00 pm – 10:00 pm
- Sunday, September 17th, Parade starts at 11:00 am

Fair Vending starts **after the Parade** – 6:30 pm

For more information please visit: <https://willystreetfair.org/>



<https://www.disabilitypridemadison.org/festival-2023>

## The Sampler! Interesting Events Happening in our Community:

**What:** UW Institute on Aging 33<sup>rd</sup> Annual Colloquium

**When:** Wednesday, September 27 8:30 am – 1:30 pm

**Where:** Gordon Dining & Event Center (2nd Floor) | 770 W. Dayton St., Madison, WI 53706

**Cost:** The event is free and open to the public. Register: [www.aging.wisc.edu](http://www.aging.wisc.edu)

**Why:** Showcasing the latest research and resources on positive aging, with speakers and a Health & Resource Fair.

Who should attend: Anyone interested in positive aging, including the general public and professionals working with older adults!



**Save The Date! 2023 Self-Determination Conference “Be Curious: Explore the Possibilities”**

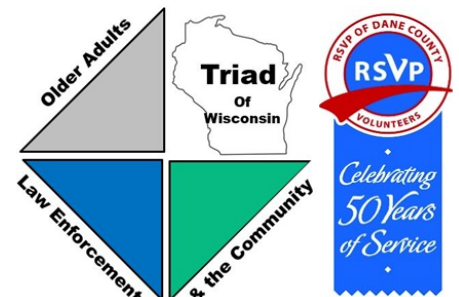
**October 16-18, 2023** Kalahari Resort, Wisconsin Dells, WI & Virtually

To register: [www.WI-SDC.com](http://www.WI-SDC.com)

Put it on your calendar, everyone!

***Triad Conference 2023, October 20th in Madison! 8:00am-3:00pm***

For over 20 years the Triad Conference brings attention to the safety and health concerns of older adults. Participants from all over Wisconsin, both older adults and professionals who work with older adults every day, gather to hear presentations and participate in breakout sessions led by health, safety and law enforcement experts (plus an Exhibitors Area) at the American Family Conference Center, American Parkway, Madison. To register: <https://triadofwisconsin.org/conference> Call (608) 238-7787 for more infor-



# The Sampler! Interesting Events Happening in our Community:

**What:** Concerts on the Square

**When:** July 5<sup>th</sup>, July 12<sup>th</sup>, July 19<sup>th</sup>, July 26<sup>th</sup> & August 2<sup>nd</sup>  
Concerts begin at 7pm.

**Where:** The King St. corner at the Wisconsin Capitol Square

**Cost:** Free

**Why:** In 1983, Madison businesswoman Pleasant Rowland saw the opportunity to improve access to the arts and create a sense of community on the beautiful Wisconsin State Capitol lawn. Her idea evolved into the Wisconsin Chamber Orchestra's first season of Concerts on the Square. Concerts on the Square has grown into a true gem of Madison and over 250,000 patrons come together on the Square for the six-concert series.



**What:** Art Fair on the Square

**When:** July 8<sup>th</sup> & 9<sup>th</sup>

**Where:** 2 E. Main Street (Wisconsin State Capitol Square)

**Cost:** Free

**Why:** One of the Midwest's most popular and highly regarded outdoor celebrations of the arts will return to the Capitol Square July 8 – 9<sup>th</sup>. MMoCA presents the 64<sup>th</sup> annual Art Fair on the Square. With a mix of music, entertainment, dining, as well as nearly 500 artists exhibiting paintings, prints, photographs, sculpture, jewelry, handmade clothing and accessories.



**What:** Restoration Workdays -- Walking Iron County Park

**When:** August 8<sup>th</sup> & 22<sup>nd</sup>, and every 2nd and 4th Tuesday of the month throughout the year. 9am-12pm

**Where:** Walking Iron County Park - Beckman Rd. Entrance, 6064 Beckman Rd., Mazomanie 53560

**Cost:** Free – and your labor of love is appreciated!

**Why:** To restore and enhance Pasque Flower Prairie and adjoining project sites at Walking Iron County Park! This remarkable sand prairie remnant harbors a colorful and diverse collection of native plants, wildlife, and rare prairie invertebrates.

**How:** You must register to participate. Please contact: Lars Higdon (608) 286-9497 [higdon.lars@countyofdane.com](mailto:higdon.lars@countyofdane.com) or Shane Otto (608) 575-0396 [otto.shane@countyofdane.com](mailto:otto.shane@countyofdane.com)

**What:** Pizza on the Farm

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Sundays through October 2:30pm-8:00pm

**Where:** Sprouting Acres, 1746 WI-73, Cambridge, WI 53523, USA

**Cost:** Depends on what you order!

**Why:** To have a good time - grab your friends & family and head to the farm for freshly made wood-fired pizza and live music.

**How:** Please check website for details: <https://www.sproutingacres.com/pizza-nights>



**What:** Looking Beneath the Surface of "Challenging Behavior" – training by Angela Marx, PhD. Hosted by Community Outreach Wisconsin, Waisman Center

**When:** September 12<sup>th</sup> 9:00 AM - 12:00 PM

**Where:** Trainings are held at the UW South Madison Partnership Center in the Villager Mall at 2238 South Park Street, Madison, WI 53713

**Cost:** \$30 Register: [https://uwmadison.co1.qualtrics.com/jfe/form/SV\\_41qzylk9xn6nAxM](https://uwmadison.co1.qualtrics.com/jfe/form/SV_41qzylk9xn6nAxM)

**Why:** Discover alternative models for understanding what challenging behaviors represent and how to best support people who experience them. Focusing on supporting mental health, physiological needs, and social-emotional development can offer a different roadmap to support individuals with complex needs and developmental differences. For questions: 608-516-8410

**What:** "Grief 101" Join the staff of the Agrace Grief Support Center for a virtual presentation.

**When:** Monday, September 18<sup>th</sup> 1 pm – 2 pm

**Cost:** Free

**Where:** Online- via Zoom. Pre-registration is required at least 24 hours in advance:

<https://www.agrace.org/grief-support/grief-support-resources/> (scroll down to the bottom of the page)  
or call 800-553-4289

**Why:** Learn about grief, how it shows up in our lives and how to support people who are grieving.



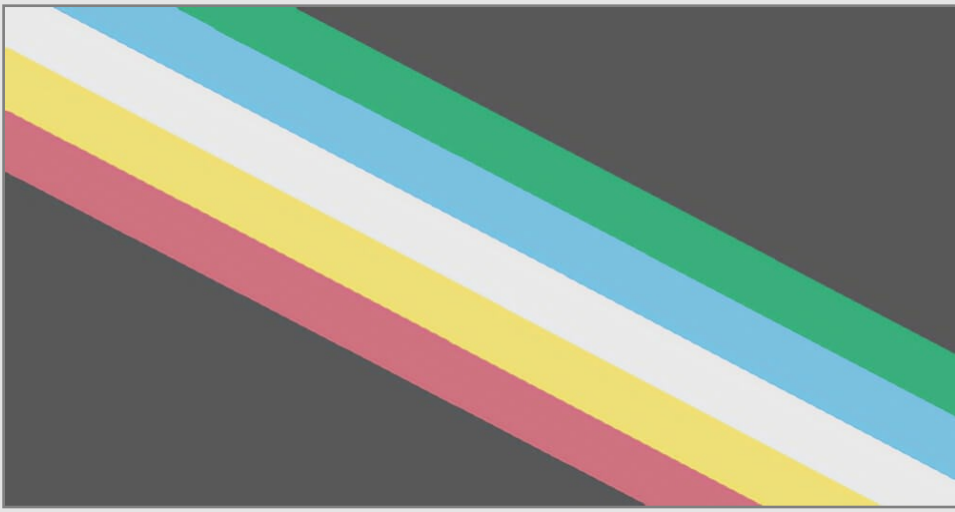
**Who:** The Disability Pride Festival

**What:** A joyful gathering of the entire disability community and their allies! Music, crafts, food, raffle, exhibitors and more!

**When:** July 29, 2023 12pm -5pm

**Where:** Warner Park, 2930 N Sherman Ave, Madison

**Why:** Disability Pride Madison's mission is to work as a cross-disability organization to support and celebrate disabled communities and promote disability justice in Madison, Wisconsin, and beyond. Since their inception in 2013, they've been proud to showcase the arts, creativity, and talents of disabled people in Madison and beyond!



## What is Disability Pride?

The following quote, taken from [Disabled-World.com](https://www.disabled-world.com), offers us a striking depiction of why we have disability pride:

*"People with disabilities are the largest and most diverse minority within the population representing all abilities, ages, races, ethnicities, religions and socio-economic backgrounds. Disability Pride has been defined as accepting and honoring each person's uniqueness and seeing it as a natural and beautiful part of human diversity. Disability Pride is an integral part of movement building, and a direct challenge of systemic ableism and stigmatizing definitions of disability."*

## The Disability Pride Flag

The Disability Pride flag helps raise awareness and is a symbol of solidarity, respect and acceptance. The Disability Pride flag was recently updated in 2021 to make it safer for people with visually-triggered disabilities and more accessible to those with color blindness. The new flag is a charcoal grey flag bisected diagonally from the top left corner to the lower right corner by five parallel stripes in red, pale gold, pale grey, light blue, and green.

The Disability Pride Flag comprises elements that each symbolize aspects of the disability experience:

- All six "standard" flag colors: Disability spans borders between states and nations
- The diagonal bands signify: "Cutting across" the walls and barriers that separate the disabled from society
- Black Field: Mourning - for those lost to illness, suicide, abuse and ableist violence
- Red Stripe: [Physical Disabilities](#)
- Gold Stripe: [Neurodivergence](#)
- White Stripe: [Invisible and Undiagnosed Disabilities](#)
- Blue Stripe: [Psychiatric Disabilities](#)
- Green Stripe: Sensory Disabilities



## July 27-28, 2023 Disability Summit: A Community-Led Movement for Disability Justice

The **City of Madison Disability Summit: A Community-Led Movement for Disability Justice** is a platform for visioning and developing a city-wide agenda that will direct the work of the Department of Civil Rights – Division of Equity and Social Justice, Disability Rights and Services Program and ensure all City programs include the voices and needs of the disability community.

In the spirit of the Independent Living Center Movement slogan, *Nothing about Us without Us*, our objective is to:

1. Identify the priorities of our community,
2. Develop decision-making principles for the City that ensure people with disabilities have a seat at the table, and Explore ways to better connect diverse Disabled residents with City staff, policy makers, and each other.

This information will help to develop an agenda and access plan for the City of Madison. The plan will guide City processes and inform their work in the immediate future and in the coming years.

To attend the virtual event and for more information: contact Rebecca Hoyt, City of Madison Disability Rights and Services Specialist (608) 266-6511 or [rhoyt@cityofmadison.com](mailto:rhoyt@cityofmadison.com)

Page 3 Brain Teaser Answer key:

- |                     |                                         |                 |                     |
|---------------------|-----------------------------------------|-----------------|---------------------|
| 1. A deck of cards. | 3. They're both in the middle of water. | 7. A feather.   | 12. A shadow.       |
| 2. The letter "g."  | 4. Incorrectly.                         | 8. A bottle.    | 13. A towel.        |
|                     | 5. A yardstick.                         | 9. An egg.      | 14. Soap.           |
|                     | 6. An envelope.                         | 10. A cold.     | 15. A refrigerator. |
|                     |                                         | 11. A goldfish. |                     |



**WE  
THE  
PEOPLE**



## Get ready for 2024!

Have you been enjoying a much needed break from all the political ads that were everywhere, all the time, leading up to our last election? Here's a gentle reminder that 2024 is going to be a big election year, and we at the ADRC want to suggest that the important work of civil and political engagement doesn't necessarily follow the same schedule as political ads.

On June 15th 2023 postcards were sent to all WI registered voters who have not voted in the last 4 years. If you received a postcard labeled NOTICE OF VOTER REGISTRATION SUSPENSION and you want to stay registered to vote:

- ◆ If your address has changed, update your voter information at [myvote.wi.gov](https://myvote.wi.gov) (608 266-8005)
- ◆ If your address or name hasn't changed, sign and return the card to your local clerk.

If you do not respond to the postcard by July 15, 2023 you will no longer be registered to vote in Wisconsin. Voters who are deactivated do not appear on the poll list on Election Day and must reregister to vote.

The Wisconsin Elections Commission has found no evidence that Wisconsin's election systems have ever been compromised, and they credit their strong partnerships with federal and state agencies and local election officials in making that possible. For more information see the Wisconsin Election Commission website at [elections.wi.gov/statistics-data/voter-list-maintenance](https://elections.wi.gov/statistics-data/voter-list-maintenance). Here's to making sure we are ready to vote in 2024 and enjoying every moment before the 2024 political ads begin!



## Community Gardens Bring Us Together

If you are traveling around Dane County, you may have noticed there are gardens producing food in some unlikely places. If you've seen one, you most likely have found a community garden. Whether it is on local government, business, non-profit or private land, amidst development or farmland, its purpose is the same. The gardens provide community for people feeling isolated, food for those in need, a sense of worth for those involved in caring for it, exercise and an opportunity to meet new friends. With the goals of equitable access for land, nutrition and cultures, a community garden can provide sustainable growing practices across intergenerational, inter-ability and multicultural groups.

There are currently 4,000 community garden plots, on 47 acres throughout Dane County. Most garden plots are designated to individuals and families for personal, non-commercial use. However some gardens have designated plots that are collectively maintained, and harvests are donated to local community food organizations. These plots are tended by gardeners who volunteer as part of their particular garden's participant plan. While most plots have rental fees, these are usually on a sliding scale basis that allow lower income gardeners to use for free or little cost.



To participate you must register and often there are waitlists. Once you are able to secure a spot, you must remain a "gardener in good standing" to keep it.

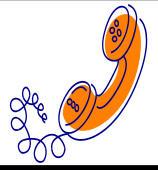
To learn more about community gardening in Dane County, please see: [www.danegardens.net](https://www.danegardens.net)

Pictured is the DeForest Community Gardens, Liberty Land Park:





# I Called the ADRC!



## Layla's Story: Part 1

We are doing this issue of "I called the ADRC" a little bit differently. In a two-part feature we are going to share Layla's story, and describe how the separate units within the ADRC all work together to best serve our customers.

To begin, the inscription that graced the top of Layla's graduation cap sounds simple but it is so hard earned, "perseverance". Layla is a young, courageous, determined and fiercely independent person, who also happens to have epilepsy and cerebral palsy. Layla explained that being diagnosed with epilepsy means something different for every person, and epilepsy affects people differently. For Layla, epilepsy was causing seizures that were truly affecting her everyday life, reaching the point that she needed to look for more help.

Layla described the struggle of calling different agencies, getting more and more phone numbers, and searching in vain to locate what to do for resources and help. Layla, Lana and Matt (her mom and dad) said they eventually called the Dane County ADRC and reached Information & Assistance Specialist Kurt. I&A Kurt listened to Layla to help identify her needs and other concerns. Layla, Lana, Matt and Kurt worked as a team to explore the complex systems of the Social Security Administration and the Wisconsin Long Term Care programs.

Matt described that the information and resources from I&A Kurt was so useful, especially during a really rough patch. Layla and Matt also emphasized that Kurt did more than just provide information; he made sure that Layla understood, so that she could make the best choices for herself. Matt defined Kurt as a very detailed person who was able to light up the "dark tunnel" of benefits and programs. Based on Layla's choices, Kurt helped her enroll into a Long Term Care Program that provides the assistance she needs, but also allows her to be in charge of her services. Layla felt like Kurt made a complex process much easier!

Meanwhile, Kurt had also identified that Layla needed to talk to a Disability Benefit Specialist (DBS) and connected her to DBS Amy for further help.

Stayed tuned to our next edition of "I Called the ADRC" for more of Layla's story....

## Don't Fear – the Yellow Vests are Here!



Do you ride the bus? Are you worried about the route changes that took effect on June 11<sup>th</sup>? Well, you're not alone. Madison Metro has you covered: Just look for the yellow vests! Metro offers a number of on-the-street "Ride Guide" staff in yellow vests to answer questions and show people how to access and ride the new service. Ride Guides will be at transfer points and along routes. Ride Guides will have a summer break, but will be back again in the fall when students are back in town, and will work into next year as Metro gets ready for bus rapid transit.



### What's in a Name?

The Social Security Administration recently announced the most popular baby names in Wisconsin.

At the top for our girls: 1. Charlotte 2. Olivia and 3. Evelyn. Tops for our boys: 1. Henry 2. Oliver and 3. Liam.

## **MOBILE FOOD PANTRIES**

**Second Harvest Food Bank Mobile Pantries**  
Various locations throughout south central WI  
[secondharvestmadison.org/find-food/mobile-pantries](http://secondharvestmadison.org/find-food/mobile-pantries)

## **DOWNTOWN MADISON**

**Bethel Lutheran Church** 257-3577  
312 Wisconsin Avenue  
[bethel-madison.org/ministries/serving/bethel-food-pantry/](http://bethel-madison.org/ministries/serving/bethel-food-pantry/)

**First United Methodist Church** 256-9061  
203 Wisconsin Avenue  
[firstunitedmethodistmadison.org/get-involved/food-pantry/](http://firstunitedmethodistmadison.org/get-involved/food-pantry/)

**\*\*Grace Episcopal Church** 255-5147 Ext. 18  
116 W. Washington Ave  
[gracechurchmadison.org/grace-food-pantry](http://gracechurchmadison.org/grace-food-pantry)

**Neighborhood House Food Pantry** 255-5337  
29 South Mills St  
[neighborhoodhousemadison.org/food-pantry/](http://neighborhoodhousemadison.org/food-pantry/)

## **EAST MADISON**

**Bashford United Methodist Church** 249-9222  
329 North Street  
[bashfordchurch.org/FoodPantry.html](http://bashfordchurch.org/FoodPantry.html)

**Bridge Lake Point Waunona Neighborhood Ctr**  
1917 Lake Point Drive 441-6991  
[blwcenter.org/community-services.html](http://blwcenter.org/community-services.html)

**East Madison Community Center** 249-0861  
8 Straubel Court  
[eastmadisoncc.org](http://eastmadisoncc.org)

**Goodman Community Center** 241-1574  
Fritz Food Pantry, 149 Waubesa Street  
[goodmancenter.org/services/fritz-food-pantry](http://goodmancenter.org/services/fritz-food-pantry)

**\*\*Personal Essentials Pantry Atwood** 772-3146  
2401 Atwood Ave  
[atwoodpantry.com](http://atwoodpantry.com)

**Seventh Day Adventist Church** 513-5208  
910 Femrite Drive, Monona  
[madisonadventistchurch.com/](http://madisonadventistchurch.com/)

**SS Morris Community AME Church** 249-4555  
3511 Milwaukee Street [ssmorriscommunitynamec.com/](http://ssmorriscommunitynamec.com/)

**St. Stephen's Lutheran Church** 441-1123  
5700 Pheasant Hill Road, Monona  
[ststephensmonona.org/food-pantry-3/](http://ststephensmonona.org/food-pantry-3/)

**Wil-Mar Neighborhood Center** 257-4576  
953 Jenifer Street  
Must live in 53703 or 53704 zip code  
[wil-mar.org/services](http://wil-mar.org/services)

## **NORTH MADISON**

**Kennedy Heights Community Center** 244-0767  
199 Kennedy Heights  
[khcommunitycenter.org](http://khcommunitycenter.org)

**Lakeview Lutheran Church** 244-6181  
4001 Mandrake Road  
[lakeviewlutheranchurch.org/about/ministries/](http://lakeviewlutheranchurch.org/about/ministries/)

**The River Food Pantry** 442-8815  
2201 Darwin Rd  
[riverfoodpantry.org](http://riverfoodpantry.org)

## **SOUTH MADISON**

**\*\*Catholic Multicultural Center**  
661-3512

1862 Beid Street  
[cmcmadison.org](http://cmcmadison.org)

**\*\*Good Neighbors Personal Essentials** 832-6388  
2509 McDivitt Road  
[gnpep.net](http://gnpep.net)

**Mount Zion Baptist Church** 332-2814  
2019 Fisher Street  
[mtzlife.com/programs](http://mtzlife.com/programs)

**St. Mark's Lutheran Church** 256-8463  
605 Spruce Street  
[stmarksmadison.org](http://stmarksmadison.org)

**St. Vincent de Paul** 257-0919  
2033 Fish Hatchery Rd  
[svdpmadison.org](http://svdpmadison.org)

**Zion City COC** 288-9466  
Leopold Larder Pantry  
1317 Applegate Rd

## **WEST MADISON**

**Allied Partners** 274-7006  
4619 Jenewein Road  
Must live in 53711 or 53719 zip code  
[alliedpartners.madisonwi.us/](http://alliedpartners.madisonwi.us/)

**Good Shepherd Lutheran Church** 271-6633  
5701 Raymond Road  
Must live in 53711 or 53719 zip code  
[gslcwi.com/connect/care-assistance/food-pantry/](http://gslcwi.com/connect/care-assistance/food-pantry/)

**Extended Hands Food Pantry** 219-2985  
6402 Schroeder Rd  
[extendedhandspantry.org/](http://extendedhandspantry.org/)

**Lussier Community Education Center** 833-4979  
55 S Gammon Rd  
[lccmadison.org](http://lccmadison.org)

**Madison School and Community Recreation** 467-8360  
5740 Raymond Rd  
[mscr.org/](http://mscr.org/)

## **OUTSIDE MADISON**

**Belleville Food Pantry** 424-3341  
24 W. Main Street, Belleville  
[villageofbelleville.com/residents/food\\_pantry.php](http://villageofbelleville.com/residents/food_pantry.php)

**Cambridge Community Activities Program** 423-8142  
403 Blue Jay Way, Cambridge  
[cambridgecap.net/programs/nutrition/food-pantry/](http://cambridgecap.net/programs/nutrition/food-pantry/)

**Heights Unlimited Community Resource Center** 767-3663  
1529 State St, Black Earth  
[heightsunlimited.net/services](http://heightsunlimited.net/services)

**Deforest/Windsor Area Food Pantry** 469-4415  
4434 2nd St, Windsor  
[vi.deforest.wi.us/foodpantry](http://vi.deforest.wi.us/foodpantry)

**McFarland Community Food Pantry** 658-0927  
5404 Anthony St, McFarland  
[mcfarlandfoodpantry.org/](http://mcfarlandfoodpantry.org/)

**Saint Stephen's Lutheran Church** 441-1123  
5700 Pheasant Hill Rd, Monona  
[ststephensmonona.org/food-pantry-3/](http://ststephensmonona.org/food-pantry-3/)

**Mount Horeb Area Food Pantry** 437-6114  
102 East Lincoln Street, Mount Horeb  
[mthorebneighbors.org/](http://mthorebneighbors.org/)

**Middleton Outreach Ministry (MOM)** 836-7338  
3502 Parmer Street, Middleton  
[momhelps.org](http://momhelps.org)

**Oregon/Brooklyn Food Pantry** 291-0709  
107 Alpine Parkway Oregon  
[oregonareafoodpantry.com/](http://oregonareafoodpantry.com/)

**Stoughton Area Food Pantry** 873-8103  
520 S. Fourth Street, Stoughton  
[stoughtonfoodpantry.org/](http://stoughtonfoodpantry.org/)

Watershed Community Church  
343 E. Main Street, Stoughton  
[pepstoughton.org](http://pepstoughton.org)

**Stoughton United Methodist Church** 873-3273  
525 Lincoln Avenue, Stoughton  
[stoughtonumc10.org/foodpantry](http://stoughtonumc10.org/foodpantry)

**Sun Prairie Emergency Food Pantry** 478-0510  
18 Rickel Road, Sun Prairie  
[sunprairiefoodpantry.com](http://sunprairiefoodpantry.com)

**Badger Prairie Needs Network** 848-2499  
1200 E. Verona Avenue, Verona  
[bpnn.org/food-pantry.html](http://bpnn.org/food-pantry.html)

**Waukege Ecumenical Food Pantry** 850-4346  
806B S. Division Street, Waukege  
[waukegeefoodpantry.org](http://waukegeefoodpantry.org)

## **Food Pantry Tips:**

**\*\* Pantries with personal care items, including diapers.**

**Dane County Food Pantries**  
**Call 211, text your zip code to 898211, or visit 211now.org**

## **What documentation should I bring?**

You may need ID for all household members, photo ID for all adults, proof of address, and total household income to be made eligible at some pantry locations.

## **How does it work?**

Frequency of visits depends upon the location. You may get items based on weights or points depending on which pantry and your household size.

## **What do I get?**

It depends upon what is available at the pantries. It may include fresh fruits and vegetables, canned and frozen goods, breads, cereals, meats, eggs, and dairy. Some pantries may also offer personal care items and toiletries, diapers, household items, clothing, pet food, and other items.

**\*\*Stoughton Personal Essentials Pantry 982-7174**



**2865 North Sherman Avenue  
Madison, WI 53704**



**The Mission of the ADRC**

To support seniors, adults with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term care options and by serving as the single entry point for publicly funded long-term care services while at all times respecting the rights, dignity and preference of the individual.

**CALL— EMAIL—STOP IN—REQUEST A ZOOM VISIT**

**HOURS: MONDAY - FRIDAY 7:45 A.M. – 4:30 P.M.**

**OTHER HOURS BY APPOINTMENT**

**BILINGUAL STAFF & INTERPRETERS AVAILABLE UPON REQUEST**

Web: [www.daneadrc.org](http://www.daneadrc.org)

Email: [adrc@countyofdane.com](mailto:adrc@countyofdane.com)

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

**Our Experts can help you with information about:**

- ◆ Assisted Living & Nursing Home Options
- ◆ Caregiver Supports
- ◆ Housing Options
- ◆ In-Home Personal Care
- ◆ Meals & Nutrition Programs
- ◆ Energy Assistance
- ◆ Legal Resources
- ◆ Respite Care
- ◆ Social Security, Medicare, Medicaid
- ◆ Support Groups
- ◆ And Much More...

**Our Services are Free & Confidential !**

If you would like to receive our newsletter by email, please contact us at [adrc@countyofdane.com](mailto:adrc@countyofdane.com)