books to Wisconsin residents who for any visual or physical reason cannot read normal print. The service is free to everyone.

Wisconsin Talking Book & Braille Library (WTBBL)

SSM Health- Adult Day Health Center is dedicated to providing respite to caregivers and a safe place for seniors and people with disabilities to receive socialization, nursing services and fun activities.

BrightStar Care

CapTel- Captioned Telephone

Community Pharmacy

Coventry Village by Five Star

Cycling Without Age Greater Madison

Dirienzo Monuments

Emerson Senior Living

Home Instead Senior Care

Journey of Aging

Oak Park Place

Oakwood Village

Senior Helpers

SSM Health- Adult Day Health Center

Wisconsin Talking Book & Braille Library (WTBBL)
Aging and Disability Resource Center of Dane County  (608) 240-7400 • www.daneadrc.org
The ADRC provides free unbiased information and assistance to older adults, people with disabilities, caregivers, and professionals regardless of income or personal resources. The ADRC empowers people to make informed choices about services and supports.

Board on Aging and Long-Term Care  http://longtermcare.wi.gov • (800) 815-0015 (Ombudsman) • (800) 242-1060 (Medigap) •  Advocacy services including the Ombudsman & Volunteer Ombudsman Program & Medigap Helpline Services.

Cairasu Home Care & Comfort Care 4U  (608) 622-7015 • www.cairasucare.com •  We are a dependable non-medical senior care agency, whose mission is to provide the highest quality elderly care service based on your individual needs.

Independent Living, Inc.  (608) 274-7900 • www.IndependentLivingInc.org •  You can have your life back with Independent Living, Inc. Older adults and people with disabilities have comprehensive choices available from us. Services include home chores, personal care, home health care, evening Meals on Wheels, home modifications, volunteer assistance, and senior housing options in Madison, Fitchburg, and Sun Prairie.

Madison Coalitions of Older Adults • Your source of information on Case Management Services, Senior Dining Sites, the Home Chore Program, Social/Educational/Health and Wellness Activities.

Madison School & Community Recreation (MSCR), Goodman-Rotary 50+ Fitness  (608) 204-3023 • www.mscr.org
Offers a wide range of fitness and wellness opportunities for people ages 50+, including aquatics, strength, dance, yoga, gentle exercise, pilates, tai chi, and nutrition education programs

Madison Senior Center  www.madisonseniorcenter.org • (608) 266-6581 •  Involves older adults as leaders, teachers and learners, and provides a balanced, diverse and coordinated program that acts as an ideal model for aging.

Office for the Blind and Visually Impaired  www.dhs.wisconsin.gov/blind •  A state agency offering training and services to help blind and visually impaired individuals cope with significant vision loss in an effort to maximize independent living.

OutReach LGBT Community Center  (608) 255-8582 • www.lgbtoutreach.org •  The OutReach LGBT Community Center mission is: “To promote equality and quality of life for LGBT people through community building and human services.” The half-time LGBT Senior Advocate position is funded by grants from both the City of Madison & Dane County. OutReach is open weekdays noon-7pm, except on Holidays.

PLATO  www.PLATOMadison.org •  PLATO is a community of intellectually curious adults, typically 50 and over, which explores subjects of interest through member-led discussion groups, lectures, travel, and cultural activities.

RSVP of Dane County  (608) 441-7891 • www.rsvpdane.org •  A volunteer program that places volunteers, age 55 & older, in assignments all over Dane County. We have about 2000 volunteers in over 80 non-profits, public agencies, and schools.

SAIL- Sharing Active Independent Lives  (608) 230-4321 • www.sailtoday.org •  A non-profit membership of people 55+ who help one another live healthy and independent lives while having access to vetted home services, community resources, professional consultation, wellness programs, social events, and more.

SSM Health at Home  800-924-CARE (2273) • www.ssmhealthathomeWI.com •  SSM Health at Home (previously known as Home Health United) is a nonprofit organization providing a variety of comprehensive home care services, including: home health, hospice, medical equipment, infusion pharmacy, and community health.

Stoughton Hospital—Inpatient Geriatric Psychiatry & Home Health  stoughtonhospital.com •  The Geriatric Psychiatry inpatient program is designed to meet the acute mental health needs of individuals 55 & older. Treatment is provided for depression, anxiety, behaviors associated with Alzheimer’s disease and other forms of dementia, bipolar disorder, schizophrenia, and psychosis.
Swallowing and Salivary Bioscience Lab  
(608) 256-1901 x11697 • https://ssbl.wiscweb.wisc.edu  • An internationally recognized program dedicated to the evaluation, treatment, and research of swallowing disorders. We have developed a number of the field’s diagnostic tools & treatment methods and conducted research to improve treatment and quality of life for patients.

University League  univleague.wisc.edu  • A nonprofit membership organization open to all who support the University of Wisconsin-Madison. The purpose of the League is to raise funds for student scholarships and to promote volunteer services, educational opportunities, and social activities for its members.

UW-Madison MIDUS Study (Midlife in the United States)  www.midus.wisc.edu  • Begun in 1995, MIDUS is a national longitudinal study of health & well-being with over 12,000 participants (first surveyed between the ages of 25 and 75). Find information about MIDUS results to date, including details about physical health and functioning in a national sample of Americans.

UW-Madison Osteoporosis Clinical Research Program  www.uwosteoporosis.org  • Muscle function testing.

UW-Madison School of Medicine & Public Health, Physical Therapy Program  
www.med.wisc.edu/education/physical-therapy-program  • Physical Therapists (PTs) are licensed health care professionals who diagnose and oversee the management of patients of all ages in order to improve their physical and functional abilities. This booth will provide participants with exposure to Tai Chi, an evidence-based exercise strategy that has many benefits for the aging adult.

UW-Madison School of Nursing  UW School of Nursing students will provide a free blood pressure screening.

UW-Madison School of Nursing Center for Aging Research and Education  https://son.wisc.edu/CARE  • CARE was created in response to the critical need for nurses as our country’s population ages. Through nursing leadership, discovery, education, and practice, CARE improves the health and well-being of older adults.

UW-Madison School of Pharmacy  Operation Immunization works to educate the public on the importance of immunizations.

UW-Madison Speech and Hearing Clinic  https://csd.wisc.edu/speech-and-hearing-clinic.htm  • Offering services to those who are deaf or hard of hearing: full diagnostic hearing evaluations; new hearing aids or assistive listening devices; repair or reprogramming of hearing aids; and programming, troubleshooting, or counseling services for those with cochlear implants.

Visiting Angels Living Assistance Services  (608) 819-0665 • www.visitingangels.com  • We have an "angel" for you to serve all of your non-medical in-home care needs. From personal care to companion care, we are America’s choice in private duty care.

The Waterford at Fitchburg  (608) 270-9200 • waterfordatfitchburg.com  • Offers Independent and Assisted Living Services. The Waterford boasts one- and two-bedroom condo-style apartments with an age in place model that makes residents feel cozy with the privacy and independence everyone deserves.

Wisconsin Alzheimer’s Disease Research Center  adrc.wisc.edu  • Focused primarily on improving early detection of Alzheimer’s disease, identifying risk and protective factors, and finding ways to delay onset and progression.

Wisconsin Alzheimer’s Institute  www.wai.wisc.edu • 608-263-8818  • A transformational leader in world-class Alzheimer’s disease research and state-of-the-art public health programs. Cutting edge prevention research, innovative, and comprehensive community outreach are hallmarks that distinguish the Institute as a visionary in Alzheimer’s disease.

Wisconsin Council of the Blind & Visually Impaired  (608) 255-1166 • www.wcblind.org  • A private, non-profit community-based organization whose mission is to promote the dignity and empowerment of people who are blind and visually impaired, through services, advocacy, & education. Services include low vision evaluations, in-home vision rehabilitation, assistive technology training, and the Sharper Vision Store.

Wisconsin Sleep  (608) 232-3333 • www.wisconsinsleep.org  Offers sleep experts for adults and children, combined with the latest technology in a home like setting.