Greetings from Independent Living!

We're pleased to bring this newsletter to you, sharing information about our mission and how we help seniors and adults with disabilities age with confidence.

You can help us with this mission in so many ways:
- Connect someone you love with our comprehensive services or our senior living communities.
- Become a volunteer and deliver a meal to a homebound individual.
- Buy a “gift certificate” for Evening Meals on Wheels or a grab bar installation or even a day of respite care!

To learn more, call 608-274-7900 or write to contact@independentlivinginc.org!

Evening Meals on Wheels Updates: New Manager, 4 New Grants!

A well-regarded Independent Living staff member stepped into a different role as the new manager of our Evening Meals on Wheels program. Addie Endreson had previously served as volunteer coordinator and then human resources specialist. She brings a passion for community nutrition and healthy eating, and a natural ability to organize details and inspire others.

Addie was interviewed by Jeremy Crosby of “Talking Fitchburg,” the talk show produced by FACTv, Fitchburg’s local cable channel. The 9-minute video is on FACTv’s Facebook page and YouTube channel.
Also new to the program are four grants. Two grants enable Evening Meals on Wheels to serve more seniors in the greater Madison area.

The Healthy Neighborhoods grant, awarded by the City of Fitchburg, concentrates on three locations that need resources and support. The $5690 grant will help pay for meals for eligible elders in the Belmar/Renaissance, Verona Road West and Fish Hatchery Road North neighborhoods. The grant must be used by December 31, 2019, and there is still room to add recipients.

Madison Community Foundation awarded a $15,000 grant to create an interim subsidy for low-income frail elders who are on our waiting list for a permanent meal subsidy. The funds will cover 50 percent of the cost of the meal for seniors in the greater Madison area. Certain restrictions apply.

Grants from the Heritage Credit Union Richard J. McGrath Endowment Fund and Alliant Energy Foundation will pay for nearly four months of meal trays for the program.

Inquiries about the Evening Meals on Wheels program, subsidies and volunteering are welcome. Please contact Addie at 608-204-0923 or meals@independentlivinginc.org.

Our 6th annual golf outing turned out much differently than expected. Due to lightning and bad weather, the outing was cancelled at the last minute with most of our golfers gathered in the club house. However, we made the best of it with lunch, networking, raffle and general relaxation and camaraderie. TRICOR Insurance, one of our sponsors, offered a $500 challenge match on the spot, to which many golfers responded. Thanks to golfers’ good nature, we salvaged what we could and raised more than $15,000 for our mission. Many thanks go to major sponsors CG Schmidt, Savant Capital Management, TRICOR Insurance, and Wegner CPAs, with additional thanks to additional sponsors Group Health Cooperative, Westbury Bank and WPS Health Solutions. Watch for announcements for our 2020 golf outing, anticipated for September.
CEO Brian Miller addresses golfers about the weather conditions that cancelled the outing.

Apartments Seeking Senior Residents

The Gardens Retirement Community
602 North Segoe Road
Madison, WI 53705

This gem is in the heart of the Hilldale Farms Neighborhood, a resurging area teeming with shops, parks and services. The Gardens is a 10-story brick tower with only a handful of apartments on each floor. Floor plans vary among the one and two-bedroom apartments. This is an independent community with helpful services including dining, activities and housekeeping. Assisted living services are available as needed. Plan a visit today by calling 608-204-0900.

Pictured: Tie-dye silk scarf making brought wonderful smiles at The Gardens, including Marge (left) and Mary, resident services director.
**Tennyson Senior Living Community**  
1936 Tennyson Lane  
Madison, WI 53704

Beautiful spaces and comprehensive assisted living services are ready for residents at Tennyson Senior Living Community. Conveniently near Warner Park, this new retirement community has wonderful features including chef-prepared meals, soaring fireplace in the grand entry area, and a Health & Wellness Center with a warm-water therapy pool. Call 608-268-5499 today to arrange your personal tour.

*Pictured are Rudy and Sonja Nielsen with Glenn on hand to offer table-side service.*

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**Walking on Water: Getting Wet and Feeling Better**

When Tennyson Senior Living Community opened on the northside of Madison in 2018, it became more than a new neighbor offering an assisted living residence. It opened a new opportunity to get all wet and feel better.

**Tennyson Health & Wellness Center**, located in the lower level of the building at 1936 Tennyson Lane, offers a fitness studio with exercise classes. However, the highlight is the unique Hydroworx™ treadmill pool.

The pool has features unlike others in the area. For example, there are no steps or ladders into the pool. Instead, the floor of the pool rises until it’s level with the surface. Participants can walk directly onto the pool, and then the floor slowly lowers into the water. That’s when the next wonderful feature is activated: the floor is a belt that starts to
move, like a treadmill. The speed is controlled, from zero to eight miles per hour, by the attentive staff supervising all pool activities.

Lori Devine is the center manager, and she’s guided several people with physical limitations to fully engage in water activity. “The word is getting out on how this pool can change lives!” she says happily.

Pat Huxtable says she’s “crazy about the Tennyson pool.”

“I contacted them to see if the pool is open to the public. When they told me yes and that they offer a program called Aqua-Walk, I knew I had to give it a try. I have bad knees, so I did a ‘test’ run of the pool. When I walked in, I was astonished as I had never seen a treadmill in water!”

“Once in the pool, I fell in love and immediately signed up for class,” Pat says. “I started with myself and two other ladies. We immediately started to encourage each other and named ourselves Team Triumph. We laugh, tease each other and have an all-around great time. You start to forget you are getting exercise. I am not saying it was not hard at first, but each time it gets better. I am walking better, and my balance is improving. My attitude has changed as I am now doing something that is fun and is helping me get healthy. What more could you ask for?!”

Inquiries are welcome, Lori says. For information on the pool and related fitness programs, call 608-268-9649.

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**Shopping for a car? You can go “extra miles” if your purchase is a Subaru!**

Every year, Subaru of America conducts a “Share the Love” campaign during the holidays. For every vehicle sold or leased, Subaru donates $250 to your choice of four national charities. One of those charities is Meals on Wheels America (MOWA). In turn, MOWA shares the proceeds with local organizations like ours that qualify through participation and support.

This year’s campaign is November 14, 2019, to January 2, 2020. If you’re curious about Share the Love, visit Don Miller Subaru in Madison. They have great folks happy to help. They also prepped the 2018 Subaru Outback that we received through a separate grant. It’s been an invaluable, reliable vehicle for our Evening Meals on Wheels program.
From time to time, we hear from clients or their loved ones about the services they receive from us. Here are just a few comments:

*Thank you for your work, your care and your compassion. My dad is so lucky to have you and your team supporting him.*
  
  Tom, talking about caregiving services

*Evening Meals on Wheels is a remarkable help and I appreciate everything you are doing.*
  
  Gerald, client

*Yesterday, Ron came and installed those (grab) bars. I cannot say enough about that young man. He came in, he was polite and courteous, he was so careful. He installed those bars . . . and my husband and I are both feeling much safer in our home. That young man just stands out in my mind as being exceptionally professional and very capable at what he does. And I'd like that passed on to who pays his salary! Thank you so much for your help. We do feel safer and more comfortable in our home.*
  
  Ruth, client of home modifications

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**You can make a difference, too.**

**Donations** are important to Independent Living, Inc. We’re a local nonprofit serving Dane County, and appreciate financial contributions that help us deliver services to those struggling to afford them. Your gift—whether cash, stock, legacy or another form—is a way to show how much you care to make a difference. If you would like to discuss making a lasting impact, please contact Brian Miller, CEO, at (608) 274-7900.
Independent Living works round the clock to change lives.

We are a local nonprofit organization helping seniors and adults with disabilities maintain a sense of independence through in-home services and senior living communities in Madison, Fitchburg and Sun Prairie.

From evening meals delivered by friendly volunteers to an in-home installation of grab bars, or from compassionate personal care to the ease of living in a senior community, Independent Living can help.

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contact@independentlivinginc.org

Please visit us on: