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September-October 2012

The News Connection



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Cultural Diversity
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The African American
Cultural Diversity
Program is a
Dane County wide
program hosted by:

North/Eastside Senior Coalition
1625 Northport Dr #125, Madison, WI 53704
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Health Tip

Apple Cider Vinegar for Body Odor

Apple cider (or white) vinegar is said to lower the pH level of the skin creating an environment where bacteria cannot thrive. Splash some vinegar under your arms when you get out of the shower. You can also use a cotton ball. It works!

Fennel Seeds for Gas and Bloating

Fennel seeds are a natural carminative, which means they help eliminate gas. Chew on a spoonful of seeds after you've eaten a big meal. Keep a small bowl at home and take some with you in a pill case or baggie for when you are on the go.

Greetings

September is here!

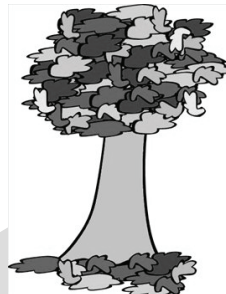
Soon the leaves will be falling from the trees, and we will feel that cooler morning breeze. But there are still a lot of activities left to take part in before the snow comes to shut us in.

For you crafters, the Quilt Expo, held at Alliant Energy Center from September 6-8, that will fill you with tons of quilt ideas to keep you busy for the winter.

NESCO will also have the annual Applefest at Warner Park, September 29 and don't forget the free exercise programs at Warner Park. Please save-the-date for the Annual Come Together Party, December 12. We missed it last year, but it is back!

Last but not least, the 4th Annual Black Women Wellness Day will be held at the Urban League of Greater Madison, hosted by Lisa Peyton-Caire. This event will be for girls as well. The theme for this event is "From Surviving to Thriving." More information within the newsletter.

I am looking to hold my Discussion Groups in different spots in Madison, so that everyone can take advantage of this program in the new year. Look for other locations in January. We will still do Quaker each month too.



Go Well...

Pam

Senior Housing Partner: Sherman Glen Apartments
1110 N. Sherman Ave, Madison, WI 53704 (608) 241-1190

Groups

Monthly Discussion Group

This group meets on the second Wednesday of the month at Quaker Housing, 2025 Taft Street. We meet in the dining area from 2-4pm. Right now, there is no kitchen bell to ring, so I ask that you enter from the patio by the kitchen. Sorry for any inconvenience. The topics vary from month to month. All meetings are open to the public and limited transportation is available.

- **September 12:** There is a change in plans, and we will be playing bingo! (10 cents a card)



- **October 10:** "Card Making" and samples of cleaning products you can make at home.

Monthly Diabetes Group

This group meets on the fourth Thursday of the month at Romnes Apartments (540 W. Olin Ave.) in the community room, from 2-4pm. This is a support group for seniors with diabetes. We have speakers and roundtable discussions. Topics vary from month to month. This group is open to the public and limited transportation is available.



- **September 27:** "Preparing to Eat Well for the Holiday." We will have a speaker from UW Extension to come in with healthy eating ideas for the upcoming holidays, also roundtable discussion.

- **October 25:** Dory Blobner, RN, MS, CDE will join us for the diabetes game to test your knowledge and roundtable discussions. Bring any questions or concerns about diabetes.

Grandparents Raising Grandchildren

This group meets on the second Saturday of the month at the Rainbow Project, 831 East Washington Ave. Grandparents taking care of a grandchild or a family member's child (ren) are encouraged to come for resources and support. Topics vary monthly. Transportation is available, also child care. Call for more information. 608 255-7356.

September Celebrations:

Women's Friendship Month
September 1– Labor Day
September 9–
Grandparents Day



October Celebrations:

Clergy Appreciation Month
October 5– Do Something Nice Day
October 20– Sweetest Day

Recipe of the Month

Black-Eyed Pea Relish

Ingredients:

- 1/4 small red onion, diced (about 1/4 cup)
- 1 yellow sweet pepper, diced
- 1/2 red sweet pepper, diced
- 1/2 green sweet pepper, diced
- 1 fresh serrano chile, thinly sliced
- 1 clove peeled garlic, minced
- 2 roma tomatoes, diced
- 1 11-oz pkg. steamed ready-to-eat black-eyed peas, rinsed and drained;
or one 15-oz. can black-eyed peas, rinsed and drained
- 1/4 cup seasoned rice vinegar
- Sea salt and freshly ground pepper
- 1 roma tomato, sliced (optional)

Directions:

In a large bowl gently combine red onion, sweet peppers, chile, garlic, diced tomatoes, black-eyed peas, and vinegar. Season to taste with salt and pepper. Top with tomato slices, if desired. Refrigerate one hour for flavors to blend and for chiles to pickle. Make 6 servings.

Thought of the Month

"It is good to have an end to journeys, but it is the journey that matters, not the end" Ursula I.

1625 Northport Dr., #125 Madison, WI 53704
In the Warner Park Community Recreation Center

Odds and Ends

- Do you know what an “okapi” is?
Call and let me know.
It will be nice to hear from you!

- Prepare to vote Tuesday, November 6th.



- Time changes Sunday,
November 4th.
Remember to turn your clocks
back an hour.

Wish List

**One of the contributors to my wish list
passed away on August 4, 2012.
She was a wonderful and determined
person who lived her life as she
wanted. I wish her peace.**

Aromatherapy Oils (lemon and lavender)

Small glass bottles/containers/baby jars

Cardstock

Rice