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Tournament ▶
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Vol. XXXVII . No 9 September 2012

the Golden Times

For senior adults & their families

FREE for NESCO Members
\$1 for Non-Members @ NESCO Office

North/Eastside SENIOR Coalition

Accredited by the National Institute
of Senior Centers (2009-2014)
and the Wisconsin Association
of Senior Centers (2002-2012)

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

Over **35** years
Enhancing
the lives of **Seniors**

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12th Annual AppleFest

Saturday, 29 September

9:30 am–3:30 pm

at Warner Park Community Recreation Center

Featuring

Apple & Bake Sales
Clowns & Mascots
Face Painting
Fire Truck
Kiddie Carnival w/
Moon Bounce & DJ
Mini Craft Sale
Police Cruiser
Popcorn & Slushies
Raffle & Drawing Prizes
Sloppy Joe Lunch

Entertainment

American Family Choir
East Madison Mad
Breakers
Just Too Accordions
Virginia Davis School of
Dance
Henry Vilas Zoo Animals
Paris Blues



Bring the entire family!
Fun for all!

Used Book Sale

Includes movies/DVDs, music/CDs & games/video
Thursday, 27 September, 4–7 pm
Friday, 28 September, 9 am–5 pm
Saturday, 29 September, 9:30 am–3:30 pm (\$5/bag)
More info: 243-5252 or www.nescoinc.org

We are social! Become a fan and follow us!



NESCO's Blog:
Golden Extra

North/Eastside Senior Coalition "NESCOMadison" <http://nescoinc.wordpress.com>

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



Drew Simonsen, BBA
Office Manager
dsimonsen@nescoinc.org
243-5252 Ext. 210

Mission: To enhance the quality of life for all senior adults by providing programs, advocacy, and resources to assist them to remain independent, active, and influential in the community.

Vision: Seniors dedicated to building a better community for people of all ages and backgrounds.

September 2012 Vol XXXVII **9**

The Golden Times

North/Eastside Senior Coalition, Inc.
1625 Northport Drive #125
Madison, WI 53704
(608) 243-5252
(608) 243-5259 (fax)
General E-mail: info@nescoinc.org
Website: www.nescoinc.org
Blog: http://nescoinc.wordpress.com

North/Eastside Coalition does not necessarily endorse products and services advertised in *The Golden Times*.

Deadline: one month prior

Office Hours: 8 am–4:30 pm, Monday–Friday

North/Eastside Senior Coalition's
Board of Directors Meeting
Tuesday, 18 September 2012, 4 pm
(Warner Park Community
Recreation Center)

Your comments are important to us and we invite you to visit our monthly Board meetings. Visitors will be asked to sign-in and state your comments, questions, and concerns at the start of the meeting. These issues will then be forwarded to the appropriate committee. Thanks so much for your interest in NESCO!

Board of Directors

Paul Van Rooy, *President*
State of Wisconsin (Retired)

John Bowman, *Vice President*
National Motorists Association, Communications Director

Charles Warner, *Secretary*
Madison Gas and Electric Company, Residential & Community Services

Walter Sego, *Treasurer*
Bank Mutual, Assistant Vice President

Linda Jallings
UW-Milwaukee (Retired)

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American Family Insurance (Retired)

Lesleigh Luttrell
UW-Madison (Retired)
Studio Jewelers

Diane Walder
*Independent Communications
Consultant*

Mike Maresh
Social Security Admin (Retired)

Rick Webster
*American Family Insurance, Pricing
& Performance Administrator*

Carol Peterson
Madison School District (Retired)

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Maren Beermann, *Personnel*
*Coalition of Wisconsin Aging Groups,
Guardian Support Center Director*

Jan Somerfeld
*Bunbury & Associates Realtors,
Business Development ED*

Mary Hill, *Personnel*
State of Wisconsin (Retired Nurse's Aide)

Helen Taylor, *Personnel*
*American Family Insurance,
Diversity & Inclusion*

Rolfe Nervig, *Marketing/*
*Consultant Fundraising Studio Gear,
Business Development*

Laurie Wegger, *Personnel*
Human Resources Professional

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Provie Brenz

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Lead Case Manager
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Laura Sherrington
Case Manager/Home
Chore Coordinator
lsherrington@nescoinc.org

Kathy Esser

Amy Elske
Case Manager
aelske@nescoinc.org

Noreen Maass

Lynne Robertson

Bette Valentine

The North/Eastside Senior Coalition is an equal opportunity agency. No otherwise qualified applicant for services or service recipient shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination. This covers eligibility for and access to service delivery and treatment in all Coalition programs and activities. Clients, participants, and volunteers of the Coalition are encouraged to report any discrimination relating to service delivery by the Coalition to the Executive Director or Board President in writing (1625 Northport Dr #125, Madison, WI 53704).

2012 Membership Benefits

To receive discounts from our local business partners, you simply need to show your 2012 NESCO membership card.

Benvenuto's Italian Grill

(@ Northside TownCenter)
FREE ice cream sundae with entree purchase

Boomerangs Resale Store

(@ Northgate Shopping Center)
20% off regular priced merchandise

Cafe La Bellitalia Restaurante & Pizzeria

10% off your total food bill

Culver's of Northport

FREE cone or dish of custard with the purchase of a cone or dish

Dena Fritz Hair Studio

(4505 Texas Trail 335-9186)
10% off any service

Esquire Club

FREE dish of Schoeps flavor of the day ice cream with the purchase of lunch (11 am-2 pm)

Madison Chiropractic-North

(2205 N Sherman Ave)
Complementary consultation (in office or over phone)

Manna Cafe & Bakery

(@ Lakewood Plaza)
10% off in-dining food & beverages

Meikle's True Value

(@ Northside TownCenter)
Have a free key made each month

Overture Center

Receive reduced ticket prices for select shows

Savidusky's Fur & Leather Shop

10% off all fur & leather cleaning charges

Warner Park Community Recreation Center

10% off annual membership

PLUS (no double discount)



Jim Krueger, BA
Executive Director
jkrueger@nescoinc.org
243-5252 Ext. 213

Note: Warner Park Community Recreation Center (WPCRC) ID cards are required for all building users (\$5/year). NESCO senior dining site participants are encouraged to make a donation for their WPCRC ID cards.

Scholarships are available to seniors (age 55 and over) with annual income less than \$16,236 (one person) or \$21,852 (couple).

Simple application is required from the office and all information is confidential.

Contact Drew (243-5252 or dsi-monsen@nescoinc.org) to obtain an application.

2012 NESCO Membership & Donation Form (July-Dec)

Name _____ Phone _____

Address _____ City _____ Zip _____

I wish to remain anonymous Email address _____

Check One: \$7 Regular Membership \$13 Household Membership
 \$50 Business Membership \$50 Golden Club Membership
 \$100 Patron Membership \$ _____ Other

Special donation of \$ _____ for: (check all that apply)
 Newsletter Cultural Diversity Programs
 Case Management Intergenerational Programs
 Home Chore Programs Social & Educational Programs
 Endowment Fund Nutrition Program

(Optional) **In memory of:** _____

In tribute of: _____

Membership is tax deductible to the extent of the tax code.
Our financial report can be obtained at our office. Mail check to:

North/Eastside Senior Coalition (NESCO)
1625 Northport Dr. #125, Madison, WI 53704

Ongoing Programs @ WPCRC



Katie Kluesner, BA
Programs Director
kkluesner@nescoinc.org
243-5252 Ext. 206

5¢ Bingo

Second Tuesday & Every Friday, 10:30 am

Bring your luck down to WPCRC and take home a bag of nickels. Each card costs 5¢ with all proceeds paid out to the winners.

Book Club

Tuesday, 4 September, 10 am

Join us as we discuss *Olive Kitteridge*. Or come pick up our read for October, *The Stone Diaries* by Carol Shields.

Book Exchange for Seniors

Become a member of NESCO's Book Exchange Program. Bring in your used books and exchange them for one you haven't read. The books are kept in the NESCO office and once you have finished the book (s) you can come back and swap them out for other's you haven't read. The Book Exchange is open 8:15 am-4:15 pm, Monday-Friday. **For NESCO members only.**

Blood Pressure Clinic

3rd Tuesday, Noon-1 pm

The **FREE** clinic is offered at WPCRC for people of all ages. *Provided by Interim Health Care.*

Cards Anyone?

Various cards games are played at the WPCRC senior dining site throughout the month. For more info, call the NESCO office (243-5252).

Eucre	Mondays, 8:30-11:30 am
Kings Corner	Mondays, 10-11:30 am
Sheepshead	1st & 3rd Wednesdays, 1-3 pm

Senior Explorers Club: Monona Terrace Monday, 17 Sept., 9:30am, WPCRC Lobby

Tour the Monona Terrace Convention Center. You do not need to be a current member of the club to attend. We'll meet in the Warner Park lobby at 9:30 am and carpool to Monona Terrace. Afterwards we will stop for lunch. The tour costs \$3 per person and you pay for your own lunch. Drivers needed. Call 243-5252 to sign up.

Card-Making Club

Wednesdays, 12 & 26 September, 1 pm

Help create home-made cards for all occasions. We are looking for volunteers who enjoy making cards. No experience necessary. All proceeds from the sale of the cards go to support NESCO programs and services. The club meets on the second and fourth Wednesday.

FREE Chair Massages

Friday, 14 September, 9 am

Chiropractor, Dr. Ron Inda, will be here on the second Friday of each month to provide chair massages to seniors, free of charge. If you are interested, sign up with Katie.

FREE MSCR Senior Yogacize Class

Wednesdays, 10:30 am

Increase your strength, flexibility, and balance with chair-based yoga stretches, and breathing techniques. Kripalu Certified Yoga Instructor Carolyn Gantner is sponsored by MSCR.

****NEW:** You must register each season (spring, summer, fall, winter) with Katie, NESCO Programs Director.

FREE Mending Service

Bring in your sewing needs and our volunteer menders will make the repairs. Senior adults with general mending needs can bring your clothing articles to the NESCO office between 8 am-4:30 pm, Monday-Friday. Limit of three articles per month.

Low-Vision Group

Thursday, 20 September, 10:15 am

Brent from the *Sharper Image Store* will demonstrate various products to help you see things better. For more information call Laura (243-5252) or email her at lsherrington@nescoinc.org

Nutrition Education: Food-Safety

Wednesday, 26 September, 11 am

Joy Fletcher from UW-Extension Dane County will show you how bacteria can multiply and share the four steps on safe food handling.

Wii Bowling & Wii Fit

10-11:30 am, various days (see pg 9)

A volunteer will be at your side to teach you how to play different Wii games. Come and join us!

August Programs @ WPCRC

Prostate Health Presentation

Tuesday, 4 September, 10 am

Dr. Adam Tierney from *Dean Care* will give an informative talk on prostate cancer and answer any questions afterwards.

Euchre Tournament

Monday, 10 September, 12:30 pm-

(11:45am -Potluck Lunch) @

Lakeview Lutheran Church

For players of all levels of experience. A few laughs and a fun time are guaranteed for those who come play. Prizes for the top three finishers. Must pre-register by Thursday, 6 September, call 243-5252.

Senior Center Trivia

Tuesday, 18 September, 10:30am

September is National Senior Center month! We will be celebrating with a couple of fun trivia questions and prizes!

Free Movie: *Big Miracle*

Tuesday, 25 September, Noon

Based on the true story of a small town news reporter and a Greenpeace volunteer who are joined by rival world superpowers to save a family of majestic gray whales trapped by rapidly forming ice in the Arctic Circle. With time running out, Rachel and Adam must rally an unlikely coalition of Inuit natives, oil companies and Russian and American military to set aside their differences and free the whales. As the world's attention turns to the top of the globe, saving these endangered animals becomes a shared cause for nations entrenched against one another and leads to a momentary thaw in the Cold War.

Walk Warner Park

Thursdays 6, 13, 20 & 27 Sept., 10:30 am

Come join our group of walkers as we trek around Warner Park. Open to all ages and all levels of walking ability.

Arthritis Exercise Class

Tuesdays, 25 Sept–30 Oct, 10:30-11:15 am

Learn ways to help reduce pain and stiffness while maintaining or improving your mobility, muscle strength and functional ability. Certified Madison School Community Recreation (MSCR) Instructor Marie Dollak leads a specially designed exercises that can be performed while sitting or standing. FREE for NESCO members and clients. Call 243-5252 to register.

Family Caregiver Resource Fair

Saturday, 3 November, 9 am-Noon

St. Peter's Catholic Center

Most people know someone who is a family caregiver, are caregiver themselves or will become a caregiver soon. NESCO and the Dane County Caregiver Alliance are proud to present a FREE, fun and informative event to learn about community resources available when you are faced with the decision concerning "what to do" about your spouses or mom and dad. Raffle prizes, and short drop-in workshops will also be offered.

Fall Fashion Show

Tuesday, 6 November, 10 am* date change

Come to the *Fall Fashion Show* to watch our seniors model some great outfits, that are in style, and can be purchased at *Boomerang's Resale Store* for very reasonable prices.

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Local Resources

Foot Care Clinics

NESCO and Interim Health Care co-sponsor four foot clinics each month for individuals who can not do their own foot care and do NOT have diabetes. Appointments are required and can be made a year in advance by calling 243-5252. Cost is \$15. Don't forget your towels!

3 September *Eastside Shopping Center (2nd Floor)*
2705 E. Washington Ave,
1:30-3:15 pm
Cancelled

11 September *St. Paul Lutheran Church*
2126 N. Sherman Ave,
1-2:45 pm



14 September *Warner Park Community Rec. Center*
1625 Northport Drive,
10-11:45 am

18 September *Lakeview Lutheran Church*
4001 Mandrake Road,
1:30-3:15 pm

MSCR Programs @ WPCRC

Wake Up Your Core

Thursdays, 13 Sept–15 Nov, 7-8am

Move, strengthen and stretch the muscles of your abdominal, back and hip muscles in a balanced way. Focus on effective breathing, proper alignment and posture. For 50+. Cost \$24

20/20/20 MIX

Mondays, 10 Sept–10 Dec, 2:30-3:30pm OR

Wednesdays, 12 Sept–12 Dec, 2:30-3:30pm

20 minutes of high energy dance, 20 minutes of strength training and 20 minutes of core exercises. No dance experience necessary. For 50+. Cost \$42

Call 245-3667 to register for MSCR classes.
*Scholarships are available for seniors.

FREE Fitness Room Use @ WPCRC

Mon: 12-1 pm, Thurs: 2-3 pm,

Fri: 6:45-7:45 pm, and Sat: 12-1 pm

Room/equipment use is free;

however, an annual WPCRC ID card is required.

Call 245-3690 for info.

Shopping Trips (call 294-8747)

Group Access Bus Service (\$1/way)

Mondays *EastTowne, Walmart East & Savers,*
10 am-1 pm

Tuesdays *Woodman's & Shopko, 9-11 am*
(includes Woodman's East, Shopko at Shopko Dr, & Copps Pharmacy)

Wednesdays *Woodman's & Shopko, 9-11 am*
(includes Woodman's East, Shopko at Shopko Dr, Copps Pharmacy, & Farmer's Market)

Thursdays *Sherman Plaza, noon-2 pm (includes Walgreens & Pierce's) NW Aberg, Packers Ave & Maple Bluff. Copps, noon-2 pm*



Gay & Gray Discussion Group

Thursdays, 2 pm @ Madison Senior Center

Senior adults from the lesbian, gay, bisexual, and transgendered community meet the 2nd & 4th Thursday each month. These are friendly conversations that are informal, open dialogs, LGBT persons, their friends, and families are welcomed. Participants determine the topics based on current interests; a facilitator attends each meeting.

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September Senior Dining Menu @ Goodman Community Center

Location: 149 Waubesa Street

Serving: 11:30 am

Bus reservations are required a minimum of 24-hours in advance. Call 241-1574 to sign-up.*

Monday*	Tuesday*	Wednesday*	Thursday*	Friday*
3 Labor Day Closed	4 Beef Tacos Rice	5 Chicken Pita Potatoes	6 BBQ Beef Cole Slaw	7 Cod Rice
10 Spaghetti w/Meat Sauce	11 Grilled Cheese Tomato Soup	12 Cheeseburgers	13 Chicken Stir Fry Rice	14 Beef Stroganoff Pasta
17 Shepherd's Pie Mashed Potatoes	18 Chicken Caesar Pasta	19 Beef Stir Fry Rice	20 Baked Chicken Mac N Cheese	21 Roast Beef Roasted Potatoes
24 Beef Chili Pasta	25 Chicken N Dumplings Roasted Veggies	26 Lasagna Garlic Bread	27 Meat Loaf Mashed Potatoes	28 BBQ Chicken Rice

Also served daily: vegetable, bread, tossed salad, fruit jello salad, and dessert. Birthday cake served Wednesdays!

Guests 60 years of age or older are invited to enjoy their meal on an anonymous donation basis (\$3 suggested donation). Anyone under 60 is asked to pay the full cost of the meal (\$6.15).

*Transportation is available for seniors living in the following areas: from Lake Monona SE on Buckeye Road to the Interstate, North on I-94 to Hwy-30, West on Hwy-30 to Hwy-51, North on Hwy-51 to city limits. Donation: 50¢ each way.



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241-1190




* Restrictions apply

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September Senior Dining Menu @ WPCRC

Serving 11:30 am, Monday–Friday

Call 243-5252 (Monday-Friday, 8-11:30 am) to reserve a meal for the following day.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day Dining Site Closed	4 Spaghetti & Meat Sauce Tossed Salad Sherbet MO-Meatless sauce	5 <i>Birthday Cake</i> Pork Tenderloin Gravy Mashed Red Potatoes Asparagus Rye Bread MO-Tomato Basil Patty	6 Stuff Green Peppers Mashed Potatoes Cottage Cheese Fruited Jell-O MO-Meatless Pepper	7 California Cobb Salad Roll Mixed Berries MO- No Meat
10 Baked Fish Potato Wedges 7-Layer Salad Pineapple Chunks MO-Soy Patty	11 Country Ribs Herbed Potatoes Corn Tropical Fruit MO- Veg. Lasagna	12 Turkey Broc/Cauli Salad Cranberry Juice Oatmeal Cookie MO-Hummus Sdwch	13 Baked Chicken New Potatoes Green Beans Taffy Apple Salad MO-Stuffed Shell	14 Seafood Pasta Pickled Beets Croissant Ice Cream MO-Egg Salad
17 Sloppy Joe Sum Squash Salad Dill Pickle & Orange Rice Crispie Bar MO-Soy Patty	18 Roast Beef Sandwich Potato Salad Tomato & Onion Mixed Melon Cup MO-Veg Wrap	19 Brat & Baked Beans Dill Baby Carrots Fruit Cocktail Peanut Butter Cookie MO-Veg. Dog	20 Tuna Chop Salad Roll Apricots Cupcake MO-Egg Salad	21 Baked Chicken Baked Potato Peas Citrus Salad MO-Veg. Pizza
24 Swedish Meatballs Wild & Brown Rice 4 Bean Salad Cantaloupe MO- Beans & Rice	25 Turkey Wrap Vegetable Salad Pears Ice Cream MO-Veg Wrap	26 Sweet/Sour Chicken Brown Rice Egg Roll Strawberry Shortcake MO- Stir Fry	27 Taco Salad Mixed Fruit Cup Oatmeal Raisin Cookie MO- No Meat	28 Fish Sandwich O'Brien Potatoes Coleslaw Fruit Pie MO-Cheese Sdwch
			MO=Meatless Option	

Gift Certificates Available

Take a senior to lunch by purchasing gift certificates for them to redeem at any Dane County Senior Dining Site. The cost is \$3/each for senior adult diners (age 60+) or \$6.15/each for those diners under the age of 60.

Call 243-5252 for more information.

Great gifts for any occasion!

Door to Door Bus Service

is available Monday–Friday. Bus reservations can be made when you make your luncheon reservation. Donation: 50¢ each way or what you can afford.

Meatless Option!

Each day we offer a meatless option along with the usual main entrée. This effort is supported by the Dane County Nutrition Committee and the Area Agency on Aging Board of Directors.

We will need your help in evaluating this trial, so if you choose the meatless option, please fill out the special satisfaction survey related to the meatless meal. If you have questions or comments on this program, please call Mary (261-5678).

NESCO offers a senior dining site for people age 60+. The meals are prepared off site by Gaylord Catering and brought to WPCRC to be served at 11:30 am weekdays. It is a well balanced meal and especially appealing for seniors who don't enjoy cooking, or eating alone. Typically seniors who live alone eat meals which tend to those of convenience—cereal, soup, sandwiches, etc.—rather than balanced with fruits, vegetables, food rich in antioxidants, fiber, and omega-3. New comers are always welcomed. Call 243-5252 by noon the day prior to make a reservation.

September Senior Programs @ WPCRC *(unless otherwise indicated)*

Mondays with Noreen	Tuesdays with Provie	Wednesdays with Kathy	Thursdays with Margie	Fridays with Katie
Senior Dining Site Manager Noreen Maass is our host on Mondays	Senior Dining Site Manager Provie Brenz is our host on Tuesdays	Senior Dining Site Manager Kathy Esser is our host on Wednesdays	Senior Dining Site Manager Margie Groom is our host on Thursdays	Programs Director Katie Kluesner is our host on Fridays
3 Labor Day (Closed)	4 10:00 Book Club 10:00 Prostate Health	5 10:30 Exercise Video 1:00 Sheepshead	6 10:00 Sewing Circle 10:30 Walk Warner 7:00 Caregiver Support Group @ Sherman Glen	7 10:30 5¢ Bilingual Bingo Surprise Caller
10 8:30 Euchre 10:00 Kings Corners 11:45 Euchre Tournament & Potluck @ Lakeview Church	11 10:30 5¢ Bingo Caller: NESCO's Drew Simonsen	12 10:30 Exercise Video 1:00 Card Making Club	13 10:00 Wii Games 10:30 Walk Warner	14 9:00 Free Chair Massage 10:00 Foot Clinic 10:30 5¢ Bingo Caller: Don Klemstine (NESCO Volunteer)
17 8:30 Euchre 9:30 Senior Explorers @ Monona Terrance 10:00 Kings Corners	18 10:30 Trivia Game Noon Blood Pressure Clinic	19 10:30 Exercise Video 1:00 Sheepshead	20 10:00 Sewing Circle 10:15 Low-Vision Group 10:30 Walk Warner	21 10:30 5¢ Bingo Caller: Brian Robinson (Belmont)
24 8:30 Euchre 10:00 Kings Corners	25 10:30 Arthritis Class Noon Free Movie: Big Miracle	26 10:30 Senior Yogacize 11:00 Nutrition Education 1:00 Card Making Club	27 10:00 Wii Games 10:30 Walk Warner	28 10:30 5¢ Bingo Caller: Paul Van Rooy (NESCO Volunteer)



AppleFest: Saturday, 29 September, 9:30 am-3:30 pm @ WPCRC
Bring your family! Live music, kids games, raffles, drawing prizes, apples for sale, mini craft sale, clowns, mascots, bake sale, and lots more!



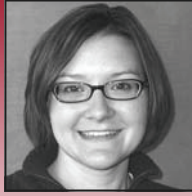
Case Management Services



Cortney Doescher-Hino, MS, LPC
Lead Case Manager
chino@nescoinc.org
243-5252 Ext. 211
Mondays-Fridays



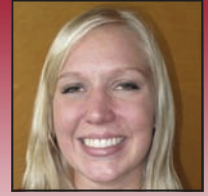
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Mondays-Fridays



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Mon-Wed only



Sarah Oestmann, BSW
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243-5252 Ext. 212
Mondays-Fridays



Laura Sherrington, BS
Case Manager/Home Chore Coord.
lsherrington@nescoinc.org
243-5252 Ext. 207
Mondays-Fridays

All About Affordable Housing

Understanding and finding affordable housing is hard to do in our current economy. Terms such as, ‘Section 8’ and ‘subsidized’ are used interchangeably when in fact, they are different programs with different processes for becoming eligible. Below are some definitions of low-income housing options in Dane County.

‘Section 8 Voucher Program’- This program is administered by the Community Development Authority (CDA) within the City of Madison and the Dane County Housing Authority. Individuals who have this benefit are given a voucher that allows them to pay 30% of their income as rent at any apartment in Dane County. The rest of the rent is subsidized by the federal government. This program is currently closed to new applicants.

Section 42- This is a program where entire buildings offers a fixed lower rental rate for all residents who must qualify based on income. ‘Section 42’ buildings agree to offer low-income housing, and they get a reduction in tax liability that allows them to reduce rental rates.

Public Housing- The CDA owns 766 units (apartments and townhouses) in the City of Madison that they rent to low income individuals who then pay 30% of their income as rent. These individuals do NOT have a ‘Section 8’ voucher, but they must apply to live in one of the public housing units. The waiting lists are currently open for public housing, however individuals can wait a year or more for a unit to become available.

Subsidized Housing- Privately owned apartments and townhouses can also contract with the federal government to provide low income units in which residents pay 30% of their income as rent. The entire building consists of subsidized units, and each resident pays a different rental rate. Individuals who live in subsidized housing do not need a ‘Section 8’ voucher to take advantage of the 30% of income rental rate.

Walk-in Office Hours

Case managers are available to assist you with questions you may have at the locations below:

Where?	When?
East Madison Community Center	4th Tuesday/month 25 September, 11:15-12:15 pm
Sherman Glen	2nd Monday/month 10 September, 2-3 pm

Case managers at NESCO can provide you with current lists of Section 42 buildings, Public Housing units and Subsidized units. Our Case Manager’s can also help you apply to live in any of the above mentioned units. Since waiting lists for affordable housing are lengthy, it’s a good idea to apply early so an affordable unit can be ready for you when you need it most.

Caregiver Support Group

NESCO’s monthly caregiver support group will meet on 6 September, at Sherman Glen Apartments (1110 N. Sherman Ave.) in the meeting room, 7-8:30pm. Your attendance is welcomed. Come share the struggles, frustrations, and love of all things caregiver related. This is the time to meet others in YOUR situation and help relieve the stress you may be experiencing.

There is respite available at NO CHARGE, so please make it out! Contact Cortney for more information (243-5252 or chino@nescoinc.org). The caregiver support group is made possible by a grant from the Henry Norman Leck Endowment Fund, awarded to NESCO by the Dane County Area Agency on Aging.

Cultural Diversity Senior Programs

African American Program



Pam Bracey
Cultural Diversity
Program Specialist
pbracey@nescoinc.org
243-5252 Ext. 205

Latino Program



Yolanda Salazar
Cultural Diversity
Program Specialist
ysalazar@nescoinc.org
243-5252 Ext. 203

Discussion Group

Wednesday, 12 September, 2-4 pm

@ Quaker House/Dining Area (2025 Taft St)

We will be creating homemade greeting cards and looking at samples of cleaning products you can make at home.

Diabetes Support Group

Thursday, 27 September, 2-4 pm

@ Romnes Apartments (540 W. Olin Ave)

“Preparing to eat well for the Holidays.” We will have a speaker from UW Extension to come in with healthy eating ideas for the upcoming holiday season. Also we will have a roundtable discussion.



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Bilingual Bingo & Computer Class

Friday, 7 September, 10:30 am-2 pm

@ WPCRC & Location TBA

Come try your luck at bingo and enjoy the cash prizes and then stay for lunch and the computer class. Limited transportation available. *Offered in Spanish only.*



Discussion Group

Wednesday, 12 September,

6-8:30 pm

@ Madison Senior Center (330 W. Mifflin St.)

Join us for a unique experience and meet friends from several countries of Latin-America. This month's topic is a consumer action workshop. Limited transportation available. *Offered in Spanish only.*

Diabetes Group

Wednesday, 26 September, 5:30-8:30 pm

@ Madison Senior Center (330 W. Mifflin St.)

This month we will be talk about diabetes tips. Limited transportation available. *Offered in Spanish only.*

A special thanks to *Los Gemelos* restaurant for providing food for the group meal before each month's Latino support group.

Madison Chiropractic

Quality Care Close to Home LLC.

244-0044

Drs. Brent McNabb, Ross Royster,
Dan Soderholm, Justin Rodriguez
2205 North Sherman Avenue, Madison, WI 53704

Volunteer Opportunities



Katie Kluesner, BA
Programs Director
kkluesner@nescoinc.org
243-5252 Ext. 206

Grocery Delivery Volunteer Driver

NESCO is looking for reliable volunteers to transport groceries from St. Paul's Lutheran Church, a local food pantry (located at 2126 N. Sherman Avenue), to local seniors on the second to last Tuesday (5 pm), Wednesday (10:45 am) or Thursday (2 pm) of each month. Volunteers need their own transportation. Please contact Laura Sherrington if you are interested.

Latino Cultural Diversity Program

NESCO's Latino Cultural Diversity Program is looking for a volunteer to assist Diversity Specialist, Yolanda Salazar, with her monthly groups. There are two groups per month at the downtown Madison Senior Center in the evening. The volunteer would help with set up for the group, some light lifting is required. You do not need to speak Spanish. Please contact Katie for more information.

Home Chore Volunteers Needed

Volunteers are matched with a senior and to help with light housecleaning, yard work, gardening once a week or bi-weekly. Help with indoor or outdoor chores, and help a senior adult remain living in his or her own home! The hours can be flexible to fit your schedule. To get involved, please contact Laura Sherrington.

Office Volunteers Needed

Substitute office volunteers are needed for our 8am-Noon and Noon-4:30pm weekday shifts. Duties include: greet visitors, answer phones, route calls to staff, limited clerical support, and take reservations for programs. Contact Drew Simonsen, if you are interested.

AppleFest Volunteers

Thursday-Saturday, 27-29 September

NESCO's 12th Annual AppleFest is quickly approaching. Volunteers are needed in the following areas for Sept 29: Bake Sale, Selling raffle tickets. Face Painting, Kiddie Carnival, Snack Bar. Volunteers are needed for the Used Book Sale Sept. 27-29. Many shifts available. Call Drew for more information or to sign-up.

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Volunteer Spotlight

As a token of our appreciation for our outstanding volunteers, we host a spotlight each month to share their contributions with you. This month, we're highlighting our **Card Making Club** volunteers.



- Shirley Birkle
- Kathryn Brownell
- Donna Degroot
- Therese Duranso
- Sue Ellen Jensen
- Arlene Jungbluth
- Monica Mims
- Angeline Purcell
- Geri Torti
- Sandy Walrack
- Judy Woelfel

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President

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Make A Wish Fundraiser

Amy Elske’s daughter Charlotte is the poster child for this year’s Make A Wish Foundation Walk & Run for Wishes.

In honor of Charlotte, and the courage she has demonstrated in fighting acute myeloid leukemia, NESCO members, volunteers and staff will be part of the *Charlotte’s Angels* team. The money we raise will be used to sponsor a wish child to make their dream come true. The Walk & Run takes place Sunday, 23 September, 10:00am at the Alliant Energy Center. The cost is \$20 (\$25 day of event) and you can register at www.walkforwishes.com. Please list *Charlotte Angels* as your team name on the registration form. If you can’t participate in the run walk, you can make a pledge for Charlotte’s team through NESCO. You could either mail in a pledge to NESCO or stop by our office. Last year the Make A Wish Foundation sponsored Charlotte’s wish to go to Disney. The Elske’s were so touched by this experience that they want to help sponsor another child’s wish.

Falls Prevention Seminar

Tuesday, 2 October, 11:30 a.m-2:30 p.m.
@ Fitchburg Senior Center, 5510 Lacy Road
Individualized screenings to identify risks in the areas of balance, gait, strength, vision, medications, bone health, blood pressure, bladder health will be available. There will be Stepping On, No Falls, and Tai Chi fall prevention class demonstrations, as well as information on personal safety, adaptive equipment, home safety assessment and other resources. The cost for the workshop is \$8.00, includes lunch and a door prize. To register, call the Fitchburg Senior Center at 270-4290, or email amy.jordan@city.fitchburg.wi.us. Registration deadline is Tuesday, 25 September. Hosted by the *Safe Communities Falls Prevention Task Force*.

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12th Annual AppleFest

Saturday, 29 September 2012

Warner Park Community Recreation Center, 9:30 am-3:30 pm

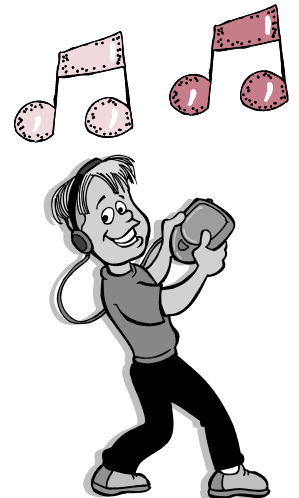
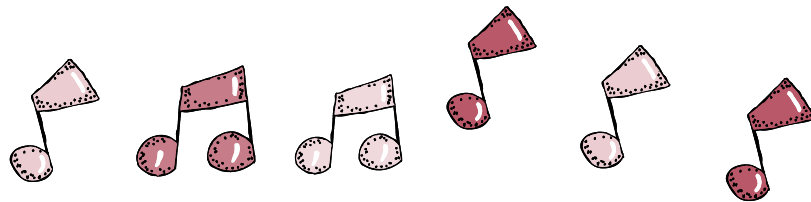
Adults \$2 & Kids FREE

Activities

Raffle & Drawing
Kiddie Carnival w/Moon Bounce & DJ
Bucky & Entertainment Books
Apple Sale
Bake Sale
Mini Craft Sale
Clowns & Mascots
Face Painting
Police Cruiser & Fire Truck
Popcorn & Slushies
Sloppy Joe Lunch

Entertainment

American Family Choir
East Madison Mad Breakers
Just Too Accordions
Virginia Davis School of Dance
Henry Vilas Zoo Animals
Paris Blues



Used Book Sale

Includes movies/DVDs, music/CDs & games/videos
Thursday, 27 September, 4-7 pm
Friday, 28 September, 9 am-5 pm
Saturday, 29 September, 9:30 am-3:30 pm (**\$5/bag**)

AppleFest Wish List

- 🍏 Homemade craft items for craft sale
- 🍏 Apple pies and tarts to sell
- 🍏 Baked goods for bake sale
delivered to WPCRC by 29 September, 9 am
- 🍏 Books/CDs/DVDs/games
- 🍏 Kiddie carnival prizes & candy
new items only please
- 🍏 Drawing items
- 🍏 **VOLUNTEERS & VOLUNTEERS!!**

Call 243-5252 or email info@nescoinc.org today!

Sponsors:

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Madison Mallards

Madison Chiropractic-North

McKinney Dental, Madison



12th Annual AppleFest

Alzheimer's Memory Walk

Saturday, 29 September, 8–10 am

Before joining in the AppleFest Saturday fun, walk a couple of miles around Warner Park to support the Alzheimer's & Dementia Alliance. This is the nation's largest event to raise awareness and funds for Alzheimer care, support and research programs. Register by contacting the Alzheimer's & Dementia Alliance office (232-3400) or online at www.alzisc.org

Bucky & Entertainment Books

Hold off the urge to buy your book elsewhere this year as we'll be selling them at AppleFest—\$35 for Bucky Books & \$30 for Entertainment Books. Proceeds will benefit NESCO!

Kids Events

NEW: A kids disc jockey will play music and lead games

Face Painting (\$1 each)	10 am–3 pm
Moon Bounce (\$1)	10 am–3 pm
Carnival Games (50¢ each)	10 am–3 pm
Mascots Perform FREE	10 am–3 pm
Doodlebug Clown	10 30 am–12:30 pm

The gym will be full of carnival games for kids to enjoy and win prizes. **We have added more games this year.** Plus we have a moon bounce and strolling clowns making balloon animals—what fun!

Baked Items and Apples for Sale

Help us continue this popular event by donating home-baked muffins, breads, cakes, pies, and bars to be sold. Drop off items Friday (28 September) or by 9 am the following morning.

Mini Craft Sale

Do some holiday shopping early. Come check out some wonderful homemade craft items.

Snack Bar Lunch

Enjoy hot dogs, sloppy joes, and apple desserts sold throughout the day. Kids meals will also be available.

Family Prize Drawing

Win a prize that will be nice for the whole family! This drawing will take place in the gym. Win a classic red wagon, ice cream, movie passes, Mallards Bobbleheads, pizza for a year, passes to the Madison Children's museum, tickets to Wisconsin women's sporting events, a membership to the Vilas Zoo and other nice prizes.

Bring the grandkids to AppleFest!

Raffle Prizes

We've got another fantastic sweepstakes planned during AppleFest. Winners announced at 3:30 pm. Tickets are \$5 or 6 for \$25 (donation). The prizes include:

- 1st Prize **\$600 Cash & Wine Gift Basket** (*Ryan Funeral Home, Wegner LLP, Senior Helpers, UPS, Dane Co. Credit Union, Madison Chiropractic, Excellence In Dentistry, Annie's Garden B & B, Altered States Alterations*)
- 2nd Prize **HP LaserJet 5000N Printer** (*Doc Jams Printer Repair, Toner & Supplies*)
- 3rd Prize **2 Tickets/FOOD & Wine Festival & One Night Stay at Hotel RED** (*Madison Magazine & Hotel RED*)
- 4th Prize **One Night Stay at Concourse Hotel & \$150 Food Fight Gift Card** (*Madison Concourse Hotel & Gordon Flesch Co.*)
- 5th Prize **\$300 Cash** (*NESCO Board of Directors*)
- 6th Prize **Aging in Place CAPS Home Consultation & Energy Kit & Floor Lamp** (*TZ of Madison & MG&E*)
- 7th Prize **2-Night Stay at Wilderness Hotel** (*Cheryl Batterman & Wilderness Hotel*)
- 8th Prize **UW Men's Basketball Game Package & One Night Stay at Doubletree Hotel** (*Krueger Family & Doubletree Hotel*)
- 9th Prize **One Night Stay & \$50 Restaurant Certificate** (*Quality Inn&Tuscany Grill*)
- 10th Prize **\$200 VISA Gift Card** (*Meridian Group*)
- 11th Prize **iPod Touch** (*Anonymous*)
- 12th Prize **Two Baseball 7 Game Packs for 2013** (*Madison Mallards*)
- 13th Prize **iGroove Digital Audio System** (*Anonymous*)
- 14th Prize **Admission to 3 Performances - 2012-13 Season** (*Forward Theater Co.*)
- 15th Prize **Autographed 2011 Team Football & \$100 VISA Gift Card** (*Green Bay Packers & Meridian Group*)
- 16th Prize **\$100 gift certificate Fireside Theatre & \$50 VISA Gift Card** (*Oakwood Village East & Summit Credit Union*)
- 17th Prize **One Month Unlimited Yoga** (*Inner Fire Yoga*)
- 18th Prize **"Katie" Necklace** (*Katie Ganshert/Iia sophia*)

Drawing Prizes

Returning this year is the opportunity to buy chances for individual prizes; tickets are \$1 or 6 for \$5. Stop by and check-out the fantastic prizes local merchants and community friends donated in support of AppleFest. Some of the prizes include: **cash, jewelry, gift certificates to restaurants, movie tickets, massages, pizzas, hotel stays, golf course passes, golf umbrella, decorative rugs, beauty salon certificates, car care, coffee, ...plus more prizes arrive daily!**

Thank you to our wonderful donors for the awesome prizes this year!

2012 NESCO Trips

La Crosse Boats & Bluffs

La Crosse, WI

Wednesday, 10 October,
7:00 am-8:00 pm

Come and enjoy a ride on the
La Crosse Queen Paddle Boat.

You will receive lunch on the boat and a
sightseeing & shopping tour of La Crosse.
There are multiple stops that require getting
on and off the bus. The shopping tour
requires walking 3-4 street blocks.

Cost: \$85 NESCO Member
\$92 Non-Member

Pick-up at Sherman Glen & WPCRC.
Wheelchair accessible.

Registration Deadline: September 7th

Christmas Musical

Coloma (WI)

Wednesday, 5 December,
10:30 am-5:30 pm (approx)

Christmas on the Farm is a wonderful
musical performance that features
many of our favorite Christmas songs
This trip also includes a delicious,
traditional homemade Christmas
dinner with all of the trimmings.
(Get a special discount of \$10 if you are a NESCO
Member and you register and pay by 5 October)

Cost: NESCO Members \$50
Non-NESCO Members \$65
Pick-up at Sherman Glen & WPCRC
Wheelchair accessible.
Registration Deadline: 2 November



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Answers (from page 19)



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Fun & Games Page

Olympics Word Search

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Word List

Archery	Rhythmic
Artistic	Rowing
Badminton	Running
Basketball	Sailing
Boxing	Silver
Bronze	Soccer
Canoeing	Swimming
Cycling	Taekwondo
Diving	Tennis
Fencing	Track and Field
Gold	Triathlon
Gymnastics	Volleyball
Hockey	Weightlifting
Judo	Wrestling

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There are simple ways we can all save energy this summer. Hanging your laundry outside to dry is one way. It saves up to 11 cents per gas dryer load and 32 cents per electric dryer load. If you use your dryer, run it during the cooler parts of the day. For more warm weather energy and cost saving tips, hang out online at mge.com/summer.



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

*Have you remembered
 NESCO in your will?*

Complimentary copies
 of the *Golden Times* are
 mailed to NESCO members.
 (See page 3.)



Important Numbers

- AARP (866) 448-3611
- Age Advantage Older Workers 242-4914
- Agrace HospiceCare, Inc. 276-4660
- Alzheimer's & Dementia Alliance 232-3400
- American Parkinson Disease Asso. 229-7628
- Area Agency on Aging (Dane County) 261-9930
- Care Wisconsin 240-0020
- Centro Hispano 255-3018
- Coalition of Wis Aging Groups 224-0606
- Dane County SOS Sr Council 256-7626
- Dane Cty Veteran's Service Office 266-4158
- Domestic Abuse Intervention Serv. 251-4445
- East Madison/Monona Coalition 223-3100
- Elder Abuse & Neglect Helpline 261-9933
- Home Health United/VNS 242-1516
- Independent Living 274-7900
- Madison Public Health 266-4821
- Madison School & Community Rec 204-3000
- Madison Senior Center 266-6581
- Metro Paratransit Reservations 266-4466
- Meals on Wheels (lunch) 276-7598
- Meals on Wheels (evening) 204-0923
- Natl. Alliance for the Mentally Ill 249-7188
- Project Home 246-3737
- RSVP Driver Escort Program 238-7787
- SAIL/Sense of Security (SOS) 230-4321
- Senior Hotline to Help 266-9007
- St. Mary's Golden Care 258-5995
- Social Security Admin (866) 770-2262
- Services to Elderly Persons (STEP) 242-7400
- South Madison Coalition of the Elderly 251-8405
- Tenant Resource Center 257-0006
- United Way 2-1-1 211
- Warner Park Comm. Rec. Center 245-3690
- West Madison Senior Coalition 238-7368

Wish List

Volunteers

- Home Chore Volunteers
- Air Conditioners

Supplies

- Homemade Craft Items and Baked Goods (AppleFest)
- Gently Used Books
- Small Raffle Prizes
- Gift Certificates to Grocery Stores

For a more extensive Wish List,

2012 Summer Concert Series



More photos on our website and Facebook.