

# 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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## Race to Equity

The Wisconsin Council on Children and Families recently released a report *Race to Equity-Racial Disparities in Dane County 2013* as part of a multi-year project called *Race to Equity*. What the study found is that the disparities between African Americans and Caucasians living in Dane County are more extreme than those found in most other parts of the nation. The study did not gather data on senior adults but if they had I suspect they would have found significant racial disparities there as well.

NESCO's Cultural Diversity and Case Management Programs assist over 200 African American seniors throughout Dane County each year. Pam Bracey, NESCO's staff for our African American programs, works with many senior adults living in poverty in the underdeveloped neighborhoods of our community. Many of these seniors have been at a disadvantage their entire lives and the gap just continues to get wider. As an organization NESCO can do better to support and work with Pam to provide the seniors we serve, and their families, with more resources and opportunities to thrive.

There are varying opinions on the findings and recommendations of the *Race to Equity* study. What occurs as a result of this study is up to each one of us. As we honor Black History Month hopefully this study will help us all acknowledge the disparities and racism that exist in our community, and to take action as individuals to help reduce these disparities.

**We are social! Become a fan and follow us!**



North/Eastside Senior Coalition



"NESCOMadison"

NESCO's Blog:  
**Golden Extra**

<http://nescoinc.wordpress.com>

**Senior Housing Partner: Sherman Glen Apartments**

1110 N. Sherman Ave, Madison, WI 53704 (608) 241-1190



**Drew Simonsen, MBA**  
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.*

February 2014 Vol XXXIX

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## 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

15 April 2014, 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

**Jan Somerfeld, *President***

*Bunbury & Associates Realtors (Retired)*

**Rick Webster, *Vice President***

*American Family Insurance, Account Development Manager*

**Open, *Treasurer***

**Alison Lindsay-Mares, *Secretary***

*WEA Insurance Corp/Trust (Retired)*

**Linda Jallings**

*UW-Milwaukee (Retired)*

**Dolores Kester**

*Kester Law Offices, Lawyer*

**Lana Kinning**

*Heritage Credit Union,  
Head Bank Teller*

**Michael Maresh**

*Social Security Admin (Retired)*

**Carol Peterson**

*Madison School District (Retired)*

**Paul Van Rooy**

*State of Wisconsin (Retired)*

**Rosemary Bass, Emeritus**

## Board Committee Citizen Reps

**Maren Beermann, *Personnel***

*Attorney*

**Helen Taylor, *Personnel***

*American Family Insurance,  
Diversity & Inclusion*

**Mary Hill, *Personnel***

*State of Wisconsin (Retired Nurse's Aide)*

**Diane Walder, *Marketing***

*Communications Consultant*

**Lesleigh Luttrell, *Finance***

*UW-Madison (Retired)  
Studio Jewelers*

**Laurie Wegger, *Personnel***

*Human Resources Professional*

## Staff

**Jim Krueger**

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jkrueger@nescoinc.org*

**Katie Kluesner**

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kkluesner@nescoinc.org*

**Drew Simonsen**

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**Pam Bracey**

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pbracey@nescoinc.org*

**Yolanda Salazar**

*Cultural Diversity Specialist  
ysalazar@nescoinc.org*

**Kathy Esser**

*Senior Dining Site  
Substitute Manager*

**Cortney Doescher-Hino**

*Lead Case Manager  
chino@nescoinc.org*

**Kate Shenker-Powers,**

*Case Manager  
kshenker@nescoinc.org*

**Henry Payne**

*Senior Dining Site  
Substitute Manager*

**Laura Sherrington**

*Volunteer Coordinator  
lsherrington@nescoinc.org*

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).

# 2014 Membership Benefits

To receive discounts from our local business partners, you simply need to show your 2013 NESCO membership card.

## Benvenuto's Italian Grill (@ Northside TownCenter)

FREE ice cream sundae with entree purchase

## Brat & Brau (@ Northside TownCenter)

\$1 off every increment of \$5 spent (\$10 get \$2 off)

## Boomerangs Resale Store

(@ Northgate Shopping Center)

20% off regular priced merchandise

## Cambria Suites Madison

Hotel stay \$79/night for visiting family or relatives

## 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

## Einstein Bros Bagels (1738 Fordem Ave)

10% off your total food bill

## Kavanaugh's 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

## Warner Park Community Recreation Center

10% off annual membership (no double discount)

**PLUS**

**NESCO sponsored trips discounted!**



**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 dsimonsen@nescoinc.org) to obtain an application.

## 2014 NESCO Membership & Donation Form (Jan-Dec)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

*I wish to remain anonymous* Email address \_\_\_\_\_

Check One:  \$15 Regular Membership  \$25 Household Membership  
 \$50 Business Membership  \$50 Golden Club Membership  
 \$100 Patron Membership  \$ \_\_\_\_\_ Other

Special donation of \$ \_\_\_\_\_ for: (check all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Newsletter          | <input type="checkbox"/> Cultural Diversity Programs   |
| <input type="checkbox"/> Case Management     | <input type="checkbox"/> Intergenerational Programs    |
| <input type="checkbox"/> Home Chore Programs | <input type="checkbox"/> Social & Educational Programs |
| <input type="checkbox"/> Endowment Fund      | <input type="checkbox"/> 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)**

# Ongoing Programs



**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. Each card costs 5¢ with all proceeds paid out to the winners.

## Book Club

**First Tuesday, 10 am**

Join us as we discuss The Dressmaker of Khair Khana, or come pick up our read for March, Every Last One by Anna Quindlin.

## Book Exchange Program 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 which is open 8:15 am-4:15 pm, Monday-Friday. **For NESCO members only.**

## Blood Pressure Clinic

**3rd Tuesday, 11:30 am**

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.

Euchre Mondays, 8:30-11:30 am

Kings Corner Mondays, 10-11:30 am

Sheepshead 1st & 3rd Wednesdays, 1-3pm

## Card-Making Club

**Second & Fourth Wednesdays, 1 pm**

Help create home-made cards for all occasions. No experience necessary. All proceeds from the sale of the cards go to support NESCO programs and services. We sell these cards in our office Monday-Friday from 8am-4:30pm for 50 cents or \$1.00.

## Craft Hour

**Wednesdays, 10:30 am**

Join us to create fun crafts in the Dining Site!

## Foot Care Clinic

**Second Friday, 10 am-12:30pm**

See page 6 for more information.

## FREE Chair Massages

**First Friday, 9 am**

Chiropractor Dr. Ron Inda, will be here to provide free, 5 minute chair massages to seniors, first-come first-serve.

## FREE MSCR Senior Chair Yoga /

## Exercise Video

**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. When Carolyn is not available, we play an exercise video that is similar to the class.

## Laptop Free Time

**Thursdays: 5, 12, 19, 26 December, 10:00am**

Have you ever wanted to try to use the internet? NESCO's laptop will be set-up in the dining site and connected to the internet for use.

## Low-Vision Group

**Third Thursday, 10:15 am**

For more information call Laura.

## Nutrition Education: Soup

**Third Monday, 11 am**

Join Nutrition Educator, Martin Salas, from Dane County UW Extension as we taste and celebrate savory soup.

## Sewing Club = FREE Mending Service

**First & Third Thursday, 10 am**

Senior adults with general mending needs can bring your clothing to the NESCO office between 8 am-4:30 pm, Mon-Fri. Limit three articles per month.

## Technology Help Appointments

**Tuesdays, 9-11:30 am,**

Sharon Persich, a tech savvy local senior, will be available to meet with individuals who have questions regarding anything about technology. Appointments will be 30-60 minutes. Call 243-5252 to make an appointment.

## Wii Games

**Mondays and Wednesdays, 10 am**



The Wii Games will be set up in the dining site. Try some Wii Bowling, it's a lot of fun!

# February Programs

## We Celebrate in February....

American Heart Month

Black History Month

Ovarian Cancer Awareness Month

Suicide Awareness Month

### American Heart Month

**Monday, 3 February, 10:30 am, Comm Rm 3**

American Heart Month was established to urge people to recognize the nationwide problem of heart and blood vessel diseases and to support all essential programs. We will discuss these disease and prevention.

### History of Income Taxes

**Tuesday, 4 February, 10:30 am, Comm Rm 3**

“What is the origin of this annual ritual in the weeks leading up to April 15th?” Learn the history of income taxes.

### Black History Month

**Thursday, 6 February, 10:30 am, Comm Rm 3**

Black History Month is an annual observance in the United States to remember important people and events in history. Let's discuss influential African Americans.

### Suicide Awareness

**Monday, 10 February, 10:30 am, Comm Rm 3**

Around 800,000 million people die by suicide every year. Lets open the conversation about suicide and learn how to recognize the signs and ways of prevention.



### Dealing with Grief & Loss

**Wednesday, 12 Feb, 5-6 pm, Comm Rm 3**

An opportunity to share your story.... We invite you to attend an evening to share grief/ loss stories. Open to anyone who has experienced loss from the death of a friend, family member, pet, or significant other. Any loss can be shared. Join us in sharing your story and hearing others share their story. Come together for conversation on how we experience grief and resources available to support you. Register or for more information contact Laura by calling 243-5252.

### St Valentine's Day Celebration

**Thursday, 13 Feb, 10:30 am, Comm Rm 3**

Let's celebrate St. Valentine's Day and learn about the history, traditions and legends of this day of love.

### Presidents Days Celebration

**Monday, 17 February, 10:30 am, Comm Rm 3**

Washington's birthday and Presidents day is celebrated on the third Monday of February in honor of our first present. Let's celebrate!

### History of Therapy Dogs

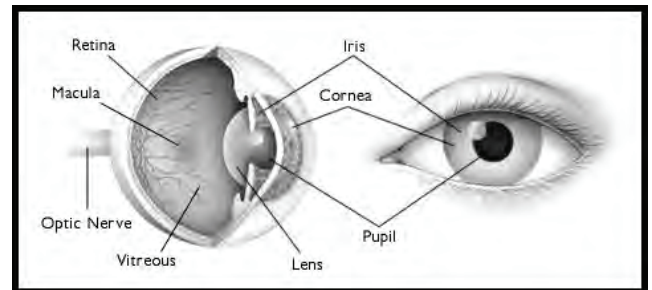
**Tuesday, 18 February, 10:30 am, Comm Rm 3**

It's a fact that dogs and pets can improve our health and mood. Let's learn about the history of therapy dogs.

### Anatomy of the Eye

**Thursday, 20 Feb, 10:30 am, Comm Rm 3**

Our eyes are very intricate and delicate. We have many different parts to our eyes. Learn about the different parts and also intraocular diseases.



### Senior Explorers Club:

#### Madison Fire Department

**Monday, 24 Feb, 9:30 am, WPCRC Lobby**

The Explorers Club will be touring the Madison Fire Department on Northport Drive. Meet in the Warner Park lobby at 9:30 am. The tour is free, drivers are needed. We will have lunch after. Call 243-5252 to sign-up by Thursday, 20 February.

### Korean War Facts

**Monday, 24 February, 10:30 am, Comm Rm 3**

On 25 June, 1950, the Korean War began. This was the first military action of the Cold War. Come and learn some Korean War Facts to prepare for Henry's slide show of photos he took while in the Korean War!

## February Programs

### Euchre Tournament & Lunch

Monday, 24 February @ NESCO

11:30 am- Lunch & 12:00 pm- Tournament

For players of all levels of experience. A few laughs and a fun time are guaranteed. Prizes for the top three finishers. **Must pre-register and/or sign-up for lunch** by Thursday, 20 February, call 243-5252.

### Photo Slideshow with Dining Site

#### Volunteer Henry Payne

Tuesday, 25 February, 10:30 am, Comm Rm 2

Henry is turning old slides to digital photos! He's going to give an informal presentation including photos from the Korean War!

### Ovarian Cancer Awareness

Thursday, 27 Feb, 10:30 am, Comm Rm 3

One in 67 women get ovarian cancer. Learn about ways of prevention.

### 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 February** *Eastside Shopping Center* (2nd Floor)  
2705 E. Washington Ave  
1:30-3:30 pm

**11 February** *St. Paul Lutheran Church*  
2126 N. Sherman Ave  
1:00-3:30 pm

**14 February** *Warner Park Community Rec. Center*  
1625 Northport Drive  
10:00 am-12:30 pm

**18 February** *Lakeview Lutheran Church*  
4001 Mandrake Road  
1:30-4:00 pm

### Caregiver Support Group Canceled

The Caregiver Support Group that met at Sherman Glen Apartments has been discontinued.

Contact Cortney at 243-5252, Ext. 211 with any questions about caregiving for a senior adult.

## Mark Your Calendar

### Come Together Party – Rescheduled

Wednesday, 26 March, 5-8 pm

@ Madison Senior Center

### Volunteer Appreciation Luncheon & Annual Meeting

Tuesday, 22 April, 10 am–Noon

### Boomerangs Spring Fashion Show

Tuesday, 29 April, 10 am

### Annual Multicultural Health Fair

Friday, 9 May, 9-11:30am

### Senior Adult Prom

Wednesday, 14 May, 6-8 pm

### 20th Anniversary Summer Concert Series

Monday, 16 June, 6 pm

23 June, 6 pm

30 June, 6 pm

Monday, 14 July, 6 pm

21 July, 6 pm

28 July, 6pm



### AppleFest

Saturday, 4 October, 9:30 am–3:30 pm

### Need “Stuff” Done Around Your Home?

We can economically do all your general repairs. From roofing, electrical and plumbing problems to all your maintenance needs inside and out including gutter cleaning, home insulation, pressure washing, etc.

**We're fully insured - Free Estimates.**

**20 Years Experience**



**Design • Build • Remodel • Maintain**

**Dave Krebs - 576-6593**


# February Senior Programs @ WPCRC *(unless otherwise indicated)*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:30 Euchre 10:00 Kings Corners 10:00 Wii 10:30 American Heart Month	<b>4</b> 9:00 Technology Help Appointments 10:00 Book Club 10:30 History of Income Taxes	<b>5</b> 10:00 Wii 10:30 Chair Yoga 10:30 Craft Hour 1:00 Sheepshead	<b>6</b> 10:00 Sewing Club 10:00 Laptop Free Time 10:30 Black History Month	<b>7</b> 9:00 Free Chair Massage 10:30 5¢ Bingo Caller: Delores Kester (NESCO Volunteer)
<b>10</b> 8:30 Euchre 10:00 Kings Corners 10:00 Wii 10:30 Suicide Awareness	<b>11</b> 9:00 Technology Help Appointments 10:30 5¢ Bingo Caller: Katie Kluesner (NESCO's Program Director)	<b>12</b> 10:00 Wii 10:30 Chair Yoga 10:30 Craft Hour 1:00 Card Making Club 5:00 Dealing with Grief & Loss	<b>13</b> 10:00 Laptop Free Time 10:30 St. Valentine's Day Celebration	<b>14</b> 10:00 Foot Clinic 10:30 5¢ Valentines Day / Bilingual Bingo Surprise Caller 
<b>17</b> 8:30 Euchre 10:00 Kings Corners 10:30 Presidents Day Celebration 11:00 Nutrition Education	<b>18</b> 10:30 History of Therapy Dogs 11:30 Blood Pressure Clinic	<b>19</b> 10:30 Exercise Video 10:30 Craft Hour 1:00 Sheepshead	<b>20</b> 10:00 Sewing Club 10:00 Laptop Free Time 10:15 Low-Vision Support Group 10:30 Anatomy of the Eye	<b>21</b> 10:30 5¢ Bingo Caller: Don Klemstine (NESCO Volunteer)
<b>24</b> 8:30 Euchre 9:30 Explorers Club 10:00 Kings Corners 10:30 Korean War Facts Noon Euchre Tournament	<b>25</b> 9:00 Technology Help Appointments 10:30 Photo Slideshow Henry Payne, (NESCO Volunteer)	<b>26</b> 10:00 Wii 10:30 Chair Yoga 10:30 Craft Hour 1:00 Card Making Club	<b>27</b> 10:00 Laptop Free Time 10:30 Ovarian Cancer Awareness	<b>28</b> 10:30 5¢ Bingo Caller: Dave Dexheimer (Vera Court Neighborhood Intervention Police Officer)

# February 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
<b>3</b> Swedish Meatballs Mashed Potatoes Cucumber Salad Apple MO-Soy Patty	<b>4</b> Herb Chicken Brown Rice Pilaf G Bean Casserole Orange & Jell-o MO-Hummus Sandwich	<b>5</b> <b>Birthday Cake</b> Stuffed Shells w/ Sauce Spinach Fruit Salad Cheese Bread	<b>6</b> Swiss Steak Mashed Potatoes Squash Cookie Bar MO-Red Beans & Rice	<b>7</b> Baked Fish Au Gratin Potatoes Coleslaw Cherry Pie MO-Tomato Basil Patty
<b>10</b> Spaghetti & Meatballs Romaine Salad Italian Bread Citrus Salad MO-Soy Crumbles	<b>11</b> Pizza Casserole Tossed Salad Pineapple Brownie MO-Meatless	<b>12</b> Chicken Breast Baked Potato Stewed Tomatoes Banana MO-Egg Salad	<b>13</b> Beef Stroganoff Noodles California Vegetables Apple Crisp MO-Soy Stroganoff	<b>14 Valentine's Day</b> Ham Sweet Potatoes Corn Cherry Cheese Cake MO- Cheese Sandwich
<b>17 President's Day</b> Smothered Chicken Brown Rice Pickled Beets Ambrosia MO-Bean Casserole	<b>18</b> Turkey & Gravy Sweet Potatoes Peas & Onions Mixed Fruit Cup MO- Soy Patty	<b>19</b> Cabbage Rolls Mashed Potatoes Carrots Melon Cup MO-meatless	<b>20</b> Scalloped Potatoes/ Ham Winter Vegetables Carrot Cake MO-Cheese Sandwich	<b>21</b> Lasagna Tossed Salad Pears Sherbet MO-Veggie Lasagna
<b>24 Flag Day</b> Goulash Wax Beans Fresh Orange Choc Chip Cookie MO-Soy Goulash	<b>25</b> Haddock/Cod Baked Potato Harvard Beets Lemon Pudding MO-Veggie Hot Dog	<b>26</b> Chili/Corn Bread Fruit Cocktail Cottage Cheese Peanut Butter Cookie MO-Veggie Chili	<b>27</b> Meatloaf Mashed Potatoes Chuck Wagon Corn Choc. Ice Cream MO-Soy Patty	<b>28</b> Turkey Tetrazzini Carrot Coin Salad Cinnamon Apples MO-Soy Tetrazzini
			<b>MO=Meatless                      Option</b>	

## 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 \$4/each for senior adult diners (age 60+) or \$7.50/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, free on Tuesday and Friday.

## 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.



# February 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 Chicken Salad Sandwiches	4 Chicken & Veggie Lasagna	5 Taco Salad	6 BBQ Chicken Yams	7 Baked Cod Potato Soup
10 Grilled Cheese Tomato Soup	11 Chicken Penne	12 Beef Teriyaki Rice	13 Chicken Cacciatore Roasted Veggies	14 Beef Chili Polenta
17 Tuna Salad Sandwiches	18 Lemon Pepper Chicken	19 Goulash Pasta	20 Chicken & Dumplings	21 Baked Cod Au Gratin Potato
24 Turkey Melt Sandwiches	25 Shepherd's Pie	26 Spaghetti with Meat Sauce	27 Chicken Stir Fry Rice	28 Chicken Noodle Soup

*Also served daily: tossed salad, bread, and dessert. Birthday cake served Wednesdays!*

# February Senior Dining Menu @ Wil-Mar Neighborhood Center

Location: 953 Jenifer Street

Serving: Noon

Bus reservations are required a minimum of 24-hours in advance. Call 257-4576 to sign-up.\*

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatloaf Mashed Potatoes	4 Hamburgers Noodle Salad	5 Lasagna Garlic Bread	6 Baked Chicken Mashed Potatoes	7 Dining Site Closed
10 Spaghetti w/ Meat Sauce	11 Salisbury Steak Scalloped Potatoes	12 Tuna Casserole	13 Pot Roast Mashed Potatoes	14 Dining Site Closed
17 Roasted Turkey Mashed Potatoes	18 Beef Goulash Rice	19 Liver & Onions Mashed Potatoes	20 Brats Potato Salad	21 Dining Site Closed
24 Stuffed Green Peppers	25 Chicken Tacos Rice & Beans	26 Fried Cod Au Gratin Potatoes	27 Chicken Alfredo Garlic Bread	28 Dining Site Closed

*Also served daily: vegetable, salad, fruit, bread, coffee, and milk!*

\*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.

Guests 60 years of age or older are invited to enjoy their meal on an anonymous donation basis (\$4 suggested minimum donation). Anyone under 60 is asked to pay the full cost of the meal (\$7.50).

# Case Management Services



**Cortney Doescher-Hino, MS, LPC**  
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Mondays-Fridays



**Alyssa Bordeleau, BSW**  
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**Sarah Oestmann, BSW**  
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Mondays-Fridays



**Kate Shenker-Powers, MSW, ICSW**  
Case Manager  
kshenker@nescoinc.org  
243-5252 Ext. 207  
Mondays-Thursdays

## Need Help Filing Your Taxes?

It's that time again! Tax season is upon us. The IRS will begin accepting tax returns on January 31, 2014. Unless an extension is requested, taxes are due Tuesday, April 15, 2014. Electronic filing is encouraged to expedite the processing of the returns and generate faster refunds through direct deposit. Each year, volunteers are available to provide income tax assistance to low and moderate income individuals. Here are several programs available this tax season:

### AARP Tax-Aide program

AARP provides tax assistance to low and moderate income taxpayers who are age 60 and older. AARP Tax-Aide volunteers are trained to assist with filing the 1040 Form and the more standard schedules such as Schedules A and B.

Electronic filing is offered at most sites with no charge to the taxpayer. AARP Tax-Aide also offers free, online assistance to answer your questions 24 hours per day, 7 days per week. To find a location near you, call (866) 448-3611 or check out: [www.aarp.org/applicationsVMISLocator/searchTaxAideLocations.action](http://www.aarp.org/applicationsVMISLocator/searchTaxAideLocations.action)

### Volunteer Income Tax Assistance (VITA)

VITA is a cooperative effort from the IRS and the state to provide income tax assistance for the elderly, and non-English speaking residents. It is aimed at those who cannot afford to have a tax preparation service do their returns.

VITA volunteers will fill out and file only a limited number of forms including: 1040EZ; 1040A with Schedules 1, 2, 3, and EIC; 1040 with Schedules A, B, C-EZ, and R; Form 1040V (payment voucher); Form 2441 (child and dependent care credit); WI Form 1, 1A, and WI-Z; Wisconsin Homestead Credit (household income of less than \$24,500). Both spouses must be present to file a joint return.

## Walk-in Office Hours

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

Where?	When?
Sherman Glen	1st Monday/month February 3 from 2-3 pm

Taxpayers seeking assistance from one of these programs should bring the following documents:

- W-2 wage and tax statement information on other sources of income and any deductions.
- Social Security cards for the taxpayer(s) and dependents.
- A rent certificate and/or a copy of a 2012 property tax bill and a record of any Wisconsin Works (W2) payments received in 2012, if claiming the Homestead Credit.

*Published, in part, with permission from the Legal Services Team at the Greater Wisconsin Agency on Aging Resources' Elder Law & Advocacy Center.*

### *Free tax preparation services available for seniors (VITA)*

#### **Lakeview Branch Library**

2845 N. Sherman Ave.

Mondays: 27 January-7 April

1:00-4:30 pm

Thursdays: 30 January-10 April

1:00 p.m.-4:30 p.m.

**Call 246-4547 to make an appointment**

**(Appointment is required)**

#### **Villager Mall—Financial Education Center**

*Richard Dilley Tax Center*

2300 S. Park St., Lower Level, 608-261-5077

27 January-14 April

Monday and Wednesdays: 12:00-6:00 p.m.

Saturdays: 9:00-3:00 p.m.

**No appointment required**

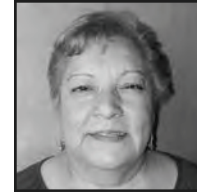
# Cultural Diversity Senior Programs

## 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 February, 2-4 pm**  
**@ Quaker Housing (2025 Taft St)**

We will celebrate “love day.” We will have treats and make cards and candy bags for that special someone or to keep for yourself.

### Diabetes Support Group

**Thursday, 27 February, 2-4 pm**  
**@ Romnes Apartments (540 W. Olin Ave)**



Find out the effect that diabetes can have on your eyes. We will have a speaker on the subject, please have your questions ready.

### Discussion Group

**Wednesday, 12 February, 6-8 pm**  
**@ Madison Senior Center (330 W. Mifflin St.)**

This month we will have a Valentine’s Day Celebration. Limited transportation available. *Offered in Spanish only.*

### Bilingual Bingo

**Friday, 14 February, 10:30 am-12 pm**  
**@ Warner Park Community Recreation Center**

Try your luck at nickel bingo at 10:30 am and stay for lunch at 11:30 am. Limited transportation available.

### Computer Class

**Friday, 14 February, 12:15-2:30 pm**  
**@ Vera Court Neighborhood Center**

Limited transportation available. *Offered in Spanish only.*

### Grandparents Raising Grandchildren Support Group

**Wednesday, 26 February, 6-8 pm**  
**@ Madison Senior Center (330 W. Mifflin St.)**

This month we will be discussing daily weather. Limited transportation available. *Offered in Spanish only.*

## Calling All Crafters

NESCO is in need of homemade scrubbies, dish towels (to hang on an oven door) dish clothes or other homemade items to sell at our mini craft fair for our AppleFest fundraiser in the Fall. If you can help us out

by making some of these craft items and donate them to NESCO, we would greatly appreciate it. Items can be dropped off at the NESCO office between 8-4:30 M-F between now and October. Donations are tax deductible.



## “They were wonderful.”

We hear kind words consistently. We’re proud that people feel comfortable enough with us to openly tell us how much they appreciate what we did for them. In fact, it’s this appreciation that drives us to offer the very best in comfort, compassion and service.



**Life Celebration Centers**  
(608) 221-5420  
East Madison/Monona • West Madison/Middleton  
Stoughton • Oregon • Cross Plains

# Volunteer Opportunities



**Laura Sherrington, BS**  
Volunteer Coordinator  
lsherrington@nescoinc.org  
243-5252 Ext. 204

## Bingo Callers Needed

We are looking for volunteers to call bingo on Fridays from 10:30-11:30am. Please contact Katie Kluesner if interested.



## Brat Fest Volunteers

This once a year, community-based event will be held over Memorial Day weekend (23-26 May) rain or shine on Willow Island (next to the Alliant Energy Center). All proceeds will benefit the groups and charities that help staff the event. You can help us raise money for the North/Eastside Senior Coalition by volunteering to help out at the event. Various jobs are available—from grilling to golf cart valeting. Each volunteer will get a free brat and a t-shirt. Sign-up starts in February so contact Laura ASAP.

## Dining Site Volunteers

We are looking for volunteers to help at the Senior Dining Site Monday-Friday from 9:30am-12:30pm. The volunteer will assist the Dining Site Manager in general luncheon set-up, serving and clean-up. The volunteer is offered a nutritious lunch for their time. Please contact Katie Kluesner if interested.

## Home Chore Volunteers

Volunteers are matched with a senior to help the senior adult with light housecleaning, yard work, or gardening once a week or bi-weekly. You may also help with Household chores. The hours can be flexible to fit your schedule. Please contact Laura Sherrington.

## Snow Removal Volunteers

The snow is here and we need snow shovelers! We are looking for some able-bodied volunteers to help shovel walks and driveways for our North/Eastside Senior adults. The hours can be flexible to fit your schedule. Interested adults or students, call Laura Sherrington.

# 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 Margaret Rentmeesters.*



Margaret Rentmeesters has lived in Madison since 1949. She graduated from high school in Hurley, WI, and later made her way down to Madison. Margaret married and raised seven children in addition to working as a home care provider for many years. Margaret has been a volunteer with NESCO for the past six

years. She started volunteering with us at AppleFest. Margaret made a lot of clothes for her children when they were growing up and for the last four years has used her sewing skills to provide mending services for our seniors as part of the NESCO Sewing Club. Margaret also crochets beautiful hand bags using recycled plastic bags and has taught a couple classes for NESCO showing people how to make these bags.

Aside from volunteering with NESCO, she has helped organize many book sales at the Downtown Public Library. In addition Margaret volunteers at the St Vincent de Paul Society and the Madison Senior Center. In 2013 Margaret received the Senior Volunteer of the Year Award from Rotary International for her outstanding work as a volunteer. Margaret is very conscientious about the environment and always looking for ways to help conserve our natural resources. Margaret enjoys spending her free time reading, she is a member of the NESCO book club, and spending time with her children and two grandchildren.

**Thank you Margaret for all you do for NESCO!**

*Quality of Life* for your Loved One

*"From Check-Ins to Live-Ins, a National Leader in Home Care Services"*

- Companionship (including cueing, monitoring & activities)
- Assistance with walking
- Meal preparation and clean up
- Running errands and driving to appointments
- Light housekeeping and laundry
- Alzheimer's and Dementia Care
- Medication reminders
- Up to 24-hour Care & Live-in
- Personal care (bathing, dressing & grooming assistance)
- RN Supervised, Bonded & Insured
- Many more

FREE In-Home Assessment  
**608-729-5365** [www.seniorhelpersmadison.com](http://www.seniorhelpersmadison.com)

## Business Member Spotlight

As a token of our appreciation for our outstanding business members, we host a spotlight each month to share their contributions with you. This month, we're highlighting Woodman's Markets.



In 1919, John Woodman and his farmer family started a produce stand in Janesville, WI. In 1921, he and his son, Willard formed Woodman's Grocery. By 1936, Willard was the owner of 49 grocery stores in Janesville. Today, Woodman's Market has locations all across Wisconsin and Illinois.

**Woodman's Market** provides a wonderful variety of products at affordable prices and attract staff whose service is exemplary. Woodman's supports many local community organizations and non-profits through their charitable giving program. Woodman's has supported various NESCO events over the years, including our Senior Health Fair, Volunteer Recognition Lunch and Senior Prom. Some of the other organizations Woodman's supports include the American Red Cross, American Cancer Society, Make-A-Wish Foundation, and Special Olympics.

**We would like to formally thank Woodman's Market for their support of NESCO and for the services they provide to senior adults and their families.**

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2010 Eastwood Dr #201 Madison, WI 53704  
(608) 244-1354 [www.hill-law-firm.com](http://www.hill-law-firm.com)

## NESCO Membership

**NESCO memberships run January-December each year. To ensure you receive a monthly newsletter, sign up today!**

As a member you receive discounts from our local business partners (see pg. 3). You simply need to show your 2014 NESCO membership card when you frequent the business to receive a discount.

For those who were members last year now is the time to renew your membership for 2014. Reminder letters will be mailed in late January for 2013 members.

In an effort to reduce the cost of printing and postage, we ask our members with e-mail, to provide their email address and we can email you *the Golden Times* each month if you wish.

NESCO does NOT share this information with others—it will be used to send occasional announcements to members.

## Inclement Weather Policy

If the Madison Metropolitan School District closes its schools due to weather conditions, all NESCO senior dining sites, programs, and activities will be cancelled and closed. School closings are announced on all the major TV networks and radio stations.

### Comforting Solutions for In-Home Care

Do you want to remain safe and happy in your own home?

From a couple of hours a week to 24/7 care, Comfort Keepers is here to help you preserve your independence. We offer flexible, affordable and interactive home care.



#### Companion & Homemaking Services:

- Companionship • Meal Preparation
- Light Housekeeping • Laundry & Linens
- Grooming & Dressing Guidance
- Transportation & Shopping • Respite and More..

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- Speech Therapist • Meals on Wheels (M-F)
- Home Modification

#### Specializing in:

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For more information or to set up a FREE in-home consultation, call:  
**608-442-1898**  
Serving South Central Wisconsin

# 2014 World Trips

The following trips are being offering in conjunction with Fitchburg Senior Center:

## Texas Cowboy Country April 18-26



Presented by Mayflower Tours. Includes visits to National Cowboy & Western Heritage Museum, San Antonio River Walk, the Alamo, Y.O. Ranch, Fort Worth, Lyndon Johnson Ranch State Park, Texas White House, and many war museums.

Cost: \$1,399/person.

For reservations, call (800) 728-0724

## Cruising Scandinavia May 28-June 9



Presented by Collette Vacations. Fly to Stockholm with tours of City Hall, Old Town, Riddarholm Church, Royal Palace, and Vasa Ship Museum. Also board the Royal Caribbean cruise ship to Norwegian fjords. Visit Flam, Alesund, Geirangerfjord, and Bergen.

Cost: \$4,699/person.

For reservations, call (800) 852-5655 x3272

## Pacific Coast Adventure August 7-16



Presented by Globus. Starts in Seattle with tours of the Space Needle, Boeing's Future of Flight Aviation Center, Pike Place Market, and Pioneer Square. Portland tours include International Rose Test Gardens, Taste of Portland & Mount Hood Winery tasting. Visit the Evergreen Aviation Museum and the Oregon Coast Aquarium. Experience a glass enclosed jetboat ride on the Rogue River and see the Redwood National Park, as well as the 19th century Solano Mission & Gloria Ferrer Caves & Vineyard. Finish by crossing the Golden Gate Bridge in San Francisco.

Cost: \$2,582/person.

For reservations, call (866) 306-1431

## Discover Panama October 9-17

Presented by Collette Vacations. Fly to Panama City to board the Pacific Queen for a Panama Canal cruise. See Mercado de Mariscos, Plaza de la Independencia, Presidential Place & National Theater. Drive up the mountains to Anton Valley and visit Museum El Valle & El Nispero Zoo.

Cost: \$2,549/person.

For reservations, call (800) 852-5655 x3272

**Note:** If you're a single traveler & need a roommate, please call Fitchburg Senior Center at 270-4290. We'll keep a list & call you if we find a match.

## 2014 NESCO Trips

### Potawatomi Casino

#### Milwaukee

**Tuesday, 11 March, 8:00 am-5:30 pm**

You will receive \$5 in bonus play, \$10 for the Firekeepers Club, and \$10 food & beverage credit (You are responsible for the cost of your own lunch.) We are partnering with the DeForest Senior Center on this trip to help fill the bus.

Cost: \$28 NESCO Member  
\$43 Non-Member

Pick-up at Sherman Glen & WPCRC  
**Registration Deadline: 28 February**

### Lambeau Field

#### Green Bay

**Thursday, 17 July, 9:00 am-5:00 pm**

Enjoy a 90 minute tour of the home of the Green Bay Packers! See the private suites as well as the players tunnel, and take in the history of the Packers! We will also be having lunch at Curly's Pub, which is not included in the price.

Cost: \$47 NESCO Member  
\$62 Non-Member

Pick-up at Sherman Glen & WPCRC  
**Registration Deadline: 1 July**

### Boat Tour

#### Wisconsin Dells

**Wed, 20 August, 10:15 am-4:30 pm**

Join us for a scenic boat ride and take in the sights of the Upper Dells river! We will be seeing high cliffs and dramatic formations such as "Stand Rock" and "Witches Gulch." You will also be having lunch, which is not included in the price.

Cost: \$40 NESCO Member  
\$47 Non-Member

Pick-up at Sherman Glen & WPCRC  
**Registration Deadline: 6 August**

## NESCO's Cancellation Policy:

There are NO payment refunds for NESCO sponsored day trips after the registration deadline has passed. Partial refunds may be grants for the extended trips. Be sure to inquire about this prior to making your reservation and paying the fee.

## Fact or Fiction? Ask the Nurse!

Do you have questions about health information? In this column, nurses from the **UW-Madison School of Nursing** will answer common health and wellness questions and help us figure out FACT from FICTION.

### Question: My temperature is 99°. Am I sick?

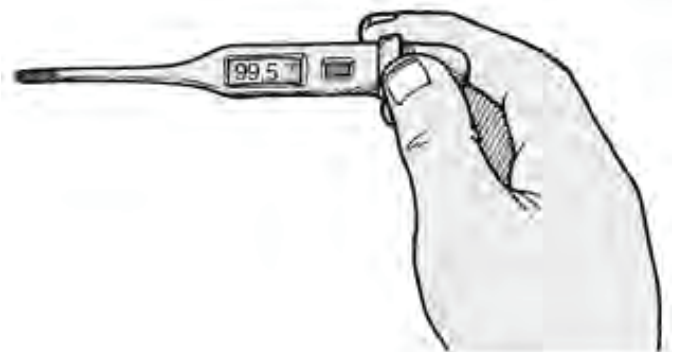
You are probably not sick if your only symptom is a temperature a little higher than usual for you. While a temperature of 98.6° is considered "normal", that is actually just an *average* temperature. Your normal temperature may be a little higher *or* lower than that.

### FACT:

Your normal temperature can change throughout the day. It may be as low as 97°F in the morning or as high as 99.6°F in the late afternoon. Your temperature may go up when you exercise, wear too many clothes, take a hot bath, or are exposed to a hot climate. Generally, a slight fever is nothing to worry about. A fever is your body's healthy reaction to an infection or illness.

However, you should call your clinic if:

- You have a temperature above what is normal for you more than 3 days in a row.
- Your temperature is more than 103°.
- You have any other severe pain, swelling, difficulty breathing, rash, unusual stiffness in your neck, or other unexplained symptoms.



## Survey Says...

In November and December of 2013, NESCO conducted a survey in three of our major program areas: case management, cultural diversity, and senior programs. The results are listed below.

### Senior Programs

As a result of participating in NESCO's programs in 2013:

- 91%** of our seniors improved their physical and mental health.
- 92%** of our seniors improved their ability to avoid disease and disability.
- 92%** of our seniors felt like they contributed to the community and were more engaged with other seniors.

### Cultural Diversity Program

As a result of participating in NESCO's groups or activities in 2013:

- 100%** of our Latino seniors are more aware of the health risks associated with diseases and disabilities common in aging.
- 95 %** of our Latino seniors took steps to change one or more unhealthy behavior in their lives.
- 95 %** of our Latino seniors believe their involvement in this program has helped me feel less isolated in the community.

### Case Management Program (Both English & Spanish Speaking Seniors)

- 100%** rated their overall satisfaction with their case manager as satisfactory or excellent.
- 100%** rated the information received from their case manager as satisfactory or excellent.
- 94%** felt case management services have assisted them in remaining independent in their own home.

**Thank you to all of those who participated!**



## AFFORDABLE HOUSING OPTIONS

### MADISON AREA APARTMENT COMMUNITIES

All Saints • Capitol Centre • Dryden Terrace  
Eastpointe • Fisher Taft • Homestead  
Kennedy Heights • Lakeview • Lion Terrace  
Maple Terrace • Meadow Park • Northpointe  
Segoe Terrace • Southridge Village  
The Reservoir • Terrace East • Terrace West



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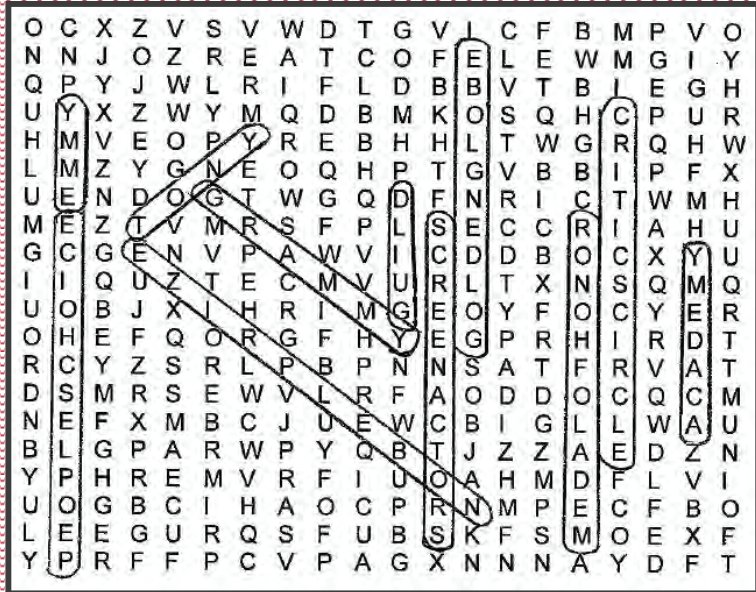


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608.836.1152 or Toll Free 1.800.236.6262



# Answers (from page 19)



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President**



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**(608) 441-8620**

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# Local Resources

## MSCR Programs @ WPCRC

### Acrylic & Oil Painting

Monday, 17 March—19 May, 9 am-12 pm

Learn many acrylic and oil painting techniques along with color mixing and composition. All levels welcome. Cost \$90

### Modern Line Dancing—Beginners

Tuesdays, 22 April—27 May, 2-3 pm

Enjoy learning fun line dances to various genres of music, including country, pop, rock, hip-hop, Latin and Broadway, while getting some good exercise. This class is for new participants. No partner necessary.

Cost \$18

**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

Sat: 12-1 pm



Room/equipment use is free; however, a WPCRC ID card is required. Inquire at WPCRC front desk. Call 245-3690.

## 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.

Feeling off?

**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

# Shopping Trips

## Call 294-8747

### Group Access Bus Service (\$1/way)

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

Hy-Vee, 10 am-1 pm (1st Monday)

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

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

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



## Sherman Glen APARTMENT HOMES

Active Independent Living for 55+

Great Amenities and Affordable

**1 Bedroom Apartments \$790\***

**2 Bedroom Apartments \$940\***

Come see why our residents love it here!



Intercom Controlled Entry  
Small Pets Welcome • Social Activities  
Walk to Shopping/Dining  
Elevators • Underground Parking  
Private Balcony/Patio • Heat Included!

Call Marianne to schedule a personal tour

1110 N. Sherman Ave.  
241-1190



\* Restrictions apply

## Awards Word Search

O C X Z V S V W D T G V I C F B M P V O  
 N N J O Z R E A T C O F E L E W M G I Y  
 Q P Y J W L R I F L D B B V T B I E G H  
 U Y X Z W Y M Q D B M K O S Q H C P U R  
 H M V E O P Y R E B H H L T W G R Q H W  
 L M Z Y G N E O Q H P T G V B B I P F X  
 U E N D O G T W G Q D F N R I C T W M H  
 M E Z T V M R S F P L S E C C R I A H U  
 G C G E N V P A W V I C D D B O C X Y U  
 I I Q U Z T E C M V U R L T X N S Q M Q  
 U O B J X I H R I M G E O Y F O C Y E R  
 O H E F Q O R G F H Y E G P R H I R D T  
 R C Y Z S R L P B P N N S A T F R V A T  
 D S M R S E W V L R F A O D D O C Q C M  
 N E F X M B C J U E W C B I G L L W A U  
 B L G P A R W P Y Q B T J Z Z A E D Z N  
 Y P H R E M V R F I U O A H M D F L V I  
 U O G B C I H A O C P R N M P E C F B O  
 L E E G U R Q S F U B S K F S M O E X F  
 Y P R F F P C V P A G X N N N A Y D F T

### Word List

Academy  
 Critics Circle  
 Emmy  
 Golden Globe  
 Grammy  
 Guild  
 Medal of Honor  
 Nobel Prize  
 Peoples Choice  
 Screen Actors  
 Tony

responsiblenergy

# turn it down when you're not around



Save energy and money this winter. Turn back your thermostat while asleep or at work. Each degree can save 1% on your heating bill. If we all setback 1°, we'll save enough gas for 3,100 homes. Bigger setbacks save even more.

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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
Access to Independence	242-8484
ADRC Phone Center	240-7400
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
Goodman Community Center	241-1574
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
MG&E	252-7222
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
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
Wil-Mar Neighborhood Center	257-4576

## Wish List

- Bingo Callers
- BratFest Volunteers
- Dining Site Volunteers
- Home Chore Volunteers
- Snow Removal Volunteers

Home-Made Craft Items

For a more extensive Wish List,  
contact 243-5252 or [info@nescoinc.org](mailto:info@nescoinc.org).

## Senior Explorers Club



M  
G  
&  
E

The Explorers Club toured the Madison Gas & Electric Blount Station last year. The Club goes somewhere different every month to take a tour and have

Look for more photos on our Facebook page.