

the Golden Times

For senior adults & their families.

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

North/Eastside
SENIOR
Coalition

20th Annual *Summer Concerts*

Mondays, 6-7:30pm @ Warner Park Shelter
Free & Open to the Public!

June 16: **Mariachi Juvenil sin Fronteras** (Mariachi)

June 23: **Ladies Must Swing** (Swing)

June 30: **Natty Nation** (Reggae)

July 14: **Fuzzy Side Up** (50's-70's Rock)

July 21: **Wild Heart** (Country)

July 28: **Westside Andy** (Blues & Rock)

August 4: **Rain Date**

Supported by: *BMO Harris Bank, Boomerangs Resale Store and Door Creek Church, Dane Art* (additional funding from the *Evjue Foundation*, charitable arms of *The Capital Times*), *Madison Mallards, Oak Park Place, and Thrivent Financial for Lutherans*

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

Accredited by the National Institute of Senior Centers (2009-2014) and the Wisconsin Association of Senior Centers (2013-2017)

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

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

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Drew Simonsen, MBA
Office Manager
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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.

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The Golden Times

North/Eastside Senior Coalition, Inc.

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Madison, WI 53704

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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
July 15, 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

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Diane Walder, *Marketing*
Communications Consultant

Laurie Wegger, *Personnel*
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Kathy Esser
Senior Dining Site
Substitute Manager

Henry Payne
Senior Dining Site
Substitute Manager

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 2014 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)

- Newsletter
- Case Management
- Home Chore Programs
- Endowment Fund
- Cultural Diversity Programs
- Intergenerational Programs
- Social & Educational Programs
- 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)

June Programs



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

5¢ Bingo

***First 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 A Tale for the Time Being by Ruth Ozeki and pick up the book for July, Smilla's Sense of Snow by Peter Hoeg.

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

Third Tuesday, 11:30 am

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

Cards Anyone?

Various cards games are played at the dining site.
Euchre Mondays, 8:30-11:30 am
Sheepshead 1st & 3rd Wednesdays, 1-3pm

Card-Making Club

Second & Fourth Wednesdays, 1 pm

Help create home-made cards for all occasions. All proceeds go to support our programs and services. We sell these cards in our office M-F 8am-4:30pm.

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.

Low-Vision Group

Third Thursday, 10:15 am

Susan from the Low Vision Store will be here to show her devices that are useful. For more information contact Katie.

Nutrition Education: Dairy

Third Monday, 11 am

June is Dairy month! Join Nutrition Educator, Martin Salas, from Dane County UW Extension and taste different types of cheese and get in the mooood for foods from the dairy group.

Ping Pong League

Tuesdays, 12:30-3:30 pm, WP Game Room

A senior ping pong league has started! There is no need to pre-register, just show up! Warner Park will require an ID card when you arrive. There are open ping pong times for players not in this league. Please see Warner Park front desk for those times.

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.

Walk Warner Park

Wednesdays, 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.

Meet in the Dining Site.

Wii Games

Various Days, 10 am

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

June Programs

We Celebrate in June

Flag Day
Father's Day
National Dairy Month
National Safety Month
Summer Solstice

Current Events

Mondays, 10:30 am, Com Rm 3

A lot of events happen during the week and weekend. Let's start our week off by discussing current events.

Technology Help Appointments

Tuesdays, 9-11:30 am, NESCO Break Room

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

Mental Health Awareness

Monday, June 2, 10:30 am, Com Rm 3

Vintage Dress Show

Wednesday, June 4, 10:30 am, Com Rm 2 & 3

"Presentation of Vintage Dresses From the 20th Century" by Ruth Thomas. Ruth lives in Elmhurst, a suburb of Chicago, and has given variations of this presentation many times for several years. She will talk about the styles of dress and the historical influence on women's clothes as the dresses are being modeled.

Pain Management

Thursday, June 5, 10:30 am, Com Rm 3

Polly will be talking about different ways to manage pain; from incense to prescription drugs.

Case Manager Presentation

Monday, June 9, 10:30 am, Com Rm 3

Kate will give a short presentation on case management and how they can help. Please bring any questions you may have.

Euchre Tournament

Monday, June 9, 11 am, Lakeview Lutheran

For players of all levels of experience. Prizes for the top three finishers. Please bring a salad or dessert to share. Must pre-register by Thursday, June 5, call 608-244-6181

Elder Abuse Awareness

Wednesday, June 11, 10:30 am, Com Rm 3

What is elder abuse and who can help?

Safety Series

Thursday, June 12, 10:30 am, Com Rm 3

Thursday, June 19, 10:30 am, Com Rm 3

Thursday, June 26, 10:30 am, Com Rm 3

Learn how to improve safety inside and outside of your home.

Farmer's Market Voucher

Distribution

Friday, June 13, 9 am, Meeting Room

Please see page 10 for more information.

Summer Concert Series

Mondays in June & July, 6 pm, Warner Park Shelter

June 16- Mariachi Juvenil sin Fronteras

June 23- Ladies Must Swing (swing)

June 30- Natty Nation (reggae)

July 14 - Fuzzy Side Up (rock)

July 21 - Wild Heart (country)

July 28 - Westside Andy (blues/rock)

NESCO offers FREE transportation for seniors in our service area. Please call 243-5252 to sign up.

Father's Day Celebration

Monday, June 16, 10:30 am, Com Rm 3

Father's Day is June 15, 2014 in many countries. It is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. Let's celebrate all of the wonderful fathers out there!

Summer Solstice Party

Tuesday, June 17, 10:30 am, Com Rm 2 & 3

The summer solstice occurs when the sun reaches its highest position in the sky. We will be celebrating with live music and fun in the sun!

Crafts

Wednesday, June 18, 10:30 am, Com Rm 3

Because of the nice weather, we will be having crafts once a month until fall comes.

June Programs (cont.)

Senior Explorers Club:

Olbrich Gardens

Monday, June 23, 9:15 am, WPCRC Lobby

The Explorers Club will be visiting Olbrich Gardens. Meet in the Warner Park lobby at 9:15 am, drivers are needed. The cost will be \$5/person. We will have lunch after the tour. Call 243-5252 to sign-up by Thursday, June 19.

Free Medication Reviews

Tuesday, June 24, 9:30 am-3:30 pm, Mtg Rm

Please see page 10 for more information.

Money Management

Tuesday, June 24, 10:30 am, Com Rm 2 & 3

Ben Crutcher will be back from Edward Jones, to talk about money management.

Madison Mallard Baseball Game

Wednesday, June 25, 7:05 pm

Let's go out to the ball game! NESCO has reserved some tickets for the Madison Mallards baseball game against the Wisconsin Woodchucks. You can choose to purchase a seat and Mallards hat for \$10 or join in the tailgate inside the Mallards park with unlimited food and soda before the game for \$18. Tickets are available on the Mallards website, be sure to tell them you are part of the North/Eastside Senior Coalition group, or you can sign up at the NESCO office. Deadline is Wed., June 11th.

Foot Care Clinics

NESCO and **Home Health United** 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. Don't forget your towels!

- | | |
|----------------|---|
| June 2 | <i>Eastside Shopping Center (2nd Floor)</i>
2705 E. Washington Ave
1:30-3:50 pm |
| June 10 | <i>St. Paul Lutheran Church</i>
2126 N. Sherman Ave
1:00-3:30 pm |
| June 13 | <i>Warner Park Community Rec. Center</i>
1625 Northport Drive
10:00 am-12:30 pm |
| June 17 | <i>Lakeview Lutheran Church</i>
4001 Mandrake Road
1:30-4:00 pm |

Mark Your Calendar

Northside Independence Day:

A Family Celebration

Saturday, July 5, 9 am-3 pm

Warner Park Shelter

Come play Ping Pong or Bocce Ball at the 1st Annual Northside Independence Day at Warner Park. There will also be live music, food from local vendors and games and activities for all ages! The Mallards are hosting a free concert that night with a fireworks show after the concert. This event is being planned by a group of Northside volunteers with assistance from the Northside Planning Council, NESCO, MSCR and WPCRC.

Make Music Madison

Saturday, June 21, All Day, Warner Park Shelter

Make Music Madison is an annual one-day citywide, free, outdoor music festival held on the Summer Solstice. The goal is to generate a continuous wall of music as people walk around participating spaces. On the northside, the Warner Park Shelter is a space where there will be music, all day. For more information, visit <http://www.makemusicmadison.org/>

12th Annual Madison Blues Society Picnic

Sat, June 28, Noon-9 pm, Warner Park Shelter

Admission is FREE but people are encouraged to bring non-perishable items for donation to the River Food Pantry. Blues Music played by Kyle Henderson, the Boys & Girls Club of Dane County, Altered Five, Chris Aaron Band with Special Guest Jim Schwall, Barrelhouse Chuck Blues Band featuring Westside Andy & Billy Flynn, and ending with Aaron Williams and the Hoodoo. Bring your own lawn chair or blanket to sit on. There will be vendors selling food of various types and beverages of beer, wine, sodas and water. Many prizes will be raffled and some blues-related merchandise will be available for purchase.



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


Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 Euchre 10:30 Mental Health <i>w/ Veteran Affairs</i>	3 9:00 Technology Help Appointments 10:00 Book Club 10:30 5¢ Bingo Caller: Pam Bracey <i>(NESCO Cultural Diversity Specialist)</i> 12:30 Ping Pong	4 10:30 Exercise Video 10:30 Walk Warner 10:30 Vintage Dresses Style Show 1:00 Sheepshead	5 10:00 Sewing Club 10:30 Pain Management	6 9:00 Free Chair Massage 10:30 5¢ Bilingual Bingo 12:15 Bilingual Medication Reviews
9 8:30 Euchre 10:30 Current Events 10:30 Case Manager Q&A 11:00 Euchre Tournament <i>@ Lakeview Lutheran</i>	10 9:00 Technology Help Appointments 10:30 Wii 12:30 Ping Pong	11 10:30 Exercise Video 10:30 Elder Abuse Awareness 10:30 Walk Warner 1:00 Card Club	12 10:30 Safety Series	13 9:00 Farmer's Market Voucher Distribution 10:00 Foot Clinic 10:30 5¢ Bingo
16 8:30 Euchre 10:30 Father's Day Celebration 11:00 Nutrition Education 6:00 Summer Concert	17 9:00 Technology Help Appointments 10:30 Summer Solstice Party 11:30 Blood Pressure Clinic 12:30 Ping Pong	18 10:30 Chair Yoga 10:30 Walk Warner 10:30 Crafts 1:00 Sheepshead	19 10:00 Sewing Club 10:15 Low-Vision Support Group 10:30 Safety Series	20 10:30 5¢ Bingo Caller: Mary Simonsen <i>(NESCO Volunteer)</i>
23 8:30 Euchre 9:15 Explorers Club 10:30 Current Events 6:00 Summer Concert	24 9:00 Technology Help Appointments 9:00 Medication Reviews 10:30 Money Management w/Ben Crutcher <i>Edward Jones</i> 12:30 Ping Pong	25 10:30 Chair Yoga 10:30 Walk Warner 1:00 Card Club 7:05 Mallard's Baseball Game	26 10:30 Safety Series	27 10:30 5¢ Bingo Caller: Don Klemstine <i>(NESCO Volunteer)</i>
30 8:30 Euchre 10:30 Current Events 6:00 Summer Concert				

June Senior Dining Menu @ WPCRC

Location: 1625 Northport Dr.

Serving 11:30 am

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Brat/Baked Beans Dill Baby Carrot Fruit Cocktail Peanut Butter Cookie MO-Veggie Dog	3 Tuna Chop Salad Apricots Cream Pie MO- Egg Salad	4 Birthday Cake Baked Chicken Baked Potato Peas & Cheese Salad Mandarin Oranges MO-Veggie Pizza	5 Swedish Meatballs Wild & Brown Rice 4-Bean Salad Cantaloupe/Fruit Bar MO-Red Beans & Rice	6 Turkey Beet Salad Pears Ice Cream MO- Veggie Wrap
9 Chicken Salad Croissant Broccoli Slaw Jell-O MO-Egg Salad	10 Taco Salad Mixed Fruit cup Oatmeal Cookie Bar MO- No Meat	11 Fish Sandwich O'Brien Potatoes Coleslaw Fruit Pie MO-Cheese Sandwich	12 Cheeseburger German Potato Salad Apple Sauce Pistachio Pudding MO-Tomato Basil Patty	13 Spaghetti Toss Salad Garlic Bread Sherbet MO-Meatless Sauce
16 Meatloaf Scalloped Potatoes Stewed Tomatoes Cheesecake MO-Soy Patty	17 Grill Chicken Breast Italian Pasta Salad Carrot Sticks Watermelon MO-Hummus Sandwich	18 Ring Bologna Oven Fried Potatoes Cucumber Salad Strawberry Ice Cream MO-Veggie Dog	19 Chef Salad Raisin Bran Muffin Peach MO-No Meat	20 Pork Tenderloin/Gravy Mashed Red Potatoes Broccoli Banana MO-Tomato Basil Patty
23 Shredded Beef Spinach Salad Apple Yogurt MO-Cheese Sandwich	24 Stuff Green Peppers Mashed Potatoes Cottage Cheese Fruited Jell-O MO-Meatless	25 Cobb Salad WW Roll Mixed Berries MO-No Meat	26 Baked Fish Potato Wedges 7-Layer Salad Pineapple Chunks MO-Soy Patty	27 Country Ribs Herbed Potatoes Corn Tropical Fruit MO-Veggie Lasagna
30 Turkey Broc/Cauli. Salad Cranberry Juice Oatmeal Raisin Cookie MO-Hummus Sandwich			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 \$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.

June 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
2 Chicken Caesar Salad	3 Spinach & Feta Empanadas	4 Mac & Cheese with Bacon	5 Turkey Pot Pie Cheesy Potatoes	6 Chicken Fettuccine Alfredo
9 Baked Cod Baked Potato	10 Bleu Cheese Stuffed Pork Chops	11 Beef Stir-Fry	12 Vegetable Lasagna	13 Vegetarian Chili Corn Bread
16 Clam Chowder Carrots & Peas	17 Hamburgers Potato Wedges	18 Baked Chicken Roasted Veggies	19 Roast Turkey/Gravy Mashed Potatoes	20 Baked Cod Baked Potato
23 Chicken Caesar Salad	24 Vegetable Lasagna	25 Mac & Cheese with Bacon	26 Turkey Pot Pie Cheesy Potatoes	27 Beef Stir-Fry
30 Brat on a Bun Potato Salad				

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



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(608) 244-1354 www.hill-law-firm.com

Case Management Services



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Mondays-Fridays



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Kate Shenker-Powers, MSW, ICSW
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243-5252 Ext. 207
Mondays-Thursdays

Free Medication Reviews

Free medication reviews from a local pharmacist will be provided at the North/East Side Senior Coalition on **Tuesday, 24 June between 9:30 am and 3:30 pm.**

Appointments **MUST** be set up ahead of time. There will be 2 pharmacists available, and the appointments will last about 1 hour. Please contact NESCO to schedule your appointment and to find out what paperwork is needed before your appointment. NESCO coordinated three med review sessions last year and feedback from the seniors were that they were very useful and the suggestions from the pharmacists often saved them money. The med review program is sponsored by the United Way of Dane County.



Farmers Market Vouchers

The Senior Farmers' Market Nutrition Program (SFMNP) is being continued in 2014. Vouchers will be distributed in a first come-first served basis to qualified seniors. Mary Browning will be at NESCO on June 13 between 9-10:30 am to distribute.

To be eligible you must be 60 years old or over, live in Dane County, and be under 185% of the poverty level (gross income must be under \$21,590 per year or \$1,800 month for a one person household and under \$29,101 or \$2,426 per month for a 2 person household.)

You may be asked to prove eligibility so bring documentation with your birth date and **one** of the following: income tax form, Homestead form, social security award letter or a review letter from subsidized housing.

If you need someone to pick up the vouchers for you, a designated person must have a signed form and the documentation required and be designated prior to coming to pick up the vouchers.

Walk-in Office Hours

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

Where?	When?
Sherman Glen	1st Friday/Month 6 June for Coffee Hour

Or arrange a pick-up time with a Case Manager. Call NESCO for more information. **Vouchers can not be mailed!** For further information you may contact Mary Browning (261-5678 or browningmary@countyofdane.com)

Homeless Storage Facility

You can store your belongings for free at the Social Justice Center (1202 Williamson St.) Their hours are 7-10 am and 4-9 pm, and they are open 7 days a week. For more information contact: Z or Sarah (371-9276 or theshineinitiative@gmail.com)

Free Pet Food & Delivery

This program is **FREE** for homebound seniors age 60+ in the NESCO service area. NESCO and Mounds Pet Food Warehouse provide you with free pet food, both cat and dog pet food, each month and deliver it to your residence. Mounds Pet Food Warehouse donates the food for this program. Mounds *Dog Power* features formulas for all the life stages. *Purrfect Cat* features palatable, high quality ingredients for even your picky felines. Call a NESCO Case Manager at 243-5252 to sign up.

A special thanks to St. Paul's Lutheran Church- Bread of Life Food Pantry.



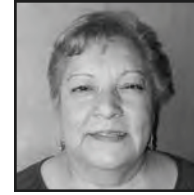
Cultural Diversity Senior Programs

African American Program



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Latino Program



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ysalazar@nescoinc.org
243-5252 Ext. 203

Discussion Group

Wednesday, June 11, 1-3 pm

@ Quaker Housing (2025 Taft St)

***Note the time change**

Let's take action on improving women's mental health. Come with questions and concerns. Men also invited.



Diabetes Support Group

Thursday, June 26, 2-4 pm

@ Romnes Apartments (540 W. Olin Ave)

We will have a speaker from A1C program to discuss the journey of diabetes and the next steps to your journey.

Bilingual Bingo & Computer Class & Medication Reviews

Friday, June 6, 10:30 am-2:30 pm

@ Warner Park Community Recreation Center

@ Vera Court Neighborhood Center

Try your luck at nickel bingo at 11:30 am and stay for lunch. After bingo and lunch, we will be offering a computer class at Vera Court and medication reviews at Warner Park. Limited transportation available. *Offered in Spanish only.*

Discussion Group

Wednesday, June 11, 6-8 pm

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

We will be discussing the importance of nutrition.

Limited transportation available. *Offered in Spanish only.*

Grandparents Raising Grandchildren Support Group

Wednesday, June 25, 6-8 pm

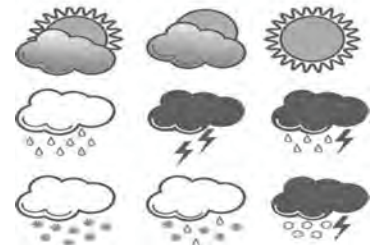
@ Madison Senior Center

(330 W. Mifflin St.)

This month we will be discussing weather tips.

Limited transportation available.

Offered in Spanish only.



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Caregiver Information & Assistance

Are you caring for an aging spouse or parent? Do you have questions about if you are doing things correctly or about how best to help them? Feel free to contact Cortney at 243-5252, Ext. 211 to discuss your situation and learn information and resources that may be helpful.

NESCO's Family Caregiver Resource Fair we be held this September. More details next month.

Volunteer Opportunities



Laura Hunt
Volunteer Coordinator
lhunt@nescoinc.org
243-5252 Ext. 204

Bingo Callers

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

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. Please contact Katie Kluesner if interested.

Home Chore Volunteers

Are you looking for a way to help someone during your busy schedule? Then this program is for you! Volunteers are matched with a senior to help with light housecleaning, yard work, or gardening once a week or bi-weekly, or whenever you can! The hours are flexible to fit your schedule. Please contact Laura Hunt.

Newsletter Volunteers

We are looking for volunteers to help get our monthly newsletters ready for mailing. The group gets together once a month towards the end of each month to put mailing seals and address labels on 800-1,000 newsletters. Please contact Drew Simonsen.

Mowing Volunteers

Volunteers are needed to assist low income older adults with grass cutting. Mowers and gas provided. Time commitment is flexible to help fit your schedule. Contact Laura Hunt to get involved!

Wii Volunteer



We are looking for a volunteer to help seniors play Wii bowling. The day of the week is very flexible: Mondays, Wednesdays, and or Thursdays from 10:30-11:30am. Please contact Katie Kluesner if you're interested.

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 Julio Pimentel.



Julio Pimentel has volunteered with the NESCO Latino Cultural Diversity Program for the last five years. Julio has helped Yolanda by serving food and drinks and helping with the monthly raffle at the Latino Discussion Group and the Caregiver Support Group.

Before coming to the United States, Julio was a public accountant in Peru.

Julio helped his sons run their restaurant on University Avenue, Crandall's until he retired. Julio lives in Madison today with his wife Gladys. They have five kids, twelve grandchildren & one great grandson.

Thank you Julio for all you do!

Welcome Laura



The North/Eastside Senior Coalition is pleased to announce the hiring of Laura Hunt as Special Events & Volunteer Coordinator.

Laura joins our staff with over twenty years experience at the YMCA of Dane County in management, recruitment and training, special events, planning and community outreach. The last

few years at the YMCA she focused heavily on volunteers, and staff development. She's excited to apply those skills to growing the already large volunteer base at NESCO. Originally from Madison, Laura and her husband live on the eastside with their three children Sean (21), Caitlin (17) and Kevin (16). In addition they have a dog, two cats and two turtles. Laura enjoys attending Kevin's lacrosse games and Caitlin's swim meets. She is an active parent volunteer for both teams. She and her husband enjoy going out with friends, historical reenactments and any activities they can do with their family. When Laura has time to herself she enjoys reading, facebook, photography and mini projects around the house and yard.

We are pleased to have Laura on our NESCO team!

2014 NESCO Trips

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

Wednesday, 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." We will also be stopping for lunch, which is not included in the price.

Cost: \$35 NESCO Member/\$42 Non-Member

Pick-up at Sherman Glen & WPCRC

Registration Deadline: 6 August

Holiday Country Music Show

Wisconsin Dells

Sunday, 7 December, 12:45 pm-6:30 pm

Enjoy a two-hour Christmas performance with Maggie Mae at the Crystal Grand Music Theatre in Wisconsin Dells. It's a down home, good ole fashioned show with great music and fun.

Cost: \$45 NESCO Member/\$52 Non-Member

Pick-up at Sherman Glen & WPCRC

Registration Deadline: 10 October

NESCO's Trip 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.

2014 World Trips

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

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 x3046

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.

Business Member Spotlight

Oak Park Place is a warm and caring community where senior adults can live comfortably and receive a full continuum of services. With a variety of settings to choose from including independent living, assisted living, memory care, rehabilitation and skilled nursing care, residents find the assistance they need while maintaining and enhancing their own lifestyles. Since 2006 Oak Park Place has provided quality senior care and services in Dane County.

Oak Park Place has been a strong advocate of NESCO's work with senior adults. Since 2010, Oak Park Place has helped sponsor our Summer Concert Series and have bused their residents to attend the concerts. In addition Oak Park Place has also helped sponsor various other activities including Senior Prom, Come Together Party, Senior Health Fair, Caregiver Resource Fair, Senior Lunches and AppleFest.

We would like to formally thank Oak Park Place for their support of NESCO and for the services they provide to senior adults and their families.



2014 Multicultural Health Fair

The North/Eastside Senior Coalition hosted our 9th Annual Multicultural Senior Health Fair on Friday, May 9, 2014 at Warner Park Community Recreation Center and once again it was a great success. Over two hundred seniors benefited from the 15 FREE health screenings and 31 informational booths present that day.

Thank you

To the following sponsors:

Gold Sponsor:

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Belmont Nursing and Rehabilitation Center
Eternity Homecare
Madison School & Community Recreation
McKinney Dental
Oakwood Lutheran Senior Ministries
Senior Helpers
St. Mary's Golden Care
Warner Park Comm. Rec. Center



Thank you

To the following agencies for providing free health

Screenings:

Body Fat Percent - Group Health Cooperative
Bone Density - UW Osteoporosis Clinical Research Program
Blood Pressure - Eternity Homecare and Home Health United
Eye Health - Eastside Lion's Club
Eye Pressure - Davis Duehr Dean
Diabetes Risk & Glucose - UW Madison School of Pharmacy
Gait/Balance - Dean Clinic Therapy Services
Healthy Bladder - Dean Clinic Therapy Services
Hearing - Dean Clinic Audiology
Memory - Dean Foundation
Skin Cancer - UW Health Dermatology
Spinal - Madison Chiropractic North
Strength - MSCR
Swallow - Meriter Hospital



Thank you

To our wonderful volunteers:

Lorri Pionkowski
Paul & Gloria Van Rooy
Mary Hill
Blinda Beason



Ask the Nurse!

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.

I am sick to my stomach and vomiting. I must have the “stomach flu”!

FACT:

There is no such thing as the “stomach flu”! The flu is a virus that mainly causes symptoms such as fever, body aches, cough or sore throat, and a stuffy or runny nose. Sometimes, people with the flu feel sick to their stomach, but this is quite unusual. Seasonal flu is most common in Wisconsin during the winter months.

Feeling sick with nausea, vomiting or diarrhea can happen any time of the year. These symptoms can be caused by many different viruses, bacteria or even parasites. The most important thing you can do to prevent these types of stomach problems is to carefully wash your hands after using the bathroom and before eating.

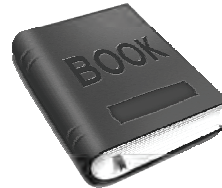


If you have nausea or vomiting, try the following:

- **Let your stomach settle.** Stop eating solid foods for a few hours.
- **Suck on ice chips or take small sips of water.** To stay hydrated, drink plenty of liquid, taking small, frequent sips.
- **Take some time to start eating again.** Gradually begin to eat small portions of bland, easy-to-digest foods such as soda crackers, toast, gelatin, bananas, rice and chicken. Stop eating if your nausea returns.
- **Avoid certain foods and substances until you feel better.** Things that can upset your stomach include dairy products, caffeine, alcohol, nicotine, and fatty, sugary or very spicy foods.
- **Get plenty of rest.**

Used Books Needed

NESCO needs your help collecting the following items for our annual fundraiser, AppleFest, this fall: **used books, board games and jig saw puzzles.**



Items can be dropped off at the NESCO office between 8 am-4:30 pm, Monday-Friday. Donations are tax deductible.

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NESCO 2013 Annual Report Available

Read about NESCO and its many accomplishments in our 2013 Annual Report. The document also provides budget information and program highlights for the year. Your personal copy is available online at www.nescinc.org or at the NESCO front desk. Previous years reports can also be found on our website.

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. You simply need to show your 2014 NESCO membership card. Now is a great time to join!

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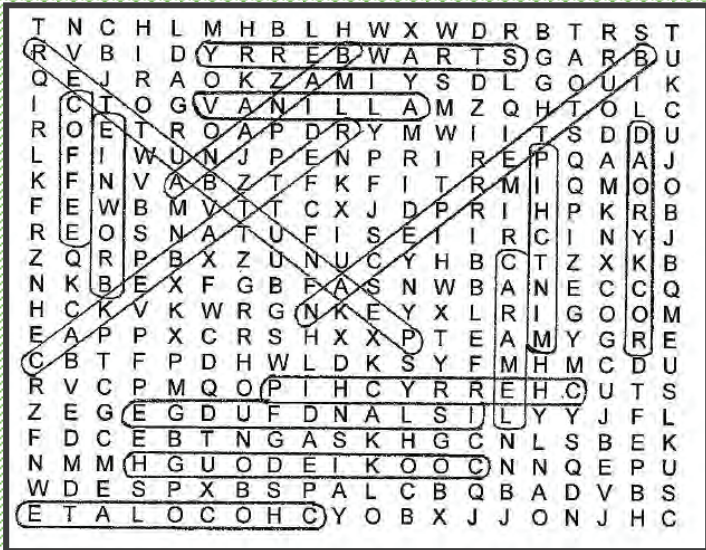
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Answers (from page 19)



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- 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, & 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



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Dan Soderholm, Justin Rodriguez
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Local Resources

MSCR Programs @ WPCRC

Jump Start Yoga

Thursdays, June 19- July 31, 8:15-9:15 am

An invigorating workout designed to improve muscular strength, flexibility, endurance and mind/body balance. Skip 6/26. Cost \$19

Drawing- The Landscape

Mondays, June 16-August 11, 9 am-Noon

Draw the landscape features of Warner Park indoors and out. Bring your own sketchbook and a lawn chair. Drawing tools provided. Plan on short walks in the park. Cost \$135

FREE Fitness Room Use @ WPCRC

Mon: 12-1 pm; Tues: 10-11 am; Wed: 10-11 am;
Thurs: 5-6 pm; Fri: 6:30-7:30 pm; Sat: 12-1 pm

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

Free Wills & Power of Attorney Assistance

Friday, June 27

Please call the Area Agency on Aging for more information at 608-261-9930.

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.

Ice Cream Word Search

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

Word List

Banana
 Brownie
 Butter Pecan
 Cake Batter
 Caramel
 Cherry Chip
 Chocolate
 Coffee
 Cookie Dough
 Island Fudge
 Mint Chip
 Peanut Butter
 Rocky Road
 Strawberry
 Vanilla

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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 Association	203-8500
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
- Dining Site Volunteers
- Home Chore Volunteers
- Newsletter Volunteers
- Bird Seed
- Ping Pong Table
- Used Books

For a more extensive Wish List,
contact 243-5252 or info@nescoinc.org

Volunteer Appreciation



Look for more photos on our Facebook page.