

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 (2013-2017)

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

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

Memories of Our Hardworking Mom's

The Basic Rules for Clotheslines of the Past:

1. You had to wash the clothesline(s) before handing any clothes- walk the entire length of each line with a damp cloth around the lines.
 2. You had to hang clothes in a certain order and always hang whites with whites and hang them first.
 3. You never hung a shirt by the shoulders, always by the tail. What would the neighbors think?
 4. Wash day on a Monday! Never hang clothes on the weekend, or on Sunday, for heaven's sake.
 5. Hang the sheets and towels on the outside lines so you could hide your "unmentionables" in the middle.
 6. It didn't matter if it was sub zero weather, clothes would freeze-dry.
 7. Always gather the clothes pins when taking down dry clothes. Pins left on the lines were tacky.
 8. If you were efficient, you would line the clothes up so that each item did not need two clothes pins, but shared one of the clothes pins with the next washed item.
 9. Clothes off of the line before dinner time, neatly folded in the clothes basket and ready to be ironed.
 10. Fresh sheets on the bed guarantee a good nights rest!
- Author Unknown

Happy Mother's Day to all the Moms!

NESCO's 2014 Summer Concert Series begins next month!
First concert is Monday June 16th , 6-7:30pm @ Warner Park Shelter.
See you then!

We are social! Become a fan and follow us!



North/Eastside Senior Coalition



"NESCOMadison"

NESCO's Blog:
Golden Extra
<http://nescoinc.wordpress.com>

INDEX

• 6th Grade Essay Contest	pg 15
• Ask the Nurse	pg 16
• Business Spotlight	pg 19
• Case Management	pg 10
• Cultural Diversity Programs	pg 11
• Fun & Games	pg 19
• Local Resources	pg 18
• Membership & Donation Form	pg 3
• Multicultural Senior Health Fair	pg 14
• Programs	pgs 4-6
• Programs Calendar	pg 7
• Senior Dining Menu @ WPCRC	pg 8
• Senior Dining Menu @ Goodman	pg 9
• Upcoming Trips	pg 13
• Volunteer Opportunities	pg 12
• Volunteer Spotlight	pg 12
• Wish List	pg 20

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.*

May 2014 Vol XXXIX

5

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 July 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 Representatives

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
Executive Director
jkrueger@nescoinc.org

Katie Kluesner
Programs Director
kkluesner@nescoinc.org

Drew Simonsen
Office Manager
dsimonsen@nescoinc.org

Alyssa Bordeleau
Bilingual Case Manager
abordeleau@nescoinc.org

Sarah Oestmann
Bilingual Case Manager
soestmann@nescoinc.org

Polly Hartman
Senior Dining Site Manager

Pam Bracey
Cultural Diversity Specialist
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

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)

May Programs



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

5¢ Bingo

***First Tues. in May & 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 Radioactive (A Tale of Love), or come pick up our read for June, Me Before You by JoJo Moyes.

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 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

***Third Friday in May, 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

For more information contact Katie.

Nutrition Education: Hydration

Third Monday, 11 am

Ahhh summer... sun, fun and hydration. Join Nutrition Educator, Martin Salas, from Dane County UW Extension and discuss ways to keep your body feeling hydrated.

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!

May Programs

We Celebrate in May

Cinco de Mayo
Mother's Day & Apron Day
Mental Health Awareness Month
National Teacher's Day
Older Americans Month
Memorial Day

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.

Cinco de Mayo Celebration

Monday, 5 May, 10:30am, Com Rm 2 & 3

Cinco de Mayo originated with Mexican-American communities as a way to commemorate the cause of freedom and democracy and observed in the United States as a celebration of Mexican heritage and pride.

Badger Honor Flight Experience

Thursday, 8 May, 10:30 am, Com Rm 3

Come and learn about the Badger Honor Flight experience. Katie's Grandpa, who went on the May 3rd flight, will be here to talk about his experience. More information on page 15.

Mother's Day & Apron Day

Monday, 12 May, 10:30 am, Com Rm 2 & 3

Do you have a collection of aprons? Wear your favorite one for our Mother's Day Celebration and Apron Day. Jan Somerfeld, NESCO Board President, will bring her apron collection to share! Bring yours too!

Annual Multicultural Health Fair

Friday, 9 May, 9-11:30 am

Again this year, our Health Fair will have plenty of booths, presentations and free health screenings. Please see page 14 for more detailed information.

Mental Health Awareness

Tuesday, 13 May, 10:30 am, Com Rm 2 & 3

Dorrie Carskadon, Desert Storm Veteran and Team Leader of the Madison Vet Center, will be discussing mental health issues, especially issues related to transitions that one does in life.

National Teacher's Day Celebration

Tuesday, 15 May, 10:30am, Com Rm 2 & 3

Let's celebrate teachers and the amazing work they do!

Senior Explorers Club:

Vitense Golfland

Monday, 19 May 9:15 am, WPCRC Lobby

The Explorers Club will be playing some miniature golf at Vitense Golfland. Meet in the Warner Park lobby at 9:15 am, drivers are needed. The cost is \$6.50 for 18 holes. We will have lunch after the game. Call 243-5252 to sign-up by Thursday, 15 May.

Summer Recipes

Monday, 19 May, 10:30am, Com Rm 3

We'll share some delicious summer recipes.

Euchre Tournament

Monday, 19 May, Noon, NESCO

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, 15 May, call 244-6181 or 608-243-5252.

Advanced Health Care Planning

Tuesday, 20 May, 10:30 am, Com Rm 2 & 3

Dennis Harrison and Susan Leet from the *Meriter Association of Spiritual Caregivers*, will be presenting material that will encourage seniors to have a conversation with their Power of Attorney for Health Care agent around end of life medical issues.

Crafts

Wednesday, 21 May, 10:30 am, Com Rm 3

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

Older Americans Month Celebration

Thursday, 22 May, 10:30 am, Com Rm 3



The nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, we are focusing on injury prevention with the theme *Safe Today. Healthy Tomorrow.*

May Programs (cont.)

The Librarian and The Banjo

Tuesday, 27 May, 10 am, Com Rm 2 & 3

The Librarian and The Banjo premiered at the Wisconsin Film Festival last year and has been screened at festivals all over the country. The film tells the story of Milwaukee-born Dena Epstein, a music librarian who wrote the book on slave music, including the African origins of the banjo. To learn more and watch the trailer, www.jimcarrier.com/librarian

Medication Review Presentation

Thursday, 29 May, 10:30am, Com Rm 3

Are you or a loved one taking three or more medications? Do you want to protect your health? Come and find out how you can. We will have a pharmacist onsite to give a presentation on what you can do to prevent negative drug reactions.

Intergenerational Picnic

Friday, 30 May, 10 am, Com Rm 2 & 3

Come join the students of Lake View Elementary School for our annual Intergenerational Picnic and bingo.

Reminder: NESCO is CLOSED
Monday, 26 May for Memorial Day

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!

5 May *Eastside Shopping Center (2nd Floor)*
2705 E. Washington Ave
1:30-3:50 pm

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

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

20 May *Lakeview Lutheran Church*
4001 Mandrake Road
1:30-4:00 pm

Mark Your Calendar

Summer Concert Series

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

16 June- TBA

23 June- Ladies Must Swing (swing)

30 June- Natty Nation (reggae)

14 July - Fuzzy Side Up (rock)

21 July - Wild Heart (country)

28 July - Westside Andy (blues/rock)

Our wonderful sponsors this year (**so far**) include:

Boomerangs and Door Creek Church, Dane Arts (with additional funding from the following foundations: Endres Mfg. Company, Evjue, W. Jerome Frautschi, and Pleasant T.Rowland), Madison Mallards, Oak Park Place & Thrivent Financial for Lutherans.

Make Music Madison

Saturday, 21 June, 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/>

Mallards Baseball Game

Wednesday, 25 June, 7:05 pm

Please see page 13 for details.

Northside Independence Day:

A Family Celebration

Saturday, 5 July 9 am-3 pm, Warner Park

Come join NESCO at the 1st Annual Northside Independence Day to honor our country, watch a kids parade, listen to music, eat food from local vendors and enjoy games and activities for all ages!

The events specifically for adults 55+ to participate or watch include Bocce Ball, Ping Pong, Patriotic speeches and reenactments, and music. 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. Additional information will be available in next month's Golden Times.

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


Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Sewing Club in the Dining Site	2 9:00 Free Chair Massage 10:30 5¢ Bingo Caller: Brian Robinson <i>(Belmont Nursing and Rehabilitation Center)</i>
5 8:30 Euchre 10:30 Cinco de Mayo Celebration	6 9:00 Technology Help Appointments 10:00 Book Club 10:30 5¢ Bingo Caller: Kate Schenker <i>(NESCO Case Manager)</i> 12:30 Ping Pong	7 10:00 Wii 10:30 Chair Yoga 10:30 Walk Warner 1:00 Sheepshead	8 10:30 Honor Flight Experience	9 9:00 Multicultural Senior Health Fair 12:15 5¢ Bilingual Bingo Surprise Caller
12 8:30 Euchre 10:30 Mother's Day & Apron Day Celebration	13 9:00 Technology Help Appointments 10:30 Mental Health w/ Veteran Affairs 12:30 Ping Pong	14 10:00 Wii 10:30 Chair Yoga 10:30 Walk Warner 1:00 Card Club	15 10:00 Sewing Club 10:15 Low-Vision Support Group 10:30 National Teacher's Day Celebration	16 10:00 Foot Clinic 10:30 5¢ Bingo Caller: Diane Walder <i>(NESCO Volunteer)</i>
19 8:30 Euchre 9:15 Explorers Club 10:30 Summer Recipes 11:00 Nutrition Education Noon Euchre Tournament	20 9:00 Technology Help Appointments 10:30 Advance Health Care Planning w/ Meriter Association of Spiritual Caregivers 11:30 Blood Pressure Clinic 12:30 Ping Pong	21 10:30 Exercise Video 10:30 Walk Warner 10:30 Crafts 1:00 Sheepshead	22 10:30 Older Americans Month Celebration	23 10:30 5¢ Bingo Caller: Delores Kester <i>(NESCO Board Member)</i>
26 NESCO Office and Dining Site Closed for Memorial Day	27 9:00 Technology Help Appointments 10:00 The Librarian and The Banjo Film 12:30 Ping Pong	28 10:30 Exercise Video 10:30 Walk Warner 1:00 Card Club	29 10:30 Medication Review Presentation w/ Kari Trapskin, Pharmacy Society of Wisconsin	30 10:00 Intergenerational Picnic w/ Lakeview Elementary 10:30 5¢ Bingo Caller: Paul Van Rooy <i>(NESCO Volunteer)</i>

May 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
	MO=Meatless Option		1 May Day Turkey Beet Salad Pears Ice Cream VO-Veggie Wrap	2 Chicken Salad Croissant Broccoli Slaw Plain Jell-O VO-Egg Salad
5 Cinco De Mayo Taco Salad Mixed Fruit cup Oatmeal Cookie Bar VO- No Meat	6 Fish Sandwich O'Brien Potatoes Coleslaw Fruit Pie VO-Cheese Sandwich	7 Birthday Cake Cheeseburger German Potato Salad Apple Sauce VO-Tomato Basil Patty	8 Spaghetti Tossed Salad Garlic Bread Sherbet VO-Meatless Sauce	9 Tuna Salad Croissant Fresh Fruit Angel Food Cake MO Hummus
12 Grilled Chicken Italian Pasta Salad Carrot Sticks Watermelon VO-Hummus Sandwich	13 Ring Bologna Oven Fried Potatoes Cucumber Salad Fresh Fruit Cup VO-Veggie Dog	14 Chef Salad Raisin Bran Muffin Peach VO-No Meat	15 Pork Tenderloin Mashed Potatoes/Gravy Broccoli Banana VO-Tomato Basil Patty	16 Shredded Beef Spinach Salad Apple Yogurt VO-Cheese Sandwich
19 Stuff Green Peppers Mashed Potatoes Cottage Cheese Fruited Jell-O VO-Meatless Pepper	20 Cobb Salad WW Roll Mixed Berries VO- No Meat	21 Baked Fish Potato Wedges 7-Layer Salad Pineapple Chunks VO-Soy Patty	22 Country Ribs Herbed Potatoes Corn Tropical Fruit VO- Veggie Lasagna	23 Turkey Sandwich Broc/Cauli. Salad Cranberry Juice Oatmeal Raisin Cookie VO-Hummus Sandwich
26 Memorial Day Dining Site Closed	27 Baked Chicken New Potatoes Green Beans Taffy Apple Salad VO- Stuffed Shell	28 Sloppy Joe Squash Salad Dill Pickle/Orange Rice Crispy Bar VO-Soy Patty	29 Seafood Pasta Pickled Beets Croissant Citrus Salad VO- Egg Salad	30 Roast Beef Potato Salad Romaine Salad Mixed Melon Cup VO-Veggie Wrap

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.

May 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
			1 Turkey Pot Pie Cheesy Potatoes	2 Chicken Cacciatore
5 Shepherd's Pie	6 BBQ Pork Sandwich Baked Beans	7 Chicken Alfredo Pasta	8 Veggie Lasagna	9 Baked Cod Potato Wedges
12 Chili Corn Bread	13 Baked Chicken Mashed Potatoes	14 Beef & Veggie Stir Fry	15 Pork Lions Roasted Potatoes	16 Herbed Chicken Baked Potato
19 Roast Turkey Mashed Potatoes	20 Grilled Cheese Tomato Soup	21 Pork Chops Mashed Potatoes	22 Smoked Turkey & Bean Stew	23 Baked Cod Baked Potato
26 Memorial Day Dining Site Closed	27 Spaghetti w/ Meat Sauce	28 Berry Chicken Salad Split Pea Soup	29 Swedish Meatballs Brown Rice	30 Red Beans & Rice w/ Sausage

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



Home Health United

1-800-924-2273
HomeHealthUnited.org

Now offering
**Palliative Care
& Hospice**
in Dane County

**Exceptional
Care Comes
Home**

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

FREE In-Home Assessment
608-729-5365 www.seniorhelpersmadison.com



Hill Glowacki Jaeger & Hughes LLP

Attorneys at Law

Providing Elder Law Services for you or your family including: Estate planning and probate, Powers of Attorney, Long-term care planning (Medicaid and Medicare), Guardianship, Conservatorship and Protective Placement

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

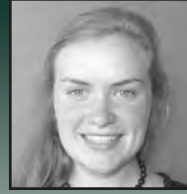
Case Management Services



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



Alyssa Bordeleau, bsw
Bilingual Case Manager
abordeleau@nescoinc.org
243-5252 Ext. 209
Mondays-Fridays



Sarah Oestmann, bsw
Bilingual Case Manager
soestmann@nescoinc.org
243-5252 Ext. 212
Mondays-Fridays



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

UW Geriatrics Specialty Clinics

Did you know that UW Health has three specialty clinics designed to meet the specific needs of the rapidly growing, aging population? The three specialty clinics include a: Geriatric Assessment Clinic (GAC), Mobility and Falls Clinic (MFC) and also a Memory Disorders Clinic (MDC). The GAC works with older adults with complicated medical needs and complicated medication management. They also see older adults with behavioral disturbances and mental health needs. The MFC sees patients that are 60 years old and are experiencing frequent falls, fear of falling or declining mobility or function. As a patient at the MFC, you will have access to a team of professionals that includes a geriatrician, a physical therapist and a geriatric social worker. To become a patient of the MDC, an individual must 65 years of age or older and must be experiencing a decline in functional status relating to cognitive issues. Patients at the MDC undergo neuropsych testing with a neuropsychologist and will also consult with a geriatrician and geriatric social worker. If you think that a visit to any of these clinics would benefit you, please talk with your primary care physician for a referral.

New Housing Search Option

If you are in the market for a new apartment, Whousingsearch.org can help you! This website is very easy to use, and can help you locate independent living rental properties. All searching is free and anonymous. You can also call 1-877-428-8844 if you would prefer to speak with a representative. NESCO Case Managers are available to help you do a search.

Affordable Care Act Update

Persons with Medicare are not affected by changes imposed by the Affordable Care Act. Persons under 65 who do not have Medicare, will have another option to buy coverage through the Marketplace during the next open enrollment period which runs from 15 Nov. 2014-15 Jan. 2015.

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 2 May for Coffee Hour

OutReach LGBT Community Center and LGBT Senior Alliance

The OutReach Lesbian, Gay, Bisexual and Transgender (LGBT) Community Center is located in the Gateway Mall at 600 Williamson Street in Madison, WI. It offers many programs including: resource identification and referral, publications, a cybercenter, lending library, speaker's bureau, social and support groups, events, health programs, and fiscal sponsorship to six smaller nonprofit projects. OutReach is open from 10am to 7pm Mon-Fri, and noon to 4pm on Saturdays. The LGBT Senior Alliance is a joint project of OutReach and the Madison Senior Center. Its purpose is to create a better quality of life for LGBT older adults by building partnerships with senior service providers and providing intergenerational social opportunities. Senior adults from the LGBT communities meet every other Thursday from 2:00-4:00 pm at the Madison Senior Center. These are friendly conversations that are informal, open dialogues. Friends and families of LGBT folks are welcome. Participants determine the topics based on current interests, and the groups are facilitated.

Info taken directly from: <http://www.lgbtoutreach.org/>
<http://www.lgbtseniors.org/>

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.

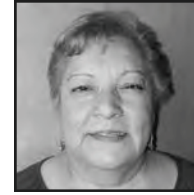
Cultural Diversity Senior Programs

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, 14 May, 1-3 pm

@ Quaker Housing (2025 Taft St)

***Note the time change**

We will be viewing *12 Years a Slave* and having a discussion about the movie.

Diabetes Support Group

Thursday, 22 May, 2-4 pm

@ Romnes Apartments (540 W. Olin Ave)



We will be discussing spring and summer healthy eating habits for diabetes along with exercises we can do.

Discussion Group

Wednesday, 7 May, 6-8 pm

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

We will be celebrating Mother's Day. Limited transportation available. *Offered in Spanish only.*

Health Fair & Bilingual Bingo

Friday, 9 May, 9 am-1:30 pm

@ Warner Park Community Recreation Center

Come to the Health Fair, stay for lunch and try your luck at nickel bingo at 12:15 am. Limited transportation available. *Offered in Spanish only.*

Grandparents Raising Grandchildren Support Group

Wednesday, 6-8 pm

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

This month we will be discussing Agrace Hospice with a Care workshop. Limited transportation available. *Offered in Spanish only.*



Congratulations Yolanda



Yolanda Salazar, NESCO Latino Cultural Diversity Specialist, received the **Rotary Senior Service Award**, 16th of April at the Inn on the Park, downtown Madison. The Senior Service Award recognition is given to individuals or couples who have contributed significant amounts of civic or social service to the local

community or to society in general. Candidates for the award must be at least 65 years of age and through their efforts represent and foster the Rotary ideal of "Service above Self." Since 1975, the club has presented nearly 400 awards to individuals.

Congratulations Yolanda!

Is Joint Replacement Or Surgical Recovery In Your Future?

Make the right choice with:



- Specific Area For Focused Rehab Patients
- Specially Trained Team to get you Home
- In house Therapy Team, Certified Wound Team, Vital Stim & Lymphedema

A team that is committed to getting you better and getting you home.

Call today to reserve your stay (608) 249-7391.

110 Belmont Road • Madison, WI 53714 • www.belmontmadison.com

Volunteer Opportunities



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

Bingo Callers

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

BratFest 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). A percentage of the proceeds will benefit North/Eastside Senior Coalition. The more volunteer hours we have the more money we can raise for NESCO! Various jobs are available—from grilling to golf cart valeting. Each volunteer will get a free brat and a t-shirt. Sign-up has already started so contact Katie Kluesner 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 Katie Kluesner.

Newsletter Volunteers

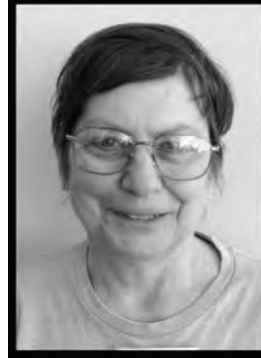
We are looking for volunteers to help get our monthly newsletters ready for mailing. The group gets together once a month towards the end of each month to put mailing seals and address labels on 800-1,000 newsletters. Please contact Drew Simonsen.

Peer Support Volunteers

Volunteering is a great way to stay connected and involved in your community. Peer Support of Dane County offers a flexibly opportunity for you to get involved and help end loneliness in your community by matching you with an older adult in need of companionship. Contact Anita at 608-846-9469.

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 Mary Alt.



Originally from Oregon, WI, Mary Alt moved to Madison in 1971; and has lived here for 42 years. Before retiring, she worked at the Methodist Hospital kitchen as an assistant supervisor.

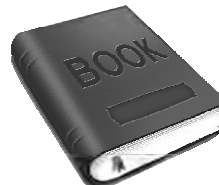
Mary has been a member of NESCO since 2002, along with her husband Terry. She started volunteering with NESCO November last year, and

has helped our dining site almost everyday of the week since. She loves being active and helping people. Aside from volunteering with us, Mary has two dogs that she loves to walk and play with. Although she and Terry have no kids of their own, they are lucky enough to have 23 nieces and nephews.

Thank you Mary for all you do for NESCO!

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.



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

2014 NESCO Trips

Madison Mallard Baseball Game

Wed, 25 June, 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. The deadline to purchase the tickets is Wednesday, June 11th

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." 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

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 granted 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:

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 x3046

Pacific Coast Adventure

August 7-16

Presented by Globus. Starts in Seattle with tour of the Space Needle, Boeing's Future of Flight Aviation Center, Pike Place Market, and Pioneer Square. Portland tour includes 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, see the Redwood National Park, Solano Mission and 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 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.

North/Eastside Senior Coalition Presents



9TH ANNUAL MULTICULTURAL SENIOR HEALTH FAIR

FRIDAY, 9 MAY 2014

9 AM - 11:30AM

WARNER PARK COMMUNITY RECREATION CENTER

FREE HEALTH SCREENINGS AND INFORMATIONAL BOOTHS 9-11:30AM



- 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
- Diabetes Goals & Recommendations** - 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



PRESENTATIONS 9:45 & 10:45 AM

Free gift for attending each presentation.

9:45-10:40am "Safe Energy: Gas and Electric Safety Tips"
Charles Warner, MG&E

10:45-11:15am "How to Prepare for a Rehabilitation Stay"
Brian Robinson, Belmont Nursing and Rehabilitation Center

HEALTHY LUNCH 11:30AM-NOON

Call 24-hours in advance to reserve your spot (243-5252)

BINGO 12:15-1:15 PM

Limited transportation is available.
Call 243-5252 for more information.
Spanish & Hmong speaking interpreters will be on site.

North/Eastside
SENIOR
Coalition

For more information,
please contact NESCO at:
1625 Northport Dr. #125
Madison, WI 53704
(608) 243-5252
info@nescoinc.org
www.nescoinc.org

HEALTHY SNACKS

DOOR PRIZES

BINGO



My Grandma –By Zoe Meyer

Once again NESCO participated in the annual Madison Senior Coalition on Aging Sixth Grade Essay Contest in honor of Older Americans Month. The theme of this year's essay was "My Grandparents" or "My Best Older Friend." Students from Sherman Middle School each wrote a 300 word essay and the top essay from each school was submitted to a panel of senior adult judges to choose the city-wide winners. 720 students from across the city participated this year! This year's winner from our area is Zoe Meyer from Sherman Middle School! Zoe will be reading her wonderful essay at a reception for the area winners on 7 May at the Madison Senior Center. Here is Zoe's winning essay:

My Grandma By Zoe Meyer

I was lucky enough to have all of my grandparents alive for 12 years of my life. Last January my dad's mom past away from Alzheimer's, making my mom's mom very special to me.

My grandma lives in Valparaiso, Indiana with my grandpa, Arlin. She worked at the university library, mending books. At the age of 68 she retires, then went back to work for one or two days a week. Now she still works a couple of days a week at the library, also enjoying her time at home.

One of my favorite memories of grandma is when we had a load of fun trying to figure out her Kindle; we had just gone and picked it out from the store. When we got home, neither of us knew how to work the Kindle. However I was a little more intelligent in the area of electronics. Half of the time we were working on the Kindle, the other time just making each other laugh. At one point, we just starting poking the Kindle randomly trying to get it to go home. After a while, my sister came in and proved her smartness by setting up the Kindle.

Also one time, Grandma and I went out to a nicer restaurant while Grandpa stayed at home. He asked us to bring him something home. Grandma didn't want to spend extra money, so we got him something at McDonalds. We spent the whole way home laughing about how to tell Grandpa that we got him McDonalds while we got La Peeps.

That is just a little bit about my relationship with my grandma. We always have a blast together and I am never happy to leave. I love Grandma with all my heart and always will.

NESCO would like to thank the following seniors who helped judge the essays: Provie Brenz, Kayla Grant, Dottie Hogg, Sarah Kidd, Lois Sampley, Paulette Siebers, Lorraine Volkman, Donna Wilfong, and Joyce Williams. A special thank you also goes to Culver's Restaurant on Northport Dr. for donating free custard coupons to each student participant!

Badger Honor Flight

Are you or someone you know a WWII veteran? If so, you may have wonderful opportunity here.

The Honor Flight Network takes WWII and terminally ill veterans to see the memorials that have been erected in their honor. Everything is provided free to veterans, including transportation, meals and lodging because of how much they have sacrificed for this great country already. The only money veterans need is if they want to buy a souvenir for themselves.

The veterans are accompanied by volunteer guardians. Guardians make sure the veterans stay with the group and take care of any special needs. Guardians are responsible for paying their \$500 trip fee on their own. All veterans and guardians interested in flying out of the Madison, WI, hub must submit an application to Badger Honor Flight. Veterans and guardians are selected for flights on a first-come, first-served basis. You can get an application on the website ww.badgerhonorflight.org or by calling 608-616-0243 or via email at info@badgerhonorflight.org

Here is the schedule for flights in 2014: May 3, May 17, September 13, October 18.



"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.

 **GUNDERSON**
Funeral Homes
& Crematory

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

www.gunderson.com

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 would know if I had a heart attack. My chest or shoulder would hurt if it were serious!

FACT: Some heart attacks do cause pain in the chest, shoulder, back, neck or jaw. But many heart attacks cause no pain at all! Heart attacks don't always hurt and don't always show up as pain in the chest or shoulder. And women are more likely than men to have a heart attack *without* the classic "chest pains".

Here are some other symptoms of a heart attack:

- Discomfort in the chest – but not really bad "pain"
- Heart burn or indigestion
- Shortness of breath, feeling light-headed or faint
- Unusual sweating, with cold or clammy skin
- Nausea and vomiting

Mayo Clinic advises: "Don't "tough out" heart attack symptoms for more than five minutes. Call 911 or other emergency medical services for help."

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.



Ask about our Fall Prevention/
Monitoring Aids

*Our friendly and caring
Comfort Keepers are fully screened,
bonded and insured.*

Companion & Homemaking Services:

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

Personal Care Services:

- Bathing • Incontinence Care
- Toileting • Feeding • Mobility
- Transferring & Positioning • Oral Hygiene

Skilled Care*

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

Specializing in:

- Alzheimer's, Parkinson's, Supportive Hospice and Legal Live-in Services



**Comfort
Keepers.**



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

Each Office Independently Owned and Operated. *Contracted with Independent Health.



AFFORDABLE HOUSING OPTIONS

MADISON AREA APARTMENT COMMUNITIES

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



1, 2, & 3 Bedroom Apartment Homes For Rent

Specializing in Affordable Housing for Seniors,
People with Disabilities, and Families

Rent is Based on Income

Many Amenities Including
Social Service Coordinators

**Committed to Providing
Affordable Housing Opportunities
Throughout Dane County & Beyond**



online at meridiangroupinc.net

2249 Pinehurst Drive • PO Box 620800 • Middleton, WI
608.836.1152 or Toll Free 1.800.236.6262

Answers (from page 19)

They have Williams.

Honda Models.

Types of Diamonds.

Pink Things.

Canals.

“With our four convenient locations, experienced and caring staff and professional services, you’ll get the support you deserve in your time of need.”

**Roman Ryan
President**



Call us today to see how we can assist you with your needs.

RYAN & JOYCE-RYAN
FUNERAL HOME & CREMATION SERVICES
SINCE 1938

MADISON - EAST | MADISON - WEST | WINDSOR/DEFORREST | VERONA

608-249-8257

Private Home Care When You Need It!



BrightStar
LIFECARE

Stay in the comfort of your own home!

- Certified Nursing Assistants
- Live-in Companions
- Days & Nights
- Skilled Nursing Care
- Licensed, Bonded & Insured
- Meal Prep
- Bathing Assistance
- Errands & Shopping
- Light Housekeeping

www.BrightStarCare.com
(608) 441-8620

Independently Owned & Operated

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

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, & 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



Aging Conference

Catholic Charities, Diocese of Madison, presents an Aging Conference on Thursday, 15 May, 2014.

Join us as we explore 'Living Well. Aging Well.' Whether you are a senior or the family of a senior, formal or family caregiver, social worker, case manager, nurse, nurse practitioner or other support professional to the aging, we invite you to attend this year's conference. We have 2 keynote speakers Patrick E. McBride, MD "Taking Care of Your Heart" and Kim Petersen, MD "Understanding Alzheimer's Disease and the Non-Alzheimer's Dementias" as well as speakers on other aging issues.

The conference will be at the Bishop O'Connor Catholic Pastoral Center in Madison. For registration information, please contact Mary Timmons, 608-821-3101 mtimmons@ccmadison.org. The registration fee is \$65 per person (includes lunch, beverage service, snack and materials). Seniors (over 65) and students (with ID) receive a discounted rate of \$30 per person.

Local Resources

MSCR Programs @ WPCRC

Jump Start Yoga

Thursdays, 19 June - 31 July, 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, 16 June-11 August, 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.



Catholic Charities ADULT DAY CENTER

Quality care in a safe and supportive setting where participants can actively enjoy the day.

- Personalized Care
- Healthy Meal and Snack
- Daily Activities
- Support for Medical Conditions
- Custom Program for Memory Loss
- Certified by WI Dept. of Health and Family Services
- Serving All Faiths

Adult Day Center is open
7:30 a.m. - 4:30 p.m., Monday - Friday
Schedule a tour: (608) 663-7117 x101

2917 International Lane, Madison, WI 53704
AdultDayCenterMadison.org

Business Member Spotlight

Badger Cab is Madison's only zone cab company and was our city's original taxi cooperative. Badger Cab transports separate passengers at the same time, if they share a common route to help passengers save on the cost of a ride. Badger Cab currently services almost one million passengers per year.

Badger Cab was established in 1946, when six World War II veterans with taxi backgrounds pooled their resources and shared the expenses of a dispatch service and business office. Although the company is privately owned, all Badger Cab drivers are independent contractors.

For twelve years, NESCO has partnered with Badger Cab to provide rides for seniors participating in our cultural diversity programs. They also supported our annual fundraiser, AppleFest.

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



Fun & Games

Answers
on page 17

Tribond

What do these three things have in common?

Hamlet, Braveheart,
Pirates of the Caribbean

Civic, Accord, Pilot

Blood, Blue, Hope

Slip, Eye, Lemonade

Ear, Erie, Panama

responsiblenergy



Recycle your old refrigerator or freezer

Chances are the older refrigerator or freezer in your basement or garage is running up your utility bill by an average of \$150 a year. Recycle it, reduce your energy use and keep harmful materials out of landfills. We'll pick it up for free, and you'll pick up a \$40 reward.



For a **FREE** pickup, call 1.855.398.5226 or visit focusonenergy.com/appliance.



GS1729 01/29/2014

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

*Have you remembered
NESCO in your will?*

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

Important Numbers

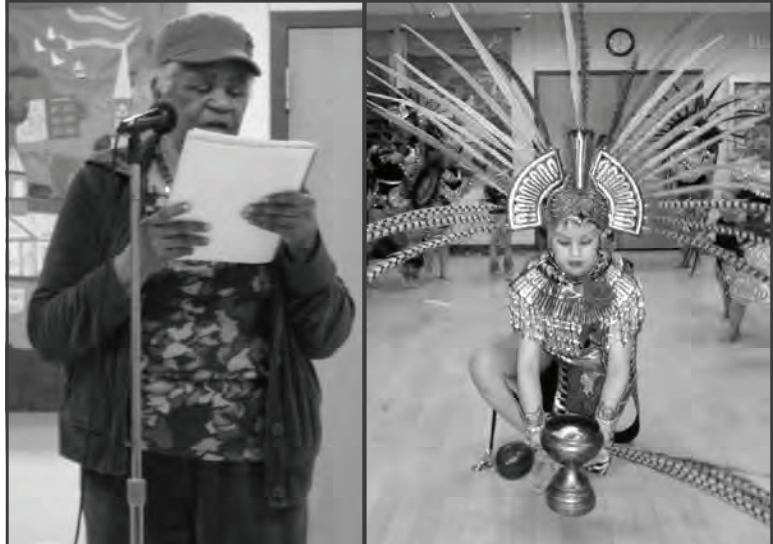
AARP	(866) 448-3611
Access to Independence	242-8484
ADRC Phone Center	240-7400
Age Advantage Older Workers	242-4914
Agrace HospiceCare, Inc.	276-4660
Alzheimer's Association	203-8500
Alzheimer's & Dementia Alliance	232-3400
American Parkinson Disease Asso.	229-7628
Area Agency on Aging (Dane County)	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
- BratFest Volunteers
- 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

Thank You Come Together Party Sponsors: Heritage Credit Union Madison Senior Center



Look for more photos on our Facebook page.