

March—April 2017

# The News Connection



**Pam Bracey**, NESCO  
Cultural Diversity  
Program Specialist

The African-American Cultural Diversity Program is a Dane County wide program hosted by the North/Eastside Senior Coalition.

**North/Eastside Senior Coalition**  
1625 Northport Dr #125,  
Madison, WI 53704  
Phone (608)243-5252  
info@nescoinc.org  
www.nescoinc.org

## Health Tips

Bothered with those fruit flies that never seem to go away? Forget chemical fly-spray. Make a simple, eco-friendly fruit fly trap;

Half fill a medium size jar with apple cider vinegar, punch a couple of holes in the lid, screw it on and leave it for the flies to end their days in. Every so often, empty the vinegar away and give the flies a decent burial.



## Greetings

HELLO. As you may have noticed the newsletter is much shorter this time. Hoping that you will get all you need, saying less. I hope that this will work for everyone. I believe that we had the most Beautiful Winter ever! Even though there were a lot of colds, Flu's and Pneumonia going around.

Summer Day Trips are in the planning stages, Pontoon Boat rides and such. And we also hope to have ticket vouchers for the Overture. Also being planned, social activities such as going to a Dinner and a Movie, or just a movie. Craft Parties, Health Fair at Warner Park March 24, great health information speakers, health screenings and information booths, a healthy lunch and BINGO! Sign up soon with me or call in at 608-243-5252. Hope to see you there.

PS. Learning to track our Family History has been a lot of fun. I hope we can continue to do something like this in the future. Thanks Pia KJ for your knowledge and resources. You are Great!

*Pam*

### WISH LIST

Colorful Felt, Colorful Buttons, and Markers (fine point, gel pens).

## Transportation Options

Stop waiting around for someone to take you to the store. Try these transportation options:

**Access Bus Service:** (\$1 each way) Access Bus offers transportation for your shopping needs in your area. Give them a call to find out more. 608-294-8747.

**Badger Cab:** 608-256-5566.

**Green Cab:** 608-255-1234.

**Senior Housing Partner:**  
**Sherman Glen Apartments**  
1110 N. Sherman Ave, Madison, WI 53704

# Events

Thanks to all the women who came out and supported the Genealogy class at the Colonial Club in Sun Prairie. Thanks to the Colonial Club for the wonderful space and meals.



## NESCO:

Free chair yoga every Wednesday at 10:30 am. We have a certified Yoga instructor who will lead you through 45 minutes of yoga to increase strength, flexibility, and balance with chair based yoga stretches, and breathing techniques. If the instructor is unavailable an exercise video is used.

## Odds and Ends

African American Student Recognition Program: Sunday, May 7, 2017, Madison College, Truax Campus Gymnasium, 3550 Anderson St.: The Madison Metropolitan Chapter of The Links, Inc. will sponsor its annual student recognition program. The elementary program will begin at 1:30pm; the middle/high school program at 3:15. Scholarships will be awarded to select college-bound and continuing education students. Application deadline is March 31. Proceeds generated from Scholarships and Community Recognition Jazz Brunch fundraiser benefit the student recognition program. Email: [madisonlink-sinc@gmail.com](mailto:madisonlink-sinc@gmail.com) Website: [www.madisonlinksinc.org](http://www.madisonlinksinc.org)

Watch for flyers for Pontoon Boat Rides and Day Trips, or feel free to call in at any time 608 243-5252 ext. 205.

**Join NESCO for BINGO every Friday at 10:15 at WPCRC**

## African American Cultural Diversity Program

The primary goal of the cultural diversity program is to reduce isolation for African American senior adults. The program identifies barriers that prevent African American seniors from accessing community services and assists in removing these obstacles. Programs center around socialization and building a sense of community. African American seniors increase their knowledge of local resources and become more comfortable attending community events. All African American senior adults (55 years and above) who reside in Dane County are welcome. This Program is hosted by the North/Eastside Senior Coalition.

### MONTHLY DISCUSSION GROUP

This group meets on the **second Wednesday** of the month at Burr Oaks Apartments (2417 Cypress Way) in the Community Room from 10 am–12 pm. This group also meets at Fisher-Taft on occasion (2025 Taft St. entrance). Topics and activities vary monthly and limited transportation is available. Open to the public.

**March 8:** (Burr Oaks)

Mental/Physical Health part 2. What will change this year for your Mental and Physical Health? Limit your Stress. Yes You Can.

**April 12:** (Burr Oaks)

April is Here. A more active time to get out and move around!. Let's discuss some healthy choice exercise and healthy eating, using a Support System to keep you accountable..

### MONTHLY DIABETES GROUP

The group meets on the fourth Thursday of the month from 2-4 pm, also at Burr Oaks. Topics vary each month, but are diabetes related. Limited transportation is available. The group is open to the public.

**March 23:**

Exercising. Easy ways you can slide it into your day, also updates on the latest Diabetes News. Bring some news to share that you have found recently to share.

**April 27:**

Farmer's Market: Taking advantage of the Farmer's Market, and the Healthy Fresh Foods. Sharing your favorite recipes for those quick meals.

# Case Management Article



## Case Management (For adults age 60+)

The primary goal for a Case Manager is to provide senior adults the support, resources, and community services they need to safely remain in their own homes. Case Managers conduct home visits to assess the individual needs of each senior adult and then together they complete a service plan that may include applying for community resources and programs that best allow the senior to remain living independently at home. Case Managers work with seniors for as long as the coordination of services are needed. Donations for Case Management services are encouraged. Case Managers provide referrals and coordination of the following:

- Home assistance with light housekeeping, laundry, lawn care, and minor home repairs
- Prescription and health insurance assistance
- Assessment of eligibility for federal, state, and county programs
- Respite care options
- Support Groups, including caregiver support
- Elder abuse and neglect resources
- Financial and utility assistance programs
- Recreational, socialization, and volunteer programs

### Additional Resources

Disaster Preparedness Registry .....	266-4330
Domestic Abuse Crisis Line .....	251-4445
Elder Abuse Helpline .....	261-9933
Mental Health 24-hour Crisis Line .....	280-2600

## Senior Focal Points by Area

Case Management services are offered by 15 Senior Focal Points in Dane County. Contact the Focal Point in your area for more information.

<b>Area Agency on Aging</b> .....	261-9930
(Dane County)	
<b>Colonial Club Senior Activity Center</b> .....	837-4611
(Bristol, Burke, Cottage Grove, Deerfield, Marshall, Medina, Sun Prairie, York)	
<b>DeForest Area Community &amp; Senior Ctr</b> .....	846-9469
(DeForest, Vienna, Windsor)	
<b>East Madison/Monona Coalition</b> .....	223-3100
(Blooming Grove, Burke, Madison, Monona)	
<b>Fitchburg Senior Center</b> .....	270-4290
(Fitchburg)	
<b>McFarland Senior Outreach Services</b> .....	838-7117
(Cambridge, Christiana, Dunn, McFarland, Pleasant Springs, Rockdale, Rutland)	
<b>Middleton Senior Center</b> .....	831-2373
(Middleton)	
<b>North/Eastside Senior Coalition</b> .....	243-5252
(Madison, Maple Bluff)	
<b>Northwest Dane Senior Services</b> .....	798-6937
(Berry, Black Earth, Cross Plains, Mazomanie, Roxbury, Vermont)	
<b>Oregon Area Senior Center</b> .....	835-5801
(Brooklyn, Oregon, Rutland)	
<b>South Madison Coalition of the Elderly</b> .....	251-8405
(Madison)	
<b>Southwest Dane Senior Outreach</b> .....	437-6902
(Blue Mounds, Mt. Horeb, Perry, Primrose, Springdale)	
<b>Stoughton Area Senior Center</b> .....	873-8585
(Albion, Dunkirk, Stoughton)	
<b>Sugar River Senior Center</b> .....	424-6007
(Belleville, Montrose, Verona)	
<b>Waunakee Senior Center</b> .....	849-8385
(Dane, Springfield, Vienna, Waunakee, Westport)	
<b>West Madison Senior Coalition</b> .....	238-7368
(Madison)	

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**Ageing & Disability Resource Center** ..... 240-7400  
For information & Assistance help—not case management

# Other News

## Free Legal Services:

### Wills & Power of Attorney Documents

Dane County Basic Estate Planning Clinic is a program to help low-income individuals prepare basic estate planning documents.

Program participants will fill out a questionnaire in advance and then meet with a volunteer attorney and paralegal who will help them draft a basic will, power of attorney for finances or power of attorney for health care.

The program is not designed for: people with large or complicated estates, beneficiaries with special needs, beneficiaries who are unable to handle their own finances, people who want to set up or require sophisticated trusts, Medicaid, tax, or business succession planning.

**Dates:** 3/18/17(South), and  
5/20/17 (Truax)

**Time:** Required appointments at 8:30 am,  
9:30 am, or 10:30 am.

Each appointment is about 90 minutes.

## Locations:

Madison College—Truax Campus (Truax)  
Protective Services Bldg. 1701 Pearson St.

Madison College—South Campus (South)  
2238 South Park St.

**Contact:** Call (608) 243-2881 for information and to make an appointment.

See Income Requirements in the next column.

## Are You Eligible? Check Income Requirements:

<u>Household Size</u>	<u>Max Annual Income</u>
1	\$35,640
2	\$48,060
3	\$60,480
4	\$72,900

## Sponsored by:

- State Bar of Wisconsin
- Dane County Bar Association
- Madison College Paralegal Program
- GWAAR — Greater WI Agency on Aging Resources' Elder Law & Advocacy Center
- Community Justice Inc.

## GRANDPARENTS RAISING GRANDCHILDREN

This group meets monthly on the second Saturday, at The Rainbow Project (831 East Washington Ave.) This program includes any relative raising relatives. Children are encouraged to come and enjoy time with other children. There will be lots of resources and support for the family. Topics vary each month and transportation is available as well as childcare. Call for more information at 608-240-2209.

## THOUGHT OF THE MONTH

“Inhale Love,  
Exhale Gratitude”

North/Eastside  
SENIOR  
Coalition



1975 CELEBRATING 40 YEARS 2015

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

Non-Profit Organization  
U.S. Postage Paid  
Permit #417  
Madison, WI

OR CURRENT RESIDENT

Place Address Label to  
Cover This Box Only