

November—December 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  
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## 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.

## Greetings

I've been pondering about the summer weather we have been experiencing since September. Did we miss something in June, July, and August this year? One thing I know is that this has been a good summer for activities. I do believe that most items on our wish list were accomplished. Those pontoon rides were touch and go, but we made it through. Once again, Black Women's Wellness Day was a hit with our guest speaker Susan L. Taylor. The workshops and vender's information tables also met our needs. If you missed it, mark your calendars for next year, as it just gets better and better. Preparing for winter is not hard if you start now. Stay mindful of black ice and cold weather. Plan your travels which may include shopping trips, getting out, paying bills, etc. Buddy up with someone or let someone know where you are going, along with your expected time of being back at home. Safety first! Thanks to all who attend and contribute to our programs. To you all, I am GRATEFUL!

*Pam*

## WISH LIST

Colorful Gel Pens, Colorful Buttons,  
Watercolor Pencils, Watercolor Paper

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

# Events

## MSCR:

### Brain Health Workshops:

The brain is integral to overall health. Learn how to protect and improve brain health. Workshops are free but registration is required. Music & Memory. Les Thimming, PhD, Professor, School of Music  
November 2, 1–2pm. Course 16140

### Trip to Michigan Ave, Chicago:

Enjoy a wonderful motor coach bus ride to downtown Chicago, shopping the day away or exploring the sights. Saturday, December 2, 2017, the bus will leave LaFollette High School at 7:30am and return at 8:30pm. \$44. #16066. Call to reserve your seat 608-204-3000.

## NESCO:

November 7: There will be a presentation “**Let’s talk about Medicines.**” This is a free one-hour interactive educational program designed to help participants obtain a better understanding of how to safely and effectively use medicine which can lead to better health. Sign up for lunch which begins at 11:30 am. Program starts at 12:30 pm. Sign up for lunch the day before by 12 noon or sooner. 608-243-5252.

**Thanksgiving Meal** on Nov. 14th 10:30 am—12:30 pm with entertainment by the Trippers Band. RSVP by noon on Nov 6th.

**Christmas Meal** on Dec. 19th with entertainment by Greg and Casey, 10:30 am—12:30 pm. RSVP by Dec 13th. 243-5252

**Join NESCO for Nickel BINGO every Friday at 10:15-11:15.**

## 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. Topics and activities vary monthly and limited transportation is available. Open to the public.

**November 8:** Crafting for the Holidays with cards and gift bags. Also Life’s Conversations, Who or What gives you JOY? National Caregiver’s Month recognition.

**December 13:** We made it through 2017. What’s the Plan to continue to move forward in 2018. Come celebrate and plan for a healthy New Year.

## MONTHLY DIABETES GROUP

The group usually meets on the fourth Thursday of the month from 2–4 pm, also at Burr Oaks. **Note that the Monthly Diabetes Group will meet on the third Thursday of the month for November and December due to the holidays.** Topics vary each month, but are always related to diabetes. Limited transportation is available. The group is open to the public.

**November 16:** November is National Caregivers Month. While you are caring for your Diabetes, who is caring for you? Who are you relying on? Roundtable discussion.

**December 21:** Ending another year with diabetes. What has changed? Did it make you better? December is a hard month for staying away from foods that may cause high sugars. What’s your secret?

# 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. 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.

Area Agency on Aging.....	261-9930
Colonial Club Senior Activity Center .....	837-4611 (Sun Prairie area)
DeForest Area Community & Senior Ctr .....	846-9469
East Madison/Monona Coalition .....	223-3100
Fitchburg Senior Center .....	270-4290
McFarland Senior Outreach Services .....	838-7117
Middleton Senior Center .....	831-2373
North/Eastside Senior Coalition .....	243-5252
Northwest Dane Senior Services .....	798-6937
Oregon Area Senior Center .....	835-5801
South Madison Coalition of the Elderly .....	251-8405
Southwest Dane Senior Outreach .....	437-6902
Stoughton Area Senior Center .....	873-8585
Sugar River Senior Center .....	424-6007
Waunakee Senior Center .....	849-8385
West Madison Senior Coalition .....	238-7368

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

# Other News

## Transportation Options

This may be that time of year when you want to get out and get your grocery or other shopping needs done, without having to wait on others. Here are some affordable options. Trips will vary place-to-place on each side of town.

Access Bus Service: (\$1 each way)  
608-294-8747.

Other services are:  
Green Cab: 608-255-1234  
Badger Cab (Rideshare) 608-255-5566

## Odds and Ends

### Lupus Support Group for Women of Color:

A support group for women who have Lupus or cared for someone with Lupus. They meet on the third Tuesday of the month at the Madison Urban League 2222 S. Park St. Suite 102, from 6-7pm. Call Mary Wells for more information at 608 446-6760.

## Health Tips

**Turmeric:** This spice is a relative of ginger and is considered one of the healthiest ways to add flavor and color to a home cooked meal. In folk medicine it has also been used to relieve everything from liver problems to depression to ringworms. It can also tame heartburn and an upset stomach. A compound in turmeric may also ward off heart attacks and delay the onset of Type 2 diabetes. It may also protect the brain. Find out more about Turmeric. Go to [Turmeric/health benefits online](#). Or ask your doctor for more information.

## GRANDPARENTS RAISING GRANDCHILDREN

This group meets monthly on the second Saturday at the Rainbow Project (831 East Washington Ave). This program includes any relatives 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.

## ALZHEIMER'S AND DEMENTIA ALLIANCE

Alzheimer's and Dementia is becoming a highly talked about issue that everyone should be aware of. Check out some of the monthly support and discussion groups in the community. If you are a friend or family member of a person with this disease, or you yourself have interest or concerns, feel free to contact the Alliance at 608-232-3400.

## THOUGHT OF THE MONTH

*"YOU ARE A GOOD REASON  
TO BE HAPPY"*



# Other News

There will be a presentation “Addressing the Needs of African American Aging Adults” on Tuesday, November 14, 2017, from 1–3 pm at Mt. Zion Baptist Church (2019 Fisher St, Madison). Join our community forum as Pastor Marcus Allen from Mt. Zion Baptist Church, and Dr. Rueben Anthony from the Urban League of Greater Madison facilitate a discussion on the needs of African American Aging adults in the community, and what we can do to meet those needs now and in the future. **To register call Lois Gerbitz at 608-243-5252.**

**Madison Women’s Expo:** November 18–19 at the Alliant Energy Center. Grab the girlfriends and explore, shop, take in a fitness demo or two. There will be experts on beauty, fashion, home and wellness. Come for a few hours or stay all day. 10 am–4 pm each day.

Wishing You and Your Family a  
Joyous Holiday Season!



*Happy Thanksgiving!  
To You And Your Family*



**Happy  
New Year!**

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



OR CURRENT RESIDENT

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### RECIPE OF THE MONTH:

#### Easy Peach Cobbler:

½ cup unsalted butter  
1 cup all-purpose flour  
2 cups sugar, divided  
A tablespoon baking powder  
Pinch of salt  
1 cup milk  
4 cups fresh peach slices  
1 tablespoon lemon juice  
Ground cinnamon or nutmeg (optional)

Step 1: Melt butter in a 13-x9-inch baking dish.

Step 2: Combine flour, 1 cup sugar, Baking powder and salt: add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).

Step 3: Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly. Pour over batter (do not stir). Sprinkle with cinnamon if desired.

Step 4: Bake at 375 degrees for 40 to 45 minutes or until golden brown. Serve cobbler warm or cool.