

January-February 2018

# 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 in-  
fo@nescoinc.org  
www.nescoinc.org

## 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

Happiness to the New Year of 2018!

As with every New Year this is a time for transformation, whatever that means to you. For some of us the first things are to lose weight, eat less, save money, take trips, and get our home in order. The list is very long. We tend to think of everything that we only tapped into over the last year. For now it seems like a must do or have to do thing, which is fine according to me. We do this every new year. But stop and think about the stress you put on yourself, how sometimes we even fail ourselves. Like raising a child, we don't put on them any more than they can handle. It is a step by step process. Once one goal is established to your expectations goals two, three, and four fall into place. This not only benefits your Mind, Body and Spirit, this keeps stress off and the feeling of failure at bay. Trust that the New Year will be more calming and gratifying. To your New Year's resolutions whatever they may be, I wish you and your families Good Health, Happiness, and Safety.

*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  
(608) 241-1190

# Events

## MSCR:

BEADED PINS- Learn to create beautiful, bedazzled accents for your outfits and accessories! This is the best excuse to go over the top with your decorative talents and let your imagination run free. Materials provided.

MSCR-EAST Course #17531  
Thursdays 2/8-2/15. 12-2pm.

MSCR-HOYT Course # 17508,  
Tuesdays 2/20-2/27, 6:30-8:30pm.

Call: 608-204-3021.

## NESCO:

We will be starting a STORYTELLING Group January 2, 2018, from 1:00—3:00 pm. All interested can call or just come in the first day, feel free to sign up and come for lunch that day. Register for lunch by noon the day before at 608-243-5252.

Detail about the program will be discussed on first day and bring note pad if you like.



**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.

**January 10:** (Burr Oaks) We will have a discussion about Dr. Martin Luther King Jr. and how that Dream may seem deferred today, in 2018. Also think about others who have paved a path for us, and does the path now seem to be broken, split, or covered over? This meeting will be from 10:00 am—Noon (12:00 pm). Limited transportation is available.

**February 14:** (Burr Oaks) Valentine's Day. What special memories do you have? We will be making some valentine day crafts to keep or to share.

## MONTHLY DIABETES GROUP

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

**January 25:** We will have a speaker talking about Arthritis and how it looks on top of having diabetes.

**February 22:** We will have a speaker in to talk about simple effective winter exercises, maybe to include a little Tai Chi.

# 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 is 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 the 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** will take you to certain stores, such as Woodman's, Shopko, Walmart etc. Trips will vary in time and days on each side of town, Call for more information at 608 294-8747.

### Other services are:

Badger Cab (Rideshare) 608 256-5566

Green Cab 608 255-1234

## Odds and Ends

### Save the Date:

Solomon Carter Fuller Memory Screening Event.  
Friday, February 16, -Saturday February 16, 2018.

See page 5 for more details.

## Health Tips

Germs tend to be transferred any time of the year through the hands. Teach something fun to the Grand- and Great-Grands (and try yourself). Gently Fist Pound instead of a full handshake with others, cough into your forearm and always keep those hands washed. Also do that Penguin walk on those unsure spots when you are out and about, as it may be black ice or slippery snow. Of course you know that Tea, Coffee, and Soups help to get that chill out of the body, when you just can't get warm. Cover your feet and head as well.

### 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.

### 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.

### THOUGHT OF THE MONTH

"What you do makes a difference, and you have to decide what kind of difference you want to make"

- Jane Goodall

# Other News

## Solomon Carter Fuller Memory Screening Event

Friday, February 16, -Saturday February 16, 2018.

**Friday:**, Fountain of Life Covenant Church starting at 6:30, Dr. Cerise Elliott, Senior research program analyst for the Dementias of Aging Branch of the Division of Neuroscience (DN) at the National Institute of Health will be the speaker for the evening. Q&A after the program.

**Saturday:** Workshops and confidential Memory Screenings, Health and Nutrition with Chef Rod Ladson at Madison College South, provided by Lanes Bakery and Dane County Human Service office.

### Warner Park THURSDAY LUNCH LOCATION CHANGE

The Senior (age 60 and over) Group lunch program at Warner Park is relocating to Festival Foods on **THURSDAYS only**, beginning Thursday, January 18, 2018. (We will still be serving lunch at Warner Park Monday, Tuesday, Wednesday and Friday at 11:30!)

We are excited to offer a wonderful, new Soup & Salad Dining Option in partnership with a new grocery shopping location at Festival Foods on E. Washington. Seniors may dine at Festival Foods between 11:00 and 1:00 PM on Thursdays and no reservation is needed. Each Thursday, there will be a choice of 30+ salad bar options, to include dessert, and 4 delicious soup options. You continue to contribute what you can afford to the cost of the meal. All seniors are welcome and we look forward to seeing you at Festival Foods on Thursdays!

The last day for Group Meals provided by the Dane County Senior Nutrition Program at Warner Park on Thursdays will be January 11, 2018.

Transportation will be available on Thursdays, beginning January 18, 2018 to the Festival Foods for Lunch and Shopping for seniors age 60 and older.

Questions? Call Ruth at 243-5252 or [rhellenbrand@nescoinc.org](mailto:rhellenbrand@nescoinc.org)

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



OR CURRENT RESIDENT

Place Address Label to  
Cover This Box Only

## RECIPE OF THE MONTH:

### Chicken Alfredo Pot Pies

- 15 ounce package) 1 crust) rolled refrigerated unbaked piecrust
- 3 cups frozen vegetable blend (any combination)
- 3 cups cubed cooked chicken or turkey
- 1 10 ounce container refrigerated alfredo pasta sauce
- 1 teaspoon dried thyme, marjoram, or sage, crushed (or any seasoning you prefer)

1. Let piecrust stand according to package directions. Preheat oven to 450 degrees. In a large skillet, cook frozen vegetables in a small amount of boiling water for five minutes; drain return to skillet. Stir in chicken, Alfredo sauce, and the dried thyme or seasoning. Cook and stir until bubbly. Divide mixture among four ungreased 10-ounce individual casseroles or custard cups.
2. On a lightly floured surface, roll pie crust into a 13-inch circle. Cut four 5-inch circles and place on top of casseroles. Press edges of pastry firmly against sides of casseroles. Cut slits in tops for steam to escape.
3. Place casseroles in a foil-lined shallow baking pan. Bake, uncovered for 12-15 minutes, or until mixture is heated through and pastry is golden. If desired, garnish with fresh thyme. Makes 4 servings.

