

May-June 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
info@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

Hello Today's weather is showing no signs of spring. As we live in Wisconsin, we may have to wait until June. Now would be a good time to reflect because we know that once the weather breaks we are going to be saying how hot it is. And I will be so glad when summer is over (at least some of us will). I love all the seasons whether they come when they are supposed to or not.

Take this time to plan for the heat that is coming. Plan for the days that you want to get out early and back in the house. Plan that journey, those indoor and outdoor experiences. We should never let the weather (unless it is dangerous) keep us from enjoying the things we really want to do. Enjoy the summer, when it gets here. Make good and safe plans. Enjoy time with friends and family. Don't forget to smell the flowers, and gaze at the stars. Say Hello to a stranger, and make a new Friend. Hope to see you this summer!

Pam

WISH LIST

Watercolor Pencils, Watercolor Paper,
Gift Cards, Fancy Yarn

Senior Housing Partner:
Sherman Glen Apartments
1110 N. Sherman Ave, Madison, WI 53704
(608) 241-1190

Events

MSCR:

Tai Chi For Balance:

Instruction in a Yang style Tai Chi form for cultivation of physical and emotional balance, strength, flexibility, and body-mind integration. Classes start in June. Call MSCR for more information 608-204-3000

NESCO:

North/Eastside Senior Coalition has changes in their lunch program on Thursdays. We will now be at Festival Foods (810 E. Washington Ave. 844- 511-3887) for lunch.

Lunch will be a Soup and Salad dining option every Thursday from 11:00 am–1:00 pm. No reservations are needed. Lunch cost, contribute what you can afford.

Save the dates for upcoming Summer Concerts beginning in June 2018. See page five for details.

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



Day Trip to Galena

Back by popular demand! A Badger Motor Coach Trip to beautiful & historic Galena, Illinois.

Friday, July 27th, 2018

\$30 per person (non-refundable)

RSVP by July 2nd at 4:00pm

Bus pick up and drop off at 8:00am at NESCO or 8:30 at Meadowood

Limited seating available.

Does NOT include lunch.

Call Candace @(609)238-7368 ext. 8

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.

May 9: (Burr Oaks) Join us in learning about “Your Self-Help Guide To Debt & Credit Management” with author and speaker Joyce Williams. It is not too late to figure out ways to get out of debt and improve you credit.

June 13: (Burr Oaks) “What Have You Done For You Lately?” Are you the one who takes care of others before you take care of yourself? Is it affecting your health? Is it draining your spirit? Time to get it right, focus more on making you Happy First, and when you are happy... surprise everyone else gets happy.

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.

May 24: We will have a speaker come in to talk on Osteoporosis and the connection with diabetes.

June 28: Healthy ways to clean your homes. We will make a few chemical- free cleaning products, share summer recipes, talk about the “Exercise” word, and the importance of keeping your body moving.

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

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: this service will take you to certain stores, such as Woodman's, Shopko, and Walmart. Trips will vary in time and days depending on the side of town you live. Call for more information at 608-294-8747.

Other services are:

Badger Cab (Rideshare): 608-256-5566

Green Cab: 608-255-1234

Health Tips

What was the reason we were always told to leave our shoes at the door when we entered our home or someone else's? Well keeping floors clean and healthy by leaving our shoes at the door left dirt, pesticides, chemicals, pet waste, and leaked fluids from vehicles out of our beds, off our carpets, out of the mouths of babes crawling around. You would be surprised to know what you leave at the door when you take your shoes off. Try it and watch where you step for a week. Leave slippers or socks with grips at the door for company. Fill your house with a healthy atmosphere.

ALZHEIMER'S AND DEMENTIA ALLIANCE

Alzheimer's and Dementia are becoming highly talked about issues 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. Also give a Hello and warm welcome to Barbara McKinney who replaced Charlie Daniel in February.

Odds and Ends

Thanks to all who came out and supported this year's Multicultural Health Fair. Great Health Resources.

Watch for flyers and listen for word of mouth for trips this summer. Still in the planning stages. Already guaranteed Pontoon Boat Rides. Checking on Betty Lou Cruise.

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

"When you know yourself, when you stand by your values and what makes you YOU, you can't go wrong"

Other News

Tea with Pam

I hope to meet at Fisher/Taft in May and June. Dates to be announced later by flyer. Tea with Pam will also be announced later at South Ridge. In addition, I would like to come where you live. Give me a call at 608-243-5252 extension 205.

Olbrich Gardens

Mother's Day Concert: May 13 from 2-3 pm. Suggested donation \$2

Herb Day: June 25 from 10 am to 4 pm. Celebrate medicinal herbs and plants, free classes indoors, herb walks in the garden. Shop Herbal Marketplace, and so much more. This is a free event, Rain or Shine.

NESCO's Summer Concerts at Warner Park

Shows are Monday's from 6—7:30 pm
FREE and Open to the Public!

June 11: The Dang It's (Western, Honky Tonk)
June 18: Rachele & the Red Hot Rattlers (Country)
June 25: Angela Puerto Trio (Latin, Pop)
July 9: Ladies Must Swing (Big Band/Jazz)
July 16: The Lower 5th (Mid-Western Soul)
July 23: Universal Sound (Dance)

Held Rain or Shine
Tasty Concessions Available

Save the Date!

September 15, 2018 (tentative)

Black Women's Wellness Day at the Alliant Energy Center.

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:

Not your normal eatery this month. This month is a recipe for a healthy home. Instead of using that chemically based house spray try this one, guaranteed to make a healthy difference.

What you will need:

Glass spray bottle (any size)
Natural oils (Lavender and Lemon oils are favorites, as well as Tea Tree Oil)
Distilled bottle water

Fill bottle $\frac{3}{4}$ full, add drops of oil to your liking.
Mix one oil or all three.

Bring a spray bottle to any group in April and I will provide the oils, if you want to try them before you invest in the oils. They are not very expensive, and it last a good while. Get recipes for other Non-Toxic Cleanings also.