

July-August 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. So nice to have good weather, get outside, and move around without weather restraints. Still be careful as the sun can do damage if you are not prepared for it. Wear that sun blocker. Yes, even for people of color. I hope you take advantage of the farmer's market vouchers, and the farmer's market all over the city. For those who missed the Kickoff Celebration for the "Senior Ministry" at Mt. Zion, watch for flyers for the next event. This program is going to be a good social resource for older adults 60+ (Men as well). Are you taking advantage of this time of year? Nice Walks and talking with friends and neighbors. Fresh air, more daylight, birds singing, kids playing outdoors. It is Wonderful. Lots of free activities for those who have the grandchildren over the summer. Can't find activities? Give me a call. No one should say I am bored in the summertime. Warner Park has concerts going on the first three Mondays in July. Madison has other concerts all summer, as well as the Art Fair and other festivals. Check out Dream banks also free. Enjoy the Summer, in the blink of an eye.... *Pam*

## WISH LIST

Watercolor Pencils, Watercolor Paper,  
Fancy Yarn, Journals

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

# Events

## MSCR:

Thanks to MSCR for donating Pontoon Boat rides for the Older Adults and their families who may not necessarily get a chance to get out on these relaxing rides on the lake.

Do you have time with your grandchildren this summer and not much to do? Check out the Art Cart that comes into your neighborhood to do art projects for children 3 years and up, and it is free. Call to see when they are in your neighborhood (608-204-3021).

## NESCO:

Summer Concerts are in progress. Feel free to stop and listen on July 9, 16, and 23 from 6:00–7:30 pm. Tasty concession food is available for a small fee and the concerts are free.

**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.

**July 11:** (Burr Oaks) We will be going on a Pontoon Boat Ride. Enjoying the outdoors with much Gratitude.

**August 8:** (Burr Oaks) “Caregiver’s” Why is it important that you matter. And do you know about the resources available for “You.” Come for more information than you may know. Bring questions.

## 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.

**July 28:** (Burr Oaks) Making it half way through another year dealing with diabetes, still some questions go unanswered. We will have a speaker from Belmont speaking on general diabetes and warm weather complications, such as dehydration. Come join us and bring questions of concerns or interest.

**August 23:** (Burr Oaks) Walgreens will be joining us to present on “Skin Care.” This is very important for those with diabetes because the skin go through so many changes with this disease. Jean from MSCR will also be available for folks needing help with walking sticks and exercising.

# 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

## Health Tip

We know the usual signs of dehydration, but here are a few unusual signs as well. It is so important to stay hydrated anytime of the year. So drink up. Believe it or not sodas and most juices are not the best for dehydration. But here are the unusual signs:

1. Bad Breath, preventing your body of producing saliva.
2. Dry Skin, take the pinch test. If dehydrated your skin will usually remain tented or have a flat appearance.
3. Muscle Cramps, the hotter you get the more likely you will cramp up. Lack of electrolytes such as sodium and potassium can lead to this as well. Get drinks with electrolytes and try bananas.
4. Fever and Chills, this is from severe dehydration. Temperature reaching 103, SHOULD SEEK MEDICAL ATTENTION.
5. Probably never knew this one (I did not) Food cravings, especially for sweets. When dehydrated it can be difficult for organs like the liver, which uses water to release glycogen (stored glucose) and other components of your energy stores, so you crave for foods.
6. Headaches. Drinking a full glass and continuing to sip more fluids during the day will give you some relief.

For those of you that have difficulty drinking water, add some fruit or fruit juice to your water. Also try teas.

## ALZHEIMER'S AND DEMENTIA ALLIANCE

Alzheimer's and Dementia is a highly talked about issue these days, and we all need to be informed about it. Check out some of the monthly support and discussion groups in the community. We are trying to become a dementia friendly place in the world, so awareness and how to react is very important. 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.

## Transportation Options

Summers got you wanting to get out more, but no transportation? Here are some affordable options:

**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

## 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

"If You Change The Way You Look At Things, The Things You Look At Change."

Dr. Wayne Dyer

# Other News

## Tea with Pam

Fisher/Taft July 9 from 10 am–11 am. Informal talk about future activities. Another date for another Westside location will be in August Call or watch for flyers.

## Olbrich Gardens

**Summer concerts** all summer long on Tuesdays with \$1 suggested donation.

**Blooming Butterflies:** July 19–August 12, 2018. They also have Garden Strolls. Call 808-246-4550 for more information.

Remember that we will have Pontoon Boat rides throughout the summer. Tickets are available until gone (608-243-5252 ex. 205). Trips are still being planned for the summer. Call for details.

### Other Activities:

**Free Activities:** American Family Dreambank.

**May–July, 2018:** Art Exhibit “Paintings by Jerry Jordan at Pinney Library (Cottage Grove Rd.).

**July 14, 2018:** Art Fair On and Off the Square

**July 21, 2018:** Unity Picnic from 12 noon–6 pm. Urban League Grounds (2222 S. Park St.)

### Event:

**Northgate Neighbors Market:** Join your neighbors for a night out with food vendors and crafts, music, and Northgate business specials. Pick up dinner for the evening and sweets from FEED Bakery. Wednesday evenings July 11, 18, 25, and August 1, 8, 15, and 22 from 3:30–7:00 pm at 1219 North Sherman Avenue.

## NESCO’s Summer Concerts at Warner Park

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

**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!

**Saturday, September 22, 2018 (You can buy tickets now)**

**Black Women’s Wellness Day at the Alliant Energy Center.**

OR CURRENT RESIDENT

Place Address Label to  
Cover This Box Only

## RECIPE OF THE MONTH:

Impossibly Easy Cheeseburger Pie:

- 1 Pound of lean (at least 80%) ground beef
- 1 Large onion (1 cup)
- 1/2 Cup Original Bisquick mix
- 1 Cup milk
- 2 Eggs

1. Heat oven to 400 degrees. Spray 9-inch glass pie plate with cooking spray (or butter the pie plate)
2. In 10-inch skillet, cook beef and onion over medium heat, stirring occasionally until beef is brown, drain. Stir in salt (add your personal spices if you like). Spread in pie plate. Sprinkle with cheese.
3. In a small bowl, stir remaining ingredients (Bisquick, milk, and eggs) with fork or wire whisk until blended. Pout into pie place over other ingredients.
4. Bake about 25 minutes or until knife inserted in center comes out clean.