

# the Golden Times

For senior adults & their families.

North/Eastside Senior Coalition  
1625 Northport Dr. #125  
Madison, WI 53704

FREE for NESCO Members  
\$1 for Non-Members @ NESCO Office



## NESCO Summer Concert Series 2018

Free and Open to the Public!  
Mondays 6:00–7:30pm  
@ Warner Park

July 9 Ladies Must Swing

July 16 Marcy & The Highlights

July 23 Universal Sound

July 30 Rachele & The Red Hot Rattlers

Concessions available.

**This year's concerts are supported by:**

Dane Arts with additional funds from Endres Mfg. Company Foundation, The W. Jerome Frautschi Foundation and The Pleasant T. Rowland Foundation, Kollath CPA, The Evjue Foundation, The Madison Arts Commission, and Oak Park Place

Limited Transportation for Seniors Available

Call 243-5252



North/Eastside Senior Coalition

**We are social!  
Become a fan and follow us!**

**Senior Housing Partner: Sherman Glen Apartments**

1110 N. Sherman Ave, Madison, WI 53704 (608) 241-1190

Accredited by the National Institute of Senior Centers (2015-2020) and the Wisconsin Association of Senior Centers (2013-2017)

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***Mission:** NESCO helps people to be happy, live well, and stay connected as they age.*

***Vision:** Dedicated to building a better community for people of all ages and backgrounds.*

July 2018 Vol XLIII

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## The Golden Times

North/Eastside Senior Coalition, Inc.  
1625 Northport Drive #125  
Madison, WI 53704  
Phone: (608) 243-5252  
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General E-mail: info@nescoinc.org  
Website: www.nescoinc.org

North/Eastside Senior Coalition does not necessarily endorse products and services advertised in *The Golden Times*.

Deadline: one month prior

Office Hours: 8:00 am–4:30 pm, Monday–Friday

### North/Eastside Senior Coalition's

Board of Directors Meeting  
August 14, 4:00 p.m.  
(Warner Park Community  
Recreation Center)

Your comments are important to us and we invite you to visit our monthly Board meetings. Visitors will be asked to sign-in and state your comments, questions, and concerns at the start of the meeting. These issues will then be forwarded to the appropriate committee. Thanks so much for your interest in NESCO!

## Board of Directors

**Alison Lindsay Mares, *President***  
*Yours Sincerely, Principal*

**Laura Stein, *Vice-President***  
*American Family Insurance, Human Resource Advisor*

**Rick Webster, *Treasurer***  
*American Family Insurance, Farm/Ranch Underwriting Manager*

**Melissa Reed, *Secretary***  
*Reed Advocacy LLC, Principal*

**Blinda Beason**  
*WI Dept. of Transportation (Retired)*

**Carol Peterson**  
*Madison School District (Retired)*

**Luanne Fax**  
*Madison Gas and Electric Co.,  
Residential Services Manager*

**Jan Somerfeld**  
*Bunbury & Assoc. Realtors (Retired)*

**Walter Stewart**  
*W.R. Stewart & Associates, S.C.,  
Lawyer*

## Board Committee Citizen Representatives

**Diana Dineen**  
*Personnel Committee  
UW Hospital, Registered Nurse (Retired)*

**Sue Peck**  
*Finance Committee  
Evolution Financial LLC, President*

**Sharon Persich**  
*Resource Development Committee  
Metro Transit (Retired)*

**Shirley Raymakers**  
*Resource Development Committee  
Madison School District (Retired)*

**Jill Varnell**  
*Resource Development Committee*

## Staff

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*Dining Site Manager*

The North/Eastside Senior Coalition is an equal opportunity agency. No otherwise qualified applicant for services or service recipient shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination. This covers eligibility for and access to service delivery and treatment in all Coalition programs and activities. Clients, participants, and volunteers of the Coalition are encouraged to report any discrimination relating to service delivery by the Coalition to the Executive Director or Board President in writing (1625 Northport Dr #125, Madison, WI 53704).

# 2018 Membership Benefits

To receive discounts from our local business partners, you simply need to show your 2018 NESCO membership card.

**Benvenuto's Italian Grill** (@ Northside Town Center)  
FREE ice cream sundae with entree purchase

**Boomerangs Resale Store** (@ Northgate Shopping Ctr)  
20% off regular priced merchandise (excludes furniture)

**Cambria Suites Madison**  
Hotel stay \$79/night for visiting family or relatives

**Cafe La Bellitalia Restaurante & Pizzeria**  
10% off your total food bill

**Culver's of Northport**  
FREE cone or dish of custard with the purchase of a cone or dish

**Kavanaugh's Esquire Club**  
FREE dish of Schoeps flavor of the day ice cream with the purchase of lunch (11am–2 pm)

**Madison Chiropractic–North** (2205 N Sherman Ave)  
Complementary consultation (in office or over phone)

**Manna Cafe & Bakery** (@ Lakewood Plaza)  
10% off in-dining food & beverages

**Meikle's True Value**  
(at Northside TownCenter)  
Have a free key made each month

**Overture Center**  
Receive reduced ticket prices for select shows

**Plus NESCO sponsored trips discounted!**



Lois Gerbitz  
Executive Assistant  
lgerbitz@nescoinc.org  
608-243-5252 Ext. 210

**Note:** Warner Park Community Recreation Center (WPCRC) ID cards are required for all building users (\$5/year). NESCO senior dining site participants are encouraged to make a donation for their WPCRC ID cards.

## 2018 NESCO Membership Form

Scholarships are available to seniors (age 55 and over) with annual income less than \$16,236 (one person) or \$21,852 (couple).

Simple application is required from the office and all information is confidential.

Contact Lois (243-5252 or lgerbitz@nescoinc.org) to obtain an application.

### 2018 NESCO Membership & Donation Form (July-Dec)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_  Please email me the Golden Times

*I wish to remain anonymous*

Check One:  \$7 Individual Membership  \$13 Family Membership  
 \$50 Business Membership  \$50 Golden Club Membership  
 \$100 Patron Membership  \$ \_\_\_\_\_ Other

Special donation of \$ \_\_\_\_\_ for: (check all that apply)  
 Newsletter  Cultural Diversity Programs  
 Case Management  Intergenerational Programs  
 Home Chore Programs  Social & Educational Programs  
 Endowment Fund  Nutrition Program

(Optional) *In memory of:* \_\_\_\_\_

*In tribute of:* \_\_\_\_\_

Membership is tax deductible to the extent of the tax code.  
Our financial report can be obtained at our office. Mail check to:

**North/Eastside Senior Coalition (NESCO)**  
1625 Northport Dr. #125, Madison, WI 53704

# Local Resources

## Foot Care Clinics

NESCO and SSM Health at Home co-sponsor four foot clinics each month for individuals who cannot do their own foot care and do NOT have diabetes. The cost is \$22 at each clinic. Appointments are required and must be made in advance by calling 243-5252.

**Don't forget your towels!**

- July 2nd**      *Eastside Shopping Center (2nd Floor)*  
705 E. Washington Ave  
1:30—3:00 pm
- July 10th**     *St. Paul Lutheran Church*  
2126 N. Sherman Ave  
1:00—2:45 pm
- July 13th**     *Warner Park Community Rec. Center*  
1625 Northport Drive  
9:00—11:30 am
- July 17th**     *Lakeview Lutheran Church*  
4001 Mandrake Road  
1—3 pm

## Shopping Trips Call 294-8747

Group Access Bus Service (\$1/way)

- Mondays**     *EastTowne, Walmart East & Savers,*  
10 am—1 pm  
*Hy-Vee, 10 am—1 pm (1st Monday)*
- Tuesdays**   *Woodman's, 9—11 am*  
(includes Woodman's East &  
Pick 'n Save Pharmacy)
- Wednesdays** *Woodman's, 9—11 am*  
(includes Woodman's East, Pick N Save  
Pharmacy, & Farmer's Market)
- Thursdays**   *Northside Town Center, noon—2 pm*  
(includes Walgreens & Willy St Co op)  
NW Aberg, Packers Ave & Maple Bluff.  
*Pick 'n Save, Noon—2 pm*

## MSCR Programs

### Tote Bag

Sew a fabric tote bag that you can take anywhere with all your necessities, keep in your car for shopping or use for carrying your supplies to sewing classes! Class appropriate for participants who have completed Sewing 1 or have basic machine sewing skills..  
18+ MSCR East WED 7/11—7/25 6:30—8:30 pm  
\$40 #18742

### Acrylics

Learn acrylic painting techniques along with color mixing and composition. Paintings cover a wide range of subjects. All levels are welcome. Materials provided.  
18+ MSCR East FRI 7/13—8/17 9:00—11:30 am  
\$80 #18067

Call 245-3667 to register for MSCR classes.  
Scholarships are available for seniors

### FREE Fitness Room Use @ WPCRC

Mon: 12—1 pm; Tues: 10—11 am; Wed: 10—11 am;  
Thurs: 5—6 pm; Fri: 6:30—7:30 pm; Sat: 12—1 pm  
Room/equipment use is free. However, a WPCRC ID card is required. Inquire at WPCRC front desk or call 608-245-3690.



## Senior Connections

### St. Paul's Lutheran Church

2126 N. Sherman Ave, Thursdays, 10 am—2 pm

Senior adults are invited to socialize, enjoy a nice meal and play board games, cards and Bingo afterwards. Lunch is served at 11:30 am (a financial contribution is always appreciated). A food pantry is available for seniors from 10:45 am until lunch time.



# NESCO Senior Dining Site

NESCO offers a senior dining site for people age 60+. A \$4 donation is suggested for senior adult diners (age 60+). The cost of a meal is \$10.23 each for those diners under the age of 60. The meals are prepared by Goodman Catering and served at WPCRC at 11:30 am each weekday. It is a well-balanced meal and **especially appealing for seniors who don't enjoy cooking or eating alone. Newcomers are always welcomed.**

*Call 243-5252 by noon the day prior to make a reservation.*

## Festival Food Nutrition Site

The Senior (age 60 and over) Group lunch program at Festival Foods on THURSDAYS only offers a wonderful, Soup & Salad dining option. Participants also have the option to do some grocery shopping after lunch. The transportation door to door allows for those normally unable to get to the grocery store some time to shop. Seniors may dine at Festival Foods between 11:00 a.m. and 1:00 p.m. on Thursdays and no reservation is needed. There is a choice of 30+ salad bar options, and four (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!

Transportation is available by calling 243-5252.



# Senior Dining Information

## Senior Dining Site Menu

Starting in June, NESCO's lunch menu and Goodman Center's lunch menu will be the same. Because of this, we are now combining the two menus in our newsletter. The Dining Site menu for both NESCO and Goodman Community Center are listed on the calendar on page 8 in a combined menu. Any differences in the menus are highlighted. Please note that if you are dining at NESCO, you still need to call NESCO by noon the day before to sign up for a meal and any transportation needed.



## Door to Door Bus Service

is available Monday-Friday. Bus reservations can be made when you make your luncheon reservation.

Donation: 50¢ each way or what you can afford.

## Gift Certificates Available

Take a senior to lunch by purchasing gift certificates for them to redeem at any Dane County Senior Dining Site. The cost is \$4 each for senior adult diners (age 60+) or \$10.23 each for those diners under the age of 60.

Call 243-5252 for more information.

*Great gifts for any occasion!*

# Vets Connect Program

Vets Connect and Immediate Family  
St. Paul Lutheran Church  
2126 N. Sherman Avenue

Meets every Thursday  
4:45—7 pm  
Free Dinner

Connect with Vet Services  
Games, Movies & More

Hosted by St. Paul Lutheran Church

**Now Hiring Caregivers!**  
Care for those who have cared for us.

 SENIOR  
Helpers

Care and comfort at a moment's notice.

Apply online at [www.seniorhelpersmadison.com](http://www.seniorhelpersmadison.com)  
or call 608-729-5365 and ask for HR.

- Flexible FT and PT Schedules
- Close to Home
- Paid Training, Bonuses & Benefits Available
- Gas/Mileage Reimbursement
- Supportive Staff

# Ongoing Programs



Ruth Hellenbrand  
NESCO Programs Manager  
243-5252, Ext. 209

## 5¢ Bingo

Every Friday, 10:15 am

Each card costs 5¢; all proceeds paid out to the winners. Call 24 hours ahead if you want to stay for lunch at 11:30 am.

## Book Club

First Tuesday, 10:00 am

**July's book "Digging Into America " by Anne Taylor**

Two families meet at the Baltimore airport while waiting for their baby girls to arrive from Korea. The Iranian-American Sami and Ziba Yazdan, with Ziba's elegant and reserved mother, Maryam, in tow, wait quietly while brash and all-American Bitsy and Brad Donaldson, plus extended family, are armed with camcorders and a fleet of balloons proclaiming "It's a girl!" After they decide together to throw an impromptu "arrival party," a tradition is born, and so begins a lifelong friendship between the two families.

## Book Exchange Program for Seniors

Bring in used books and exchange them for ones you haven't read. Books are in the NESCO office; open 8:00 am—4:30 pm, Monday—Friday.  
*NESCO members only.*

## Card Playing—All skill levels welcome!

**Euchre**

Mondays, 8:30—11:30 am

**Kings Corner**

Mondays 10:30—11:30 am

**Sheepshead**

1st & 3rd Wednesdays, 1:00—3:00 pm

PLEASE NOTE: All Euchre Tournaments for 2018 will be hosted at Lakeview Lutheran Church with Lunch at 11:00 am and Euchre to follow.

## Blood Pressure Clinic

Fourth **WEDNESDAY** of each month **10-11 am**

GHC will be here monthly to check BP. No charge.

## FREE NESCO Senior Chair Yoga

Wednesdays, 10:30 am

Certified Yoga Instructor, Kimberly Sprecher will lead you through a 45 minute program to increase strength, flexibility, and balance with chair-based yoga stretches, and breathing techniques. If instructor is unavailable, an exercise video is used.  
*For NESCO members only.*

## Technology Help Appointments

Tech appointments are on hold for the summer. They will resume in the fall.  
Thank you.

## Knit & Crochet Group (Quilters too!)

2nd and 4th Tuesday , 9—11:00 am

They're Baaack! New folks are welcome to join the group. Meets in the lobby of Warner Park Community Recreation Center.

## Sassy Steppers Dance Crew

Practice every Monday afternoon 4:00 pm

Sassy Steppers are a fun dance team that perform for NESCO events and other senior centers around the area. This is a great way to exercise and make new friends! Any skill level welcome.

## Ping Pong League

Mondays, 9:00 am—Noon, WP Game Room

Come join the senior ping pong league! There is no need to pre-register, just show up!

*Check our Web site for more information and follow us on Facebook and Instagram too!*



[https://www.facebook.com/  
NortheastSidesSeniorCoalition/](https://www.facebook.com/NortheastSidesSeniorCoalition/)

## Ongoing Programs

### Card-Making Club

Second & Fourth Wednesdays, 1:00 pm

Help create home-made cards for all occasions. All proceeds go to support NESCO programs and services. Cards are sold in our office M-F 8:00 am-4:30 pm. New talent welcome!

### Sewing Club/FREE Mending Service

First & Third Thursday, 9:00 am, NESCO Office

Senior adults with general mending and alteration needs can bring your clothing to the NESCO office between 8:00 am-4:30 pm, Mon-Fri. Limit three articles per month.

### Veteran's Discussion Group

First Tuesday of each month 12:30-1:30 pm

Dave Hosking, Outreach Specialist from the Vet Center facilitates a monthly discussion and support group for veterans. No need to sign up in advance.

### NEW! Bridge Club

Starts July 11th

Wednesdays, 1-4pm

Warner Park Community Rec Center  
(There will be NO kitty)

Call Ruth @ 243-5252



### Warner Park Down Week

**August 19—26th**

The Warner Park Community and Recreation Center will be closed for maintenance. NESCO office will be open from 8 am-3 pm. We will have volunteers answering the phones, but the public is not allowed in the building. We will not be offering programs or meals.

Call the Goodman Center for lunch  
at 204-8032.

## July Programs

NEW!

### Lakeview Library Hour with Lesly

Tuesday July 10, 10:00-11:00am

Join Lakeview Librarian Lesly Kircher for coffee and book talk on the 2nd Tuesday of every month. We will have coffee and treats.

Lesly will talk about what's new at the library and will have books available for check out. If you are searching for a special title, Lesly can help you reserve it or order it right there!

Lesly will be bringing a selection of large print, fiction, non-fiction and books on tape available for check out!

### Tell a Joke Day!

Tuesday, July 24th 10:30-11:15

Bring your best (clean) jokes and let's share some laughs for international Tell a Joke day!

### Christmas in July BINGO!

Friday July 27th 10:15-11:15

Tired of the long hot summer days? Well let's have some Christmas fun with BINGO. Door Prize, A special gift for dressing in red and green and lots of fun Bingo prizes and Christmas cookies!

### Explorer's Club

The Explorer's club will be heading to the  
*International Crane Foundation*

Tuesday, July 31st

\$7.00 per person

Bring a brown bag lunch

10:30 am Tour

12:30 pm Picnic

1:30 pm Special Library Tour

Meet at NESCO at 9:15 am

prompt 9:30 am departure.

RSVP to Ruth by July 20th



243-5252

No transportation available



# July Senior Dining Menu for NESCO & Goodman



Location: WPCRC, 1625 Northport Dr & Goodman Center, 149 Waubesa St  
 Serving 11:30 am Call 243-5252 for NESCO or 204-8032 for Goodman  
 Monday-Friday, 8–11:30 am to reserve a meal for the following day.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Stew Over Biscuit Peas Mixed Salad <b>MO: Red Beans &amp; Rice</b>	3 Chicken & Broccoli Alfredo Corn Mixed Salad Garlic Bread <b>MO: Tofu Alfredo Salad: Chef Salad</b>	4 CLOSED FOR JULY 4th HOLIDAY 	5 <b>NESCO Meal Served @ Festival Foods</b> <b>GOODMAN:</b> Chicken Teriyaki w/ Stir Fry Veg. Brown Rice Carrots <b>MO: Tofu Teriyaki</b>	6 Quiche Lorraine Sweet Potato Mash Mixed Salad <b>MO: Spinach &amp; Mushroom Quiche</b>
9 Open Face Turkey & Gravy Sandwich Roasted Butternut Squash Mashed Potatoes <b>MO: 3 Bean Stew</b>	10 Chicken & Sausage Jambalaya Peas, Mixed Salad <b>MO: Veg. Bean &amp; Mushroom Jambalaya</b> Salad: Chicken Caesar	11 Baked Fish Baked Potato Cole Slaw Bread <b>MO: Baked Tofu</b>	12 <b>NESCO Meal Served @ Festival Foods</b> <b>GOODMAN:</b> Sweet/Sour Chicken Steamed Rice Mixed Veg., Salad <b>MO: Rice &amp; Chickpea Mushroom Stir Fry</b>	13 Ham Salad Sand. Tomato Soup 3 Bean Salad <b>MO: Veggie Burgers</b>
16 Chicken Enchiladas Casserole (Corn Tortilla) Broccoli Medley Mixed Salad <b>MO: Pasta w/Tofu &amp; Sautéed Veg.</b>	17 Meat Lasagna Corn, Mixed Salad Garlic Bread <b>MO: Veg. Lasagna (w/Spinach/mushroom)</b> Salad: Garbanzo Bean Mixed Salad	18 Swedish Meatballs Over Noodles Mixed Salad Steamed Carrots <b>MO: Veg. Bean Stew</b>	19 <b>NESCO Meal Served @ Festival Foods</b> <b>GOODMAN:</b> Pork Chops Red Potatoes Mixed Veg., Bread <b>MO: Veggie Burgers</b>	20 Tuna Casserole Veg. Bean Soup Mixed Salad <b>MO: Baked Tofu</b>
23 Baked Ziti Corn Salad Garlic Bread <b>MO: Chickpea &amp; Mushroom Stew w/ Rice</b>	24 Fish & Cheese on Bun 3 Bean Salad Mixed Greens <b>MO: Cheese/Black Bean Burrito</b> Salad: Harvest Salad	25 Sliced Ham Cheesy Potatoes Glazed Carrots Dinner Roll <b>MO: Veggie Burgers</b>	26 <b>NESCO Meal Served @ Festival Foods</b> <b>GOODMAN:</b> Tator Tot Casserole (w/ground beef) Cole Slaw, Bread <b>MO: Rice &amp; Chickpea &amp; Mushroom Curry</b>	27 Baked Parmesan Chicken Pasta w/Marinara Sauce, Peas <b>MO: Chickpea &amp; Mushroom Stir Fry Rice</b>
30 Chicken Salad Sand. Potato Salad Carrot Slaw <b>MO: Veggie Burger</b>	31 Beef Stir Fry Rice Snap Peas Mixed Salad <b>MO: Tofu Stir Fry Rice</b> Salad: Raspberry Chicken Salad	 Debi Hankins Dining Site Manager	The dining site menu for both NESCO and Goodman Community Center are on this calendar. Every Thursday there is a difference between the NESCO and Goodman menu.	

**REMINDER:** You must sign up for lunch by noon the day before. You can sign up in person or by calling the NESCO office at 243-5252 or in person or by calling Gayle at the Goodman Community Center at 204-8032. Thank you!



# July Senior Programs @ WPCRC *(unless otherwise indicated)*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30 Euchre 9:00 Ping Pong 10:30 Kings Corner 4:00 Sassy Steppers</p>	<p>3</p> <p>9:00 Knit/Crochet Group 10:00 Book Club 12:30 Vet Support Group</p>	<p>4</p> <p>Closed for July 4th Holiday</p>	<p>5</p> <p>9:00 Sewing and Mending Group</p> <p>LUNCH at FESTIVAL FOODS</p>	<p>6</p> <p>10:15 5¢ BINGO</p>
<p>9</p> <p>8:30 Euchre 9:00 Ping Pong 10:30 Kings Corner 4:00 Sassy Steppers 6:00 pm Summer Concert</p>	<p>10</p> <p>10:00 Library Hour with Lesly 10:30 Walk Warner Park</p>	<p>11</p> <p>10:30 Chair Yoga 1:00 Card Making Club</p>	<p>12</p> <p>LUNCH at FESTIVAL FOODS</p>	<p>13</p> <p>9:00 Foot Care Clinic 10:15 5¢ BINGO Caller: Diana D</p>
<p>16</p> <p>8:30 Euchre 9:00 Ping Pong 10:30 Kings Corner 4:00 Sassy Steppers 6:00 pm Summer Concert</p>	<p>17</p> <p>9:00 Knit/Crochet Group 10:30 Walk Warner Park</p>	<p>18</p> <p>10:30 Chair Yoga 1:00 Sheephead</p>	<p>19</p> <p>9:00 Sewing and Mending Group</p> <p>LUNCH at FESTIVAL FOODS</p>	<p>20</p> <p>10:15 5¢ BINGO</p>
<p>23</p> <p>8:30 Euchre 9:00 Ping Pong 10:30 Kings Corner 4:00 Sassy Steppers 6:00 pm Summer Concert</p>	<p>24</p> <p>10:30 Tell A Joke Day</p>	<p>25</p> <p>10:30 Chair Yoga 1:00 Card Making Club</p>	<p>26</p> <p>LUNCH at FESTIVAL FOODS</p>	<p>27</p> <p>10:15 5¢ BINGO Caller: Diana D Christmas in July Bingo!</p>
<p>30</p> <p>8:30 Euchre 9:00 Ping Pong 10:30 Kings Corner 4:00 Sassy Steppers 6:00 pm Summer Concert</p>	<p>31</p> <p>10:30 Case Manager Q &amp; A</p>			<p>Ruth Hellenbrand Programs Manager 243-5252, Ext. 209</p>

# Case Management Services



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Mondays-Fridays



**Kate Shenker, MSW, ICSW**  
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Mondays-Thursdays

## Staying Safe When It's Too Darn Hot

Prepared by HealthinAging.org

When the temperature climbs above 90°F, older adults need to be proactive and take precautions. So check **the outside temperature on summer days**. If it's above 90°, older people should keep in mind the following tips:

1. Stay out of the sun if possible. If possible, wait to go out until the sun starts to set or until early the next morning. Adjusting when you go outside could mean a difference of several degrees.
2. Air Conditioning is your friend. Spend as much time **as possible in air conditioned spaces**. If you don't have an air conditioner, go somewhere that is air-conditioned. Read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)
3. Stay hydrated. Drink plenty of cool water, clear **juices, and other liquids that don't contain alcohol** or caffeine. Alcohol and caffeine can dehydrate you (dry you out).
4. Dress appropriately. Whenever you can, try wearing loose, light-colored clothes (dark-colored clothes absorb heat). Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
5. Did someone say sunburn? Use broad spectrum sunscreen with sun protection factor (SPF) of 15 or higher.

### Walk-in Office Hours

Case managers are available to assist you with questions you may have at the location below:

Where?	When?
Sherman Glen	<b>July 18, 2018</b> 1:00—2:00 p.m.

*(Continued from previous column)*

6. Cool down! Take tepid (not too cold or too hot) **showers, baths, or sponge baths** when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

### Come

### Together Party

Tuesday, August 28, 2018

4:00—6:00 pm

Warner Park Community Rec Center

4:15 pm Entertainment

5:00 pm Door Prizes

5:15 pm Dinner

\$2/per person

By Reservation ONLY

Call Pam or Rodrigo

@ 243-5252

# Cultural Diversity Senior Programs

## African American Program



**Pam Bracey**  
Cultural Diversity  
Program Specialist  
pbracey@nescoinc.org  
243-5252 Ext. 205

## Latino Program



**Rodrigo Valdivia**  
Cultural Diversity  
Program Specialist  
rvaldivia@nescoinc.org  
243-5252 Ext. 203

**Discussion Group (Burr Oaks)**  
Wednesday, July 11, 10 am–12 Noon  
2417 Cypress Way, Community Room  
The monthly Discussion Group meets on the second Wednesday of the month to learn about health and safety related issues that impact older adults as they age. We will be going on a Pontoon Boat Ride and enjoying the outdoors with much Gratitude.

**Diabetes Support Group (Burr Oaks)**  
Thursday, July 26, 2–4 pm  
2417 Cypress Way, Community Room  
This group typically meets the fourth Thursday of the month. Topics vary each month, but are always related to Living with Diabetes as we age. 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 concern or interest.

**Latinx Monthly Discussion Group**  
Wednesday, July 11, 5:45–8:00 pm  
Madison Senior Center, 330 W. Mifflin Street  
Topic: Join us for our monthly discussion group as we discuss relevant issues on health and wellness. Julio Garcia of the Tenant Resource Center and Alison Ahlgrim of Fair Housing Wisconsin will be coming by to discuss renter's rights.

**Latinx Caregiver Group**  
Wednesday, July 25, 5:45–8:00 pm  
Madison Senior Center, 330 W. Mifflin Street  
Support group for those providing care to grandchildren, friends, and other family members.  
Topic TBD.

**Healthy Soul Food Cooking Class**  
Tuesdays, October 9th-23rd  
11:00 am–12:30pm  
At the Learning Center  
UW Health at the American Center

In a state of the art Learning Kitchen, come learn from the chefs of UW Health how to prepare soul food in a way that is both healthy and delicious. Submit your favorite recipes prior to the series and Dieticians will use their expertise to create a new healthier version that is still full of flavor. In each class you will get to make these recipes with our chefs! You will also be sampling the recipes!

Class size is limited. *Class is \$10 per person for the series.* Transportation is available. **Sign up today by calling Ruth at 243-5252.**

This Cultural Diversity Senior Program is funded through the Leck & Mally Grants from the Area Agency on Aging for Dane County.

This year's Cultural Diversity Senior Programs are sponsored in part by:



Proud to support the work of the North/Eastside Senior Coalition.

Thank you for supporting our Cultural Diversity Programming!

# Volunteer Opportunities



Larry Jolón  
Special Events &  
Volunteer Coordinator  
ljolon@nescoinc.org  
243-5252 Ext. 204

## Join our Home Chore Program!

Looking for an opportunity that fits your busy schedule, and makes a direct impact for a senior adult in need? NESCO and our community need you! Helping ranges from light house cleaning, laundry, grocery delivery and much more. Contact Larry today if you are interested!

## Help in our Front Office!

Are you looking for an opportunity to be the first point of contact for our senior adults and supporters, and help facilitate our office processes? We are currently seeking a 4th and 5th Thursday volunteer that can assist from 12 pm—4:30 pm. Contact me today if interested!

## Become one of our Bingo callers!

Are you a fan of games and looking for a fun volunteering opportunity? Bingo is an incredibly popular game with our senior adults, helps keep their minds sharp, and is another avenue for them to socialize.

We are seeking volunteers that can call Bingo from 10 am—11:30 am, on Fridays. Volunteer can determine Friday availability. Contact Larry today if you are interested!

## Speak Spanish? Assist in our Latinx Discussion Group!

Help assist our Latinx Cultural Diversity Specialist continue providing quality programming during our monthly discussion groups!

You would attend monthly discussion groups to assist with set-up, help our seniors get into their taxis, and occasionally help with day trips. Volunteers would need to help, once a month on Wednesday evenings and occasionally on other days for trips. You also determine your availability. Contact Larry today if you are interested!

# Volunteer Spotlight

*As a token of our appreciation for our outstanding volunteers, we host a spotlight each month to share their contributions with you. This month, we're highlighting :*

*Our Home Chore and Grocery Delivery volunteer, Dave Mies. He has been volunteering with us for 4 years, because he wants to make people's lives better. The program has also allowed him to make long term friendships with other older adults.*

*He originally heard about NESCO because of an article about our pet food delivery service and our need for volunteers. That developed into multiple relationships with several older adult homes that he helped. With his recent match, Dave spent multiple hours a month ensuring his dog received the attention she needed, delivered groceries and pet food to him, and helped with other tasks. From childhood, he and his father believed in helping the less fortunate and his dedication to service shows. He has assisted as a past member of the Lions Club, and former board member of the Epilepsy Foundation.*

*Outside of Home Chore, Dave keeps busy: he volunteers for Meals on Wheels, works two jobs, and rescues cats. He also enjoys traveling, going to music shows, and spending time with his pets. Thank you for everything you do!*



# Follow Our Adventures!

Interested in seeing our volunteers in action, learning more about our Special Events, and connecting with other members in our community? NESCO is active on social media:



Facebook:  
[www.facebook.com/  
NortheastSidesSeniorCoalition/](http://www.facebook.com/NortheastSidesSeniorCoalition/)



Instagram: @northeastSidesSeniors

Please follow, like, and share our pages!



## Used Jewelry Needed

We are now accepting donations for our AppleFest Jewelry Sale. Bring your gently used jewelry items to the NESCO office Monday—Friday from 8 am-4:30 pm.

We are gratefully accepting donations of necklaces, rings, bracelets, earrings, watches, and cufflinks in good condition. NESCO will be **accepting jewelry for this year's AppleFest until September 1st.**

AppleFest will be held on September 29, 2018.  
Thank you!



## AppleFest Volunteers Needed

Used Book Sale September 27—29:

- Used Book Sale

AppleFest, Saturday, September 29:

- Bake Sale
- Gently Used Jewelry Sale
- Raffle and Drawing Tickets
- Snack Bar
- Apple Sale
- Kiddie Carnival Games
- Face Painting

\*Volunteers needed to help run these different activities. Contact Larry if you are interested!



## Got Books or Music CDs?

AppleFest is Saturday, September 29, 2018, and NESCO is now taking donations for the annual AppleFest Used Book Sale.

You can drop off book donations to the NESCO office on Monday—Friday between 8 a.m. and 4:30 p.m.

- Children's Books
- Games/Puzzles
- Music
- Large Print
- Books on Tape
- Cook Books
- Craft/Hobby/How To Books
- Fiction/Non-Fiction
- Mystery/Romance
- Music CDs
- Movie DVDs



Thank you for your support of NESCO!

## AppleFest Bakers Needed

We are in full planning mode for AppleFest 2018! We are looking for people who enjoy baking to volunteer to bake goodies for the annual AppleFest bake sale.

- Cookies
- Pies/Cakes\*
- Bread/Muffins
- Bars/Brownies

Contact Larry today if you are interested!

\*Pie tins are available to the NESCO office. Supply is limited.

### Summer Concert Rain Date

We will be using our Summer Concert Rain date of Monday, July 30 for Rachelle & The Red Hot Rattlers  
See you there at 6pm!

# Merging Forward: Your Involvement is Essential

Since we were started in the early 1970s, the four City of Madison Senior Coalitions have had the support of thousands of dedicated volunteers. You have contributed many hours, dollars, in-kind services, and Board oversight over the past forty-plus years. We could not have provided the important support services, programs and assistance to thousands of older adults without the help of our valued volunteers. We thank you for your service to our agencies.

Many of our current volunteer opportunities (meal sites, home chore, guardian/representative payee, front office assistance, older adult activities, special events) will continue to exist. There will also be opportunities to participate on advisory councils, committees and a *Friends Group* for our new organization. We hope both current and new volunteers will join us in these efforts as well as other volunteer opportunities that will develop in the future. Interested individuals should contact Jim Krueger, NESCO Executive Director, or a NESCO Board member and provide contact information and areas of interest.

As we work towards our January 1, 2019, merger date, we are confident that our volunteer base will continue to grow to meet the needs of the expanding population of older adults in our community. It is an exciting time for our agencies as we work towards our common goal of becoming a new entity with a greater capacity for impact and service.

Have a wonderful summer and I hope to see you at the concerts!



**NESCO would like to thank the**



**for supporting our Cultural Diversity Programming.**

"We build strong communities with our structural steel foundations, and through our support of community projects, goals, and non-profit grants."

**Thank you!**

## Cooking for 1 or 2

NEW! A cooking class designed for cooking for one or two!

Thursdays, September 6th-27th  
11:00 am—12:30 pm  
UW Health at The American Center

In the state of the art cooking lab, come learn from the chefs of UW Health, how to prepare simple and delicious meals for one or two people at a time. Learn 2-3 new recipes per class while getting hand on learning experience. Each class you will work with our chefs to cook the recipes they have designed and learning easy cooking techniques in the process.

Class size is limited. Sign up today by calling Ruth at 243-5252!  
\$10 for the class series.  
Transportation is available.



This NESCO Senior Program is funded through the Leck and Mally Grants from the Area Agency on Aging for Dane County

## Ask the Nurse



### Fact or Fiction? Ask the Nurse!

Do you have questions about health information? In this column, nurses from the UW-Madison School of Nursing will answer common health and wellness questions and help us figure out FACT from FICTION.

### **I don't need to worry about walking outside when it is lightning as long as I'm wearing rubber-soled shoes.**

#### FACT:

Rubber-soled shoes provide NO protection from lightning. And lightning is a killer. According to the U.S. National Weather Service, lightning kills an average of 51 people every year in the USA and hundreds more suffer serious injuries. Among weather dangers, lightning is the #2 killer (more dangerous than snowstorms, hurricanes, and tornadoes). Only floods kill more people.

Here are some tips to help stay safe when lightening is a threat:

#### The "30-30" rule

When you see lightning flash, count the number of seconds until you hear thunder. If you hear thunder in 30 seconds or less after seeing the lightning, seek shelter immediately. Stay in a sheltered place for at least 30 minutes after the last rumble of thunder is heard.

#### Where to go

The safest shelter is a large building such as a house, school, store or public building. If none of these are available, the next best option is any vehicle that has a solid metal roof and solid metal sides, like a typical car, bus or truck. Covered picnic shelters, tents, and convertibles even with the roof up are not safe. If you are caught outside with no available shelter, make yourself as small a target as possible. Look for a dry, low-lying area and stay away from tall trees, metal fences, or water.

#### Safety indoors

Avoid plumbing, including sinks, baths and faucets. Stay off corded phones, computers and other electrical equipment that puts you in direct contact with electricity. Stay away from windows and doors, and stay off porches. Do not lie on concrete floors, and do not lean against concrete walls.

Sources: <http://www.nasa.gov>; <http://news.nationalgeographic.com>; <http://www.lightningsafety.noaa.gov/>



# Selection of Electric Vehicles Continues to Grow

We all like choices. Check out the cereal aisle at your local grocer or the "coffee" menu at your favorite coffeehouse.

"One size does not fit all" when it comes to vehicles either. Some drivers want a small car to squeeze into compact car-only spots while other drivers want an SUV to haul their kids' hockey gear. Or, some drivers dream of a sporty sedan that goes zero to 60 mph in less than four seconds.

What many buyers may not realize is the assortment of electric vehicle options at dealerships in the Madison area.

There are more than 40 electric vehicle models available in almost every vehicle class from the Chevy Bolt hatchback to the Chrysler Pacifica minivan. And that number is expected to double in the next five years.

## All Electric or Gasoline Backup?

Like their gasoline counterparts, today's electric vehicles offer many choices when it comes to trim, color, and packages. And like gas-powered vehicles, which may take either regular or premium fuel, electric vehicles also are "fueled" in different ways. For example, some vehicles are all-electric while others are plug-in hybrid electric vehicles (PHEV) or battery electric vehicles (BEV).

## What's the Difference?

BEVs like the Chevy Bolt, Nissan LEAF, and Tesla Model 3 run on electricity only. They have an electric motor. The battery recharges by plugging into an electrical outlet or charging station. On average, you can drive from 100 to 240 miles on a charge.

Automakers are promising future models will travel 300 miles or more on a single charge.

PHEVs also have an electric motor and battery with a gasoline engine for backup. You can drive from 10 to 50 miles on electricity before the gasoline engine kicks in. PHEVs can travel between 300 to 600 miles before you need to charge or fuel up. There are many models available including the Chrysler Pacifica Minivan, Honda Clarity, Mitsubishi Outlander, and BMW 330e.

## PHEV or BEV?

Whether to select a PHEV or BEV depends on your driving habits and lifestyle. If you live in DeForest and work in Madison, for example, a BEV might be a good choice. As an example, the Chevy Bolt gives you more than 200 miles per charge. If you travel for your job or take your kids to soccer tournaments in Wausau and Green Bay, a PHEV may be the option for you since they typically allow for greater distance travel.

## The Future

It is clear automakers are committed to building and selling electric vehicles for drivers with different needs, price points, and features. That means there will continue to be more choices for drivers—and we're likely to see some of them sooner than later. In fact, it's predicted there will be more than 100 models on the road by 2022.

Check out Madison Gas and Electric's new online feature about electric vehicles and charging options. Visit [energy2030together.com/EVRider](http://energy2030together.com/EVRider) for additional articles.

*From: Madison Gas and Electric*



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Madison, WI 53704

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## NESCO Wish List

Bird Seed  
Lemonade

Small radio w/CD player

For more extensive wish list or to drop off donations, contact 243-5252 or [info@nescoinc.org](mailto:info@nescoinc.org)



# Brain Tracker

Can you find these words? Blizzard, Clear, Cloudy, Cold, Dry, Fog, Hail, Hot, Humid, Hurricane, Mist, Rain, Snow, Storm, and Sunshine.

H	R	M	I	S	T	C	G	B	N
U	J	A	N	T	O	Z	W	N	B
R	E	X	E	L	L	O	P	L	J
R	N	C	D	L	N	N	I	T	B
I	I	H	L	S	C	Z	I	D	T
C	H	U	Y	O	Z	Z	S	A	H
A	S	M	G	A	U	T	N	A	R
N	N	I	R	F	O	D	I	Q	H
E	U	D	O	R	R	L	Y	O	B
L	S	G	M	Y	Z	W	T	L	L

# NESCO Annual Report

Read about NESCO and its many accomplishments in our 2017 Annual Report.

If you would like a copy of NESCO's 2017 Annual Report you may pick one up at the NESCO office between 8 am—4:30 pm. M-F.

Or contact the NESCO office if you would like a copy of the 2017 annual report mailed to your home.

## *In Loving Memory*

Remember NESCO ...

When writing your will or planning for your estate. All donations are tax deductible and stay right here in our community. Thank you!



*"They took care of everything."*



• East/Madison  
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608.221.5420

• Oregon  
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608.835.3515

• West/Middleton  
7435 University Ave.  
608.831.6761

• Stoughton  
1358 Hwy. 51 North  
608.873.4590

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- Funeral Cremation Plans
- Crematory on Premises
- Pre-Arranging Service

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608.442.5002

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608.592.3201

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608.798.3141

1.800.798.3141

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**1110 N. Sherman Avenue**




\*Income Restrictions Apply

REMINDER:  
 NESCO is closed  
 Wednesday, July 4th for the holiday.  
 Thank you!



## Artful Aging

This art program is designed for any skill level! We will be exploring all artistic mediums (water color, pastels, acrylics) as we discuss cultural differences and forge new friendships. At the end of 12 sessions, we will hold two art showings! Class size is limited.. (This program is free for NESCO members and all materials are provided).

Wednesday's from 1–3 pm  
 September 5th–November 11th  
 Call Ruth at 243-5252 for more info  
 or to sign up!

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— Roman Ryan, President



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# Brain Tracker Answers

Here are the answers for you!

H	R	M	I	S	T	C	G	B	N
U	J	A	N	T	O	Z	W	N	B
R	E	X	E	L	L	O	P	L	J
R	N	G	D	L	N	N	I	T	B
I	I	H	L	S	C	Z	I	D	T
C	H	U	Y	Q	Z	Z	S	A	H
A	S	M	G	A	U	T	N	A	R
N	N	I	R	E	O	D	I	Q	H
E	U	B	O	R	R	L	Y	O	B
L	S	G	M	Y	Z	W	T	L	L



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## Go Green. Recycle Old Appliances.

Did you know there is a free program to recycle refrigerators and freezers?

Focus on Energy, Wisconsin's statewide energy efficiency program, offers a \$35 incentive through its Appliance Recycling Program.

Visit [focusonenergy.com](http://focusonenergy.com).

And if you're in the market for a new appliance, be sure to look for the ENERGY STAR® label.

For more energy-saving tips from Madison Gas and Electric, visit [energy2030together.com](http://energy2030together.com).



GS3114 2/15/2017





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of the *Golden Times* are  
mailed to NESCO members.  
(See page 3)

## Important Numbers

AARP	(866) 448-3611	Homeless Services Consortium	(855) 510-2323
Access to Independence	242-8484	Independent Living	274-7900
ADRC Phone Center	240-7400	Madison Public Health	266-4821
Age Advantage Older Workers	242-4914	Madison School & Community Rec	204-3000
Agrace HospiceCare, Inc.	276-4660	Madison Senior Center	266-6581
Alzheimer's & Dementia Alliance	232-3400	Metro Paratransit Reservations	266-4466
American Parkinson Disease Assoc.	229-7628	Meals on Wheels (lunch)	276-7598
Area Agency on Aging (Dane Cty)	261-9930	Meals on Wheels (evening)	204-0923
Care Wisconsin	240-0020	Madison Gas & Electric	252-7222
Centralized Document Processing Unit (CDPU)	(888) 794-5556	National Alliance on Mental Illness	249-7188
Centro Hispano	255-3018	NESCO	243-5252
Coalition of Wis Aging Groups	224-0606	Non-Emergency Police Dispatcher	255-2345
Community Action Coalition	246-4730	Project Home	246-3737
Crisis Line	280-2600	RSVP Driver Escort Program	238-7787
Dane County SOS Sr Council	256-7626	SAIL/Sense of Security (SOS)	230-4321
Dane Cty Veteran's Service Office	266-4158	Social Security Admin	(866) 770-2262
Domestic Abuse Intervention Serv.	251-4445	South Madison Coalition of the Elderly	251-8405
East Madison/Monona Coalition	223-3100	Tenant Resource Center	257-0006
Elder Abuse & Neglect Helpline	261-9933	United Way 2-1-1	211
Goodman Community Center	204-8032	Warner Park Comm. Rec. Ctr	245-3690
Home Health United/VNS	242-1516	West Madison Senior Coalition	238-7368