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November-December 2013

The News Connection

Recipe of the Month

Sweet Potato Cornbread

Ingredients:

2 cups self-rising white cornmeal mix

3 tablespoons sugar

¼ teaspoon pumpkin pie spice

(or cinnamon/nutmeg mixture)

5 large eggs

2 cups cooked mashed sweet potatoes

(about 1 ½ pounds of sweet potatoes)

1 (8 ounce) container sour cream

½ cup butter, melted

Directions:

Preheat oven to 425. Stir together first 3 ingredients in a large bowl. Make a well in center of mixture. Whisk together eggs and next 3 ingredients; add to cornmeal mixture, stirring just until moistened. Spoon batter into a lightly greased 9-inch square pan. Bake at 425 for 35 minutes or until golden brown.



Pam Bracey, NESCO
Cultural Diversity
Program Specialist

The African American
Cultural Diversity
Program is a
Dane County wide
program hosted by:

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

The holiday season is here and for some, this may be a stressful time. What are your stress busters for this time of year? Have you thought about taking some control over your stress? The health topic section of this newsletter has advice for handling stress during the holidays or any time of the year. I hope that it works for you and that it helps to bring you peace and calm in the coming "new year! Count it all joy!

Pam

Trivia

1. Which man became the first person of African American decent to win the Noble Peace Prize?

2. Who was Captain Paul Cuffe?

(Answers on back page.)

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

Events

Alzheimer's and Dementia Family Education

Join in and learn about topics of interest for families and friends of those with Alzheimer's or a related dementia. These events are on the second Monday of every month from 5:30-7:00 pm, and are held either west (West Madison Senior Coalition, 517 North Segoe Road) or east (Hawthorne Library, 2707 East Washington Avenue). For more information call 608-232-3400.

- Monday, November 11, West Location

Understand and respond to behavior changes, understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

- Thursday, November 21

National Alzheimer's Screening Day. Look for flyers on events with Charlie Daniel from the Alzheimer's and Dementia Association.

- Monday, December 9, East Location

Is your home really safe for someone with dementia? Home safety is more than disabling the stove and removing throw rugs. Discover ways to look at the home with new eyes and be proactive about potential hazards.

Craft Fairs

Local craft fairs abound at this time of the year. Make it fun day by attending one of these local events in and around the Madison area. Check your local newspapers and grocery store message boards for listings.

Autumn festival arts & crafts fair

- November 1-3, Wisconsin State Fair Park Exposition Center

Hours: Friday 11:00 am-9:00pm; Saturday 9:00 am-7:00 pm; Sunday 10:00 am-5:00 pm. Admission is \$7 for seniors, \$8 for others and children are free. Parking is \$5 per vehicle. There will be 500 artists and crafters displaying handcrafted one-of-a-kind home décor and gifts as well as food and entertainment – something for everyone!

Ageing and Disability Resource Center
(ADRC) of Dane County offers free, unbiased information and assistance on resources and services for older people and adults with disabilities, regardless of income, assets, age or disability. Hours are 7:45 am-4:30 pm, M-F. Call 608-240-7400.

Madison Women's Expo

- November 23 & 24, Alliant Energy Center

Hours: Saturday 10:00 am-5:00 pm, Sunday 10:00 am-4:00 pm. Come shop, taste, play, mingle and more. There will be four specialty pavilion areas designed around fashion, home, food and fun, and three energizing stages that will inspire, motivate and delight you.

MSCR

Basket Making Workshops

- November 7 and 21, 5-9pm, Warner Park

Make a colorful coil basket each workshop. The techniques are similar to Navajo basket making but the materials used will be yarn and coiling core. Designs and patterns vary each workshop. November 7 (course # 43493) and November 21 (course # 43494). The cost is \$26 for each class. Call 608-204-3021 to register.

50+ Fit for the Holidays

- December 16-21, 5-9pm

Fill in the holiday fitness gaps and join a week of classes offered at several of our regular fitness sites. Try functional fitness, zumba, yoga, tai chi and strength training – one \$10 fee for the week, course #43417. Call 608-204-3023 for more information on the schedule of classes and instructors available.

North/Eastside Senior Coalition

Crafts in the Dining Site

- Every Wednesday, 10:30am, Warner Park

NESCO has many new programs to help you be more creative. One of those programs is a craft hour on Wednesdays. Call 608-243-5252 to find out the schedule for programming.

Free Chair Yoga

- Every Wednesday, 10:30am, Warner Park

We still have free chair yoga classes. Increase your strength, flexibility and balance with chair based yoga stretches and breathing techniques. Kripalu certified yoga instructor Carolyn Gantner is sponsored by MSCR.

Come Together Celebration

- December 11, 5-8pm, Madison Senior Center

Please make plans to attend our annual "Come Together Celebration" – an end-of-the-year celebration for seniors of all cultures. There will be great entertainment, good food and the opportunity to meet new friends. There is an optional \$5 gift exchange. Transportation is available, please call Pam at 608-243-5252.

Health Tip

For some people, meditation can lower blood pressure as effectively as medication. In findings from Penn State University, meditation improved the severity of congestive heart failure in 23 African-American men and women with heart disease.

Try this quick and easy meditation:



- Choose a quiet spot where you are free from interruption.
- Sit comfortably in a chair or cushion on the floor with good posture, hands on your thighs or clasped in your lap.
- Light a candle and focus on it, watching

the flame move, grow, flicker and change colors.

- When your mind wanders, bring your attention back to the flame.
- Start with meditation sessions of 5-10 minutes and gradually build to longer periods. Aim for 20

“Allow the light of a new day to cleanse your mind, warm your heart, and lift your spirit.”

November Celebrations:

- National Alzheimer's Disease Month
- November 3 - Daylight Saving Time Ends
(set your clocks back an hour)
- November 21 - World Hello Day
- November 28 - Thanksgiving Day

December Celebrations:

- December 1 - Rosa Parks Day
- December 21 - Homeless Person
Remembrance Day
- December 26-January 1 - Kwanzaa

Groups

Monthly Discussion Group

The monthly discussion group meets on the second Wednesday of the month. We now share this program with Burr Oaks Apartment residents, so we will meet every other month with Quaker Apartments unless otherwise noted. (Please note meeting locations in newsletter.) Topics and activities will vary each month. Burr Oaks is open to the public but please call in advance, same day is okay, if you want to attend an event at this location. Limited transportation is available. Dates and times for the programs at Burr Oaks may change, but programs for Quaker apartments will stay the second Wednesday from 2-4 pm.

- November 18 @ Burr Oaks: UW African studies will present, “Preserving African Commemorative Fabrics,” from 2-4 pm.

- December 11 @ Madison Senior Center: The Come Together Celebration (transportation available, call Pam 608-243-5252)

Monthly Diabetes Group

The diabetes group meets on the fourth Thursday of the month from 2-4 pm, in the community room of the Romnes Apartments, 540 W. Olin Avenue. This is a support group for seniors with diabetes. Speakers and roundtable discussions focus on a variety of topics. This group is open to the public and limited transportation is available.

- November 14: There will be a roundtable discussion on meal planning and holiday eating for diabetes. Bring ideas on what you do to maintain your sugar levels during the holiday season.

- December 19: This will be an end-of-the-year celebration of completion. Come gather and share information, success stories, and more. We will have speakers and a roundtable discussion, great company, and a wonderful healthy meal.

Grandparents Raising Grandchildren

This group meets on the second Saturday of the month at the Rainbow Project, 831 East Washington Avenue. Grandparents taking care of a grandchild or child or children of a family member are encouraged to come for resources and support. Topics vary. Transportation and childcare are both available. Call 608-255-7356.

