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September-October 2013

The News Connection

Recipe of the Month

Food Trivia

1. What country invented the recipe for cheesecake?
 2. What country invented the recipe for French fries?
 3. What country invented the recipe for chop suey?
- (answers on back page)

Chicken "n" Spinach Pasta Bake

Ingredients:

- 8 ounces uncooked rigatoni
- 1 tablespoon olive oil
- 1 cup finely chopped onion (about 1 medium)
- 1 (10-oz) package frozen chopped spinach, thawed
- 3 cups cubed cooked chicken breasts (or sausage)
- 1 (14.5-oz) can Italian-style diced tomatoes
- 1 (8-oz) container chive-and-onion cream cheese
- ½ teaspoon salt (reduce salt to ¼ if using sausage)
- ½ teaspoon pepper
- 1 ½ cups (6oz) shredded mozzarella cheese

Directions:

1. Prepare rigatoni according to package directions.
2. Meanwhile spread oil on bottom of an 11-x7- inch baking dish; add onion in a single layer.
3. Bake at 375 for 15 minutes or just until tender, transfer onions to a large bowl, and set aside.
4. Drain chopped spinach well, pressing between layers of paper towels.
5. Stir rigatoni, spinach, chicken, and next 4 ingredients into onion in bowl. Spoon mixture into baking dish, and sprinkle evenly with shredded mozzarella cheese.
6. Bake covered, at 375 for 30 minutes; uncover and bake 15 more minutes or until bubbly.



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
phone (608)243-5252 · fax (608)243-5259
info@nescoinc.org · www.nescoinc.org

Greetings

September is here? I just cannot believe that another year is coming to completion. Thanksgiving and Christmas; wow, all around the corner. I am still trying to start piano lessons. (Just something that I have always wanted to do.) Do you have a bucket list of things that you have always wanted to do? Age is no excuse anymore, if you have the desire to do it, do it. Whether it is learning to use a computer or volunteering your time back out into the community, learning a new hobby, cooking class, etc. Stay busy, stay active, stay well. Remember farmer's market will be ending the second Saturday in November, so take advantage of the local fresh fruits and vegetables and other goodies they provide. I hope to see many of you at our annual AppleFest this year, Saturday, September 28, 9:30am-3:30pm here at Warner Park. I Hope to see you!



Pam

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 to families and friends of those with Alzheimer's or a related dementia. These events take place on the second Monday of every month at either the West (517 North Segoe Rd.) or East (Hawthorne Library, 2707 East Washington Ave.) from 5:30-7pm. Feel free to bring your own meal to enjoy during the presentation. If you need assistance or have questions, call 608 232-3400.

- Monday, September 9, West Location

Is it time for at-home or facility care? Review things to consider when making the decision to bring services into your home or move to facility care. Includes a discussion on specific resource options.

- Monday, October 14, East Location

Communication tips and strategies. Learn ways to effectively and compassionately communicate with someone who has dementia.

Alzheimer's and Dementia African American Caregivers Support Group

- Third Monday of each Month, 10am-Noon, Second Baptist Church (4304 Britta Pkwy):

All are invited to ask questions, share tips, problem solve caregiving issues, learn about helpful resources etc. And discover that you are not alone. For information call 232-3400.

MSCR

Aqua Arthritis Joint Exercise

- Thursdays, Sept. 12– Dec. 12, 3-4pm



Warm water exercises contribute to overall fitness and health for someone with arthritis. Build endurance, promote flexibility and muscle strength. At Lapham Pool. Fee \$39. Course # 42745. Call 204-3023 to register.

Better Balance

- Sept. 27, 2-3pm– Dec. 12, 3-4pm

Active aging week – “Better Balance.” This workshop uses exercise from tai chi, pilates, qigong and yoga to guide participants toward better balance. Exercises will target postural muscles, hips and core strength. Workshop is free, but registration is required. Course #43431. MSCR-Odana

North/Eastside Senior Coalition

13th Annual AppleFest

- Sat., Sept. 28, 9:30am-3:30pm, Warner Park

This fun event will include a book sale, raffle, kiddie carnival, music, bake sale and more.

Shedd Aquarium Trip

- Thurs., Oct. 10

Upcoming trip to the Shedd Aquarium. Leaving from Warner park at 6am and return time at 6pm. Enjoy the freedom to experience the Abbott Oceanarium and Polar Play Zone, Wild Reef, Amazon Rising, Caribbean Reef and Waters of the World. You are responsible for the cost of your own lunch. Price is \$50 for members and \$57 for non-members. Registration and payment deadline September 6.

Stepping On Program

- Mondays, October 7- November 18, 10am-Noon, Sherman Glen Apartments

The Stepping On program offers older adults a way of reducing falls and increasing self confidence when they are at risk of falling. This program is considered to be one of the most effective falls prevention programs available. Cost is \$10. There is limited space available, so please call Katie at NESCO to register 608 243-5252.

Autumn Festival Craft Fair

- Friday, November 1, West Allis

There will be 500+ artists and craftspersons will display handcrafted, made in the u.s. items. Get an early start on holiday shopping. Admittance is \$47. More info 608 833-1525 ext 261.

Madison Quilt Expo

- September 5-7, Alliant Energy Center

Nancy Zieman along with many vendors and hands on workshops, sit and sew and many stage presentations. Entrance and parking fee.

“Find a blessing in the people around you because they’re the ones that support your life.”

Dr. OZ

Save the Date

Community Recognition Jazz Brunch
Saturday, Nov. 16, Sheraton Hotel,
11am-2pm

The Madison Metropolitan Chapter of the Links, Inc. is sponsoring this event. This year the afternoon will include a "jazz brunch" as several women and men are honored with distinguished community service awards. This is the chapter's annual scholarship fundraiser with funds to benefit 2014 African American Student Scholarship Program. Social hour 11am-noon; Jazz Brunch and program Noon-2pm. Tickets \$45 at tables of 10.

Contact at
madisonlinksinc@gmail.com

Transportation Options

- Green Cab : New eco-friendly taxicab service. 255-1234
- Access Bus Service (\$1/each way). Call to find out the schedule for your shopping needs in your area. 294-8747.

September Celebrations:

- National Sickle Cell Month
- September 8 — Grandparents Day
- September 18 — National Respect Day

October Celebrations:

- Happiness Happens Month
- October 1 — National Love Day
- October 4 — World Smile Day
- October 17 — Black Poetry Day
- October 19 — Sweetest Day

Groups

Monthly Discussion Group

This groups 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. (Take note in newsletter when it will be at Quaker and when it will be at Burr Oaks.) Topics and activities will vary each month, and Burr Oaks is open to a limit for the public. Limited transportation is available. Activities still from 2-4pm.

- September 11 @ Quaker Apt: Action steps for improving women's mental health. We will have an open discussion on ways to help with women's mental health issues.
- October 9 @ Quaker Apt: Falling for Bingo. We will have a 10-25 cent a board fall themed bingo with fall door prizes.
- To Be Announced @ Burr Oaks: Discussion will be on heart health. Contact Pam Bracey.

Monthly Diabetes Group

This group meets on the fourth Thursday of the month at Romnes Apartments (540 W. Olin Ave.) in the community room, from 2-4pm. This is a support group for seniors with diabetes. We have speakers and roundtable discussions. Topics vary from month to month. This group is open to the public and limited transportation is available.

- September 26: learn how to manage your vision with diabetes. Bring your questions and concerns. Also explore why our sugars go up this time of the year and some prevention methods to stay on top of these sugar highs.
- October 24: Exercise, minimum at it's best. Also topics on artificial and regular sweeteners, which is healthier, and is there a real difference?

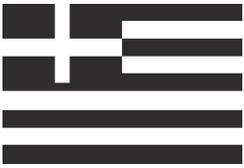
Grandparents Raising Grandchildren

This group meets on the second Saturday of the month at the Rainbow Project, 831 East Washington Ave. Grandparents taking care of a grandchild or a family members child(ren) are encouraged to come for resources and support. Topics vary monthly. Transportation is available, also child care. Call for more information. 608 255-7356.

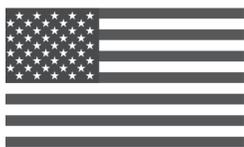
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Madison, WI

1625 Northport Dr., #125 Madison, WI 53704
In the Warner Park Community Recreation Center

Food Trivia Answers

1) Greece 

2) Sweden 

3) United States 

Wish List

- Gift Cards
- Craft Items
- CD Player/Soothing Music
- Sponsors/Prizes for Bingo

