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January-February 2014

# The News Connection



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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

## Health Tips

### Having trouble falling asleep?



Research shows that wearing socks to bed can help you fall asleep.

Experts claim

that people fall asleep faster when their feet are warmer than the ambient temperature of your bedroom. Warming your feet dilates your blood vessels and this is a physiological cue for the rapid onset of sleep.

## Greetings

What an amazing and productive year it was in 2013! Thanks to all who supported the programs. Especially to all the speakers who presented for my groups when I asked to have some of your precious time. You said yes, and offered to do whatever else you could do to help. That is an awesome thing to hear these days!

Planning for 2014 has started. We will continue to update you on the different health plans as well as Alzheimer's and dementia, heart disease and diabetes.

We also have many social gatherings to plan. Studies have shown that an active social life keeps the mind and body strong and tends to help people live longer.

Thank you to those who have already given me ideas for activities this year. If you have some ideas to add please give me a call.

On a personal note, 2013 was very special for me. I became a grandmother to a beyond beautiful, and truly a blessing baby girl named Kenya! She is a true example of God's joy!

*Happy New Year!*

*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 Madison Senior Coalition (517 North Segoe Rd.) or the Hawthorne Library (2707 East Washington Ave.) from 5:30-7pm. For more information on the topics to be discussed in January and February please contact 232-3400.

## MSCR

### - Every Wednesday, 10:30am, Warner Park:

Free MSCR Senior Chair Yoga class. Increase our strength, flexibility, and balance with chair – based yoga stretches and breathing techniques. Kripalu certified yoga instructor Carolyn Gartner teaches. You must register each season (spring, summer, fall, and winter) with Katie.

### - Monday, January 13, 6:30-8:30pm:



Painting—Watercolors: looking for a new hobby? Watercolor painting could be a great outlet for your creative side. Try this two hour workshop and see what you have been missing. All materials included \$10. Kennedy Art Room. Course number 44033. There will

also be a workshop offered January 23 at Hoyt. Course # 44034.

### - Start January 7 & 8:

Balancing Act. This introductory program is designed to increase balance and decrease the risk of falling by using tai chi movements and principles. Standing and chair-based exercises are adapted to individual needs. Locations on the north/eastside as well as the west side. Fees are \$55. Call for more information 608-204-3023.

## Olbrich Gardens

### - Saturday, March 29, 1:30-3pm:

Save the date for the class, "Top Fifty Plants for Birds in Wisconsin." Learn about some of the best native plants to attract different birds, such as hummingbirds, eastern bluebirds, waxwings and more. Preferred habitats for these birds will also be included, along with tips on planting and maintaining your bird friendly garden. Register by March 20. Fee \$15/\$12 members.

## North/Eastside Senior Coalition

### - Third Thursday of the Month, 10:15-11:30am:

Low-vision group meets at Warner Park. Topic varies each month. For more information call Laura 243-5252.

### - Every Friday, 10:30-11:30am, Warner Park:

Come in and enjoy bingo with us and stay for lunch afterwards. You must sign up for lunch the day before by Noon. Call 243-5252, transportation is also provided in this area.

# Trivia

## Facts You May Not Know About Sojourner Truth

1. Truth was born Isabella Baumfree.
2. Truth went by the nickname Belle.
3. Truth was born into slavery November 26, 1797, but later escaped with her daughter in 1826.
4. When Truth was nine years old, she was sold to John Neely for a flock of sheep costing \$100.
5. Truth is known as the first black woman to win a case against a white man after going to court to get her son back.
6. She is known as a civil rights leader, as well as an activist.
7. Truth worked as a recruiter for the union army.
8. Truth fell in love with a former slave named Robert. He was killed because of their relationship.
9. She had five children but was only able to escape with her daughter Sophia.
10. She became a Christian in 1829 after moving to New York City with her son Peter in 1840.
11. Truth said this was the last time she had heard from her son after he took a job on a whaling ship called the "Zone of Nantucket."
12. Truth had the ability to speak Dutch.



### Question:

When did Truth pass?  
(Be the first to call in the answer and win a gift card!!)

# Groups

## Monthly Discussion Group

This group meets on the second Wednesday of the month at the Quaker Apartments (2025 Taft St.) from 2-4pm. Please enter through kitchen. Topics and activities will vary each month. This group is open to the public and limited transportation is available. Special dates are set for this group to meet at Burr Oak Apartments. Please watch the newsletter for these dates.

- **January 8:** Group discussion on Mandela. What kind of man do you think he was? Come bring your thoughts on this great man that made a difference in the world.

- **February 12:** We will celebrate "love day." We will have treats and make cards and candy bags for that special someone or to keep for yourself.

## 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.

- **January 23:** "A New Year!" What are some changes that you want to make in 2014, regarding your diabetic health?

- **February 27:** Find out the effect that diabetes can have on your eyes. We will have a speaker on the subject, please have your questions ready.

## 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.

\*\*\*\*\*  
 \* **Food for Thought:** \*  
 \* "Fill the cup of happiness for \*  
 \* others, and there will be enough \*  
 \* overflowing to fill yours to the \*  
 \* brim." \*  
 \* \*  
 \*\*\*\*\*

## January Celebrations:

January 15– Martin Luther King Jr. Birthday  
 Observed January 20

## February Celebrations:

Black History Month (Look for activities going on in Madison.)

# Recipe of the Month

## Southwestern Beef Chili with Corn

### Ingredients:

- 1 tablespoon olive oil
- 2 carrots, chopped
- 1 onion, chopped
- 1 bell pepper, chopped
- ½ pound ground beef
- 2 tablespoons tomato paste
- 2 15-ounce cans black beans, rinsed
- 1 tablespoon chili powder, kosher salt and black pepper
- ½ cup corn kernels
- ½ cup grated cheddar (2 ounces)
- 2 scallions, sliced

### Directions:

Heat the oil in a large saucepan over medium – high heat. Add the carrots, onions, and bell peppers and cook, stirring, for 3 minutes. Add the beef and cook, breaking it up with a spoon, until no longer pink. Add the tomato paste and cook, stirring, until it is slightly darkened. Stir in the beans, chili powder, 3 cups water, ½ teaspoon salt and ¼ teaspoon pepper. Simmer over medium heat until the vegetables are tender. Stir in the corn. Divide the chili among bowls and top with the cheddar and scallions.



North/Eastside  
SENIOR  
Coalition



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Madison, WI

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

## Odds and Ends

**Peace be unto the  
family and friends  
that we have lost in  
2013.**



## Wish List

Knitting/Crocket Yarns  
Quilting Fabric  
Bingo Prizes