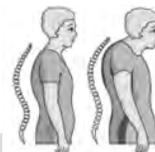


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**July-August 2014**

# The News Connection



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

**Pam Bracey**, NESCO Cultural Diversity Program Specialist

**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

Yes, oh yes you can freeze bananas! Simply remove the peel and place whole bananas in a gallon sized freezer bag. They can remain frozen for up to three months.

When you are ready to use them, allow the bananas to come to room temperature for 30 minutes before eating or adding to a recipe.

Try making smoothies by adding peaches and strawberries, yogurt or ice cream; another good one is ginger ale and cranberry juice mixed together.

Beat the summer heat, stay hydrated drink plenty of water and try to get your errands done before it gets too hot outside.

Pontoon boat rides anyone? Take a look inside for more info. By the way...

Hello, and enjoy your summer!!

*Pam*

## Health Tips

### Music Soothes the Soul



Dozens of studies from leading institutions show that music can offset stress, relieve pain, lower blood pressure, improve immune function and support restful sleep. So play a tune or two of much-loved music and let the calming effects induce a state of

relaxation. According to research from the American Society of Hypertension, classical music, blues and other soothing music work best because they cause the body to release endorphins and slow breathing rates. It's better yet if your favorite music inspires stress-releasing body movements. (Natural Awakening Magazine)

### Your Toothbrush

Don't forget to change your toothbrush every four months.

### Natural Mosquito Repellant

Use 10-25 drops of essential oil with 2 tablespoons of vegetable oil and dab it on.

The essential oils that work best are pennyroyal, lemon balm, thyme, and lavender. I like the lemon and lavender oils.

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



## Groups

### Monthly Discussion Group

This group meets on the second Wednesday of the month at the Quaker Apartments (2025 Taft St.) from **1-3pm**. Please note the time change. 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.

- July 9: Bingo and Summer Salad Making  
“Hands on” we will make an easy summer salad with recipes for a few, and then we will play 10 cent bingo.

- August 13: Pontoon Lunch Trip. Come enjoy a ride on the lake and bring your lunch or order one. Limited space so register by August 6.

### 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.

- July 24: Osteoporosis speaker UW Health. “What is Diabetes Doing to our Bones” and what can we do about it.

- August 28: Memory and Diabetes. How close is this to Alzheimer's or Dementia? Or is it close? Guest speaker from Alzheimer's and Dementia will answer these questions.

### 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

### Thought of the Month:

“Love recognizes no barriers, it jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.”

Maya Angelou

## Recipe of the Month

### Chicken Salad with Grapes and Pecans

#### Ingredients:

½ cup of light or regular mayonnaise  
½ cup light or regular sour cream  
1 tablespoon fresh lemon juice  
1 teaspoon salt  
½ teaspoon pepper  
2 pounds skinned and boned chicken breast, cooked and chopped  
3 cups (total) red and white seedless grapes, halved  
1 cup chopped pecans toasted  
Lettuce leave (optional)

#### Directions:

Stir together ½ cup mayonnaise and next 4 ingredients in a large bowl. Add chopped chicken and grapes. Tossing gently to coat. Cover and chill at least 1 hour. Stir in pecans just before serving. Serve in a stemware lined with lettuce leaves, if desired.

## Trivia



Diahann Carroll AKA Diahann Johnson was the first black woman to star in her own television series and won an Emmy. She was the first African American to win a Tony award.

What was most surprising is she did not play the role of a domestic worker in Julia. She played a nurse widowed by war. And she turned down the role of Billie Holiday in Lady Sings the Blues, which was played by Diana Ross. She is now making a return to acting –by way of Broadway, having been cast to play “Mama” in “A Raisin in the Sun” alongside Denzel Washington and Anika Nona Rose.

#### Trivia Question

Diahann Carroll got her start as a model at the age of 15. Her lean 6-foot frame is what got her several jobs for what company? Be the first and win a gift card, 243-5252 ext 205.



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 In the Warner Park Community Recreation Center

## Odds and Ends

Remember Farmer's Market Vouchers.

Continue to watch for Potawatomi Trip. If you want to sign up call 243-5252 ext 205 and leave your name and number trip will be scheduled for July or August on a Tuesday.

Group access transportation to help with your shopping needs \$1 each way. Call for your area shopping needs 608 294-8747.

Call Pam Bracey 608-243-5252 ext 205.

**July Celebrations:**

Independence Day - July 4  
 Global Forgiveness Day - July 7  
 Nelson Mandela Day - July 18  
 Buffalo Soldiers Day - July 28  
 (Remembering our own Robert Wallace Sr.)

**August Celebrations:**

Be Kind to Humankind Week - August 25-31  
 (I saw a bumper sticker recently that said humankind; be both. Good thought.)  
 Poet's Day - August 21  
 Senior Citizen Day - August 21  
 Happiness Happens Day - August 8