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12 YEARS A SLAVE
IN FEBRUARY ON MONDAY 12TH

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May-June 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
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Greetings

Juneteenth is a celebration commemorating the ending of slavery in the United States. Dating back to 1865, it was June 19th that the union soldiers, led by Major General Gordon Granger, landed at Galveston, TX with news that the war had ended and the enslaved was now free. Pressing forward on January 1, 1980, Juneteenth became an official holiday through the efforts of Al Edwards, an African American State Legislator. Edwards has since actively sought to spread the observance of Juneteenth all across America. Find out more, Juneteenth.com/history.

Enjoy the season, grab someone and go for a walk, it is the best and cheapest exercise.

Pam

Health Tips

Stroke Awareness Month

Act F.A.S.T!

F=Face: does one side of the face droop?
A=Arms: is one arm weak? |
S=Speech: is speech slurred?
T=Time: if the person shows any of these symptoms, call 911.

ACT F.A.S.T!



FACE

Does one side of the face droop?
Ask the person to smile.



ARMS

Is one arm weak or numb?
Ask the person to raise both arms. Does one arm drift downward?



SPEECH

Is speech slurred?
Ask the person to repeat a simple sentence. Is the sentence repeated correctly?



TIME

If the person shows any of these symptoms, Call 911 or get to the hospital immediately.

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

Events

African American Student Recognition

- Sunday, June 15, 2014 at the Madison College, Truax Campus Auditorium, 3550 Anderson St. The elementary students will begin at 1:30 pm, the middle/high school students at 3:15 pm. Certificates of Recognition will also be presented to K-12 and adult school volunteers. Representatives from local organizations will also make award presentations. We invite you to join us to share this day of recognitions to our most prized natural resource—our children. For more information please email: madisonlinksinc@gmail.com

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 Alicia Ashman Library (733 North High Point Rd.) or the Hawthorne Library (2707 East Washington Ave.) from 5:30-7pm.

- May 19-(west) safety at home
- June 16-(east) understanding and responding to behavior changes

MSCR

Basket Making Workshop at Warner Park

- Starts Thursday June 19, 5:45-7:45 pm

Make a colorful coil basket at each workshop. The techniques are similar to Navajo basket making. The materials used are yarn and coiling core. Design and patterns will vary each workshop. Materials provided. Course #45977. Cost \$12.

Free Senior Chair Yoga/Exercise Video

- Every Wednesday, 10:30 am

Increase your strength, flexibility, and balance with chair based yoga stretches and breathing techniques.

Olbrich Gardens

Herb day

- Sunday, June 1, 10 am-4 pm

Shop at the herbal marketplace for salves, soaps, plants tinctures and books. Enjoy herbal presentations and walks for adults and children. Topics includes making herbal sodas, nerviness for autoimmune diseases, first aid remedies, acupressure for pain relief, teas for fevers, growing and making your own medicines and more. Free and open to the public.

Mother's Day Concert

- Sunday, May 11, 2-3 pm

Wander through flower gardens blooming with spring and enjoy a mother's day concert by the New Horizons. \$1 donation suggested.

North/Eastside Senior Coalition

Low-Vision Support Group

- Third Thursday of the month from 10:15-11:30 am at Warner Park. Topic varies each month. For more information call 608-243-5252.

Bingo and Lunch

- Every Friday and second Tuesday of the month, 10:30-11:30 am at 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 608-243-5252, transportation is also provided in this area.

Annual Multicultural Senior Health Fair

- Friday, May 9, 9-11:30 am

Don't forget to sign up for lunch, you must call by Thursday, May 8 at Noon to reserve and enjoy bingo at 12:15 pm. We will have booths, presentations and screenings all for free.

Boat Tour in Wisconsin Dells

- Wednesday, August 20

Join us for a scenic boat ride and take in the sights of the upper dells river. We will also stop for lunch, which is not included in the price. Cost \$35 members and \$42 non-members. Registration deadline is August 6.

Quilt Shows

International Quilt Festival

- June 19-20, Rosemont, IL

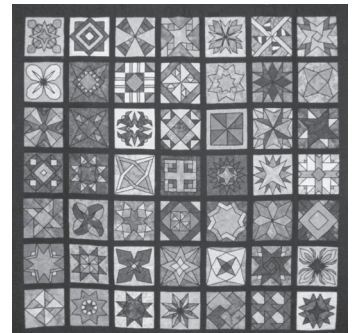
3rd Annual Wisconsin State Shop Hop

- June 6-28, Monday-Friday 9-6pm, Saturdays 9-4pm, Sundays vary at each store

Many prizes are waiting to be won. Each store has kits for \$2.50 containing the fabric and pattern to make a 9" block.

South Central Wisconsin Quilt Shop Hop

- July 18-26, call for participating shops. Free quarters/patterns at each shop. Call Pam 608-243-5252 ext 205



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.

- May 14: we will be viewing the movie *12 Years a Slave* with discussion afterwards. Popcorn included.
- June 11: take action on improving women's mental health. Come with questions and concerns. Men also invited.

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.

- May 22: spring into summer with healthier eating habits and exercises so easy you don't even notice that you are exercising.
- June 26: speaker from A1C program will be here to discuss the journey of diabetes and the next steps to your journey.

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.

 * **Thought of the month:** *
 * "When everything seems to be going against *
 * you, remember that airplanes take off *
 * against the wind." *
 * *

Recipe of the Month

Vanilla Cheesecake

Ingredients:

- 3 8-ounce packages cream cheese, at room temperature
- 4 eggs
- 1 ¼ cups sugar
- 2 teaspoons pure vanilla extract
- 1 prebaked ginger cracker crust
- 1 cup sour cream

Directions:

1. Preheat oven 325 F.
- To make the ginger graham cracker:
3. In a large mixing bowl, beat the cream cheese until smooth, about 1 minute.
4. Beat in the eggs one at a time.
5. Add 1 cup of the sugar and 1 teaspoon of the vanilla and mix until well combined
6. Pour the batter into the crust and bake until set, 45 to 50 minutes.
- To make the filling:
7. In a small bowl, whisk together the sour cream and the remaining sugar and vanilla.
8. Pour the mixture over the cheesecake, spreading it to the edge. Bake 5 minutes.
9. Cool and refrigerate overnight before serving.

Trivia

Gladys Knight was born May 28, 1944 in Georgia. Before fame, she won a small-time TV contest when she was seven, giving her family confidence to start up the pips. She was married four times, the final time to William McDowell in April of 2001.

Trivia Question: She won a Grammy for best pop performance by a duo or group for what song in 1986?

First right answer wins a gift certificate!
608-243-5252 ext 205.



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

Odds and Ends

We had a really hard time with the trivia question for last month. "How old was Aretha Franklin when she had her first two children"?

Answer: Clarence was born January 28, 1955 about two months before Aretha turned 13, so she was 12 years old. Edward was born January 22, 1957, about two months before Aretha turned 15, so she was 14 years old. Aretha was born March 25, 1942.

Watch for or call about pontoon rides and Potawatomi Trip.

Call Pam Bracey 608-243-5252 ext 205.

May Celebrations:

National Smile Month
National Stroke Awareness Month
Mother's Day - May 11
Memorial Day - May 26

June Celebrations:

Family History Day - June 14
Father's Day - June 15
Juneteenth - June 19
Let It Go Day - June 23