

Jan-Feb 2016

The News Connection



Pam Bracey,
NESCO
Cultural Diversity

The African-American Cultural Diversity Program is a Dane County wide program hosted by the North/Eastside Senior Coalition.

North/Eastside Senior Coalition
1625 Northport Dr #125,
Madison, WI 53704
Phone (608)243-5252
info@nescoinc.org
www.nescoinc.org

Health Tips

You never will know how reliable those feet are until something happens with them or to them. People with diabetes especially should pay close attention to their feet on a daily basis. And when you have a doctor's appointment make sure (women) that you do not have on nail polish, because it may be covering up something that the doctor will not see. Treat yourself to a nice pair of shoes at least twice a year. Watch for unusual pain in foot and heels, Bunions, callus, scrapes, etc. Healing sometimes will take longer, but if it looks like it's been a while, and for you things don't seem normal call your doctor. Keep those feet active and healthy and they will keep you active. Always better safe than sorry.

Greetings

January 2016. Welcome to the New Year! 2015 felt so good because everyone was so active and wanted to go places and do things. We had some trips, lots of activities. Some of you even volunteered. It was wonderful to keep active, and to keep learning new things. Again this month and in February we will be planning activities for the year, so if you have some trips or activities or speakers you would like to see or do this year, lets plan ahead. I will try to meet in a couple of new places this year, so everyone can participate more, and remember transportation is limited but available. The trip to Milton was great and some would like to go back. We CAN do that, planning ahead. I would like to take a moment in Memory of those Loved ones that we lost in 2015, and wish to all of you, Good Health and Prosperity and Peace into this New Year. ` Pam

*Happy
New Year*

Transportation Options

Not wanting to drive in the bad weather or just can't get a ride when you need it?

Try **Green Cab:** New eco-friendly taxicab service 608 255-1234

Access Bus Service (\$1/each way) Call to find out the schedule for your shopping needs in your area. 608 294-8747.

WISH LIST:

Craft items watercolor paint and paper, gift cards, Felt, Cab vouchers, Gift cards for Social Outings.

Senior Housing Partner:

Sherman Glen Apartments
1110 N. Sherman Ave, Madison, WI 53704

Events

MSCR Classes:

FELTED POUCHES: Use raw dyed wool to make cushioned pouches for all of your fragile devices. Learn to wet- felt sleeves in custom sizes and embellish using needle- felt techniques. Great beginning fiber art class. Materials provided. Class #51677 Tuesday, February 23, 1-3pm at MSCR/Hoyt Regent St. cost \$32

AAA Driver Improvement Training Program for drivers over age 55.

Safe Driving workshops for Mature Drivers (Drivers who successfully complete this program may be eligible to receive auto insurance discounts.) for details or to enroll, call 1-866-659-1317

ALZHEIMERS & DEMENTIA

Join in and learn about topics of interest to families and friends of those with Alzheimer's or related dementia. These events take place on the 2nd Monday of every month at either the West Alicia Ashman Library (733 North High Point Rd.) or East Hawthorne Library (2702 East Washington Ave) AND TWO NEW LOCATIONS, Central Library (201 W. Mifflin St) and Goodman South Madison Library (2222 S. Park St) FROM 5:30-7PM. For more information on topics and locations for January and February, call 608 232-3400.

MEMORY CAFE

This program is held once a month on the third Monday of the month, from 1-3pm. Individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias. Come together and participate in a variety of helpful activities, including light exercises. Family and friends encouraged to attend. Call Pam at 243-5252 Ext. 205 for more information

OLBRICH GARDENS

Music at the Gardens—Winter Concerts: February through March. Everything from Soulful Blues and Soothing Jazz to good Old Fashioned Rock-N-Roll and an assortment of Ethnic Music. Various days and time, call for schedule 608 246-4550.

Do you have some spare time to volunteer?

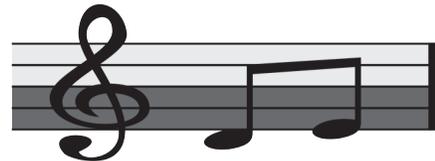
North/Eastside Senior Coalition is looking for Office Volunteers, Dining Site Volunteers and other Special Event Volunteering. Call Trisha at 608 243-5252 to find out more. We would love to have you join our team.

NESCO Winter Concerts:

 *Sunday, February 14, 2016*, we will have The Hanson Family Jazz Band. The Hanson Family has been playing in the Madison since 1981, playing a variety of Jazz standards.

 *Sunday, March 13, 2016*, we will have The Waunakee Community Big Band. The Waunakee Community Big Band is a special branch of the Waunakee Community that performs big band jazz, swing dance and pop music.

Come to see the bands free at Warner Park Community Recreation Center, both on Sundays, start time at 3pm.



Join NESCO for
BINGO every
Friday at 10:15 at
WPCRC



Groups

MONTHLY DISCUSSION GROUP

The monthly Discussion group meets on the second Wednesday of the month at either Taft/Fisher Apartments (formally Quaker) (2025 Taft St) or Burr Oaks Apartments (2417 Cypress Way) from 1-3pm. Topics and activities vary each month. The group is open to the public, but space may be limited at times. Transportation is available.

January 13: (Burr Oaks)

By popular demand we will be continuing to Bring "Gratitude into the New Year at Burr Oaks. We have enjoyed it so much we want to just keep it going. Feel free to stop by and see what "Gratitude" is doing in our lives.

February 10: (Taft/Fisher)

LOVE THAT VALENTINE BINGO!

Special prizes and 10 cents a board bingo. Come out and enjoy some surprise treats and make a Valentine's Day card and enjoy playing some Bingo. (1-2 crafts, 2-4 Bingo)



MONTHLY DIABETES GROUP

This group meets on the fourth Thursday of the month at Burr Oaks Apartments (2417 Cypress Wy) from 2-4pm. Topics vary each month, but is always directed towards Diabetes. We have speakers and roundtable discussions as well. We are open to the public and transportation is available.

JANUARY 28: "New Year, New Journey"

We will be having roundtable discussion on topics for the New Year and share ideas for the New Year Journey.

FEBRUARY 25: Roundtable Discussion.

Waiting for a possible speaker as the newsletter goes out. Will have information at January's meeting.

Recipe of the Month

PECAN SQUARES-

2 cups all-purpose flour
2/3 cup powdered sugar
3/4 cup butter, softened
1/2 cup firmly packed brown sugar
1/2 cup honey



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2/3 cup butter
3 tablespoons whipping cream
3 1/2 cups coarsely chopped pecans
Sift together 2 cups flour and 2/3 cup powdered sugar. Cut in 3/4 cup softened butter using a pastry blender or fork just until mixture resembles coarse meal. Pat mixture on bottom and 1 1/2 inches up sides of a lightly greased 13x9 inch baking dish. Bake at 350 for 20 minutes or until edges are lightly browned. Cool
Bring brown sugar, honey, 2/3 cup butter, and whipping cream to a boil in a saucepan over medium-high heat. Stir in pecans, and pour hot filling into prepared crust. Bake at 350 for 25 to 30 minutes or until golden and bubbly, cool completely before cutting into 2-inch squares.

SAVE THE DATES!

Dr. Solomon Carter Fuller Memory Screening Days. **Friday, February 19, 2016** at Fountain of Life Covenant Church.

"A Community Discussion about Alzheimer's Disease" speaker Consuelo Wilkins, MD, MSCI. And on **Saturday, February 20, 2016**, at the Urban League of Greater Madison we will have Alzheimer's screening and workshops for Caregiver's and Financial Preparations.

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

GRANDPARENTS RAISING GRANDCHILDREN

This group meets monthly on the second Saturday, at the Rainbow Project (831 E. Washington Ave.) Grandparents caring for a grandchild or other family member's child are encouraged to come for resources and support. Topics vary each month and transportation and childcare is available. Call for more information at 608 240-2209

THOUGHT OF THE MONTH

“When we change the way we look at things, the things we look at change.”

Odds and Ends

No response to Birthday Month so we will go back to Trivia in March/April Newsletter.

Celebrations

JANUARY:

Celebration of Life Day 22

Inspire Your Heart with Art Day 31 (Overture Center January 15- February. Fresh

Perspective: Art Collective of African American Males emerging and established in Wi. (My Son Malcolm will be a part of this exhibit)

Martin Luther King Jr. Birthday (January 15) celebrated on January 18

FEBRUARY:

Heart Month

Random Act of Kindness Week 14-20

Make a Friend Day 11