

January—February 2017

The News Connection



Pam Bracey, NESCO
Cultural Diversity
Program Specialist

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

North/Eastside Senior Coalition
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Health Tips

Here are a few foods that can help most of us naturally receive some relief from Arthritis. While there is no magic diet that can help cure arthritis, there are some foods that help arthritis sufferers attain some relief from their symptoms.

Carotenes: the antioxidant known as beta carotene and beta-cryptoxanthin are commonly found in vegetables and fruits both have been linked to reducing inflammation, and some researchers believe that diets high in these antioxidants can help to reduce the risk of even developing arthritis altogether. Some of these foods include papaya, red peppers, oranges, pumpkin and squash. Some spices are ginger and turmeric, which both can be easily added into some of the foods that we consume on a regular basis.

Greetings

Hello. Are we getting any closer to Spring? I think so. Winter did not actually start until the middle of December. That leaves us two good months of winter? Just trying to be encouraging. Wisconsin winters are so brutal. I'm thinking of the glass being half full, instead of half empty. Well are we ready for 2017? I hope so. Last year we planned so much in January for the entire year that we did not get the chance to do some of the things we planned, such as Milton House. Let's get that done this year, first on the list. Of course we have other things we will discuss doing this month. Come to one of the groups or contact me for suggestions, remember this program is designed for you, so I need your input. Enjoy being outside as often as you can, stay safe, and take a friend when you're outside. May good health be a priority, Physical and Mental Health, and let Happiness flow. Happy New Year!

Pam

WISH LIST

Colorful Felt, Buttons, Knitting Needles, Yarn, Adult Coloring Books and Markers, or Colored Pencils.

Transportation Options

Stop waiting around for someone to take you to the store. Try these transportation options:

Access Bus Service: (\$1 each way) Access Bus offers transportation for your shopping needs in your area. Give them a call to find out more. 608-294-8747.

Badger Cab: 608-256-5566.

Green Cab: 608-255-1234.

Senior Housing Partner:
Sherman Glen Apartments
1110 N. Sherman Ave, Madison, WI 53704

Events

MSCR CLASSES

PEACEFUL Power for Women: Explore personal safety considerations through tai-chi-based solo practice and partner applications. This light contact practice provides self-defense applications to ward off, roll away, press, push, pull, punch, kick and block. In addition, discuss this practice to daily life within a safe, mutually supportive setting.

Tuesday, January 10, 6–7:30 pm cost \$12.

Course #13558

LUPUS SUPPORT Group for Women of Color: If you have Lupus or if you care for someone who has Lupus, you are invited to join in on discussion and support every 3rd Tuesday of the month from 6–7pm at the Urban League of Greater Madison (2222 S. Park St, Suite 102).

For more information, contact Mary Wells at 608- 446-6760.

ALZHEIMERS & DEMENTIA

Alzheimer's and Dementia is becoming a highly talked about issue that everyone should be aware of. Check out some of the monthly support and discussion groups in the community if you are a friend or family member of a person with this disease, or if you yourself have concerns. Feel free to contact the Alzheimer's and Dementia Alliance at 608-232-3400 with further questions. Meetings will resume in February 2017.

Odds and Ends

Project Bubbles:

This is a free self-serve laundry opportunity for neighbors who are experiencing homelessness/hard times in Madison. It takes place on Tuesday and Friday, 9 am–1 pm, in a neighborhood Laundromat at 701 E. Johnson Street, established in July 2011 as a grassroots volunteer initiative, still going strong.

Save the Date for the next Solomon Carter Fuller Event in February (24-25). More information to follow; look for flyers. This program is designed to gain knowledge and awareness of Alzheimer's Disease.

Surrounding Community Events and Day Trips:

These are some of the events that I have found. When those relatives come in from out of town and you are lost as to what to do, give me a call. We may have updates throughout the year.

Olbrich Gardens:

HERBAL NERVINES: Simple Stress Relief, Herbal nervines can help us through life stressors and difficulties. Explore the various herbs that support the nervous system. Be prepared to relax with Jane Hawley Stevens, herbalist and organic herb grower, as she discusses tonic sedative, anti-spasmodic, and nerve relaxants. Various teas and tinctures will be served. Registration deadline is January 12. Class held on Thursday, January 19, from 6:30–8 p.m. Class #10-01. Fee: \$17/13 member 608-246-4550. Also check out Sage and other Memory Herbs. Class #10-04 on January 26.

NESCO:

New at North/Eastside Senior Coalition "Color Café" Psychologists have been prescribing coloring to their patients for hundreds of years. It reduces stress and anxiety, trains your brain to focus, allows your creativity to flow, and helps tone fine motor and vision skills. Coloring books are wonderful. Come and give it a try! Mondays from 10–11:30 am. Sign up and stay for lunch.

Free chair yoga every Wednesday at 10:30 am. We have a certified Yoga instructor who will lead you through 45 minutes of yoga to increase strength, flexibility, and balance with chair based yoga stretches, and breathing techniques. If the instructor is unavailable an exercise video is used.



Groups

MONTHLY DISCUSSION GROUP

This group meets on the **second Wednesday** of the month at Burr Oaks Apartments (2417 Cypress Way) in the Community Room from 10 am–12 pm. This group also meets at Fisher-Taft on occasion (2025 Taft St. entrance). Topics and activities vary monthly and limited transportation is available. Open to the public.

January 11: (Burr Oaks)
Mental Health and Physical Health for the New Year. What's your Plan? How do you vision 2017? Roundtable Discussion, bring concerns and questions.

February 8: (Burr Oaks)
Black History Month. What are your memories beyond Dr. Martin Luther King, Jr. Are there any Family Heroes you want to tell us about? Discussion open to everyone. We will also be making a small craft item.

MONTHLY DIABETES GROUP

The Diabetes support group meets at Burr Oaks Apartments (2417 Cypress Way) on the fourth Thursday of the month from 2-4 pm. Topics vary each month, but it is always directed towards diabetes. We have speakers and roundtable discussions as well. We focus on good eating habits, exercise and lowering glucose levels the healthy way. Limited transportation is available and the group is open to the public.

January 26:
Planning for the New Year 2017. Discuss topics and activities for the year, bring ideas (trips, speakers, topics, etc.). We are also having an End of the Year Celebration that we were not able to have in December (due to weather).

February 23:
Dinner and a Movie: Date to be decided. Weather permitting.

Recipe of the Month

Classic Pound Cake

- 8 ounces unsalted butter, room temperature, (plus more for pan)
- 2 cups cake flour, spooned and leveled, (plus more for pan)
- 2 cups granulated sugar
- 2 teaspoons pure vanilla extract
- 1 teaspoon kosher salt
- 4 large eggs
- ½ cup sour cream, plain Greek yogurt or softened cream cheese (I prefer cream cheese)

1. Heat oven to 325. Butter a 9-by-5-inch loaf pan, line the bottom with parchment, butter again, and dust with flour, tapping out the excess.
2. Using an electric mixer, beat the butter, sugar, vanilla, and salt on medium until fluffy and pale, at least 5 minutes. Beat in the eggs one at a time, scraping down the sides of the bowl as necessary. Beat in the sour cream until smooth.
3. Reduce mixer speed to low. Add the flour and mix just until combined (do not overmix).

Transfer the batter to the prepared pan, smoothing the top, and bake until the top is golden brown and domed and a toothpick inserted in the center comes out clean, about 1 hour and 15 minutes. Cool the cake in the pan for 20 minutes, and then turn out onto a rack to cool completely.



ZingerBug.com

Case Management Services



Case Management (For adults age 60+)

The primary goal for a Case Manager is to provide senior adults the support, resources, and community services they need to safely remain in their own homes. Case Managers conduct home visits to assess the individual needs of each senior adult and then together they complete a service plan that may include applying for community resources and programs that best allow the senior to remain living independently at home. Case Managers work with seniors for as long as the coordination of services are needed. Donations for Case Management services are encouraged. Case Managers provide referrals and coordination of the following:

- Home assistance with light housekeeping, laundry, lawn care, and minor home repairs
- Prescription and health insurance assistance
- Assessment of eligibility for federal, state, and county programs
- Respite care options
- Support Groups, including caregiver support
- Elder abuse and neglect resources
- Financial and utility assistance programs
- Recreational, socialization, and volunteer programs

Additional Resources

Disaster Preparedness Registry	266-4330
Domestic Abuse Crisis Line	251-4445
Elder Abuse Helpline	261-9933
Mental Health 24-hour Crisis Line	280-2600

Senior Focal Points by Area

Case Management services are offered by 15 Senior Focal Points in Dane County. Contact the Focal Point in your area for more information.

Area Agency on Aging	261-9930
(Dane County)	
Colonial Club Senior Activity Center	837-4611
(Bristol, Burke, Cottage Grove, Deerfield, Marshall, Medina, Sun Prairie, York)	
DeForest Area Community & Senior Ctr	846-9469
(DeForest, Vienna, Windsor)	
East Madison/Monona Coalition	223-3100
(Blooming Grove, Burke, Madison, Monona)	
Fitchburg Senior Center	270-4290
(Fitchburg)	
McFarland Senior Outreach Services	838-7117
(Cambridge, Christiana, Dunn, McFarland, Pleasant Springs, Rockdale, Rutland)	
Middleton Senior Center	831-2373
(Middleton)	
North/Eastside Senior Coalition	243-5252
(Madison, Maple Bluff)	
Northwest Dane Senior Services	798-6937
(Berry, Black Earth, Cross Plains, Mazomanie, Roxbury, Vermont)	
Oregon Area Senior Center	835-5801
(Brooklyn, Oregon, Rutland)	
South Madison Coalition of the Elderly	251-8405
(Madison)	
Southwest Dane Senior Outreach	437-6902
(Blue Mounds, Mt. Horeb, Perry, Primrose, Springdale)	
Stoughton Area Senior Center	873-8585
(Albion, Dunkirk, Stoughton)	
Sugar River Senior Center	424-6007
(Belleville, Montrose, Verona)	
Waunakee Senior Center	849-8385
(Dane, Springfield, Vienna, Waunakee, Westport)	
West Madison Senior Coalition	238-7368
(Madison)	

Aging & Disability Resource Center 240-7400
For information & Assistance help—not case management

Case Management Article

Free Legal Services:

Wills & Power of Attorney Documents

Dane County Basic Estate Planning Clinic is a program to help low-income individuals prepare basic estate planning documents.

Program participants will fill out a questionnaire in advance and then meet with a volunteer attorney and paralegal who will help them draft a basic will, power of attorney for finances or power of attorney for health care.

The program is not designed for: people with large or complicated estates, beneficiaries with special needs, beneficiaries who are unable to handle their own finances, people who want to set up or require sophisticated trusts, Medicaid, tax, or business succession planning.

Dates: 1/21/17 (Truax)
3/18/17(South), and
5/20/17 (Truax)

Time: Required appointments at 8:30 am,
9:30 am, or 10:30 am.

Each appointment is about 90 minutes.

Locations:

Madison College—Truax Campus (Truax)
Protective Services Bldg. 1701 Pearson St.

Madison College—South Campus (South)
2238 South Park St.

Contact: Call (608) 243-2881 for information and to make an appointment.

See Income Requirements in the next column.

Are You Eligible?

Check Income Requirements:

<u>Household Size</u>	<u>Max Annual Income</u>
1	\$35,640
2	\$48,060
3	\$60,480
4	\$72,900

Sponsored by:

- State Bar of Wisconsin
- Dane County Bar Association
- Madison College Paralegal Program
- GWAAR — Greater WI Agency on Aging Resources' Elder Law & Advocacy Center
- Community Justice Inc.

African American Cultural Diversity Program

The primary goal of the cultural diversity program is to reduce isolation for African American senior adults. The program identifies barriers that prevent African American seniors from accessing community services and assists in removing these obstacles. Programs center around socialization and building a sense of community. African American seniors increase their knowledge of local resources and become more comfortable attending community events. All African American senior adults (55 years and above) who reside in Dane County are welcome.

This Program is hosted by the North/Eastside Senior Coalition.

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

Non-Profit Organization
U.S. Postage Paid
Permit #417
Madison, WI

OR CURRENT RESIDENT

Place Address Label to
Cover This Box Only

GRANDPARENTS RAISING GRANDCHILDREN

This group meets monthly on the second Saturday, at The Rainbow Project (831 East Washington Ave.) This program includes any relative raising relatives. Children are encouraged to come and enjoy time with other children. There will be lots of resources and support for the family. Topics vary each month and transportation is available as well as childcare. Call for more information at 608-240-2209.

Celebrations

January:

- 1/2–1/8 Someday We Will Laugh About This Week
- 1/16 Martin Luther King Birthday
- 1/21 National Hugging Day
- 1/22 Celebration of Life Day

February:

- Heart Month
- Black History Month
- 2/1 Spunky Old Broads Day
- 2/14 Frederick Douglas Day
- 2/19 Best Friends Day

THOUGHT OF THE MONTH

“Sometimes, I need only to stand wherever I am to be BLESSED”

Happy New Year!