



July- August 2015

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

Many uses for Baking Soda:

Calms an upset stomach.

Dissolve ½ teaspoon of baking soda into ½ glass of water. Why it works, baking soda is naturally basic and helps neutralize stomach acid.- don't use it if you have kidney problems, low calcium or iron, high sodium or liver disease.

Soothe itchy Skin.

Add two handfuls of baking soda to a standard sized bathtub, and bathe as usual. Why it works. When ph of water increases it allows for better removal of outer dead skin layer and leaves skin feeling smoother and less itchy.

Ease Tooth Pain.

Dissolve baking soda into a cup of warm water, dip a cotton swab into the water and apply it to the affected area. Why it works. Baking soda help neutralize the acids responsible for your tooth pain. Remember this is just a temporary fix.

Greetings

Wow, where is the year going? We have been excitingly busy.

We are preparing for the Black Women's Wellness Day (Saturday, September 19, 2015, 9am-5:30pm) at the Alliant Energy Center. Early Bird tickets available now. Contact me (Pam) for tickets.

Summer Concerts are still going on at Warner Park. The Davis Family Band (from Milwaukee) will be playing at the NESCO summer concert at Warner Park July 13, as well as many other bands (See inside).

Be careful of dehydration; drink plenty of fluids, cool off with a scoop of rainbow sherbet and ½ cup of ginger ale, to beat this summer heat.

Enjoy an evening on a pontoon boat, ride around the lakes, five dollars of peace. Enjoy the summer, winters coming.

Pam

Transportation Options

- **Green Cab** : New eco-friendly taxicab service. 255-1234-
- **Access Bus Service** (\$1/each way). Call to find out the schedule for your shopping needs in your area. 294-8747.

WISH LIST:

Healthy Snacks, Cab Vouchers & Gift Cards

Senior Housing Partner: Sherman Glen Apartments

1110 N. Sherman Ave, Madison, WI 53704

Events

MSCR Classes:

Free Senior Chair Yoga/Exercise Video on Wednesdays at 10:30am. Increase strength, flexibility, and balance with chair based yoga stretches and breathing techniques. If instructor is not available, an exercise video is used.

ODDS and ENDS

Art Fair on the Square: July 11, 9am-6pm,
July 12, 10am-5pm

Maxwell St. Days: July 17-19

Day Trip: Cedarburg, WI. Flea Market: July 12,
September 6, and October 4

Save the Date:

Quilt Expo at the Alliant Energy Center
September 10-12

Black Women's Wellness Day, Saturday, September
19, 9am-5:30.

Black Women's Wellness is a day of celebrating and learning more about Health issues for Black Women and their families. Call for early bird tickets (Pam Bracey, 243-5252 ext 205.

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 call 608-232-3400.

July 13: (East) Communication tips & strategies. Learn ways to effectively and compassionately communicate with someone who has dementia.

August 10 :(West) Is it time for facility care? Review things to consider when making the decision to move to facility care.

OLBRICH GARDENS:

Olbrich Gardens Blooming Butterflies will start July 15, through August 9. Open from 10am-4pm daily. Experience the magnificence of free-flying butterflies while strolling in the tropical Bolz Conservatory.

Admission is \$7 Adults and \$3 children (3-12)

NESCO Programs at Warner Park:

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.

INTERNET CAFÉ

Monday through Thursday, from 8:15am-11:15am. Volunteers provide assistance. Learn about searches, Facebook, email, MS Word, or Excel, and more.

CELEBRATIONS:

JULY

National Black Family Month
Global Hug your Kid Day 7-20
International Mandela Day (birthday) 7-18
Gorgeous Grandma Day 7-23

AUGUST

Happiness Happens Month
Be Kind to Humankind Week 8-25-31
Best Friend Day 8-15
Senior Citizen Day 8-21

TRANSPORTATION:

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.



Groups

MONTHLY DISCUSSION GROUP

The monthly Discussion group meets on the second Wednesday of the month at either Quaker Housing (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.

July 8: What's your Attitude on Gratitude? Learn and share more on this topic and also we will begin a thirty-day gratitude journal. This will be a two part activity, with much discussion on how Gratitude works in our lives.

August 12: Continuation of the "Gratitude" Session.

MONTHLY DIABETES GROUP

This group meets at Romnes Apartments (540 W. Olin Ave.) in the community room on the fourth Thursday of the month from 2-4pm. This support group is for seniors with diabetes. We have speakers and roundtable discussions. Topics vary each month. This group is open to the public and limited transportation is available.

July 23: We will join up once again with the Burr Oaks group for roundtable discussion on current health concerns and issues for people with diabetes. Bring your questions about the current medicines that's out for diabetics.

August 27: (Burr Oaks) Where is that pain coming from? We will have a speaker in to discuss Neuropathy and Diabetes.

Recipe of the Month

So –Easy Peach Cobbler

- 1/4 cup butter
- 7 fresh peaches, peeled and sliced (about 7 cups, 3 pounds)
- 1 cup sugar
- 2 tablespoons all-purpose flour
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon ground cinnamon
- 1/2 (15-oz) package refrigerated piecrusts
- Parchment paper
- 1 egg white. Lightly beaten
- 1 tablespoon sugar

Preheat oven to 450. Melt butter in a Dutch oven over medium heat. Add peaches, 1 cup sugar, and next 3 ingredients; bring to a boil over medium heat, stirring occasionally. Reduce heat to medium-low; simmer 7-8 minutes or until tender. Meanwhile, unroll piecrust on a flat surface. Cut into 12 circles, using a 3 1/2-inch round cutter with fluted edges. Make 4 small holes in center of each circle, using a plastic straw. Place circles on a parchment paper-lined baking sheet. Whisk together egg white and 1 tablespoon water. Brush circles with egg mixture; sprinkle with 1 tablespoon sugar. Bake at 450 for 8-10 minutes or until lightly browned. Place 1 pastry circle in each of 6(7-oz) * ramekins. Spoon peach mixture over pastry circles; top with remaining pastry circles.

*(Ramekins are a small dish in which food can be served. (May be able to use a large muffin pan)

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 monthly and transportation and childcare is available. Call for more information, 608 249-2209.

THOUGHT OF THE MONTH

"We can change the world and make it a better place. It is in your hands to make a difference"
Nelson Mandela

Summer Concerts at Warner Park

Summer Concerts at Warner Park (FREE). Hosted by the North/Eastside Senior Coalition (NESCO).

July 13: The Davis Family Band (R&B)

July 20: The Dang-Its (Country)

July 27: Natty Nation (Reggae)

Tasty concession food available. Limited transportation available for seniors, call Pam.

Supported by: Boomerangs Resale Store & Door Creek Church, Dane Arts and Endres Mfg. Co Foundation, Madison Arts Commission and the WI Arts Board, Madison Mallards, Oak Park Place, and BMO Harris Bank.