

July-August 2016

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
1625 Northport Dr #125,
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Health Tips

Two Fantastic Summer Fruits you can never get enough of:

Cherries, the antioxidants in cherries fight inflammation, and their melatonin helps you sleep better at night and wake refreshed. Also cherries may reduce your risk for stroke.

Apricots, In addition to vitamin C, these fruits have beta-carotene, which helps maintain good vision. Both dried and fresh apricots contain potassium, which lower blood pressure, and fiber, which lowers cholesterol.

From LiveWell 2016

Greetings

GREETINGS:

How do you value your Quality of Life?

Just a thought, as I think of my Gratitude group that has been going since July or August of last year. It was suppose to be a two month program, but all is well. So Blessed and Grateful to get through, the good and the not so good times. We talk about those times and turn it around, if needed, to appreciate every aspect of that experience. We as a people in this day and time should think hard about the value and quality of our life, and who or what we are allowing to deter us from happiness and our peace. With that said, it is very important to get your vote in this year (always) so that we can be heard that our Quality of Life Matters.

Pam

WISH LIST

Cab vouchers, beads, buttons, small canvas paint boards, paint brushes, and gift cards for social events.

Transportation Options

Looking for that last minute ride? Try these transportation options for your shopping and other needs.

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

Badger Cab: Call 608-256-5566 or Green Cab 608-255-1234

Senior Housing Partner:
Sherman Glen Apartments

1110 N. Sherman Ave, Madison, WI 53704

Events

MSCR CLASSES

We will have Pontoon Boat Rides during the summer on Tuesdays and Thursdays. Rides start at 5:30 pm to 7 pm and 7:15 pm to 8:45 pm, June through September 2016 (if this is a cool September, we will not go in September). The cost is \$6 PER PERSON. Limited space when the boat is full they leave, registration begins 45 minutes prior to starting time. This trip can be taken without a group. Or you can form your own groups.

ALZHEIMERS & DEMENTIA

Alzheimer's and Dementia is becoming a popular topic in the African American household these days, and we need to stay in the know of the medications and research projects that are available to help maintain the quality of life for our loved ones. Join in at facility near you and learn about these topics of interest for friends and families with Alzheimer's or a related Dementia. Meetings take place on the second Monday of every month at either West Alicia Ashman Library (733 North High Point Rd.), East Hawthorne Library (2702 East Washington Ave), Central Library (201 W. Mifflin Street.) or Goodman South Madison Library (2222 S. Park St.) from 5:30–7pm. For more information on topics and locations call 608-232-3400.

July 11: (Goodman Library) Is it time for Facility Care? Review things to consider when making the decision to move to facility care.

August 12: Note the change in location (Waunakee Senior Center, 333 S. Madison St. Waunakee, Note time 10–11:30 am). Communication tips and strategies. Learn ways to effectively and compassionately communicate with someone who has dementia.

Activities and Lunch with NESCO Check out our website www.nescoinc.org for information. Come anytime, different activities daily and lunch afterwards. Call the day before and sign up for lunch (starts at 11:30 am) and activities start at 10:15 am to 10:30 am.

Memory Café at NESCO: Individuals with memory loss, mild cognitive impairment, early Alzheimer's or other related dementias, come together and participate in a variety of helpful social activities. Including light exercises. Family and friends encouraged to attend. Event takes place on the third Monday of the month from 1–3p m. Come early and have lunch with NESCO.

Surrounding Community Events and Day Trips:

These are some of the summer 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 summer.

NESCO Summer Concerts: July 11 THIRSTY JONES, July 18 SOGGY PRAIRIE BOYS, and July 25 CAJUN STRANGERS. All concerts will start at 6 pm until 7:30 pm. Concessions available. Limited transportation for all concerts. Free event. Call 243-5252 for assistance with transportation.

Concerts at McKee Park July 18 and August 15, 6–7 pm. Live music, food, drink carts. Bring your lawn chairs. Free event.

Agora Art Fair, starts on August 20, 10 am–5 pm at 5500 E. Cheryl Pkwy. Fitchburg.

Dane Dances on the top of Monona Terrace every Friday in August, 6–9:30 pm.

Overture "Kinky Boots," July 12–17 (call about group rates)

Maxwell Street Days, July 15–17 on State Street. Bargains, Bargains!

McKee Park, Pack "N" the Park Family Night (2930 Chapel Valley Rd. Fitchburg). Come experience this fun family night at the park, with games, food and a movie showing in the dark. More info 608-270-4285

Dane County Fair at the Alliant Energy Center July 20–24. Fun family event.

Atwood Fest 2000-2100 block of Atwood. Good Food and music. July 30–31.

Africa Fest, Central Park 202 S. Ingersoll on August 13. Festive music, food, and crafts.

Corn Fest, Sun Prairie: August 18–21. Rides, games, and food.

Spring Green City-Wide Garage Sale July 8–9/ Car Show August 20.

Art Fair On and Off the Square July 9–10

Mt. Horeb Annual Art Fair July 16–17

Olbrich Gardens Summer Concerts in July, every Tuesday from 7–8 pm \$1 donation is suggested. Also, Blooming Butterflies Exhibit, July 14–August 7.

Milton, WI. The Underground Railroad will be a scheduled trip to take in August. Flyers will be out prior to trip so look for flyers or call Pam at 608-243-5252

Groups

MONTHLY DISCUSSION GROUP

This monthly group meets on the second Wednesday of the month at either the Taft-Fisher (formally Quaker 2025 Taft St.) and or Burr Oaks Apartments (2417 Cypress Way) from 10 am–12 pm at Burr Oaks and 1–3 pm Taft-Fisher. Topics and activities vary and limited transportation is available. Open to the public.

July 13 (Burr Oaks) trip to the Dreambank on the Square. Topic: “Choose Happy.” Gratitude has been the theme since August, this is an addition to that. You have to have Gratitude to Choose Happy. Roundtable discussion included.

August 10: Time to Appreciate and Take Care of Yourself, so you can Care for others. We will have a guest speaker relating to the topic.

MONTHLY DIABETES GROUP

This support group meets on the fourth Thursday of the month at Burr Oaks Apartments (2417 Cypress Way) from 2–4 pm. Topics vary each month, but is always directed towards diabetes. We have speakers and roundtable discussions as well. Maintaining focus on good eating habits, exercise and lowering glucose levels the healthy way.

July 28: We will be enjoying a trip to Lake Geneva, taking the Mailboat ride, and sights of downtown Lake Geneva.

August 25: “I CAN DO THIS” How do you succeed in controlling your Diabetes? And what are the obstacles and other diseases that lurk within us when we have diabetes.



Recipe of the Month

Carrot-Pineapple Smoothie

- 3/4 cup chopped fresh pineapple
- 1/2 cup ice
- 1/3 cup fresh orange juice
- 1/4 cup chopped carrot
- 1/2 banana

1. Place the pineapple, ice, orange juice, carrot, and banana in a blender.
2. Blend until smooth and frothy.



SAVE THE DATES!

July:

July 4 Independence Day

July 6 World Kiss Day

July 23 Gorgeous Grandma Day

August:

August is Happiness Happens Month

August 15 Best Friend Day

August 21 Poet's Day

August 27 Just Because Day

August 29 More Herbs, Less Salt Day

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 East 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

"Fill the cup of Happiness for others, and there will be enough overflowing to fill yours to the brim."

Celebrations

July 4 Independence Day

July 23 Gorgeous Grandma Day

August is Happiness Happens Month

August 15 Best Friend Day

Odds and Ends

SAVE THE DATE FOR THE Madison Quilt Expo with Nancy **September 8-10, 2016** at the Alliant Energy Center.

Black Women's Wellness Day. Save the date for **September 24, 2016**. More information soon or call Pam Bracey for tickets info. 608-243-5252 ext 205.