

March-April 2016

The News Connection



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Cultural Diversity
Program Specialist

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

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Health Tips

AROMATHERAPY it can be very useful if you are feeling ...

Scatterbrained, sniff **ROSEMARY**, it can improve prospective memory; the kind that helps you remember upcoming events and tasks.

Apply 5 drops of Rosemary Essential oil to a cotton ball and place it in a small glass bottle. Inhale up to four times an hour.

Remember too many whiffs in a single day may diminish the positive effect.



Greetings

GREETINGS:

Spring is in the air. It has been a True Blessing with this weather here in Wisconsin. I don't want to say much about that; don't want to ruin things. On another note, thanks to all that came out to the Dr. Solomon Carter Fuller Days Event, held at Fountain of Life Church, with Special Speaker Professor Consuelo Wilkins, and the screening and workshops held at the Urban League of Greater Madison and the Goodman Library, and the panel for the Caregiver's taking their time and telling their story of how this disease effects the family, as well as the Elder Financial Abuse topic (workshop info inside). It was a great turnout and I feel that the community is responding more to this disease called Alzheimer's.

I wish good health to continue in everyone. Continue to be aware of self, avoid isolation, get out and walk (the air is fresher). And lastly, Be Grateful!

Pam



WISH LIST

Cab vouchers, craft items, and gift cards for Social Events.

Transportation Options

Tired of waiting for a ride when you really need one? 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

Senior Housing Partner:

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

Events

MSCR CLASSES

Free Senior Chair Yoga, every Wednesday at 10:30 a.m., located at the Warner Park Community Center. Increase strength, flexibility, and balance with chair based yoga stretches and breathing techniques. Kripalu Certified Yoga Instructor Carolyn Gantner is sponsored by MSCR. If an instructor is unavailable, an exercise video is used.

Chicago Flower and Garden Show, Saturday, March 12, leaving Lafollette parking lot at 7:30 a.m. and returning 6:30 p.m. Cost is \$58. Course #51919. The Chicago Flower Show, with roots as far back as 1847, is an experience for the senses. All transportation and admissions are included. For more information call 608-204-3000.

Stepping On, starting on Thursdays April 7–May 19, 1–3 p.m. at Mount Zion Baptist Church, 2019 Fisher Street. Afraid of falling? Identify and address your “FALLS RISK.” This is an evidence based 7-week, 2 hour/class series. Call Stephanie Bradley Wilson to sign up 608-284-8545.

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 out there to possibly help maintain the quality of life for our loved ones. Join in at a 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 the West Alicia Ashman Library (733 North High Point Rd.), East Hawthorne Library (2702 East Washington Ave), Central Library (201 W. Mifflin St.), or Goodman South Madison Library (2222 S. Park St) from 5:30–7 p.m. For more information on topics and locations call 608-232-3400.

March 14 (Hawthorne Library) Communication tips and strategies. Learn ways to effectively and compassionately communicate with someone who has dementia.

April 26 (Note the date change and place for April) Alzheimer's & Dementia: First steps for families. 1–2:30 p.m. at the Colonial Club (301 Blankenheim Lane, Sun Prairie). Topic: Learn about dementia-related diseases, what families can do, and resources to help.

OLBRICH GARDENS



Music at the Gardens—Winter Concerts: Ongoing Winter Concerts through March. Everything from Soulful Blues and Soothing Jazz to good Old Fashioned Rock-N-Roll. 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, March 13, at 3 p.m. 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 band free at Warner Park Community Recreation Center.



It's "Come Together Party" time again!
Tuesday, March 22 from 5–7:30 p.m. we will be having our annual Come Together Party at the Madison Senior Center (330 West Mifflin St). Join us for a celebration of cultural diversity as we share a meal and enjoy entertainment. Limited transportation is available. Pre-registration is required for meal count. Please join us this year for a very fun social event.

Enjoy doing quick crafts?

You will enjoy Crafts with Sue. She meets here at North/Eastside Senior Coalition on the 2nd and 4th Monday of the month for creative crafting fun. Sign up for lunch by noon the day before then stay and enjoy lunch with us.

Groups

MONTHLY DISCUSSION GROUP

The monthly Discussion Group meets on the second Wednesday of the month at Taft-Fisher (formally Quaker) and/or Burr Oaks Apartments, from 2–4 p.m. Topics and activities vary each month. The group is open to the public, but space is limited at times. Transportation is available.

March 9: “GRATITUDE” How have you been feeling about it? We are continuing this topic because of our gratefulness, and the Joy that comes with it. Come learn what else comes with gratitude.

April 13: Spring cleaning without all the chemicals. Learn to make homemade cleaning products without all the chemicals store bought cleaning supplies have. Bring empty bottles and jars (cleaned) if you are able.

MONTHLY DIABETES GROUP

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

March 3: (note that the group will meet on the first Thursday instead of the fourth due to the schedule of the speaker) Dory Blobner will be with us this month to tell of her travels, helping all over the world people with diabetes, and update us with current information on diabetes. Roundtable discussion as well.

April 28: The joy of not having to cook much as the warmer weather comes. Learn how to make quick salads and meals for the warmer weather. Learn some easy exercises.

Elder Financial Abuse Workshops with Barbara Boustead, LCSW DMM, Founder of Mary’s Daughter LLC. This event will be held on March 4, April 1, and May 6. Feel free to attend all or one. It will cover issues including scams and identity theft. Register with Fabu Carter at 608-256-1901 ext. 11685. The event will be at UW South Madison Partnership (2312 S. Park St.).

Recipe of the Month

GRANDS! MONKEY BREAD

- ½ cup granulated sugar
 - 1 teaspoon cinnamon
 - 2 cans (16.3 oz each) Pillsbury Grands Flaky Layers refrigerated biscuits
 - ½ cup chopped walnuts, if desired
 - ½ cup raisins, if desired
 - 1 cup firmly packed brown sugar
 - ¾ cup butter or margarine, melted
1. Heat oven to 350 F. Lightly grease 12-cup fluted tube pan with butter or cooking spray. In large storage plastic food bag, mix granulated sugar and cinnamon.
 2. Separate dough into 16 biscuits; cut each into quarters. Shake in bag to coat. Arrange in pan. Add walnuts and raisins among the biscuits pieces.
 3. In a small bowl, mix brown sugar and butter; pour over biscuits pieces.
 4. Bake 28-32 minutes or until golden brown and no longer doughy in center. Cool in pan 10 minutes. Turn upside down onto serving plate; pull apart to serve. Serve warm.
 5. Store in plastic bag.

SAVE THE DATES!

Sunday, March 13 Daylight Savings Time Begins. Be sure to set your clocks one hour ahead before you go to bed on Saturday night.

Sunday, March 13 beginning at 3 p.m. for the free Winter Concert at Warner Park Community Recreation Center.

Tuesday, March 22 from 5–7:30 p.m. for our annual “Come Together Party” at the Madison Senior Center, 330 West Mifflin St.

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

GRANDPARENTS RAISING GRANDCHILDREN

This group is for people who take care of their grandchildren or other family member's child (ren). If you are in need of support and resources, this is a good program for you and your family. The group meets on the second Saturday of the month at the Rainbow Project (831 E. Washington Ave). Topics vary each month, and transportation and childcare is available. For more information call 608-240-2209.

THOUGHT OF THE MONTH

“Forgiveness is a gift of high value ... yet it's cost is nothing.”

Celebrations

March 17th St Patrick's Day

April 22nd Earth Day

Odds and Ends

New to the neighborhood, check them out:

Crowns Beauty Supply. Owner: Cornelius Bell, 124 Owen Road, Monona
608-286-1255

Dr. Solomon Carter Fuller Event on Alzheimer's in the African American Community went well. Thanks to all who came out.

Thanks to the person who sent in felt from our wish list. I appreciate you!