



March — April 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
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Greetings

This weather is making me SO HAPPY. I can open my windows now, I have bought flowers twice, and my daughter Maya has given me a few bunches, just because! We have had many activities going on so far this year, and the good thing about that is people are coming. Solomon Carter Fuller Days was a great success, looking forward to next year, Thanks Charlie Daniel of the Alzheimer's and Dementia Alliance for keeping the community aware of this disease. Trying out new activities at new locations with interesting speakers and topics. We had the "Come Together Party" in March, thinking to miss the snow and cold weather, snowed the day before, but all is well. Thanks to the Girls Group at Vera Ct. Community Center for their efforts. Thanks Overture Center for tickets you have given to the different fun events that you have. We are looking to visit the Underground Railroad in Milton in June. Call about craft shows and other concerts. Remember after the rain, the sun shines. Pay attention to you body, and be of good health. Still practicing GRATITUDE!

Pam

WISH LIST:

Craft Supplies, Healthy Snacks & Cab Vouchers

Health Tips

Here is a short list of some foods that naturally fight pain. Now this may not work for everyone, but it is good to know that it is out there to try.

Ginger: It's time to stock up on this flavorful root. Not only does ginger help soothe joints, but it also helps an upset stomach. Try it in your tea or in a smoothie.

Pinto Beans: Yes. This is helpful to keep aches at bay and is rich in pain-fighting minerals, copper and manganese, and full of fiber to help you stay full longer.

Carrots: Rich in beta-carotene, help protect your cells and prevent pain. Roast them with ginger and garlic. Two other pain fighter.

Pineapple: Have three key vitamins for treating pain. Vitamin C, Manganese and Thiamin.

Salmon: Full of polyunsaturated fats that help keep inflammation at bay. Keep pain away.

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.

Senior Housing Partner: Sherman Glen Apartments

1110 N. Sherman Ave, Madison, WI 53704

Events

MSCR Classes:

Pottery- Try it!

Get your hands dirty and see what you have been missing. Concentrate on learning how to center items on the wheel, and attempt to pull a small pot.

18+ Hoyt-MSCR Rm 25 Cost \$10

June 9 Class #49887 from 10-11:30am

June 18 Class #49886 from 6-7:30.

Felted Flower Pins

Celebrate spring with local shepherd and fiber artist Kriss Marion of Circle M Market Farm! Using a tiny barbed needle, dyed wool locks and a load of creativity, make colorful flower sculptures to wear, display and give. Materials provided.

18+ Hoyt- MSCR Rm. 2 Cost \$28

Tuesday, May 12 Class #49655 from 7-9pm

STEADI

Join Jodi Janczewski, DPT for this educational presentation about STEADI (Stopping Elderly Accidents, Death and Injuries). STEADI was developed by the Center for Disease Control and is a simple but comprehensive effort to identify and reduce fall risk in older adults. The class is free but registration is required.

UW Health Yahara Clinic Free

Class #50224 May 6 from 9:30-10:30am

Limited Scholarships available

Call 608-204-3021 for registration information.

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.

May 11 (Central): ABC's of Alzheimer's & Dementia: Learn how dementia-related diseases affect the person diagnosed and important tools and supports available to family caregivers.

June 8 (West): End of life and dementia: Discuss the critical decisions often faced at the end of life and ways to communicate and stay connected in the later stages.

OLBRICH GARDENS:

Come out and enjoy this annual Mother's Day Concert at Olbrich Gardens on Sunday May 10, 2015 from 2-3pm "New Horizons Concert Band will entertain. Suggested donation \$1.

NESCO

40th Anniversary

2015 is NESCO's 40th anniversary since our articles of incorporation were filed. You're invited participate in celebrations and activities throughout the year. Join us for lunch when you can. Call by noon the day before to make your reservation, 243-5252.

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 Exel, and more.

MULTICULTURAL SENIOR HEALTH FAIR

Friday, May 8, 2015, 9-11:30am

30 Health Services Info Tables, 14 Free Screenings, Guest Speakers, Door Prizes, Snacks and More!

Lunch follows, if you want to stay for lunch please sign up by Wednesday, May 6 by noon. Bingo will follow lunch 12:15 to 1:15pm. Limited transportation is available.

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.

May 20 — Spring BINGO + Optional Project

Burr Oaks 10:30am-12:30pm and Quaker 1:00-3:00pm. There will be a cost of 10 cents a board, limit of two boards. Winners take the pot. Come out and enjoy this time and make a spray bottle for your home. (Lavender or Lemon Scented).

June 10— Pontoon Boat

Ready for a Pontoon Ride? Bring your lunch (or order a box lunch) and enjoy a lunch hour trip on the water, leaving from Law Park. Limited space and the cost is \$5. Transportation is available. For more information call Pam at 243-5252 ext 205.

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.

May 28—Topic: Neuropathy

Neuropathy, what is the connection with diabetics. Come learn the cause and effect neuropathy has on people with diabetes. Roundtable discussion.

June 25—Milton House

We are going to the Milton House (Underground Railroad) and having lunch in Janesville. This trip has limited space, and the Diabetes group will have first choice, then we will open it up to others. Please call if you want your name to be put on the waiting list 608-243-5252 ext 205.



CELEBRATIONS:

MAY

Mother's Day 10
Strike Out Stroke Month

JUNE

Juneteenth 19
Father's Day 21

Recipe of the Month

MINI TURKEY MEATBALLS

- 1 Egg
- ½ cup unsweetened applesauce
- ½ cup shredded sweet potato or carrot
- ¼ cup finely chopped green onions
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 pound lean ground turkey or beef
- ½ cup soft whole wheat bread crumbs

1. In a small bowl stir together the egg, applesauce, sweet potato, green onions, salt, pepper.
2. In a large bowl combine ground turkey and bread crumbs. Fold the egg mixture into turkey mixture; mix well. Cover and refrigerate for 2 to 24 hours (this length of time is important for the bread crumbs to absorb moisture and flavor).
3. Heat oven to 450 F. Shape turkey mixture ¼ inch diameter balls. Place meatballs on a foil-lined 15x10x1- inch baking pan. Bake for 8-10 minutes or until no pink remains.
4. Serve meatballs with spaghetti and sauce or as a pizza topper. Makes 6 serving.

Make ahead a batch of meatballs, bake them all, and freeze some for later. Use resealable freezer bags and use within two months (label and date).

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.



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

NESSCO SUMMER CONCERT SERIES

Mondays in June & July
6:00pm—7:30pm
Warner Park Shelter

June 15– Madison College Big Band
June 22- Ladies Must Swing (Swing)
June 29– Mid Life Crisis (Rock & Roll)
July 13 - Davis Family (R&B)
July 20 - Dang Its
July 27 - Natty Nation

THOUGHT OF THE MONTH

“Friendship is not about who you’ve known the longest, it is about who walked into your life and said, I’m here for you, and proved it”

AFRICAN AMERICAN STUDENT RECOGNITION PROGRAM

Sunday, June 7,
Madison College
Truax Campus Gymnasium
3550 Anderson Street

The Madison Metropolitan Chapter of The Links, Inc. will sponsor its annual student recognition program. The elementary program will begin at 1:30pm; the middle/high school students at 3:15 pm. Scholarships will be awarded to select college-bound and continuing education students; a \$50 Barnes and Noble Bookstore gift card to one middle school student from each of the twelve Madison middle schools and Certificates of Recognition to K-12 and adult volunteers. Again this year, several community organizations will also participate by presenting awards. Proceeds generated from the Community Recognition and Scholarship Jazz Brunch fundraiser make it possible for Links to present this community-wide celebration for our students.

