

May-June 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.

**North/Eastside
Senior Coalition**
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Greetings

GREETINGS:

Moving into the future, how do we prepare for a world that knows how to deal with family members who are dealing with Alzheimer's or related Dementia? My first thought is it comes down to Respect of others, being non-judgmental, and caring for someone else as you would like to be cared for. What comfort it would bring to our young souls to know that as you age someone will be there for you, keeping you in a safe environment. Let's drop FEAR from this equation and get more informed, so our loved ones can travel their journey with understanding from their community and their family. Paying close attention the Caregiver of these individuals has support from community and family members so their quality of life is remembered, helps reduce the stress of the Caregiver.

On another note, it is that warm season again. We would like to do all we can to stay active this time of year. There are many requests for trips and events around the state and beyond. All I can say is, we will see. Continue to send your ideas and I will check them out. I hope to see you at some of the events currently planned. Remember the Multicultural Senior Health Fair this month, May 13, 2016, from 9-11:30 am followed by lunch. See details inside.

Pam

Health Tips

TIP FOR AGING WELL

TIP #7 "YOUR HEART WANTS YOU TO EXERCISE"

Heart disease is the NUMBER 1 cause of death in the United States. One of the top ways of preventing it and other cardiovascular diseases is exercise. Research shows that if you already have heart disease, appropriate exercise can improve health. Walking is the best form of exercise. It is free to do and enjoy alone or with a group.

WISH LIST

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

Transportation Options

Still waiting around for that ride to go pick up a few things from the store? And no one is giving you a direct time or day? Try these transportation options:

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

Green Cab: Fairly New Eco-friendly taxicab service
608-255-1234

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 am, 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.

Tai Chi for Beginners: Beginning and continuing students flow with relaxing Tai Chi movements. The class starts with Tai Chi Qigong, strengthening exercises by Beijing 24 Tai Chi exercises. Locations at MSCR Hoyt, Warner Park and Midvale Com Lutheran Church, starting in June until August. Fee \$28. Call 608-204-3023 for details. Age 50+.

Spring Luncheon—Brain Health and Memory
Learn how to exercise your brain and reduce the likelihood of developing memory loss as you age. Presenter is Joy Schmidt, Dane County Dementia Care Specialist with the Aging and Disability Resource Center. Luncheon catered by Bunky's Café. UW Arboretum June 2, 11:45 am—12:45 pm. Fee \$16. Age 50+. Call 245-3667 for details.

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 pm. For more information on topics and locations call 608-232-3400.

May 9 (West) Understanding and responding to behavior changes. Understanding reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

June 21 (Stoughton Senior Center) Family dynamics in the dementia journey (note time 10—11:30 am). Discover ways dementia impacts families and the value of recognizing and accepting each person's strength and weaknesses as caregivers.

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

Save the dates for the Summer Concerts starting in June.

- June 13 NORTHERN HOOKS (New!)
- June 20 EDDIE BUTTS BAND (New!)
- June 27 LADIES MUST SWING
- July 11 THIRSTY JONES (New!)
- July 18 SOGGY PRAIRIE BOYS (New!)
- July 25 CAJUN STRANGERS

All concerts will start at 6 pm until 7:30 pm.

MULTICULTURAL SENIOR HEALTH FAIR: Friday, May 13, 2016 from 9—11:30. Lunch is available after. Call to reserve your meal at 608-243-5252 by noon the day before (or earlier). This year we will have 17 free health screenings and 30 informational booths, followed by lunch and bingo. Special presentations from "Agrace Hospice" and "Madison Gas and Electric."

PALS Program: We are looking for seniors 65 and over, who exercise less than a half hour a day and have a desire to be a little more active. Commitment of 10 weeks, three days a week, one hour two days and one and a half hours one day. This program will start in May. There are much more benefits to this program. For more details, feel free to call Pam Bracey at 608-228-4429 or 608 243-5252 ext. 205 by May 5.

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

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 (2417 Cypress Way), from 2–4 pm. Topics and activities vary each month. The group is open to the public, but space is limited at times. Transportation is available.

May 11: Topic: What to say to someone who has lost a loved one, AND being Grateful for each and every day. How to do it? Bring your ideas for trip planning for the year.

June 8: Topic: Giving back to the Community, right under our nose. This is a part of being Grateful. Ways we can do this and not feel stressed about it.

June 9: (Fisher/Taft) Reuniting with Quaker. It has been a while. We will have roundtable discussion about moving forward with activities and speakers; afterwards we may have time for BINGO! (10 cents a board, limit two boards) 1–3 pm.

MONTHLY DIABETES GROUP

This 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. We are open to the public and transportation is available.

May 26: Topic: Exercise. When is enough, enough? We are always talking about exercise, the minimum, the maximum. Why do we need to exercise and what about those who just don't want to?

JUNE 23: Topic: What has having Diabetes taught us? We will have some people come in from the community and have roundtable discussion about their view of this topic, being a diabetic, at risk, or having a loved one with diabetes.

Elder Financial Abuse Workshops with Barbara Boustead, LCSW DMM, Founder of Mary's Daughter LLC. This event will be held on May 6. Feel free to attend. 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

APPLE CRISP (Martha Stewart Style)

- 3/4 cup all-purpose flour (spooned and leveled)
- 1/4 cup packed light-brown sugar
- 1/2 teaspoon salt
- 1/2 cup plus 2 tablespoons granulated sugar
- 8 tablespoons (1 stick) unsalted butter, cold, cut into small cubes
- 1 cup old-fashioned rolled oats (not quick-cooking)
- 3 pounds apples (Empire, Gala, or Braeburn) peeled, cored, and cut into 1/2 inch chunks
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon ground cinnamon
- (Nuts are on option; pecans, walnuts)

1. Preheat oven to 375 degrees. In a large bowl, mix together flour, brown sugar, salt, and 2 tablespoons granulated sugar. Cut butter into flour, using a pastry blender or two knives, until mixture is the texture of coarse meal. Add oats, and use your hands to toss and squeeze mixture until large, moist clumps form. Transfer to freezer to chill while you prepare apples.

2. In another large bowl, toss apples with lemon juice, cinnamon, and remaining 1/2 cup granulated sugar. Transfer to a shallow 2-quart baking dish, and sprinkle with topping mixture. Place baking dish on a rimmed baking sheet, and bake until golden and bubbling, 55 to 65 minutes. Let cool 10 minutes before serving. Nut option can be added when you are tossing the apples and other mixture.

SAVE THE DATES!

May 8 Mother's Day

May 30 Memorial Day

June 19 Father's Day

June 21 Summer Begins/Longest Day

June 18 Juneteenth Celebrated This is a holiday that commemorates the announcement of the abolition of slavery in Texas in June 1865, and more generally the emancipation of African American slaves throughout the confederate south (actual date is June 19).

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

"Happiness resides not in possessions and not in gold. Happiness dwells in the soul."

Celebrations

May 8 Mother's Day

June 19 Father's Day

Odds and Ends

We will have lots of opportunity for pontoon boat rides this summer and also planning some trips for the Summer and Fall Season.

Look for flyers about the times and dates for the Farmers Market Vouchers coming the beginning of June.

Thanks to all that came out to the annual "Come Together Party." Great food, Great socialization, and Great entertainment.

Thanks also to the Madison Chapter of DELTA SIGMA THETA SORORITY, INC for their volunteering with the night's program.