

September—October 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**
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Madison, WI 53704
Phone (608)243-5252
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Health Tips

Love yourself, Start with your Mind, move it into your Heart, your Body, and Soul. Wake up with purpose and enjoy your days. Get a mindset of gratefulness, take a walk around your house while planning the day. Any movement to help pump the heart will activate the Mind, Body, and Soul. Comforting Oils to try this time around: LEMON OIL, A few things you may not have known about the lemon oils, besides being a refreshing and uplifting scent, it also act as a bug repellent, a teeth whitener as well as a remedy for halitosis, and a laundry freshener, and many other benefits.

Learn more at our Discussion Group and Diabetes Support Group in September. Bring an empty bottle, make a Lemon Spray Mist to take home.

Greetings

GREETINGS:

Recently I was getting out of the shower and my back foot slipped. I just wondered for a few minutes what could have happened in just that split second. It reminded me of mindfulness, just being aware of what you are doing always, even in eating, opening your door, (I stubbed my toe, think I broke it, another story) even in cooking, adding spices, cooking too long or not long enough. Actually in everything you do because it only takes a second to completely turn your life around. So I am thinking, you are taking a shower and when you get out you are mindful of the steps you take to get out one foot at a time. Proactive instead of reactive, I think that is what will keep us from those incidents that turn our whole world around in an instant. I hope that you will be one of those Women who will be attending the Black Women Wellness Day on September 24, Alliant Energy Exhibition Hall. Theme "Claim Your Life." Come out for Information, Inspiration and Empowerment for Life, bring a friend. Remember also "Your Vote Is Important." Always!

Pam

Transportation Options

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

Access Bus Service: (\$1 each way) Access Bus Service offers transportation for your shopping needs in your area. Give them a call for the schedule in your area (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

Free Senior Chair Yoga, Wednesdays at Warner Park, 10:30–11:30 am. Increase strength, flexibility, and balance with chair-based yoga stretches and breathing techniques. Certified Kripalu Yoga Instructor available, if instructor is unavailable an exercise video is used. Stay for lunch afterwards, calling the day before to sign up for lunch, 243-5252.

Michigan Avenue, Chicago Shopping, Travel on Michigan Avenue in Chicago to shop or explore the city without the worry of driving. Enjoy this day trip to do some Holiday shopping. Leaving from LaFollette High School at 7:30 am, and return by 8:30 pm on December 3, 2016. Cost \$44. Register by 10/1 and receive \$5 off. The Trip number is 12218. Call 608-204-3021 for more information.

Fitness Bingo: Enjoy a game of Fitness Bingo. Do light exercise for a prize. Warner Park, Friday, September 30, 2016 from 10:15–11:15 am, Free #12270. Registration is required at 608-204-3023. Sign up for lunch at North/Eastside Senior Coalition afterwards 608-243-5252 (day notice before noon is required).

Events

NESCO: SAVE THE DATE FOR OUR ANNUAL “APPLEFEST” on September 24. Beginning on Thursday, September 22, and Friday, September 23, will start off our **BOOK SALE**. Saturday, September 24 will be our Bake Sale, fun and games for children, Jewelry Sale, Raffles, Local Entertainment, and so much more. Come on out, it is guaranteed to be a good time.

Memory Café : 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 are encouraged to attend. Events take place on the third Monday of the month from 1-3pm. Come early and have lunch with NESCO.

8th Annual Black Women Wellness Day: Come out and be Inspired and Empowered, and gather information and resources to improve your Quality of Life and your Health. Saturday, September 24th at the Alliant

Energy Center Exhibition Hall, from 9 am–5:30 pm.

The Madison Quilt Expo with Nancy. September 8–10, 2016 at the Alliance Energy Center Exhibition Center. New Quilting Ideas, Classes, Vendors. Make it a day to enjoy with a friend.

ALZHEIMERS & DEMENTIA

Alzheimer’s and Dementia is becoming an issue that everyone should be aware of. Join in on the monthly Support and Discussions Groups in the community if you are a friend or family member of a person with Alzheimer’s or a related Dementia, or just have questions. Feel free to attend any of the meetings or call Alzheimer’s and Dementia Alliance at 608-232-3400. The meeting dates are as follows: (note times change at different meeting places)

September 12 (Alicia Ashman Library, 733 N. High Point Rd, 5:30–7 pm) First steps for families: Learn about dementia-related diseases, what families can do, and resources to help.

October 19 (Monona Senior Center, 1011 Nichols Rd. Monona, 10–11:30 am) Understanding & responding to behavior changes: Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

(continued from previous column)

Links to **Community Recognition and Scholarship Jazz Brunch:**

The Madison Metropolitan Chapter of The Links, Incorporated invites you to attend its 7th Annual Community Recognition and Scholarship Jazz Brunch to benefit local, academically talented African-American students that will be attending college.

The event is Saturday, October 22, 2016 at Crown Plaza, 4402 E. Washington Ave. and includes a networking social hour, a delicious brunch, program, live jazz music, and door prizes.

Cost: \$55 person or \$550 for a table of ten. Make reservations or make a donation by visiting us online at www.madisonlinksinc.org. Watch for more details.

For more information, please contact us at madisonlinksinc@gmail.com.

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 at Taft-Fisher. Topics and activities vary and limited transportation is available. Open to the public.

SEPTEMBER 14: “BULLYING” What does that mean to you. Roundtable discussion on signs and prevention, and how to speak up on Bullying of seniors and making sure this is not taking away from our quality of life.

October 12: Speaker on Bullying from Home Health United. What does Bullying feel like as an older adult? And what’s really going on? Continued discussion with a professional on this subject.

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.

SEPTEMBER 22: Diabetes and Mental Health along with other illness and life stresses or situations. How do you cope and how do you get through days when you want to throw in the towel? Roundtable discussion.

OCTOBER 27: “The Hard Facts” Helping Family members with the decisions of end of life preparations, and last wishes. Guest Speaker will be from Foster’s Funeral Home in Madison.

Recipe of the Month

Fruit Crisp

- 5 cups sliced peeled cooking apples, pears, peaches or frozen peach slices
- 2 tablespoons granulated sugar
- ½ cup regular rolled oats
- ½ cup packed brown sugar
- ¼ cup all-purpose flour
- ¼ teaspoon ground nutmeg, ginger, or cinnamon
- ¼ cup butter
- ¼ cup flaked coconut or nuts
- Vanilla ice cream (optional)

Directions:

1. Preheat oven to 375 degrees. If fruit is frozen, thaw but do not drain, place in a 2-quart square baking dish. Stir in the granulated sugar.
2. For topping, in a medium bowl stir together oats, brown sugar, flour, and nutmeg. Cut in butter until mixture resembles coarse crumbs. Stir in the nuts or flaked coconut. Sprinkle topping over fruit.
3. Bake for 30-35 minutes (40 minutes for thawed frozen fruit) or until fruit is tender and topping is golden.

If desired, serve warm with ice cream.

Enjoy!

SAVE THE DATES!

SAVE THE DATE for the next **Black Business Expo** on Black Friday in November.

The Location, Date, and Time will be in the November/December 2016 Newsletter. Also, watch for flyers.

WISH LIST

Buttons, Small Canvas, Cab vouchers, colored, fine point markers or pencils.

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

Non-Profit Organization
U.S. Postage Paid
Permit #417
Madison, WI

OR CURRENT RESIDENT



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.

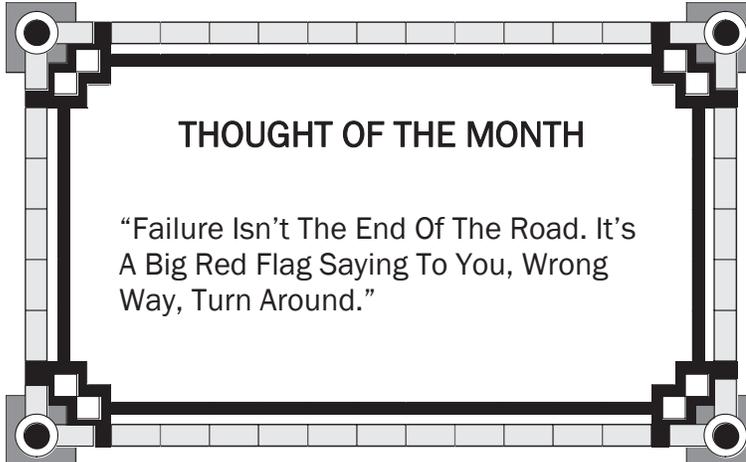
Celebrations

September:

- September 5 Labor Day
- September 11 Grandparents Day
- September 23 Love Note Day
- September 29 World Heart Day

October:

- October 7 World Smile Day
- October 7 You Matter to Me Day
- October 15 Sweetest Day
- October 30 National Candy Corn Day



THOUGHT OF THE MONTH

“Failure Isn’t The End Of The Road. It’s A Big Red Flag Saying To You, Wrong Way, Turn Around.”

Odds and Ends

We look forward to a trip to the Milton Underground Railroad Museum sometime in September, as well as a trip to the Apple/Pumpkin Orchard.

Call for dates and times in September or look for flyers. 608-2243-5252 ext. 205.

A Dinner outing to be discussed.