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November-December 2012

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:

North/Eastside Senior Coalition
1625 Northport Dr #125, Madison, WI 53704
phone (608)243-5252 · fax (608)243-5259
info@nescoinc.org · www.nescoinc.org

Recipe of the Month

Extra Easy Lasagna

Ingredients:

- 1 pound of lean ground beef
- 4 cups tomato-basil pasta sauce
- 6 uncooked lasagna noodles 1 (16 ounce) container ricotta cheese
- 2 ½ cups (10 ounces) shredded mozzarella cheese
- ¼ cup hot water

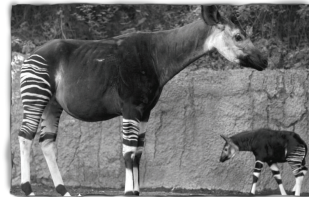
Directions:

Cook beef in a large skillet over medium heat, stirring until it crumbles and is no longer pink; drain. Stir in pasta sauce Spread one-third of meat sauce in a lightly greased 11-x7 inch baking dish; layer with 3 noodles and half each of ricotta cheese and mozzarella cheese. (the ricotta cheese layers will be thin) repeat procedure; spread remaining one-third of meat sauce over mozzarella cheese. Slowly pour ¼ cup hot water around inside of dish. Tightly cover baking dish with 2 layers of heavy duty aluminum foil. Bake at 375 for 45 minutes; uncover and bake 10 more minutes. Let stand 10 minutes before serving.

African American Cultural Diversity Program

Greetings

So No One Knew What an "Okapi" Was?



The okapi is a beautiful animal. It looks like a cross between a zebra and a giraffe. Their markings are zebra like stripes and their habitat is in the tropical rainforest.

To find out more go to www.sandiegozoo.org or visit the San Diego Zoo Safari Park.

Keeping your mind active is one of the most rewarding gifts that a person can give themselves. I loved it when I was younger, and still today, I could go to the library and get books to read for free. I would pile up on my limit. My son bought me a nook a few years back, and I have a nice collection of books on tape. Please remember, we are never too old to learn something everyday, but no matter how you do...do it...

Pam

Health Tip

First Aid Tips From the Freezer & Around the Home. To relieve a tension headache; hold a bag of frozen peas on the throbbing area for five to ten minutes. The cold constricts blood vessels, which can ease pain.

To soothe a mild burn; cut an onion in half and place it on the spot until the pain subsides. Onion juice contains sulfur compounds, quercetin and other plant chemicals that are ingredients in many over the counter burn treatments.

Senior Housing Partner: Sherman Glen Apartments
1110 N. Sherman Ave, Madison, WI 53704 (608) 241-1190

www.nescoinc.org • (608) 243-5252

Events

Alzheimer's and Dementia Family Education

Join in and learn about topics of interest to families and friends of those with Alzheimer's or a related dementia. These events take place on the second Monday of every month at either the West (517 North Segoe Rd.) or East (Hawthorne Library, 2707 East Washington Ave.) from 5:30-7pm. For more information contact 232-3400.

- Monday, November 12, West Location:

"Understanding & Responding to Behavior Changes." Understanding reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

- Monday, December 10, East Location:

"Is Your Home Really Safe for Someone with Dementia? What You May Not Know." Home safety is more than disabling the stove and removing throw rugs. Discover ways to look at the home with new eyes and be proactive about potential hazards.

Holiday Market

- Nov. 2-4, Alliant Energy Exhibition Hall:

If you are looking for that unique gift for that someone special, this is the place to be.

Madison Links Community Recognition Luncheon/Scholarship Fundraiser

- Saturday, December 8, Marriot Hotel West:

Social hour starts from 11:30am-12:30pm, followed by lunch and program. Shahanna Mckinney Baldon, Chief Diversity Office of the Madison Metropolitan School District, will be the keynote speaker as part of the afternoon to honor women and men who have made a difference in the community. Tickets are \$45/person. Proceeds benefit student scholarship fund. Door prizes will be given. For ticket information visit www.madisonlinksinc.org

Madison Women's Expo

- Sat, Nov. 17, 10am-6pm, Alliant Energy:

- Sun, Nov. 18, 10am-4pm, Alliant Energy:

It's all about you; shop, sample, pamper, indulge...spoil yourself. Discounted tickets online.



MSCR

- Every Wednesday, 10:30am, Warner Park:

Free MSCR Senior Chair Yoga class. Increase our strength, flexibility, and balance with chair – based yoga stretches and breathing techniques. Kripalu certified yoga instructor Carolyn Gartner teaches. You must register each season (spring, summer, fall, and winter) with Katie.

North/Eastside Senior Coalition

- Wed., Dec. 12, 5-8pm, Madison Senior Cntr:

The Cultural Diversity "Come Together Party" is back this year! Come and enjoy an evening of entertainment and food and a chance to meet some new people, gather, reunite with others. Dinner will start at 5pm and the entertainment will follow. There will be a gift exchange at the end for those who would like to participate, bring a gift and take home a gift. (Gift value should be \$5) Transportation is provided. The event is free, but you must call 243-5252, to RSVP by Dec 5th.

Olbrich Gardens

- Saturday, November 3:

Herb Fair with speakers and vendors, and make and take projects. This event is free.

- Tuesday's starting December 4, 6:30-8pm:

"Gladdening Herbs for Winter Blues." There is a plant world that offers many wonderful allies that can be used for this seasonal disorder. Come and learn about these herbs and how to use them. The Wisconsin winter will seem much less blue after attending this class. Cost \$15/Members \$12. Register by Nov. 27 by calling 246-4550.

- Every Sunday in December, 2pm:

Holiday Concerts, suggested donation is \$1.

Overture Center

- November 27-28: Drumline live.

Fantasy in Lights

- Mid November-January 1, Olin Turville Park:

Madison celebrates the holidays with more than 30 lighted holiday displays are illuminated throughout the park for this drive through holiday experience. Admission is free.

Poetry with Fabu

- Once a month, Romnes Apartments

We have been having a wonderful creative time with poetry at Romnes. In the new year we hope to be adding some other groups in the area. I will keep you posted. If you are interested in having a

Groups

Monthly Discussion Group

This group meets on the second Wednesday of the month at Quaker Housing, 2025 Taft Street. We meet in the dining area from 2-4pm. Please ring the kitchen door bell to get in. Right now, there is no kitchen bell to ring, so I ask that you enter from the patio by the kitchen. The topics vary from month to month. All meetings are open to the public and limited transportation is available.

- **November 14:** We will be making holiday cards and felt ornaments for the holiday. Also stop by for some cookies and tea.

- **December 12:** We will not be meeting because of the "Come Together Party."

Monthly Diabetes Group

This group meets on the fourth Thursday of the month at Romnes Apartments (540 W. Olin Ave.) in the community room, from 2-4pm. This is a support group for seniors with diabetes. We have speakers and roundtable discussions. Topics vary from month to month. This group is open to the public and limited transportation is available.

- **November 15: (*Note the change in the date due to the holiday)** "What are Good Carbs?"

Tips for making better food choices for managing your diabetes.

- **December 20:** "Year-End Celebration of a Daily Journey." Leaving behind the old, and preparing for the new year with diabetes, speaker, round table discussions and a celebration with healthy food. If you would like to help out, call Pam Bracey, 243-5252 by Dec. 10.

Grandparents Raising Grandchildren

This group meets on the second Saturday of the month at the Rainbow Project, 831 East Washington Ave. Grandparents taking care of a grandchild or a family members child (ren) are encouraged to come for resources and support. Topics vary monthly. Transportation is available, also child care. Call for more information. 608 255-7356.

Thought of the Month

"Gratitude unlocks the fullness of life;
it turns what we have into enough, and more.
It turns denial into acceptance,
chaos to order, confusion to clarity."

November Celebrations:

Caregiver's Month

November 4– Daylight Saving Time

November 6– Election Day

November 12-18– World Kindness Week

November 22– Thanksgiving

December Celebrations:

December 1– Rosa Parks Day

December 22– Haiku Poetry Day

December 26-January 1– Kwanzaa

National Caregiver's Month

November is National Caregiver's Month. There are two events that I encourage you caregiver's to attend for resources to make this journey that you are involved in with a loved one, friend or someone else you may be caring for:

Family Caregiver Resource Fair

- **Sat, Nov. 3, 9am-Noon, St. Peter's Parish:**

Learn how to advocate for the rights of your family and friends in rehab centers and nursing homes among many other vital topics. Meet representatives from agencies and organizations that provide services, resources and support for seniors and their caregivers. Win prizes to pamper yourself. Onsite respite will be available, but please call to reserve a spot. St. Peter's Parish is located at 5001 N. Sherman Ave. Visit www.nescoinc.org for more specific information.

The Fifth Annual Caregiver Forum

- **Friday, November 9, 9am-2:30pm, Alliant Energy Center Exhibition Hall:**

"Starring You the Caregiver." The program will start off with a play presented by Tapit/New Works, inspired by real-life caregivers. There will be many resources and exhibits, informational sessions, lunch and much, much more. The cost of this program is \$10 per person which includes a continental breakfast and lunch. You are encouraged to register by October 31, but due to the mailing of the newsletter, please try by November 5th. Call Lana Phelps, 261-9930.

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

Odds and Ends

Another passing angel, Lysundra Pace-Alawiye, passed this life on October 17, 2012. Out of the many things she set out to achieve, she finished the book she wanted to write about her grandson who also left way to soon.



Congratulations to Lula Jones for her 4,000 volunteer hours with **RSVP!!**

Wish List

Small Glass Bottles/Containers/ Baby Jars
 Aromatherapy Oils (lemon, Orange, lavender)
 Gift Cards (grocery stores, Walgreens)
 Beeswax

Transportation Options

1. Piccolo Pete's Pick-Up & Delivery:
 Is a trustworthy, efficient, friendly and most affordable personable business that will do errands for you. To find out more information, contact Jasmine Banks @ 608-556-7039. They can help with your grocery shopping, prescription and dry cleaning needs, and much more. Hours of operation; Monday-Friday 8am-5pm. Saturdays 8am-12noon. Appointments are taken 24 hours in advance.

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