



the Golden Times

For senior adults & their families.

FREE for NESCO Members
\$1 for Non-Members @ NESCO Office

North/Eastside SENIOR Coalition

Accredited by the National Institute
of Senior Centers (2009-2014)
and the Wisconsin Association
of Senior Centers (2002-2012)

North/Eastside Senior Coalition
1625 Northport Dr #125
Madison, WI 53704

Over **35** years
Enhancing
the lives of Seniors

19th Annual Summer Concerts

Mondays, 6-7:30pm @ Warner Park Shelter

Free & Open to the Public!

10 June **Hanson Family Jazz Band** (Jazz)

17 June **Ladies Must Swing** (Swing)

Sponsored by **BMO Harris Bank**

24 June **The Dang-It's** (Country)

8 July **Primitive Culture** (Funk, Blues, Tropical)

15 July **Madisalsa** (Latin Jazz)

Sponsored by **UW Credit Union**

22 July **Fuzzy Side Up** (50's-70's Rock)

Sponsored by **Boomerangs Resale Store & Door Creek Church**

29 July **Rain Date**

Tasty dinner
options
available.
Limited
transportation
available for
seniors, call
243-5252.

Other wonderful sponsors this year (so far) include: *Alliant Energy Foundation, Dane Arts* (additional funds from *Dane County Cultural Affairs Commission*), *Madison Arts Commission, Madison Mallards, Oak Park Place, Thrivent Financial for Lutherans, and Dennis Tiziani.*

We are social! Become a fan and follow us!



Find us on
Facebook



Follow us on
Twitter

NESCO's Blog:
Golden Extra

<http://nescoinc.wordpress.com>

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Senior Housing Partner: Sherman Glen Apartments

1110 N. Sherman Ave, Madison, WI 53704 (608) 241-1190



Drew Simonsen, BBA
Office Manager
dsimonsen@nescoinc.org
243-5252 Ext. 210

Mission: To enhance the quality of life for all senior adults by providing programs, advocacy, and resources to assist them to remain independent, active, and influential in the community.

Vision: Seniors dedicated to building a better community for people of all ages and backgrounds.

June 2013 Vol XXXVIII

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The Golden Times

North/Eastside Senior Coalition, Inc.
1625 Northport Drive #125
Madison, WI 53704

(608) 243-5252

(608) 243-5259 (fax)

General E-mail: info@nescoinc.org

Website: www.nescoinc.org

Blog: <http://nescoinc.wordpress.com>

North/Eastside Coalition does not necessarily endorse products and services advertised in *The Golden Times*.

Deadline: one month prior

Office Hours: 8 am–4:30 pm, Monday–Friday

North/Eastside Senior Coalition's
Board of Directors Meeting
Tuesday, 18 June 2013, 4 pm
(Warner Park Community
Recreation Center)

Your comments are important to us and we invite you to visit our monthly Board meetings. Visitors will be asked to sign-in and state your comments, questions, and concerns at the start of the meeting. These issues will then be forwarded to the appropriate committee. Thanks so much for your interest in NESCO!

Board of Directors

The 2013 Officer Elections took place on 21 May, after this edition of the Golden Times went to print.

Polly Hartman

Caregiver, Self-Employed

Linda Jallings

UW-Milwaukee (Retired)

Dolores Kester

Kester Law Offices, Lawyer

Lana Kinning

Heritage Credit Union,
Head Bank Teller

Alison Lindsay-Mares

WEA Insurance Corp/Trust (Retired)

Michael Maresh

Social Security Admin (Retired)

Carol Peterson

Madison School District (Retired)

Walter Sego

Bank Mutual,
Assistant Vice President

Jan Somerfeld

Bunbury & Associates Realtors,
Business Development ED

Paul Van Rooy

State of Wisconsin (Retired),
Business Development ED

Rick Webster

American Family Insurance, Pricing &
Performance Administrator

Board Committee Citizen Reps

Maren Beermann, Personnel

Coalition of Wisconsin Aging Groups,
Guardian Support Center Director

Mary Hill, Personnel

State of Wisconsin (Retired Nurse's Aide)

Lesleigh Luttrell, Finance

UW-Madison (Retired)
Studio Jewelers

Rolfe Nervig, Marketing

Consultant Fundraising Studio Gear,
Business Development

Helen Taylor, Personnel

American Family Insurance,
Diversity & Inclusion

Laurie Wegger, Personnel

Human Resources Professional

Staff

Jim Krueger

Executive Director
jkrueger@nescoinc.org

Katie Kluesner

Programs Director
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Sarah Oestmann

Bilingual Case Manager
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Nhia Moua

Case Manager
nmoua@nescoinc.org

Pam Bracey

Cultural Diversity Specialist
pbracey@nescoinc.org

Yolanda Salazar

Cultural Diversity Specialist
ysalazar@nescoinc.org

Senior Dining Site
Managers & Substitutes

Provie Brenz

Kathy Esser

Margie Groom

Noreen Maass

Lynne Robertson

The North/Eastside Senior Coalition is an equal opportunity agency. No otherwise qualified applicant for services or service recipient shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination. This covers eligibility for and access to service delivery and treatment in all Coalition programs and activities. Clients, participants, and volunteers of the Coalition are encouraged to report any discrimination relating to service delivery by the Coalition to the Executive Director or Board President in writing (1625 Northport Dr #125, Madison, WI 53704).

2013 Membership Benefits

To receive discounts from our local business partners, you simply need to show your 2013 NESCO membership card.

Benvenuto's Italian Grill

(@ Northside TownCenter)
FREE ice cream sundae with entree purchase

Boomerangs Resale Store

(@ Northgate Shopping Center)
20% off regular priced merchandise

Cafe La Bellitalia Restaurante & Pizzeria

10% off your total food bill

Culver's of Northport

FREE cone or dish of custard with the purchase of a cone or dish

Kavanaugh's Esquire Club

FREE dish of Schoeps flavor of the day ice cream with the purchase of lunch (11 am-2 pm)

Madison Chiropractic-North

(2205 N Sherman Ave)
Complementary consultation (in office or over phone)

Manna Cafe & Bakery

(@ Lakewood Plaza)
10% off in-dining food & beverages

Meikle's True Value

(@ Northside TownCenter)
Have a free key made each month

Overture Center

Receive reduced ticket prices for select shows

Savidusky's Fur & Leather Shop

10% off all fur & leather cleaning charges

Warner Park Community Recreation Center

10% off annual membership
(no double discount)

PLUS Golden Times newsletter delivered FREE & NESCO sponsored trips discounted



Jim Krueger, BA
Executive Director
jkrueger@nescoinc.org
243-5252 Ext. 213

Note: Warner Park Community Recreation Center (WPCRC) ID cards are required for all building users (\$5/year). NESCO senior dining site participants are encouraged to make a donation for their WPCRC ID cards.

Scholarships are available to seniors (age 55 and over) with annual income less than \$16,236 (one person) or \$21,852 (couple).

Simple application is required from the office and all information is confidential.

Contact Drew (243-5252 or dsimonsen@nescoinc.org) to obtain an application.

2013 NESCO Membership & Donation Form (Jan-Dec)

Name _____ Phone _____

Address _____ City _____ Zip _____

I wish to remain anonymous Email address _____

Check One: \$15 Regular Membership \$25 Household Membership
 \$50 Business Membership \$50 Golden Club Membership
 \$100 Patron Membership \$ _____ Other

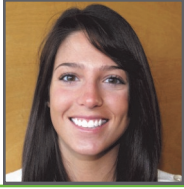
Special donation of \$ _____ for: (check all that apply)
 Newsletter Cultural Diversity Programs
 Case Management Intergenerational Programs
 Home Chore Programs Social & Educational Programs
 Endowment Fund Nutrition Program

(Optional) *In memory of:* _____

In tribute of: _____

Membership is tax deductible to the extent of the tax code.
 Our financial report can be obtained at our office. Mail check to:
North/Eastside Senior Coalition (NESCO)
1625 Northport Dr. #125, Madison, WI 53704

Ongoing Programs



Katie Kluesner, BA
Programs Director
kkluesner@nescoinc.org
243-5252 Ext. 206

5¢ Bingo

Second Tuesday & Every Friday, 10:30 am

Bring your luck down to WPCRC and take home a bag of nickels. Each card costs 5¢ with all proceeds paid out to the winners.

Book Club

First Tuesday, 10 am

Join us as we discuss *A Thousand Splendid Suns* or come pick up our read for July, *A Yellow Raft in Blue Water* by Michael Dorris. This novel is a fierce saga of three generations of Indian women, beset by hardships and torn by angry secrets, yet inextricably joined by the bonds of kinship.

Book Exchange Program for Seniors

Become a member of NESCO's Book Exchange Program. Bring in your used books and exchange them for one you haven't read. The books are kept in the NESCO office and once you have finished the book (s) you can come back and swap them out for other's you haven't read. The Book Exchange is open 8:15 am-4:15 pm, Monday-Friday. **For NESCO members only.**

Blood Pressure Clinic

3rd Tuesday, 11:30 am—1 pm

The **FREE** clinic is offered at WPCRC for people of all ages. *Provided by Interim Health Care.*

Card-Making Club

Second & Forth Wednesdays, 1 pm

Help create home-made cards for all occasions. We are looking for volunteers who enjoy making cards. No experience necessary. All proceeds from the sale of the cards go to support NESCO programs and services. We sell these cards in our office Monday-Friday from 8am-4:30pm for 50 cents or \$1.00. Stop in for a hand made card for any occasion.

Cards Anyone?

Various cards games are played at the WPCRC senior dining site throughout the month. For more info, call the NESCO office (243-5252).

Euchre Mondays, 8:30–11:30 am

Kings Corner Mondays, 10–11:30 am

Sheepshead 1st & 3rd Wednesdays, 1-3pm

Caregiver Support Group

First Thursday, 7 pm, Sherman Glen Apartments (1110 N. Sherman Ave.)

NESCO's monthly caregiver support group will meet in the meeting room from 7-8:30pm. Newcomers welcome!

Respite care is available at NO CHARGE. Funded by American Family Insurance.

FREE Chair Massages

First Friday, 9 am

Chiropractor, Dr. Ron Inda, will be here on the first Friday of each month to provide free, five minute chair massages to seniors. Massages are first-come first-serve, but call Katie if you'd like to reserve a particular time.

FREE MSCR Senior Chair Yoga Class

Wednesdays, 10:30 am

Increase your strength, flexibility, and balance with chair based yoga stretches, and breathing techniques. Kripalu Certified Yoga Instructor Carolyn Gantner is sponsored by MSCR.

FREE Mending Service

Bring in your sewing needs and our volunteer menders will make the repairs. Senior adults with general mending needs can bring your clothing articles to the NESCO office between 8 am–4:30 pm, Monday-Friday. Limit of three articles per month.

Low-Vision Group

Third Thursday, 10:15 am

For more information call Laura at 243-5252.

Nutrition Education: Milk

Third Thursday, 11 am

Got milk? Learn the importance of milk and foods made from milk. Join Nutrition Educator, Martin Salas from Dane County UW Extension to get in the Moooooo-d for milk.

June Programs

Summer Concert Series

Mondays, 6:00 pm, Warner Park Shelter

10 June- Hanson Family Jazz Band

17 June- Ladies Must Swing

24 June- The Dang-It's

8 July- Primitive Culture

15 July- Madisalsa

22 July- Fuzzy Side Up

NESCO offers FREE transportation for seniors in our service area. Please call 243-5252 to sign up.

Walk Warner Park

Thursdays, 6, 13, 20 & 27 June, 10:30 am

Come join our group of walkers as we trek around Warner Park. Open to all ages and all levels of walking ability. **Meet in the Dining Site.**

Medication Review

Tuesday, 4 June, 10 am-1 pm,

@ East Madison Community Center

8 Straubel Court

Free Medication Reviews from a local pharmacist will be provided. Appointments **MUST** be set up ahead of time. Time slots available for med reviews are 10-11, 11:30-12:30 or 1-2. Please contact a NESCO Case Manager to schedule your appointment and complete some required paperwork. The program is sponsored by the United Way of Dane County.

Euchre Tournament & Lunch

Monday, 10 June, Lakeview Lutheran Church

11:00 am- Lunch

11:30 am- Tournament

For players of all levels of experience. A few laughs and a fun time are guaranteed. Prizes for the top three finishers. Must pre-register and/or sign-up for lunch by Thursday, 6 June, call 243-5252.

Farmers Market Vouchers

Monday, 12 June, 11:30 am-1 pm

Farmer's market vouchers will be distributed on a first come first serve basis to qualified seniors. Each set of vouchers is for a total of \$25 for the season in \$2 and \$3 increments.

Only one set of vouchers per household can be distributed. Call 243-5252.

ADRC Presentation

Friday, 14 June, 10:15 am

Nicole Stockburger and Amy Elske from the Aging and Disability Resource Center of Dane County (ADRC) will inform you of the free, unbiased information and assistance on resources and services they provide and answer any questions.

Social Security Benefit Discussion

Monday, 17 June, 3:30 pm, @ Manna Café

Ben Crutcher, Financial Advisor from Edward Jones, will give a general overview of Social Security benefits and answer any questions. Pre-registration is required, as space is limited. RSVP by 7 June by calling Ben Crutcher at 608-244-8793.

Senior Explorers Club

Pickleball @ Darbo Salvation Army Gym

Monday, 24 June, 9:30 am, WPCRC Lobby

The Explorers Club will be watching and playing pickleball at the Darbo Salvation Army Gym. We will meet in the WPCRC lobby at 9:30. There will be a \$5 fee to play and dress in comfortable clothing if you wish to play. We will stop for lunch afterwards. Drivers needed, call 243-5252 to sign up by Thursday, 20 June.

Need "Stuff" Done Around Your Home?

We can economically do all your general repairs. From roofing, electrical and plumbing problems to all your maintenance needs inside and out including gutter cleaning, home insulation, pressure washing, etc.

We're fully insured - Free Estimates.

20 Years Experience



Design • Build • Remodel • Maintain
Dave Krebs - 576-6593

Local Resources

Foot Care Clinics

NESCO and Interim Health Care co-sponsor four foot clinics each month for individuals who can not do their own foot care and do NOT have diabetes. Appointments are required and can be made a year in advance by calling 243-5252. Cost is \$15. Don't forget your towels!

3 June *Eastside Shopping Center (2nd Floor)*
2705 E. Washington Ave,
1:30-3:15 pm

11 June *St. Paul Lutheran Church*
2126 N. Sherman Ave,
1:00-2:45 pm

14 June *Warner Park Community Rec Center*
1625 Northport Drive,
10:00 –11:45 am

18 June *Lakeview Lutheran Church*
4001 Mandrake Road,
1:30-3:15 pm



MSCR Programs @ WPCRC

20/20/20 Mix

Wednesdays, 26 Jun–14 Aug, 2:30–3 :30 pm
20 minutes of high energy dance, 20 minutes of strength training and 20 minutes of instructors choice. No dance experience necessary.
Cost \$24.

Painting Watercolor: The Garden

Wednesdays 19 June–21 Aug , 9:30am-Noon
Take field trips to local gardens and parks. Paint with watercolor sketchbooks and take reference pictures. Get instruction in wash and brush techniques. Explore Vegetation, patios, porches and verandas. Supply list provided at the first class. Skip 7/4.
Cost \$75

Yoga Kripalu

Thursdays 11 July–8 Aug , 11am-Noon

A gentle yet effective approach to yoga with an emphasis on alignment, body awareness and breath work. Wear loose clothing and bring your own mat.
Cost \$21

Call 245-3667 to register for MSCR classes.

***Scholarships are available for seniors.**

FREE Fitness Room Use @ WPCRC

Mon: 12-1 pm; Thurs: 2-3 pm;
Fri: 6:45-7:45 pm
& Sat: 12-1 pm

Room/equipment use is free; however, an annual WPCRC ID card is required. Inquire at WPCRC front desk.

Gay & Gray Discussion Group

Thursdays, 2 pm @ Madison Senior Center

Senior adults from the lesbian, gay, bisexual, and transgendered community meet the 2nd & 4th Thursday each month. These are friendly conversations that are informal, open dialogs, LGBT persons, their friends, and families are welcomed. Participants determine the topics based on current interests; a facilitator attends each meeting.

Shopping Trips (call 294-8747)

Group Access Bus Service (\$1/way)

Mondays *EastTowne, Walmart East & Savers,*
10 am-1 pm

Tuesdays *Woodman's & Shopko, 9-11 am*
(includes Woodman's East, Shopko at Shopko Dr, & Copps Pharmacy)

Wednesdays *Woodman's & Shopko, 9-11 am*
(includes Woodman's East, Shopko at Shopko Dr, Copps Pharmacy, & Farmer's Market)

Thursdays *Sherman Plaza, noon-2 pm (includes Walgreens & Pierce's) NW Aberg, Packers Ave & Maple Bluff. Copps, noon-2 pm*



June Senior Dining Menu @ Goodman Community Center

Location: 149 Waubesa Street

Serving: 11:30 am

Bus reservations are required a minimum of 24-hours in advance. Call 241-1574 to sign-up.*

Monday*	Tuesday*	Wednesday*	Thursday*	Friday*
				
3 Grilled Cheese Tomato Soup	4 Beef Tips & Noodles	5 Turkey Chef's Salad	6 Chicken Stir Fry	7 Cod Baked Potatoes
10 Chicken Wrap	11 Tuna Tetrazzini	12 Beef Stew	13 Chicken & Rice	14 Spaghetti w/Meat Sauce
17 Cheese & Bean Quesadilla	18 Beef Lasagna Garlic Bread	19 Taco Salad w/Beef	20 Beef Stir Fry Rice	21 Cod
24 Turkey & Dress- ing Sandwich	25 Hot Dogs Macaroni & Cheese	26 Beef Chili Corn Bread	27 Chicken Primavera Rice	28 Beef & Barley Soup

Also served daily: vegetable, bread, tossed salad, fruit jello salad, and dessert. Birthday cake served Wednesdays!

Guests 60 years of age or older are invited to enjoy their meal on an anonymous donation basis (\$3 suggested donation). Anyone under 60 is asked to pay the full cost of the meal (\$6.15).

*Transportation is available for seniors living in the following areas: from Lake Monona SE on Buckeye Road to the Interstate, North on I-94 to Hwy-30, West on Hwy-30 to Hwy-51, North on Hwy-51 to city limits. Donation: 50¢ each way.

Sherman Glen APARTMENT HOMES

Active Independent Living for 55+

Great Amenities and Affordable

1 Bedroom Apartments \$775*

2 Bedroom Apartments \$920*



Come see why our residents love it here!

Intercom Controlled Entry
Small Pets Welcome • Social Activities
Walk to Shopping/Dining
Elevators • Underground Parking
Private Balcony/Patio • Heat Included!

Call Marianne to schedule a personal tour

1110 N. Sherman Ave.
241-1190



* Restrictions apply

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- Home Modification

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- Alzheimer's, Parkinsons, Supportive Hospice and Legal Live-in Services



Comfort
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For more information or to set up a
FREE in-home consultation, call:
608-442-1898
Serving South Central Wisconsin

Each Office Independently Owned and Operated. *Connected with Independent Health

June Senior Dining Menu @ WPCRC

Serving 11:30 am, Monday–Friday

Call 243-5252 (Monday-Friday, 8-11:30 am) to reserve a meal for the following day.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Fish Potato Wedges 7-Layer Salad Pineapple Chunks MO-Soy Patty	4 Cobb Salad Roll Mixed Berries MO- No Meat	5 Birthday Cake Country Ribs Herbed Potatoes Corn Tropical Fruit MO- Veggie Lasagna	6 Turkey Sandwich Broc/Cauliflower Salad Cranberry Juice Cookie MO-Hummus Sandwich	7 Baked Chicken New Potatoes Green Beans Taffy Apple Salad MO-Stuffed Shell
10 Sloppy Joe Squash Salad Dill Pickle & Orange Rice Crispy Bar MO-Soy Patty	11 Seafood Pasta Pickled Beets Croissant Citrus Salad MO-Egg Salad	12 Roast Beef Sandwich Potato Salad Tomato & Onion Salad Mixed Melon Cup MO-Veggie Wrap	13 Brat/Baked Beans Dill Baby Carrots Fruit Cocktail Peanut Butter Cookie MO-Veggie Hot Dog	14 Tuna Chop Salad Apricots Cupcake MO-Egg Salad
17 Baked Chicken Baked Potato Peas Mandarin Oranges MO-Veggie Pizza	18 Swedish Meatballs Wild & Brown Rice 4 Bean Salad Cantaloupe MO-Red Beans & Rice	19 Turkey Wrap Vegetable Salad Pears Ice Cream MO-Vegetable Wrap	20 Sweet/Sour Chicken Brown Rice/Egg Roll Oriental Vegetables Strawberry Shortcake MO- Stir Fry	21 Taco Salad Mixed Fruit Cup Oatmeal Raisin Cookie MO- No Meat
24 Fish Sandwich O'Brien Potatoes Coleslaw Fruit Pie MO-Cheese Sandwich	25 Cheeseburger Potato Salad Apple Sauce Pudding MO-Tomato Basil Patty	26 Chef Salad Soft Bread Stick Peach MO-No Meat	27 Meatloaf Scalloped Potatoes Tomatoes & Zucchini Cheesecake MO-Soy Patty	28 Grilled Chicken Italian Pasta Salad Carrot Sticks Watermelon MO-Hummus Sandwich
			MO=Meatless Option	

Gift Certificates Available

Take a senior to lunch by purchasing gift certificates for them to redeem at any Dane County Senior Dining Site. The cost is \$3/each for senior adult diners (age 60+) or \$6.15/each for those diners under the age of 60.

Call 243-5252 for more information.

Great gifts for any occasion!

Door to Door Bus Service

is available Monday–Friday. Bus reservations can be made when you make your luncheon reservation. Donation: 50¢ each way or what you can afford.

Meatless Option!

Each day we offer a meatless option along with the usual main entrée. This effort is supported by the Dane County Nutrition Committee and the Area Agency on Aging Board of Directors.

We will need your help in evaluating this trial, so if you choose the meatless option, please fill out the special satisfaction survey related to the meatless meal. If you have questions or comments on this program, please call Mary (261-5678).

NESCO offers a senior dining site for people age 60+. The meals are prepared off site by Gaylord Catering and brought to WPCRC to be served at 11:30 am weekdays. It is a well balanced meal and especially appealing for seniors who don't enjoy cooking, or eating alone. Typically seniors who live alone eat meals which tend to those of convenience—cereal, soup, sandwiches, etc.—rather than balanced with fruits, vegetables, food rich in antioxidants, fiber, and omega-3. New comers are always welcomed. Call 243-5252 by noon the day prior to make a reservation.

Mondays with Noreen	Tuesdays with Provie	Wednesdays with Kathy	Thursdays with Margie	Fridays with Katie
Senior Dining Site Manager Noreen Maass is our host on Mondays	Senior Dining Site Manager Provie Brenz is our host on Tuesdays	Senior Dining Site Manager Kathy Esser is our host on Wednesdays	Senior Dining Site Manager Margie Groom is our host on Thursdays	Programs Director Katie Kluesner is our host on Fridays
3 8:30 Euchre 10:00 Kings Corners	4 10:00 Book Club 10:30 Conversation Hour	5 10:30 Chair Yoga 1:00 Sheepshead	6 10:00 Sewing Circle 10:30 Walk Warner Park 7:00 Caregiver Support Group @ Sherman Glen	7 9:00 Free Chair Massage 10:30 5¢ Bingo Caller: Katie Kluesner (NESCO's Programs Director)
10 8:30 Euchre 10:00 Kings Corners 12:30 Euchre Tournament @ Lakeview Lutheran Church 6:00 Summer Concert: Hanson Family Jazz Band	11 10:30 5¢ Bingo Caller: Ben Crutcher (Edward Jones)	12 10:30 Exercise Video 11:00 Farmer's Market Voucher Distribution 1:00 Card Making Club	13 10:00 Wii Games 10:30 Walk Warner Park	14 10:00 Foot Clinic 10:15 ADRC Presentation 10:30 5¢ Bingo Caller: Paul Van Rooy (NESCO Volunteer)
17 8:30 Euchre 10:00 Kings Corners 6:00 Summer Concert: Ladies Must Swing	18 11:30 Blood Pressure Clinic	19 10:30 Exercise Video 1:00 Sheepshead	20 10:00 Sewing Circle 10:15 Low-Vision 10:30 Walk Warner Park 11:00 Nutrition Education	21 10:30 5¢ Bingo Caller: Don Klemstine (NESCO Volunteer)
24 8:30 Euchre 10:00 Kings Corners 10:00 Senior Explorers Club 6:00 Summer Concert: The Dang-It's	25 10:30 FoodShare Presentation	26 10:30 Chair Yoga 1:00 Card Making Club	27 10:00 Wii Games 10:30 Walk Warner Park	28 10:30 5¢ Bilingual Bingo Surprise Caller

Case Management Services



Cortney Doescher-Hino, MS, LPC
Lead Case Manager
chino@nescoinc.org
243-5252 Ext. 211
Mondays-Fridays



Alyssa Bordeleau, BSW
Bilingual Case Manager
abordeleau@nescoinc.org
243-5252 Ext. 209
Mondays-Fridays



Nhia Moua, BSHS
Case Manager
nmoua@nescoinc.org
243-5252 Ext. 208
Mon, Wed, Thurs only



Sarah Oestmann, BSW
Bilingual Case Manager
soestmann@nescoinc.org
243-5252 Ext. 212
Mondays-Fridays

Is Drinking Causing a Problem?

If drinking alcohol is affecting you and/or those who you love, FREE Help is available. This is a preventative message as well as informational for those who already have a problem with alcohol.

Contact the Northport Alcoholics Anonymous (AA) organization for questions by calling MAICO AA at (608) 222-8989.

Replacement for LogistiCare Announced

The Department of Health Services announced its intent to award the transportation contract, that provides many rides for seniors, to Medical Transportation Management, Inc. (MTM) They will soon manage non-emergency medical transportation services for Medicaid and BadgerCare Plus members currently handled by LogistiCare.

There are no immediate changes and members should continue to contact LogisitCare to make reservations for non-emergency medical transportation services. To arrange for a ride please call 1-866-907-1493 (voice) or 1-866-288-3133 (TTY) to schedule reservations.

Farmers Market Vouchers

The Senior Farmers' Market Nutrition Program (SFMNP) will be continued in 2013. Vouchers will be distributed in a first come-first served basis to qualified seniors. You must be 60+, live in Dane County, and be under 185% of the poverty level to be eligible. If you need someone to pick up the vouchers for you, the designated person must have a signed form and the documentation required. Vouchers can not be mailed or you can pick them up at the Warner Park Community Recreation Center on Monday, 12 June, from 11:30 am to 1 pm. Contact a Case Manager at NESCO for more information.

Walk-in Office Hours

Case managers are available to assist you with questions you may have at the locations below:

Where?	When?
East Madison Community Center	Tuesday 25 June 11:15-12:15
Sherman Glen	1st Monday/month 3 June 2-3 pm

Free Pet Food & Delivery

This program is **FREE** for homebound seniors age 60+ in the NESCO service area. NESCO and Mounds Pet Food Warehouse provide you with free pet food, both cat and dog pet food, each month and deliver it to your residence. Mounds Pet Food Warehouse donates the food for this program. Mounds *Dog Power* features formulas for all the life stages. *Purrfect Cat* features palatable, high quality ingredients for even your picky felines. Call a NESCO Case Manager at 243-5252 to sign up. A special thanks to Banfield Charitable Trust for providing additional funding for this program and St. Paul's Lutheran Church for storing the pet food for us.



St. Paul's
Lutheran
Church

Caregiver Support Group

NESCO's monthly caregiver support group will meet on **6 June**, at Sherman Glen Apartments (1110 N. Sherman Ave.) in the meeting room, from 7-8:30pm. Newcomers welcome!

Respite care is available at NO CHARGE.
Funded by American Family Insurance.

Cultural Diversity Senior Programs

African American Program



Pam Bracey
Cultural Diversity
Program Specialist
pbracey@nescoinc.org
243-5252 Ext. 205

Latino Program



Yolanda Salazar
Cultural Diversity
Program Specialist
ysalazar@nescoinc.org
243-5252 Ext. 203

Discussion Group

Wednesday, 12 June, 2-4 pm

@ Quaker House/Dining Area (2025 Taft St)

We will learn basic exercises and a few healthy meals for summer. also we will play some summer bingo.

Diabetes Support Group

Thursday, 27 June, 2-4 pm

@ Romnes Apartments (540 W. Olin Ave)

Summers here! We will discuss and learn some basic exercises to get the body in motion, maybe if the sun is out, we will take a walk around the neighborhood. We will also learn a few healthy vegetable and fruit salad recipes. Bring a container to take home a serving.



Discussion Group

Wednesday, 5 June, 5:30-8:30 pm

@ Madison Senior Center (330 W. Mifflin St.)

This month we will be discussing home safety. Limited transportation available. *Offered in Spanish only.*

Diabetes Support Group

Wednesday, 26 June, 5:30-8:30 pm

@ Madison Senior Center (330 W. Mifflin St.)

This month will be discussing how to ask for what you need at doctor's appointments. Limited transportation available. *Offered in Spanish only.*

Bilingual Bingo & Computer Class

Friday, 28 June, 10:30 am-2:30 pm @ WPCRC and Vera Court Community Center

Try your luck at bingo and then stay for lunch and the computer class. Limited transportation available.

Feeling off?



Drs. Brent McNabb, Ross Royster,
Dan Soderholm, Justin Rodriguez
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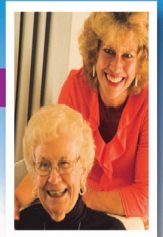
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Volunteer Opportunities



Laura Sherrington, BS
Volunteer Coordinator
lsherrington@nescoinc.org
243-5252 Ext. 204

Grocery/Pet Food Delivery Drivers

NESCO is looking for volunteers to transport groceries and pet food from St. Paul's Lutheran Church, a local food pantry (located at 2126 N. Sherman Ave), to local seniors on the second to last Tuesday (5 pm), Wednesday (10:45 am) or Thursday (2 pm) of each month. Volunteers need their own transportation. Please contact Laura Sherrington if you are interested.

Home Chore Volunteers

Volunteers are matched with a senior to help the senior adult with light housecleaning, yard work, or gardening once a week or bi-weekly. Or you may also help with indoor or outdoor chores. By assisting a senior adult you help them to remain living in his or her own home longer! The hours can be flexible to fit your schedule. To get involved, please contact Laura Sherrington.

Mowing Volunteers Needed

Volunteers are needed to assist low income older adults with grass cutting. Mowers and gas provided. Time commitment is flexible to help fit your schedule. Contact Laura Sherrington to get involved!

Office Volunteers Needed

Office volunteers are needed for our 3rd, 4th and 5th Tuesday morning 8am-noon. Duties include: greet visitors, answer phones, route calls to staff, limited clerical support, and take reservations for programs. Office tasks assigned to the comfort level of the volunteer. Contact Drew Simonsen, if you are interested.

Peer Support Volunteers

Looking for a fun and fulfilling opportunity to give back? Peer Support team members are needed to provide friendly home visits to older adults in the Madison area. No experience needed, training provided. This is a flexible volunteer opportunity. To learn more about the Peer Support program or request an application packet, please contact Anita Brown-Huber.
Email: abrown-huber@thecommunitycornerstone.org
Phone: 608-846-9469. Looking for Spanish speaking!

Raking Volunteers Wanted



Spring is FINALLY here and lawns need some cleanup. NESCO is looking for individuals and groups of volunteers to help out our seniors with raking. This can be a one-time or an on-going opportunity. Individual volunteers can be matched with a client or placed on an on-call list. This is a very flexible volunteer opportunity, and a great way to help seniors remain independent in their own homes. Please contact Laura Sherrington to lend a helping hand.

Crafts Items Needed

Are you a Crafter? Are you looking for something to do on the really hot or rainy summer days ahead? How about making a craft item to donate to NESCO for our annual fundraiser, AppleFest, this Fall.

Items can be dropped off at the NESCO office between 8-4:30 M-F. For craft items, if possible, please include a suggested sale price. Donations are tax deductible. Thank you for your support of NESCO!

Golf Ball Sale

\$20/box of golf balls
100% of the proceeds go to NESCO !

Six options are available:
(LIKE-NEW golf balls)
32 Titleist
32 Nike
32 Callaway
32 Taylor Made
32 Bridgestone
12 Pro VI



These make great gifts!
To place an order, call 243-5252.
You can pick up order at NESCO
within a week.

Volunteer Spotlight

As a token of our appreciation for our outstanding volunteers, we host a spotlight each month to share their contributions with you.

This month, we're highlighting our *NESCO Grocery/ Pet Delivery Volunteers.*

- | | |
|----------------------|----------------------------|
| Nora Adams | Harry (Lee) McAdams |
| Jarod Bell | Ed McDonald |
| Harold Beyer | Dave Mies |
| Anna Bourdeau | Jim Morrison |
| Rachel Bourdeleau | NESCO Staff |
| Floyd Durranceau | Deesa Pence |
| Kathy Esser | Logan Robertson |
| Kevin Graham | Sue Gould |
| Dan Hacker | St. Paul's Lutheran Church |
| Christina Hamilton | Del Underbakke |
| Daniel Huettner | Mary Beth Welch |
| Sarah Kidd | Mary Wells |
| Alison Lindsay Mares | |

Thank you all for your time and travel you volunteer for the Grocery and Pet Delivery Program!

In Memory of Bob Kinney

Robert "Bob" L. Kinney, age 88, passed away in early May. Bob was born in Kansas and served in the US Navy after high school. He had three brothers and four sisters. Bob worked for several years at Ohio Chemical Company and later retired from US Forest Products. Bob was married to Beatrice and had three children. Bob is survived by two of his children, two sisters and a grandson.

Bob has been a volunteer with NESCO since 1997. He and his wife volunteered with our foot clinic and more recently Bob helped out with our monthly newsletter. He was also involved with several other rummage sales and moving projects for NESCO in the late 90s.

Bob really enjoyed helping people in need. Bob was a fantastic volunteer and friend to us.



We are surely going to miss him.

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Mark Your Calendar

Independence Day Closures

Wednesday, 3 July and Thursday, 4 July

The Dining Site will be closed Wednesday, 3 July because of Rhythm and Booms. Goodman and Wil-Mar will be open. The NESCO office will be closed Thursday, 3 July for Independence Day.

Madison Mallards Tailgate & Game

Thursday, 25 July, Tailgate 5:00 pm / Game 7:05 pm @ Warner Park Stadium

Enjoy a tailgate with food and drinks then watch a Madison Mallards Baseball Game and help raise money for NESCO all at the same time! NESCO has reserved a block of tickets for when the Madison Mallards take on the Battle Creek Bombers at Warner Park Stadium (aka the Duck Pond). Cost: \$15 tailgate & game or \$10 for the game only. Registration deadline, 10 July.

Betty Lou Lunch Cruise

Friday, 30 August, 11:00 am

****Note date change.** Boat leaves from the Olin Park dock. Bus will pick up and drop off **current senior dining site** participants. Cost \$35 for NESCO members and \$40 for non NESCO members. Call 243-5252 to register by 16 August.

Stepping On Program

Mondays, 7 Oct.– 18 Nov. 10:00 am-Noon, Sherman Glen Apartments (1110 N. Sherman Ave.)

The *Stepping On* program offers older people a way of reducing falls and increasing self confidence where they are at risk of falling. This program is considered to be one of the most effective falls prevention program available. NESCO, Sherman Glen and Park Glen Commons are partnering together to offer this program, for only \$10. There is limited space available, so please call Katie at NESCO 608-243-5252 or Marianne at Sherman Glen at 608-241-1190 to register today!

NESCO Annual Report Available

Read about NESCO and its many accomplishments in our 2012 Annual Report. The document also provides budget information and program highlights for the year. Your personal copy is available online at www.nescoinc.org or at the front desk. Previous years reports can also be found online at www.nescoinc.org

2013 Upcoming Trips

WI Dells Ducks

Wisconsin Dells

Thursday, 8 August, 10:30 am-4:30 pm
Enjoy lunch and an hour long land and boat ride to see some beautiful scenery.

You are responsible for the cost of your own lunch.

We are partnering with the

DeForest Senior Center for this trip.

Cost: \$35 NESCO Member

\$42 Non-Member

Pick-up at Sherman Glen & WPCRC

Wheelchair accessible.

Registration Deadline: 25 July

Shedd Aquarium

Chicago, IL

Thursday, 10 October, 6 am-6 pm

Enjoy the freedom to experience the Abbott Oceanarium and Polar Play Zone, Wild Reef, Amazon Rising, Caribbean Reef and Waters of the World.

You are responsible for the cost of your own lunch.

Cost: \$50 NESCO Member

\$57 Non-Member

Pick-up at Sherman Glen & WPCRC

Wheelchair accessible.

Registration & Payment Deadline:

6 September



Fireside Theatre

Fort Atkinson, WI

Thursday, 5 December, 9 am-5 pm

For almost twenty years the Fireside Theatre has offered the most popular and sought after Christmas show of the season. It's always gorgeous; it's always entertaining; it's always filled with inspiration and love.

Cost: \$98 NESCO Member

\$105 Non-Member

Pick-up at Sherman Glen & WPCRC

Wheelchair accessible.

Registration Deadline: 21 November

NESCO's Cancellation Policy: There are NO payment refunds for NESCO sponsored day trips after the registration deadline has passed. Partial refunds may be grants for the extended trips. Be sure to inquire about this prior to making your reservation and paying the fee.

Answers (from page 19)



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6th Grade Essay Contest Winners

Lynn Stickels

By: Brendan Thompson
Black Hawk Middle School

My swim coach, Lynn Stickels, touched everyone's heart. She did not care who you were or what you did. She loved you for who you were. She always had a positive attitude, she loved swimming, loved the water overall. I wish she was still in my life.

Lynn loved you for who you were. She would go out of her way to help you, in the water or out. One time, she was at the YMCA at 6:00 a.m. to teach someone to swim. She had the time of her life teaching. She even taught blind people to swim.

Lynn always had a positive attitude. She told jokes and made me eager for swim practice if I wasn't already. She never yelled, never bullied, never fought. If I was feeling down, she would say "I turned your frown upside down." She was an amazing role model.

Lynn loved the water overall. She was a swim coach, lifeguard, swim teacher, and a friend. She spent her life in the water. In fact, she died coaching. She was on her way to a swim meet in La Crosse, WI and unexpectedly, a semi pulled in front of her and suddenly, it was over.

Lynn Stickels was a friend. Everyone was her friend. Everyone was devastated when they heard about the car crash on January 7, 2011. She died on the 6th but it took one day to figure out it was her. One way she was remembered was a T-shirt. She had a quote. It was "living on through the hearts left behind." If she was still in my life, I would say just one meaningful "thank you." At her funeral, the cars were packed up and down the street. It was a place for her voice to be heard.

My Grandma

By: Chloe Czachor
Sherman Middle School

I admire my grandma. She is sweet, caring, and loving. She is also an avid Democrat. Even at 69, she still travels all around the world. Right now, she's in Alabama, but she's been all around the world. She is so awesome!

I have a special relationship with my grandma. She always understands when I want to be left alone, or I really need someone to comfort me. I'm also her oldest grandchild, so I think we connect in that way, too. She is also someone I can talk to, and who understands how I feel. She is the best grandma ever!

I've learned a lot from my grandma. She's taught me how to make some old family recipes, like pierogies. Yum! She has also taught me that even if some of your loved ones aren't around, life does not stop for you, so why should you stop? My grandpa dies of ALS when I was 4 years old, and after that, I thought she would stop being herself. But when she moved to Madison, I knew for sure that wasn't going to stop her! I think that's a really good example for people. I love her so much and I hope that other people have inspirational people like her in their lives!



Brendan and his Teacher



All of the Essay Winners



Chloe and her Grandma

Multicultural Senior Health Fair



The North/Eastside Senior Coalition hosted our 8th Annual Multicultural Senior Health Fair on Friday, 10 May 2013 at Warner Park Community Recreation Center and once again it was a great success. Approximately two hundred seniors benefited from the 15 FREE health screenings and 31 informational booths present that day. 98% of seniors in attendance indicated they benefiting from the health fair and learned something new about the resources available in the community. As always, we thank our seniors for attending and our wonderful volunteers for their time.

Thank you to the following agencies for providing the free health screenings:

Asthma & Tobacco Cessation
Operation Airways

Bladder Health Questionnaire
Dean Clinic Therapy Services

Blood Pressure Checks
Group Health Cooperative

Bone Density Checks
UW Osteoporosis Program

Diabetes Risk & Goals Assessment
Operation Diabetes

Eye Issues Screening
Eastside Lion's Club



FoodShare Eligibility Review
Second Harvest Foodbank

Glucose testing
UW Madison School of Nursing

Hearing Screening
UW Madison Hearing & Speech Clinic

Massage
Chiropractic Works, LLC

Medication Review
UW Health Pharmacy

Memory Screening
Meriter Hospital

Spinal Screening
Madison Chiropractic-North

Strength Testing
MSCR

Swallow Testing
Meriter Hospital



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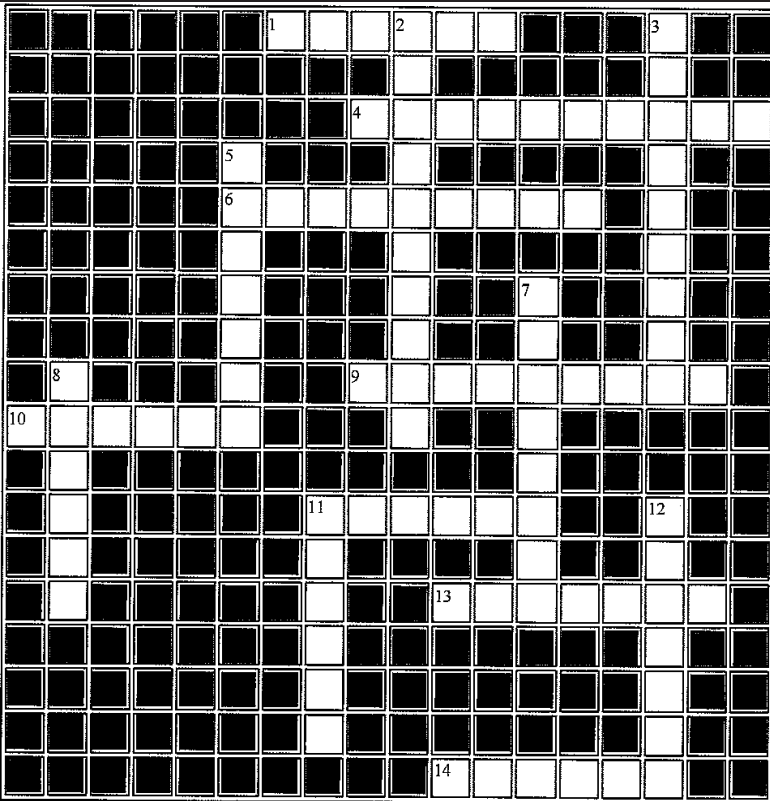
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Cake Crossword



Across

1. A pound of this ingredient is used in pound cake.
4. Another name for a rich, airy, moist chocolate cake.
6. This cake is light and requires egg whites whipped.
9. Popular chocolate cake with cream cheese frosting.
10. A cake flavor that would make a monkey happy.
11. This type of cake is quite tangy and creamy.
13. This spice cake uses an ingredient associated with Thanksgiving.
14. A popular light nutty cake.

Down

2. Three different milks are used in this cake.
3. Dark, Milk, or White. This popular cake ingredient is made from a special bean and butter.
5. This cake ingredient comes from a special orchid and comes in a bean or extract form.
7. This cake is best kept cold so it doesn't melt.
8. This cake is usually topped with cream cheese and uses a grated vegetable.
11. This cake is popular for breakfast.
12. A popular type of cream to put on top of cake.

responsibleenergy



savings are in the air

There are simple ways we can all save energy this summer. Hanging your laundry outside to dry is one way. It saves up to 11 cents per gas dryer load and 32 cents per electric dryer load. If you use your dryer, run it during the cooler parts of the day. For more warm weather energy and cost saving tips, hang out online at mge.com/summer.

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mailed to NESCO members.
(See page 3)

Important Numbers

AARP	(866) 448-3611
Access to Independence	242-8484
ADRC Phone Center	240-7400
Age Advantage Older Workers	242-4914
Agrace HospiceCare, Inc.	276-4660
Alzheimer's & Dementia Alliance	232-3400
American Parkinson Disease Asso.	229-7628
Area Agency on Aging (Dane County)	261-9930
Care Wisconsin	240-0020
Centro Hispano	255-3018
Coalition of Wis Aging Groups	224-0606
Dane County SOS Sr Council	256-7626
Dane Cty Veteran's Service Office	266-4158
Domestic Abuse Intervention Serv.	251-4445
East Madison/Monona Coalition	223-3100
Elder Abuse & Neglect Helpline	261-9933
Goodman Community Center	241-1574
Home Health United/VNS	242-1516
Independent Living	274-7900
Madison Public Health	266-4821
Madison School & Community Rec	204-3000
Madison Senior Center	266-6581
Metro Paratransit Reservations	266-4466
Meals on Wheels (lunch)	276-7598
Meals on Wheels (evening)	204-0923
Natl. Alliance for the Mentally Ill	249-7188
Project Home	246-3737
RSVP Driver Escort Program	238-7787
SAIL/Sense of Security (SOS)	230-4321
St. Mary's Golden Care	258-5995
Social Security Admin	(866) 770-2262
Services to Elderly Persons (STEP)	242-7400
South Madison Coalition of the Elderly	251-8405
Tenant Resource Center	257-0006
United Way 2-1-1	211
Warner Park Comm. Rec. Center	245-3690
West Madison Senior Coalition	238-7368
Wil-Mar Neighborhood Center	257-4576

Wish List

- Grocery/Pet Food Delivery Volunteers
- Home Chore Volunteers
- Mowing Volunteers
- Office Volunteers
- Peer Support Volunteers
- Raking Volunteers

Homemade Crafts &
Used Books for AppleFest

*For a more extensive Wish List,
contact 243-5252 or info@nescoinc.org.*

Volunteer Appreciation Luncheon



More photos on our website and Facebook.