

January-February 2010

# The News Connection

## Recipe of the Month

### Sausage with Peppers and Pasta

Ingredients:

- 3 cups rigatoni pasta, uncooked
- 1lb. Italian sausage or Italian turkey sausage, sliced
- 1 each, red, green, and yellow pepper, coarsely chopped
- 1 can (14-1/2oz) Italian-styled diced tomatoes undrained
- 1-1/2 cups Kraft shredded Italian mozzarella-parmesan cheese blend
- 1/4 cup shredded parmesan cheese

Cook pasta as directed on package. Meanwhile, cook sausage in large skillet on medium heat for 10 minutes, stir in peppers: cook seven minutes or until sausage is cooked through and peppers are crisp-tender. Stir in tomatoes: cook two minutes or until heated through. Drain pasta. Add to sausage mixture with shredded cheese: mix well. Top with parmesan.



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

*North/Eastside*  
**SENIOR**  
*Coalition*  
Over **30** years  
Enhancing  
the lives of **Seniors**



### 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

## Greetings

### Happy New Year!

This circle of life is going so fast, that it is. It's making me dizzy, just yesterday it was January 2009 (hum?).

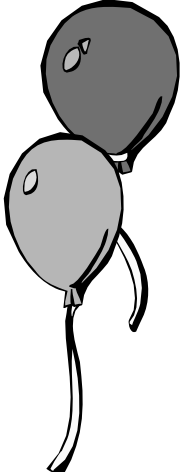
Speaking of the circle of life, I hope that everyone will get the chance to see "The Lion King," it will be some good entertainment for the spirit of the young and old.

I wish a healthy, happy and safe new year for all, and your families. Remember the words of Abraham Lincoln, "the best thing about the future is that it comes one day at a time."

*Pam*

# Come Celebrate with NESCO!

The North/Eastside Senior Coalition is proud to say that we have been given high honors as a senior coalition, by the National Institute of Senior Center, "National Accreditation."



You are cordially invited to celebrate with us on Tuesday, January 12 at Warner Park Community Recreation center from 4:30-6:30. Cash bar and light appetizers at 4:30pm, program starts at 5:30pm. RSVP by Monday, January 5 at 608 243-5252.

*Thought of the month:*

Forgive Everyone for Everything

## Events

### **24<sup>th</sup> annual "I Have a Dream" Scholarship Ball**

You are invited to attend the celebration in honor of Dr. Martin Luther King Jr., and dedicated to supporting and encouraging minority youth to succeed in education. Proceeds support the Women in Focus, Inc. Scholarship fund. This event will be held Saturday, January 16, 2010, at the Monona Terrace Convention Center from 6pm – 11:30pm. Formal attire required. For more information, or to make reservations call Edith Hilliard, 608 249-7155.

### **The Madison Urban League Grand Opening**

The Madison Urban League is celebrating their new site grand opening, Friday, February 19, 2010.

### **Madison School Community Recreation**

- They will be going to the "Art Institute of Chicago" Saturday, February 20, from 7:45am until 7:30pm. Some highlights will be some of the artist who have won the Coretta Scott King award of honor. This is course #31381 and the price for this trip is \$29.00. General admission is free for the month of February. Some special exhibits may require additional fees. Call 608 204-3021 for reservations or more information.

- Cooking for the Dietary Challenged. This class is for diabetics, gluten-free, nut free, non dairy and other special recipes. Find out how to accommodate everyone at the dinner table. Warner Park Rec. Monday, February 15, 5:30-8pm. Class #440740. The fee is \$18.00. Call 608 245-3669 to sign up.

- Yogacise-chair based fitness-easy to follow exercises. Including range of motion, stretching and strengthening

- Routines. This is a free class, but you need to sign up. Course #450550. Starts Wednesday, January 6, to May 26, 10:30-11:15am. Call 608 245-3669.

### **Olbrich Gardens**

- Children of the rainforest Ton Ko-Thi African dance and drumming group will be performing at Olbrich Gardens, Saturday, January 30, 2010. Two shows at 10:30am and 1:30pm. Milwaukee Ton Ko-Thi youth group performs traditions high energy African dance backed up by live African drumming, featuring two dozen dancers and a dozen drummers all in colorful African dress. Tickets are \$3.00 for adults and \$2.00 for children 12 years and younger, and 2 years and under are free.

- Olbrich's Winter Concert featuring Johnny Chimes, a New Orleans style piano. Sunday, January 31, 2010 at 2pm. Suggested donation is \$1.00.

### **Garden Expo**

At the Alliant Energy Center. February 12-14, 2010.

# 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 bell to get in. The topics vary from month to month. All meetings are open to the public and limited transportation is available.

## “You Don’t Need Another Stroke”

Wednesday, January 13, information on stroke and the prevention of future heart attack and also an intergenerational celebration for Martin Luther King Jr. Day with children from Lincoln Elementary School. (**Note:** the time will be earlier than our usual time. The celebration will begin at 1pm.)

## “Let’s Celebrate Friendship”

Wednesday, February, 10, by making gifts to share or keep. We had a nice time with this last year. Men as well as women so come out and enjoy the day with us.

## Monthly diabetes group

This group meets on the fourth Thursday of the month at Romnes Apartments, 540 W. Olin Avenue 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.

## “Health and Stress Presentation”

Thursday, January 28, Presentation from Shropshire Chiropractic service.

## “Getting Smart with Diabetes Presentation”

Thursday, February 25



## January celebrations:

- National Mentoring Month
- Celebration of Life Week, January 1-7
- Martin Luther King Jr. Birthday, January 15 (celebrated January 18)

## February celebrations:

- Black History Month (watch for activities in the paper and flyers)
- National Senior Independence Month
- Women’s Heart Week, February 1-7
- Celebration of Love Week, February 10-16

# Programs

## Wise Grandparents are Needed for Mentoring Connections

Mentoring connections is a program that matches caring adults with the children of incarcerated parents (4-17 years). Use the wisdom that raised your own children well to help another child discover that they don’t have to repeat the mistakes of their parents. Call Pam Bracey at 243-5252 ext 207 to get an application.

## Finding it Hard to Get Around?

Call Transit Solutions for shopping trips in your area. Call two days in advance. \$2.00 roundtrip. 608 294-8747.

## Commemorations of King

William Jones, associate professor at UW-Madison History Department will speak about commemorations of King, focus on his demands for racial equality, and his demand for economic justice. Professor Jones is a historian of the 20<sup>th</sup> Century United States, with a particular interest in race, class, and work. Also the author of article entitled “The Forgotten Labor Roots of the Reverend Martin Luther King Holiday.” Join us for lunch at 11:30am, then hear the professor at 1pm. Call for lunch a day ahead, and limited transportation is available.

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

## Odds and Ends

Thanks to all that came to the healthy tune-up at the Southridge Apartments in December.

Thanks Southridge for the space. Nice seeing many new faces as well as those that I have been knowing for a while. I envision more activities there in the future.

## Wish List

cardstock paper  
rubber stamps  
gift cards  
music CD's  
volunteers

