

July-August 2010

The News Connection

Recipe of the Month

Maple-Roasted Chicken with Sweet Potatoes

Ingredients:

- One 3 1/2 to 4 lb chicken (cut into 8 pieces)
 - One yellow onion (cut into one inch wedges)
 - Two small sweet potatoes (peeled and cut into one inch chunks)
 - Two tbs of olive oil
 - One tsp of kosher salt*
 - 1/4 tsp black pepper*
 - Two tbs maple syrup
 - Six sprigs fresh thyme
- *use your favorite seasonings

Directions:

- 1) Heat oven to 400 degrees.
- 2) Rinse the chicken and pat it dry. Arrange the chicken, onions, and sweet potatoes in a 9 by 13 inch baking dish, drizzle the oil over the chicken and vegetables and season with salt and pepper, toss to coat. Drizzle with the maple syrup and top with the sprigs of thyme.
- 3) Roast, stirring the vegetables once, until the chicken is cooked through, about one hour, fifteen minutes. Let rest for ten minutes before serving. Serves four people.



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

North/Eastside SENIOR Coalition

Over 35 years
Enhancing
the lives of Seniors



North/Eastside Senior Coalition

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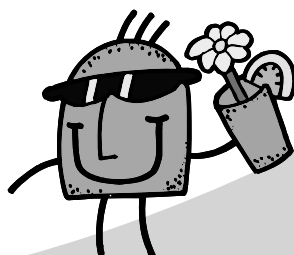
Greetings

My Summer Sonnet,

When is the best time to write a summer sonnet? When the summer has passed away or when we are right upon it, when the March wind blows, and the April rain showers, and after God's love shows deeply with colorful flowers. When is the best time to write a summer sonnet? When your mind is there or just right upon it?

I hope that everyone is having a wonderful summer.

Pam



Health Tips

Dehydration

Dehydration occurs when water intake is less than water lost and the body needs water to function. Symptoms range from mild to life threatening and the young and elderly are especially susceptible. The following are dehydration symptoms:



1) dry mouth 2) muscle cramps 3) nausea 4) vomiting 5) heart palpitations. Prevention is important to avoid dehydration. Make sure to drink plenty of fluids when outdoors and wear protective clothing.

Stroke

Learn to recognize stroke: 1) numbness or weakness of the face, arm or leg, especially on one side. 2) confusion, trouble speaking or understanding 3) trouble walking, dizziness, loss of balance or coordination 4) severe headache with no known cause. Know the warning signs and call 911/let time be on your side. For a free brochure on stroke call, 608-280-4550.

Mark your calendars:

July is National Black Family Month

- July 1-7: Simplify Your Life Week
- July 3: Rhythm and Booms at Warner Park
- July 4: Independence Day
- July 14-18: Dane County Fair
- July 10-11: Art Fair on the Square
- July 16-18: Maxwell Street Days
- July 31: African World Festival in Milwaukee

- Every Friday in August from 5:30-9:30pm, Dane Dancers at the Monona Terrace.
- August 13: Blame Someone Else Day
- August 8: Happiness Happens Day
- August 15: Triangle Ethnic Festival, 11am-6pm, Braxton Place (corner of W. Wash and Park St.)
- August 19-22: Sweet Corn Festival in Sun Prairie

Thought of the month:

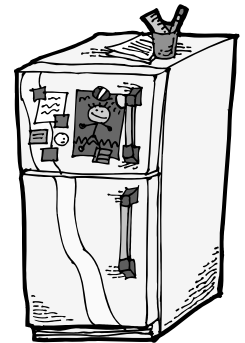
There are no medals for doing it all yourself. Don't be afraid to ask for help. And once you've asked, don't be afraid to accept it.

Groups

Monthly Discussion Group

This group meets on the second Wednesday of the month at Quaker Housing (2025 Taft St.) 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.

- July 14: This will be our last journaling stress free workshop. There is still time to join and find out more about journaling and get a free journal.
- August 11: Start preparing for storing or freezing meals, and quick and easy recipes for one or two.



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.

- July 22: "We All Forget," Charlie Daniels from the Alzheimer's and Dementia Alliance will be our presenter; she will address the concerns of Alzheimer's/ Dementia and the effect it may have on diabetes.
- August 26: Dory Blobner RN, MS, CDE, will be our presenter; she will have updates and a roundtable discussion.



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.



Community Events

North/Eastside Senior Coalition Trips



-Amish Countryside, Wednesday, July 14, from 6:45-5:45pm. Members \$68/non-members \$83. Walking level: low to moderate.

-Warrens Cranberry Festival, Saturday, September 25, from 6:20am-6:45pm. Members \$42/non-members \$57. Walking level: low to moderate

-Tentative plans for our annual trip will be sometime in August (plans will be set in July). We are planning a trip to visit the Underground Railroad, one of the paths that Harriet Tubman took through Wisconsin, lunch and some browsing at some local shops. Call to sign up in July.



North/Eastside Senior Coalition

Olbrich Botanical Gardens

-Summer concerts starting July 6, "Capital City Band," July 13, "Magic Mama, Family Friendly Hip-Hop and World Beats," July 20, "New Horizons Swing Band." Bring a chair or blanket. \$1 donation suggested.

-Blooming Butterflies, July 14-August 8, 10am to 4pm. Tickets for adults \$5.

Fitchburg Senior Center

Fitchburg Senior Center Concerts: July 12, "Round the Bend" (bluegrass) and August 9, "Wild Heart" (country). The event will take place at McKee Farm Park, and will start at 6:30pm. Food and refreshments are available from the vendors. This is a free event.

Waunakee Senior Center Trips



-"Milwaukee Brewers vs. Cincinnati Reds,"

Wednesday, July 28

-"Milwaukee Brewers vs. Los Angeles Dodgers,"

Thursday, August 26.

™ The cost is \$38 per person, per game. The bus

will be leaving the Waunakee senior center at 10am (call for transportation information) and the return time is 6pm. Bring your own lunch in a soft cooler or bring money to buy lunch. Plastic sealed water bottles are welcomed. The seats are in the shady section of the ball park.

Dane County Crime Prevention and Safety Expo

Tuesday, September 14, 2010, 8am-3pm at the Blackhawk Church, 9620 Brader Way (1.5 miles west of the west beltline off Mineral Point Rd.)

This one day conference includes speakers, workshops, resource tables, with the purpose of providing valuable information related to crime prevention and safety. For more information call RSVP of Dane County, 608-441-7897.

Concerts on the Square

Concerts start on June 30, 2010 until August 4, 7pm on the Capitol Square.

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

Odds and Ends

WELCOME



Thanks to Mary Henning, for volunteering for our program. You will get a chance to meet and talk with her at some of our groups.

Welcome Mary!

Wish List

cardstock paper
bingo prizes

