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July-August 2011

The News Connection

North/Eastside
SENIOR
Coalition
Over **35** years
the lives of **Enhancing 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

NESCO Events

- Every Friday: Five Cents Bingo and after that a good and healthy lunch. Limited transportation is available. Call the day before to sign up for lunch and transportation. Please call before noon on Thursday, 608 243-5252.
- Wednesday, October 12: "It's All in the Bag." Dodge County, WI. Stop for tours at Widmer's Cheese Cellars (cheese) and Leroy's Meats of Horicon (sausage) and enjoy lunch at Finger's Hideaway. Tour honey acres (honey) and Berres Brothers Coffee (coffee). You will receive a bag as you board the bus and treats to put inside at each stop. Deadline to register is September 9, 2011. Cost for members \$83, non members \$98.

Greetings

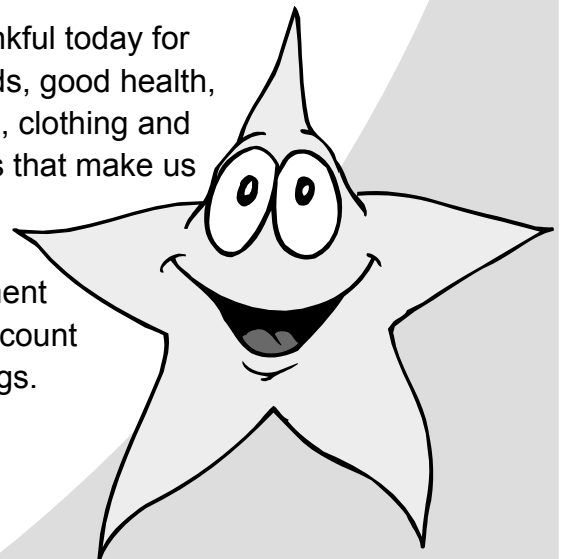
I am feeling appreciation for life today.

How wonderful it is to be right in this spot in Madison, Wisconsin; where we complain about our cold winters and hot summers and construction going on everywhere.

But it goes to show you that as the old saying goes, "There are people out there that have it worst than us." A prayer goes out to those people who have lost a lot if not all, their loved ones their homes and the things that they cherished, life being the most important, and of course irreplaceable in these natural disasters.

So I am thankful today for family, friends, good health, shelter, food, clothing and all the things that make us happy and content.

Take a moment each day to count your blessings.



Pam

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

Health Tip

Isolation

Isolation is not a good thing for anyone at any age, but for seniors it is really important that they don't isolate themselves. They are at high risk for depression, loss of appetite, or forgetting to eat or take their medication, falling, personal hygiene, and other health/mental health issues.

Regardless of how the concept of quality of life is defined, those age 65 years and over consistently ranked relationships with family and friends second only to health as the most important area of life.

Try to make sure that if you have not seen your senior friend or relative today or for a couple of days, give them a call or have someone stop by to check on them. What a true friendship of caring as we grow older to know someone is helping us through our journey; you should never feel like you are all alone.

Events

MSCR

- Warner Park Recreation has free time for the fitness room on the following days: Wednesdays and Thursdays 10:00-11am
Fridays 1:00-2pm
Saturdays 1:15-2:15pm. Room and equipment use is free, however, an annual Warner Park Recreational ID card is required (\$5.00 year).
- Tuesday, July 19 and Thursday, August 18, 9:30am-11:30am: Pontoon Boat Rides. Enjoy a leisurely sightseeing cruise on one of Madison's beautiful lakes. Meet at Tenney Park boat pier. For ages 50+. July 19th Class # 35533 and August 18th Class #35534. Cost for each trip is \$5.00. Register at 608 204-3023.
- Wednesdays at 10:30am: Free Senior Yogacize Class. Increase your strength, flexibility, and balance with chair-based yoga stretches, and breathing techniques. Warner Park Recreational ID is required. \$5 year.
For more information on MSCR classes at Warner Park call 608 245-3690.

Alzheimer's and Dementia Family Caregivers Education Series

- July: "Is Your Home Really Safe for Someone with Dementia? What You May Not Know."
Monday, July 11, 2011, 5:30-7pm
517 North Segoe Rd.

- August: "Introduction to Alzheimer's and Dementia: Getting Started."

Monday, August 8, 2011, 5:30-7pm
517 North Segoe Rd.

More questions or information on Alzheimer's and Dementia Alliance, feel free to call 608 232-3400.

Olbrich Gardens

- Tuesdays until July 26 at 7-8pm: Concerts in the Garden. Suggested donation \$1.

For more information for events at Olbrich Gardens call 608 246-4550.

Other Local Events

- July 2: Rhythm and Booms at Warner Park.
- Sunday, July 7, 11:30am-2:30pm: Madison Senior Center Summer Picnic. BBQ ribs with all the fixings. Entertainment by Nefron's, a five man doowop group that sings tunes from the 50 and 60's. Bingo will follow. RSVP by July 13, by calling 608 266-6581.
- July 7-10: The Lafete de Marquette will be held along South Dickerson Street on Madison's east-side. This event will have a French theme. There will be food, arts and crafts, music and more. This event is free. For more info call 608 833-6717.
- July 9-10: Art Fair on the Square will offer many craft items from fine art and photography to handcrafted collectibles, family activities, live music, children's activities and food.
- July 15-17: Maxwell Street Days. Madison's annual sidewalk sale on state street. Unique shopping experience with great cuisine and wonderful music. Shop until you drop.
- July 20-24: Dane County Fair at the Alliant Energy Fair Grounds.
- Fridays in August, 5:30-9:30pm: "Dane Dances" on the rooftop of the Monona Terrace. Free event.
- August 6: African World Festival in Milwaukee.
- August 18-21: Sweet Corn Festival in Sun Prairie.
- August 20, 10am-10pm: Africa Fest at Warner Park. Performance from various African groups, African food, clothing, jewelry, arts and crafts.

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.

July 13: Card Making and Flower Planting. Let's go back to when we sent cards in the mail. Make one to send and one to keep, and after that report a flower to decorate your home.

August 10: "Ask a Question, Save a Life." What you need to know about suicide prevention.

Monthly Diabetes Group

This group meets on the fourth Thursday of the month at Romnes Apartments, 540 W. Olin Av. 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 28: "Osteoporosis: The Bone Truth" presentation by Diane Krueger from UW Health Osteoporosis Clinic, also samples and recipes for healthy summer eating (quick and easy).

August 25: A1C champions speaker on their diabetes journey, and the importance of never giving in to diabetes.

Grandparents Raising Grandchildren

This group meets the second Saturday of the month at Rainbow Project on East Washington Avenue. Grandparents taking care of a grandchild or family member child (ren) are encouraged to come for resources and support. Topics vary monthly, Transportation is available, also child care available.

July Celebrations:

- July 1st : Solar Eclipse
- July 4th : Independence Day
- July 18th : Mandela Day
- July 24th : Cousins Day
- July 28th : Buffalo Soldiers Day

August Celebrations:

- August 7th : Friendship Day, Sisters Day
- August 12-14th : Kool-Aid Day
- August 15th : Best Friends Day

Recipe of the Month

Raisin Waldorf Salad

Ingredients:

- ½ cup raisins
- 2 apples diced
- 1/3 cup sliced celery
- ¼ cup mayo or plain yogurt
- 2 tablespoons chopped toasted walnuts (optional)



Directions:

Combine all ingredients, and toss well, let chill in refrigerator or enjoy right away.

Transportation Options :

- Green Cab : new eco-friendly taxi-cab service. 608 255-1234
- Access Bus Service (\$1/each way). Call to find out the schedule for your shopping needs in your area. 608 294-8747.

Thought of the Month: "It always seem impossible until it is done." Nelson Mandela

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

Odds and Ends

**Thank you
Joyce Williams for your
continued support
of our bingo supplies
and wish list.**

Wish List

**Bingo Prizes,
Craft Items,
Gas Cards,
Grocery Cards,
&
Walgreens Cards**