



The News Connection

March/April 2009



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As we slowly start to slip out of our winter attire and into planning our spring and summer activities and trips, and of course, our spring cleaning, remember to give items that you no longer have use for to

someone who may be in need of those items. If you are not using something in your home, pass it along to another, or donate it to an organization that helps to support the community. Give change a chance. The world has given a chance to our newly elected and very first African American president Barack Obama, so hope is there.



Be encouraged!
~Pam

A big thanks goes out to the Anna Mae Mitchell 2008 Senior Idol's that performed at our 2008 annual "Come Together Party" for the African American, Latino, and Asian seniors at the Madison Senior Center in December. Augusta "Rapping Grandma" Staples and Mary Henderson, thanks for your time and talent! Also thanks to Betty Banks and Jeanne Erickson for helping set this up.



Thanks to Virginia Davis School of Dance also for their talented girls that dance to the beat of the music we once danced to ourselves.

Mentoring Connection Program:

We are still looking for active seniors to volunteer at least an hour a week with Madison Area Urban Ministries Mentoring Connections Program. Spend some time with a child who has a parent in prison. This program provides many rewards for both the child and the volunteer. There are many children waiting. For more information about this program call Pam Bracey (243-5252) or Madison Urban Ministries (256-0906)

Recipe of the Month

Baked fried chicken breast with mixed vegetables:



- 1/2 cup plain dried bread crumbs
 - 1/2 cup grated parmesan cheese
 - 2 tablespoons cornmeal
 - 1/2 teaspoon ground red pepper
 - 1 large egg white
 - 1/2 teaspoon salt
 - 1 & 1/2 pound of boneless, skinless chicken breast
 - 3 cups mixed vegetables
1. Preheat oven to 350 degrees. Spray a medium baking pan with cooking spray. On waxed paper, mix bread crumbs, cheese, cornmeal, and ground red pepper.
 2. In a pie plate, beat egg white and salt. Dip each piece of chicken in egg white mixture, then coat with bread crumb mixture. Place chicken in pan, spray lightly with cooking spray.
 3. Bake chicken for 30 minutes or until coating is crisp and juices run clear when pierced with the tip of a knife. Add mixed vegetables to chicken. Bake for 5 more minutes, serve with garlic mashed potatoes.

Senior Housing Partner:

Sherman Glen Apartments

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

Events

Olbrich Gardens Winter Concerts

Sundays, through March 30
2pm
Suggested donation \$1.00. More information call 246-4550.
Olbrich Gardens Winter

Gypsy Swing Tunes

Wednesday, March 4.
5:30pm
Monona Terrace
Enjoy some free midweek entertainment!



Home Products Show

March 6-8
Alliant Energy Center
Free, but there is a parking charge.



“What you should know about planning a funeral.”

Tuesday, March 10
6:30 – 8pm
A free seminar presented by Hospice,

5395 Cheryl Pkwy. Register with Carrie Glant (327-7202).

Stepping On Class, “Building Confidence and Reducing Falls”

Beginning March 17 for seven consecutive weeks
St Mary’s Hospital
Call 258-6645 to register. The cost is \$35 for the class.



Prairie Heritage Quilt Show

March 22-24
Sun Prairie.
Call 837-3798 for more information.



Buffalo Soldiers, the Legacy

You may have attended some of the readings from this production, and if you haven’t, go see the play! It’s guaranteed to be a hit and a history lesson. There will be two more chances to view the readings on March 11, at the South Madison Branch Library at 6:45pm, and the Sequoya Branch Library at 7pm on April 8. The play will be held at the Overture Center, May 29-30. For more information call 240-9962 or richardscott9122@sbcglobal.net



Bill Cosby
Saturday, April 11
5 and 8pm
Overture Center

“Crowns” the play coming soon to Warner Park.

African American Council of Churches 2009-Lent Celebration:

“Rediscovering your Gifts” is the theme for this year. Contact your local churches for more information.



Discussion Groups



Monthly Discussion Group:

The Discussion Group meets on the second Wednesday of the month at Quaker Housing (2025 Taft St.) Please ring the kitchen bell to get in. We meet in the dining area from 2-4pm. Topics vary from month to month. All meetings are open to the public, and limited transportation is available.

March 11

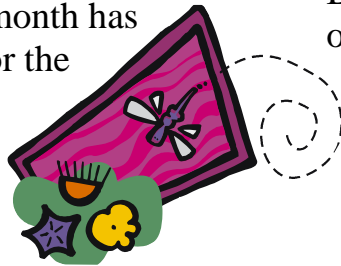
Topic: "Let's talk Diabetes."

April 15

The group for this month has been rescheduled for the third Wednesday.

Topic: "Let's get ready for spring"

Activities, walking programs, trips etc.



Diabetes Support Group

The Diabetes Support Group meets on the fourth Thursday of the month at Romnes Apartments (540 W. Olin Ave) in the community room, from 2-4pm. All meetings are open to the public, and limited transportation is available. Topics vary each month.

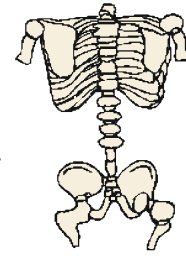
March 26

Guest speaker will be Dory Blobner. She will speak on the effects diabetes has on your eyes.



April 23

Topic: UW Osteoporosis (bone) Clinic, guest speaker Dr. Ramamurphy.

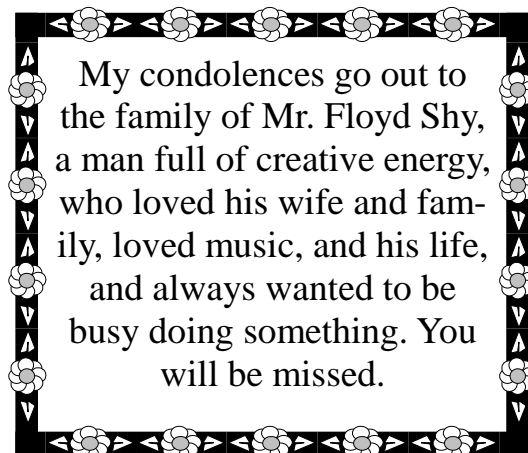
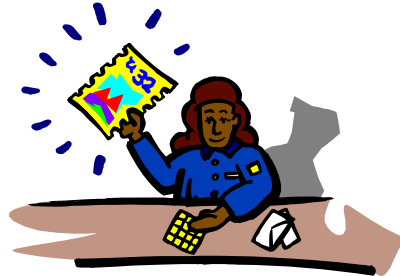


Wish List: cardstock paper, gift cards, small plants, craft items, volunteers.

Quaker Nutrition Site and Romnes Nutrition Site are in need of volunteers to help serve meals and clean up, Tuesday through Friday from 10:30-12:30. Contact Jan at 441-7891.

Help support Alzheimer's

Buy Alzheimer's Awareness stamps, online or at your local post office.



My condolences go out to the family of Mr. Floyd Shy, a man full of creative energy, who loved his wife and family, loved music, and his life, and always wanted to be busy doing something. You will be missed.

North/Eastside
SENIOR
Coalition



Non-Profit Organization
U.S. Postage Paid
Permit #417
Madison, WI 53704

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

Odds & Ends

Days to Remember:

March is International Listening Awareness Month, also National Craft Month, and Women's History Month.

World Day of Prayer 3/6.

Daylight Savings 3/8.

April is Afr. American Women's Fitness Month.

National Love our Children Day 4/4

Palm Sunday 4/5

Good Friday 4/10

Easter 4/12



If you have a question or are in need of transportation to programs, feel free to call Pam Bracey at the North/Eastside Coalition (243-5252 Ext 207).

“Food for the Soul” Caregivers’ Luncheon

Friday, April 17 at the Lussier Center. Guest speaker David Rakel, from UW Hospital and clinics, (“The Caregiver’s Inner Journey”). Information for family caregivers. Limited transportation is available, resource information is available, goodie bags to all. Reserve your spot by April 10. Cost is \$10. Call Pam Bracey for more information (243-5252).

Thought of the month:

“When the power of love overcomes the love of power, the world will know peace.”



Jimi Hendrix