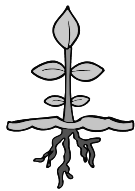


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Community Events
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May-June 2010

The News Connection

Greetings

Welcome More Sun Days,

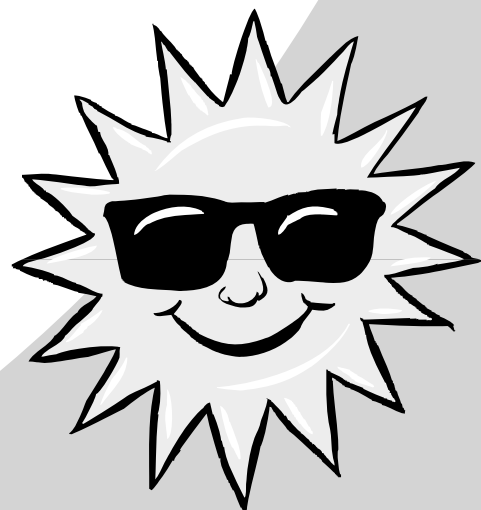
This is a more active time of year for seniors because they don't have a lot of the worries that winter time brings; the brisk cold air and all the sickness body aches, the fear of walking on the ice and snow, and driving in bad weather, so many limitations.

But as the weather gets better you are like the flowers in a garden, responding to the sun, rejuvenating and inspirational. I love seeing this energy this time of the year. Seems like the nature of things.

We will continue to hold our once a month gathering "dinner and a movie," last month it was just a movie, but it was fun.

Enjoy the sun,

Pam



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

1625 Northport Dr #125
Madison, WI 53704
phone (608)243-5252
fax (608)243-5259

info@nescoinc.org · www.nescoinc.org

Mark Your Calendar

May Celebrations:

- May 9– Mother's Day
- May 14– NESCO's Multicultural Health Fair–
9am-noon, Warner Park
- May 20– Intergenerational Senior Prom–
Fifties Sock Hop at Black Hawk
Middle School, 6:30-8:30pm
- May 31– Memorial Day

June Celebrations:

- June 14– NESCO Summer Concert
- June 20– Father's Day
- June 21– NESCO Summer
Concert and First
Day of Summer
- June 28– NESCO Summer



Recipe of the Month

Simple Strawberry Mousse

(makes 6 servings)

Ingredients:

- 2 cups fresh strawberries
- 1 package (8 ounces) low fat cream cheese (or regular), cut into small cubes
- ½ cup confectionary sugar
- 1 container of whipped topping, 4 ounces, thawed

Steps:

- 1) In a blender or food processor with chopping blade, combine strawberries, cream cheese and confectionary sugar. Cover and process until mixture is smooth, scraping sides as necessary.



- 2) Pour mixture into a mixing bowl. Fold in whipped topping.

- 3) Spoon mousse mixture into 6 dessert dishes.

- 4) Chill for three hours or overnight.

Come and join in on the celebration of Mary Lou Williams, often called the “First Lady of Jazz” and held in the highest regard by the music’s greatest figures. Her career spanned seven decades, from the late 20’s to early 1980’s. May 2, 2010 will be Mary Lou Williams’ birthday concert in the promenade hall at the Overture Center. Contact the Overture Center for more information.

Thought of the month:

As you get older, three things happen: the first is your memory goes and I can’t remember the other two...

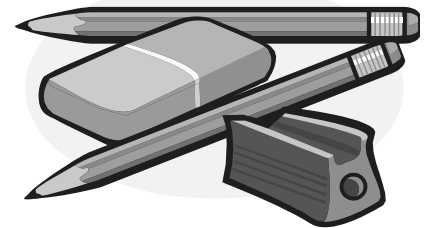
Sir Norman Wisdom

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.

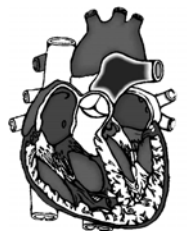
- May 12: We will be starting a three week, (once a month for three months) Journaling/ Stress Free workshop. Come and find out how easy writing a few words daily can relieve stress. Journals provided.
- June 9: Continuing Journal/Stress Free workshop 2.



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.

- May 27: Speakers from Meriter Heart Hospital, June Nelson and Bonnie Schmidt, will address the issue of diabetes and its role with the heart.
- June 24: Belmont Nursing Home will present on the topic of arthritis



Health Tips

Help Your Heart

Soaking in Epsom salt increases the body's level of magnesium, according to a British study. Many are deficient in magnesium a minerals we need to regulate blood pressure and perform other crucial body functions.

Fall Prevention Tips

1) Clear a path from your bed to the bathroom. 2) Use night lights in bathroom and bedroom. 3) Place slippers on the floor beside your bed. 4) Keep eyeglasses on the nightstand. 5) If you use a walker or cane, keep it within easy reach.

After turning out the light, 1) Visualize the layout of the room. 2) Practice reaching for your glasses, walker, or cane. 3) If you need to move them closer for a easier reach, make the adjustment.

When you awaken in the middle of the night, 1) Open your eyes and become oriented to the room. 2) Reach for your glasses and put them on. 3) Sit up and dangle your legs over the side of the bed. 4) Slide to the edge of the bed and slip your feet into slippers. 5) Wiggle your toes. 6) Do a few ankle circles. 7) Place your feet solidly on the floor, feel the floor under your feet by rocking your feet forward and back. 8) Reach for your cane or walker. Additional falls prevention tips go to www.sitandbefit.org/fallsprevention

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.

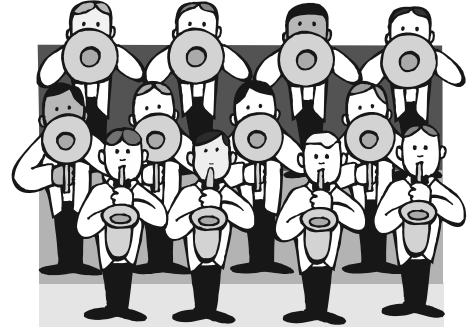
Finding it Hard to Get Around?

Call Transit Solutions for shopping trips in your area. Call two days in advance. \$2.00

Community Events

Olbrich Botanical Gardens

-Plant Sale, Saturday, May 8, from 9am-4pm.
-Mother's Day Concert will be on Mother's Day, May 9th, from 2-3pm. Take in the scents, sounds and sights of Olbrich Gardens. New horizons concert band will perform at 2pm with traditional music to marches, Broadway hits and movie themes. \$1 suggested donation.



-Summer concerts, Tuesdays, June and July, from 7-8pm. \$1 suggested donation.

MSCR at Warner Park Community Rec. Center

-Basket Weaving- weed baskets, Saturday, July 10 from 9-3pm. Class # 32757, and Saturday, July 31 9-3pm, class # 32755.
-Basket Weaving- beginners learn to weave a catch, great to use for towels and soap. Saturday, May 15, 9-3pm. Class # 32755. Cost \$24.
-Quick Cool Foods for Summer; enjoy making cold soups, appetizers, snacks, salads, entrees and desserts that are great for summertime meals. Monday, July 14, 5:30-8pm. Course #32605.
-Aqua-Warm Water Qigong; this class uses many of the movements from land qigong and incorporates them into a warm water environment. The emphasis is on breathing, relaxation and flowing movement. The class meets at Capitol Lakes, Tuesdays 6-22/8-17, 8:15-9am. Cost \$44. Class #31555. Second class 6-24/8-19, 8:15-9am. Cost \$44. Class #31556.

North/Eastside Senior Coalition Trips

-Betty Lou Cruise, Friday, June 25, from 10:45-1pm. Cruise Lake Monona and enjoy a wonderful lunch buffet. Boat leaves from the Olin Park dock. Walkers are okay but not wheelchair accessible. Cost \$26/\$41 non-members. Call 243-5252 for more information or to sign up.



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

Odds and Ends

Thanks, once again, to **Joyce Williams**, we now have a nice collection of DVD and VHS, action packed and family movies. Looking for something for the weekend or anytime, we might have the movie that you have been looking around for. Call me (Pam) at NESCO, 243-5252 ext 207.

Thanks to all who helped with the annual surveys. It helps with our program funding, summer trips etc.

Wish List

cardstock paper
 store gift cards

