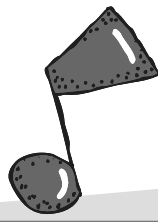




**Health Tips**  
pg. 2



**Events**  
pg. 1 & 2



**Groups**  
pg. 3

**May-June 2011**

# The News Connection

## Upcoming NESCO Events

- **5th Annual Senior Prom: Masquerade Ball**, May 12, 6:30-8:30pm, at the Black Hawk Middle School (1402 Wyoming Way). Transportation available. Call 243-5252 to reserve your spot by May 9.

- **6th Annual Multicultural Senior Health Fair**, May 20, 9am-11:30pm, at the Warner Park Community Recreation Center. Many different health booths, and stay for lunch and bingo. Transportation is available. Call the day before to sign up for lunch at 608 243-5252.

- **Summer Concerts at Warner Park**, the concerts will take place on Mondays at the Warner Park shelter from 6-7:30pm. This is a free event and transportation is available. Here is the schedule of concerts:

- June 13: Avenue Sizzlers (Dixieland Jazz)
- June 20: Ladies Must Swing (Swing Music)
- June 27: Gavilanes (Mexican Band)
- July 11: Oak Street Ramblers (Bluegrass/Country)
- July 18: Davis Family Band (R&B)
- July 25: Copper Box (Accordian Rock)

- **Lunch and Nickel Bingo**, first Friday of the month. Limited transportation is available, call before noon the day before for meal reservation 608 243-5252.

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

*North/Eastside*  
**SENIOR**  
*Coalition*  
Over **35** years  
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### 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 Spring!

Are your windows open today? I hope so. Fresh cut grass and blooming flowers are a pleasant fragrance this time of year and the added bonus is the singing of the different birds going about their day.

I hope you take advantage of the recipe for the month, when I saw it, I thought "how refreshing," all summer long.

Hope that your summer will be all that you need it to be, find some beauty in the world...

it's out there waiting.

*Pam*

## Health Tip

### Magnesium May Lower Diabetes Risk

Magnesium can be found in bananas, brown rice, cashews, halibut, lima beans, peanuts, pumpkin seeds, and raisins.



Magnesium is the fourth most abundant mineral in the body and is essential to good health.

Fifty percent of the total body magnesium is found in the bone and the other 50% is found inside cells of body tissue and organs. Only 1% is found in blood, but the body works very hard to keep blood levels of magnesium constant.

Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function. Keeps heart steady, supports a healthy immune system and keeps bones strong. It also helps regulate blood sugar levels, promotes normal pressure, and is known to be involved in energy metabolism and protein synthesis.

There is an increased interest in the role of magnesium, in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the intestines. Magnesium is excreted through the kidneys. Find out more of how magnesium can be of great benefit to your body.

[www.magnesium.com](http://www.magnesium.com) or ask your family doctor for more information.

## Events

### Alzheimer's and Dementia Family Caregivers Education Series

- May 9, practical tips for care at home, learn successful strategies to help with day-to-day life at home- from structure and routine to personal care.
  - June 13, advocating for your loved one in nursing home and assisted living facilities. Techniques to better work and communicate with staff to get the best quality of life for your loved one.
- More questions or information on Alzheimer's and Dementia Alliance, feel free to call 608 232-3400.

### 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).

- June 21-August 16 from 11:30am-12:30pm, No Falls Class. Learn exercises to improve muscular strength and flexibility. Practice balance strategies and learn an exercise program you can do at home. Cost is \$18.

For more information on MSCR classes at Warner Park call 608 245-3690.



### Olbrich Gardens

- May 8, Mother's Day Concert. New Horizons Concert Band will perform. Suggested donation \$1.

- May 11 from 7-8:30pm, "Wings and Petals; Butterfly Gardening in Southern WI." Learn how to attract butterflies to your yard and how to identify common butterflies and their caterpillars. Cost is \$15/\$12 for members and includes a milkweed plant. Course #10-30

- May 12 from 6:30-8:30pm, "Greener Garden." Create your own gravel garden. Cost \$15/12 members. Course #10-31

- Concerts in the Garden: every Tuesday, June 7- July 26, 2011, 7-8pm. \$1 suggested donation.

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

# 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.

May 11, Speaker Charlie Daniel from Alzheimer's and Dementia Alliance will speak on the topic, "Alzheimer's: The Silent Epidemic. What Should I Fear." There will also be memory screening test available.

June 8, Dime Bingo with Prizes



## 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.

May 26, Osteoporosis and Diabetes, "The Bone Truth"



June 23, First Hour of Bingo, (dime a card with prizes), then "Stress and Diabetes," speaker from Dean East, Stacy Anderson will present on this topic.

## Remember:

Remember access bus service (\$1/ each way) call to find out the schedule for your area shopping needs. 608 294-8747.

## May Celebrations:

- May 5- National Day of Prayer
- May 8- Mother's Day
- May 29- June 4- Black Single Parents Week
- May 30- Memorial Day
- Full moon for May is called "flower moon" by Native Americans of New England and Great Lakes because this time of year flowers are all over.

## June Celebrations:

- Black Music Month
- International Men's Month
- Dairy Month
- June 1- Say Something Nice Day
- June 18- Juneteenth Day
- June 19- Father's Day
- Full moon for June is called the "strawberry moon" by Native Americans of New England and Great Lakes because this time of year strawberries ripens.

# Recipe of the Month

## Fruity Thirst Quenchers: White Grape and Orange Cooler

### Ingredients:

- 1/3 cup sugar
- 1 cup water
- 1 cup white grape juice
- 1/2 cup orange juice
- 1 (1-liter) bottle ginger ale, chilled
- Garnish orange slices

### Directions:

1. Bring sugar and 1 cup water to a boil over medium-high heat, and cook.
2. Stirring often, three minutes or until sugar dissolves. Remove from heat, and cool.
3. Stir in juices, and chill two hours. Stir in ginger ale just before serving.
4. Serve over ice. Garnish if desired. Makes about 6 1/2 cups



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

## Odds and Ends

**Anyone interested in dinner  
and a movie, May 21?**

Contact me by May 6.

Movie will be "Madea's Big Happy  
Family" or your choice in the time  
frame that we have.

Transportation provided, but dinner  
and movie is self-pay.

## Wish List

Bingo Prizes  
Craft Items  
Gift Cards

