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November-December 2011

The News Connection

Recipe of the Month

Corn & Bean Fritters with Tomatoes

Ingredients:

- 4 ears fresh sweet corn or two cups frozen whole kernel corn, thawed
- 1 pound of grape or cherry tomatoes
- 1 tablespoon vinegar
- 1 15.5 oz. can of butter beans, rinsed and drained
- 1 6oz. package of southern-style corn bread mix
- 1 egg
- 1 tsp ground ancho chili or chili powder
- Olive oil
- Fresh Italian parsley or cilantro leaves optional.

Directions:

1. If using fresh corn, cut kernels from cobs, set aside.
2. Coarsely chop, halve, and or slice tomatoes.
3. In small saucepan combine tomatoes, vinegar, ½ teaspoon salt and ¼ cup water. Cook, covered, over medium-low heat, stirring occasionally.
4. For fritter batter, in a large bowl, mash beans with a fork. Add corn, cornbread mix, egg, ground chili, ½ teaspoon salt and ½ cup water; stir to combine.
5. Heat a large griddle or 12-inch skillet over medium heat. Add 1 teaspoon oil.
6. Drop four ½ cup scoops of batter on griddle at a time. Cook four minutes per side.
7. Serve fritters with warm tomatoes and parsley and/or cilantro. Makes four servings



Pam Bracey, NESCO
Cultural Diversity
Program Specialist

The African American
Cultural Diversity
Program is a
Dane County wide
program hosted by:

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

Although the weather outside seems frightful
this time of year, I look forward to the spirit of
the winter season.

It slows people down, they seem more
thoughtful. The snow on the trees, and all
around the town, gives us a true Norman
Rockwell winter wonderland experience.
For some reason it always feel like a season
to be more thankful and giving.....truly.

I am thankful for everyone
who attended my programs
this year, and all the
volunteer speakers who
made it fun and interesting.

Pam



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

Transportation Options

- Green Cab : New eco-friendly taxi-cab service. 255-1234
- Access Bus Service (\$1/each way).

Call to find out the schedule for your shopping needs in your area.

294-8747.

Events

Alzheimer's and Dementia Family Education

-Monday, November 14, 5:30-7pm, 517 North Se-goe Rd.: Family Caregiving, the Unexpected Career. Caregiving for a family member with dementia is a job you never expected or trained for. Find ways to balance your new responsibilities within your unique family situation. No registration necessary, just drop in.

- **Note:** No meeting in December.

For more information, call 232-3400. There may also be meetings for East Madison. Call for details.

Holiday Fantasy Lights

-November 12-January 2 at Olin-Turville Park. Free drive through.



Holiday Market

-November 4-6, Friday 1-8pm, Saturday 10am-5pm, Sunday 10am-4pm at the Alliant Energy Center. If you're looking for that perfect unique gift, now is the time. They will have that one stop shopping for all. Admission is \$7 for adults, \$5 for children.

Madison Women's Expo

-Saturday, November 19, Sunday, November 20, 10am-4pm. Shop, sample, pamper, indulge, and spoil yourself. Lots of information booths.

Madison Links Community Recognition Luncheon and Scholarship Luncheon

- Saturday, December 10, at the Marriott Madison West. Social hour from 11:30-12:30pm, followed by a lunch and program. Speaker Dana M. Lewis, Executive Director of the National Women's Business Council in Washington, D.C. will be a part of the afternoon to honor women and men who have made a difference in the community. Tickets \$45/person. Proceeds benefit student scholarship fund. Door prizes to be given. For more information about Links or to purchase tickets, contact Julia Holman, at 821-0559, or madisonlink-sinc.org.

MSCR

-Monday, November 7, 4:30-6:30pm: Healthy Cooking, Soups and Desserts. Hearty soups and stews are on the menu with cold winter nights upon us. Learn tips for making your own meals healthier. Taught by UW Nutritionist, and Hy-Vee Nutritionist, at the Hy-Vee Store, East Washington Ave. Class code 36295. Cost \$26.

North/Eastside Senior Coalition



-Tuesday, November 15, Thanksgiving Day meal. Please call the day before (by noon) to register.

-Tuesday, December 20, Christmas Day meal. Please

call the day before (by noon) to register.

-Friday bingos, limited transportation is back! Call Pam at 243-5252 to schedule rides.

Olbrich Gardens

-Saturday, November 2, 9am-2pm: Herb Fair. Hear about herbs from speakers and vendors. Purchase herbal products, make and take projects, demo. This is a free event.

-Every Sunday in December, 2pm: December Holiday Concert. Enjoy festive holiday music with a concert in the Evjue Commons. Suggested donation \$1.

-Saturday, December 31, Noon-2pm: Kwanzaa Celebration. Dancing, drumming and singing will highlight this program at Olbrich. Event is free but on first come first serve basis.

For more information about any of Olbrich Garden Events, call 249-7155.

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.

-November: **No group** due to caregiver's forum.

-December 14th: We will have a speaker from Wisconsin Heart Association, Bonnie Schmidt, to talk about women's heart health.



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. (Note: in November and December, the group will meet on the third Thursdays due to the holidays)

-November 17th: Planning for the new year and roundtable discussion, and samples and information resources.

-December 15th: End-of-the-Year Celebration, with special guest speaker and roundtable discussions on goals for moving into the new year with diabetes.



Grandparents Raising Grandchildren

This group meets on the second Saturday of the month at the Rainbow Project, 831 East Washington Ave. Grandparents taking care of a grandchild or a family member's child (ren) are encouraged to come for resources and support. Topics vary monthly. Transportation is available, also child care. Call for more information. 608 255-7356.

November Celebrations:

Diabetes Awareness Month

Alzheimer's and Caregiver's Month

-November 6: Day Light Savings Time

-November 8-17: World Kindness Week

-November 11: Veterans Day



December Celebrations:

-December 1: Rosa Parks Day

-December 10-17: Human Rights Week

-December 25: Christmas

-December 26-January 1: Kwanzaa

Health Tip



Black Ice

We fall for it all the time. This is one thing we have to stay cautious of. Black ice sometimes called glare ice or clear ice. While it is not truly black it is virtually transparent and becomes a hazard

driving or walking. While walking take small steps, walk in the snow rather than on an unsure sidewalk. And wear shoes/boots with a good grip sole for the winter months. And while driving slow down, stay in your far right lane, for slower moving vehicles.

Thought of the Month

“Announced by all the trumpets of the sky, arrives the snow.”

Ralph Waldo Emerson

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

Odds and Ends

Sending out words of encouragement
for Lysundra Alawiye.

She is in the final stages of her book
“Tommy’s True Love for Basketball”
in remembrance of her grandson
Tommy Lee Nicks.

**Book will be on sale by the
new year 2012.**

Wish List

gift cards
cab vouchers
bingo prizes
coffee
tea