

The News Connection

September/October 2009

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Hello,
I don't want to be the first to say it.. but isn't the Winter season rolling around quicker this year? I hope that everyone did just what they wanted to do this summer.

I had a well-deserved vacation in my hometown of Washington, D.C. I had a reunion with family, toured the capitol and searched for a site of President Obama at the White House one evening. I saw someone on the roof and thought it was the president outside smoking (fat chance). Anyway, we at the North/Eastside Senior Coalition welcomed Carol Amos to our agency in July as an intern with the Upper Iowa University. She will be working as a case manager and will help plan programs. You may be seeing her in some of my monthly groups, or helping to plan some projects for our program. She is in the office on Thursdays and Fridays from 8am-4:30pm. Please feel free to call her and give her some of your ideas or just to say hello and welcome.

Take care,
Pam

How's Your Health?

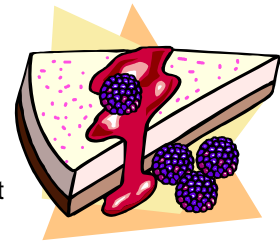
Is it Dementia or Alzheimer's? Is one better to hear than the other? Like diabetes, Alzheimer's disease is on the rise. Keep yourself informed, know the warning signs and ask your doctor if you are at risk. Symptoms are not the same for everyone. If you have the symptoms it does not mean that you have the disease. Check with your doctor about your concerns.



RECIPE OF THE MONTH

Sweet Potato Cheesecake

2 packages (8 ounces each) cream cheese, softened
¾ cup canned sweet potatoes, drained, mashed
½ cup of sugar
½ tsp ground cinnamon
Dash of ground cloves
Dash of ground nutmeg
2 eggs
½ tsp. Vanilla
1 graham cracker pie crust (6oz)
¾ cup of pecan pieces
2 tbsp. Maple flavored or pancake syrup



Preheat oven to 350 degrees. Beat cream cheese, sweet potatoes, sugar and spices with electric mixer on medium speed until well blended. Add eggs and vanilla: mix just until blended. Pour into crust, sprinkle with pecans. Bake 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Drizzle with syrup just before serving.

Living Well Workshops

Put life back into your living. You will get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices and learn better ways to talk with your doctor and family about your health. If you have diabetes, arthritis, high blood pressure, heart disease, chronic pain or anxiety, this workshop can help you take charge of your life. Sign up now, space is limited. Call 608-261-9700. Workshops will start Tuesday, September 15 through October 20, from 1:30-4pm at the Odana Atrium Clinic, and Tuesday, September 22 through October 27 from 1:30-4pm, at the Middleton Senior Center.

Senior Housing Partner: Sherman Glen Apartments

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

Events



Crime Prevention & Safety Conference & Expo
Tuesday, September 22 from 8am–3pm, at the Blackhawk Church, Madison, WI.

The workshops include juvenile gangs, internet safety, fall prevention, scams and frauds, elder abuse, exhibits, blood pressure screenings and reflex screenings. The cost is \$15.00 and includes lunch, breaks and materials. For registration forms call 608-441-7897.



AppleFest
Saturday, October 3 from 9:30am-3:30pm at Warner Park Community Recreation Center.

Activities include: raffles and drawing prizes, food, entertainment, kiddie carnival, used book sale, and much more. Admission is \$2.00, kids are free. For more information call 608-243-5252.



Herb Day at Olbrich
Saturday, October 3.

The Madison Herbal Institute and local herbalist will provide exhibits, workshops, demonstrations and garden walks. Vendors will sell herb blends, lotions, teas, and other herbal products. This is a free event and open to the public. For more information call 608-831-2845.



Rejoice in the Wisdom of Women

Saturday, October 10 from 1-3pm at Warner Park Community Recreation Center.

“Wearing our Crowns” is a musical that tells the story of six African-American women through the hats they wear to church. Tickets are \$12 person, \$6 for seniors (limited scholarships available). Reserve your seats by calling Jim Krueger at 608-243-5252.



Quilts in Bloom, Fall Quilt & Flower Show
September 18–October 11 at Olbrich Gardens.

View dozens of locally crafted quilts and foliage. A \$2.00 donation is suggested. For more information call 608-831-2845.



Need a Ride to get Groceries?

Do you need a ride to get groceries or just to do some shopping? Don't forget about access bus service. Trips are \$1.00 each way. Call 608-294-8747 for more information and service time in your area.



Short on Food for the Month?

If so, call 211 to find a pantry in your area.

Hospicecare Thrift Store

Hospicecare Thrift Store is an amazing place to shop, and the proceeds go directly to the hospice program. Stop and shop or donate your items that you no longer need to this wonderful program. They are located on the far Westside, near Target, 122 Junction Road. Hospicecare is open Monday, Friday, Saturday from 10:00a.m.-5:00p.m. and Tuesday, Wednesday, Thursdays from 10:00a.m.-7:00p.m. For more information call 608-833-4556.

September & October Holidays

Labor Day- September 7
World Trade Center Remembrance-September 11
Grandparents Day- September 13
International Day of Peace- September 21
Gratitude Day- September 21
Good Neighbor Day- September 27
Sweetest Day- October 17
Black poetry day- October 17



Discussion Groups

Monthly Discussion Group

The discussion 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 or activities vary from month to month. All meetings are open to the public and limited transportation is available.



Wednesday, September 9: A craft project, Natural Scent for the Home. We will be making sprays for the home or rice bags.

Wednesday, October 14: A speaker about the breakdown of mental health.

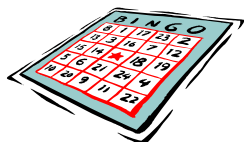


Monthly Diabetes Group

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

Thursday, September 24: We will have a speaker and roundtable discussion, questions and answers.

Thursday, October 22: Diabetes resources updates and nickel bingo.



Caregiver Discussion Group

Are you giving care to a loved one or friend? Hospice has Caregiver Discussion Groups that are ongoing every month. The discussions are free and open to the public. Topics vary monthly. The meetings are held at the HospiceCare Inc. offices on Cheryl Parkway and they meet the third Tuesday of the month from 6:30-8pm. To register, call 608-327-7145.

Mentoring Connection Program

We continue to look for active mature adults to volunteer at least one hour a week with Madison Area Urban Ministries Mentoring Connections program. This program provides many rewards for both the child and the volunteer. Spend some time with a child who has a parent in prison. There are many children waiting. For more information call Pam Bracey 608-243-5252 or Madison Area Urban Ministries 608-356-0906.



Thought of the month:

“Happiness is when what you think, what you say, and what you do are in harmony.”

Mahatma Gandhi

North/Eastside
SENIOR
Coalition



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Madison, WI 53704

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

Odds & Ends

Thank You


Thank you to the anonymous donor for making our annual trip available for our group this year, which was a pontoon boat ride with lunch.

Thanks also for the personal care items that were donated.

Congratulations

Congratulations to Mona Adams Winston and Sydney Forbes on receiving the 2009 Whitney M. Young Jr. Equal Opportunity Award.

If you have a question or are in need of transportation to programs, feel free to call Pam Bracey at the North/Eastside Senior Coalition 608-243-5252 Ext 207.



Wish list:
cardstock paper,
knitting and crochet
needles and yarn,
craft items,
gift cards,
volunteers.