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September-October 2010

The News Connection

Recipe of the Month

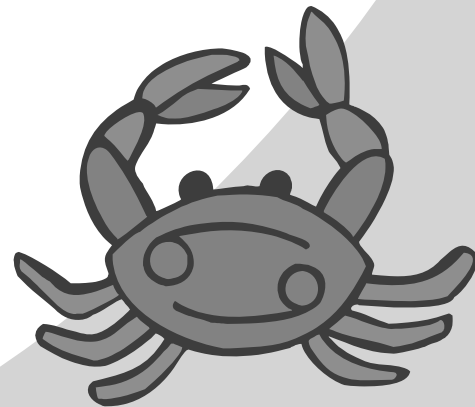
Quick Crab Cakes— serves 6

Ingredients:

- 2 ½ cups— potato chips
- 1 pound- lump crabmeat, picked through to remove shells
- 1/3 cup- tartar sauce
- 1 ½ tablespoons- Dijon mustard
- ¼ teaspoon- black pepper/ or red pepper
- 2 tablespoons- butter sliced into 6 pieces
- 1 lemon, cut into wedges

Directions:

- 1.) Heat broiler. In a medium bowl, finely crush the potato chips. Add the crabmeat, tarter sauce, mustard, and pepper and stir to combine.
- 2.) Form the mixture into six patties and place on a parchment- or foiled – lined baking sheet.
- 3.) Top each with a pat of butter and broil until browned. Served with lemon wedges.



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

North/Eastside
SENIOR
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Enhancing
the lives of **Seniors**



North/Eastside Senior Coalition

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Greetings

In a couple of days we will be taking a group to the Milton House Museum to tour one of the underground railroad passages that Harriet Tubman took to lead the slaves to freedom in the north.

Many like myself, have lived in this area a long time and was not aware of this history that we have right here in Wisconsin regarding African Americans, and very close to home.

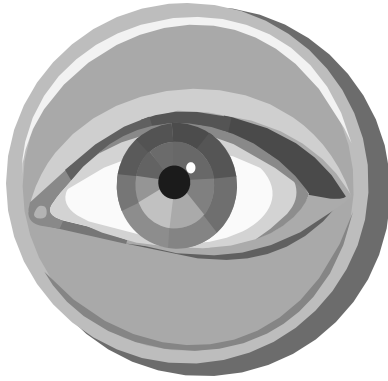
This would be a great trip to take your kids and grandkids, or other friends and relatives.

The fall season is coming, and there will be a lot of activities and programs to help prepare for it. Some of them are on the inside of this newsletter that would be very beneficial to attend, lots of resources.

Pam

Health Tips

Eyes



Good eyesight requires good nutrition. Beta Carotene or Vitamin A is fundamental food for the eyes.

The layer of pigment that nourishes your retina is made up of Vitamin A and protein.

B-Complex vitamins

are needed for intracellular eye metabolism and may help protect against age-related macular degeneration, which causes vision loss. Vitamin A and Carotenoid complex (with Lutein and Zeaxanthin) will help with bloodshot eyes, cataracts, dry eyes, eyestrain or itchy eyes and macular degeneration.

As always consult your ophthalmologist, and keep focus on your vision.

Thought of the month:
“The privilege of a lifetime is being who you are.”

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.

- September 8: 25 Cent Bingo.
- October 13: UW Extensions Topic, “Healthy Fast Food Ideas and Recipes”



Mark your calendars:

September is National Sickle Cell Month and Healthy Aging Month.
 September 11- Remembrance Day
 September 12– Grandparents Day
 September 23– Full moon is the traditional “Harvest Moon” because it fall closest to the autumn equinox.
 September 24– Love Note Day

October is Apple Month, Month of Free Thought and Positive Attitude Month.
 October 1– World Smile Day
 October 16– Sweetest Day
 October 22- Full moon is called “Hunters Moon” by Native Americans of New England because by this time of the year the deer are fattened.
 October 30– National Forgiveness Day and it’s time to hunt.

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.

- September 23: Bingo
- October 28: Charlie Daniel from Alzheimer's Association will present on “Dementia”



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 roundtrip. 608 294-8747.



Community Events

North/Eastside Senior Coalition

-Warrens Cranberry Festival: Saturday, September 25, from 6:20am-6:45pm. Members \$42/non-members \$57. Walking level: low to moderate.

-**10th Annual AppleFest:** Saturday, October 2, from 9:30am-3:30am. Come and enjoy an apple sale with fresh pressed cider, delicious bake sale, used book sale, Bucky and entertainment book sale, craft fair, clowns and mascots, police cruise and the Oscar Mayer Weinermobile, kiddie carnival,

face painting, tons of kids events, raffle and drawing prizes (including a diamond pendant necklace, a laser printer, a 2-night stay at the Wilderness, Green Bay Packer autographed team football and much more), Sloppy Joe lunch, popcorn and slushies, , and great entertainment (Just Two Accordions, American Family Choir, Richard Wiegel Kids Shoe, Dixie Horizons Band and New Horizons Band). **Fun for the whole family.**

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MSCR

-Comfort Casseroles: learn to cook healthy, nutritious casseroles without spending hours in the kitchen. Warner Park Community Rec. October 26th, 5:30-8pm, class # 33507. Cost \$26.

-Mosaics class: create your own works of art, whether it be a small picture with flat tiles to a large piece with objects. Materials provided. Hoyt Building, Room 24. September 27-October 11, 6-8:30pm, class #33191. Cost \$38.

-Shopping on Michigan Avenue, Chicago, Saturday, December 4, 7:15-7pm. Cost \$39, register before October 29 and save \$6. Class # 33276.

Olbrich Botanical Gardens

-Quilts In Bloom: fall quilt and flower show. September 25- October 17, 10am-4pm daily. \$2.00 donation suggested.

-Art Quilt Sale: September 25-26, 10am-4pm each day. Choose from a variety of colorful wall hangings, table runners and decorative squares. All quilts are made by the Thursday Quilting Friends.

-African Violet Show and Sale: October 9 and 10. Saturday, 12-5pm and Sunday 10-4pm.

Dane County Crime Prevention and Safety Expo

Tuesday, September 14, 2010, 8am-3pm at the Blackhawk Church, 9620 Brader Way (1.5 miles west of the west beltline off Mineral Point Rd.)

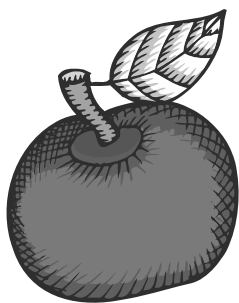
This one day conference includes speakers, workshops, resource tables, with the purpose of providing valuable information related to crime prevention and safety. For more information call RSVP of Dane County, 608-441-7897.

Others

-2010 Future Lifestyles Show: Wednesday, October 20, Alliant Energy Center, Exhibition Hall. Call for more information, 243-5252 ext 207.

-Indian Summer Festival: September 10-12, Milwaukee, Henry Maier Festival Grounds, Friday 4-Midnight, Saturday Noon-Midnight, Sunday 11am-11pm. For more information call 1-877-302-2812.

-Willy Street Fair, September 25-26, 800-1000 block of Williamson Street.





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

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

Odds and Ends

Thanks to Lula Jones for helping and everyone that came and enjoyed our Annual Trip to the Milton House.



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Wish List

cardstock paper
 bingo prizes
 craft items

