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September-October 2011

# The News Connection

*North/Eastside*  
**SENIOR**  
*Coalition*  
Over **35** years  
*the lives of* **Enhancing Seniors**



### North/Eastside Senior Coalition

1625 Northport Dr #125  
Madison, WI 53704  
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## NESCO Events



**-AppleFest**, Saturday, September 17, 2011, from 9:30-3:30pm. This is our annual fundraiser that includes a Used Book Sale, Raffles, Kiddie Carnival, Entertainment, Bake Sale, and much more.

**-Free Caregiver's Resource Fair**, Saturday, October 22, 2011 from 9am-1pm at Warner Park. Representatives from Dane County senior centers, service agencies, organizations and businesses will be on hand to answer and give information on your caregiving needs. Games, raffles, prizes and drop-in workshops will also be offered.

## Save the Dates

**-Madison Women's Expo**, Saturday, November 19, and Sunday, November 20, 2011 from 10am-4pm. Shop, sample, pamper, indulge, and spoil yourself.

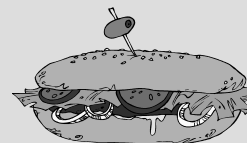
**-Madison Metropolitan Chapter of the Links, Inc. Annual Community Recognition Luncheon**, Saturday, December 10, 2011, at the West Madison Marriott.



Social hour will start at 11:30am; 12:30pm will start the lunch and program. Tickets are \$45/per person. All proceeds benefit Student Scholarship Fund.

Please come and help honor women and men who have made a difference in the community in the areas of the arts, education, health and international causes. For more information contact Julia Holman, Luncheon Chairperson, 608 821-0559.

**-Cargiver Forum**, Wednesday, November 9, from 9am to 1:30. The topic will be "Coping with Caregiving; Strategies for Success," a \$12 registration fee will cover continental breakfast and lunch.



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

**Greetings!** We have been having such a wonderful time with our “fabulous” Madison Poet Laureate Fabu. She is traveling to different senior groups around Madison and sharing some of her poetry and getting the seniors to make up a collective group poem. This event has been very creative and fun for everyone involved. Fabu will continue to run programs like this until the end of the year, so if you have not had a chance (or would like to stay involved) check with me, Pam Bracey (243-5252) or Koral from South Madison (251-8405) for times and dates. In the meantime, stay well, stay active, and check out healthy lifestyle for older adults week with MSCR.

*Pam*

## Health Tip

**Driving.** Never would have thought that driving would be a health issue? Well it is, for the driver as well as your passengers.

Driving on the roads today takes a lot out of anyone, and as we age, driving becomes more stressful. We try to be more on the cautious side, which is good, but not always the answer to the problem. Madison School Community Recreation has a Driver Improvement Program for adults age 55+. It will provide tips and techniques to help experienced drivers compensate for both the physical changes challenging the older drivers and the changes in our complex modern roadways. This course is fun, interactive and anxiety free and is a DMV-certified course.

To find out more, or to register for the class, call Sam White at 608 828-2509.

## Events

**-Taste of Madison,** September 3, and 4, 2011 all around the Capitol Square. Saturday from 2-8:30pm and Sunday 11am-7pm. Over 75 local restaurants, food reasonably priced from \$1-\$4. Live entertainment and free of charge.

**-Quilt Expo,** September 8-10, 2011 at the Alliant Energy Center. Check out the daily schedules and classes, as well as the exhibits and vendors online at [wiquiltexpo.com](http://wiquiltexpo.com). Advance admission is \$7 daily, at the door admission is \$8 daily plus parking, lectures, workshops and evening events.

**-Falls Prevention Awareness Day,** September 23, 2011. The fourth annual on the first day of fall, to help promote and increase public awareness on how to prevent falls among older adults.

**-Positive Outlooks on Healthy Aging.** Catholic Charities Aging Services will present its first “Aging Conference” on Thursday, September 22, 2011. Keynote speakers will be Zorba Paster, MD and Tracey Schroepfer, PhD MSW. Morning and afternoon breakouts include: grief and loss, long term care, caregiving, communication, humor, memory, balance, and medications. For more info call Jane McGowan, 608 821-3103.

**-MSCR Active Aging Week,** September 25-October 1, 2011. Promoting the benefits of a healthy lifestyle for older adults. MSCR will be hosting several free workshops, registration is required. There will be classes such as “simple strength” fitness walking, Tai Chi by the lake, food and fitness, functional fitness, water fitness, meet and greet at the zoo. Interested in time and dates and where to sign up, feel free to give me (Pam Bracey, 608 243-5252) a call, or call directly to MSCR at 608 204-3023.

**-Olbrich Gardens Quilts in Bloom.** Fall Quilt and Flower Show, September 24-October 16, from 10am-4pm. View dozens of locally crafted quilts and fall foliage and flowers. A \$2 donation is suggested. Selected plants from show will go on sale October 17, 2011. Art quilt sale, wall hangings, table runners and decorative squares to give as gifts or brighten your home. September 24, and 25, and October 1 and 2, 2011.

**-Alzheimer’s and Dementia Family Education Series.** No registration needed, just drop in. Meetings are the second Mondays of the month, from 5:30pm-7pm, at 517 N. Segoe Rd. September 12 Topic: Communication Tips and Strategies and October 10 Topic: Is it Time for At-Home or Facility Care

**-Alzheimer’s Walk,** Saturday, September 17, 2011, pre-register @ [www.alzwise.org](http://www.alzwise.org) or call 888 308-6251.

**-Seasoned Crafters.** Are you interested in being a part of an upcoming continues class for the arts and crafters? Anything your creative minds can think of we will do: quilts, jewelry making, beading, knitting, fabric swapping, creating quilt designs, paper piecing, felting, card making. Meetings will start off being once a month, the more interest we have the more classes we will have. Call Pam Bracey for more information at 608 243-5252.

# 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.



-September 14: Salad Making Class. We will have a hands-on easy salad making, along with sampling a few salads. We will have recipes for other easy salads and bread from local shop.

-October 12: "Ask a Question, Save a Life." What you need to know about suicide prevention.

## Monthly Diabetes Group

This group meets on the fourth Thursday of the month at Romnes Apartments, 540 W. Olin Av. 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 22: Dory Blobner is back with diabetes updates, questions and answers about your personal diabetes struggle or concerns.

-October 27: Diabetics, "Good Food, Good Health," let's talk about that with diabetes nutritionist, WNEP and MSCR senior exercise program.

## Grandparents Raising Grandchildren

This group meets on the second Saturday of the month at the Rainbow Project on East Washington Ave. Grandparents taking care of a grandchild or family members child (ren) are encouraged to come for resources and support. Topics vary monthly. Transportation is available, also child care.



## September Celebrations:

National Sickle Cell Month

Women's Friendship Month

-September 11: Grandparents Day

-September 18: Wife Appreciation Day

-September 27: Ancestors Appreciation Day

## October Celebrations:

Breast Awareness Month

Depression Education and Awareness Month

-October 7: National Diversity Day

-October 15: Sweetest Day

-October 17: Black Poetry Day

-October 29: National Forgiveness Day

# Recipe of the Month

## Chicken Jambalaya

Ingredients:

8oz skinless, boneless chicken breast-halves

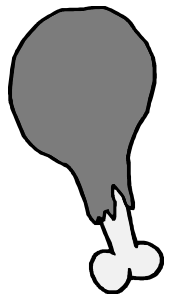
2tsp. Cajun seasoning

8oz fully cooked spicy or mild link sausage- sliced (can use turkey sausage)

1 small red onion- cut in thin wedges

2 yellow, green, and/or orange sweet peppers- cut in bite-size strips

2 14.5 -oz cans no salt-added stewed tomatoes



Directions:

1. Coarsely chopped fresh parsley (optional)
  2. Cut chicken in 1-inch pieces; place in a small bowl and toss with cajun seasoning.
  3. Heat a 12-inch skillet over medium-high heat.
  4. Add chicken and sausage to skillet; cook three to four minutes or until chicken begin to brown.
  5. Add onion and sweet peppers to chicken mixture, cook, stirring frequently, for two minutes.
  6. Add stewed tomatoes.
  7. Cover and cook five to seven minutes or until chicken is no longer pink.
  8. Break up tomatoes with a spoon if necessary.
  9. Ladle jambalaya into shallow soup/salad bowls and top with fresh parsley.
- Makes four servings.  
Try on top of brown or white rice.

