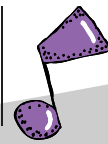




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Vol. XXXVI . No 4 April 2011

the Golden Times

For senior adults & their families

North/Eastside
SENIOR
Coalition

Accredited by the National Institute
of Senior Centers (2009-2014)
and the Wisconsin Association
of Senior Centers (2002-2012)

Annual Meeting & Volunteer Appreciation Luncheon

Wednesday, 13 April, 10:30 am-noon
Warner Park Community Recreation Center

We're Celebrating Our Volunteers in Action and the
Awesome Help They Provide Us!!

Annual Meeting	10:30 am
Entertainment	10:45 am
Lunch	11:30 am

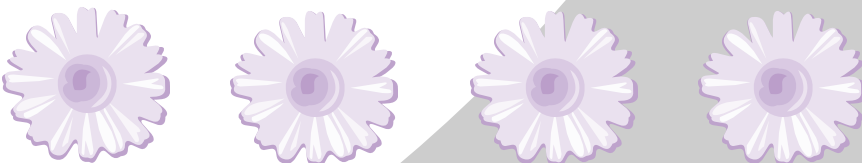
North/Eastside Senior Coalition
1625 Northport Dr #125
Madison, WI 53704

There's plenty to celebrate: starting with another awesome year of accomplishments! The brief annual meeting will kick off the celebration with the presentation of NESCO's 2010 Annual Report and election of six community volunteers to a two-year term on our Board of Directors.

Over *35* years
Enhancing
the lives of Seniors

The celebration continues with a "surprise" guest for entertainment. But it is someone we are sure you will enjoy.

Complimentary lunch and dessert will end the
celebration. RSVP by noon, 11 April.



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NESCO is on
Facebook—
become a fan!

Golden Extra

NESCO's Blog: <http://nescoinc.wordpress.com>

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



Drew Simonsen, BBA
Office Manager
dsimonsen@nescoinc.org
243-5252 Ext. 210

Mission: To enhance the quality of life for all senior adults by providing programs, advocacy, and resources to assist them to remain independent, active, and influential in the community.

Vision: Seniors dedicated to building a better community for people of all ages and backgrounds.

April 2011 Vol XXXVI

4

The Golden Times

North/Eastside Senior Coalition, Inc.
1625 Northport Drive #125
Madison, WI 53704
(608) 243-5252
(608) 243-5259 (fax)
General E-mail: info@nescoinc.org
Website: www.nescoinc.org
Blog: http://nescoinc.wordpress.com

North/Eastside Coalition does not necessarily endorse products and services advertised in *The Golden Times*.

Deadline: one month prior

Office Hours: 8 am–4:30 pm, Monday–Friday

**North/Eastside Senior Coalition's
Board of Directors Meeting
Tuesday, 15 March 2011, 4 pm
(Warner Park Community
Recreation Center)**

Your comments are important to us and we invite you to visit our monthly Board meetings. Visitors will be asked to sign-in and state your comments, questions, and concerns at the start of the meeting. These issues will then be forwarded to the appropriate committee. Thanks so much for your interest in NESCO!

Board of Directors

Paul Van Rooy	<i>President</i>
Mary Hill	<i>Vice President</i>
Jan Somerfeld	<i>Secretary</i>
Lesleigh Luttrell	<i>Treasurer</i>
John Bowman	Diane Walder
Teri Kinney	Charles Warner
Carol Peterson	Rick Webster
Walter Sego	Rosemary Bass, <i>Emeritus</i>

Staff

Cheryl Batterman, Executive Director
cbatterman@nescoinc.org

Pam Bracey, Cultural Diversity Specialist
pbracey@nescoinc.org

Cortney Doescher-Hino, Lead Case Manager
chino@nescoinc.org

Amy Elske, Case Manager
aelske@nescoinc.org

Sarah Holm, Bilingual Case Manager
sholm@nescoinc.org

Katie Kluesner, Programs Manager
kkluesner@nescoinc.org

Jim Krueger, Programs Director
jkrueger@nescoinc.org

Jason Lunder, Case Manager/Student Intern
interns@nescoinc.org

Liz Mensing, Bilingual Case Manager
lmensing@nescoinc.org

Yolanda Salazar, Cultural Diversity Specialist
ysalazar@nescoinc.org

Laura Sherrington, Case Manager
lsherrington@nescoinc.org

Drew Simonsen, Office Manager
dsimonsen@nescoinc.org

Nutrition Site Managers

**Provie Brenz, Kathy Esser, Margie Groom, Noreen Maass,
Margaret Miller, Sally Schaefer & Bette Valentine**

The North/Eastside Senior Coalition is an equal opportunity agency. No otherwise qualified applicant for services or service recipient shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination. This covers eligibility for and access to service delivery and treatment in all Coalition programs and activities. Clients, participants, and volunteers of the Coalition are encouraged to report any discrimination relating to service delivery by the Coalition to the Executive Director or Board President in writing (1625 Northport Drive #125, Madison, WI 53704).

2011 Membership Benefits

To receive discounts from our local business partners, you simply need to show your 2011 NESCO membership card.

Benvenuto's Italian Grill

(@ Northside TownCenter)
FREE ice cream sundae with entree purchase

Boomerangs Resale Store

(@ Northgate Shopping Center)
20% off regular priced merchandise

Cafe La Bellitalia Restaurante & Pizzeria

10% off your total food bill

Cartridge World

(Near East Towne Mall)
10% off ink refills

Culver's of Northport

FREE cone or dish of custard with the purchase of a cone or dish

Dena Fritz Hair Studio

(4505 Texas Trail 335-9186)
10% off any service (increased discount!)

Esquire Club

FREE dish of Schoeps flavor of the day ice cream with the purchase of lunch (11 am-2 pm)

Madison Chiropractic-North

(2205 N Sherman Ave)
Complementary consultation (in office or over phone)

Manna Cafe & Bakery

(@ Lakewood Plaza)
10% off in-dining food & beverages

Meikle's True Value

(@ Northside TownCenter)
Have a free key made each month

Overture Center

Receive reduced ticket prices for select shows

Savidusky's Fur & Leather Shop

10% off all fur & leather cleaning charges

Warner Park Community Recreation Center

10% off annual membership (no double discount)

PLUS

Golden Times newsletter delivered FREE & NESCO sponsored trips discounted



Cheryl Batterman, MPA

Executive Director
243-5252 Ext. 213
cbatterman@nescoinc.org

Note: Warner Park Community Recreation Center (WPCRC) ID cards are required for all building users (\$5/year). NESCO senior dining site participants are encouraged to make a donation for their WPCRC ID cards.

Scholarships are available to seniors (age 55 and over) with annual income less than \$16,236 (one person) or \$21,852 (couple). Simple application is required from the office and all information is confidential. Contact Drew (243-5252 or dsimon-sen@nescoinc.org) to obtain an application.

2011 NESCO Membership & Donation Form (Jan-Dec)

Name _____ Phone _____

Address _____ City _____ Zip _____

I wish to remain anonymous **Email address:** _____

Check One: \$15 Regular Membership **\$25 Household Membership**
 \$50 Business Membership \$50 Golden Club Membership
 \$100 Patron Membership \$ _____ Other

Special donation of \$ _____ **for:** (check all that apply)
 Newsletter Cultural Diversity Programs
 Case Management ENJOY (intergenerational) Programs
 Home Chore Programs Social & Educational Programs
 Endowment Fund Nutrition Program

(Optional) **In memory of:** _____

In tribute of: _____

Membership is tax deductible to the extent of the tax code.
Our financial report can be obtained at our office. Mail check to:

North/Eastside Senior Coalition (NESCO)
1625 Northport Dr. #125, Madison, WI 53704

Ongoing Programs @ WPCRC



Jim Krueger, BA
Programs Director
jkrueger@nescoinc.org
243-5252 Ext. 206

Cards Anyone?

Various cards games are played at the WPCRC senior dining site throughout the month. For more info, call the NESCO office (243-5252).

Kings Corner	Mondays, 10–11:30 am
Euchre	Mondays 9:30–11:30 am
Bridge	2nd & 4th Wed, 12:30–3:30 pm
Sheepshead	3rd Wednesday, 1–3 pm

Wii Games

10–11:30 am, various days (see pg 9)

A volunteer will be at your side to teach you how to play or join our regular players.

5¢ Bingo

Tuesday, 8 March & Every Friday, 10:30 am

Bring your luck down to WPCRC and take home a bag of nickels. Each card costs 5¢ with all proceeds paid out to the winners. *Bilingual bingo* (English & Spanish) is the first Friday each month.



FREE MSCR Senior Yogacize Class

Wednesdays, 10:30 am

Increase your strength, flexibility, and balance with chair-based yoga stretches, and breathing techniques. Kripalu Certified Yoga Instructor Carolyn Gantner is sponsored by MSCR. **NOTE: No Yogacize class on 13 April.**

Blood Pressure Clinic

3rd Tuesday, noon–1 pm

The **FREE** clinic is offered at WPCRC for people of all ages. *Provided by Interim Health Care*

Book Exchange for Seniors

Become a member of NESCO's Book Exchange Program. Bring in your used books and exchange them for one you haven't read. The books are kept in the NESCO office and once you have finished the book(s) you can come back and swap them out for other's you haven't read. The Book Exchange is open 8:15 am–4:15 pm, Monday-Friday. *For NESCO members only*

Book Club

Tuesday, 5 April, 9:30 am

Come join us as we discuss *Lace Reader* by Brunonia, Barry or pick up our read for May, *Open House* by Elizabeth Berg, A women's husband leaves her and her son. After a spending spree with her ex's money she gets a job and takes in boarders and learns how to make her own happiness (*The books are available at NESCO.*)

Card-Making Club

Wednesday, 13 April, 1 pm

Help create home-made cards for all occasions. We are looking for volunteers who enjoy making cards. No experience necessary. All proceeds from the sale of the cards go to support NESCO programs and services.

Low-Vision Support Group

Thursday, 21 April, 10:15 am

If you or someone you know are dealing with the effects of glaucoma, macular degeneration, cataracts, or other eye conditions, come visit our group. For more information, contact Laura (243-5252 or lserrington@nescoinc.org).

Nutrition Ed: Whole Grain Foods

Wednesday, 27 April, 11 am

Sometimes it is difficult to figure out what is real and what is processed when it comes to foods. UW-Extension's Joy Fletcher will show you how to decipher information printed on the labels of whole grain products.

Free Sewing Service

Bring in your sewing needs and our volunteer sewers will help you out. Senior adults with general sewing needs can bring your clothing articles to the NESCO office between 8 am–4:30 pm, Monday-Friday. Limit of three articles per month.

Men's Group: Stages of Care

Monday, 25 April, 10 am

Learn what your options are if you or a loved one begin experiencing health problems. Find out what resources are available and when you should start looking into the different options. Jason Lunder, NESCO case manager, will give a brief overview of the different stages you might face and answer any questions. You do not need to be a current member to attend. The group meets the fourth Monday of the month. Free coffee and treats!

April Programs @ WPCRC

Current Events Discussion

Tuesday, 5 April, 10:30 am

Come join a discussion on a current topic in the news that week. Learn more about the issue and what has caused it to occur, express your views with others and find out how others view the situation.

Fibber McGee & Molly Radio Show

Thurs, 7 & Tues., 26 April, 10 am

Remember Fibber McGee & Molly? Come join us as we listen to the classic episodes, *After Dinner Speaker At Rotowantis*, *McGee's Hamburger Joint*, and *Mouse in the House*.

Tea Tasting

Monday, 11 April, 10 am

Anthony Verbrick, the tea guru at Macha Tea House will discuss the culture and history of tea and talk about some of tea's sold at Macha Tea House. He will make recommendations for tea preparation and then you will get to taste some of his favorite teas.

Famous People: Pres. Grant

Thursday, 14 April, 10:30 am

Ulysses S. Grant was the 18th President of the United States as well as military commander during the Civil War and post-war Reconstruction periods. Come join us in an informal discussion of the life of President Grant.

Earth Day Celebration

Tuesday, 19 April, 10:30 am

This year's Earth Day theme is "Promoting Food Justice by Expanding Urban Agriculture." Community Ground Works will give a presentation on how Troy Gardens cultivates healthful produce and promotes sustainability and community empowerment through urban farming, gardening and natural areas restoration

Movie: *Call It Murder*

Tuesday, 19 April, noon-1:45 pm

Humphrey Bogart stars in this classic film noir murder melodrama about a jury foreman who is persecuted by everyone after sending a woman to the electric chair for a crime of passion.

Senior Egg Hunt

Thursday, 21 April, 10 am

Come join us for the 3rd Annual hidden egg hunt for senior adults inside Warner Park.

Walk Warner Park

Thursday, 28 April, 10 am

Would you like a walking partner? Come join our group of walkers as we trek around Warner Park. Hook up with a partner and walk as often as you like. An organized walk will happen every Thursday through September. Open to all ages and all levels of walking ability. Meet outside of the NESCO office.

Bluebird Bonanza

Saturday, 30 April, 9-11am

@ Warner Park Shelter

Paul Noeldner a bluebird expert from *Madison-Audubon* will educate us about the bluebird. He will then give a bluebird house-building demonstration and finish by taking us on a 30-45 minute guided tour (wheelchair accessible) of the bird houses hanging out in Warner Park. Fun for all ages, bring the grandkids if you want!

Across America By Bicycle

Full speed ahead after fifty!

Tuesday, 3 May, 10:30 am

Ride along with Alice and Bobbi as they embrace retirement with gusto and live their dream. Local author Alice Honeywell will share stories from their book *Across America By Bicycle* that chronicles a 3,600-mile journey by bicycle across the United States. These two newly retired women Biked from Oregon to Maine carrying everything they needed for three months, powered only by the strength of their legs and a desire for adventure.

2011 Summer Concert Series

Monday's, 6-7:30 pm @ Warner Park Shelter

- | | |
|---------|--|
| 13 June | <i>Avenue Sizzlers</i> (Dixieland Jazz) |
| 20 June | <i>Ladies Must Swing</i> (Swing music)
<i>Sponsored by M&I Bank</i> |
| 27 June | TBA |
| 11 July | <i>Oak Street Ramblers</i>
(Bluegrass/Country) |
| 18 July | <i>Davis Family Band</i> (R&B) |
| 25 July | <i>Copper Box</i> (Accordion Rock) |

Rain or Shine!
Concessions sold!

Local Resources

Foot Care Clinics

NESCO and Interim HealthCare co-sponsor five foot clinics each month for individuals who can not do their own foot care and do NOT have diabetes. Appointments are required and can be made a year in advance by calling 243-5252. Cost is \$15. Don't forget your towels!



5 April *Eastside Shopping Center (2nd Floor)*
2705 E. Washington Ave
1:30-3:15 pm

8 April *Warner Park Community Rec Center*
1625 Northport Drive
10:00-11:45 am

12 April *St. Paul Lutheran Church*
2126 N. Sherman Ave
1:00-2:45 pm

19 April *Lakeview Lutheran Church*
4001 Mandrake Road
1:30-3:15 pm

Gay & Gray Discussion Group

Thursdays 2:30 pm @ Madison Senior Center

Senior adults from the lesbian, gay, bisexual, and transgendered community meet the 1st & 3rd Thursday each month. These are friendly conversations that are informal, open dialogs, LGBT persons, their friends, and families are welcomed. Participants determine the topics based on current interests; a facilitator attends each meeting.

Adult Computer Classes

Mornings @ Lakeview Branch Library

Totally Beginning Computer Class: Learn the basics of how to use a mouse, open and close a program and switch back and forth between open windows. We won't go too fast!

Introduction to the Internet: Learn the function of the Internet, how to use both a search engine and a known address to access a website, and navigate within a website.

Call 246-4547 to get on the waiting list for classes—Classes occur when there are enough people signed up.

MSCR Summer Programs @ WPCRC

NO Falls Class

Tues. 21 June-16 August, 11:30am -12:30 pm
Learn exercises to improve your strength and flexibility. Practice balance strategies and learn a home exercise program. Cost \$18.

Jump Start Yoga

Thurs. 23 June- 4 August, 9-10 am
Invigorating workout to improve muscular strength, flexibility, endurance and mind/body balance.. Cost \$18.

*Call 245-3667 to register for MSCR classes
Scholarships are available for seniors.

FREE Exercise @ WPCRC

Free times in the fitness room:
Wednesdays & Thursdays 10-11 am
Fridays 1-2 pm & Saturdays 1:15-2:15 pm
Room/equipment use is free; however, an annual WPCRC ID card is required.

Adult Spring Fling!

(must be 55+ to attend)

Monday, 18 April, 6-7:30pm

East Madison Community Center, 8 Straubel Ct.

Live Music & Free Buffet

Reservations recommended

Call NESCO @ 243-5252 or Alison at EMCC

Shopping Trips (call 294-8747)

Group Access Bus Service (\$1/way)


- | | |
|-------------------|---|
| Mondays | <i>EastTowne, Walmart East & Savers, 10 am-1 pm</i> |
| Tuesdays | <i>Woodman's & Shopko, 9-11 am (includes Woodman's East, Shopko at Shopko Dr, & Copps Pharmacy)</i> |
| Wednesdays | <i>Woodman's & Shopko, 9-11 am (includes Woodman's East, Shopko at Shopko Dr, Copps Pharmacy, & Farmer's Market)</i> |
| Thursdays | <i>Sherman Plaza, noon-2 pm (includes Walgreens & Pierce's) NW Aberg, Packers Ave & Maple Bluff. Copps, noon-2 pm</i> |

April Senior Dining Menu @ Goodman Community Center

Location: 149 Waubesa Street

Serving: 11:30 am

Bus reservations are required a minimum of 24-hours in advance. Call 241-1574 to sign-up.*

Monday*	Tuesday*	Wednesday*	Thursday*	Friday*
				1 Oven Fried Cod Potato
4 Beef Tacos Black Bean Salsa	5 Chicken Parmesan Pasta	6 Roast Beef Potatoes	7 Cheeseburgers Oven Fries	8 Chicken Pitas Potatoes
11 Chicken Stir Fry Rice	12 Tuna Melt Potatoes	13 Spaghetti Marinara	14 Baked Chicken Mashed Potatoes	15 Baked Cod Potatoes
18 Meatloaf Potatoes	19 BBQ Chicken Mac N Cheese	20 Beef Stir Fry Rice	21 Chicken Cacciatore Rice	22 Oven Fried Cod Potatoes
25 BBQ Beef Potatoes	26 Chicken Sand- wiches, Rice	27 Lasagna Garlic Bread	28 Meatloaf Potatoes	29 Chicken and Dumplings

Also served daily: vegetable, bread, tossed salad, fruit jello salad, and dessert. Birthday cake served Wednesdays!

Guests 60 years of age or older are invited to enjoy their meal on an anonymous donation basis (\$3 suggested donation). Anyone under 60 is asked to pay the full cost of the meal (\$6.10).

*Transportation is available for seniors living in the following areas: from Lake Monona SE on Buckeye Road to the Interstate, North on I-94 to Hwy-30, West on Hwy-30 to Hwy-51, North on Hwy-51 to city limits. Donation: 50¢ each way.



Active Independent Living for 55+

Special Rate!

2 Bedroom Apartment (selected units) — \$795*
1 Bedroom Apartment — \$715*



Come see why our residents love it here!


*Intercom Controlled Entry • Small Pets Welcome
Walk to Shopping/Dining • Social Activities
Elevators • Underground Parking
Private Balcony/Patio • Heat Included!*

Call Marianne to schedule a personal tour

1110 N. Sherman Ave.
241-1190

* Restrictions apply
Move in by 5/01/11



Affordable housing for persons age 50 and over. Romnes Apartments on West Olin Avenue offers:

- Off Street Parking
- Located on Busline
- Onsite Laundry Facilities
- Security Locked Building
- Meal Program Available
- Some with Patio/Balcony
- Furnished Game/Rec Room
- Community Room with Activities

Rent is based on income and includes utilities... Maximum rent is \$395!


Apply at CDA-Housing,
215 Martin Luther King, Jr., Blvd,
Suite 120
(608) 266-4675

Equal Housing Opportunity

April Senior Dining Menu @ WPCRC

Serving 11:30 am, Monday–Friday

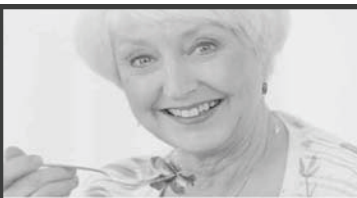
Call 243-5252 (Monday-Friday, 8-11:30 am) to reserve a meal for the following day.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Funded by Dane County</i>				1 April Fool's Day Haddock/Cod Baked Potato Harvard Beets Rye Bread Lemon Pudding
4 Goulash Wax Beans Onion Roll Fresh Orange Choc Chip Cookie	5 Scalloped Potatoes & Ham Mix Vegetables Multi-Grain Bread Banana	6 <i>Birthday Cake</i> Meatloaf Mashed Potatoes Chuck Wagon Corn Rye Bread	7 Spaghetti & Meatballs Salad Soft Bread Sticks Citrus Salad	8 Vegetarian Chili Crackers Grape Juice Fruit & Cottage Cheese Cherry Pie
11 Roast Beef Parsley Potatoes Glazed Carrots 7-Grain Bread Cookie	12 Sweet & Sour Pork with Veg. Brown Rice Mandarin Oranges Pudding	13 Oven Fried Chicken Baked Sweet Potato Brussels Sprouts Dinner Roll Tropical Fruit	14 Beef Stroganoff Noodles California Vegetables Pumpnickel Bread Baked Apple	15 Tax Day 3 Cheese & Mac Mixed Vegetables Peaches Wheat Bread Red Jell-O
18 Dijon Chicken Scalloped Potatoes Green Beans Wheat Bread Oatmeal Cookie	19 Lasagna Italian Vegetables Garlic Bread Pineapple Juice Ice Cream	20 Turkey Tetrazzini Carrot Coin Salad Multi-Grain Bread Apple Pie	21 Soup (Surprise!) Meatball Sandwich Vegetable Salad Spiced Pears	22 Good Friday Poor man's Lobster Red Potatoes Peas Pumpkin Bread Banana Cream Pie
25 Roasted Herb Chicken Brown Rice Pilaf Green Bean Casserole Multi-Grain Bread Cherry Pie	26 Pepper Steak Mashed Potatoes Garden Vegetables Peaches Bread Pudding	27 Breaded Fish Au Gratin Potatoes S&S Red Cabbage Rye Bread Fruited Jell-O	28 Veg. Lasagna Toss Salad Pears Garlic Bread Sherbet	29 Chicken Cacciatore Brown Rice Italian Vegetables Italian Bread Mixed Fruit Cup

Gift Certificates Available

Take a senior to lunch by purchasing gift certificates for them to redeem at any Dane County Senior Dining Site. The cost is \$3/each for senior adult diners (age 60+) or \$6.10/each for those diners under the age of 60.

Call 243-5252 for more information.
Great gifts for any occasion!



Support Senior Dining

Dane County's Senior Dining Program relies on contributions. The cost to provide each meal is over \$6.00.

Customers age 60 or older are not charged for meals — but are encouraged to donate to help pay for the cost of the meal.

Please give what you can afford to support the good food and good people at Dane County's Senior Dining Program.

NESCO offers a senior dining site for people age 60+. The meals are prepared off site by Gaylord Catering and brought to WPCRC to be served at 11:30 am weekdays. It is a well balanced meal and especially appealing for seniors who don't enjoy cooking, or eating alone. Typically seniors who live alone eat meals which tend to those of convenience—cereal, soup, sandwiches, etc.—rather than balanced with fruits, vegetables, food rich in antioxidants, fiber, and omega-3. New comers are always welcomed. Call 243-5252 by noon the day prior to make a reservation.

Door to Door Bus Service

is available Monday–Friday. Bus reservations can be made when you make your luncheon reservation. Donation: 50¢ each way or what you can afford.

April Senior Programs @ WPCRC

Mondays with Noreen	Tuesdays with Provie	Wednesdays with Kathy	Thursdays with Margaret	Fridays with Jim
Senior Dining Site Manager Noreen Maass is our host on Mondays	Senior Dining Site Manager Provie Brenz is our host on Tuesdays	Senior Dining Site Manager Kathy Esser is our host on Wednesdays	Senior Dining Site Manager Margaret Miller is our host on Thursdays	Programs Director Jim Krueger's in charge on Fridays!
				1 10:30 Bilingual 5¢ Bingo Surprise Caller
4 9:30 Euchre 10:30 Kings Corners h	5 9:30 Book Club 10:30 Current Events	6 10:00 Wii Bowling 10:30 Senior Yogacize	7 10:00 Sewing Circle 10:00 Fibber McGee & Molly Radio Program	8 10:00 Foot Care Clinic 10:30 5¢ Bingo Caller: Brian Robinson (Belmont Nursing Home & Rehab Ctr)
11 9:30 Euchre 10:00 Tea Tasting Anthony Verbrick, Macha Tea House	12 10:30 5¢ Bingo Caller: Drew Simonsen (NESCO Staff)	13 10:30 Volunteer Recognition Lunch 12:30 Bridge 1:00 Card-Making Club <i>Note: No Senior Yogacize Today</i>	14 10:00 Sewing Circle 10:30 Famous People: Pres. Grover Cleveland	15 10:30 5¢ Bingo Caller: Jason Lunder, (NESCO Intern)
18 9:30 Euchre 10:30 Kings Corners	19 10:30 Earth Day Program Noon Blood Pressure Clinic Noon Movie: Call It Murder	20 10:30 Exercise Video 1:00 Sheepshead	21 10:00 Egg Hunt 10:15 Low Vision Group 10:30 Wii Bowling	22 10:30 5¢ Bingo Caller: Don Klemstine (NESCO Volunteer)
25 9:30 Men's Group 9:30 Euchre 10:30 Kings Corners	26 10:00 More Fibber McGee & Molly Radio Program	27 10:30 Senior Yogacize 11:00 Nutrition Education 12:30 Bridge	28 10:30 Walk Warner Park (meet outside the NESCO office)	29 10:30 5¢ Bingo Caller: Paul Van Rooy (NESCO Volunteer)

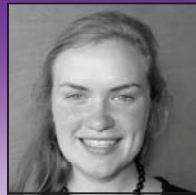
Case Management Services



Courtney Doescher-Hino, MS
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chino@nescoinc.org
243-5252 Ext. 211



Amy Elske, CAPSW
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aelske@nescoinc.org
243-5252 Ext. 208



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Laura Sherrington, BS
Case Manager
lsherrington@nescoinc.org
243-5252 Ext. 216

Exercising To Stay Healthy

Exercising is a good way to stay healthy. Most people know that it strengthens the muscles, but did you know that it also increases bone mass? It also strengthens and enlarges the ligaments, which are the connective tissue that connects bones to other bones, and strengthens and enlarges the tendons, which are the connective tissue that connects bone to muscle. As an added benefit, it helps increase our bodies' cardio capacity. Cardio capacity is the ability of the heart and lungs to keep the body oxygenated. So now you might be saying to yourself, "exercise sounds good, but what can I do to get started?" Well, the first thing you should do is check with your doctor to see if you are healthy enough for exercise. After that, all you have to do is sit in your chair and do the exercises that I am about to share with you. That is the great thing about this workout program, it is designed for people to do while sitting down. It includes upper body and lower body exercises. In the first exercise, lift your hands up so they are next to your ears. Then press your hands over head so your arms are straight. After that, bring your hands back to your ears. Then press them over head again. Repeat this until you have done it ten times. For the next exercise, bend your arms so they are at a 90 degree angle at the elbows. The upper part of your arms should be in line with your torso. Slowly lift your elbows until your arms are perpendicular to your torso, all the time keeping your elbows at the 90 degree angle. Slowly lower your arms and repeat. Do this until you have raised and lowered your arms 10 times. In the next exercise, hold your arms at your sides with your palms facing forward. Slowly bend your elbows until your palms are close to your shoulders. Then slowly straighten your elbows until your hands are resting at your side again. Repeat this until you have done it 10 times. Now it is time for the legs. For the first one, lift your right knee up so your foot is no longer resting on the floor. Then set the foot gently down so it is back on the floor. Then do the same movement with your

Walk-in Office Hours

Case managers are available to assist you with any question you may have at the locations below:

Where?	When?
Northshore Estates	1st Tues. of each month 5 April, 2:30-3:30pm
Sherman Glen	1st Monday 4 April, 2-3pm
Tenney Park	Twice per year TBD

left leg. Do this exercise 10 times with each leg. For the next exercise, lift your right leg up so your foot is just barely off the floor. Then extend your knee until your leg is fully straight. Do this 10 times. After that, do the same thing with your left leg. Do this 10 times, too. Next up is the final exercise. For this one, put your feet flat on the floor. Then slowly lift the front of your feet up so all that is touching the floor are your heels. Let your body feel the stretch and then put your feet back flat on the floor. Then lift the back of your feet up so all that is touching the floor are your toes. Once again, let your body feel the stretch and then set your foot back on the floor. After this, repeat by lifting the front of the feet up again, setting them down, and then lifting up the back of the feet again, and setting them down. Do this 10 times. Now you are done. You did very well. Do these exercises 3 times a week. Before I go, I would just like to mention once again that you should consult your doctor before starting this program. It is very important to know if you are healthy enough for exercise.

Cultural Diversity Senior Programs

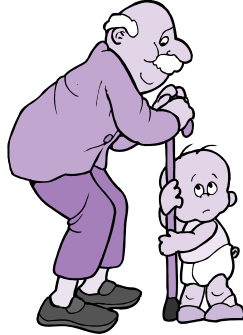
African American Program



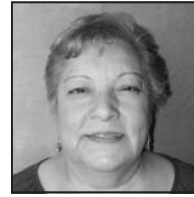
Pam Bracey
Cultural Diversity
Program Specialist
pbracey@nescoinc.org
243-5252 Ext. 205

Discussion Group
Wednesday, 13 April, 2-4 pm
Quaker House/Dining Area
(2025 Taft St)

Ethel Dunn from the Grandparents Raising Grandchildren program will be visiting to talk more about the program.



Latino Program



Yolanda Salazar
Cultural Diversity
Program Specialist
ysalazar@nescoinc.org
243-5252 Ext. 203

Bilingual 5¢ Bingo
Friday, 1 April, 10:30 am

@ Warner Park Community Recreation Center

Come and try your luck at bingo and enjoy the cash prizes! It's a fun time—and then stay for lunch. Limited transportation available. *Offered in Spanish & English.*

Computer Class

Friday, 1 April, 12:15 pm

@ Vera Court Community Center

Limited transportation available. *Offered in Spanish only.*

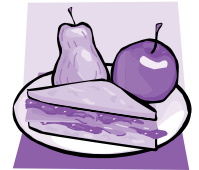
Lunch & Computer Class

Friday, 8 April, 10:30 am-1:30 pm

@ Vera Court Community Center

Limited transportation available.

Offered in Spanish only.



Diabetes Support Group

Thursday, 28 April, 2-4 pm

Romnes Apartments (540 W. Olin Ave)

Diabetes Wellness, "What's Working for You," workshop and roundtable discussion.

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Monthly Discussion Group

Wednesday, 13 April, 5:30-8:30 pm

Madison Senior Center

(330 W. Mifflin St)

Topic: Cervical Cancer

Limited transportation

available.

Offered in Spanish only.



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Intergenerational Events



Katie Kluesner, BA
 Programs Manager
 kkluesner@nescoinc.org
 243-5252 Ext. 204

Senior Prom: Masquerade Ball

Thursday, 12 May, 6:30–8:30 pm

@ Black Hawk Middle School (1402 Wyoming Way)

The date has been set for the 5th Annual Senior Prom. This FREE event is sponsored by Black Hawk Middle School's Spirit Club, Madison East High School's ENJOY Club, and NESCO.

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Volunteer Opportunities

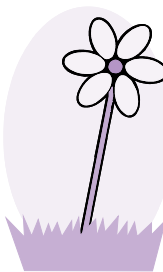
Brat Fest Volunteers Needed

There are many shifts available for this fun, community-based event will be held over Memorial Day weekend (27-30 May) rain or shine on Willow Island (next to the Alliant Energy Center). You can help us raise money for the NESCO by volunteering to help out at the event. Each volunteer will get a free brat and a t-shirt. Sign-ups have started!! Contact Katie ASAP.

Summer Concert Volunteers Needed

Volunteers are needed to greet patrons and help at the concessions stand during our Annual Summer Concert series on Monday's in June and July at 6-7:30pm. For more information, contact Jim Krueger.

Groups Available for Spring Cleaning



After winter comes spring, and that means spring cleaning. We have a couple of wonderful volunteer groups who are able to help along with individual volunteers. If you are a senior in need of assistance or if you'd like to help, contact Katie.



"They were wonderful."

We hear kind words consistently. We're proud that people feel comfortable enough with us to openly tell us how much they appreciate what we did for them. In fact, it's this appreciation that drives us to offer the very best in comfort, compassion and service.



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 Stoughton • Oregon • Cross Plains

Volunteer Spotlight

As a token of our appreciation for our outstanding volunteers, we host a spotlight each month to share their contributions with you. This month, we're highlighting The Vera Court Neighborhood Center and Latino Family Resource Center Coordinator Baltazar De Anda-Santana.

The Vera Court Neighborhood Center and NESCO have been in partnership to offer English computer classes for a number of years. Beginning last year Vera Court and Latino Family Resource Center Coordinator Baltazar De Anda-Santana began offering computer classes in Spanish for NESCO seniors from our Latino Cultural Diversity Program.

The computer class, in Spanish only, currently meets twice a month at Vera Court Neighborhood Center. Some of the skills the seniors have learned so far are: basic computer knowledge that includes computer hardware, desktop and internet navigation, email set-up, and how to send and receive email. Lunch is served to senior participants the second class of each month. These classes have been a great success within the Latino community. Seniors from the NESCO Latino Cultural Diversity Program are always willing to learn new technology, this is the spirit of their community. These seniors benefit by acquiring basic computer skills and are they are able to communicate with their loved ones using email.

Baltazar enjoys teaching the class. He likes to see the seniors enter through the door with a big smile. "It is a great gift to our community center to have seniors who are ready to learn and are not afraid of technology." He said. We also want to thank Jose Reyes, the other Latino computer instructor, for the great job he performs.

Vera Court Neighborhood Center recognizes the importance of continuing offering programs for the seniors who reside in our community. "We are always ready to either implement new programs or to work with other agencies to host services for the seniors at this community center. We are very grateful with the partnership we have with the North/Eastside Senior Coalition." Baltazar's coordinates other computer classes for Latinos at the Vera Court Neighborhood Center as part of his job with the Latino Academy of Workforce Development.

Any Spanish speaking seniors interested in joining the computer class at Vera Court Neighborhood Center, please contact Yolanda Salazar at 243-5252.

Thank you Baltazar and the Vera Court Neighborhood Center for all you do!! (more photos on page 23)

Come Visit Us

All Are Welcome

Easter for Families

April 16th

9 to 11:30 a.m.

Call to register 244-8077

No later than April 11

ST. PAUL LUTHERAN CHURCH

2126 N. Sherman Ave

3 yrs - 5th grade

All children must be accompanied by an adult

**Bring the grandkids to this
very special northside event.**

**Egg Hunt/Egg Decorating/
Easter Bingo
Crafts
Snacks**

Fundraiser for Kirk Daubenspeck

April 8th @ 4:00-5:30-7:00 p.m.

**St. Paul Lutheran Church/
Living in Community**

2126 N. Sherman Ave.

Steak-Fish-Chicken Dinner

Salads-Sides-Beverages

Free Will Offering

Take Outs Available

Please Call for Reservations

244-8077 (Leave Message)

Kirk Daubenspeck is a Madison resident. He was a captain on the UW hockey team as well as a second team All American goal tender. On Feb 17th, Kirk suffered a severe brain injury when his car collided with a semi in heavy fog near Dodgeville. He is recuperating from his injury at UW Hospital. In the meantime, the medical bills are piling up for him, as well as his wife Peggy who is expecting and their 18 month son, Axel.

**Thrivent Financial for Lutherans-
Central Dane County Chapter 30920 will
add to the funds raised on a
dollar for dollar basis up to \$5,000.**

2011 NESCO Trips



Note: There are NO payment refunds for NESCO sponsored day trips after the registration deadline has passed. Partial refunds may be granted for the extended trips. Be sure to inquire about this prior to making your reservation and paying your fee.

Mackinac Island (MI)

13-15 June

Day 1: Arrive at Harbour Pointe, Beachfront BBQ and Bonfire. Day 2: Mackinac Island Carriage Tour, tour Fort Mackinac, lunch at the Grand Hotel, time on your own, and back to Harbour Pointe. Casino for those interested.

Day 3: Return to Madison.

NESCO member: \$380 DBL, \$460 Single
Non-NESCO member: \$410 DBL, \$475 Single
Registration Deadline: 13 May

- Homecare provider for over 28 years
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Some income restrictions apply – rent is based on 30% of gross adjusted annual income.

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Czech It Out!

Kewaunee (WI)

Wednesday, 15 June

6:45 am-7:45 pm (approximately)

Learn how and where the Czech population settled in America. Explore their unique heritage, traditions and food. See spinning and weaving demonstrations. Visit historic St. Lawrence Church, a fourth generation meat market, and a local cheese store. Czech lunch will be served at a farmstead with entertainment from the WI Czech Choraliers. After lunch check out an Old-World Pastry Shop and a Wisconsin winery.

NESCO member: \$89 Non-NESCO member: \$103
Registration Deadline: 13 May

It's All in the Bag

Dodge County (WI)

Wednesday, 12 October

7:30 am-5:45 pm (approximately)

Stop for tours at Widmer's Cheese Cellars (cheese), and Leroy's Meats of Horicon (sausage). Enjoy lunch at Ginger's Hideaway. Tour Honey Acres (honey) and Berres Brothers Coffee (coffee). You will receive a bag as you board the bus and treats to put inside the bag at each stop.

NESCO Member: \$83 Non-NESCO Member: \$98
Registration Deadline: 9 September

Christmas on the Farm

Coloma, WI

Thursday, 8 December

10am-5:30pm (approximately)

Christmas on the Farm features many favorite Christmas songs as well as new surprises around every corner sure to put everyone in the holiday spirit. Start the afternoon off with a delicious, traditional Christmas dinner with all of the trimmings. Then sit back and enjoy the show You can do some last minute shopping in our gift shoppes and pick up the perfect gift for someone special. Register by 14 Oct and get a \$10 discount.

NESCO Members \$50 Non-NESCO Members \$65
Registration Deadline: 4 November

Caregiver Information

Caregiver Tax Breaks

By Anne Tergesen

Starting to fill out your tax returns? If you provide care for an older adult, you may be entitled to tax breaks. But to qualify, you have to pay a significant portion of the bills on the care recipient's behalf.

According to a report by the National Alliance for Caregiving and AARP, 43.5 million Americans look after someone age 50 or older, up 28% from 2004. On average, each caregiver spends about \$5,500 a year providing that care. Many of the available tax deductions may help defray some of those costs, says Graham Wehmler, president of Griswold Special Care, an Erdenheim, Pa., provider of at-home care.

Some people may be able to claim a care recipient as a dependent on their tax returns. With such an exemption, you can reduce your taxable income by \$3,650 for the 2010 tax year. To be eligible, you must provide more than half of a care recipient's financial support for the year. The care recipient must be either a relative (living with you or on their own) or a nonfamily member who has lived with you for the past year. The person must be a U.S. citizen or a legal resident of the U.S., Canada or Mexico. Moreover, the person's gross income for the year, excluding Social Security benefits, must be less than \$3,650, and he or she can't have filed a joint tax return. If the care recipient shares your home, you can include in your calculation of financial support that person's share of your "mortgage, utilities and other housing-related expenses," says Mr. Wehmler.

If several people in your family together provide more than 50% of the financial support for a care recipient -but no single person meets the test -one of you may still be able to take this deduction. In such a situation, a family that files a "multiple support declaration" on Internal Revenue Service Form 2120 can designate one person to claim the dependent exemption each year. That individual must cover at least 10% of the care recipient's annual expenses.

Caregivers who work and either claim a care recipient as a dependent or were prevented from doing so by the \$3,650 income requirement also may be eligible for a dependent-care credit of as much as \$1,050, says Melissa Labant, an attorney at the American Institute of Certified Public Accountants. Among the requirements listed on IRS Form 2441: The care recipient must be unable to "physically or mentally...care for himself or herself."

If you are paying for some or all of a care recipient's medical or dental expenses, you may be eligible for yet another tax break: If you itemize your deductions, you get to subtract from your taxable income medical expenses that exceed 7.5% of your adjusted gross income.

Someone with adjusted gross income of \$50,000, for example, can claim a deduction for expenses above \$3,750 that aren't covered by insurance. Qualifying expenses include insurance premiums and out-of-pocket costs for doctors and hospitals, and medical equipment. (Under some circumstances, nursing-home bills also qualify.)

To be eligible, you must provide at least half of a care recipient's financial support, says Ms. Labant. Single caregivers may also be able to change their filing status to "head of household." This way, more of their income will be taxed at a lower rate, and their standard-deduction amount will rise to \$8,400, from \$5,700, among other benefits.

Powerful Tools for Caregivers

Tuesday, 12 April - 17 May, 5:30-8 pm

Madison Police Dept. - 809 S. Thompson Dr.

Powerful Tools for Caregivers is an educational series for family caregivers. The series will provide you with the tools needed to take care of yourself while caring for the needs of someone you love. This program will help family caregivers: reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase your ability to make tough decisions and locate helpful resources. Classes consist of six, two-and-a-half hour sessions held once a week. Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action for your life. Respite and transportation are available.

Cost: \$10, which includes *The Caregiver Handbook*.

To register: Call Amy Rockhill (608) 828-4812

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President



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Mark Your Calendars

Across America By Bicycle

Tuesday, 3 May, 10:30 am @ WPCRC

Local author, and senior, Alice Honeywell will share Stories from her book.

Senior Prom: Masquerade Ball

Thursday, 12 May, 6:30–8:30 pm

@ Black Hawk Middle School (1402 Wyoming Way)

Free—Limited transportation provided

Multicultural Senior Health Fair

Friday, 20 May, 9 am-noon @ WPCRC

Free—Limited transportation provided

Live Music: DeWayne Keyes

Tuesday, 24 May, 11:30 am @ WPCRC

DeWayne Keyes, *The Harmonica Man*, is a long time harmonica performer in Madison who plays a lot of songs you will recognize and sing along to as he performs.

Intergenerational Picnic

Tuesday, 31 May, 11:30 am @ WPCRC

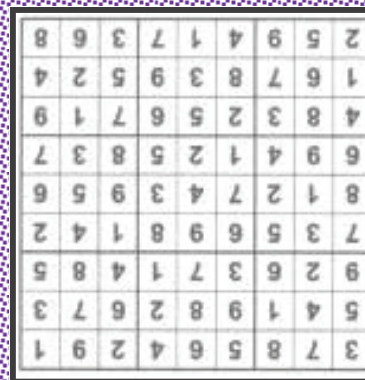
The kids from Lakeview Elementary school will sing for us and join us for lunch.

Euchre Tournament—WI Senior Games

Friday, 10 June, 1– 3:30 pm @ WPCRC

For players at all levels of experience. A small fee is required to play. Must pre-register. You can register starting on 15 April at www.wiseniorgames.org or via mail-in. Registration packets available at NESCO on 15 April.

Answers Page (from page 19)



An anchor
A walk
A stick
A dictionary
Your reflection
A sidewalk

responsibleenergy



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better idea.

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GS1325 10/06/2010

Patron Club (\$100+)

Bowman, John
Durkin, Pat
Facklam, Dave & Joyce
Forseth, Marian
Fraser, Marie
Froland, Virginia
Gaska, John
Harrison, AB & Gwen
Kaud, Gerda & Faisal
Kinney, Teri
Klemstine, Donald
Luttrell, Lesleigh
Martin, Anita
Murray, Virginia Mae
Perkins, Lena
Peterson, Dan & Carol
Rentmeesters, Margaret
Ringhand, Glorene
Sherry, Toby & Peg
Siebers, Michael & Paulette
Van Rooy, Paul & Gloria
Vissers, Lori
Wagenknecht, Jean & Jerry
Watts, Betty & Jack
Wheeler, Dorothy

Golden Club (\$50-\$99)

Anderson, Carolyn
Arnold, Barbara & Stephen
Beermann, Maren
Belisle, Verlyn & Lois
Borchardt, Dick & Dorothy
Bower, Don
Campbell, Nelle
Coyle, Josette & Donald
Cramer, Beverly
Felton, Marvin & Monnie
Fenske, Lyle & Kathleen
Fraser, Barbara

Golden Club cont.

Granquist, JoAnne
Hamm, Trish
Hurst, John & Marlene
Jackson, Terrance & Rose Mary
Jallings, Linda
Johnson, Howard
Kerr, Tom
Kidd, Sarah
Koppa, Judith
Kramer, Justin & Jean
Kuller, Robert
Kupinsel, Bertram
Kusuda, Paul & Atsuko
Lampe, Bernice
Lee, Vera
Maresh, Mike
Marten, Doris
McCowin, Michael & June
Meyer, Mary
Nicka, John & Betty
Noel, Andrew
Palmer-Smalley, Constance
Payton Gross, Valice
Peik, Richard & Carol
Radovan, Joseph & Joyce
Richmond, Audrey
Roesler, Pam & Jerry
Rusk, Paul
Schlenker, Carolina
Slotten, Richard
Somerfeld, Warren & Janice
Sorenson, Rosemary
Stamstad, Mary
Stoelting, Anne
Swenson, Shirley
Valentine, Bette & Richard
Wild, Nancy
Willis, Constance
Wilson, Gerald & Mildred
Wilson, Shirley
Wolf, Michael
Yelk, Cy & Dora
Younger, Jean

Household Club (\$25-\$49)

Addamo-Reinke, Jane
Aiello, Tracy
Akamatsu, Robert
Allen, Dorothy
Anderson, Dorothy
Baker, Judith & Clement
Barreau, Karin
Bartelt, James & Mary Anne
Belz, Anita
Berdal, Ray & Joyce
Beyer, Donald
Born, Priscilla
Boyle, Marilyn & Tom
Bremigan, Charles & Carol
Brenz, Pat
Brenz, Provie
Brickson, Marilyn
Bronson, Menzo & Anita
Brunsell, Arlene
Calhoun, Diane
Callaway, Frank & Lee
Coon, Robert & Mara
Cutrell, Marvin & Mary
D'Costa, Ray & Marie
Dibbert, Roland & Norma
Dodge, Alice
Doherty, Tom & Alice
Dorman, Roy
Dorscheid, Betty
Duranso, Therese & James
Easley, Essie Lee
Esser, Kathy & Jim
Finger, Ken & Shirley
Fisher, Bob & Martha
Foye, Nancy
Fuller, Fred & Delores
Fuszard, Richard & Mona
Gaydos, Don & Mary
Gibson, Royal & Joan
Gilbert, Robert & Jenifer
Gostomski, Donald & Virginia
Goth, Merlin & Angie
Griesbach, Ray & Sharon
Gritzmacher, Donald & Pat
Hall, Gertrude
Harris, Sue
Herrin, Katherine
Hill, Mary
Hitzke, Ken
Hoffman, Susan

Donor Honor Roll (con't)

Household Club cont.

Howe, Larry & Marlene
 Huibregtse, Donald & Laurel
 Imhoff, Emy
 Jackson, Jan & Rita
 Jacobsen, Jean
 Jaloviar, Albert & Judy
 Jamieson, David & Jean
 Johnson, Borghild Alice
 Jones, Fred & Helen
 Kail, Bob & Fayth
 Karls, Mary & Thomas
 Kennedy, Patrick & Maureen
 Keup, Albert
 Klaas, Dick & Ardi
 Klein, Mary
 Klein, Philip & Joanne
 Knupp, Jeff
 Kox, Doris
 Langner, Charlotte & Ted
 Larson, Charlie
 Lehnertz, Myrtle
 Lokken, Otis & Thelma
 Lukes, Donald & Shelby
 Luther, John & Joan
 Maass, Noreen & Ed
 Mattie, Raymond & Judy
 McDonald, Edgar & Patricia
 Metz, Donald & Mary
 Meyers, Nicholas & Susan
 Miller, Donna & William
 Miller, Helen
 Mistlebauer, Robert & Avery
 Moeller, Maria
 Morin, Dornis
 Mulhern, John & Betty
 Mullen, Douglas & Shirley
 Munro, Thomas & Elizabeth
 Navarre, Helen
 Nelson, Liz
 Nelson, Martha
 Nelson, Kay & Walton
 Nervig, Rolf
 Neumann, George & Mary
 Neupert, John & Cherie
 Nichols, Victor & June
 Ninedorf, Stan & Beverly
 O'Neill, Sharon
 Parfrey, Byron & Ruth
 Paulson, Mary & Gerald
 Payne, Dick & Virginia

Household Club cont.

Pekowsky, Robert & Joan
 Perry, Lloyd & Donna
 Peterson, Dorothy
 Raley, Cairl
 Raulin, Rick & Lori
 Reese, Carol
 Rhodes, Dorothy
 Ristey, Joan
 Robertson, Lynne & James
 Rowe, William
 Sabean, Charles & Gail
 Savonne, Carl & Annaliese
 Schrotz, Evelyn
 Schumacher, Ken & Regina
 Schwarze, Eunice
 Schweiger, Robert & Virginia
 Severson, Richard & Pamela
 Smith, Donna
 Smith, Etta Mae
 Smith, Patricia
 Sommerfeldt, Bob
 Spicer, Augie
 Strmiska, Robert & Carol
 Strubel, Jean
 Stull, Lillian
 Stumpf, Mary
 Theo, Michael & Gisela
 Turkow, Barbara
 Valerio, George
 Vande Zande, Bruce & Lori
 Virnig, John & Sandra
 Ware, LeAnna
 Weber, Laurence & Alison
 Webster, Rick
 Willborn, Catherine
 Wilson, Judith
 Wirtz, Pat
 Young, Phyllis
 Zimmerman, George

Reg. Membership (\$1-\$24)

Adler, Barbara
 Albrecht, Barbara
 Aldrich, James & Debby
 Alfred, Mark
 Allen Kathryn & James
 Alt, Lucille
 Alt, Mary
 Ambrosavage, Charles & Ethel
 Antonie, Donna

Reg. Membership (\$1-\$24)

Arntz, Barbara
 Baltas, Dorothy
 Barnett, Sharon
 Baumann, Margaret
 Benter, Elvira
 Bethke, Eldor & Delores
 Bilkey, Beverly
 Bobeck, Bette
 Boettcher, Charles
 Boisen, Alice
 Brown, Donna
 Bryant, Dolores
 Burgette, Donna
 Buske, Jessica
 Canfield, Edna
 Canty, Janet
 Cerutti, Betsy & Roger
 Christensen, Kathryn
 Clark, Marilyn
 Colby, Diane
 Connors, Agnes
 Cook, Doris
 Crowell, Margaret
 Davis, Kathy
 Deese, Florence
 Deneen, Janice
 Derer, Genevieve
 Dibbert, Lori & Don
 Dineen, Diana
 Dorscheid, Gerry & Margaret
 Droster, Delores
 Eberhardt, Myrtle
 Enger, Jeannette
 Esmoil, James
 Eul, Deloris
 Everett, Mona
 Falck, Herbert & Jeanette
 Farris, Wanda
 Fenne, Bev
 Ferge, Roberta
 Fiscus, Regina
 Flynn, Joyce
 Gardner, Lucile
 Gernetzke, Doris
 Gerth, Henry & Janie
 Gilbert, Pat
 Gillis, Sandra
 Gladem, Joe & Delores
 Grace, Donna
 Griffin, Dawn
 Griffin, Lawrence
 Haidinger, Shirley
 Hall, Patricia
 Hammer, Ronald
 Hanson, Alice & Odin
 Hanson, Lori

Reg. Membership cont.

Hardy, Eileen
 Hardy, Irene
 Harper, Sylvia
 Harring, Reta
 Harvey, Emma
 Haynes, Ivan
 Henning, Joan
 Hicklin, Fannie
 Highman, Allen
 Hindhede, Lois
 Hirsch, Evelyn
 Hobbins, Marianne
 Hoffman, Inda
 Holland, Shirley
 Hornung, Esther
 Horsley, Rosalynn
 Hummel, Floyd
 Huxtable, Terry & Marilyn
 Ingles, Alvin
 Isham, Monique
 Jandl, Lynette
 Janowski, Edwin
 Jerred, Helen
 Jewell, Richard
 Johnson, Betty
 Johnson, Corrine
 Johnson, Joanne
 Jungbluth, Arlene
 Kahl, Myrna
 Kamp, Kenneth & Lynn
 Kelly, Joan
 Kelso, Lester & Betty
 Klongland, Bev
 Klotz, Barbara
 Kohn, Beatrice
 Kretschmar, Esther
 Langer, Gayle
 Laper, Carol Ann
 Lauridsen, Vicki
 Leidner, Milton
 Lornson, Richard
 Mahler, Ruth
 Malone, Barbara
 McGuire, Donald
 McMahan, Francis & Rosemarie
 McQuade, Barbara
 Mercier, Ellie
 Merkt, Nancy
 Meyer, Delores
 Michalski, Mary
 Miller, Margaret
 Miller, Sharla
 Moe, Arnold & Ramona
 Moehlman, Elaine
 Mooney, Frank
 Morrison, Sue

Reg. Membership cont.

Motzko, Juliana
 Narveson, Joyce
 Neustadter, Doris
 Nicholson, Mary
 Norris, Arlene
 O'Brien, Marcelline
 Olson, Donald & Betty
 O'Malley, Caroline
 Owens, Mae
 Palmer, Janice
 Patten, Vivian
 Peters, Reginald & Eloyse
 Pike, Mary
 Pollock, Mary Diane
 Post, Berniece
 Prosis, Tom
 Purcell, Angeline
 Ramsey, Lucille
 Rank, William
 Rastas, Jane
 Raymer, Glenn
 Reamer, Patricia
 Reilly, Irene
 Richards, Donovan & Edna
 Rickli, Arlene
 Riemenschneider, Adeline
 Rimkus, Michael & Mary Jo
 Rinelli, Paula
 Robinson, Nancy
 Rodriguez, Minnie
 Rondon, Lorraine
 Rose, Jane
 Ross, Margery
 Rubin, Mary Gayle
 Schenk, Martha
 Schermerhorn, Mary
 Schmidt, Sandy
 Schneck, Margaret
 Schroeder, Margarete
 Schultz, Ronald & Nancy
 Sebastian, Rita
 Sletten, Phyllis
 Starr, Dorothy
 Strand, Robert
 Tadder, Jim
 Talle, Ruby
 Taylor, Arlene
 Taylor, Donna
 Tenney, Jerry & Hazel
 Terranova, Joesphine
 Tesch, Nanette
 Thaldorf, Gloria
 Tierney, Phyllis
 Torti, Geri
 Turner, Diane
 Utzig, Nancy

Reg. Membership cont.

Velasquez, Sonia
 Volkman, Lorraine
 Walder, Diane
 Walker, JoAnn
 Walkowski, Jerome
 Warren, Frances & Herbert
 Watts, Sarah & Richard
 Williams, Joyce
 Wilson, Jeanette
 Wise Jr., Thomas
 Yngsdahl, Carole
 Zandoni, Barbara
 Ziegler, Grace
 Zifka, Nancy

In Memory of...

Toshi Akamatsu Robert Akamatsu
Donald Behl Diane Calhoun
Lorraine Beyer Donald Beyer
Eleanor Borchardt
 Dorothy & Dick Borchardt
Russell Enger Jeannette Enger
Cliff Fenne Anita Belz
Karl Hillman, Jr. Anonymous
Lorraine Hoffman Virginia Froland
Alan Krueger Anonymous
Theresa Lagler
 Betty & John Nicka
Brian Littel
 Trish Hamm & Tom Kerr
Sidney Mannering
 Paul & Atsuko Kusuda
Jeanette Moran Joyce Flynn
Esther Nyberg Fayth & Bob Kail
Jason Rogers
 John & Cherie Neupert
Robert Rusk Paul Rusk
Dave Schreiner Lesleigh Luttrell
Robert Schrotz Evelyn Schrotz
Dorothy Shinstine Kathy Davis
Tom Stamstad Mary Stamstad
Mickey Walder Diane Walder
Robert Warner, Jr. Anonymous
Betty Warren Etta Mae Smith
Vera & Roy Wild Nancy Wild

In Tribute to...

Pearl Alfred Mark Alfred
Ida Ellis Birthday Anonymous

What Am I?

I am something hard and the number of legs
I have changes every day.

I am always in the water, but I never get wet.

I'm really thick, but know lots of words.

What do you call a boomerang
that doesn't work?

What do you call a wingless fly?

When you need me, you throw me away.
But when you are done with me,
you bring me back.

Sudoku

3	7			6	2		
				8	6		
9				1	4	8	
	3	5		9			2
			7	3			
6				2	8	3	
	8	3	2				9
		7		3			
		9		1		6	8



244-0044

Drs. Brent McNabb, Ross Royster,
 Dan Soderholm, Justin Rodriguez
 2205 North Sherman Avenue, Madison, WI 53704

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

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(See page 3.)

*Have you remembered
NESCO in your will?*

Important Numbers

AARP	(866) 448-3611
AgeAdvantage Older Workers	242-4914
Area Agency on Aging (Dane County)	261-9930
Care Wisconsin	240-0020
Centro Hispano	255-3018
Coalition of Wis Aging Groups	224-0606
Dane County SOS Sr Council	256-7626
Dane Cty Veteran's Service Office	266-4158
Domestic Abuse Intervention Serv.	251-4445
East Madison/Monona Coalition	223-3100
Elder Abuse & Neglect Helpline	261-9933
Home Health United/VNS	242-1516
HospiceCare, Inc.	276-4660
Independent Living	274-7900
Madison Public Health	266-4821
Madison School & Community Rec	204-3000
Madison Senior Center	266-6581
Metro Paratransit Reservations	266-4466
Meals on Wheels (lunch)	276-7598
Meals on Wheels (evening)	204-0923
Natl. Alliance for the Mentally Ill	249-7188
Project Home	246-3737
RSVP Driver Escort Program	238-7787
SAIL/Sense of Security (SOS)	230-4321
Senior Hotline to Help	266-9007
St. Mary's Golden Care	258-5995
Social Security Admin	(866) 770-2262
Services to Elderly Persons (STEP)	242-7400
South Madison Coalition of the Elderly	251-8405
Tenant Resource Center	257-0006
United Way 2-1-1	211
Warner Park Comm. Rec. Center	245-3690
West Madison Senior Coalition	238-7368

Wish List

Volunteers

Help with chores in the homes of seniors.

Brat Fest Volunteers!

Supplies

Personal Care Items (shampoo, soap, deodorant, shaving cream, razors, lotion, toothpaste, etc.)

Binoculars (for nature walks)

White Copy Paper

Card Stock Paper

Large Trash Bags

Gift Certificates to Grocery Stores

For a more extensive Wish List,
contact 243-5252 or info@nescoinc.org.

Latino Computer Class

