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Help ...pg 10



► New Respite Program
...pg 15

Vol. XXXVI . No 3 March 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)

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

Over 35 years
Enhancing
the lives of Seniors

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Caregiver Program Cut

The North/Eastside Senior Coalition was recently notified of a \$19,500 funding cut affecting our Caregiver Program—which also impacts our Case Management Program as it is our case managers who staff the Caregiver Program. This means the following NESCO programs will not be offered after March:



- Caregiver Support Group—held at Bashford United Methodist Church & offered the 1st Thursday evening each month
- Latino Grandparents Raising Grandchildren—held at Madison Senior Center & offered the 4th Wednesday evening each month
- *I'm a Caregiver... now what?* (English) Workshop Series—held at United Way & offered in the spring and fall each year
- *I'm a Caregiver... now what?* (Spanish) Workshop Series—held at Madison Senior Center & offered in the spring and fall each year

The NESCO Board and staff will work hard to aggressively solicit new funding opportunities (i.e., grants, sponsors, fundraisers) to restore this vital program. Meanwhile, we will provide information of community caregiver resources in *The Golden Times* each month.

For more information, please contact NESCO's Executive Director Cheryl Batterman (243-5252 or cbatterman@nescoinc.org).



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.

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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

President

Mary Hill

Vice President

Jan Somerfeld

Secretary

Lesleigh Luttrell

Treasurer

John Bowman

Diane Walder

Teri Kinney

Charles Warner

Carol Peterson

Rick Webster

Walter Sego

Rosemary Bass, *Emeritus*

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
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Jim Krueger, Programs Director
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Jason Lunder, Case Manager/Student Intern
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Liz Mensing, Bilingual Case Manager
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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
 \$50 Business Membership
 \$100 Patron Membership

\$25 Household Membership
 \$50 Golden Club Membership
 \$ _____ Other

Special donation of \$ _____

for: (check all that apply)

- Newsletter
- Case Management
- Home Chore Programs
- Endowment Fund

- Cultural Diversity Programs
- ENJOY (intergenerational) Programs
- Social & Educational Programs
- 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.

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, 1 March, 10 am

Come join us as we discuss *Confessions of a Memory Eater*, by Pagan Kennedy or pick up our read for April, *The Lace Reader* by Brunonia Barry, as a self-confessed unreliable narrator relates this mystery set in modern day Salem, MA. (*The books are available at NESCO.*)

Card-Making Club

Wednesday, 9 March, 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, 17 March, 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 lherrington@nescoinc.org).

Nutrition Ed: National Nutrition Month

Wednesday, 23 March, 11 am

UW-Extension's Joy Fletcher will have some great nutritional information for you as we celebrate National Nutrition Month.

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: Prostate Cancer

Monday, 28 March, 9:30 am

Jenny Hetzel, Pharmacist for UW Health-East Towne, will give a brief talk on medication management and answer any questions. Bring your medications, or a list of what you take (how much/how often) with you afterwards and she will discuss



them with you. You do not need to be a current member to attend. The group meets the fourth Monday of the month. Free coffee and treats!

March Programs @ WPCRC

Free Tax Help for Seniors (age 60+)

Tuesday, 1 March, 9:30–11:30 am

Tax assistance provided by Liberty Tax Services. There is a sliding scale fee for those whose adjusted gross income is over \$20,000 per year. Call 243-5252 for more information or to set up an appointment and find out what forms you need to bring.

Current Events Discussion

Tuesday, 1 March, 10:30 am

Matt Cibula from *Knowledge Unlimited Inc.* will lead 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. *Knowledge Unlimited* has developed a discussion program for senior adults. Come check it out. If there is enough interest, this could become an ongoing NESCO program.

Social Security & Medicare Update

Wednesday, 2 March, noon

Congress is looking to cut Social Security and Medicare. This could impact current and future retirees depending on what proposal cuts they approve. Billy Feitlinger from the *WI Alliance for Retired Americans* will update us on the latest news about what cuts are being considered.

Mardi Gras Bingo

Tuesday, 8 March, 10:30 am

Come dressed in beads and your Mardi Gras attire as we put a little spice up our Tuesday bingo. Prizes for the best and most creative Mardi Gras fashions.

What Do You Want?

Tuesday, 8 March, 1 pm

A group of seniors, young and old, will come together to discuss/brainstorm ideas for NESCO programs, classes, and activities for 2011-2012. Come join us and share your ideas or opinions.

Famous People: Grover Cleveland

Thursday, 10 March, 10:30 am

Join us in an informal discussion on Stephen Grover Cleveland the 22nd and 24th President of the United States.

Tea Tasting

Monday, 14 March, 10:30 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.

Staying Sharp DVD Program

Tuesday, 15 March, 10:30 am

Come watch the 30 minute *Staying Sharp DVD Program*. Learn ways to take control of your brain health and receive a free booklet on the subject from *Dana Alliance for Brain Initiatives*.

St. Patrick's Day: Live Music

Thursday, 17 March, 10:30 am

Enjoy live music from Sims of the band *Harmonious Wail*. He will play all of your Irish favorites on the fiddle. It promises to be a really fun time. Join us for an Irish feast of corn beef and cabbage afterwards.

Big Band Era Show

Tuesday, 22 March, 10:30 am



Al Anderson, a local trombonist and music historian will provide a performance-lecture-interactive musical show. Hear and learn about songs from the Big Band Era, including *In the Mood*, *Satin Doll*, and *Woodchopper's Ball*. There will also be a "Name That Tune" contest—with prizes.

Current & Ongoing Scams

Tuesday, 29 March, 10:30 am

David Solie, from the Department of Agriculture, Trade, and Consumer Protection, will cover basic scams that target seniors and current or "new" scams to be aware of in the Madison area. He will provide reminders of how to avoid becoming a victim of a scam and give tips about online safety when using your computer.

Movie: *How to Commit Marriage*

Tuesday, 29 March, noon–1:45 pm

Bob Hope and Jackie Gleason star in this very funny movie about a married couple, their daughter and her boyfriend's family. The movie and popcorn is FREE.

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!



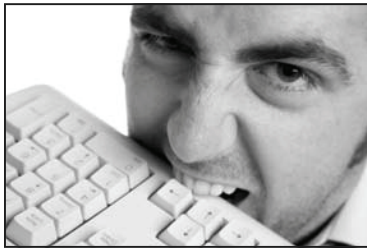
- 1 March** *Eastside Shopping Center*
(2nd Floor) 2705 E. Washington Ave
1:30-3:15 pm
- 8 March** *St. Paul Lutheran Church*
2126 N. Sherman Ave
1:00-2:45 pm
- 11 March** *Warner Park Community Rec. Center*
1625 Northport Drive
10:00-11:45 am
- 15 March** *Lakeview Lutheran Church*
4001 Mandrake Road
1:30-3:15 pm

Adult Computer Classes

9-10 am @ 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. *Prerequisites include the Totally Beginning Class or the equivalent.*



Internet Navigation Basics:

Learn how to find images on the Internet and print them, assess whether a site is secure before entering personal information and print all or some of a webpage. *Prerequisites for this class are the Introduction to the Internet class or basic knowledge of the Internet.*

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

Gay & Gray Discussion Group

Thursday, 3 & 17 March, 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.

MSCR Classes @ WPCRC

Drawing & Painting (Charcoal, Graphite, Pen & Pastels): Mondays, 21 March-23 May, 10 am-noon, Cost \$68

Quick Inexpensive Easy Cooking: Tuesday, 22 March, 5:30-8 pm, Cost \$26*

Pottery (Beginning Wheel):
Wednesdays, 23 March-11 May,
5:30-8:30 pm, Cost \$87* (no experience necessary)

Dance Exercise: Thursdays, 7
April-26 May 2011, 1-2 pm, Cost \$20*

**Scholarships are available
for seniors.*



Shopping Trips (call 294-8747)

Group Access Bus Service (\$1/way)


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

March 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 BBQ Chicken Mac N Cheese	2 Meatloaf Mashed Potatoes	3 Chicken Parmesan Pasta	4 BBQ Beef Coleslaw
7 Spaghetti Garlic Bread	8 Chicken Stir Fry Rice	9 Roast Beef Mashed Potatoes	10 Chicken Sandwiches	11 Baked Cod Baked Potatoes
14 Cheeseburgers Potato Salad	15 Tuna Melt Oven Fries	16 Chicken Cacciatori Rice	17 Beef Tacos Black Bean Salsa	18 Chicken Pita Sandwiches
21 Asian Flank Steak	22 Baked Chicken Mashed Potatoes	23 Lasagna Garlic Bread	24 Chicken Alfredo Pasta	25 Oven Fried Cod Baked Potatoes
28 Baked Ziti Garlic Bread	29 Chicken & Dumplings	30 Beef Stroganoff Pasta	31 Chicken Stew Rice	Funded by Dane County

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.

Greeting Cards For Sale

Personal Cards for Only 50¢

Cards Created by: NESCO's
Card-Making Club

*Cards for All Occasions:
Birthday, Holiday, Get Well
and More.*

Available at NESCO Front Desk



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

March Senior Dining Menu @ WPCRC

Serving 11:30 am, Monday–Friday

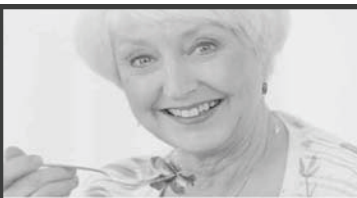
Call 243-5252 (Monday-Friday, 8-11:30 am) to reserve a meal for the following day.

Monday	Tuesday	Wednesday	Thursday	Friday
Funded by Dane County	1 Dijon Chicken Scalloped Potatoes Green Beans Wheat Bread Oatmeal Cookie	2 <i>Birthday Cake</i> Lasagna Italian Vegetables Garlic Bread Pineapple Juice	3 Poor man's Lobster Red Potatoes Peas Pumpkin Bread Banana	4 Turkey Tetrizzini Carrot Coin Salad Multi-Grain Bread Apple Pie
	7 Soup (Surprise!) Meatball Sandwich Vegetable Salad Spiced Pears	8 Roast Herb Chicken Brown Rice Pilaf G. Bean Casserole Multi-Grain Bread Cherry Pie	9 <i>Ash Wednesday</i> Breaded Fish Au Gratin Potatoes S&S Red Cabbage Rye Bread Fruited Jell-O	10 Pepper Steak Mashed Potatoes Garden Vegetables Peaches Bread Pudding
14 Chicken Cacciatore Brown Rice Italian Vegetables Italian Bread Mixed Fruit Cup	15 Beef Stew Biscuit Spinach Salad Frosted Cupcake	16 Pork Loin Boiled Red Potato Au Gratin Cabbage Marble Rye Bread Cinnamon Apple	17 <i>St Patrick's Day</i> Corned Beef Potatoes Cabbage/Carrots Rye Bread "Green Dessert"	18 Tuna Casserole Spinach Bran Muffin Baked Apple
21 Turkey A La King Lo Mein Noodles Oriental Vegetables Apricots Molasses Cookie	22 Chicken Breast Baked Potato Stewed Tomatoes Bread Banana	23 Slice Ham Sweet Potatoes Corn Potato Roll Pineapple Cake	24 Swedish Meatballs Mashed Potatoes Cucumber Salad Dinner Roll Apple	25 Stuffed Shells w/ Sauce Peas & Carrots Cheese Bread Cookie Bars
28 Smothered Chicken Brown Rice Pickled Beets Garlic & Cheese Biscuit Ambrosia	29 Pizza Casserole Tossed Salad Wheat Roll Pineapple Chunks Brownie	30 Cabbage Rolls Mashed Potatoes Carrots Dark Rye Bread Melon Cup	31 Swiss Steak Brown Rice Squash Bread Oatmeal Date Bar	

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.

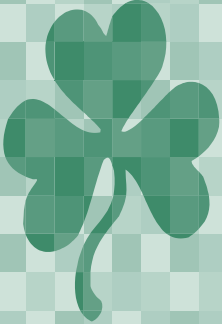

Please give what you can afford to support the good food and good people at Dane County's Senior Dining Program.

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.

March 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 9:30 Free Tax Help 10:00 Book Club 10:30 Current Events	2 10:30 Senior Yogacize Noon Social Security & Medicare Legislation Update	3 8:45 Potawatomi Casino Trip 10:00 Sewing Circle 10:00 Wii Bowling 7:00 Caregiver Group (@ Bashford Church)	4 10:30 Bilingual 5¢ Bingo Surprise Caller
	7 9:30 Euchre 10:30 Kings Corners	8 10:30 Mardi Gras 5¢ Bingo Caller: Drew Simonsen (NESCO Staff) 1:00 Activities Brainstorm	9 10:30 Senior Yogacize 10:00 Wii Bowling 12:30 Bridge 1:00 Card-Making Club	10 10:30 Famous People: Pres. Grover Cleveland 6 pm Hobby Night (@ St. Paul Lutheran Church)
14 9:30 Euchre 10:30 Tea Tasting 	15 10:30 Staying Sharp DVD Program Noon Blood Pressure Clinic	16 10:00 Wii Bowling 10:30 Kings Corners 10:30 Senior Yogacize 1:00 Sheepshead	17 10:00 Sewing Circle 10:15 Low Vision Group 10:30 St. Patrick's Celebration (Live Irish Music!)	18 10:30 5¢ Bingo Caller: Don Klemstine (NESCO Volunteer)
21 9:30 Euchre 10:30 Kings Corners	22 10:30 Big Band Era Show (Live Music!)	23 10:30 Exercise Video 11:00 Nutrition Education 12:30 Bridge	24 10:00 Wii Bowling 10:30 Kings Corner	25 10:30 5¢ Bingo Caller: Paul Van Rooy (NESCO Volunteer)
28 9:30 Men's Group 9:30 Euchre 10:30 Kings Corners	29 10:30 Scams Noon Movie: <i>How to Commit Marriage</i>	30 10:00 Wii Bowling 10:30 Senior Yogacize	31 10:30 A Mixed Bag of Trivia	

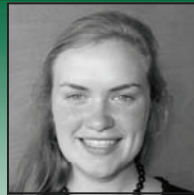
Case Management Services



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



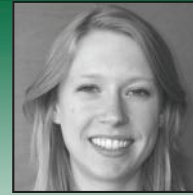
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Liz Mensing, BSW
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Laura Sherrington, BS
Case Manager
lsherrington@nescoinc.org
243-5252 Ext. 216

EXTRA HELP for Prescription Drugs!

Struggling to afford your prescription drugs? Social Security offers “Extra Help” also known as the Low-Income Subsidy to people with Medicare Part D. Persons who qualify for the Low-Income Subsidy do not pay premiums or deductibles for their Medicare Part D plan, and pay no more than \$2.50 for generic drugs and no more than \$6.30 for brand name drugs. In order to qualify, a single person must have a yearly income of less than \$16,245 (\$1,352.75/ month) and \$21,855 for a married couple. A single person can have \$12,510 in resources and a married couple can have \$25,010. You may already be receiving the Low-Income Subsidy if you have Medicaid, if you receive Supplemental Security Income (SSI) or if are on a Medicare Savings Program. You can apply online at www.ssa.gov or call Social Security at 1-800-772-1213 to apply by phone or get a paper application.

Struggling to afford your Medicare Part A and Part B premiums? A Medicare Savings Program may assist you by paying some or all of your Medicare Part A and Part B deductibles, premiums and co-insurance.

Check out the table at right to see if you qualify for a Medicare Savings Program:

Medicare Savings Program	Individual Monthly Income Limit	Married Couple Monthly Income Limit	Programs Help Pay For:
Qualified Medicare Beneficiary	\$923	\$1,235	Part A & B premiums, deductibles & co-insurance
Specified Low-Income Medicare Beneficiary	\$1,103	\$1,477	Part B premiums only
Qualified Individual	\$1,239	\$1,660	Part B premiums only
Qualified Disabled and Working Individuals	\$3,695	\$4,942	Part A premiums only

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 1 March, 2:30-3:30pm
Sherman Glen	1st Monday 7 March, 2-3pm
Tenney Park	Twice per year TBD



Home Health United's Gifts “Fill in the Gap” for NESCO’s Case Management Clients!



Starting in January, Home Health United is donating \$100 worth of gifts each month to assist our Case Management clients afford daily necessities that Food Share does not cover. They provided ten \$10 gas cards in January!



Thank you



Home Health United!



Cultural Diversity Senior Programs

African American Program



Pam Bracey
Cultural Diversity
Program Specialist
pbracey@nescoinc.org
243-5252 Ext. 207

Discussion Group
Wednesday, 9 March, 2-4 pm
Quaker House/Dining Area
(2025 Taft St)

Let's get ready for Spring! Come and make aromatherapy sprays and talk about ways to gently get active for the Spring and Summer months. Have not talked with a friend or relative in awhile? Come and make them a card.



Diabetes Support Group

Thursday, 24 March 2-4 pm
Romnes Apartments (540 W. Olin Ave)
There will be a presentation and roundtable discussion with Dory Blobner as the guest.

“With our four convenient locations, experienced and caring staff and professional services, you'll get the support you deserve in your time of need.”

Roman Ryan
President



Call us today to see how we can assist you with your needs.

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Latino Program



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

Bilingual 5¢ Bingo

Friday, 4 March, 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, 4 March, 12:15 pm
@ Vera Court Community Center

Limited transportation available. *Offered in Spanish only.*

Monthly Discussion Group

Wednesday, 23 March,
5:30-8:30 pm

Madison Senior Center
(330 W. Mifflin St)

Topic: Breast Cancer Education.
Limited transportation available.
Offered in Spanish only.



Grandparents Raising Grandchildren

Wednesday, 30 March, 5:30-8:30 pm
Madison Senior Center (330 W. Mifflin St)

Topic: How to Eat Healthy
Limited transportation available. *Offered in Spanish only.*
(NOTE: This will be the last time this support group will meet due to a funding cut.)

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Intergenerational Events



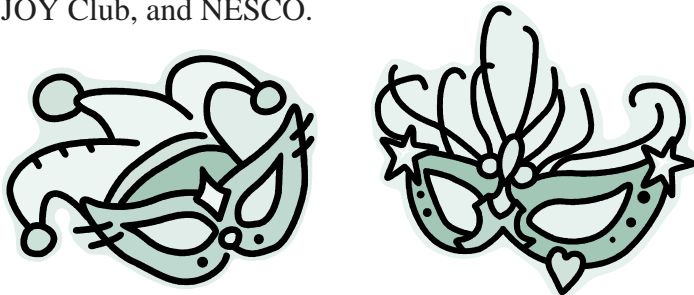
Katie Kluesner, BA
 Programs Manager
 kkluesner@nescoinc.org
 243-5252 Ext. 204

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.



Volunteer Opportunities

Judges Needed for Essay Contest

The annual WASC Sixth Grade Essay Contest is well under way. This intergenerational activity invites senior centers and local schools to participate in an essay contest focusing on their relationship with older people. Judges are needed for the local and state level. Essays are 300 words or less and NESCO will provide the criteria. Judges are needed at the end of February. You can even read the essays at your home! Please contact Katie, if you're interested.



Brat Fest Volunteers Needed

This once a year, 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). All proceeds will benefit the groups and charities that help staff the event. You can help us raise money for the North/Eastside Senior Coalition by volunteering to help out at the event. Various jobs are available—from grilling to golf cart valeting. Each volunteer will get a free brat and a t-shirt. Sign-up starts in February so contact Katie ASAP.



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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 Michael Knowlton—NESCO's "Tax Man!"

Michael Knowlton, the owner of Liberty Tax Service on Madison's Milwaukee Street, has been a helpful person to many seniors over the years. You probably have seen Michael in the NESCO office this time of the year, helping seniors prepare their taxes.

Preparing taxes can be very confusing so he volunteers his tax services to seniors because he feels it is important to help people out and educate others about tax matters. Michael also enjoys meeting the people, learning about their background and life history.



Michael has a long past of volunteering. He has helped at the Habitat for Humanity in California for 20 years. He is currently involved with the "Cell Phones for Soldiers" program. Their mission is to help troops call home. The organization collects old and used cell phones, then purchases prepaid phone cards and sends them to our military stationed overseas.

Michael grew up Powell (Wyoming) and moved to Madison in 2005 from Sacramento (California) when he met his lovely wife Joyce online. Besides volunteering, Michael enjoys working in the yard and simply relaxing.

Thanks Michael for all you do for our seniors!

Volunteer Guardians

The Volunteer Guardian Program serves seniors age 60 and over who are in need of a guardian due to such conditions as advanced dementia or chronic mental illness, and who have no family members or friends able to act as a guardian.

The program recruits, trains, and provides ongoing support to volunteers willing to serve as legal guardians for senior adults in need. The preferences and abilities of the volunteer and the specific needs of the disabled senior adult are taken into account in the assignment process.

What is a Guardian? A guardian is a person who has the legal responsibility to advocate on behalf of an individual unable to make competent decisions for him/herself. Guardians make decisions regarding that individual's care and welfare and sometimes also manage his/her income and property. They are compassionate people who can make positive differences in the life of another person.

Who Needs a Guardian? Guardians are matched to individuals who have been found legally incompetent by a court due to mental disability. These are individuals who are unable to make decisions independently due to dementia, chronic mental illness, developmental disabilities, brain trauma or alcohol/drug abuse.

What is Not Required of a Guardian? Guardians do not personally provide care or financial support to the person for whom they are responsible. They are not personally liable for acts committed by the other person. Guardians are exempt from civil liability for decisions they make on behalf of the other person, provided the decisions made are "in good faith".

How Do I Become a Guardian? Call South Madison Coalition of the Elderly (251-8405).

Full Speed Ahead After 50!

Thursday, 17 March, 8 am–3:30 pm
@ Monona Terrace Community & Convention Center

Cost: \$18 includes lunch,
entertainment & workshops

*A positive & fun event that focuses
on active & healthy lifestyles*

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244-0044

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

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.

Devil in the White City

Chicago (IL)
Wednesday, 6 April
6:15 am-7 pm (approximately)

Relive the 1893 World's Columbian Exposition. View the large, classically inspired Beaux Arts style buildings all painted white. Enjoy many exhibits highlighting modern civilization. Visit some of the historical Exposition sites and stop at the Chicago History Museum.

NESCO Member: \$83 Non-NESCO Member: \$98
Registration Deadline: 4 March

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

Mackinac Island (MI)

13-15 June 13-15

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

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

Overture Ticket Vouchers

NESCO is often given the opportunity to request a limited number of ticket vouchers for various shows playing at the Overture Center. The vouchers allow senior adults the opportunity to purchase tickets at a reduced price (currently \$3/ticket).

In order to be on the call list, you **MUST** be a NESCO member. If you are not currently on our call list or if you want to verify you are still on the list, please call the NESCO office (243-5252). A special thanks to *Beth Racette* and the *Overture Center* for their effort and generosity in providing us with tickets!

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Some income restrictions apply – rent is based on 30% of gross adjusted annual income.

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Caregiver Information

Caregiver Support Group

Thursday, 3 March, 7–8:30 pm

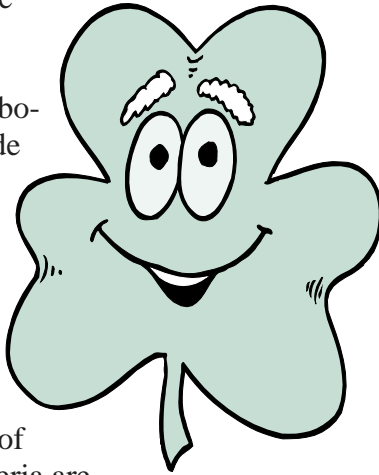
@ Bashford United Methodist Church (329 North Street)

This monthly group discusses a wide range of topics pertaining to caring for senior adults. For more information, contact Cortney (243-5252 or chino@nescoinc.org).

(NOTE: This will be the last time this support group will meet due to a funding cut.)

New Respite Program

The Wisconsin Chapter of the American Parkinson Disease Association (APDA) and Independent Living are collaborating on a program to provide respite services to caregivers of people with Parkinson's disease who live in Dane County. The program is funded by the chapter and will be administered by Independent Living. Caregivers may receive 20 hours of respite a year. Eligibility criteria are a Parkinson's diagnosis, membership in the Wisconsin Chapter APDA, and Dane County residency. Becoming a chapter member is as simple as completing an application form. The Wisconsin Chapter APDA is a not-for-profit, volunteer organization committed to raising public awareness of Parkinson's disease and dedicated to easing the burden on Parkinson's patients, families, and caregivers. Independent Living is a not-for-profit organization that has been providing comprehensive in-home and other services to older adults and those with disabilities in Dane County for over 35 years. To apply for services or for more information, please contact Christina Snider (274-7900), the In-Home Services Program Manager at Independent Living or contact APDA (229-7628).



Caregiver Partner Program

Are you feeling overwhelmed trying to deal with a medical or financial issue of an senior adult in your care? Do you have too little time to look for resources, do necessary tasks, or take care of yourself? Would it be helpful to have a trusted person available to provide some companionship for your loved one?

With the help of a grant from a local women's philanthropic group, *A Fund for Women*, the South Madison Coalition of the Elderly offers a Volunteer Caregiver Partner Program.

This program provides volunteer partners to help caregivers of senior adults to handle specific problems they may encounter in their role. The volunteer help can range from specific tasks, to companionship or respite care, to specialized technical assistance with a particularly complex problem.

South Madison Coalition is fortunate to have found a group of talented and dedicated volunteers! They include people with expertise in finance, community resources, health care, and legal systems, as well as individuals willing to help with practical tasks or provide companionship. We welcome additional volunteers to join our program. Hours are highly flexible, and we provide careful training and on-going support.

To learn more, call 251-8405 and ask for the Caregiver Partner coordinator.

HAPPY ST. PATRICK'S DAY

"I'm a Caregiver... now what?" Workshop Series Cancelled

Due to a funding cut, NESCO will no longer offer this bi-annual workshop series (offered in English and Spanish). We will provide information of caregiver resources offered in the community as we are aware of them for the remaining year.

- Homecare provider for over 28 years
- State Licensed
- Companions, Home Health Aides, RN's
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Mark Your Calendars

Men's Group: The Stages of Care After Retirement

Monday, 25 April, 10 am

A NESCO case manager will talk about the various stages of care available to you as you age and how to access them when the time comes.

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 has been playing since 1976. He 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.

2011 Summer Concert Series

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

13 June *Avenue Sizzlers* (Dixieland Jazz)

20 June *Ladies Must Swing* (Swing music)
Sponsored by M&I Bank

27 June TBA

11 July TBA

18 July *Davis Family Band* (R&B)

25 July TBA

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Concessions sold!



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2010 Survey Results

Thanks to all who took the time to respond to our annual surveys. This data is reported to our funders and impact future funding for our vital programs and services.

Senior Programs Participants

NESCO surveyed 200 seniors about their participation in NESCO programs. Responses included:

- 31% attended a NESCO program one or more times a week
- 91% attended a NESCO program at least once each month
- 97% enjoyed the program (s) they attended
- 72% attended at least one educational or health service program sponsored by NESCO
- 98% of those who attended an educational program found the information they received to be beneficial

Volunteers

NESCO surveyed volunteers from its Home Chore, Senior Dining Site, Office Volunteers, and Sewing Circle.

Responses included:

- 100% of the volunteers surveyed enjoy volunteering for NESCO
- 99% of the volunteers feel their work is valued and they are making a difference

African American Seniors

NESCO surveyed seniors from the African American Cultural Diversity Program. This program held two groups each month as well as various other programs and activities. Responses included:

- 67% attended a NESCO program once or more each month
- 97% are more aware of health risks associated with aging as a result of attending these programs
- 97% have learned how to change behaviors that have helped them as a result of these programs

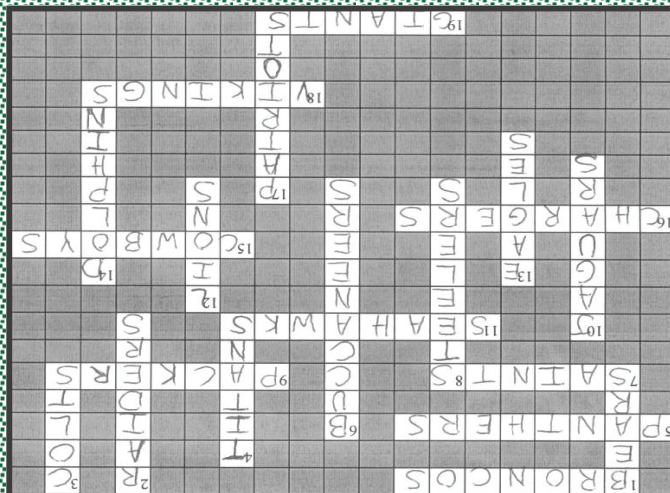
Latino Seniors

NESCO surveyed seniors from the Latino Cultural Diversity Program. This program held two groups each month as well as various other programs and activities.

Responses included:

- 85% attended a NESCO program two or more times each month
- 96% are more aware of health risks associated with aging as a result of attending these programs
- 96% have learned how to change behaviors that have helped them as a result of these programs

Answers Page (from page 19)



Have Ranges
Boards
Fingers
Rings

A Sham-rock
When it's a
FRENCH fry.
When it has more than
one bank.
Some horse is walking
barefoot.



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Elevators • Underground Parking
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Call Marianne to schedule a personal tour

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241-1190

* Restrictions apply
Move in by 5/01/11



Freebies

FREE Exercise @ WPCRC

Free times in the fitness room:

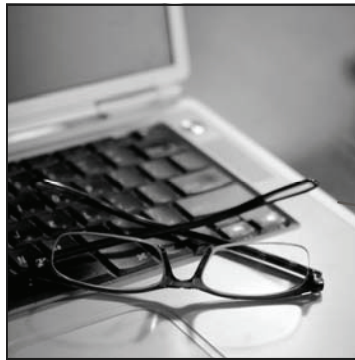


Wednesdays 10-11am
Thursdays 10-11 am
Fridays 1-2 pm
Saturdays 1:15-2:15 pm

Room/equipment use is free; however, an annual WPCRC ID card is required.

FREE Wireless Internet @ WPCRC

Bring your laptop and try it today!



Snow Removal

Winter has arrived with a vengeance—and with lots of snow and bitter cold. But never fear, we've got two outstanding services to help get you over your snow trepidation:

❄ The City of Madison will grant a 72-hour extension of the snow removal deadline to an **owner-occupied, single family home where the owner occupant has special needs**. Call the City's Building Inspection Division Meg Zopelis (266-4555). She will ask you a series of questions to determine if you qualify before adding your residence to the list for this year. **You will need to do this every year.**

❄ Our brigade of snow-shoveling volunteers can assist in removing snow from walks and/or driveways. We are also looking for able-bodied volunteers to help shovel walks and drives for our north/eastside senior adults. Interested students and adults are encouraged to contact NESCO (243-5252 or kkluesner@nescoinc.org) today!



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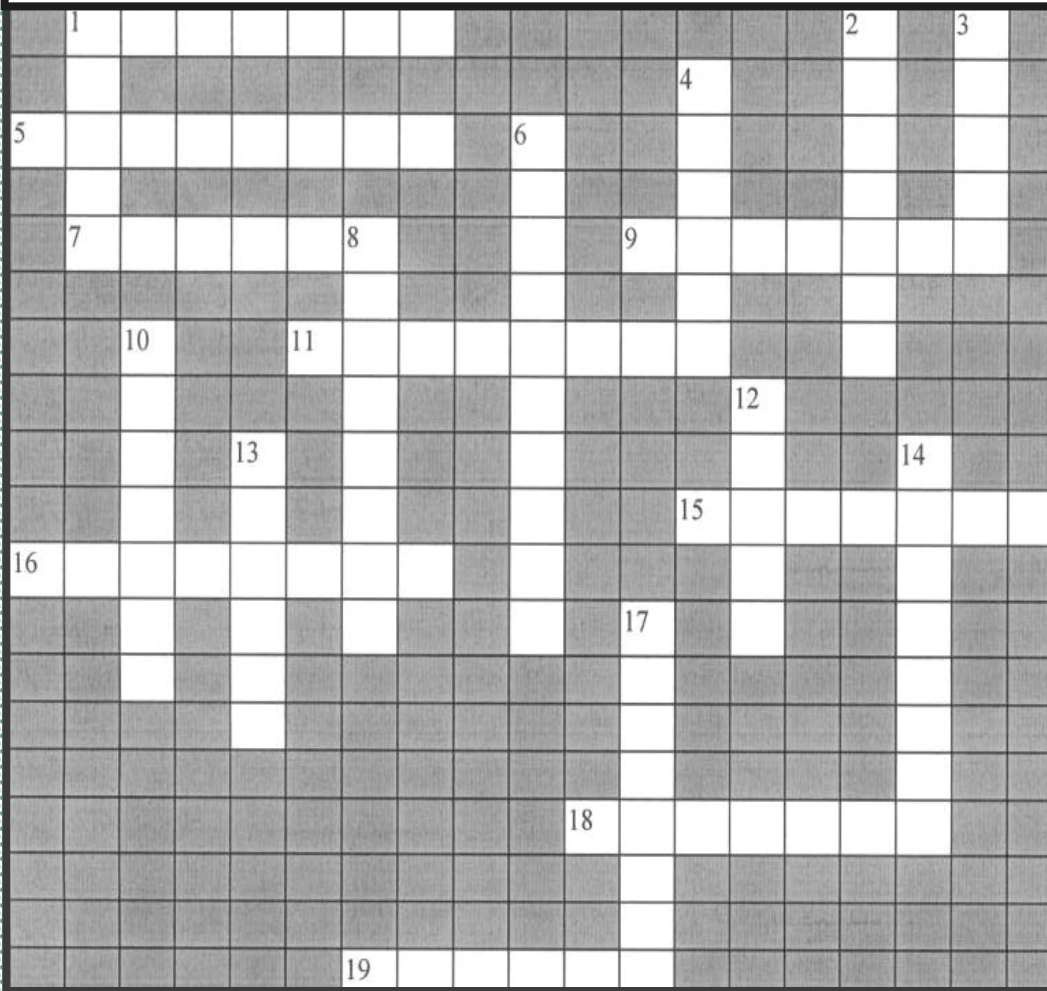
We hear kind words consistently. We're proud that people feel comfortable enough with us to openly tell us how much they appreciate what we did for them. In fact, it's this appreciation that drives us to offer the very best in comfort, compassion and service.



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Stoughton • Oregon • Cross Plains

Football Team Crossword



ACROSS

1. Denver
5. Carolina
7. New Orleans
9. Green Bay
11. Seattle
15. Dallas
16. San Diego
18. Minnesota
19. New York

DOWN

1. Chicago
2. Oakland
3. Indianapolis
4. Tennessee
6. Tampa Bay
8. Pittsburgh
10. Jacksonville
12. Detroit
13. Philadelphia
14. Miami
17. New England

Tribond

Onion, Olympic, Wedding

Chicken, Sticky, Butter

School, Skate, Dart

Appliance Stores, Mountains,
Golf Courses

St Patrick's Day Jokes

What is a fake stone in Ireland?

When is an Irish potato
not an Irish potato?

When is a river rich?

What does it mean when
you find a horseshoe?

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

Circulation 1,550

Complimentary copies
of the *Golden Times* are
mailed to NESCO members.
(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.

Senior Yogacize is FREE!



Thanks to MSCR for sponsoring this program!