

the Golden Times

For senior adults & their families.

FREE for NESCO Members
\$1 for Non-Members @ NESCO Office

North/Eastside SENIOR Coalition

Accredited by the National Institute
of Senior Centers (2009-2014)
and the Wisconsin Association
of Senior Centers (2013-2017)

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

Over **35** years
Enhancing
the lives of Seniors

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The Year in Review

2014 was a year of change for the North/Eastside Senior Coalition. Four seasoned members of our staff have moved on to the next phase of their professional careers and are no longer with us. We are sad to see them go but proud of their accomplishments. Come January all four of our new staff will be on board with the same level energy, passion and commitment. It is all very exciting.

NESCO gained some wonderful new members, participants and volunteers in our programs this year. We also lost some who have passed away this year and they will forever be in our hearts. Our seniors who attend the dining site have a special place in my heart and it makes my day when I stand back and watch them interact and care for one another like family. Our streak of no rainouts for the summer concerts came to an end this year. We almost had a second rainout but Fuzzy Side Up and a hearty crowd was not going to let a brief downpour deter them.

The obstacles our seniors faced this year seem to be more difficult than in years past and the resources to help them are in high demand. Our case management team has done a spectacular job of supporting the seniors while they wait for services.

I want to thank everyone for your financial support of NESCO! All of our programs (case management, cultural diversity, senior dining site, summer concert series) depend in part on donations. Every year brings new financial challenges and we appreciate your continued contributions.

Wishing you all a Happy Holiday season and
a wonderful and healthy New Year!

We are social! Become a fan and follow us!



North/Eastside Senior Coalition



"NESCOMadison"

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

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



Drew Simonsen, MBA
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
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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: 8:00 am–4:30 pm, Monday–Friday

North/Eastside Senior Coalition's
Board of Directors Meeting
December 16, 2014, 4:00 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

Jan Somerfeld, *President*
Bunbury & Associates Realtors (Retired)

Michael Maresh, *Vice-President*
Social Security Admin (Retired)

Rick Webster, *Treasurer*
American Family Insurance, Farm/Ranch Underwriting Manager

Alison Lindsay Mares, *Secretary*
Principal, Yours Sincerely

Blinda Beason
WI Dept. of Transportation (Retired)

Luanne Fax
MG&E, Residential Services Manager

Linda Jallings
UW-Milwaukee (Retired)

Dolores Kester
Kester Law Offices, Lawyer

Lana Kinning
Heritage Credit Union, Loan Officer

Carol Peterson
Madison School District (Retired)

Melissa Reed
Principal, Reed Advocacy LLC

Rosemary Bass, Emeritus

Board Committee Citizen Representatives

Maren Beermann, *Personnel*
Attorney

Mary Hill, *Personnel*
State of Wisconsin (Retired Nurse's Aide)

Lesleigh Luttrell, *Finance*
UW-Madison (Retired)
Studio Jewelers

Sharon Persich, *Finance*
Transit Planning Consultant (Retired)

Paul Van Rooy
State of Wisconsin (Retired)

Diane Walder, *Marketing*
Communications Consultant

Laurie Wegger, *Personnel*
Human Resources Professional

Staff

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Case Manager
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Drew Simonsen
Office Manager
dsimonsen@nescoinc.org

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 Dr #125, Madison, WI 53704).

2014 Membership Benefits

To receive discounts from our local business partners, you simply need to show your 2014 NESCO membership card.

Benvenuto's Italian Grill (@ Northside Town Center)

FREE ice cream sundae with entree purchase

Boomerangs Resale Store

(@ Northgate Shopping Center)

20% off regular priced merchandise

Cambria Suites Madison

Hotel stay \$79/night for visiting family or relatives

Cafe La Bellitalia Restaurante & Pizzeria

10% off your total food bill

Culver's of Northport

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

Einstein Bros Bagels (1738 Fordem Ave)

10% off your total food bill

Kavanaugh's 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

Warner Park Community Recreation Center

10% off annual membership (no double discount)

PLUS

NESCO sponsored trips discounted!



Jim Krueger, BA

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

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 dsimonsen@nescoinc.org) to obtain an application.

2015 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 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



Laura Hunt
Programs Manager
lhunt@nescoinc.org
243-5252 Ext. 204

5¢ Bingo

***Second Tuesday & Every Friday, 10:30 am**

Each card costs 5¢; all proceeds paid out to the winners.

Book Club

First Tuesday, 10 am

We will discuss The Color of Water by James McBride.
Book for January, A Gate at The Stairs by Lorrie Moore.

Book Exchange Program for Seniors

Bring in used books and exchange them for ones you haven't read. Books are in the NESCO office; open 8:00 am-4:30 pm, Monday-Friday. *NESCO members only.*

Blood Pressure Clinic

Third Tuesday, 10:30 am

This **FREE** clinic is offered at WPCRC for people of all ages. *Provided by Home Health United.*

Cards Anyone?

Various cards games are played at the dining site.

Euchre Mondays, 8:30-11:30 am

Kings Corner Thursdays 10:30—11:30

Sheepshead 1st & 3rd Wednesdays, 1:00-3:00 pm

Card-Making Club

Second & Fourth Wednesdays, 1:00 pm

Help create home-made cards for all occasions. All proceeds go to support NESCO programs and services. We sell these cards in our office M-F 8:00am-4:30pm.

NESCO Internet Café

8:15-11:00 am, Monday—Wednesday

8:00—11:00am Tuesday—Thursday

Volunteers provide assistance. Learn about searches, Facebook, email, MS Word or Excel, and more. Funded by a Henry Norman Leck Grant—Area Agency on Aging of Dane County, and a donation from Alliant Energy.

Foot Care Clinic

Second Friday, 10 am-Noon, Warner Park

See page 6 for more information and other locations.

Memory Café @ WPCRC

Third Monday, 1-3 pm

Individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, come together and participate in a variety of helpful, rewarding activities. **Our Memory Café includes light exercises.** Family and friends are encouraged to attend.

FREE MSCR Senior Chair Yoga / Exercise Video

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. When Carolyn is not available, we play an exercise video that is similar to the class.

Low-Vision Group

Third Thursday, 10:15 am

Sue Berg from Independent Living and NESCO staff talk about services to help you care for your home and stay independent as long as possible.

Nutrition Education

Third Monday, 11 am

Educator Danielle Curry from UW Extension will be on hand to discuss portion control for the holidays.

Ping Pong League

Mondays, 9:00 am-Noon, WP Game Room

Tuesdays, 12:30-3:30 pm, WP Game Room

A senior ping pong league has started! There is no need to pre-register, just show up! Warner Park ID card will be required.

Sewing Club/FREE Mending Service

First & Third Thursday, 10 am, NESCO Office

Senior adults with general mending and alteration needs can bring your clothing to the NESCO office between 8:00 am-4:30 pm, Mon-Fri. Limit three articles per month.

Technology Help Appointments

Tuesdays, 9:00-11:30 am, NESCO Office

Sharon Persich, a local senior, is available to meet with individuals who have questions about anything with technology. Call 243-5252 to make an appointment.

December Programs

Crafts with Sue

Mondays, December 1 & 8, 10:15 am

Fun and easy crafts that you can complete in one hour. This class is just in time for the holiday season.

Acupuncture

Wednesday, December 3

Staff from *Red Sage Health* with talk about when acupuncture can be beneficial and answer questions.

Santa BINGO

Tuesday, December 9th 10:30am

Everyone is a kid at heart and enjoys a visit from Santa. Join us for BINGO and lunch with Santa. Remember to register for lunch by noon on Monday.

Enjoying Your Senses

Wednesday, December 10, 10:30 am

Caryn Oliver takes us through practical experiences that help us to be more mindful of our senses.

Genealogy

Thursday, December 11

Visit the Internet Café on December 11 to learn easy, no cost ways to do your own genealogy research.

Senior Explorers Club:

UW Geology Museum

Monday, Dec 15, 9:15 am, WPCRC Lobby

The Explorers Club will be touring the UW Geology Museum. We will meet in the Warner Park lobby at 9:15 am and it will cost \$2/person; drivers are needed. Call 243-5252 if you can help with the driving or to sign-up for the tour by Thursday, December 11.

Euchre Tournament & Holiday Party

**Monday, December 15
@Lakeview Lutheran**



At 11:00am punch will be served and there will be caroling around a roaring fire. A delicious holiday dinner of roast ham, backed chicken and all the fixins' will be shared at 11:30am. There will be a free will offering for the lunch. The Euchre Tournament will follow lunch.

December Holiday Dinner & Live Music: John Duggleby

Tuesday, December 16, 10:30 am

NESCO's annual Holiday Dinner will be served at 11:30am after a festive performance of holiday music by John Duggleby. Come to listen or sing along. Must call for dinner reservation by Noon on Dec. 15.

Update from Melissa Sargent

Tuesday, December 23, 10:30 am

Current WI State Representative (and former Dane County Board Supervisor) for the Northside, **Melissa Sargent**, will update you on what is happening in our neighborhood.

When Does It Become Abuse?

Tuesday, December 30, 10:30 am

A staff person from DAIS (Domestic Abuse Intervention Services) will provide information on when harmful or threatening behavior becomes abuse. We will also discuss neglect and omission.

NESCO Holiday Hours

December 24:

NESCO office open 8am-Noon. Senior Dining Site is closed. Internet Café is closed.

December 25:

NESCO office is closed. Senior Dining Site is closed. No programs or services available.

December 26:

NESCO office open 8am-4:30pm. Senior Dining Site open; all services available.

December 31:

NESCO office open 8am-Noon. Senior Dining Site Meal served at 11am. Internet Café closed.

January 1:

NESCO office is closed. Senior Dining Site is closed. No programs or services available.

January 2: Back to business as usual.

Local Resources

Foot Care Clinics

NESCO and **Home Health United** co-sponsor four foot clinics each month for individuals who can not do their own foot care and do NOT have diabetes. The cost is \$20 at each clinic. Appointments are required and can be made a year in advance by calling 243-5252.

Don't forget your towels!

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

December 9 *St. Paul Lutheran Church*
2126 N. Sherman Ave
1:00 pm-3:00 pm

December 12 *Warner Park Community Rec. Center*
1625 Northport Drive
10:00 am-12:30 pm

December 16 *Lakeview Lutheran Church*
4001 Mandrake Road
1:30-3:30 pm

Shopping Trips Call 294-8747

Group Access Bus Service (\$1/way)

Mondays *EastTowne, Walmart East & Savers,*
10 am-1 pm
Hy-Vee, 10 am-1 pm (1st Monday)

Tuesdays *Woodman's,* 9-11 am
(includes Woodman's East & Copps
Pharmacy)

Wednesdays *Woodman's,* 9-11 am
(includes Woodman's East, Copps
Pharmacy, & Farmer's Market)

Thursdays *Sherman Plaza,* noon-2 pm (includes
Walgreens & Pierce's) NW Aberg,



Mark Your Calendar

Managing Finances Today or Planning for the Future

Tuesday, January 6, 10:30am

Ben Crutcher from the Edward Jones office on Sherman Avenue will present valuable information and answer your questions.

John Duggleby Kitchen Band

Tuesday, January 27 10:30am

Find out how everyday kitchen items can be used to create great music, and enjoy an hour of fun musical entertainment. Funding for this show provided by Dane Arts.

MSCR Programs @ WPCRC

Acrylic and Oil—All Levels

Mondays 1/26—3/23 1-4pm

Learn many acrylic and oil painting techniques along with color mixing and composition. All levels welcome. Work on your own project or instructor's exercises.

Cost \$108 Class #48833

Drawing—Beginning

Mondays 1/26—3/23 9am—12pm

Using the many supplies available to artists, learn the steps to build a finished drawing. Explore how to see light and shadow to create the illusion of 3-dimensional objects on Paper. Draw from still life arrangements and photographs. Materials provided.

Cost \$108 Class #48837

Call 245-3667 to register for MSCR classes.

***Scholarships are available for seniors**

FREE Fitness Room Use @ WPCRC

Mon: 12-1 pm; Tues: 10-11 am; Wed: 10-11 am;
Thurs: 5-6 pm; Fri: 6:30-7:30 pm; Sat: 12-1 pm

Room/equipment use is free; however, a WPCRC ID card is required. Inquire at WPCRC front desk or call
608-245-3690.



December 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 204-8032 to sign-up.*

Monday	Tuesday	Wednesday	Thursday	Friday
1 BLT Sandwiches	2 Kielbasa 3-Bean Soup	3 Tex Mex Lasagna	4 Hamburgers S. Potato Wedges	5 Herbed Chicken
8 Red Beans & Rice	9 Baked Cod Baked Potato	10 Spaghetti & Meat Sauce	11 3 Mushroom Chili	12 Pork Ribs Herbed Potatoes
15 Tuna Salad Baked Potato	16 Beef Stir Fry Rice	17 Roast Pork Loin Roasted Potatoes	18 Herbed Chicken	19 Veggie Lasagna
22 Kielbasa 3-Bean Soup	23 Tex Mex Lasagna	24 Closed	25 Closed	26 Closed
29 Meatloaf Scallop Potatoes	30 Chicken Salad Wrap	31 Spaghetti & Meat Sauce		

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

NESCO Memberships

Renew your NESCO Membership for 2015

NESCO memberships run January-December each year.

As a member you receive discounts from our local business partners and you receive a monthly newsletter.

For discounts, you simply need to show your 2015 NESCO membership card. Now is a great time to join!

Quality of Life for your Loved One

"From Check-Ins to Live-Ins, a National Leader in Home Care Services"

- Companionship (including cueing, monitoring & activities)
- Meal preparation and clean up
- Light housekeeping and laundry
- Medication reminders
- Personal care (bathing, dressing & grooming assistance)
- Assistance with walking
- Running errands and driving to appointments
- Alzheimer's and Dementia Care
- Up to 24-hour Care & Live-in
- RN Supervised, Bonded & Insured
- Many more



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608-729-5365 www.seniorhelpersmadison.com

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2010 Eastwood Dr #201 Madison, WI 53704
(608) 244-1354 www.hill-law-firm.com

December Senior Dining Menu @ WPCRC

Location: 1625 Northport Dr.

Serving 11:30 am

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Poorman's Lobster Red Potatoes Peas Banana MO-Red Beans & Rice	2 Ham, Cheese & Mac Mixed Vegetables Peaches Red Jell-O MO-Mac & Cheese	3 Birthday Cake Roast Beef Cheesy Mashed Potato Glazed Carrots Pears MO-Soy Patty	4 Chicken Dumplings Italian Green Beans Mixed Fruit Cookie Bar MO-Meatless Casserole	5 Pork Chop/Gravy Mashed Potatoes California Veggies Ice Cream MO-Stuffed Shell
8 Vegetable Beef Soup Meatball Sandwich Vegetable Salad Spiced Pears MO-Egg Salad	9 Mushroom Steak/Gravy Mashed Potatoes Peaches Bread Pudding MO-Soy Patty	10 Turkey A La King Brown Rice Apricots Molasses Cookies MO-Soy a la King	11 Lasagna Tossed Salad Pears Sherbet MO-Veggie Lasagna	12 Smothered Chicken Mashed Potatoes Beets Ambrosia MO-Bean Casserole
15 Potato Leek Soup Ham & Swiss Mandarin Oranges Chocolate Cake MO-Cheese Sandwich	16 Holiday Meal Stuff Chicken Breast Baked Potato G. Bean Almondine Cherry Cheesecake	17 Roasted Herb Chicken Brown Rice Pilaf Green Bean Casserole Jell-O MO-Hummus Sandwich	18 Stuffed Shells/Sauce Spinach Fruit Cocktail Cheese Bread Pumpkin Bars	19 Baked Fish Au Gratin Potatoes Coleslaw Cherry Pie MO-Tomato Basil Patty
22 Swiss Steak Mashed Potatoes Squash Cookie Bar MO-Red Beans & Rice	23 Oven Fried Chicken Baked Sweet Potato Brussel Sprouts Tropical Fruit MO-Tomato Basil Patty	24 NESCO Dining Site Closed	25 NESCO Dining Site Closed	26 Ham Sweet Potatoes Corn O'Brien Pistachio Pudding MO-Cheese Sandwich
29 Spaghetti & Meatballs Romaine Salad Italian Bread Citrus Salad MO-Soy Crumble	30 Chicken Breast Baked Potato Stewed Tomatoes Banana MO-Soy Patty	31 Meal to be announced	MO=Meatless Option	Senior Dining  Fellowship, Food & Fun

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 \$4/each for senior adult diners (age 60+) or \$7.50/each for those diners under the age of 60. Call 243-5252 for more information.
Great gifts for any occasion!

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.

Meatless Option!

Each day we offer a meatless option along with the usual main entrée. This effort is supported by the Dane County Nutrition Committee and the Area Agency on Aging Board of Directors. We will need your help in evaluating this trial, so if you choose the meatless option, please fill out the special satisfaction survey related to the meatless meal. If you have questions or comments on this program, please call Mary (261-5678).

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.

December Senior Programs @ WPCRC *(unless otherwise indicated)*

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:15 Internet Café 8:30 Euchre 9:00 Ping Pong 10:15 Holiday Crafts	2 8:00 Internet Café 9:00 Technology Appointments 10:00 Book Club 10:30 Transition to Medicare—Caryn Olyver 12:30 Ping Pong	3 8:15 Internet Café 10:30 Chair Yoga 10:30 Red Sage Health - Accupuncture 1:00 Sheepshead	4 8:00 Internet Café 10:00 Sewing Club 10:30 Card Games	5 10:30 5¢ Bilingual Bingo Caller: Liz Mensing Christmas Bingo
8 8:15 Internet Café 8:30 Euchre 9:00 Ping Pong 10:15 Holiday Crafts	9 8:00 Internet Café 9:00 Technology Appointments 10:30 5¢ Santa Bingo Caller: Delores Kester 12:30 Ping Pong	10 8:15 Internet Café 10:30 Chair Yoga 10:30 Mindful Practices 1:00 Greeting Card Club	11 8:00 Internet Café - Genealogy 10:30 Card Games	12 10:00 Foot Clinic 10:30 5¢ Bingo Caller: Diane Walder
15 8:15 Internet Café 8:30 Euchre 9:00 Ping Pong 9:15 Explorers Club 11:00 Nutrition Education 11:00 Euchre Tournament @Lakeview 1:00 Memory Café	16 8:00 Internet Café 10:30 Holiday Music by John Duggleby 10:30 Blood Pressure Clinic 11:30 Holiday Meal 12:30 Ping Pong	17 8:15 Internet Café 10:30 Chair Yoga 10:30 Holiday Puzzles 1:00 Sheepshead	18 8:00 Internet Café 10:00 Sewing Club 10:15 Low-Vision Support Group 10:30 Card Games	19 10:30 5¢ Bingo Caller: Paul Van Rooy
22 8:30 Internet Café 8:30 Euchre 9:00 Ping Pong 10:30 Holiday Cookie Decorating	23 8:30 Internet Café 9:00 Technology Appointments 10:30 Representative Melissa Sargent 12:30 Ping Pong	24 NESCO Dining Site & Internet Café Closed NESCO Office Closes at Noon	25 Christmas Day  NESCO Office and Dining Site Closed No Programs or Services Available	26 10:30 5¢ Bingo Caller: TBA
29 8:30 Internet Café 8:30 Euchre 9:00 Ping Pong 10:30 Table Games	30 8:30 Internet Café 9:00 Technology Appointments 10:30 DAIS—What is Abuse? 12:30 Ping Pong	31 NESCO Dining Site Open Lunch @ 11 am NESCO Office Closes at 12:00pm	Polly Hartman Dining Site Manager phartman@nescoinc.org	A Free Christmas Day Meal will be served @ First United Methodist Church, 203 Wisconsin Ave, Madison, on December 25 from Noon-2pm

Case Management Services



Alyssa Bordeleau, BSW
Lead Case Manager
abordeleau@nescoinc.org
243-5252 Ext. 209
Mondays-Fridays



Kate Shenker-Powers, MSW, ICSW
Case Manager
kshenker@nescoinc.org
243-5252 Ext. 207



John Herrera, BSW
Case Manager
jherrera@nescoinc.org
243-5252 Est. 211
Mondays-Fridays

Help Seniors Beat the Holiday Blues

While the holiday season is a festive time for many, it can cause depression for seniors who've lost loved ones or are having health or financial problems.

The society offers seniors some tips on how to avoid feeling blue during the holidays:

Get out and about. Ask family and friends for help traveling to parties and events or invite family and friends to your home.

Volunteer. Helping others can be a great mood lifter.

Contact local schools, churches, synagogues and mosques to find out about volunteer opportunities.

Don't drink too much alcohol, which can lower your spirits.

Accept and express your feelings. There's nothing wrong with not feeling happy during the holidays -- many people feel the same way. Talking about your feelings can help you understand why you feel the way you do.

Recognize the signs of depression, which include: sadness that won't lift; loss of interest or pleasure; changes in appetite and weight; sleeping much more than normal; crying often; feeling restless or tired all the time; feeling worthless, helpless or guilty; slowed thinking; thoughts of death or suicide.

If you notice that an older loved one seems depressed, lend a hand by offering to help them with shopping, transportation and preparations for get-togethers in their homes, the society advises. Encourage your loved one to talk about how he or she is feeling and acknowledge their difficult feelings.

You should also encourage your loved one to talk to a health-care provider. Many older people don't realize when they're depressed. If you believe an older loved one is depressed, tell them depression is a medical illness that can be treated and managed.

*Article from ABC News

Walk-in Office Hours

Case managers are available to assist you with questions you may have at the location below:

Where?	When?
Sherman Glen	1st Friday/Month December 5th for Coffee Hour

Flu Immunizations

Have you had your flu immunization yet? Adults over 65 years of age are one of the highest risk groups for influenza disease, complications and death. Every year in the U.S. 3,000-48,000 people die from influenza, and over 200,000 are hospitalized. Most are elderly or very young. Older adults have weaker immune systems, and even though they get the flu vaccine, they may still get the disease, although usually not as severely. Flu vaccine is easily available for those with insurance at clinics, worksites and pharmacies. Public Health-Madison and Dane County offers free flu vaccine to people without health insurance. Protect your friends. Protect your family. Protect yourself. Get vaccinated. Call 608-266-4821 for an appointment.

Medigap Helpline

Known as Medigap, supplemental insurance policies cover expenses not paid for by Medicare. It is important to shop around for a Medigap policy. Under Wisconsin law all Medigap policies provide certain basic benefits, but many plans offer various optional benefits as well. In addition, premiums can vary by many hundreds of dollars even for plans that offer the same basic benefits. For more help, call the Wisconsin Medigap Helpline at 1-800-242-1060.

*Articles from Dane County Human Services

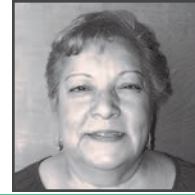
Cultural Diversity Senior Programs

African American Program



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

Latino Program



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

Discussion Group

Wednesday, December 10th 1-3 pm

@ Quaker Housing (2025 Taft St)

We will be making Holiday Treat Bags and having a roundtable discussion on our favorite holiday memories. Come try some Holiday Tea.

Diabetes Support Group

Thursday, December 18th , 2-4 pm

@ Romnes Apartments (540 W. Olin Ave)

“Another Year of Success” with diabetes. Enjoy a nice meal and talk about goals for the new year, what worked this year, and what changes you want to see in your personal diabetes journey.

Bilingual Bingo & Computer Class

Friday, December 5, 10:30 am-2:30 pm

@ Warner Park Community Recreation Center

@ Vera Court Neighborhood Center

Try your luck at nickel bingo at 11:30 am and stay for lunch. This month be expecting some holiday surprises. After bingo and lunch, there will be a computer class taught in Spanish at the Vera Court Neighborhood Center. Limited transportation available.

Discussion Group

Wednesday, December 10, 6-8:30 pm

@ Madison Senior Center (330 W. Mifflin St.)

Limited transportation available. *Offered in Spanish only.* This month’s topic is Tips for Winter Safety. Thank you to the Area Agency on Aging of Dane County for your additional support of the Latino discussion group in 2014.

Diabetes Group

Wednesday, December 17, 5:30pm–8:30pm

@Fitchburg Senior Center

This month’s topic is exercising at home. Limited transportation available.



Thank you for your support of the NESCO Cultural Diversity Programs

Farewell to Sarah



NESCO is both very pleased and saddened to announce that Sarah Oestmann, NESCO Bilingual Case Manager left our agency in October to take a job as a Bilingual Case Manager with Agrace HospiceCare, Inc.

Sarah had been with NESCO for 4years and was adored by both the English and Spanish speaking seniors.

She has been a great team member and a dedicated staff person and will be a wonderful addition to Agrace. We wish her the best and will miss her greatly!

Oh, the Snow!

The City of Madison requires homeowners to clear their sidewalks of snow and ice by noon of the day after the end of the snowfall. If you are age 60 or older, and need



extra time to clear your sidewalks, cannot do your own shoveling, and cannot afford to pay for snow removal, please call Trisha at 243-5252 or email her at trosbeck@nescoinc.org. A brief needs assessment must be completed with Trisha before you can be matched with a volunteer to do your shoveling. Since the number of volunteers may be limited,

those with the greatest need are served first. Once you are matched with a snow shoveling volunteer, Trisha can help you obtain a 72 hour extension with the city.

Volunteer Opportunities



Trisha Rosbeck
Volunteer Coordinator
trosbeck@nescoinc.org
243-5252 Ext. 204

Snow Shoveling Volunteers

Volunteers are needed to assist low income older adults with shoveling this winter. A great volunteer opportunity for a responsible teen or for a family volunteer project. Contact Trisha Rosbeck to get signed up.

Home Chore Volunteers

Volunteers are needed to assist low income older adults with light house cleaning, laundry or organization. Time and days are flexible to fit your schedule. Contact Trisha Rosbeck to get involved!

Dining Site Volunteers

Volunteers are needed to help at the Dining Site setting tables, serving lunch, and cleaning up. Day are flexible Monday –Friday from 9:00am-12:30pm. For more information contact Trisha Rosbeck.

NESCO's 40th Anniversary

Believe it or not NESCO will celebrating our 40th Anniversary in 2015! Volunteers are needed to join the Planning Committee and help us plan a celebration. Please contact Laura Hunt.

Foot Care Clinic Volunteer

A volunteer is needed for the Foot Care Clinic at St Paul's Lutheran Church on the second Tuesday of the month 1-3pm. Contact Drew Simonsen if interested.

Share you Expertise

Whether it's a craft or hobby you want to share, we want to hear from you. It can be a one time presentation or an ongoing program. Please contact Laura Hunt.

Computer Tutors

Are you skilled on the computer, patient and eager to see others learn? Volunteer at our Internet Café to work one on one with seniors . Please contact Trisha Rosbeck.

Memory Café Volunteers

Volunteers are needed to work with individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias. We get together and participate in a variety of helpful, rewarding activities; including light exercise.

Thank to our Madison Marathon Water Station Volunteers

- ◆ Barbara Arnold
- ◆ Joyce Bohling
- ◆ Amber Clifcorn
- ◆ Joan Clifcorn
- ◆ Dee Dushack
- ◆ Nick Gallagher
- ◆ Eli Grelecki
- ◆ Ed Hunt
- ◆ Laura Hunt
- ◆ Katie Kluesner
- ◆ Larry Kluesner
- ◆ Jim Krueger
- ◆ Al Kutil
- ◆ Jody Miller
- ◆ Joe Miller
- ◆ Trisha Rosbeck
- ◆ Kalyn Sunday
- ◆ Rose Tatarsky



We appreciate your help and applaud the runners who ran that day!

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 our United Way Days of Caring Volunteers.

*** CUNA * CUNA Mutual * Honkamp, Krueger & Co.
*McGladry * QBE * WEA Trust * Webcrafters
*Wisconsin Manufacturers and Commerce**



THANK YOU!

Business Member Spotlight

Since 1938, Ryan Funeral Home has guided families of all faiths through the process of grieving with neighborly concern and professional care. Ryan Funeral Home provides all of the essential services and much more to make funeral planning as stress free as possible.

Roman Ryan and Ryan Funeral Home has been great supporters of NESCO and the northside community for many years. Roman Ryan annually helps sponsor NESCO's Volunteer Recognition Lunch; contributes to our AppleFest fundraiser and most importantly Ryan Funeral Home always goes the extra mile to give our seniors and their families a worry free experience.

We would like to formally thank



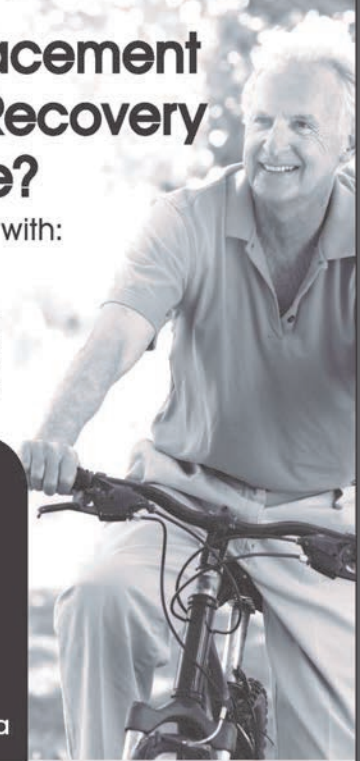
for supporting NESCO and the services they provide to senior adults and their families.

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Patron Club (\$100+)

Angulo, Lucy
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 Belisle, Verlyn & Lois
 Born, Priscilla
 Carlson, Marie & Terrance
 Esser, Kathy & Jim
 Fraser, Marie
 Fuszard, Mona
 Fuszard, Susan
 Harrison, Gwen & AB
 Harrison-Noonan, Nancy
 Holland, Shirley
 Klongland, Bev
 Kruckman, Judy
 Kusuda, Paul & Atsuko
 Luttrell, Lesleigh
 Peterson, Carol
 Siebers, Paulette & Michael
 Torti, Geri

Golden Club (\$50-\$99)

Alt, Mary & Terry
 Burner, Carole
 Coon, Mara & Robert
 Coon, Marie
 Cramer, Beverly
 Dabbert, Diane
 Falconer, Ann
 Goebel, Bill
 Granquist, JoAnne
 Griffin, Dawn
 Hill, Mary
 Jackson, Rose Mary & Terrance
 Jallings, Linda
 Kail, Fayth & Bob
 Kuczynski, Thomas
 Maresh, Mike
 Meister, Richard & Ellen
 Metz, Donald & Mary
 Morin, Dornis
 Ortiz, Leticia
 Raulin, Rick & Lori
 Rowe, William
 Somerfeld, Janice & Warren
 Stacy, Bill & Walt

Golden Club (\$50-\$99)

Stoelting, Anne
 Walker, Joann
 Werner, Kristine
 Wheeler, Dorothy
 Willis, Constance
 Witte, Jeanne
 Younger, Jean

Household Club (\$25-\$49)

Albrecht, Barbara
 Badowski, Helen
 Bickle, Dale
 Birkle, Shirley
 Buchner, Linda & Alan
 DeDee, Gail
 Dineen, Diana
 Duranso, Therese & James
 Eberhardt, Myrtle
 Felton, Marvin
 Galloway, John
 Gaydos, Mary & Don
 Girardi, Diane
 Hamm, Trish
 Harder, Paulette
 Haring, Reta
 Haynes, Ivan & Sandra
 Heimerl, Julie
 Hesse, Ann
 Katz, David
 Kester, Dolores
 Kidd, Sarah
 Knoche, Jean
 Kox, Doris
 Kvammen, Lois
 McDonald, Edgar & Pat
 Mistlebauer, Avery & Bob
 Moss, Kathleen
 Nagle, Dan & Gretchen
 Neupert, John & Cherie
 Nicka, Betty & John
 Nietupski, Rosanne
 Nolden, Jeanette
 O'Laughlin, Dolly
 Ophime, Dennis & Jean
 Paulson, Ione
 Peters, Reginald & Eloyse
 Peterson, Patty
 Rentmeesters, Margaret
 Salewski, Willy
 Sonnemann, Elizabeth
 Stevens, Mimi & Tom
 Sturges, Laurel

Household Club cont.

Turkow, Barbara
 Underbakke, Delon
 Wogsland, Barbara
 Zakariasen, Kenneth & Paula
 Zebell, Ralph & Pamela

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

Aarli, Helen
 Aldrich, Debby & James
 Alfred, Mark
 Anderson, Mary & Charles
 Barthel, Susan
 Bender, Donald & Joann
 Bergum, Vi
 Blum, Ruth Ann
 Bohling, Joyce
 Bohne, Jacqueline
 Bomkamp, Bill
 Bonner, Linda
 Bremigan, Charles
 Brunsell, Arlene
 Burgette, Donna
 Butler, Patricia
 Calhoun, Diane
 Canfield, Edna
 Carnahan, Kathleen
 Christensen, Kathryn
 Dexter, Beverly
 Driscoll-Nelson, Nancy
 Evert, Barbara & Dean
 Ewert, Shirley
 Farris, Wanda
 Fisher, Martha & Bob
 Fromm, Warren
 Gardner, Lucile
 Gilberts, Dolores
 Goebel, Karen
 Gollman, Cecilia
 Graf, Kate
 Green, Deborah
 Haidinger, Shirley
 Hart, Betty
 Hart, Jeanne
 Henning, Joan
 Herrin, Katherine
 Hicklin, Fannie
 Hoger, Sandra
 Howe, Larry & Marlene
 Hurst, John & Marlene
 Hustad, Jan & Dick
 Iverson, Diane
 Jauch, Daniel & Jane
 Jones, Aleta
 Jones, Charles
 Jones, Ruth
 Kelley, Luann
 Krengel, Maxine
 Larson, Marilyn

Reg. Membership cont.

Lamal, Suzanne
 Lawrence, Jackie
 LeRoy, Helen & Mick
 Llanas, Vickie
 Lorenz, Patti
 Lornson, Richard
 Meicher, Mary Ann
 Mickelson, Sherri
 Moehlman, Elaine
 Morehouse, Virginia
 Mork, Shirley
 Morrison, Sue & Jim
 Nelson, Darlene
 Nelson, Nancy
 Norman, Gene
 Olyver, Caryn
 Peck, Carol
 Pieper, Beverly & August
 Pike, Mary
 Porter, Rozanna
 Richardson, Catherine
 Robinson, Agnes
 Roh, Mavis
 Rondon, Lorraine
 Rowedder, Leslie
 Schenk, Martha & Kathy
 Schimming, Jean
 Schmidt, Sandy
 Schroeder, Margaret
 Schroeder, Sheryl
 Schumacher, Regina & Ken
 Shatavsky, Valerie
 Stevens, Lynn
 Strubel, Jean
 Stulken, Catherine
 Syvrud, Mathilda
 Tate, Beverly
 Tesch, Nanette
 Tyler, Lois
 Virmig, Sandra
 Wear, Betty
 Wernecke, Gertrude
 Wild, Nancy
 Witt, Rick & Sharon

Donations of any size, at any time of year are always appreciated. Call 243-5252 for more information.

Donor Honor Roll Cont.

In Memory of...

Julia Anderson	Mary & Charles Anderson
Adell Betts	Joyce Williams
Eleanor Borchardt	Alan & Linda Buchner
Ken Clark	Warren & Jan Somerfeld
Ms. Cranshall	Delon Underbakke
Dick Fuszard	Mona Fuszard
	Susan Fuszard
	Diane Girardi
	Avery & Robert Mistlebauer
Vivienne Lee Head	Laurel Sturges
Jean Jaconsen	Marie & Terrance Carlson
Ronnie Kail	Bob & Fayth Kail
Bernice Kelly	Mary Hill
Tom Kerr	Trish Hamm
Theresa Lagler	Betty & John Nicka
Jim McNelly	Carol Peterson
Esther Nyberg	Bob & Fayth Kail
Dan Peterson	Shirley Birkle
	Carole Burner
	Gail DeDee
	Shirley Ewert
	Paulette Harder
	Ruth Jones
	Beverly Klomgland
	Judy Kruckman
	Tom Kuczynski
	Lois Kvammen
	Lesleigh Luttrell
	Richard & Ellen Meister
	Dan & Gretchen Nagle
	Rosanne Nietupski
	Ione Paulson
	Carol Peterson
	Patty Peterson
	Jan Somerfeld
	Bill & Walt Stacy
	Dorothy Wheeler
	Ken & Paula Zakariasen
	Ralph & Pamela Zebell
Mary Schermerhorn	Marie Coon
	Maria & Robert Coon
	Lesleigh Luttrell
	Joann Walker
Darren Syvrud	Mathilda Syvrud

Remember NESCO

In Loving Memory

When writing your will or planning for your estate. All donations are tax deductible and stay right here in our community.

Holiday Gift Ideas

Too many ties and sweaters
on your
shopping list?

Stop in our office to make
a donation,

...Or...

purchase a membership
for a limited income senior,

...Or...

volunteer your time at NESCO.



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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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Answers (from page 19)

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

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President



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* Restrictions apply

2014 NESCO Program Participant Survey

NESCO members who participated in any of our programs or services in 2014 are encouraged to fill out the following survey and return it to the NESCO office by 19 December. Thank You.

- On average how often have you attended a program hosted by NESCO in 2014? **Choose ONE of the following:**

<input type="checkbox"/> 4 or more times/week	<input type="checkbox"/> 2-3 times /month
<input type="checkbox"/> 2-3 times/week	<input type="checkbox"/> 1 time/month
<input type="checkbox"/> 1 time/week	<input type="checkbox"/> Less than 1 time/mo
- I enjoy the program(s) that I participate in at NESCO. **Circle ONE of the following:**

strongly agree	agree	disagree	strongly disagree	N/A
4	3	2	1	0
- As a result of participating in NESCO's educational or exercise programs, I have improved my personal health and safety. **Circle ONE of the following:**

strongly agree	agree	disagree	strongly disagree	N/A
4	3	2	1	0
- As a result of participating in NESCO's educational or exercise programs, I have improved my physical and mental health. **Circle ONE of the following:**

strongly agree	agree	disagree	strongly disagree	N/A
4	3	2	1	0
- My involvement at NESCO has allowed me to contribute to the community. **Circle ONE of the following:**

strongly agree	agree	disagree	strongly disagree	N/A
4	3	2	1	0
- As a result of participating in NESCO's educational or exercise programs, I have improved my ability to avoid disease and disability. **Circle ONE of the following:**

strongly agree	agree	disagree	strongly disagree	N/A
4	3	2	1	0
- I am more engaged with other senior adults (55+) as a result of participating in NESCO programs. **Choose ONE of the following.**
 Yes No N/A
- Do you have any suggestions how our programs could be improved? What else would you like to see us offer?

Ask the Nurse!



Do you have questions about health information? In this column, nurses from the UW-Madison School of Nursing will answer common health and wellness questions and help us figure out FACT from FICTION.

I've got a small cut on my hand. Should I rinse it out with hydrogen peroxide?

FACT:

No! Although many of us grew up using hydrogen peroxide to "clean out" cuts, we now know that this is not a good idea! In fact, it turns out that rinsing an open wound with hydrogen peroxide (or rubbing alcohol) can actually damage the skin around the cut and make the wound heal even more slowly. Here are some steps to follow if you get a small cut or scrape:

- Stop the bleeding.** Minor cuts and scrapes usually stop bleeding on their own. If they don't, apply gentle pressure with a clean cloth or bandage.
- Clean the wound.** Rinse out the cut with clear water. Do not use irritating soap, iodine, alcohol, or hydrogen peroxide -- fresh, clean water is enough. You can use soap to clean the area *around* the cut.
- Apply an antibiotic.** After you clean the wound, apply a thin layer of an antibiotic cream or ointment such as Neosporin or Polysporin to help keep the surface moist. Antibiotic products don't make the wound heal faster, but they can discourage infection and help your body's natural healing process.
- Cover the wound.** Bandages can help keep the wound clean and keep harmful bacteria out.
- Change the bandage regularly.** Change the bandage at least once a day, or whenever it becomes wet or dirty.

Get stitches for deep wounds. A wound that is more than 1/4-inch deep or is jagged-edged usually requires stitches. Band-Aids or butterfly tape may hold a small cut together, but if you can't easily close the wound, see your doctor as soon as possible.



Sudoku Puzzle

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

Feeling off?

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Dan Soderholm, Justin Rodriguez
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responsibleenergy

Do you need help managing your home energy costs?

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.

- Your household must pay heating costs directly to a fuel or utility company or heating costs are included in the rent.

- Your gross income is less than the amount shown in the chart for your household size:

Household Size	One Month	Three Month	Annual Income
1	\$2,096	\$6,288	\$25,151
2	\$2,741	\$8,223	\$32,890
3	\$3,386	\$10,157	\$40,628
4	\$4,031	\$12,092	\$48,367
5	\$4,676	\$14,027	\$56,106
6	\$5,320	\$15,961	\$63,844

Don't delay! Make an appointment today! Funds are limited!

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In the Warner Park Community Recreation Center

*Have you remembered
NESCO in your will?*

Complimentary copies
of the *Golden Times* are
mailed to NESCO members.
(See page 3)

Important Numbers

AARP	(866) 448-3611
Access to Independence	242-8484
ADRC Phone Center	240-7400
Age Advantage Older Workers	242-4914
Agrace HospiceCare, Inc.	276-4660
Alzheimer's & Dementia Alliance	232-3400
American Parkinson Disease Asso.	229-7628
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
Goodman Community Center	204-8032
Home Health United/VNS	242-1516
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
MG&E	252-7222
Natl. Alliance for the Mentally Ill	249-7188
NESCO	243-5252
Project Home	246-3737
RSVP Driver Escort Program	238-7787
SAIL/Sense of Security (SOS)	230-4321
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

Holiday Wish List

- Portable CD Player
- \$10 Gift Cards for Food and Gas for Seniors
- \$50 VISA Gift Cards for Guest Speakers
- 102 Cup Restaurant Quality Coffee Pot
- Computer Cart for Internet Café
- Dry Erase Easel Board
- Plates, Napkins, Cups and Plastic Ware
- Michael's Gift Card for Craft Supplies
- Holiday Cut Out Cookies For Decorating

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

Fall 2014



Halloween
Hat
Making at
NESCO

Madison Marathon 2014



Look for more photos on our Facebook page.