

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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UPCOMING: TWO BIG EVENTS!

Need help caring for someone? **Family Caregiver Resource Fair**

Saturday, Sept. 13, 8:30 am-11:30 am
Warner Park Community Rec. Center
Free

Our Annual Fundraiser **AppleFest**

Saturday, October 4, 9:30 am-3:30 pm
Warner Park Community Rec. Center

Featuring:
Huge raffle and drawing
New outdoor activities under the big tent
Fine and fancy bake sale
Fabulous music and kid's games

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

Phone: (608) 243-5252

Fax: (608) 243-5259

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: 8:00 am–4:30 pm, Monday–Friday

North/Eastside Senior Coalition's

Board of Directors Meeting
October 21, 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

Social Security Admin (Retired)

Rick Webster, *Treasurer*

American Family Insurance, Farm/Ranch Underwriting Manager

Alison Lindsay Mares, *Secretary*

Principal, Principally Yours

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

Paul Van Rooy
State of Wisconsin (Retired)

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

Diane Walder, *Marketing*
Communications Consultant

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

Laurie Wegger, *Personnel*
Human Resources Professional

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

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Bilingual Case Manager
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Henry Payne
Senior Dining Site
Substitute Manager

Polly Hartman
Senior Dining Site Manager
phartman@nescoinc.org

Yolanda Salazar
Cultural Diversity Specialist
ysalazar@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.

2014 NESCO Membership & Donation Form (July-Dec)

Name _____ Phone _____

Address _____ City _____ Zip _____

I wish to remain anonymous Email address _____

Check One: \$7 Regular Membership \$13 Household Membership
 \$50 Business Membership \$50 Golden Club Membership
 \$100 Patron Membership \$ _____ Other

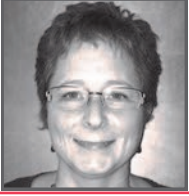
Special donation of \$ _____ for: (check all that apply)
 Newsletter Cultural Diversity Programs
 Case Management Intergenerational Programs
 Home Chore Programs Social & Educational Programs
 Endowment Fund Nutrition Program

(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**

Bring your luck down to WPCRC. Each card costs 5¢ with all proceeds paid out to the winners.

Book Club

First Tuesday, 10 am

Join us as we discuss Death Comes to Pemberly by PD James and pick up the book for October, Farm City by Novella Carpenter.

Book Exchange Program 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 which is open 8:00 am-4:30 pm, Monday-Friday. *For NESCO members only.*

Blood Pressure Clinic

Third Tuesday, 11:30 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

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 our programs and services. We sell these cards in our office M-F 8:00am-4:30pm.

NESCO Internet Café

8:30-11:30 am, Monday—Thursday

Come surf the web or set up an email or Facebook account and chat with your family and friends.

Volunteers are available to provide assistance on the computer. Or just come with friends for coffee and a pastry. Funded in part by a Henry Norman Leck Grant and the Area Agency on Aging of Dane County.

Foot Care Clinic

Second Friday, 10 am-12:30 pm, Warner Park

See page 18 for more information and other locations.

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

Mike from *Enhanced Vision* will be share the latest equipment available for those dealing with the effects of glaucoma, macular degeneration, cataracts, or other eye conditions. Newcomers are welcome.

Nutrition Education: Food Safety

Third Monday, 11 am

How long can you keep leftovers before they should be thrown out? How long can foods stay out of the fridge? Nutrition Educator Martin Salas from UW Extension will discuss food safety tips.

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 will require an ID card when you arrive.

Sewing Club = FREE Mending Service

First & Third Thursday, 10 am, Comm Rm 3

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 Break Room

Sharon Persich, a tech savvy local senior, will be available to meet with individuals who have questions regarding anything about technology. Appointments are 30-60 minutes. Call 243-5252 to make an appointment.

September Programs

Reminder: NESCO is CLOSED
Monday, September for Labor Day
(No programs or meal served on Labor Day)

Card Games

Thursdays, September 4, 11, 18 & 25
10:30 am, Comm Rm 3

Remember how to play Kings Corners? Lets play cards together!

Family Caregiver Resource Fair

Saturday, September 13, 8:30-11:30 am,
WPCRC

Caregivers can learn about community resources available when assisting your aging spouse or mom and dad. Short drop-in workshops on relevant topics for caregivers will also be offered. Sponsored in large part by the Dane County Caregiver Alliance (see page 15 for more details).

Memory Café @ WPCRC

Monday, September 15, 1-3 pm

NESCO & the Alzheimer's & Dementia Alliance of Wisconsin are hosting a Memory Café at WPCRC. Individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, come together and participate in a variety of helpful and rewarding activities. Family and friends are encouraged to attend.

Making Agrace Choice

Tuesday, September 16, 10:30 am @ WPCRC

Find out what *Agrace Hospice Care* can do to enhance quality of life when someone is struggling with advanced illness or is in the last months of life. Topics include *who* is eligible to receive Agrace services, *where* the care can be provided, and *who pays* for the care Agrace offers.

Senior Explorers Club:

Monday, Sept 22, 9:45 am, WPCRC Lobby

The Explorers Club will be touring the Dane County Humane Society. We will meet in the Warner Park lobby at 9:45 am; drivers are needed. We will stop for lunch after the tour. Call 243-5252 if you can help with the driving or to sign-up for the tour by Thursday, Sept 18.

Euchre Tournament

Monday, September 22, 11:00, at Lakeview Lutheran Church

For players of all levels of experience. Prizes for the top three finishers. Come join us for a grill out beforehand, bring a salad or dessert to share. Lunch is served at 11:30am.

Boomerangs Fall Fashion Show

Tuesday, September 23, 10:15 am @ WPCRC

Come to the *Fall Fashion Show* to watch our seniors model some great outfits, that are in style, and can be purchased at *Boomerang's Resale Store* for very reasonable prices. We are looking for models, if you are interested please contact Polly at 243-5252.

Alzheimer's Memory Walk

Saturday, 27 September, 8-10 am

Come walk a couple of miles around Warner Park to support great cause. The Alzheimer's & Dementia Alliance Memory Walk helps raise awareness and funds for Alzheimer care and support in Dane County. You may register by contacting the Alzheimer's & Dementia Alliance at 232-3400 or online at www.alzwissc.org.

Preparing Your Legal Documents

Tuesday, September 30, 10:30 am @ WPCRC

What does it mean to have your legal affairs in order? Why is it important to name a health care power of attorney? What if your family member or friend requires a guardian? Come with questions about these and other legal issues for answers from Attorney Ruth Westmont.

NESCO Used Book Sale

October 2-4

Warner Park Community Recreation
Center

Book Sale Hours:

Thursday, October 2	4-7 pm
Friday, October 3	9-5 pm
Saturday, October 4	9:30-3:30pm

All kinds of books: Mysteries, Gardening, History, Fiction, Cooking, Romance, Crafts/Hobbies, Health, How-To-Books, Biographies, Puzzles, CD's/DVD's, Games and much more!



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! **No Foot Clinic September 1.**

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

September 12 *Warner Park Community Rec. Center*
1625 Northport Drive
10:00 am-Noon

September 16 *Lakeview Lutheran Church*
4001 Mandrake Road

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 & 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*



Mark Your Calendar

14th Annual Fall AppleFest

Saturday, October 4, 9:30 am-3:30 pm

NESCO's annual fundraiser will include fun for all ages. See pg. 14 for more details. Note: Black Tie Bingo on Oct. 3 has been cancelled.

How to Avoid Fraud

Wednesday, October 1, 10:30 am

Flu Shots @ WPCRC

Tuesday, October 7, 10:30 am

Alzheimer's Presentation

Tuesday, October 21, 10:30 am

Ryan Funeral Home

Tuesday, October 28, 10:30 am

The Blue Accordion Duo w/ Guitar

Tuesday, November 18, 10:30 am
(followed by a Thanksgiving Dinner at 11:30am)

MSCR Programs @ WPCRC

Wake Up Your Core

Thursday, 11 Sept –20 Nov, 7-8 am

The focus is on mindfully moving, strengthening and stretching your muscles in a balanced way. Attention is on breathing techniques, proper alignment and posture. Cost \$27

Watercolor—Beginners

Wednesdays, 17 Sept—12 Nov, 2-3 pm

Begin to work with watercolor by applying a few simple techniques. Each class begins with a demonstration. Complete one painting per class using simple subjects. Supplies provided. Cost \$108

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.

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


Monday	Tuesday	Wednesday	Thursday	Friday
1 NESCO Closed on Labor Day	2 8:30 Internet Café 9:00 Technology Help Appointments 10:00 Book Club 10:30 Change, why is it so difficult? 12:30 Ping Pong	3 8:30 Internet Café 10:30 Chair Yoga 1:00 Sheepshead	4 8:30 Internet Café 10:00 Sewing Club 10:30 Kings Corners	5 8:30 Internet Café 10:30 5¢ Bilingual Bingo Noon Med Reviews (in Spanish)
8 8:30 Internet Café 8:30 Euchre 9:00 Ping Pong	9 8:30 Internet Café 9:00 Technology Help Appointments 10:30 5¢ Bingo Caller: Kate Shenker-Powers 12:30 Ping Pong	10 8:30 Internet Café 10:30 Chair Yoga 10:30 Crafts with Sue 1:00 Greeting Card Club	11 8:30 Internet Café 10:30 Kings Corners Grandparents Day	12 10:00 Foot Clinic 10:30 5¢ Bingo Caller: Paul Van Rooy (NESCO Volunteer)
15 8:30 Internet Café 8:30 Euchre 9:00 Ping Pong 11:00 Nutrition Education 1:00 Memory Cafe	16 8:30 Internet Café 9:00 Technology Help Appointments 10:30 Making Agrace Choice 11:30 Blood Pressure Clinic 12:30 Ping Pong	17 8:30 Internet Café 10:30 Chair Yoga 10:30 DASH Diet w/ Chef's for Seniors 1:00 Sheepshead	18 8:30 Internet Café 10:00 Sewing Club 10:15 Low-Vision Support Group 10:30 Kings Corners	19 10:30 5¢ Bingo Caller: Don Klemstine (NESCO Volunteer)
22 8:30 Internet Café 8:30 Euchre 9:00 Ping Pong 9:45 Explorers Club 11:00 Euchre Tournament @ Lakeview Church	23 8:30 Internet Café 9:00 Technology Help Appointments 10:30 Fall Fashion Show Boomerangs Resale Store 12:30 Ping Pong	24 8:30 Internet Café 10:30 Chair Yoga 10:30 Crafts with Sue 1:00 Greeting Card Club	25 8:30 Internet Café 10:30 Kings Corners	26 10:30 5¢ Bingo Caller: Delores Kester (NESCO Board)
29 8:30 Internet Café 8:30 Euchre 9:00 Ping Pong	30 8:30 Internet Café 9:00 Technology Help Appointments 10:30 Legal Documents Ruth Westmont, Westmont Law 12:30 Ping Pong			Polly Hartman Dining Site Manager phartman@nescoinc.org 243-5252 Ext. 208

September 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 Labor Day Dining Site Closed	2 Shredded Pork Toss Salad Strawberries Yogurt MO-Cheese Sandwich	3 Birthday Cake Roast Beef/Gravy Mashed Red Potatoes Mixed Vegetables MO-Tomato Basil Patty	4 Chef Salad Raisin Bran Muffin Peach MO-No Meat	5 Stuffed Green Peppers Mashed Potatoes Cottage Cheese Fruited Jell-O MO-Meatless Pepper
8 Baked Fish Sweet Potatoes 7-Layer Salad Pineapple Chunks MO-Soy Patty	9 Cobb Salad WW Roll Mixed Berries MO-No Meat	10 Baked Chicken New Potatoes Green Beans Taffy Apple Salad MO-Stuffed Shell	11 Turkey Sandwich Broc/Cauli. Salad Cranberry Juice Oatmeal Raisin Cookie MO-Hummus Sandwich	12 Country Ribs Herbed Potatoes Corn/Tropical Fruit Cake MO-Veggie Lasagna
15 Sloppy Joe Squash Salad Dill Pickle/Orange Rice Crispy Bar MO-Soy Patty	16 Seafood Pasta Pickled Beets Croissant Citrus Salad MO-Egg Salad	17 Roast Beef Potato Salad Romaine Salad Mixed Melon Cup MO-Veggie Wrap	18 Brat/Baked Beans Dill Baby Carrot Fruit Cocktail Peanut Butter Cookie MO-Veggie Dog	19 Chicken Ranch Salad Dinner Roll Apricots Cream Pie MO-Egg Salad
22 Baked Chicken Baked Potato Peas & Cheese Salad Mandarin Oranges MO-Veggie Pizza	23 Swedish Meatballs Wild & Brown Rice 4-Bean Salad Frozen Fruit Bar MO-Red Beans & Rice	24 Turkey Sandwich Beet Salad Pears Ice Cream MO-Veggie Wrap	25 Chicken Salad Croissant Broccoli Slaw Plain Jell-O MO-Egg Salad	26 Taco Salad Mixed Fruit cup Oatmeal Cookie Bar MO-No Meat
29 Fish Sandwich O'Brien Potatoes Coleslaw Fruit Pie MO-Cheese Sandwich	30 Cheeseburger Potato Salad Apple Sauce Pudding MO-Tomato Basil Patty		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.

September 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 Closed	2 Pork Loins Roasted Potatoes	3 Beef Stroganoff	4 Kielbasa Oven Fried Potatoes	5 Baked Cod Baked Potato
8 Chicken Quesadilla	9 Meatloaf Scalloped Potatoes	10 Herbed Chicken	11 Brat Potato Salad	12 Vegetable Lasagna
15 Grilled Cheese Tomato Soup	16 Roast Turkey/Gravy Oven Fried Potatoes	17 Spaghetti w/Meat Sauce	18 Pulled Pork Baked Beans	19 Mac n Cheese Scalloped Potatoes
22 Beef Stir Fry Rice	23 Hamburgers Roasted Potatoes	24 Egg Salad Sandwich	25 Chicken Teriyaki Potato Soup	26 Tuna Salad Sandwich
29 Chicken Salad Mushroom Soup	30 Chicken Alfredo			

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

NESCO Memberships

You can get a NESCO membership for the rest of 2014 for only \$7!

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 2014 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



FREE In-Home Assessment

608-729-5365 www.seniorhelpersmadison.com

SENIOR HELPERS
Care and comfort at a moment's notice.

2013 Annual Report Available

Read about NESCO and its many accomplishments in our 2013 Annual Report. The document also provides budget information and program highlights for the year. Your personal copy is available at the NESCO front desk or online at www.nescoinc.org. Previous years reports can also be found on our website.

Hill Glowacki Jaeger & Hughes LLP

Attorneys at Law

Providing Elder Law Services for you or your family including: Estate planning and probate, Powers of Attorney, Long-term care planning (Medicaid and Medicare), Guardianship, Conservatorship and Protective Placement

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

Case Management Services



Alyssa Bordeleau, bsw
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abordeleau@nescoinc.org
243-5252 Ext. 209
Mondays-Fridays



Sarah Oestmann, bsw
Bilingual Case Manager
soestmann@nescoinc.org
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Kate Shenker-Powers, MSW, ICSW
Case Manager
kshenker@nescoinc.org
243-5252 Ext. 207
Mondays-Thursdays



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

Medication Delivery



Do you have problems getting to the pharmacy to pick up your medications? Did you know that nowadays, many pharmacies offer home delivery and they can even ship newly prescribed medications overnight, right to your door! Instead of paying the co-pay at the pharmacy counter, you will receive a bill in the mail so you can

return payment. Some local and national pharmacies that offer Medication Delivery include Mallatts Pharmacy (608-310-9922), The Medicine Shoppe (608-221-8151), ExactCare (local rep. Joshua 608-358-4301), Walgreens and Hy-Vee. Some of these pharmacies have a delivery fee, and some do not. Please call for current rates.

Downsizing

It is not uncommon to feel overwhelmed by the amount of 'stuff' accumulated over a lifetime. Reluctance to part with treasured items combined with decreased strength and mobility, can slowly lead to piles of things in your home that continue to grow, when what you really need is for them to go away. Clutter is not only annoying but can become hazardous to your health. Downsizing can be very emotional and sensitive and thankfully there are people and organizations that are willing to accompany you through the daunting process. Some of the agencies include: *Segues: Senior Move Specialists* (608-345-1942), *Madison Organizing Professionals* (608-616-5065), *Life Organized: An Evolution of Sorts* (Claire at (608) 622-7678), *Dawn Griffin: Deep Home Cleaning* (Dawn at (608) 212-1889). Most companies charge by the hour and can be hired for as much or as little time as you need. Most offer free assessments to give you an estimate of what it would cost to complete your project. Please call for current rates or contact a Case Manager for more information.

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 September 6th for Coffee Hour

Green Burial

An alternative to traditional burial is offered at Natural Path Sanctuary in Verona, WI. Green burial is the practice of burying the body directly into the ground with no embalming, and no casket or vault required. Many people think this is not legal, however it is and it is available to you. Also, many people assume that green burial is a new-age trend, when in fact, it is the oldest and historically most common practice for body burial. Also, Green burial can be much less expensive than a traditional funeral and burial. Contact Case Manager Sarah, or call Natural Path Sanctuary directly at (608) 845-8724 for more information.

Welcome John



The North/Eastside Senior Coalition is pleased to announce the hiring of John Herrera as our new case manager. John has worked as case manager in the mental health field in Illinois and Wisconsin since 2010.

John has a Bachelor of Arts degree in Sociology from Saint Xavier University. In his free time John enjoys riding his bike around Madison and spending time in the Wisconsin Dells. John moved here in the Spring is really enjoying Madison. We are pleased to have John on our NESCO Team!

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, September 10, 1-3 pm

@ Quaker Housing (2025 Taft St)

Learn how to take time for yourself, so you can better take care of others.

Diabetes Support Group

Thursday, September 25, 2-4 pm

@ Romnes Apartments (540 W. Olin Ave)

Staff from UW Extension will talk about food safety and keeping food preserved so it lasts longer.

Black Women Wellness Day

Saturday, September 20, 9am 5:30pm

@ Alliant Energy Center Exhibition Hall.

Call Pam for more information.

Medication Reviews (Spanish)

Friday, September 5, Noon—2:30 pm

@ Warner Park Community Recreation Center

Free medication reviews from a local pharmacist will be provided in Spanish. Appointments must be set up ahead of time. The med review will take about one hour. Please contact either Alyssa or Sarah, at 243-5252, to schedule your appointment. This program is made possible by funding from the United Way of Dane County.

Discussion Group

Wednesday, September 10, 6-8 pm

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

Depression is a problem many seniors face as they age. This month's group will suggest different things seniors can do each day to feel good about themselves and how to reach out for help if they start feeling depressed for extended periods of time. Limited transportation available. *Offered in Spanish only.*

Bilingual Bingo & Computer Class

Friday, September 12, 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. After bingo and lunch, there will be a computer class taught in Spanish at the Vera Court Neighborhood Center. Limited transportation available.

Diabetes Support Group

Wednesday, September 24, 6-8 pm

@ Fitchburg Senior Center

5510 East Lacy Rd., Fitchburg

We will be discussing the medicines taken by the seniors to help control their diabetes and the positive or negative effects with other medicines. Limited transportation available. *Offered in Spanish only.*

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Volunteer Opportunities



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

NESCO's 40th Anniversary

Believe it or not NESCO will be celebrating our 40th Anniversary in 2015! Volunteers are needed to join the Planning Committee and help us plan a celebration. If you are a skilled party planner and would like to help, please contact Laura Hunt.

Computer Savvy Volunteers

NESCO is looking for volunteers with computer and internet knowledge, familiarity with Facebook and other popular programs to help seniors learn the basics at our new Internet Café. Sign up to help one day a week, Monday-Thursday from 8-11:30 am. Contact Laura Hunt.

Home Chore Volunteers

Volunteers are needed to assist low income older adults with cleaning, raking, shoveling and with organizing within the home. Time and days are flexible to help fit your schedule. Contact Laura Hunt to get involved!

NESCO Memory Café Volunteers

We are looking for volunteers to help guide seniors as they participate in activities at our Memory Café beginning September 15. The Memory Café will meet the 3rd Monday from 1:00pm—3:00pm. Memory Café is an interactive program for individuals dealing with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias. Please contact Laura Hunt.

Foot Care Clinic Volunteers

We are looking for a volunteer to assist the nurse at our foot clinic on the second Friday of each month from 10 am-Noon. Tasks include filling buckets with water and keeping track of payments. Please contact Laura Hunt.

Dream Weaver, InDesign

If you know what Dream Weaver and InDesign are and how to use them? This may be the perfect volunteer opportunity for you. Volunteer 5-10 hours a week helping with the website and creating flyers and signs.

AppleFest Volunteers Needed

Thursday-Saturday, October 2-4

NESCO's 14th Annual AppleFest is quickly approaching. Volunteers are needed on Saturday, October 4 in the following areas:

Volunteers are needed for the bake sale, used book sale, raffle ticket and drawing sales.

Volunteers are also needed to serve food at the snack bar, help at the kiddie carnival games and outdoor tent activities, and with face painting.

Volunteers are also needed on Thursday to help set up for the used book sale and cashiers are needed for the used book sale on Thursday and Friday.

Contact Laura Hunt lhunt@nescoinc.org or 243-5252 ext 106 for more information or to sign-up for a shift.

Dining Site Volunteers Needed

We are looking for volunteers to help with setting tables, serving lunch and helping with clean up afterwards from 9:00am -12:30pm. Come everyday, once a week or a couple days a month; whatever fits your schedule. For more information contact Laura Hunt.

Baked Goods Needed

Help Us Fill Some Pie Tins!



NESCO has lots of pie tins in our office and we need your help filling them with home-made pies that we can sell at our AppleFest bake sale on October 4. Come on by the NESCO office to pick up your pie tins and let's get them all filled up! Bring the filled tins back to the NESCO Office October 3 or 4. Contact Laura Hunt for more information

Homemade Baked Goods

Looking for people who like to bake cookies, breads, pies bars or other desserts and donate them to our bake sale October 4th. Bring your donated goodies back to the NESCO Office October 3 or 4. Contact Laura Hunt for more information.

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

ADRC of Dane County
Boomerangs Resale Store
Michaela Curley
Alicia Engel
Kathy Esser
Kayla Grant
Mary Hill
Caitlin Hunt
Madison East Lions Club
Judy Nelson
Beverly Ninedorf
Henry Payne
Lorraine Pionkowski
Emma Thornburg
Barbara Turkow
UW Credit Union
Gloria & Paul Van Rooy

Thank You All!

Business Member Spotlight

Comfort Keepers has been helping seniors in Dane County since 2001. Comfort Keepers is about the people they serve and the positive relationships they have with them. No other home care agency surveys both their caregivers and clients about customer satisfaction. Comfort Keepers offer a full range of in-home services to promote independent living to its fullest. Services include skilled nursing services, personal care, homemaking care, live-in services, 24/7 care, respite services, and a personal emergency response system. Comfort Keepers has participated in NESCO's Multicultural Health Fair and Family Caregiver Resource Fair for over 5 years.

We would like to formally thank



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

Thank You

Thank you to our **July Summer Concert Series** Master of Ceremonies and all of our wonderful Business Donors:

Master of Ceremonies:

Paul Soglin, Mayor, City of Madison
Joe Parisi, County Executive, Dane County

Business Donors:

BMO Harris Bank
Boomerangs Resale Store & Door Creek Church
Dane Arts
The Evjue Foundation Inc., charitable arms of
The Capital Times
Madison Arts Commission (with additional funds
from the Wisconsin Arts Board)
Madison Mallards
Oak Park Place
Thrivent Financial for Lutherans



“They were wonderful.”

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



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14th Annual AppleFest

Saturday, 4 October 2014

Warner Park Community Recreation Center, 9:30 am-3:30 pm

Adults \$2 & Kids (12 & Under) FREE

Activities

Apple Sale & Bake Sale
Bucky Book Sale (\$35)
Clowns (Doodlebug) & Mascots
Face Painting
Fire Truck
Kiddie Carnival w/Moon Bounce & DJ
Outdoor Activities Tent
Police Cruiser
Popcorn & Slushies
Raffle & Drawing Prizes



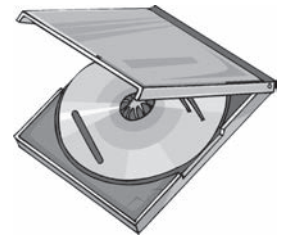
Used Book Sale

Also includes movies/DVDs, music/CDs & games/videos

Thursday, 2 October, 4-7 pm

Friday, 3 October, 9 am-5 pm

Saturday, 4 October, 9:30 am-3:30 pm (\$5/bag)



AppleFest Wish List

Baked Goods Items

(delivered to WPCRC by 4 October, 9 am)

CDs/DVDs/Games

(delivered to WPCRC by 1 October)

VOLUNTEERS NEEDED!!

Drawing Prizes

Returning this year is the opportunity to buy chances for individual prizes; tickets are \$1 or 6 for \$5. Stop by and check-out the fantastic prizes local merchants and community friends donated in support of AppleFest.

Some of the prizes include: **jewelry, gift certificates to restaurants, massages, pizzas, beauty salon certificates, car care, coffee, ...plus more prizes arrive daily!**

Family Drawing Prizes

Win a prize that will be nice for the whole family! This drawing will take place outside the gym.

Entertainment

Madison College Big Band
Dance Dimensions
Drum Circle
Just Too Accordions
Virginia Davis School of Dance
Casey & Greg
Harmonica Hour w/DeWayne Keys & Doug Barrett



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Madison Chiropractic-North
Madison Mallards
McKinney Dental
Thrivent Financial for Lutherans
Xerox

Thanks to the many Businesses and Individuals who Donated Items to our Raffle & Drawing!

AppleFest Raffle Tickets

Tickets available at the NESCO office. Need not be present to win. Tickets are \$5 or 6 for \$25 (donation). Get your tickets now!

1st Prize — \$1,000 Cash

Keller Real Estate Group & Senior Housing, UPS Store, Dryden Terrace Apts & Meridian Group, Ryan Funeral Home, Oak Park Place, Madison Chiropractic North, Diversified Financial Consultants, Excellence in Dentistry

2nd Prize — One Night Stay & Wine Gift Basket
(Madison Concourse Hotel & Wegner CPAs)

3rd Prize — Leather Massage Chair *(C. Batterman)*

4th Prize — Hunter's Comfort Kit *(Edward Jones)*

5th Prize — \$210 Cash *(NESCO Board)*

6th Prize — Amicus Pearl Necklace
(BR Diamond Suite)

7th Prize — Packers Autographed Football (2013) & Electric Toothbrush
(Green Bay Packers & Delta Dental)

8th Prize — One Night Stay & Food Fight Gift Card
(Hyatt Place & Hill, Glowacki, Jaeger & Hughes LLP)

9th Prize — Aging in Place CAPS Home Consult & Energy Conservation Basket
(TZ of Madison & MG&E)

10th Prize — UW Men's Basketball Game Package & One Night Stay
(Krueger Family & Hampton Inn & Suites)

11th Prize — Salon Gift Card & 2 Theatre Tickets
(DuWayne's Salon & Forward Theatre Co)

12th Prize — Fireside Theatre Gift Certificate & Fall Scarf *(Oakwood Village - Prairie Ridge & Connie Mills Accessories)*

13th Prize — 1 Month Unlimited Yoga
(Inner Fire Yoga)

14th Prize — Gift Certificates *(Senior Helpers & Boomerangs Resale Store)*

15th Prize — Theatre Tickets & Massage
(Overture Center & Massage East)

16th Prize — Fuji Digital Camera & Hand Knotted Rug *(Rhyme & Sergenian's)*

4th Annual Family Caregiver Resource Fair

Presented by the North/Eastside Senior Coalition

Saturday, Sept. 13, 8:30 - 11:30 a.m. • FREE

Warner Park Community Recreation Center, 1625 Northport Drive

You don't have to do it alone.

Visit the Exhibitor Room:

Learn about the many services, resources and educational opportunities in Dane County that can help you.

Take a Workshop:

- Medicare/Medicaid/Insurance Marketplace: What you need to know
- Make your home safe and accessible
- Create a care plan
- How to choose senior housing
- Legal issues you need to know about



For details visit www.nescoinc.org or call 608-243-5252



This program is presented by the North/Eastside Senior Coalition and sponsored by the Dane County Caregiver Support Program

North/Eastside
SENIOR
Coalition

Gay & Gray Discussion Group Thursdays, 2 pm @ Madison Senior Center

Senior adults from the lesbian, gay, bisexual, and transgendered community meet the 2nd & 4th 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.



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- Transportation & Shopping • Respite and More...

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- Transferring & Positioning • Oral Hygiene

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- Speech Therapist • Meals on Wheels (M-F)
- Home Modification

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- Alzheimer's, Parkinsons, Supportive Hospice and Legal Live-in Services



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Answers (from page 19)



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President



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241-1190



* Restrictions apply

2014 Trips

Holiday Country Music Show

Wisconsin Dells
Sunday, December 7
12:45 pm-6:30 pm

Enjoy a two-hour Christmas performance with Maggie Mae at the Crystal Grand Music Theatre in Wisconsin Dells. It's a down home, good ole fashioned show with great music and fun.
Cost: \$45 NESCO Member/\$52 Non-Member

Pick-up at Sherman Glen & WPCRC
Registration Deadline: October 10

2015 Travel Trips Presentation

Wednesday, September 10, 2:00 – 4:00 pm.
Fitchburg Senior Center, 5510 East Lacy Rd.

2015 Trip Selections

February: 10 Days – Highlights of Sunny Florida
April: 8 Days – Flavors of the South
May/June: 10 Days – Shades of Ireland
October: 12 Days – National Parks of the “Southwest”

Call 270-4290 to pre-register for the presentation

Feeling off?

Madison Chiropractic
Quality Care Close to Home LLC.

244-0044

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

Note: If you're a single traveler & need a roommate, please call Fitchburg Senior Center at 270-4290. We'll keep a list & call you if we find a match.

NESCO's Trip Cancellation Policy:

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

Ask the Nurse!

Fact or Fiction? 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 get frequent leg cramps. I hear this is just a natural part of getting older and there is nothing I can do.

FACT:

There are things you can do to avoid leg cramps! Here are a few ideas:

Check your electrolytes

Low levels of potassium, calcium and magnesium may cause muscles to cramp. You can get more of these nutrients by eating certain foods. Bananas and oranges are high in potassium; brown rice, almonds and avocados are good sources of magnesium; and spinach contains all three minerals.

Get enough to drink

Studies have not proven that dehydration causes leg cramps, but it may contribute to them. As we age, we become less sensitive to thirst and often drink less as a result. Be sure to drink plenty of water throughout the day.

Loosen the covers

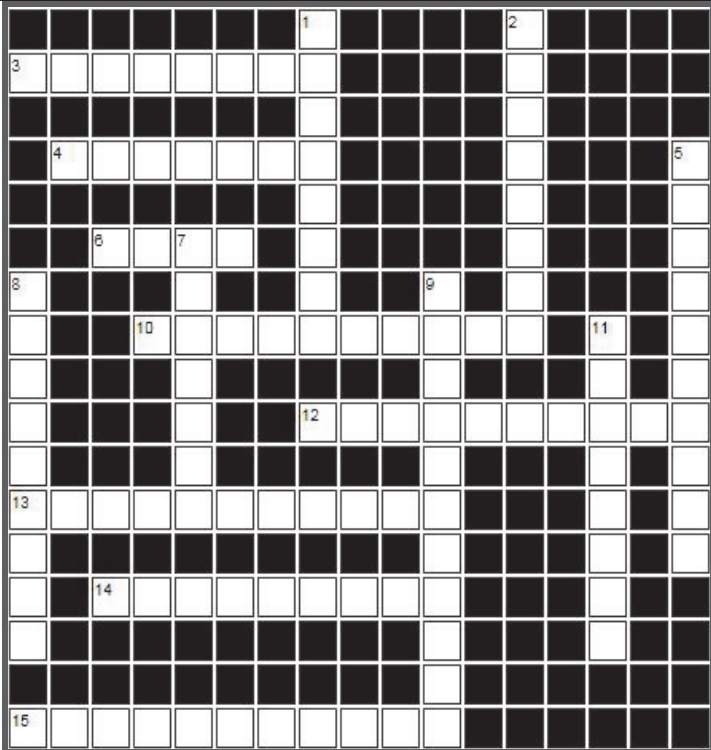
Standing, sitting or lying in certain positions can aggravate muscles and lead to cramps. Sleeping on your back under covers that are tightly tucked in can press down your toes, possibly causing calf and foot muscles to tighten, and cramp. Try sleeping on your side with your knees bent or loosening sheets and blankets to keep them from weighing down your feet.

Wear comfortable shoes

People with flat feet may be more vulnerable to foot and leg cramps. Try to wear footwear with good arch supports as often as possible.



Music of the 50's, 60's & 70's



ACROSS

- 3. American Woman (2 Words)
- 4. Daydream Believer
- 6. Dancing Queen
- 10. Say It Loud
- 12. The First, The Last, My Everything (2 Words)
- 13. ABC (2 Words)
- 14. Kokomo (2 Words)
- 15. Ain't Too Proud to Beg

DOWN

- 1. Yakety Yak
- 2. I Will Survive
- 5. Johnny B. Goode (2 Words)
- 7. I Want to Hold Your Hand
- 8. Bennie & The Jets (2 Words)
- 9. Walk Like a Man (2 Words)
- 11. Save the Last Dance for Me



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*Have you remembered
NESCO in your will?*

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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	241-1574
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
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

Wish List

- AppleFest Volunteers
- Home Chore Volunteers
- NESCO Memory Café Volunteers
- Internet Café Volunteers
- 40th Anniversary Committee Volunteers

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

United Way Day of Caring



**Thank
You!**