



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 Madison, WI 53713

SOUTHSIDE SENIOR

September 2010 VOLUME 45

Phone: 608-251-8405 E-mail: coalition@smcelder.com

Fund-raiser Raffle!

Purchase tickets for \$1 each, or six for \$5. Available from the coalition staff, at dining centers, or at our office.

1st prize: \$100 cash!!

2nd prize: microwave oven

3rd prize: \$50 cash!!

Additional Prizes

1 DVD/CD player/recorder

1 portable stereo (AM, FM, disk player, and cassette)

1 countertop oven

1 electric grill

1 electric skillet

2 slow cookers

1 microwave pasta cooker

1 ten-speed blender

1 hand/stand mixer

1 electric can opener

5 toasters

3 sets of nonstick cookware

2 sets of dinnerware

3 queen-size sheet sets

1 queen-size comforter

3 bath towel sets

1 men's jacket

1 decorative wall clock

1 blood pressure monitor

1 iron

2 cordless phones

1 heating pad

Drawing is November 14. You need not be present to win.

Free Transportation to Programs at Madison Senior Center

Visit the downtown Madison Senior Center to enjoy one of the special programs below. If you are at least age 55, you can register for free transportation from your home on one or all of the days.

* **Thursday, September 2, 1-3 p.m.**, enjoy an afternoon dance (\$2) with live music, play mah-jongg, or learn about the gardens of Thailand.

* **Tuesday, September 7**, have lunch at 11:30 a.m. and watch the movie *A Single Man* at the 1 p.m. matinee.

* **Thursday, September 9**, try the afternoon dance (\$2) or hear a presentation on designing gardens with herbs and vegetables.

* **Tuesday, September 14**, have lunch at 11:30 am, and at 1 p.m. attend Book Bites with Michael Schuler, author of *Making the Good Life Last: Four Keys to Sustainable Living*.

Reserve a ride today by calling 266-6581. Transportation funding is provided by a Leck Grant from the Area Agency on Aging. For more details on each program, see page 2 of this newsletter.

Get Your Early Flu Shot!

Home Health United will offer vaccinations for seasonal flu and pneumonia at these south/central locations.

Romnes Apartments

540 W. Olin Avenue

September 21, 1-3 p.m.

Quaker Housing

2025 Taft Street

September 22, 1-3 p.m.

Madison Senior Center

330 W. Mifflin Street

October 7, 8:30-11:30 am.

Medicare Part B or Medicaid covers the cost. Remember to bring along your Medicare or Medicaid card.

Sunday Afternoon

Connect with old friends and meet new ones at the Madison Senior Center on **Sunday, September 12**. Arrive by 12:30 p.m. for a dinner of roast pork, mashed potatoes, gravy, green beans almondine, Waldorf salad, rye roll, and cherry pie. After dinner, enjoy a lively performance by Just Too Accordions and play some rounds of bingo.

Reservations are needed by noon on Friday, September 10; call 251-8405. Cost is \$3.50 at the door. Free transportation is available from the near south side.



South Madison Coalition of the Elderly

128 E. Olin Avenue Suite 110 251-8405

SOUTHSIDE SENIOR

SEPTEMBER 2010 PAGE 2

ACTIVITIES offered by
MADISON SENIOR CENTER
330 W. Mifflin St. 266-6581

Inspirations from Olbrich Gardens

There is no cost to attend, but register by calling 266-6581.

Thursday, September 2, 1 p.m.

The gardens and people of Thailand
Join Olbrich's Jeff Epping for a slide show of the lush tropical gardens of central Thailand, mountain flowers of the north, and unique Thai cultural sites; also learn about the fundamentals of Thai garden design.

Thursday, September 9, 1 p.m.

Designing with vegetables & herbs
Horticulturist Samantha Peckham will describe the ornamental features of herbs, fruits, and vegetables, and discuss how to transform your garden by growing them among your perennials, shrubs, and trees.

Dance to Big Band Tunes

Every Thursday, 1-3 p.m.

Dance to the big band sounds of the Senior Showcase Band (\$2). Bring a partner or find one at the dance. On the last Thursday of the month there is no charge.

Fair Housing

Wednesday, September 8, 10:30 a.m.

Registration needed; call 266-6581
Join Tobi LeMahieu, of the Fair Housing Center, to learn how this private nonprofit group promotes fair housing throughout Wisconsin by combating illegal housing discrimination and creating and maintaining racially and economically integrated housing patterns.

Movie Matinees

A Single Man, with Colin Firth

Tuesday, September 7, 1 p.m.

Backup Plan, with Jennifer Lopez

Tuesday, September 21, 1 p.m.

Vision Problems?

Wednesday, September 8, 10 a.m.

Registration needed; call 266-6581
Marshall Flax, M.S., a certified orientation and mobility specialist from the Wisconsin Council of the Blind and Visually Impaired, will discuss vision problems and answer questions.

What to Do with Your Stuff

Thursday, September 9

10:30-11:30 a.m.

Registration needed; call 266-6581
Lori Chapman, senior move manager with Segues, will explain the five categories of stuff, and how to start organizing, downsizing and de-cluttering.

Book Bites

Tuesday, September 14, 1 p.m.

In *Making the Good Life Last: Four Keys to Sustainable Living*, author Michael Schuler dismisses the assumption that constant consumption and stimulation equal happiness, and shows how satisfying it can be to apply the principles of sustainability to our personal lives. Refreshments served; no cost to attend.

Join New Book Club

Wednesday, September 15, 9-11am

Join Sandra Jones in choosing books that will be on loan from the library for three months.

Maximize Your Memory!

Monday, September 20

9:30-11 a.m.

Registration needed; call 266-6581
Join Tracy Earll, from the Alzheimer's Association, for an informative, interactive workshop with new tips and strategies for improving memory.

Classes

The classes below require advance registration; call 266-6581.

Doll Making

Fridays, September 17-October 8

1:30-4 p.m. \$35 per person

Wendy Fern Hutton will lead this class in creating non-traditional dolls by using simple sewing techniques.

Leaf Printing on Fabric

Friday, September 10, 1-2:30 p.m.

\$25 per person

Join instructor Nancy Welch to create easy art. Bring fresh leaves, T-shirts, or fabric items to print on, an apron, and a tablespoon. Acrylic paint and paper to practice on will be provided.

Blogging 101

Thursday, September 23, 1-3 p.m.

Continues Thursdays, October 21, November 18, and December 16.

Come to the computer lab and discover how to share family history, personal memories, photos, and daily thoughts with friends and family through a simple blog. Bring a few e-mail addresses of people with whom to share your blog. Suitable for all levels of computer skill.



South Madison Coalition of the Elderly
128 E. Olin Avenue Suite 110 251-8405
SOUTHSIDE SENIOR

SEPTEMBER 2010 PAGE 3

CASE MANAGEMENT RESOURCES

TRIAD Crime Prevention and Safety Conference

September 14 8 a.m.-3:15 p.m.
Blackhawk Church, 9620 Brader Way

\$15 per person, lunch included Pre-registration needed; call 441-7897

Meet with local law enforcement, fire prevention, and human service professionals to discuss the many aspects of crime prevention and safety that affect older adults. This event includes speakers and workshops, blood pressure screening, exhibits, and door prizes. Attend workshops on

- Alzheimer's Safety Concerns/Project Lifesaver/Safe Return
- Elder Abuse and Neglect • Risks for Older Adults in Economic Hard Times • Scams/Frauds • Senior Living Options • Reputable Home Repair • Fire and Falls Prevention • Financial Literacy • Internet Safety • Juvenile Gangs • Youth Peer Court

Take advantage of Car Fit between 8 a.m. and 2:30 p.m. This program will help you to determine if your car seats, mirrors, etc., are adjusted correctly to promote maximum safety behind the wheel.

Annual Colloquium on Aging

Tuesday, September 21 8:30 a.m.-1:30 p.m. Monona Terrace
Free and open to the public; box lunch included
Preregistration needed by September 13; call 262-1818
See more details/register at aging.wisc.edu

The UW Institute on Aging offers this public colloquium each autumn. This year the program includes a keynote address by Professor Richard Ryan, "Finding Happiness and Meaning: What the Research Tells Us." Other talks by UW-Madison faculty will include

- 9:00 a.m. "Halting the Aging Process"
- 9:45 a.m. "Asthma in an Aging Population"
- 11:15 a.m. "Reducing Barriers to Better Self-Care: Changing Stereotypes"

The day includes opportunities to meet with UW researchers in various aging fields and hear about their latest findings. There will also be a resource and health fair, with local exhibitors offering resources to support successful aging, as well as health screenings such as blood pressure and bone density assessments.

Case Management

South Madison Coalition case management services are free of charge to South Madison residents over the age of 60.

Our case managers will assist you in finding, and connecting to, a wide variety of resources to help you function independently in the community. Our services include assessment of your eligibility for assistance with home chores, coordination of caregiver support, help with utility assistance programs, resources to address elder abuse and neglect, as well as a variety of federal, state, and county programs.

Our case managers will be happy to visit your home to talk about your needs and our services. To make an appointment or to find out more, call or visit the Coalition's main office during regular working hours, Monday through Friday, or come to one of our other sites during these walk-in hours.

Walk-in Office Hours

Madison Senior Center
330 W. Mifflin Street
Mondays 10:30-11:30 a.m.

Quaker Housing
2025 Taft Street
Wednesdays 10:30 a.m.-noon

Romnes Dining Room
540 W. Olin Avenue
Thursdays 11 a.m.-noon

Southridge Community Room
1914 Post Road
Friday, September 10
9-9:30 a.m.



South Madison Coalition of the Elderly
 128 E. Olin Avenue Suite 110 251-8405
SOUTHSIDE SENIOR

SEPTEMBER 2010 PAGE 4
DINING CENTER
MENU

MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY Salad Option **	THURSDAY	FRIDAY
		1	1	2	3
If you wish to try a salad on Wednesday, please let the kitchen manager know on the Tuesday before. Your meal will also include the bread and dessert on the menu for that day; or the fruit if no dessert is to be served.		Sloppy Joe Potato Salad Steamed Baby Carrots Pears Cake	Taco Salad: shredded lettuce, seasoned taco meat, shredded cheddar cheese, tomato, onion, salsa, sour cream	Roast Turkey Gravy Stuffing French Style Green Beans Bread Orange Juice	Chicken Salad & Lettuce on Wheat Bun Marinated Tomatoes Pineapple Cherry Crisp
6	7	8	8	9	10
Labor Day No Meals Served	Italian Chicken Patty on Bun Barbeque Sauce Corn Fresh Fruit Pudding	Ham Loaf Mustard Sauce Sweet Potato Broccoli Rye Bread Banana Cake	Tropical Chicken Salad: mixed lettuce, roasted chicken, red onion, pineapple, bell pepper, Italian dressing	Spaghetti & Meatballs Tossed Salad Garlic Bread Peaches	Hot Dog Baked Beans Creamy Coleslaw Orange Ice Cream Treat
13	14	15	15	16	17
Orange Juice Ham & Cheese Omelet Hash Brown Patties Fresh Fruit Mix Cinnamon Roll	Roast Beef Mashed Potatoes Roasted Vegetables Applesauce Bread Cookie	Shrimp Pasta Salad Cucumbers & Onions Light Rye Bread Fruit Cup	Garden Salad: mixed greens, ham, egg, Cheddar cheese, seasonal vegetables, Ranch dressing	Beef Tips over Noodles Green Beans Orange Bread Bar	Tomato Barley Soup Egg Salad & Lettuce on Wheat Bun Strawberry Shortcake
20	21	22	22	23	24
Roast Pork Gravy Rice Pilaf Harvard Beets Pumpnickel Bread Fruit Cup	Pizza Casserole California Vegetables Mandarin Oranges Bread Ice Cream Treat	Sloppy Joe Baked Beans Creamy Coleslaw Apple Oatmeal Cookie	Cobb Salad: mixed greens, chicken breast, bleu cheese, avocado, tomato, green onion, balsamic vinaigrette	Tuna Macaroni Salad German Cucumbers Rye Bread Orange Juice Pudding	Meatloaf Gravy Mashed Potatoes Tossed Salad Bread Applesauce
27	28	29	29	30	
AuGratin Potatoes & Diced Ham Yellow Beans Bread Pineapple Cookie	Chicken Parmesan Spaghetti Creamy Coleslaw Garlic Bread Banana	Pork Cutlet in Gravy Mashed Potatoes Broccoli Bread Pears Lemon Dessert	Spinach Salad: spinach, nuts, mozzarella cheese, strawberries, kiwi or apple, onion, raspberry vinaigrette	Baked Fish Tartar Sauce Hash Brown Casserole Carrots Wheat Roll Fresh Fruit	



Brittingham Apartments
 755 Braxton Place
 251-4525

Madison Senior Center
 330 W. Mifflin St.
 266-6416

Romnes Apartments
 540 W. Olin Ave.
 251-8405

Quaker Housing
 2025 Taft St.
 310-6956





Senior Lunch Program

Monday–Friday 11:30 a.m.

Individuals age 60 and older are not charged for meals but are encouraged to contribute what they can. The suggested donation is \$3 a meal.

NO MEALS SERVED
MONDAY, SEPTEMBER 6

It's Food Safety Month!

Test your knowledge with our food safety true/false game.

- Quaker Sept. 14 11:30 a.m.
- Sr. Center Sept. 21 11:00 a.m.
- Romnes Sept. 22 11:15 a.m.
- Brittingham Sept. 28 11:30 a.m.

Back-To-School A Time for Reminiscing Tuesday, September 7

Bring a photo of yourself from school days, share some September memories with your tablemates, and stimulate your mind with memory games.

Grandparent's Day "Breakfast at Lunch"

Monday, September 13

Enjoy this favorite lunch of both school children and their grandparents. The menu includes omelets, hash-brown patties, orange juice, fresh fruit, and cinnamon rolls.

Apple Tasting

Thursday, September 23

Cooler days mean apples are ripening. Today's focus is on all things "apple." Taste a variety of apples, and remember: an apple a day is just plain good!!

Neighborhood Senior Center Program

The Neighborhood Senior Center's activities give older adults opportunities for socializing, health promotion, and education. Below are some highlights for events at the Romnes Apartments, 540 W. Olin Avenue, and Quaker Housing, 2025 Taft Street. Call 251-8405 for details or to request a complete monthly activity calendar.

Slapstick and Silliness

Doc the Rube's famous clown entertainment features balloon tricks, silliness, games, and lots of laughs. His juggling will amaze you while his slapstick jokes will keep you chuckling. Doc is one amazing clown, and he'll give away gifts to some of the audience members. Join him in a game of balloon volleyball, bean bag, or a watermelon toss. All this happens at **Quaker on Wednesday, September 15, and Romnes on September 28. Festivities begin at 1 p.m.**

Quilt Expo Trip

View hundreds of colorful and beautifully detailed quilting treasures at the Wisconsin Quilt Expo, presented by Wisconsin Public Television and Nancy Zieman of the "Sewing with Nancy" show. Many huge double quilts will be hung for easy viewing in this juried show, which will also feature teaching seminars. Check the wiquiltexpo.com site for more information. The trip takes place **September 17, from 10 a.m. to 1 p.m.** Call Transit Solutions at 294-8747 to schedule a ride; the cost is \$2.00. Expo admission is \$8 at the door or \$7 in advance; go to wiquiltexpo.com.

Edgewood College Nursing Class

Romnes and Quaker will once again be the sites of nursing classes presented by Edgewood College. The site's residents and the nursing students will have opportunities to learn from each other during the semester. The students will interview residents and present health and wellness programs through December. If you would like to be interviewed or hear more about the program call the Coalition office at 251-8405.

Woman's Health Cervical Cancer

This presentation, from the Well Woman Program, will explain some of the important issues about cervical cancer and what a woman can do to prevent it. There is good news about the cure rate that is worth knowing more about. Time will be set aside for answering questions. This informative program will be held on **September 14, at 12:15 p.m., at Romnes Apartments.**



The Benefits of Volunteering

Volunteering has a positive impact on our community, but it also has many positive benefits for the volunteer. The community benefits from volunteers by receiving increased support for local nonprofit agencies, increased service capacity (for example, more meals-on-wheels served), and an improvement in quality-of-life measures (for example, a senior who receives help from a volunteer who does home chores).

Now, what are the benefits to the person who volunteers?

- Volunteers can learn or develop new skills. There is no reason for adults to stop adding to their knowledge just because they have retired or are not employed.
- Volunteers develop and interact with a new social network. They have the chance to meet new people and make new friends.
- Volunteers feel more connected to the community. Volunteering is about helping others and having a positive impact on peoples' lives. What better way is there to give back to the community and make it a better place?
- Volunteers gain a sense of achievement. They give their time, energy, and skills freely. No one person can solve the world's problems, but each of us can make our little corner of the world better by volunteering.
- Volunteers may find new interests or hobbies. Volunteering can lead people to discover a hobby or interest they weren't aware of.
- Volunteers meet a wide range of people, develop lasting relationships, and learn about people from all walks of life.
- Volunteering may improve one's health. People who volunteer on a regular basis are less likely to suffer from heart disease and depression, and more likely to visit the doctor/hospital less often and live longer than those who do not volunteer.

If you haven't volunteered in the past, or would like to learn more about volunteer opportunities, the United Way of Dane County's Website has an extensive listing of opportunities in our community. The South Madison Coalition also has a large group of dedicated volunteers, and we are always in need of more. If

Workshop on Preventing Falls

Fitchburg Senior Center
Thursday September 30
11:30 a.m.--2:30 p.m.

Take advantage of a free workshop, "Clear the Path for a Healthier Life," to gauge your risks for falling and learn about resources and tools to address those risks. The session is sponsored by the Safe Communities Falls Prevention Task Force, a group of professionals working to reduce falls in our community.

Start with a delicious lunch and an informative talk by physical therapist Terry Shea, of the Falls Clinic team at the UW Health Geriatrics Clinic.

Following that, individualized screenings will be offered for evaluating balance, gait, strength, vision, bone density, blood pressure, medications, and more. A demonstration of tai chi will end the session. For details and registration, call 270-4290.

Free Tai Chi

Monona Terrace Rooftop
Tuesday and Thursday
12-12:45 p.m.

September 7-30, 261-4000

Increase your flexibility in a tai chi class run by Terri Pellitteri of Group Health Cooperative. Registration is available onsite. Please make sure to wear loose-fitting clothing and comfortable shoes. Open to all ages



South Madison Coalition of the Elderly
128 E. Olin Avenue Suite 110 251-8405
SOUTHSIDE SENIOR

SEPTEMBER 2010 PAGE 7

**COMMUNITY-WIDE
EVENTS
and INFORMATION**

Grief Support

HospiceCare Center
5395 East Cheryl Parkway

A new round of grief support groups begins this month. The groups below are open to the public and free of charge, but they require pre-registration. To register, call 276-4660 and ask to speak with a grief counselor

After the Caregiving Ends
Wednesdays, 4–6 p.m.
September 1–22

Spouse/Partner Loss Support Group
Thursdays, 6–8 p.m.
September 2–30

Journey Through Grief
Tuesdays, 6–8 p.m.
September 7–October 19

Bridges Weekly Support Group
every Wednesday, 9:30–11 a.m.
Preregistration is not required for this open-ended group.

Laborfest 2010

Monday, September 6, 12–5:30 p.m.
Madison Labor Temple
1602 South Park Street

Relax to music by Westside Andy/theMel Ford Band, followed by Paul Cebar and the Milwaukeeans. Feast on Italian sausages, corn on the cob, Louisiana rice and beans, hot dogs, soda, and beer. Bring the kids to enjoy a bounce house, balloons, face painting, a piñata, and magician Scott the Great. Admission is free, but attendees are urged to bring a nonfood household item for distribution by local pantries.

Apple Fest

Warner Park Community Center
1625 Northport Drive

USED BOOK SALE

Thursday, September 30, 4–7 p.m.
Friday, October 1, 9 a.m.–5 p.m.

The sale also includes CDs, DVDs, and games.

APPLEFEST/BOOK SALE

Saturday, October 2
9:30 a.m.–3:30 p.m.

Adult admission \$2;
kids under 12 free

Applefest includes a craft fair, apple sale, bake sale, free apple cider, live entertainment through the day, a carnival with numerous games and prizes, clowns, face painting, moon bounce, live zoo animals, and appearances of local mascots. Hot dogs and sloppy joes will be available in the snack bar.

Tickets can be purchased for individual prize drawings as well as a raffle drawing. Proceeds from this fund-raiser are used to enhance programs for senior adults living in northeast Madison.

Quilts in Bloom

Olbrich Gardens
Saturday, September 25, to
Sunday, October 17
10 a.m.–4 p.m. daily

See this creative display of fall flowers, color coordinated with unique hand-crafted quilts. Also, on September 25 and 26, shop at the quilt sale for colorful wall hangings, table runners, and decorative squares.

Asian

Senior Meal Program
Thursdays, September 2 and 16
4:30 p.m.
Bayview, 601 Braxton Place
Details: 251-8405

African American

Discussion Group
Wednesday, September 8, 2–4 pm
Quaker Housing
2025 Taft Street

Diabetes Support Group
Thursday, September 23, 2–4 pm
Romnes Apartments
540 W. Olin Avenue
Details: Pam Bracey, 243-5252

Latino

Grandparents Raising Grandchildren
Nutrition Two-part Workshop
Wednesdays, September 1 and 22

Latino Discussion Group
Winter Tips
Wednesday, September 8

6–8:30 p.m.
Madison Senior Center
330 W. Mifflin St.
Details: Yolanda Salazar, 243-5252

Plato Fall Preview

Madison Senior Center
Wednesday, September 15
1:30–3 pm

Are you interested in science, literature, current events, the arts or history? Join a Plato discussion group to meet others who share your special interest. Come to this event to get previews of Plato groups planning to meet this fall. Groups will begin the week of September 20 and run for 10 weeks.

South Madison Coalition of the Elderly
128 E. Olin Avenue Suite 110
Madison WI 53713

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
PERMIT #2185
MADISON WI 53713

RETURN SERVICE REQUESTED

Dedicated to the Independence of the Community's Older Adults

September 2010 VOLUME 45

The South Madison Coalition of the Elderly is a nonprofit agency started by local citizens more than 30 years ago to provide social services for the older adults in our community. We serve an area extending from the south city limits to downtown at Wisconsin Avenue and Martin Luther King Boulevard, with boundaries at Randall Avenue on the west and Lake Monona on the east. The Coalition directly provides a number of programs, and its staff assists older adults in obtaining a wide range of additional services and information to help them maintain their self-reliance. **If you or someone you know is in need of information or assistance, call 251-8405 or stop by our office at 128 E. Olin Avenue, Suite 110.**

REGULAR OFFICE HOURS

Monday–Thursday, 8 a.m.–4 p.m.

Friday, 8 a.m.–3 p.m.

Closed Monday, September 6

Important Phone Numbers

Area Agency on Aging of Dane County	261-9930
Bayview Community Center	256-7808
Brittingham Apartments	266-4384
Capitol Center Apartments	255-5311
CDA Maintenance	245-5797
East Madison/Monona Coalition	223-3100
Elder Abuse Helpline	261-9933
Elder Law Center	224-0606
Madison Senior Center	266-6581
Meriter Hospital	417-6000
Neighborhood House	255-5337
North/Eastside Senior Coalition	243-5252
Police-South Madison District	266-5939
Quaker Housing	255-9133
Romnes Apartments	267-9524
Social Security Administration	866-770-2262
South Madison Health Center	242-7441
Southridge Apartments	273-2797
St. Martin House	255-1287
St. Mary's Hospital	251-6100
Dane County STEP unit (Medical Assistance)	242-7441
West Madison Senior Coalition	238-7368