

## SENIOR NEWS

From  
**CHERYL  
BATTERMAN**



**NESCO Executive Director**

**This & That**

I'm constantly reminded of one of my favorite sayings..."The only person who likes change is a baby with dirty diapers!" We might enjoy a quick chuckle to this joke but it also comes directly to mind when Programs Director Paula Graffin recently came to a tough decision to remain home with her two children (Charlie and Jack) and leave our agency after two short years. Paula brought a wealth of experience to our agency, especially in the nutrition program. She will be deeply missed—but due to her commitment and professionalism, she has offered to work four hours a week until the transition of hiring new staff is complete. With this in mind, Kryn Hoyer-Winfield will step into this position and we are hiring a replacement for his Home Chore/ENJOY Coordinator position. As many of you know, Kryn grew up in Madison's north/eastside, graduating from both Madison East High School and UW-Madison. Congrats, Kryn!

Another staff member also decided to step into another career; Bilingual Case Manager Cindy Crane has accepted a position as Executive Director of a non-profit agency outside of the senior services field (GLSEN-SCW: Gay, Lesbian, and Straight Education Network of South Central Wisconsin). During her 1½ years with our agency, Cindy worked closely with Latino senior adults throughout Dane County, offering

them case management services in Spanish. We wish her best wishes in her new position. Meanwhile, we are pursuing an aggressive process to hire another bilingual/Spanish case manager.

That leaves one last position to fill: the Nutrition Site Manager at Bashford United Methodist Church. This program has survived a major church renovation while experiencing a slow but steady growth in attendance. It's a vital and highly respected weekday event—touching the lives of over 17 senior adults each day. We are in the final stages of this hiring process; several highly qualified candidates have applied. Meanwhile our two dynamic substitutes, Kathy Esser and Provie Brenz, will continue to fill this position. Thanks Kathy & Provie!

In the midst of all these staff changes, our agency has also been very busy with our signature fundraising event. The 5th Annual AppleFest occurred over a hectic but highly successful weekend (16-18 September). Throughout the planning process, our dynamic and dedicated planning committee focused on one key goal: let's have fun, but the "D" in "fundraising" stands for DOLLARS! And that's exactly what they did: a record was set in revenues: over \$9,700 was raised. My personal highlight was watching the local sports mascots and clown (Bucky, Maynard, & Doodlebug) interacting with the children while they enjoyed carnival games and shrieked with glee in the moon bounce. Need I mention the apple pies were simply delish! It was a weekend of family memories—and touched the lives of the senior adults in our community by raising dollars to support vital programs and services. Thanks for all who attended and volunteered. The 6th Annual AppleFest will be 22-24 September 2006!

## Dryden Terrace welcomes community connection

By **Kathy Kibbe**

*Dryden Terrace*

If you were asked, "What is that building at 1902 Londonderry Drive, right behind Popeye's?" Could you answer that question? Well, here is a little information that may help.

That building is Dryden Terrace Apartments, consisting of one-bedroom units designed for independent older adults and individuals with disabilities. Many residents there have long been active in Madison's Northside community, participating in activities and events and also giving back in many ways. Even though the Dryden terrace Community offers many amenities and ongoing activities for its residents only, there are also activities and events that are open to the public, and everyone is welcome to come in and enjoy whatever they may choose to participate in.

For example, a certified instructor for the Arthritis Foundation offers an ongoing PACE (People with Arthritis Can Exercise) program in our community room for a small fee for a 15-week course. Dryden Terrace also hosts a monthly foot care clinic and offers use of its community room for

other community-based programs and their activities.

You may also see our residents out in the Northside community, taking advantage of some of the wonderful resources, possibly riding with the Women's Transit Authority, at their respective places of worship, at the Farmer's Market, visiting the Lakeview Branch of the library or even picking up food through the Share Program.

We would like to continue as much as possible to get out into the community and make new friends and be good neighbors. And we would also like to invite our Northside neighbors to come in and share with us in some of our ongoing and upcoming events.

We are excited to invite everyone to our upcoming Craft and Bake Sale on Saturday, October 29 from 9am to 3pm. This year we are offering many crafts using new, innovative ideas and designs, as well as your favorite classics, and some items you may not have seen for many years. Our residents will be busy making their best and favorite goodies for our bake sale. We're looking forward to a fun-filled day. Stop in and say hi!

**Dryden Terrace  
Craft and Bake Sale  
Saturday, October 29  
9am - 3pm  
1902 Londonderry Drive**

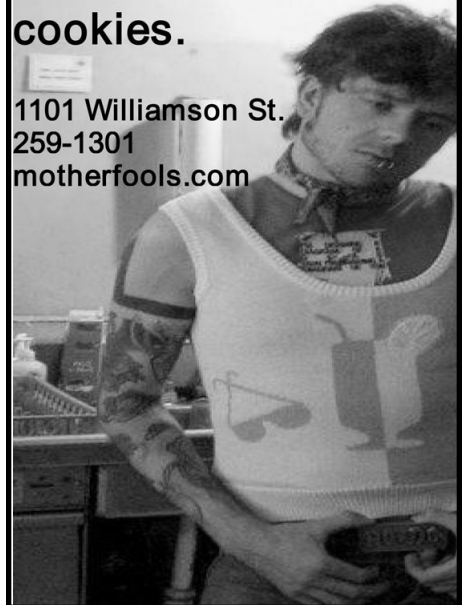
## Images of the 5th Annual Applefest

Photos by Cheryl Batterman



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## Senior Activities

For more information on NESCO programs, please contact Programs Director, Kryn Hoyer-Winfield at 243-5252 or [khoyerwinfield@nescoinc.org](mailto:khoyerwinfield@nescoinc.org).

### Flu Clinics

Get the shot before the flu gets you! Nurses from Home Health United will be visiting the Warner Park Community Center a few times in the upcoming months to provide flu and pneumococcal vaccines. The fee is \$23 (Medicare B/Medicaid accepted). Dates: October 11th, October 24th, and November 7th. Each will take place from 10:00 AM to 1:00 PM. Expect a short wait.

### Talk on Macular Degeneration

Dr. Copeland of Isthmus Eye Care is excited to visit and present an informative program on macular degeneration. Come by and learn about the causes of the disease, how it is diagnosed, and how it is treated.

Seniors and their family members are invited (this talk is free). Tuesday, October 11th from 10:15-11:15 AM

### Medicare Part D

On Tuesday October 25th at 10:30 Carrie Schneck from the Coalition of Wisconsin Aging Groups will be stopping by to give a presentation on Medicare's new chapter. Even if you are a Medicare beneficiary who already has prescription drug coverage, you will need to know how Medicare Part D affects you. Attendees will also learn about other coverage options available to them and how to figure out which coverage best meets their needs. A trained representative will also be stopping by on Tuesday, November 1st at 10:30 to

conduct personal meetings with those interested in further information.

### REGULAR PROGRAMMING Senior Nutrition Program

The North/Eastside Senior Coalition offers nutritious mid-day meals at Warner Park Community Recreation Center, (1625 Northport Dr.) 243-5252, and Bashford Methodist Church, (329 North St.) 241-3011, Monday-Friday at 11:30 am. Reservations are required by 11:30 am the day prior to dining. Transportation is available daily and free on Tuesdays and Fridays.

### "500" & Euchre

Join us for a card party each Tuesday from 12:15 pm to 2:00 pm. There is a 2:00 pm bus for lunch participants that would like to stay for cards.

### Scrabble

Come down on Wednesdays at 9:00 to play with some of the most fun word-smiths around. While boards are provided, dictionaries are not.

### BINGO

Each Friday at the Warner Park Nutrition site we host a rousing session of BINGO at 10:30 am. Each game costs \$.05 with all proceeds paid out to the winners.

### Foot Care Clinics

NESCO and Home Health United co-sponsor six foot clinics each month for individuals who can not do their own foot care and do NOT have diabetes. Appointments are required and can be made up to a year in advance by calling 243-5252. There is a \$10 fee.

### Book Discussion Group

Stop by on Oct. 21st at 12:15 to collect the next book for our Book Club.