

ARTS

Our Great Green Growing Community Mural Project

By Susie Hobart
Lake View Elementary School

Calling all former Lake View students, families and neighbors. We need your help.

This is the brick entrance to Lake View School. It lacks aesthetic appeal and does not tell the story of the successes, the warmth or the welcome waiting inside. We want to change that and need your help.

Did you go to Lake View? Do your children attend school there? Do you live in the neighborhood? In order to welcome families, students, staff and community into our school and give voice to the connection of gardens, woods, wellness, art and environmental literacy, the Lake View PTA is working with Henry Hawkins, renowned local artist, to create a community-focused mural that tells our story.

Picture a four-panel mural installed on the bland, brick and brown side of the school facing Tennyson Lane. Picture the possibilities: children planting milkweed, monarchs dotting the garden, families harvesting tomatoes, cultural farming histories, dads cooking in a solar oven, faces of the neighborhood, laughing children running in the woods, bees pollinating apple blossoms, images of the land before it was a school.

The eco-artistic design will send a clear message about the diversity of our community and its commitment to academic excellence, the arts, health and wellness and the environment, while honoring our culture, history and future.

Hawkins has been meeting with Lake View students, families, and staff to determine the content of the mural and how par-



Lake View School's entrance, where the proposed mural will be placed.

ticipants will involve themselves with the outcome. Now we need your voice. You can watch a YouTube video entitled "Lake View Wants a Mural" to see how students have committed to this project. Visit www.youtube.com/watch?v=DHsocZmaVyo or www.power2give.org.

If you have ideas, stories or want to be involved, contact Susie Hobart at 239-7258 or shobart@madison.k12.wi.us or contact PTA President Joel Johnson at nannywbeard@gmail.com.

"The mural movement has been a unique experiment in the possibility of a democratic mass culture that is public, authentic and activist." This quote from "Toward A People's Art: the Contemporary Mural Movement," published in 1977, is a testament to the importance of public art in supporting the values of Lake View's Welcome to Our Great Green Growing Community and those of the entire Northside community.

For more information on our school garden and outdoor classroom, visit Lake View's Path to the Outdoor Classroom (<http://youtube.com/AQLDGPwFlno>), the Lake View portal at Community Groundworks (www.troygardens.org/content/youth-garden-portal) or www.lakeviewgarden.blogspot.com.

New items at VSA Gallery gift shop

By Kathie Wagner
VSA Wisconsin

Need a gift for someone special? The VSA Wisconsin Gallery gift shop features the work of artists with disabilities and is stocked with a variety of unique items, including mugs, tote bags, greeting cards, t-shirts, hand-carved duck decoys and more. Proceeds from the sale of these items will be used to support a variety of arts programs conducted by VSA Wisconsin.

Among the items for sale are tote bags, coffee mugs, holiday and occasional cards and mouse pads featuring the work of local artist Robert Hanneman. Also available are Robert's original works featuring his classic characters.

Browse through the shop and discover notecards with images of mosaic murals created during VSA Wisconsin artist residences at Glendale Elementary School, the Jenni and Kyle Preserve and Central Wisconsin Center. You will also find t-shirts with images by award winning artist, Joe Arts.

Looking for something unique? Check out the hand carved "Boonduck" decoys, which whimsically take flight as Wingdings (Canvasback), Ol' Coots (Mudhen) and Quacker Jacks (Mallard). Created by VSA Wisconsin-award winning artist D.S. Sully, each decoy is hand-carved out of barn timbers, fence posts, pier pilings and other weathered wood using antique rasps, rifflers, chisels, saws and other hand tools.

The gift shop, located at 1709 Aberg Ave., is open Monday–Thursday from

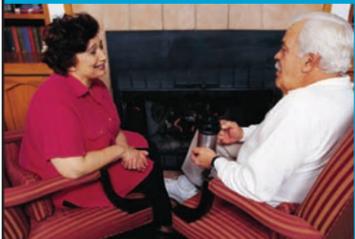


Top: VSA Wisconsin 2015 souvenir t-shirt. Center: Mosaic mural occasional cards. Bottom: Items featuring Robert Hanneman artwork

9 am–4 pm or by appointment. For more information go to http://vsawis.org/exhibitions_sales/art_for_sale.

Photos by VSA Wisconsin staff

SENIOR CONNECTIONS



Seniors are INVITED!

Senior Connections at St. Paul invites seniors age 55 and better to engage in a meal together, share memories and fun activities.

Every Thursday
10 am–1 pm
No reservation needed

The day starts with a trip through the Bread of Life bakery and produce lines. This is followed by a meal that includes two or three entrées. Following the meal, enjoy playing bingo, card and board games. The Senior Connection family builds long lasting friendships.

St. Paul Lutheran Church
2126 N. Sherman Ave.

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CHURCH

Northside churches offer opportunities for senior fellowship

By Terrie Anderson
Northside News

I spoke with several Northside pastors and church staff, and all described the importance of seniors in their congregations. They value the wisdom and experience seniors bring to their groups and appreciate the chance to support them as they age. Some churches have specific programs for their older members and were pleased to talk about them because they welcome new participants.

Madison Community Seventh-day Adventist Church

Madison Community Seventh-day Adventist Church holds a once-a-month peer fellowship meeting, which includes lunch, on the third Wednesday of each month. These “Keenagers” meetings start at 11:30 am and are held at one member’s home, so call for information about joining. The church is located at 1926 Elka Lane. For more information, call 249-2080.

St. Paul Lutheran Church

St. Paul Lutheran Church has a dedicated senior day each week. On Thursdays, seniors are invited to “Senior Connections.” Participants gather at 10 am for coffee and visiting. They are invited to select food-stuffs from the Bread of Life Food Pantry, if needed. A nutritious lunch is enjoyed by everyone. After lunch the seniors play board games, cards and bingo one week and join in Bible study the next week. St. Paul is located at 2126 N. Sherman Ave. Call them at 244-8077 for more information.



Lakeview Lutheran Church

Lakeview Lutheran Church offers programming and collaborates with others to serve the needs of seniors. The church is at 4001 Mandrake Rd. The phone number is 244-6181.

Monthly meals followed by a euchre tournament are put on by Lakeview Lutheran and the North/East Side Senior Coalition, alternating sites. Both Lakeview congregants and community seniors participate. Lunches and euchre will be at Lakeview at 11 am on Mar. 16, May 18 and June 8. This event will be held at Warner Park Community Recreation Center at 11 am on Feb. 23 and Apr. 20. Those who don’t wish to play euchre can enjoy the fellowship of others after lunch. Contact Chris Anders at 244-6181 to sign up so they can insure ample food is prepared for lunch.

Lakeview has a senior bus trip several times a year, accommodating people who may be using walkers. Participants have to be able to climb the stairs onto the bus with assistance. Recent trips have included downtown Chicago, winery tours, Dubuque museums and Milwaukee attractions. Prices and dates vary, so call the church office, 244-6181, for information.

Pastor Dean conducts a Wednesday Bible study at noon every week. Coffee is served and some participants bring a lunch. Participants are asked to bring a Bible. Everything is accessible.

Lakeview’s food pantry is open every Monday at 5 pm. Guests are asked to call the church office on Monday morning to be put on the list, as only 25 households can be served each week.

Are you a senior whose circle of friends is shrinking? Pick an activity and meet some new neighbors, all here on the Northside.

FRIENDS NEEDED

Assist with a craft project, serve a meal or just engage in conversation with the young at heart whose health is frail. Or be an escort on van trips into the community.

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VOLUNTEER

Photos provided by Dean Kirst



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SENIORS AND AGING

The Alzheimer's & Dementia Alliance: your partner along the journey

By Paul Rusk

Alzheimer's & Dementia Alliance of Wisconsin

We are here to help. The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) is delighted this edition of the Northside News is focused on aging. Many are so overwhelmed by dementia and early memory loss that they don't reach out to the ADAW for assistance. Although devastating, there are many things you can do to lessen the burden and enhance quality of life right here in your community.

When you call the ADAW, you will be reassured by the warmth, friendliness and knowledge of the staff. Our services are available to all, regardless of income or circumstances. It is ADAW's mission to help you navigate the maze of issues that arise when you or someone you know needs assistance. We can help you understand the nature of the disease and learn strategies to cope and provide care, which can provide a better quality of life for all involved.

The ADAW provides guidance, education, support and advocacy through (a) in-

dividual consultations on the phone or in person; (b) early stage support and education, including a Northside Memory Café; (c) caregiver support groups all with professional backup; and (d) learning opportunities, including our monthly drop-in education series that rotates among four Madison libraries. We are the only local Alzheimer's and dementia organization that has nine social service staff with decades of personal and professional dementia experience.

We are your partner along the journey, often working with families for many

years through each stage of the disease. We are proud of the relationships and partnerships we have developed in the community. Call us anytime at 232-3400 or visit www.alzwise.org.

All dollars we raise stay in Wisconsin, either for our programs and services or for dementia research at UW-Madison. Dane County's premiere Alzheimer's Walk (coordinated annually with NESCO's Applefest) has been at Warner Park since 1999. We hope to see you there Oct. 10 for this year's Alzheimer's Walk.

Alzheimer's journey leads Schmidt to volunteer for ADAW

By Brianna Scoville

Alzheimer's & Dementia Alliance of Wisconsin

The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) would like to recognize Northsider Sandy Schmidt for her remarkable work as a volunteer. Sandy became involved with ADAW after her husband, Jim, was diagnosed with Alzheimer's disease. They became involved in ADAW's Meeting of Minds program, a weekly cognitive stimulation program for people in the early stages of Alzheimer's disease, other dementias or mild cognitive impairment. "I was so grateful there was an organization available to people with dementia," said Sandy.

Jim passed away in November 2008, and Sandy subsequently became a volunteer with ADAW. "I took a year or so off after my husband passed away. When I started volunteering, I loved it. I truly

benefit from it."

Sandy has been a supportive presence in the group and is always calm and attentive. She welcomes participants for the Meeting of Minds program as they arrive, makes sure they have name tags, pens and paper, sees to their comfort throughout the session, walks with participants who may have physical limitations, assists participants to complete activities successfully, and listens with interest and compassion when participants discuss their personal experiences.

Sandy said that her favorite part of volunteering is "seeing people who are suffering from dementia relate to others that are in the same boat. It is very rewarding seeing the program be so successful. It makes me feel good."



If you see Sandy on the Northside, please take a moment to thank her for giving her time to help individuals with Alzheimer's disease or dementia. She can be found enjoying a walk, doing tai chi, reading, crocheting, or hanging out with her daughter or friends.

ADAW is able to achieve its mission because of the generous efforts of volunteers like Sandy.

The ADAW is a local organization that understands that every person touched by

Alzheimer's or dementia will need support to help navigate the course of the disease. The professionally trained and personally experienced staff offers compassionate understanding of unique needs and helps with direct services, care plans, information and resources in the community.

If you are interested in volunteering, call 232-3400 or toll-free at 888-308-6251. There are many opportunities available including working in the office, assisting staff with a program or support group, helping plan fundraising events, and much more. For more information on the ADAW, visit www.alzwise.org.

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SENIORS AND AGING

SENIOR Activities

NESCO North/Eastside Senior Coalition • 243-5252 • info@nescoinc.org

The following programs will be offered at Warner Park Community Recreation Center (WPCRC), 1625 Northport Dr., unless indicated otherwise.

Upcoming Events

- Feb. 3, 10:30 am, Live music featuring Polkalamity
- Feb. 6, 10:30 am, Valentine Bingo (numbers called in Spanish and English)
- Feb. 13, 10 am, Foot Clinic
- Feb. 11, 10:30 am, NESCO in Pictures, presentation by Jim Krueger
- Feb. 16, 11 am, UW Extension Nutritionist Danielle Curry
- Feb. 15, 1-3 pm, Memory Café
- Feb. 17, 10:30 am, Fat Tuesday Mardi Gras Party
- Feb. 18, 10:30 am, Black History Month presentation on Martin Luther King by Pam Bracey
- Feb. 19, 10:15 am, Low Vision Support Group
- Feb. 23, 12 pm, Euchre tournament (starts after lunch)
- Feb. 25, 10:30 am, Understanding Your EKG
- March 3, 10:30 am, The History of St. Patrick's Day
- March 16, 11 am, UW Extension Nutritionist Danielle Curry
- March 16, 1-3 pm, Memory Café
- March 17, 10:30 am, Live Irish music featuring Currach
- March 19, 10:15 am, Low Vision Support Group
- March 24, 5 pm, Come Together Party at the Madison Senior Center

New programs

- Pickleball:** Mondays, 2 pm, all ages
- Ping Pong League:** Mondays, 9 am, Tuesdays, 12:30 pm (WPCRC ID card required)
- Sewing Club:** First and third Thursdays, 10 am

Ongoing programs

- Bingo:** Every Friday and second Tuesday, 10:30 am, five cents a card (two-card limit per game), cash prizes
- Blood Pressure Clinic:** Third Tuesday, 10:30 am
- Book Club:** First Tuesday, 10 am
- Card Making Club:** Second and

- fourth Wednesdays, 1 pm
- Cards:** Euchre, Mondays, 8:30 am; Sheephead, first and third Wednesdays, 1 pm. Call ahead to ensure numbers.
- Case Management:** Provides support, resources and services to enable seniors to remain in their own homes.
- Chair Yoga/Exercise Video:** Wednesdays, 10:30 am
- Crafts with Sue:** Second and fourth Mondays, 10:15 am
- Cultural Diversity:** Monthly programs for African- American and Latino seniors
- Foot Care Clinics:** Four foot clinics each month for individuals who can't do their own foot care and do not have diabetes. \$20. Call 243-5252 for an appointment.
- General and Education Presentations:** Mondays, Tuesdays and Thursdays, 10:30 am, topics in newsletter.
- Home Chore Program:** Volunteers are needed to help with cleaning for seniors. Call Trisha at 243-5252.
- Nutritious Lunches:** Monday-Friday, 11:30 am. Door-to-door bus service is available (50 cents each way). Guests 60 years and older are invited for a suggested anonymous donation of \$4. Those under age 60 pay \$7.50. Reservations are required 24 hours in advance.



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From

JIM KRUEGER



NESCO EXECUTIVE DIRECTOR

Opportunity knocks

Some senior adults on the Northside are fortunate to have a family member or neighbor to help with basic cleaning around the house, shoveling snow or mowing the lawn. Others don't have anyone to assist with these tasks and risk potential injury. Some seniors feel isolated and just want to converse with other people more often.

The North/Eastside Senior Coalition (NESCO) has a Home Chore Volunteer program that matches adult volunteers with seniors living on the Northside to help with basic chores and provide friendly conversation. It's a wonderful gesture and a perfect opportunity for a recent retiree or a working adult to volunteer a handful of hours each month.

There are many other ways to help senior adults who are eager to learn and social-

ize with others. You could teach or assist with computer and language classes, help lead discussion groups, serve senior meals or organize card games. We also need help with our annual fundraiser (AppleFest) and with updating our website. We are a small nonprofit agency, and we are always looking for people willing to serve on our board or committees. Financial assistance to expand our programs is always welcome.

Maybe you are retired and looking for opportunities for yourself. There is sometimes a misperception that NESCO is only for the elderly. Last year a group of seniors started weekly ping pong matches, and this year they will begin playing pickleball. Bring us an idea and we will try to help make it happen.

As NESCO celebrates our 40th anniversary this year, we want to continue to serve the seniors who need our help to remain in their homes. In addition, we want to connect with those of you age 60 and over who do not need our help but would enjoy some fun, educational and fulfilling opportunities.

Come visit us to find out more.

MSCR Goodman-Rotary 50+ fitness classes

By Nicole Graper
MSCR

Madison School & Community Recreation (MSCR) offers a variety of classes for individuals who are 50 years and older. At Warner Park Community Recreation Center, MSCR offers the following classes for seniors: Fitness Conditioning for Quality Living, Core and Balance Combo, Jump Start Yoga, Tai Chi and Modern Line Dancing.

A class added this winter is Strong Women that focuses on improving the health and well-being of middle aged/older women by increasing strength, muscle mass and bone density. Strong Women takes place on Tuesdays (10:15-11:15 am) and Thursdays (11 am-12 pm) through May 28. Although the session began Jan. 11, women can still join if openings exist. Go to www.mschr.org or call 204-3023 for information.



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204-3000 or www.mschr.org for more information.

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MADISON SCHOOL & COMMUNITY RECREATION

Gwen & Aix Harrison

By Diane Walder

Married for 65 years, 90-year-old Aix and 86-year-old Gwen are lifelong exercise and fitness enthusiasts. Gwen received a college degree in physical education, while Aix received his doctorate in exercise physiology and had a 48-year career in academia at the University of Oklahoma, developing sports medicine programs and setting them up at other universities around the country.

"I was a majorette," said Gwen. "I used to twirl." "I was a drummer," said Aix. So it was a matter of course that Gwen and Aix met in a dance class.

"Gwen doesn't dance too well anymore, though," said Aix. That's because Gwen uses a walker now and they both have age-related problems that led them to leave Oklahoma and move to Madison to live with their children in the Brentwood neighborhood.



Photo by Diane Walder

"We came here five years ago. The only people we met were from church, and we don't see them that often. Our children are too busy with work and their own kids, so if we didn't have lunch at NESCO, we wouldn't have lunch," said Gwen. "Our children knew about NESCO. It solved all of our problems. We've been going there every day for five years. The bus picks us up at 9:30. We exercise for an hour, attend the program at 10:30, have lunch and socialize at 11:30, and then the bus takes us home," she said. "We pay \$4 for our meals. If we had to buy the food,

it would cost us at least that and we'd have to cook it. It's a service we need."

Gwen and Aix appreciate the programs and services NESCO offers them. The staff listens to their suggestions and responds quickly.

"I would like to put up Polly for an award," Gwen said. Polly Hartman, a retired nurse, is NESCO's dining manager. "Polly makes sure the menu is nutritious and good. If you don't like something, she'll make sure you get what you want. If she doesn't see you for a couple of days, she'll call and check up on you. She asks what kinds

of program you want and arranges it. Some days there are games, but there's always an interesting program."

"I can't understand why more people don't come for a meal. I don't know how people can be by themselves all the time. I love to go around and talk to people. I watch the birds and sit in the sun. We send cards when people get sick. We had our anniversary party there during lunch, and on my birthday Polly made a cake and I brought in the ice cream."

"I do puzzles at home all the time, but I don't know what we'd do without the senior center. We wouldn't have friends, food or programs. We go to the summer concerts in Warner Park Monday nights and have our hot dogs and popcorn. I'm looking forward to walking across those new bridges in the park."

"NESCO is an important part of our life. The people are friendly and talk to us when we go by the office. The senior center in Oklahoma was nothing like this. There are some mornings I don't want to go, but I know the bus is waiting for us. And you gotta have a reason to get up and enjoy the day. NESCO gives us that reason. They really take care of us. It's our home away from home."

NESCO from page 1

chores, benefit applications and transportation to medical appointments. Social workers were hired to help senior adults on an individual basis to connect them with the services they needed to stay independent and safe in their own homes.

NESCO began receiving Older Ameri-

cans Act funding (through Dane County) to coordinate a daily, nutritious lunch for senior adults at a couple of neighborhood churches. (United Way of Dane County has since become a significant annual funder of NESCO.) In addition, NESCO was designated to provide ongoing programs, services and outreach to seniors in

the African-American and Latino communities throughout Dane County.

For a few years NESCO offices were housed in neighborhood schools that could give us more space. Eventually, NESCO found a more permanent home in the Washington Square building on East Washington Avenue.

As the number of seniors on the north side of Madison grew, so did the area in which NESCO was providing services. In May 1995, the name was changed from the Near East Side Coalition of Older Adults to the North/Eastside Senior Coalition.

When discussions about building a community center at Warner Park began,

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² See SummitCreditUnion.com/cashboomerang.html for complete details.

Irma Rodriguez

By Diane Walder

Over the years, the Northside has become a tight-knit community, concerned and involved in decisions about its remarkable natural resources, economic vitality and safety. It is friendly, funky and feisty.

But for one 66-year-old woman, who became homeless after surviving two catastrophic events, the Northside was a refuge. How does someone like Irma Rodriguez become homeless?

Funny and tenacious, Irma is a short, stout fire hydrant of a woman. Originally from Honduras, Irma had a teaching career in San Pedro Sula, a dangerous city controlled by drug cartels. After retiring in 2001, she became increasingly concerned about her family's safety, so she immigrated to the United States with her 6-year-old adopted son, became a permanent resident and lived in New Orleans. Her goal was to become a U.S. citizen and eventually bring her children and grandchildren to safety with her.

Catastrophe struck in 2005 by way of Hurricane Katrina. Irma and her son survived



Photo by Diane Walder

but lost everything. Bewildered and without resources, they moved to and from temporary shelters. When busses from church and rescue organizations began arriving to help resettle survivors, Irma and her son climbed on one headed for Clinton, Missouri, where a new life was waiting for them. Irma put her plans for her family on hold. She got a job working for a church and rented a nice house with a big yard. Her son went to school. Irma's mother came to live with them. They were happy to be alive and together. Clinton

was a welcoming community.

Catastrophe struck again in 2011. Irma returned to New Orleans for a short, much-needed visit with her siblings. A few days after returning to Clinton, Irma didn't feel well. The next thing she knew, she awoke from a coma three weeks later in a Kansas City hospital. Irma had unknowingly contracted West Nile virus from a mosquito bite during her New Orleans visit.

Physical therapy helped her learn to walk again, but her ability to speak English did not return. She suffered headaches and other physical and cognitive side effects from the disease. Because she had no health insurance and incurred thousands of dollars in medical bills, she had to sell everything she had acquired in Clinton to pay debts.

Irma's recovery was long and difficult. Her son went to live with her daughter in New Orleans during her illness. She couldn't work, could no longer pay rent on the house in Clinton, and resorted to relying on relatives and friends for shelter, moving from place to place. What she needed but could not get was care, stability and time to recover.

In the winter of 2012, Irma wound up in Madison through a tenuous Honduran connection. She contracted pneumonia and was hospitalized. Six months and a series of bad temporary situations later, she found herself

homeless. Through a quirk of fate, Irma found a temporary, supportive and comfortable housing situation on the Northside. She was taken to the Aging & Disability Resource Center, where a bilingual Information and Referral Specialist set her up with all the services she qualified for.

The next stop was the North/Eastside Senior Coalition, where Irma was assigned a bilingual case manager, who helped her fill out complicated housing forms, untangle Social Security issues, and solve other knotty problems. Irma began attending the Latino support group organized by Yolanda Salazar, NESCO's Latino cultural diversity specialist. The group provided Irma with essential social activities to reduce her isolation, particularly since her housing host did not speak Spanish.

For months Irma attended an English class designed to prepare her for the U.S. citizenship exam. She studied relentlessly. Through the UW law school, she received free legal assistance from an attorney who helped her through the citizenship application process.

Irma is back on track. None of it would have been possible without the support services of the North/Eastside Senior Coalition and the generosity of the Northside residents who assisted her.

there was a big push to include services for seniors in the new facility. A significant amount of money for the new building was raised by those supporting senior services at the facility. In 1998, NESCO moved into Warner Park Community Recreation Center (WPCRC), and we have been here ever since.

NESCO now offers a nutritious lunch to seniors Monday through Friday, as well as a variety of services and activities. As we celebrate our 40th year, NESCO is striving to provide more programs and activities for those ages 60 and older that are not dependent on others for assistance but are looking to be more active

or engaged in their daily lives.

Our official anniversary date is Feb. 14. During 2015, NESCO will host a number of events to celebrate our seniors, our programs, our members, our volunteers, our funders and the entire north/eastside community. We invite you to participate in our

yearlong celebration. For those of you unfamiliar with NESCO, we welcome and encourage you to come visit us.

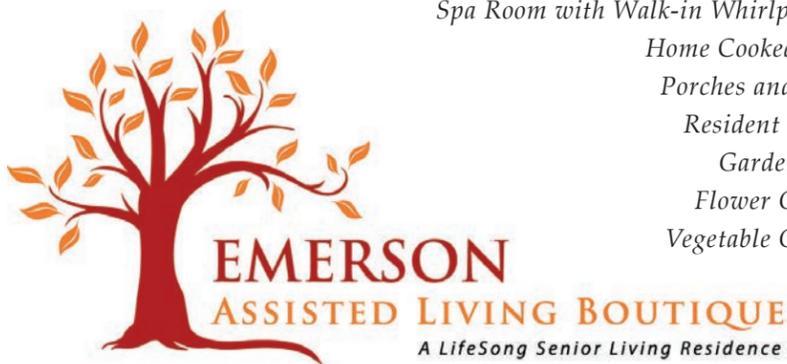
It has been an honor for NESCO to serve the senior community these past 40 years but we could not have done it without the support of all of you. Thank you.



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SENIORS AND AGING

Silver Alert provides safety net

By ADAW

Wisconsin now has a system to quickly find older adults with memory issues who wander, thanks to the efforts of a Wisconsin family with firsthand experience.

A few years ago Claire Baeb and her husband, Leo, set off from their Green Bay home for a short trip to a doctor's appointment and ended up lost for 36 hours. Claire has dementia and, while driving had never been a problem, on this particular trip something went wrong.

When they stopped for gas and couldn't figure out how to put gas in the car, a stranger filled the tank for them. After pulling off the highway for a nap, they couldn't navigate themselves back onto the highway. A passerby tried to give them directions. What these good Samaritans didn't know was that Claire and her husband were lost and their family was desperately trying to find them. Eventually a police officer in West Bend came across them and realized something was wrong. They were brought to the police station while police notified their family. Unfortunately, the ordeal was too much for Leo. He passed away a few days after they were found.

Claire and her two daughters began advocating for change. They worked with the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) to create legislation implementing a Silver Alert system for Wisconsin. She said, "I just don't want this to happen to anyone else." Their efforts paid off. Silver Alert legislation was signed into law April 11, 2014.

"Statistically if we aren't able to locate a missing person within 24 hours, the probability of finding the person alive

decreases substantially. Obviously, the time frame is even shorter when we are dealing with extreme heat or extreme cold, which are fairly common events in our state. This is why we worked so hard to get a Silver Alert program developed for Wisconsin," said Rob Gundermann, ADAW's public policy director, who worked with the Baeb family to get the bill passed.

Silver Alert utilizes the Department of Justice integrated crime alert network to disseminate reports of missing adults-at-risk to broadcasters, outdoor advertisers and lottery display terminals. Silver Alert also uses highway signs to alert the public when the missing person is believed to be operating a vehicle.

Silver Alerts will be issued when the following criteria are met:

- The missing person is 60 years of age or older.
- The missing person is believed to have Alzheimer's, dementia, or another permanent cognitive impairment that poses a threat to the individual's health and safety.
- There is reasonable belief that the missing person's disappearance is due to the individual's impaired cognitive condition.
- The Silver Alert request is made within 72 hours of the individual's disappearance.
- There is sufficient information available to disseminate to the public.

The public and businesses are encouraged to register to receive Silver Alerts and crime alerts via email, text message or fax at no cost by going to www.wisconsincrimealert.gov.

Share laughter and learning at Northside Memory Café

By Danielle Thai
ADAW

The 2012 World Alzheimer's Report found that negative perceptions regarding dementia may lead to the isolation of people with dementia and their caregivers. However, the report said, "people with dementia and their family members will benefit from continuing to engage in as many activities as they can." One way organizations around the world have addressed this issue is to offer Memory Cafés.

A Memory Café is an informal gathering place of socialization, support and creative enrichment. Cafés enable persons with memory loss to share fun, laughter and enjoyable activities with family members and friends in a setting free from awkwardness and stigma. The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) currently facilitates seven Memory Cafés, including a new Northside café offered in conjunction with the North/Eastside Senior Coalition (NESCO). Cultural Diversity Specialist Pam Bracey and Case Manager Kate Shenker, who are the NESCO co-facilitators, work with ADAW staff to offer the Memory Café at the Warner Park Community Recreation Center on the third Monday of each month from 1-3 pm.

The concept is simple. The goal of the Memory Café is to provide a relaxed environment in which persons with

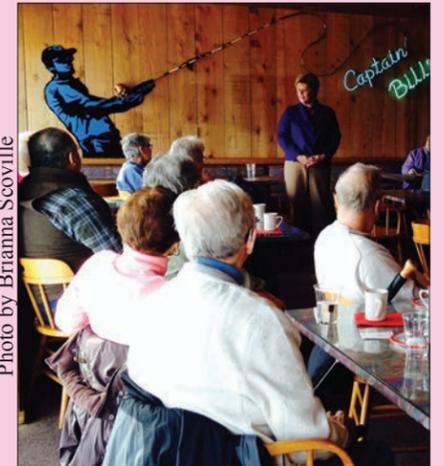


Photo by Brianna Scoville

Neighbors meet at a Memory Cafe.

mild cognitive impairment and their family members can enjoy the company of others facing similar challenges and learn, laugh and visit together. One Memory Café participant stated, "My husband and I thought the Memory Café was wonderful. We don't socialize much anymore and it was great seeing him happy and laughing with others. Opportunities like this make life so much better."

Activities are chosen, and sometimes led, by participants depending on their interests. Examples include creative projects, games, guest presenters, storytelling and simply sharing among friends. For more information about local Memory Cafés, contact the ADAW at 232-3400.

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|---------|---------|
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SENIORS AND AGING

ADRC connects you with what you need

What is an ADRC? The place for information and assistance.

By Jennifer Fischer
Aging & Disability Resource Center

The Aging & Disability Resource Center (ADRC) of Dane County is your first stop for accurate, unbiased information on all aspects of life related to aging or living with a disability. The ADRC is a friendly, welcoming place where anyone — individuals, concerned family or friends, professionals working with issues related to aging or disabilities — can go for information tailored to their situation.

The ADRC provides information on a broad range of programs and services. We help people apply for benefits, and we make referrals to other agencies. We serve as an access point for information about long-term care options, including publicly funded programs. We try to help people think through the pros and cons



of various options in light of their own strengths, values and preferences.

The ADRC also has benefit specialists serving persons age 18 and over. They help consumers explore benefit options and provide information and assistance regarding private and/or government benefits. Pro-



The ADRC is located in the Northside Town-Center at the corner of Northport Drive and North Sherman Avenue.

grams include, but are not limited to, Medicare, Medicaid and Social Security. We also assist with benefit appeals and denials.

In 2014 we fielded almost 24,000 contacts for information and assistance, responded to numerous emails, met with people who came to our office, and visited hundreds of people in their homes. Our goal is to provide resources for older adults and persons with disabilities to enable them to make informed choices, live independent and fulfilling lives, and navigate what is sometimes a complex and confusing human services system.

Talk with us about: adaptive equipment, assisted living/nursing home care, employment programs, financial aid and public benefits, health and wellness, housing options (including senior and low-income housing),

in-home care, home maintenance, nutrition programs, medical and prescription drug coverage, caregiver support, support groups, transportation, memory issues, and the choices you have in where to live, what kind of help you need, where to receive that care and help, and how to pay for it.

Our services are free and confidential. There are no income restrictions to meet in order to receive our services. No appointment is necessary. To contact the ADRC, call 240-7400 or email adrc@countyofdane.com. We are located at 2865 N. Sherman Ave. or visit our website at www.daneadrc.org.

Why I got into WRAP

By Barbara J. Arnold

In the fall of 2005, I received an email from the Wisconsin Comprehensive Memory Program soliciting volunteers to take part in the Wisconsin Registry for Alzheimer's Prevention (WRAP). This was to be a long-term research study aimed at identifying people at risk for developing Alzheimer's disease. The researchers hoped their research projects would lead to a better understanding of the disease and how to slow its growth or prevent its onset.

I was interested in participating as a volunteer because members of my family are doctors or science researchers, members of my extended family had dementia in their later years, and I had friends who had loved ones with Alzheimer's disease. I had experience as a study volunteer in a Post-Polio Syndrome Study that ended because of funding cuts. I had enjoyed my participation in that study and learned a lot of helpful things. I especially have used the advice to listen to your body and stop to rest before you reach exhaustion, because you can recover much faster than if you push through to fatigue.

The WRAP study is being conducted by Professor Mark Sager, director of the Wisconsin Alzheimer's Institute, and Assistant Professor Sterling Johnson, Wisconsin Comprehensive Memory Program, University of Wisconsin Medical School and the Department of Veterans Affairs Middleton Memorial Veterans Hospital. There were about 500 participants in the memory and cognitive testing. The questionnaires and

WRAP Continued on Page 24

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SCHOOLS AND YOUTH

Gage Krueger earns Eagle Scout

By Wally Meyer

Gage Krueger, a member of Northside Boy Scout Troop 127, has earned the Eagle Scout Award, scouting's highest honor. For his Eagle Scout project, Gage organized a work crew that constructed and installed the bench seating at the Blackhawk Middle School Community Gardens.

Gage has been in scouting since 2010 and has participated in many campouts, hikes, service projects and staffing Cub Scout day camp events. He has earned more than 21 merit badges, including first aid, cooking, swimming and wilderness survival. The highlight of Gage's scouting adventure was a backpacking trek through the mountains of New Mexico at the Philmont Scout Ranch. Gage's crew covered more than 65 miles in 10 days.



Gage Krueger (above right) earned his Eagle Scout Award by installing bench seating at the Blackhawk Middle School Community Gardens.

Gage is currently a senior at Madison East High School and plans to attend college to pursue a business degree.

If your son is interested in camping, hiking, canoeing and just being outdoors,



Photos by Wendy Murkve

consider joining the Boy Scout program, the nation's largest and most prominent values-based youth development organization. The Boy Scouts have been around

for over a hundred years. Is your son ready for some adventure? Contact Scoutmaster Paul Hughes at psusparks@gmail.com for more information.

Upcoming school district referendum to impact Northside schools

By Elizabeth L. Merfeld

Madison Metropolitan School District

The Northside's Lake View and Mendota elementary schools are included in a proposed plan for facilities improvements at 16 schools in the Madison Metropolitan School District (MMSD). A referendum to finance finalized plans will be on the April ballot.

The proposed plan, designed as the first phase of a long-range planning process to improve school buildings, focuses on the district's most critical facility needs — space, accessibility and renovations.

Included is the installation of an elevator at Lake View Elementary, one of several

MMSD schools with second or third floor classrooms accessible only by stairs. The plan also calls for expanding the school office and adding a controlled entrance. The total estimated cost is \$379,210.

Renovation work at Mendota would consist of interior and exterior building upgrades to increase accessibility and create conditions more conducive to teaching and learning. This would include the addition of an elevator, correction of drainage issues, HVAC upgrades (including air conditioning and boiler replacement), and new ceilings and LED lighting throughout. The estimated cost is \$3,432,730.

In addition to building improvements, a \$2,000,000 districtwide technology upgrade would replace server and storage systems and increase bandwidth as the district plans for the acquisition and deployment of computing devices for all students over the next four years.

The entire project, estimated to cost \$41 million, would have an estimated tax impact of \$62.95 per year for 10 years on an average home value of \$237,000. You can view details and draft floor plans for all 16 schools at www.mmsd.org/facilities.

In the coming months, the district will hold several informational sessions, including meetings at each of the schools identified in the plan. Dates and times of the informational sessions will be announced on www.mmsd.org and in the district's biweekly family and community e-newsletter, "School, Home, Community-Connection," also available in Spanish. (You can subscribe at www.madison.k12.wi.us/newsletter.)

Learn more at www.mmsd.org/facilities, or contact MMSD at 663-1879 or via email at comments@madison.k12.wi.us.

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SCHOOLS AND YOUTH

Looking ahead



By Cynthia Chin
East High Math Dept.

East High students and current eighth-graders are in the process of selecting courses for 2015-16. Be sure to investigate all the options and think ahead about what can be done now to develop skills for a livelihood tomorrow. In addition to core academic skills, there are many opportunities at East High to develop cultural competence and artistic talent, investigate specific career fields, and get a head start on earning technical certifications and Madison College or UW-Madison credits. Talk to counselors soon about dual credit options, advanced placement and the Youth Options program, all of which enable prepared and motivated students to begin their post-secondary studies early. For more information about Youth Options, visit <https://altedweb.madison.k12.wi.us/node/124>.

Also, high school graduation requirements in the State of Wisconsin have changed for students currently in ninth and tenth grades. In particular, math and science requirements have increased. Be sure you understand the guidelines as you and your student choose classes together.

America Saves Week is Feb. 23-28

East High students can improve their financial know-how in math, social studies, business, and family and consumer science courses. Read that course catalog

carefully. Learn more by asking a teacher or visit <http://americasavesweek.org>.

Exxon Mobil grant supports update of classroom materials

The East High Mathematics and Science Departments would like to extend thanks to Exxon Mobil for awarding a grant of \$250 to each department. Exxon Mobil has a long history of supporting educational programs that focus on improvements in these subject areas, and this generosity will go a long way to support the education of math and science students here at East High.

Lights, camera ... engineering

East High engineering students will be hosting seventh and eighth-grade students for several afterschool visits focusing on education and career opportunities in science, technology, engineering and mathematics during the spring of 2015. These visits, in addition to a full-day session that was conducted in late October, have as a common theme, "Engineering in Show Business." Sponsors for 2014-15 include The Foundation for Madison Public Schools, the Madison East High Philanthropy Club, Electronic Theatre Controls (www.etconnect.com) and various fundraising activities of the Engineering Club. Thank you for your support of all these local organizations. For more information about engineering careers, visit www.discovere.org, www.egfi-k12.org or www.fabfems.org.

Playground from page 1

and will be installed during a one-day community build Saturday, May 9. Madison Metropolitan School District (MMSD) will remove the existing playground and Vogel Bros. Building Co. is donating equipment and labor to prepare the grounds for placement of the new playground after the spring thaw. MMSD also will provide landscaping following the playground build.

"This will be a community project, built by families for families," said Sarah Chaja, principal of Gompers Elementary School. "A great big thank you goes out to all of you who have contributed to our new playground."

The Great Lakes gift was made possible by the generosity of its employees. Donations to the company's Unite for Our Communities campaign were matched with corporate dollars to benefit the Madison office's adopted schools.

"Being able to top off the fundraising campaign and make this playground possible was the most exciting thing to happen in our Adopt-A-School program," said Amy Kerwin, vice president of community investments at Great Lakes. "Together we are building a stronger Northside."

Great Lakes is located just 2.5 miles from



Top: The check that completed the playground fundraising effort. Below: artist renderings of the new equipment.

Photos provided by Melissa McGraw

Black Hawk and Gompers and formed a partnership with them through the Foundation for Madison's Public Schools Adopt-A-School program. Employees give generously throughout the year to help improve educational opportunities at Gompers and Black Hawk and provide lasting benefits to the community.



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