



Church Women United in Madison, Wisconsin

www.churchwomenunited-madison.net

C.W.U. Newsletter October, 2017 No. 3

Friday, November 3, 2017

2017 World Community Day

Kindling New Fires for Peace

9:00 am Gathering and Coffee/Tea

9:30 am Welcome & Announcements

10:00 am Worship Celebration

Covenant Presbyterian Church
326 Segoe Road, Madison
Parking Lot entrance on Mineral Point Road

**Hosts: The Women of
Grace Episcopal Church**
Contact Persons:

**Francine Hartman, 608-216-4072, or
Ruth Hein, 608-347-4724**

Looking Ahead:

Please bring a written description of the item/items you plan to donate to the December silent auction to the November 3rd Meeting. Thank You !

November Celebration World Community Day

We will meet at Covenant Presbyterian Church, 326 Segoe Road, on Friday, November 3, for Kindling New Fires for Peace, our 2017 World Community Day Celebration. The women of Grace Episcopal Church are our hosts for the day. (Contact persons, Francine Hartman, 608-216-4072, or Ruth Hein, 608-347-4724.)

October Forum

We had a delightful meeting at Oakwood, with many announcements of coming events, opportunities for service, and insight into the variety of experiences available in Madison. A good reason to come to our forums and celebrations. Shirley Alexander organized the day, and Just Bakery was the source of most of our treats. Just Bakery exists to provide jobs for inmates released from prison who want to learn a way to support themselves and it pays them to work while they learn.

Charlie Daniel gave a presentation on Elderly Slip and Fall Prevention. She gave a presentation to us seven years ago on Alzheimers, and is now the Coordinator of the Falls Prevention Program at Safe Communities. Safe Communities is a national organization that is a coalition of 300 organizations that include law enforcement, health care groups, churches. They partner with Oakwood here.

Dangers include falls, suicide, senior abuse, and opiates. Children have access to medicine cabinets, so dangers extend beyond the elderly. Charlie's focus was on how to prevent falls. She brought Risk for Falls Survey sheets for us to fill out. Twelve categories, such as "I have fallen in the past year," "I often have to rush to the toilet," helped us access our risks. We took the survey and then shared our scores. If we had 4 points or more, we could be at risk for falling. We were urged to share this brochure with our doctors. We had a lively discussion of falls already taken, or narrowly avoided.

Falls are preventable. Stepping On classes teach steps of not falling. Rugs—don't need them. Walking is one step at a time. How to get out of a chair. Slide forward, feet on floor. Need arms to push up with. Slowly. And when you walk, pick up feet.

Falls are the no. 1 cause of hospital visits. Wisconsin is no. 1 in the country for deaths by fall. More doctors are reporting. And Madison and Dane

County are #1 for falls and deaths from falls. This is why Safe Communities is going out to talk to people. Attendees recommended tall walkers and using two walking sticks. High blood pressure medication can be a cause of falls. If you fall, don't get up quickly. Backs are threatened by falls. Falls make you feel depressed. Charlie reported experiencing this recently. Sometimes we need help. Note: Young people who have even around older adults are more helpful. And get your fingers going. Acknowledge when you are feeling unsteady. Getting old is an opportunity. Be happy and celebrate. Charlie is 74 and proud of it.

People proudly announced their ages— 99, 95, 92, 78.

And what can we do to prevent falls? Talk to your pharmacist to check on interaction of medications. Even timing of when you take meds can make a difference. Drink enough fluids. How many falls result from sunken living rooms? Get railings. Get people to come out, assess safety issues in your home. And call an ambulance for assessment if you fall. You don't have to be transported. They can assess you where you are.

Exercise is important. 10,000 steps a day is the goal. They gave each of us small pedometers so we could keep track of that.

Several people recommended ways of exercising. Tai chi, including sitting tai chi. Stepping Up classes. Yoga gives confidence of balance. The YMCA has chair yoga. Mt. Zion is going to have a Stepping Up class starting soon.

The University of Wisconsin-Madison is now recruiting for the EXERT study. EXERT is a national, 18 month long, clinical trial to determine the correct dose of exercise as a "medication" for memory problems related to Alzheimer's Disease in older adults. EXERT is taking place at 14 academic medical centers and YMCA's in the US. Participants will be sedentary or under-active adults between the ages of 65 and 89 years of age who are experiencing mild memory loss but are otherwise in good health. Participants must speak fluent English, have someone who is willing to accompany them to clinic visits as a study partner, and be both willing and able to exercise four times per week at either the East or West Madison YMCA. Participants will be compensated for participation. Additionally, participants and their study partners will receive a free YMCA membership for the duration of their participation in the study. If you or someone you know might be inter-

ested, please contact the Study Coordinator Colleen Mellert at (608) 263-6561; cmellert@medicine.wisc.edu or visit exertstudy.org/wisc.

Christmas Tea Plans

The opportunity is coming for many of you to engage in hospitality yourselves. Our December forum will be a Christmas Tea. You are invited to take part in providing treats for the tea, and help in setting up, serving and cleaning up. Diane Scorgie is organizing the tea. She needs 2 people to bring 2 dozen little sandwiches, egg salad, ham salad, chicken salad— your choice. She has cookies covered, but chocolate covered strawberries would be good—3 people, a dozen each. She needs 2 fruit platters. And 2 people to help with cleanup.

So please volunteer by calling Diane at 608-836-6705 or email her at djscorgie@tds.net.

The focus of the day will be a silent auction to raise money for our Madison CWU unit. We maintain an office at Glenwood Moravian, which involves rent, insurance, telephone expenses. It also houses MEC Directory materials and processes. Our sources of income are contributions from members and churches, which have fallen off from earlier years. Fewer churches have women's groups, and they were our primary donors. Giving is a national crisis. Our national CWU is experiencing money problems, and they have instituted a Nickels for National campaign. We will have a donation jar for nickels at all forums and celebrations, joining our Least Coin jar opportunity.

So what will we auction? That is up to you, our members. Gloria Carter has provided numerous ideas for contributions, and you can focus on doing some of your Christmas shopping there, which will help your busy December while doing a good deed for CWU.

Suggestions for the Silent Auction Items:

If you're handy in the kitchen, you could...

-put together a pretty box or basket of one or more: baked goods, homemade candies, spiced nuts.

Those could be a nice gift for special teachers, coaches, neighbors, or friends.

-offer a coupon to bake cookies, a pie, some other dessert or cook homemade soup for the buyer at a future date you agree on.

-combine a basket of cookies with a coupon to make another batch at a future date agreed on by buyer and seller.

-put together a "Cookie Mix in a Jar" or "Soup Mix in a Jar." There are recipes and ideas on the internet for making this fun, creative gift that would be appreciated by busy families.

If you love to sew, here are a few ideas you can find on the internet...

-Christmas stockings, felted sweater hand mittens (recycle that old sweater you don't wear anymore), holiday aprons, jingle bell slippers, "Rudolph" sock dog, hot pads, placemats, fabric gift bags, tiny chicken pin cushions, Christmas ornaments, and so, so much more.

-combine a fabric gift bag with a "Cookie Mix in a Jar" and the gift bag can be reused by the recipient.

-combine an assortment of Christmas ornaments in a fabric gift bag for a "Deck the Tree" kit.

If you knit or crochet, your creations make great gifts...hats and scarfs, throws, stuffed animals, etc. If you like to do crafts and DIY gifts, there are lots of ideas on the internet for Christmas ornaments and decor as well as gifts. Just google "DIY Christmas gifts." Maybe get together with some other women from your church to make crafts together for the auction. Think about if you could find a theme and create a basket of items.

If you want to put together other "baskets"...

-maybe a "Night Before Christmas" basket with a couple (or one for each family member) of hand-made Christmas stockings, some cookies for Santa and a mug with a hot chocolate packet and marshmallows or candy canes.

-a "Game Night" basket with a jigsaw puzzle or a game and some microwave popcorn packets or other snacks (maybe canned or bottled drinks?).

-for tea lovers, if you have a nice mug you could part with, fill it with an assortment of tea bags, add a package of cookies and put in a fabric gift bag. For a truly socially responsible gift, buy fair trade tea bags from SERRV (on State Street) and scone mix and jar of jam from Porchlight. Use two mugs for a "Tea for Two" basket.

-Remember "baskets" don't have to use an actual basket; you may think of a more creative container.

Attention all of you who receive the CWU Newsletter, we need your help !

We are in the process of making the transition to e-mail for sending the newsletter to as many of you as possible, effective with the January 2018 newsletter.

The reason we are making this transition is to save paying \$250 annually for a bulk mail permit.

We will send out via U.S. mail to those who do not have easy computer access and we are in the process of collecting the names of those who wish to continue having their newsletter sent by U.S. mail. Also we need to know if you would like to discontinue receiving the newsletter.

If you have computer access and have not given us your e-mail in the past 2 months, please do so ASAP.

You can mail in the below slip of paper with your e-mail address or request to continue getting it via U.S. mail or to discontinue it altogether. Please mail the slip to Ruth Hein, 1001 Greenwich Drive, Madison WI 53711.

It would be helpful if you would be willing to share your phone number as we may want to contact you about the newsletter transition via phone or other CWU issues.

Or if you prefer, you can phone Ruth Hein at 608-347-4724 and let her know your preference

Name: _____

Willing to receive the newsletter via e-mail

Yes _____

No _____ (Prefer continued U.S. mail)

If Yes, Your e-mail _____

Please discontinue sending me the CWU Newsletter _____

Your Phone Number with area code: _____

ANNUAL CONTRIBUTIONS & DONOR CONTRIBUTIONS FORM FOR CHURCH WOMEN UNITED OF MADISON

Please Note: These contributions will be used for the general operating expenses of CWU of Madison, as well as for the Celebration materials, choir music, annual donations to selected community social services, and annual contribution to Church Women United of Wisconsin. GENERAL OPERATING EXPENSES include, in part, the office rent, insurance, bulk mail permit and the cost of producing and mailing the CWU newsletter, and miscellaneous supplies need throughout the year.

Please send in contributions by November 30 of each year. Our financial year ends on December 31 of each year.

FROM: _____
Name of church/organization or individual donor.

ADDRESS: _____

PHONE NUMBER: _____ EMAIL: _____

CONTACT PERSON: _____
For church or organization.

ADDRESS: _____

PHONE NUMBER: _____ EMAIL: _____

Please make your check(s) payable to: Church Women of Madison and send to:
Marleen S. Lippert, Treasurer, CWU of Madison
6329 Scandia Lane
McFarland, WI 53558

Thank you for your financial assistance in carrying out the various projects of CWU.
Your contributions are sincerely appreciated.

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