

# A Healthy Comm - Unity is a Viable Comm - Unity

## Who is My Neighbor by Susan Corrado Community Parish Nurse



Typically our neighbor is the person/family who lives near us. In Christian circles our neighbor is anyone we encounter, especially if they are in need. In Africa there is a saying "I am, because we are", in other words we only exist as a person because we exist as a community. When we share space like an apartment building, a street, or a neighborhood, we have the chance to see each other repeatedly. When that familiarity is there, our society expects that we will be civil and respectful to one another, and in strong communities, that respect becomes friendlier and warmer. Any one who has lived with another person knows that it isn't always easy, just as it isn't always easy being neighbors. Figuring out how my space and needs overlaps with your space and needs can be hard. The better we know someone, however, the easier it is to respect their space and needs. Because Allied is a very open community with lots of activity on the street, everyone seems to know everyone, and it is common for people to help each other out; because of this, it is a strong community. On the other hand, there is a lot of drug activity and violence compared to most neighborhoods, many people are so immersed in their own problems that they aren't interested in what's going on for anyone else, and many people who don't want to get involved in some of the negative stuff so they just keep to themselves, which makes for a fragile community.

If we work to strengthen this community, it has to begin with an atti-

tude of caring.... caring about the crime, caring that my neighbor is in need, caring what someone has to say, wanting to figure out how to overlap space and needs, and wanting to get to know each other. Our lives become richer when our hearts are touched by other people. Communities become stronger when neighbors strengthen their connections. Those connections happen when you are friendly, when you help each other and when you share in something together. Those connections are made stronger still through participating in the Neighborhood Association, volunteering in the neighborhood, coming to community meals etc..

We have started a Welcome Program to begin giving that message of care with new people moving into the neighborhood. There are many people in different buildings who are "Welcomers" who will be that friendly person you can go to if you have questions about the neighborhood. They have resource information and a gift bag for the new residents. We get together every other month for a dinner. If you are interested in being a "Welcomer" for your building let me know. If you are new to the neighborhood and haven't been welcomed, come and visit me at the Allied Wellness Center.

**A connected community is a healthy community.**

## Allied Wellness Center

The Allied Wellness Center is all about encouraging people to make healthy choices and to live life in all its fullness. Wellness means taking care of your mind, body and spirit. Life doesn't always make it easy to do this, but with information, caring support, access to resources and valuing health; wellness can be yours. There are a number of programs and activities that happen routinely at the Wellness Center, participate and take advantage of what's available:

**Alcohol and Drug Program:** Allied Area Partnership Toward Recovery is a neighborhood program for anyone who struggles with alcohol or drug abuse. Offering respectful, confidential, support and encouragement no matter what stage of use you are in. Individualized counseling available, call to schedule an appointment.

**Nurse:** Available Tuesdays and Wednesdays 8a.m.-4:30p.m. and Fridays 8a.m.-12 noon to do health assessments, emotional support, health education, information and referrals and help problem solve what prevents you from maintaining your health.

**Doctor Is In:** A doctor is here 1st Wednesday, 2nd Friday (speaks Spanish), 3rd & 4th Tuesday of each month, 10am-12noon. Free physician consultation, and assessment.

**Coffee Clutch:** Every morning 9-11 am at the JFF site.

**AIDS Network:** Every Thursday, 1:00 p.m.-4:00 p.m., HIV testing, education and counseling.

**Sista to Sista:** Every Tuesday 6:30pm. Supportive women gathering.

**Stories of Change:** Every Friday 6pm at the JFF Building. Hear encouraging personal stories of recovery from substance abuse from guest speakers, and get the support you are needing in your own recovery journey.

**Prayer Meeting and Bible Study:** Every Monday 6p.m.-7p.m. led by the African American Council of Churches neighborhood chaplain, Alice Howard. Light meal included.

**Badger Care Sign Up: Does your family need health insurance? Come talk to Elena every Tuesday and Thursday morning 8:30-12 noon to see if you are eligible to sign up.**

### Special Events :

**Community Meal:** Friday August 22, 6 pm at the Boys and Girls Club (Jenewein ).

**Mobile Food Pantry:** Saturday, August 23, Boys and Girls Club 10 am

**Biking for exercise interested in biking with others? Let's start a biking club, even if you have no bike... talk to Susan and lets see if there's enough interest.**

**Call Susan Corrado for questions about the Wellness Center and programs, 274-7006 or stop in at 2225 Allied Drive #2**

## SOUTH MADISON'S National Night Out

TUESDAY, AUGUST 5, 5:30-9:30 P.M. AT PENN PARK

**CELEBRATE PRIDE IN THE SOUTH SIDE!**

National Night Out is our South Side tradition to affirm our pride in the positives of our neighborhood. We say "yes!" to the talents and strengths of our residents, and "no!" to drug dealing and violence. We take ownership of our community, and deny the right of crime and drugs to run it! We will create a healthy environment and be loving neighbors for our families and our children!



Festivities include:  
Food, games and fun for children;  
MCCCA-led drum circle; Boys & Girls Club dancers;  
Club TNT performances; traditional Hmong performances;  
Senior Idol contestants; poetry from Madison Poet Laureate Fabu;  
performance artist Oroki Rice; inspirational speakers; UW Space Place stargazing; and a candlelight march around the neighborhood at dusk.

**SOUTH MADISON'S NATIONAL NIGHT OUT CELEBRATION WILL BE TUESDAY, AUGUST 5, FROM 5:30-9:30 P.M. AT PENN PARK. CELEBRATE SOUTH SIDE PRIDE, LOVE YOUR NEIGHBORS, AND BLESS YOUR COMMUNITY WITH YOUR LIGHT.**

National Night Out Sponsors: Bram's Addition Neighborhood Association; South Madison Anti-Drug Coalition; South Madison Business Association; Madison Police Department; Madison Weed And Seed; St. Mary's Hospital Medical Center; South Madison Peace Partners, Catholic Multicultural Center; Walgreen's; WORT; South Metropolitan Planning Council; Centro Hispano

for more info, call Lucy Gibson, 221-3258

## Dane County Coalition to Fight Poverty

to hold follow-up event. On **Wednesday August 6th** the Dane County Coalition to Fight Homelessness and End Poverty will hold a follow-up to it's community forum held in June. The August 6th event will be an interactive evening designed to increase the individual's understanding of the barriers facing those who are homeless in our community, as well as a greater understanding of the shelter system. We will also discuss action steps to address homelessness in our community. **The event will be held at First United Methodist Church, 203 Wisconsin Ave., Madison, from 5:00 p.m. until 8:00 p.m., a light dinner will be provided.** The event is **free** and open to the public, however **registration is requested. To register please contact Linda at Madison-area Urban Ministry at 256-0906 or linda@emum.org.**

Effective August 12th, 2008, Madison City Channel will move from our position on Charter Cable Channel 12 to Channel 994. This channel will continue to be part of Charter's "Basic" tier of service, which means that there will be no additional cost to you for our programming.

However, since Channel 994 will be a digital channel, in order to continue to receive Madison City Channel after August 12, you will need a television or equipment to allow you to receive a digital signal.

Have questions? You're not alone! **WE'RE HERE TO HELP.** Give Madison City Channel a call at 266-6501 or send us an email at [citychannel@cityofmadison.com](mailto:citychannel@cityofmadison.com) and together, we'll get through this transition and continue to provide you with a vital link to your local Madison government.