

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

## Allied Wellness Center Changes

by Susan Corrado  
Parish Nurse



It is true that all things must change. When the Allied Partners, a coalition of faith communities active in the Allied neighborhood, decided that they wanted to start a wellness center and hired me as a community parish nurse almost 6 years ago, we weren't sure how this center was going to unfold.

We knew that we wanted to have a positive presence in the neighborhood and to promote wellness, wholeness and healing. It has been such a joy and privilege getting to know the community and walking with people - sometimes at the lowest point of their lives, sometimes celebrating successes, but most often simply being a part of helping to meet the day to day demands of life and health.

A year ago I knew that there could be more for Allied than what I as an individual could provide, or more than what the Wellness Center had the capacity to offer. I decided that at the end of June, I no longer would be working in the same way at the Allied Wellness Center and have helped to hatch a new vision. Rumor is that I am retiring, but that's not quite accurate. However, there is going to be a change!

In order to offer the full extent of programs and activities that are really needed, the Allied Dunns Marsh Neighborhood Association, the Dunns Marsh Neighborhood Association, Dane County Time Bank, Madison Apprenticeship Program (MAP), the Allied Wellness Center and residents in the neighborhood have a vision of developing a Co-op together.

Co-ops are created for and by their members, the members serve the co-op and the co-op serves the mem-

bers. This co-op would offer services and educational offerings that members would help make happen.

For example several men in the neighborhood are interested in forming a fishing group.

By belonging to the co-op, they will have help to make this happen and in turn it would be one of the offerings that other members can participate in. In order to be a member of the co-op, you would have to participate in something, whether it's a class, volunteering, leading a program, community event, or other things that will be developed - based on YOUR interests!

We are still early on in the planning process and we need YOU to get involved and make this happen.

We meet every first Tuesday of the month at 11AM at the JFF Center, 2225 Allied Dr #3, if you want to participate but can't make the meetings, please contact Susan at 274-7006.

What do these changes mean for you? 1. You will have more opportunities to improve the health of YOUR community! 2. Susan the community parish nurse will not be staffing the Wellness Center after June., it will instead be staffed by a community health liaison who will:

- 1) Connect people to community health services and improve follow up of care, and
- 2) Work with residents to expand the outreach of health information.

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## Container Gardening Made Simple

*What do you enjoy eating fresh in the summer? Do you and your family enjoy fresh vegetables and herbs?*

Any of the following plants will grow in a container: **Carrots:** Be sure and buy the stubby short kind of seeds. This kind of carrot seed grows well in a long tray container.



**Cucumbers:** You will need a bigger barrel container and a package that says bush cucumber.

**Tomatoes:** All most any type of tomato will grow in a container. Patio tomatoes work the best but any kind of cherry, grape or pear tomato will work. Tomatoes will need to be either caged or staked.

**Peppers** are a great container grower. Just pick your favorite whether it be a hot or mild kind. Peppers like tomatoes will need to be staked.

**Lettuce:** Lettuce should be planted when the weather is cooler and if you do not have much sun your lettuce will love it.

**Swiss chard** will grow well also or try spinach.

**Egg plants** will do well, just pick a smaller type eggplant and they will have to be staked as the tomatoes and peppers.

**Herbs** are fun to grow: basil, oregano, parsley rosemary, sage, savory

tarragon and thyme. Dill is also fun to grow! Several different kinds of herbs can share the same container.

**Now that you have decided on your seeds or plants let's talk about containers. Either plastic or terra cotta will work.**



## Watch Allied Grow

Allied residents have been exchanging their time and talents - helping out the Wellness Center, Neighborhood Assn., tutoring kids, giving rides, getting services for themselves like computer help, classes, etc. - through the Dane County TimeBank service exchange and community building program.

At "Maxine's" TimeBank Store (2225 Allied Dr. lower lobby), named in memory of an Allied resident who was instrumental in getting the store going, neighbors are trading in the time they earn for clothes, toys, books, dishes and more.

TimeBank, along with the Allied Dunns Marsh Neighborhood Association, the Allied Wellness Center, Madison Apprenticeship Program (MAP), and the Dunns Marsh Neighborhood Association are working toward developing a social cooperative that will provide personal and community development activities and job skill building programs.

On Saturday May 22nd, from 12-3 there will be a cook out and activities outside the JFF office on Allied Drive, to highlight this effort. A container garden project is one of these activities.

Residents in each side of an apartment building interested in having a container for their building can sign up for one and choose whether they want to grow flowers, herbs or vegetables in their container. Each building will be responsible for caring for their plants.

There will also be four larger containers with vegetables at Head Start, Learning Center, Revival Ridge and Prairie Crossing where a portion of the vegetables will be donated to the food pantry or programs in the neighborhood. There is NO COST for your building's container garden.

It is our hope that the residents in every building will work together to keep their building's garden beautiful, which, in turn, will help make our community more beautiful and more healthy. These containers will be ready for folks to plant and decorate at the cook out, and then be distributed to the apartment buildings.

There will be a chance to learn why it is important to belong to a neighborhood association, what wellness activities are available to participate in at the Wellness Center, how TimeBank works, and how MAP can change your life! There will be a reading corner for kids, and good community fun to be had.

*Sign up now for your building's container and plants, and come to a cook out on Saturday May 22, 12-3pm at the JFF Center to get your plants and to learn more about the co-op idea. Come watch Allied grow!*

## Allied Mobile Food Pantry



Sponsored by: Allied Dunn's Marsh Neighborhood Association & Second Harvest

When: Saturday, May 15, 2010

11 a.m. to 12:00 p.m.

at the Boys & Girls Club 4619 Jenewein Rd



ALSO DOING: ASTHMA SCREENING and H1N1 FLU CLINIC  
SPONSORED BY: UW MEDICAL STUDENTS and DEPT OF PUBLIC HEALTH

**We have a limited number of bags and boxes available. Please bring additional bags, boxes or carts to take your food home.**

*If you have questions or need more information, please call  
Carla Dawkins at 213-4753.*

Buy or use containers that your plant and grow downward in. Tomatoes, peppers, eggplants and dill have long roots. Think about the height of a plant on the top, the bottom will be the same. Most herbs have more shallow roots.

*Have fun and enjoy the fruit of your labors!!*



The Head Start Headquarters Building is at the gateway to the Allied-Dunn's Marsh Community. Young children, parents and staff are the heart of all of the programs sponsored by Dane County Parent Council, the umbrella agency for Head Start and other education programs that are located in the building at 2096 Red Arrow Trail. Now is a good time to get involved in the many child and family activities right in the neighborhood openings for this fall and we encourage you to apply for your child.

**Half Day Pre-school**, free of charge for eligible families, is for children age 3-5. Children come to the center for ½ day classes 4 days a week. Transportation is provided.

**Head Start Plus** combines Head Start program with extended day child care and operates full day and all year round. Hours are 6 a.m. to 6 p.m. Monday-Friday, to serve working parents and provides children 3 nutritious meals a day. Parents provide transportation. Head Start Plus is not free; parents may receive a subsidy and pay a co-pay.

**Home-based Head Start** is for children 3-5 years old. Head Start teachers visit the home each week with activities for the child and family. The child participates in group activities 3 times a month at the Head Start center. This is free of charge for eligible families.

**Infant/Toddler Child Care** at Great Beginnings - 4657 Verona Road Located on frontage road, next to McDonald's (former Shelf & Dining Store) this center serves 36 children, ages 6 weeks to 3 years with the highest quality, accredited care. Cost to parents varies, depending on eligibility for city or county funds.

**Even Start** Parents and children learn together in Even Start. Parents attend English (ESL) or high school equivalency (GED) classes with the **goal of gaining employment and economic security**. For information or an application, call Michelle Chaudoir or Maria Alyeda Guzman at 270-3430, or stop at the Head Start Headquarters 2096 Red Arrow Trail for an application.

## **Are You An Entrepreneur?" Thinking About Starting a Business?**

This workshop will help you decide if entrepreneurship is right for you. Participants will evaluate their skills and readiness for business ownership, review the advantages and disadvantages of starting a business, discuss business ideas, and get an overview of what is involved in writing a business plan.

**When:** Tuesday, July 31, 2007  
from 6:00 p.m. - 9:00 p.m.

**Location:**

Genesis Enterprise Center  
313 W. Beltline Hwy  
Madison, WI 53713

**Cost: FREE**

**Information/Registration:**

Call 608-257-5450

This workshop is being held by The Wisconsin Women's Business Initiative Corporation. (WWBIC) is a nonprofit economic development corporation providing quality business education and access to capital for entrepreneurs. For more information on WWBIC - [www.wwbic.com](http://www.wwbic.com)