
◆ The Senior Chatter ◆

Volume 13, No. 8

Menasha Senior Center, Menasha, WI

August, 2009

Dates to remember this month:

<u>Date</u>	<u>Page</u>
Fox Cities Senior Games—Aug. 18	
Screening	9

Project Heat's On

-free furnace inspection-

Saturday, October 3, 2009

The Plumbers and Steamfitters Local #400 will again give a free furnace check for qualifying seniors throughout the Fox Cities. They will inspect your heating system, change furnace filters, and inspect smoke alarms (incl. new batteries). Inspections take place on Saturday, October 3.

An application should be completed, signed and returned to the E.C.W. Volunteer Center before August 31, 2009.

In order to qualify:

- client must own their home
- be over 55 years of age
- be present in their home on Oct. 3

Income and other criteria are on the 2009 application form.

We want our seniors safe and warm this winter. If you have any questions, please contact Julia at 832-9360.

You can pick up an application at the Menasha Senior Center office.

Did you know that ...

... Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, **and** increasing their actual risk of falling!!!

Help others—and increase your income

You can supplement your income and at the same time help somebody in need by becoming an adult foster family care sponsor or a volunteer guardian. Winnebago County is currently in need of at least 12 more adult foster family homes and at least 10 more volunteer guardians. All adult foster family care sponsors and volunteer guardians receive payment for their services.

Adult foster family care sponsors are fully trained and supported by staff of the Winnebago County Department of Human Services. All adult foster family homes in the county program are certified by Winnebago County. Adult foster family home sponsors provide care to one or two people who come to live in the adult foster family home. As an adult foster family care sponsor, you join 28 existing foster homes located in Winnebago County. Respite care is a benefit available to adult family foster care sponsors.

A volunteer guardian is an individual who helps when the court deems that a person is not capable of making informed decisions and/or managing his/her finances. A volunteer guardian is needed when an individual does not have a family member or friend who is able to or willing to fulfill this role. As a volunteer guardian, you join the current pool of 26 volunteer guardians throughout Winnebago County.

For those interested in more information or applying to become an adult foster family care sponsor or volunteer guardian, contact Kathryn Stark, Adult Foster Family Care Coordinator at (920) 236-4664. Email address: kstark@co.winnebago.wi.us Information is also available on the Winnebago County Department of Human Services website at <http://www.co.winnebago.wi.us/humanservices/index.asp>

Welcome to the *Senior Chatter*



Menasha Senior Center

116 Main Street Menasha, WI 54952
920-967-3530

Hours: 8:00am-4:00pm Monday-Friday

sbull@ci.menasha.wi.us

web site:

www.menashaseniorcenter.org

Senior Center Supervisor Sylvia Bull
Activity Coordinator Barb Taylor

MSC welcomes all adults 55 and over to participate in our many activities and utilize our services. There are no membership or residency requirements.

Our mission is to enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet these needs as requested by the community.

MSC Planning Committee:

Meets second Thursday of each month at Menasha Senior Center at 9:00 am.

Members:

Susan Locke Barbro Whiting
Ruth Jerome Terry Czerwinski
Norma Heinz Roy Rogers

City of Menasha Committee on Aging:

Meets second Thursday of each month at the Menasha Senior Center at 7:45 am.

Members:

Bob Jankowski Roy Rogers
Joyce Klundt Sue Steffen
Lee Murphy Jean Wollerman
Sue Nett Mary Lueke

(Services are provided without mandatory dues, Senior Center Regulation, Title III Older American Act, Chapter VII, Section 5.45).

Services at MSC

Menasha Meal Site: Meals through Winnebago Co. Nutrition Program are served Monday through Friday at 11:20am at the Menasha Senior Center. Must call 725-6323 by 12:00pm the day before for meal reservations. Must be 60 years or older to participate. Suggested donation of **\$2.75**.

Meal Site Manager: Ardeana "Dee" Osinski

Winnebago Co. Benefit Specialist, Candace Corbett: Candace visits MSC the first two (2) Thursdays each month from 10:00 -11:30am. Call the MSC office at 967-3530 for more information.

60 Plus Health Program: (City of Menasha Health Dept.) Call 967-3520 for personal counseling and screening tests.

- Health screenings offered monthly at MSC
- Blood Pressure checks every Tuesday at MSC

Valley VNA Senior Services Footcare: Clinics are held twice a month from 1-4pm. Must call the VNA at 727-5555 to make your appointment.

Dial-a-Ride: Discount taxi service for Neenah & Menasha residents 60 yrs. and older. Tickets available at MSC.

Menasha School District Lifetime Passes:

For residents 60 yrs. and older who live in the Menasha school district - admission to many school sponsored events.

Information and Referral: MSC will assist in identifying a local agency or organization that may help you. Also available at the office:

- County Resource Directories
- SeniorCareRx Applications
- File of Life
- Community Resource brochures, info.

Mini-Library: Resources, books, videos

Computers: Internet access; available 8a-4p (except Weds 12-4:00pm); One-on-one instructions available Monday mornings by appt.

Senior Chatter is a monthly publication of the Menasha Senior Center providing a variety of information on senior issues, events in the community and at MSC - all for \$4.00 a year!

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OPTIONS & SOLUTIONS DAY AT VALLEY VNA

Do you have something you would like to talk to an RN about?
 Do you want to learn more about issues facing seniors today?

Stop by and visit with a VNA nurse -

4TH FRIDAY OF EACH MONTH 1-3 PM
1535 Lyon Drive Neenah



This program is FREE and open to the public.

Call for more information - 727-5555 or visit us online - www.valleyvna.org

“Shelter in Place”

STAY inside.

TURN ON the RADIO/TELEVISION for information. Listen until you are told all is safe, or you should evacuate.

FOLLOW INSTRUCTIONS GIVEN BY AUTHORITIES. You may be asked to close windows and fireplace dampers, and to turn off fans, as well as heating and air-conditioning.

TELL your family, neighbors, friends, or caregiver where you are.

IN CASE OF TORNADO, go to the basement or an interior room with the fewest windows and doors. Protect yourself from flying debris. Avoid all windows.

IN CASE OF FIRE, leave the building right away; if you cannot leave wet some large towels and jam them in the crack under the door. Stay as low as possible.



Menasha Senior Center AUGUST 2009

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Computer class 9:30 Line Dancing 11:30 Meals 12:30 Scrabble 1:00 Men's cards	10:00 Wii 11:20 Meals 1:15-3:00 Blood Pressure ck	9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 10:00 Benspec 11:20 Meals 12:30 Cribbage 1:00 Bingo- Sterling House 1:00 Bridge	8:00 Bike 4 Fun 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i> 1:30 Advanced Line Dancing
3	4	5	6	7
9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Card making class 1:00 Men's cards	~Senior Games~ 10:00 Wii 11:20 Meals 1:00 Bingo 2:00 SALT meeting 1:15-3:00 Blood Pressure ck	9:30 Line dancing 10:00-11 Chair exercise 11:20 Meals 11:00 <i>You Can Do It</i> 12:30 Texas Hold'em 12:30 Shuffleboard	7:45 CA meeting 8:30 Oil Painting 9:00 PC meeting 10:00 Benspec- Tuning 65? 11:20 Meals 12:30 Cribbage 1:00 Bridge	8:00 Bike 4 Fun 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i> 1:30 Advanced Line Dancing
10	11	12	13	14
9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards	9:00 Newsletter Assembly 10:00 Wii 10:30-12n Blood pressure 11:20 Meals 1:00 Bingo	9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care	8:00 Bike 4 Fun 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i> 1:30 Advanced Line Dancing
17	18	19	20	21
9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards	9:00 Newsletter Assembly 10:00 Wii 10:30-12n Blood pressure 11:20 Meals 1:00 Bingo	9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care	8:00 Bike 4 Fun 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i> 1:30 Advanced Line Dancing
24	25	26	27	28
9:00 Computer class 9:30 Line Dancing 11:20 Meals 1:00 Men's cards	Oddities: Aug 8—Middle Children's Day: to pay attention to middle children. Aug 16—Joe Miller's Joke Day: Joe Miller, an English comic actor, died 8/16/1738. He inspired the first book of jokes. Aug 22—The first president to ride in an automobile—Theodore Roosevelt in 1902. Aug 29—More Herbs, Less Salt Day, for better health.			
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Note from Staff. . .

Dear Friends,

Advice from a Garden



Cultivate lasting friendships | Sow seeds of kindness | Listen to sage advice | Don't let the little things bug you | Be outstanding in your field | Take thyme for yourself | No vining!

We hope your "gardens" are thriving! Stop in at MSC if you have questions about our activities.

Sylvia Bull Barb Taylor

WISH LIST

- Tape dispensers (for newsletter assembly)

like this

BIRTHDAY GIFT

Have a birthday in **August**? Stop in the office with your ID during the month and pick up your birthday gift.



September 13, '09, is Grandparents Day

Grandparents Day was the brainchild of Marian McQuade of Fayette County, W.Va., who hoped that such an observance might persuade grandchildren to tap the wisdom and heritage of their grandparents. President Jimmy Carter signed the first presidential proclamation in 1978 - and one has been issued each year since - designating the first Sunday after Labor Day as National Grandparents Day. The first official observance was Sept. 9, 1979.

In honor of our nation's grandparents, the Census Bureau has collected an array of data about these unsung role models and caregivers. You can read Facts and Figures about Grandparents at <http://www.census.gov/PressRelease/>

August

Fairest of the months!

Ripe summer's queen, the hey-day of the year
With robes that gleam with sunny sheen
Sweet August doth appear. ~R. Combe Miller

Going round-a-bout Road Construction??

Learn how to drive in the world of road construction & round-a-bouts.

**Thursday August 6, 2009
10:00 am**

**Menasha Senior Center
116 Main St. Menasha**

Do you know what a "local traffic only" sign means? Do you have an alternate way to get home? To work? To your favorite restaurant? Do you know how to navigate a round-a-bout?

Living with road construction and road changes can be difficult and scary. Learn what to do if your favorite route is suddenly closed, or if you suddenly have a round-a-bout in your neighborhood.

Kim Rudat from the Department of Transportation will talk about the current road construction issues facing drivers and walkers today, and will be available to answer your questions.

This presentation is being sponsored by **SALT, RSVP** and the **Menasha Senior Center**.

Presented FREE and open to the public



Retired and Senior Volunteer Program
Making your experience count!



Wii gaming continues

**Friday mornings at 10:00am and
Tuesday mornings at 10:00am.**

Let's schedule an afternoon—
which one is your preference?

Call us at 967-3530.

Health Corner

By Valerie Davis RN, 60 Plus Program

The Health Benefits of Massage

- Massage calms the nervous systems and promotes a sense of relaxation and well being.
- Massage reduces tension and anxiety.
- Massage improves blood circulation, which delivers oxygen and nutrients to the cells.
- Massage stimulates the lymphatic system, which carries away the body's waste products.
- Massage prevents and relieves muscle cramps and spasms.

Massage therapy can help with pain management in conditions such as arthritis, sciatica, and muscle spasms.

Massage is not a good idea if you have a fever, infections, inflammation, osteoporosis and other medical conditions.

Source: <http://spas.about.com>

Handling food safely on the road

VACATION—how we long for that eight letter word every summer—when we take to the road and can get away! No matter where we go or what we do, there is a common denominator that runs through all of our summer travels and relaxation—it's called **food**. The “road” to food safety, however, can either be a bumpy one or smooth, depending on what precautions are taken handling meals as we travel.

There are some simple, common-sense food safety rules that can save a vacation from disaster—that can make the difference between a vacation to remember and one that is remembered because people got sick from improperly handled food. Here are some general rules:

Plan ahead ... If you are traveling with perishable food, place it in a cooler with ice or freezer packs. When carrying drinks, consider packing them in a separate cooler so the food cooler is not opened

60 Plus Health Program Blood Pressure Screenings

Schedule for August 2009

Menasha Senior Center

Tues. August 4	1:15-3:00 pm
Tues. August 11	1:15-3:00 pm
Tues. August 18	NO Blood pressure ck
Tues. August 25	10:30—Noon

Elizabeth Court Apts.	Thurs., Aug. 13	1:30pm
Lakeside Commons	Thurs., Aug. 13	2:00pm
St. John's Keenagers	Thurs., Aug. 27	1:00pm

The last blood pressure clinic of the month at MSC will also be a **Health Consultation**. If you have any health related questions, feel free to stop in - I will do my best to answer them for you. Val Davis, RN, PHN, 60+ Program

frequently. Take along only the amount of food to be eaten to avoid having leftovers.

Pack safely ... pack perishable foods directly from the refrigerator or freezer into the cooler. Also, a full cooler will maintain its cold temperatures longer than one partially filled (pack a partially filled cooler with ice). For long trips, consider taking two coolers—one for the day's immediate food needs and the other for perishable foods to be used later. Open and close the lid quickly.

Whether you are at a camp site, on a boat or at the beach, remember to keep the cooler in a shady spot. Keep it covered with a blanket, tarp or umbrella (preferably one light in color to reflect heat). Keep hands and utensils clean when preparing food.

Remember: food sitting out for more than 2 hours, **is not safe**. The time frame is reduced to just 1 hour if the outside temperature is above 90 degrees F.



Source: <http://lancaster.unl.edu>

Activities at MSC

Regularly scheduled activities:

- ◆ **Bingo:** 1st Thursdays 1-2:40pm; 2nd, 3rd, 4th Tuesdays 1-2:40pm
- ◆ **Intermediate and Advanced Line Dancing:** Monday and Wednesday morning 9:30-10:30am. \$1.00 per class. Instructor: Carol Dolan. Beginner lessons available. Call.
- ◆ **Card Games:** *Men's Sheephead* (not for beginners) - Mondays at 1:00pm, (Sept.—May); *Hand & Foot* - Fridays at 12:30pm; *Bridge* (not for beginners) - Thursdays at 1:00pm; *Texas Hold'em* Wednesdays 12:30.; *Cribbage* - Thursday, 12:30pm;
- ◆ **Quilting Group:** Meet Fridays 12:00-2:00pm.
- ◆ **Weight loss group:** Wed. mornings 11:00am
- ◆ **Shuffleboard:** Wednesdays 12:30-3:30pm
- ◆ **Computer Classes:** One-on-one individualized instructions. Monday mornings. Call 967-3530.
- ◆ **Greeting card class:** Every 2nd Monday 12:30-3:00pm. \$2.00. Supplies available.
- ◆ **Computer Lab:** Computers are available for use during center's working hours (*except* Wed. afternoons).
- ◆ **Chair Exercise Class:** (strength, flexibility, balance) every Wednesday morning 10:15-11am; free.
- ◆ **Scrabble:** 1st and 3rd Mondays at 12:30pm

Prayer

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for Bible class. As she ran she prayed, "Dear God, please don't let me be late!"

While she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again. As she ran, she once again began to pray "Dear God, please don't let me be late ... but please don't shove me either!"

**It is not how old you are,
but how you are old.**

-Jules Renard, writer (1864-1910)

Upcoming events

September—Mayor's Cookout
October—Halloween Party
November—Senior Thanksgiving Banquet honoring Veterans

Ben Spec addresses turning 65

The Benefit Specialist (BenSpec) of Winnebago County— on the 2nd Thursday of each month—will offer assistance to those who ask the question, "I'm going to be turning 65 soon, what do I do?"

Book club

A reminder that an Adult Non-fiction Book Club is held at the Menasha library every 3rd Tuesday of the month at 2:00pm.

Mental activity helps you stay sharp

Mental decline as you age appears to be largely due to altered connections among brain cells. But research has found that keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections. You could even generate new brain cells.

Life-long mental stimulation appears to be somewhat protective against dementia-Alzheimer's, possibly because brain cells and their connections are stronger as a result of this stimulation.

You don't have to turn your life upside down, or make extreme changes to achieve many of these benefits. Start with something small, like a daily walk. After a while, add another small change.

Keep your brain active every day. Consider:

- Stay curious and involved - commit to life-long learning
- Read, write, work crossword or other puzzles
- Attend lectures and plays
- Enroll in courses at your local adult education center, community college or other community group
- Play games
- Garden
- Do memory exercises

Do all of the above plus more and be sure to enjoy the experience in the process!!!



TRIAD Tip

Officer Jeff Jorgenson,
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

The Victim Crisis Response Team

With this article I would like to recognize the great work performed by volunteers in the Fox Cities Victim Crisis Response Team. This team will respond when paged and provide valuable assistance to local police departments by sitting with victims and providing a safe and comfortable environment. If you are interested in adding your talents to this organization, please utilize the contact information below.

The Victim Crisis Response Team announces their Fall 2009 Volunteer training for the Police Departments of Appleton, Grand Chute, Kaukauna, Menasha, Neenah and Town of Menasha.

The Fox Cities Victim Crisis Response Team (VCR) is a volunteer organization designed to assist local police departments in providing advocacy, support and assistance to victims of crime. The VCR Program utilizes trained volunteers to respond directly to the scene of a crime. We are having an increased need for volunteers to respond to the daytime requests.

Volunteers are required to complete a 20-hour training. Volunteers will be provided with information on traumatology, victimology, study of basic crisis intervention and communication skills for dealing with trauma/crime victims. Additionally, we provide training in providing/assisting the victim with information on victim rights and victim compensation. Training for the VCR Program will take place at the Neenah Police Department the weekend of September 18th until 20th. The training will consist of 18 hours over this weekend, in addition, two additional hours of training on October 1st from 6:30p.m. until 8:30 p.m.

Following this initial training, we have monthly training/meetings held the second Thursday evening of every month. Volunteers are required to volunteer 4 hours per month at a selected police department, as well as to carry the pager when available to answer requests throughout the month. In addition, we ask

2008 TRIPS with MSC



Call 967-3530

Wed., Sept. 30

Door County Tour

This is what you have to look forward to
Candleworks - demonstration and your own candle dipping;
Tannenbaum - shopping;
Sequist Orchards - jam, jellies, and apples;
Al Johnsons - goats and lunch (Swedish meatballs, mashed potatoes, salad, cherry cheese pie);
Sister Bay - shopping or strolling;
Door Peninsula Winery - tour and tasting (and toasting!?)

Cost \$45.00 (includes bus, food, tips). \$10 at registration; pay in full by Sept. 16.

Lv MSC 7:30am sharp Ret MSC: 5:30ish

There's still a seat for you and your friend—hurry, call now.

Recycle old cell phones

Keep reminding family and friends to donate their old cell phones—they can drop them off at the Menasha Senior Center. Besides keeping cell phones out of landfills it helps raise funds for the crime prevention efforts/education for senior citizens in Winnebago County and also provides seniors and disabled with a emergency-only cell phone.

for a one-year commitment.

To request an application packet contact Trisha @ ttimmerman@ci.neenah.wi.us or 886-6044. Volunteers will be required to complete a background check.

For further information please contact Victim Crisis Response Coordinator, Trisha, at 920-866-6044.

15 minute CHAIR / HAND MASSAGE

DATE: Thursday, August 27, 2009

TIME: 9:00 am. to 12:00 pm.
and
12:30 pm to 2:00 pm
(15 min. appointments)

PLACE: Menasha Senior Center
116 Main Street

BY: Certified Massage Therapist Jenny Kuske
(Massage Therapy Associates)

**For an APPOINTMENT call:
967-3520**

~Must have an appointment to participate~

Sorry, no walk-ins

Alten Haus Assisted Living

625 and 635 Bondow Dr.
Neenah, WI 54956

Email: Altenhaus@new.rr.com
Web Site: altenhaus.com



Contact Anne Altenhofen-Krause for a tour
920-470-9040

Authorized Agent for:

SecureHorizons
by UnitedHealthcare

Evercare

Paul Eisen CLU
Senior Specialist

Phone: 920-734-1303
Cell: 920-858-0081
E-mail: peisen.wi@att.net
Fax: 920-734-3071

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PREPARED

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Prepare now

Older adults and people with special needs are most vulnerable when disasters strike. The Winnebago County Nutrition Program (coordinated by ADVOCAP) is participating in a **“PREPARE NOW”** awareness campaign to help people prepare for emergencies BEFORE they happen:

PREPARE NOW gives information on how to:

- *Build a disaster kit (see below)
- *Shelter in place (see page 3)
- *Communicate with loved ones
- *Evacuate when necessary (see page 11)

72 Hour disaster supply kit:

Food and Nutrition

- Water-1 gallon per person for at least 3 days
- Food—3 day supply of canned/non-perishable foods
- Aluminum foil
- Paper cups, plates, towels, utensils
- Manual can opener

Emergency Equipment

- Flashlight
- Battery operated radio/television
- NOAA weather radio with tone alert
- Extra batteries
- Whistle to signal for help

Personal Supplies

- Toothbrush/paste
- Soap

Personal supplies continued

- Hand sanitizer/baby wipes
- Toilet paper
- Personal hygiene supplies

Personal Comfort

- Blankets
- Sleeping bag
- Warm clothes
- Sturdy shoes

Other necessities/Extras

- Plastic bags
- Waterproof matches
- Knife
- Trash bags
- Duct tape
- pet food and supplies
- books, puzzles
- cash, credit cards

Store all supplies in easy to carry and identifiable containers with

Evacuation Plan

In an emergency, TURN ON the radio/television for information about what to do.

BEFORE an emergency happens:

Talk to family members, neighbors, friends, and care providers about:

WHAT you would do in the event of an evacuation,

WHERE you will go, and

HOW you will get in contact with each other.

Don't forget to MAKE arrangements for your pets as well.

Consider your TRANSPORTATION

Will you be able to drive? Will you need someone to pick you up?

Who? At what meeting place?

If that person is unable to reach you, who will provide a back-up ride?

How will that person be contacted?

If you must have assistance for special assistance who will you call?

WEAR appropriate clothing and sturdy shoes. LOCK YOUR HOME.

IF you have enough time:

Shut off water, gas, and electricity if instructed to do so and only if you know how.

Leave a note to tell others when you left and where you are going.

Take your "Disaster Supplies Kit" and "File of Life"

Giggles

My wife said, "Watcha doin' today." I said, "Nothing." She said, "You did that yesterday." I said, "I wasn't finished."

A little boy was in a relative's wedding. As he was coming down the aisle, he would take two steps, stop, and turn to the crowd. While facing the crowd, he would put his hands up like claws and roar.

So it went, step, step, ROAR, step, step, ROAR, all the way down the aisle. As you can imagine, by the time he reached the pulpit the crowd was near tears from laughing so hard.

When asked what he was doing, the child sniffed and said, "I was being the Ring Bear."

Here are the last two from the Columbia Co. Entertainment paper:

Three important words

At my granddaughter's wedding, the DJ polled the guests to see who had been married longest. It turned out to be my husband and I. The DJ asked

us, "What advise would you give to the newly-married couple?"

I said, "The three most important words in a marriage are, 'You're probably right'". Everyone then looked at my husband. He said, "She's probably right."

The new librarian

The new school librarian decided that instead of checking out children's books by writing the names of borrowers on the book cards herself, she would have the youngsters sign their own names. She would then tell them they were signing a "Contract" for returning the books on time.

Her first customer was a second grader, who looked surprised to see a new librarian. He brought four books to the desk and shoved them across to the librarian, giving her his name as he did so.

The librarian pushed the books back and told him to sign them out. The boy laboriously printed his name on each book card and then handed them to her with a look of utter disgust.

Before the librarian could even start her speech he said, scornfully, "That other Librarian we had could write."

Counting Y...F...and E...

This exercise will help you practice focusing your attention. It may seem easy - make sure to count twice!

Count the number of "Y" in this text:

Yesterday, Lucy went all the way to Boston. She wanted to buy new shoes. She had to go in many shops before she found the shoes she wanted. She was happy to stop at a restaurant to have some tea and cookies before she took the train back home.

Count the number of "F" in this text:

Finished files are the result of years of scientific study combined with the experience of years.

Count the number of "E" in this text:

Last summer, Jean and Harriet spent their vacation in Michigan. They rented a cabin on the lake. The cabin had two bedrooms and a nice deck. They used to spend a lot of time on the deck, just looking at how the light would change on the water. Several times, they borrowed bikes from their neighbors and spent a few hours exploring the villages not far from their cabin.

-- Pascale Michelon, Ph.D., SharpBrains' Research Manager

Y: 7 F: 6 E: 38

Thank you! ❤️

We would like to say thank you to all volunteers and friends of MSC who contribute service, money and gifts to the Menasha Senior Center. We considered creating a 'thank you' list in this newsletter, but realized that we surely would, inadvertently, neglect to list someone's name and donation. So to avoid offending anyone we will, instead, give a hearty personal thank you at the time of the contribution.

You can make a difference . . .

You can leave a legacy by remembering the Menasha Senior Center in your will. Your generosity will enable the center to continue to provide programming, classes and services to older adults of the Menasha area. If you are considering this option, please call Sylvia Bull to discuss various ways that you can assist the Center in fulfilling its mission.



In the court room, the man tried to explain to the judge, "The sign said buy one, get one free. But I only needed one. The free one."

The Senior Chatter

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Keep laughter in your life.



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