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# ◆ The Senior Chatter ◆

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Volume 14, No. 2

Menasha Senior Center, Menasha, WI

February 2010

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## Dates to remember this month:

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Valentine Spaghetti Luncheon	11
Colorectal screening	9

## Memory heart tree

You still have time to help decorate our Memory Heart tree. Our Christmas tree will remain up through February trimmed with spun glass heart ornaments.

This is a fundraiser for the Menasha Senior Center's Memorial Fund. "Purchase" a delicate spun glass heart ornament in memory of a loved one who is deceased or in honor of a family member, friend, co-worker, or special person in your life. This "purchase" is a donation to our Memorial Fund.

Rather than keeping the ornament, the heart ornament will be placed on the Memory Hearts tree through February. The name of the person you are honoring will be listed on a bulletin board and all names will be announced at our Valentine Spaghetti Luncheon on February 12.

Heart ornaments are \$1.00 each. You can stop in the office to "purchase" one or you can mail us a check (\$1.00 for each ornament/name) along with the name, printed clearly, that you want listed. Deadline is February 11.

## BIRTHDAY GIFT

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



Remember this English lesson that was drilled into you in grade school: I before E except after C?

Isn't that weird!

## For you ... for your family

February 8, 2010

9:30am

Research shows that over half the population has indicated a concern about becoming a burden or running out of money as they approach the end of life.

Obtaining awareness of various end-of-life decision tools such as living wills, power of attorney, organ donation authorizations, ways to shelter money before it runs out, and advance funeral planning have proved to be a comfort not only to the individual but to their family as well.

Join Cindy Densmore, Wichmann & Fargo Funeral Homes Advance Planning Consultant, for an informational gathering that will help get you on the right path.

RSVP your interest in attending. Call 967-3530

## Can you get help to pay for your Medicare?

Eligibility changes as of January 1st mean that more Medicare beneficiaries may qualify for a Medicare subsidy that could save them over \$1000 in Part B premiums and earn an automatic subsidy for drug coverage premiums and co-pays as well. Medicare Savings Programs, sometimes known by their alphabet soup acronyms of QMB, SLMB, and SLMB+ are now available for individuals with countable assets less than \$6,600 or couples with less than \$9,910.

The Qualified Medicare Beneficiary (QMB) Program covers all regular Medicare costs (premiums, deductibles, and co-pays for hospital, rehab, doctors, and other medical services) except for a very small copayment of a few dollars, depending on the service. **Here's what you need to qualify for QMB:**

Continued on page 5

## 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](http://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 9:30 am.

#### Members:

Susan Locke Barbro Whiting  
Ruth Jerome Terry Czerwinski  
Norma Heinz

#### 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 Mary Lueke  
Sue Nett, Director Menasha Health Dept.  
Jean Wollerman, N-M YMCA Older Adult Dept.

(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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Oshkosh (920) 426-1931

**100 Years of Meeting Community Needs**      [www.valleyvna.org](http://www.valleyvna.org)

Call about NEW In-Home Care service and prices!

## Home Energy +

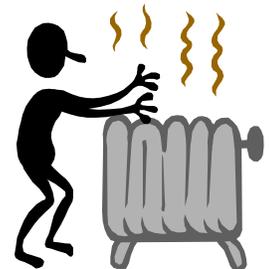
The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to approximately 170,000 Wisconsin households annually.

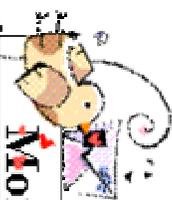
Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify. (Heating Assistance/Electric Assistance/Crisis Assistance/Furnace Assistance)

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call **1-866-HEATWIS (432-8947)**, or visit the

[www.homeenergyplus.wi.gov](http://www.homeenergyplus.wi.gov). Your Winnebago County - Energy Assistance

Program Contact is Energy Services, Inc.  
212 W 12th Ave  
Oshkosh, WI 54902  
(920)231-0600





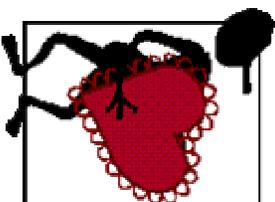
920-967-3530

# Menasha Senior Center February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Computer class 1 9:30 <b>Wii Golf</b> 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards	10:00 <b>Wii Bowling</b> 11:20 Meals 12:00 <b>Yopilate</b> exercise 1:30-3:00 <b>Blood Pressure</b> ck	8:30-12n TaxAide 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <b>You Can Do It</b> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 10:00 <b>Benspec</b> 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 <b>Wii</b> 11:20 Meals 1:00 Quilting 12:30 <b>Hand&amp;Foot</b>
9:00 Computer 8 9:30 <b>Wii Golf</b> 9:30 Line Dancing 10:30am <b>Nutro</b> Bingo 11:20 Meals 1:00 Men's cards	9:30 <b>Wichmann</b> pres. 10:00 <b>Wii Bowling</b> 11:20 Meals 12:00 <b>Yopilate</b> exercise 1:30-3:00 <b>Blood Pressure</b> ck	8:30-12n TaxAide 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <b>You Can Do It</b> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	7:45 CA meeting 8:30 Oil Painting 9:30 PC meeting 10:00 <b>Benspec</b> 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 <b>Wii</b> 11:20 Meals 1:00 Quilting 12:30 <b>Hand&amp;Foot</b>
9:00 Computer class 15 9:30 <b>Wii Golf</b> 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards 1-3 <b>Valentines/Spaghetti Luncheon</b>	10:00 <b>Wii Bowling</b> 11:20 Meals 12:00 <b>Yopilate</b> exercise 1:15-3:00 <b>Blood Pressure</b> ck 2:00 <b>SALT</b> meeting	8:30-12n TaxAide 9:30 Line dancing 10:00-11 Chair exercise 11:00 <b>You Can Do It</b> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge	10-11 <b>Colorectal Screen</b> 10:00 <b>Wii</b> 11:20 Meals 1:00 Quilting 12:30 <b>Hand&amp;Foot</b>
9:00 Computer class 22 9:30 <b>Wii Golf</b> 9:30 Line Dancing 11:20 Meals 12:30 <b>Card making</b> class 1:00 Men's cards	9:00 Newsletter Assembly 23 10:00 <b>Wii Bowling</b> 10:30-12 <b>Blood pressure</b> 12:00 <b>Yopilate</b> exercise 11:20 Meals	8:30-12n TaxAide 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <b>You Can Do It</b> 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	10:00 <b>Wii</b> 11:20 Meals 1:00 Quilting 12:30 <b>Hand&amp;Foot</b>

**You are our valentines - so take good care of yourself.**

February is American Heart Month and Macular Degeneration Awareness and Low Vision Month.  
 Find information at [www.americanheart.org](http://www.americanheart.org) and [www.preventblindness.org](http://www.preventblindness.org)



## Note from Staff. . .

Dear Friends,

Every year during the winter months, with the colder temperatures, shorter days and limited sunlight, many people get a bad case of the winter blues. One way to beat these blues is to plan activities indoors.

Yes sireee, that's where the Menasha Senior Center fits the bill - by providing programs to serve this need. Come on in for some fun, entertainment, exercise and good conversation.

Come in for a visit - we'll be happy to give you a tour and tell you about our activities. Make MSC a part of your weekly schedule - we're the cure for those winter blues.

*Sylvia Bull Barb Taylor*

*Medicare continued from page 1*

- ~ Wisconsin resident on Medicare.
- ~ Individual income below \$902 per month (\$10,830 annually) with countable assets less than \$6,600.
- ~ Couple with income below \$1214 per month (\$14,570 annually) with countable assets below \$9,910.

Specified Low-Income Medicare Beneficiaries (SLMB or SLMB+) qualify to have their Part B premium covered, even though they must still pay the deductibles or copayments for Medicare services. All who receive Medicare Savings Program benefits are automatically "deemed" eligible for the Extra Help with Part D drug costs. So even if the savings under SLMB seems smaller, the chance to get medications for at most \$2.50 for generics or \$6.30 for brand names -- with no premiums or coverage gaps, can add significantly your savings. **Here's what you need to qualify for SLMB or SLMB+:**

- o Wisconsin resident on Medicare.
- o Individual income below \$1083 per month (\$12,996 annually) for SLMB or between \$1084 and \$1218 per month (\$14,620 annually) for SLMB+ with countable assets less than \$6,600.
- o Couple with income below \$1457 per month (\$17,484 annually) for SLMB or between \$1458 and

\$1639 per month (\$19,670 annually) for SLMB+ with savings below \$9,910.

Don't worry about whether your house, car, and personal property count as assets (unless you have a rare collection as an investment)! They don't. In many cases each Medicare member may set aside an additional \$1500 in savings for burial expenses and still qualify. It is also likely that the income limits will go up slightly soon. And there are special adjustments to discount earned income and to exclude the first \$20 a month of your Social Security. So if you think your income and assets are at all close to entitle you to receive this benefit, please call Joan Jaworski, Winnebago County Benefit Specialist at 920-236-4685 to check it out.

Suppose you are not on Medicare, but you care for or know someone who is and are concerned about whether they might qualify. Consider using the special online tool at [www.access.wisconsin.gov](http://www.access.wisconsin.gov). You can double-check whether your friend or loved one qualifies for a number of public benefits including Medicare Savings Programs, and even file an electronic application with their assistance!

Medicare Savings Programs are one of the benefits that older people and disabled individuals are least likely to apply for even though they are eligible for them. Some might say, "but, I didn't want to ask for help." But you're not asking -- we're offering!

**THANK YOU to you and you and you for donating kitchen items/utensils.**

## Menasha School District Lifetime pass

This is free admission to many Menasha school sponsored events for residents 60yrs + who live in the Menasha school district. You can pick up your pass at the Menasha Senior Center office.



## Health Corner

By Valerie Davis RN, 60 Plus Program

### Colorectal Cancer Facts

Colorectal cancer is a disease in which cells in the colon or rectum become abnormal and divide without control, forming a mass called a tumor.

Colorectal cancer cells may also invade and destroy the tissue around them. In addition, they may break away from the tumor and spread to form new tumors in other parts of the body.

Colorectal cancer is the third most common type of non-skin cancer in men (after prostate cancer and lung cancer) and in women (after breast cancer and lung cancer). It is the second leading cause of cancer deaths in the United States after lung cancer. Although the rate of new colorectal cancer cases and deaths is decreasing in this country, more than 145,000 new cases were diagnosed and more than 49,000 people died from this disease each year over the past 5 years.

People should talk with their health care providers about when to begin screening for colorectal cancer, what tests to have, the benefits and harms of each test, and how often to schedule appointments.

The above information was found at:

[http://www.cancer.gov/cancertopics/factsheet/  
Detection/colorectal-screening/print?page=&keyword=](http://www.cancer.gov/cancertopics/factsheet/Detection/colorectal-screening/print?page=&keyword=)

### Sneezing Etiquette

To help stop the spread of germs, the CDC (Center for Disease Control) recommends you cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough/sneeze into your upper sleeve, not your hands. Put your used tissue in the waste basket.

Clean your hands after coughing or sneezing. Wash with soap and water or clean with alcohol-based hand cleaner.



## 60 Plus Health Program Blood Pressure Screenings

Schedule for February 2010

### Menasha Senior Center

Tues., February 2	1:30-3:00 pm
Tues., February 9	1:30-3:00 pm
Tues., February 16	1:30-3:00 pm
Tues., February 23	10:30—Noon

<b>Elizabeth Court Apts.</b>	Thurs., Feb. 11	1:30pm
<b>Lakeside Commons</b>	Thurs., Feb. 11	2:00pm
<b>St. John's Keenagers</b>	Thurs., Jan. 28	1:00pm

Note: the blood pressure checks at the Menasha Senior Center will start at 1:30 pm

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

## February is American Heart Month

A healthy diet and lifestyle are the best weapons you have to fight cardiovascular disease. Making heart-healthy dishes--from appetizers to desserts--that you and your whole family will love is much easier than you might think. The American Heart Association has a web site called "Delicious Decisions" where you can find healthy and tasty recipes. Check it out at <http://www.americanheart.org/deliciousdecisions/>

**Jump on the bean bandwagon.** Dried beans or legumes -- black beans, red beans, garbanzo beans, adzuki beans, navy beans, pinto beans and others -- provide soluble fiber and insoluble fiber. As part of a low-saturated fat, low-cholesterol diet, they may be helpful for your heart. They're also a great source of folate, another nutrient that may help your heart. For more information on cooking with beans, check the tips and recipes at <http://www.bushbeans.com/>

## Activities at MSC

### Regularly scheduled activities:

◆ **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; \$.50 for card games.

◆ **Weight loss grp:** Wed. mornings 11:00am \$.50

◆ **Shuffleboard:** Wednesdays 12:30-3:30pm \$.50

◆ **Chair Exercise:** (strength, flexibility, balance) every Wednesday morning 10:00-11am; \$.50

◆ **Agility exercise:** (flexibility, balance, agility) Tuesdays 12:00n-1:00pm \$.50

◆ **Scrabble:** 1st and 3rd Mondays at 12:30pm. \$.50

◆ **Bike-4-Fun:** Fri. mornings 8am; May-Oct. \$.50

◆ **Wii Sports:** Tuesday and Friday 10:00am \$.50

### Regularly scheduled classes:

◆ **Computer Class:** One-on-one individualized instructions. Monday mornings. Call 967-3530. One hour, 4x month. \$15 resident/\$18 non-resident.

◆ **Greeting card class:** Every 2nd Monday 12:30-3:00pm. \$2.00R/\$2.50NR. Supplies available.

◆ **Intermediate/Advanced Line Dancing class:** Monday and Wednesday morning 9:30-10:30am. \$.50R/\$1.00NR

### Additional activities:

◆ **Bingo:** Quarterly bingo parties.

◆ **Computer Lab:** Computers are available for use during center's working hours (*except* Wed. afternoons). \$.10 a copy donation.

◆ **Quilting Group:** Meet Fridays 12:00-2:00pm.

◆ **Presentations:** health/educational; as scheduled

### Also available:

Magazines/books  
Puzzles  
Coffee

## Upcoming events

Spring Banquet

May 11

# TaxAide

FREE Tax Aide will again be offered at the Menasha Senior Center.

**Wednesday mornings**

**8:30-11:30 am**

**February 3 through April 14**

This tax program is sponsored by AARP in cooperation with the Internal Revenue Service and the Wisconsin Dept. of Revenue. Trained volunteers assist people with low to moderate incomes - with special attention to people over age 60 - in completing Federal and State Tax forms and the Homestead Credit forms.



MSC wants to thank, in advance, the Tax Aide volunteers for their time, energy and expertise helping seniors with tax preparation. We think you're "top notch"!

### Wii bowling at MSC

February contest: best average for the month = a big prize!!

Sign up and submit your scores at the MSC office. You can bowl at others time other than those noted on the calendar - ask at the desk.

**Wii golfing** - Monday mornings at 9:30am. In February

**Chair Exercise** - The video will be replaced by a *real live person*!! An instructor from the N-M YMCA will lead this low-impact beneficial exercise that can help your flexibility, strength and balance.



## TRIAD Tip

**Officer Aaron Zemlock**  
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

## 911 emergency cell phones available at MSC

I want to remind you: We collect old/used cell phones for the Winnebago County's 911 **Cell phone Bank**. These used phones are turned into cash for the Crime Prevention Fund as well as free emergency 911 phones.

The Winnebago County Sheriff's office has given MSC a supply of the 911 emergency cell phones that can be given to seniors and crime victims. These phones are programmed with 911 only and are to be used for emergency situations.

Call the MSC office at 967-3530 to inquire about this program. You can drop off used cell phones at the Menasha Senior Center, too.

## Your Crime Prevention Officers:

**City of Menasha:** Aaron Zemlock  
967-3569

**City of Neenah:** Pam Martin  
886-6023

**Tn of Menasha:** Jason Weber  
720-7109

## 2010 TRIPS with MSC



**Call 967-3530**

A good traveler has no fixed plans and is not intent on arriving. ~Lao Tzu

### Sun., February 14 **CATS**

Performance of Andrew Lloyd Webber's outstanding musical with its timeless melodies at the Performing Arts Center in Appleton. Transportation: school bus.

**\$43.00** per person (\$10.00 deposit at time of reservation).

Deadline: Feb 3

Lv: 12:15pm RT: 3:30pm approx.

We have a few seats available and you still have time. Give us a call.

We're signed up to see the *Wonder Bread Years* at the PAC on July 8. Cost is \$37.00

### Thurs., July 22 **Green Lake Festival of Music**

Hear Soprano Sarah Lawrence and Tenor Calland Metts perform with favorites from stage and screen; Opera to Broadway. (Sarah Lawrence portrayed Christine in a national production of Phantom of the Opera.)

The Green Lake Festival of Music schedules outstanding performances throughout the summer months. This show will be at the Rodman Center for the Arts at Ripon. Itinerary: Ripon Cookies Outlet Store; Shopping historic downtown; Lunch at a local restaurant; Concert at Rodman Center for the Arts.

Tent. Schedule: LV 9:00am; RN 4:30pm;

**Cost: \$50.00** (coach transportation)

We have a great 3-day trip planned with Nationwide as well as one-day trips. Our flyer will be mailed out early February. Stop in the office for your copy.

Note that MSC is a pickup stop for the popular one-day casino trips to Oneida Casino in Green Bay as well as the overnight tours to Island Resort and Casino in Harris, MI

# COLO-RECTAL STOOL TEST SCREENING

Pick up HOME TEST KIT on:

Friday, February 19<sup>th</sup>, 2010

10:00 AM – 11:00 AM

at the Menasha Senior Center

Cost: \$5:00

Sponsored by:

Menasha Health Department's 60 Plus Program

## Art & literature fun facts

(so you can be a hit at your next party!)

- Caterpillar means "hairy cat" in Old French.
- Leonardo Da Vinci never signed or dated his most famous painting, the Mona Lisa.
- Research indicates that people prefer the color blue for their casual clothing.
- The Hawaiian alphabet has only 12 letters.
- The children's nursery rhyme, "Sing a Song of Sixpence," was used by members of a pirate ship as a coded message.

## High finance

Reverend Martin sorts through the mail and comes upon an envelope from the bank. "Well, the bank returned the last check you wrote. To which Mrs. Martin replied, What shall we buy with it this time?"

## Lap top

Mrs. Reverend Martin wanted to surprise her husband with a computer for his birthday. When the salesman suggested a laptop, Mrs. Martin burst into laughter. "What's so funny about that?" the salesman asked.

"Sir, my husband hasn't had a lap in twenty years."

## Household fun facts

- An office desk has 400 times more bacterial than a toilet. (editor: Eeuw!)
- Approx. 60% of the water used by households during the summer is used for watering flowers and lawns.
- Approx. 10.5 gallons of water is used in a dishwasher - washing the dishes by hand can use up to 20 gallons of water. (editor: unless you rinse all dishes before putting them in the dishwasher!)



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## Winter Walking

... continues

Ends: March 25

Free walking program for adults 18 yrs.+ on Tuesdays and Thursdays  
from 6am - 7am at the Menasha High Field House (Entr. #16).

Sponsored by the Menasha Health Dept. and the Menasha Senior Center. Call  
MSC at 967-3530 or Menasha Health Dept. at 967-3520 if you have questions.

A great exercise in a warm, safe place - couldn't ask for much more (except a cool drink on a sandy beach in the Bahamas!).

at the Menasha  
Senior Center

# Valentine Spaghetti Luncheon



**Mon., February 15**  
**1 - 3 pm**

Let's wear red!! And a prize  
for those who wear a fancy  
decorated red hat!

**Ticket: \$5.00**

Ticket deadline: 2/12

**Entertainment:**

Ruth Rucks Band

**Menu:**

Spaghetti, toasted garlic bread, dessert

## Where have all the Grandma's gone?

In the dim and distant past,  
When life's tempo wasn't so fast,  
Grandma used to rock and knit,  
Crochet, tat and babysit.  
When the kids were in a jam,  
They could always call on "Gram".  
In that day of gracious living,  
Grandma was the gal for living.  
But today she's in the gym,  
Exercising to keep slim.  
She's off and touring with the bunch.  
Or taking clients out to lunch.  
Going north to ski or curl,  
All her days are in a whirl.  
Nothing seems to stop or block her,  
Now that Grandma is OFF HER ROCKER!

Anger is never without a reason, but seldom  
with a good one.

Ben Franklin

## More gauging your stress level

- ✓ You begin to explore the possibility of setting up an IV drip solution of espresso coffee.
- ✓ Losing your mind was okay, but when the voices in your head quieted, it was like losing your best friend.
- ✓ The bags under your eyes are almost large enough to carry your groceries.
- ✓ You can travel without moving.
- ✓ The sun is too loud.
- ✓ Your blood pressure goes up because your computer boots up too slowly.

## The chicken or the egg?

Three friends, a surgeon, an engineer, and a politician were discussing which of their professions was the oldest. The surgeon said, "Eve was created from Adam's rib, a surgical procedure." The engineer replied, "Before Adam and Eve, order was created out of chaos, and that was an engineering job." To which the politician said, "Yes, but who do you suppose created the chaos?"

### Ranch dressing with fresh herbs

Fresh dill weed and parsley perk up this low-salt version of a classic.

#### Ingredients

- 1 cup fat-free or low-fat buttermilk
- 1/2 cup fat-free or light sour cream
- 1 tablespoon snipped fresh dillweed or 1 teaspoon dried, crumbled
- 1 tablespoon snipped fresh parsley or 1 teaspoon dried, crumbled
- 1 tablespoon Dijon mustard
- 2 teaspoons dried minced onion
- 1/4 teaspoon garlic powder
- 1/8 to 1/4 teaspoon pepper

#### Instructions

In a jar with a tight-fitting lid, combine all the ingredients. Shake well. Refrigerate for at least 2 hours to allow the flavors to blend.

**Nutrition Info:** 21 cal, 0.5 mg fat, 3 mg cholesterol, 56 mg sodium, 3 g carbohydrate.

Serves 12;  
2 Tbl  
per serving

### 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.

### 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.

# The Senior Chatter

February 2010 Issue Vol. 14, No. 2



John Homer Miller

"Your living is determined not so much by what life brings to you as by the attitude you bring to life."

**Menasha Senior Center**  
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MSC is an accredited member of the Wisconsin Association of Senior Centers and a member of the Coalition of Wisconsin Aging Groups



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