
◆ The Senior Chatter ◆

Volume 14, No. 3

Menasha Senior Center, Menasha, WI

March 2010

Dates to remember this month:

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Mar 3,10,17,24,31 - TaxAide	7
Mar 9 - Easter Pups Picture/Egg Hunt	7
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Mar 19 - Urine Screening	9
Mar 23 - Bingo Party	11

"It's in our hands"

Census 2010

The City of Menasha urges all residents to participate in the 2010 Census.

With only 10 questions, it takes just 10 minutes to complete and is completely confidential. The questions are name, sex, date of birth, race, ethnic background, relationship to others in the home, whether the dwelling is owned or rented and whether each person spends part of the time in another location (college, military, seasonal home, etc).

Questionnaires will be mailed in March, 2010 and you are asked to return them by April 1, 2010. All persons living in the United States need to be counted, regardless of citizenship. **All information is completely confidential** and is not provided to any other governmental agency. Those who do not return their questionnaire by May 1, 2010 will be visited by a census worker. All census workers have identification, wear hats and carry bags identifying themselves as census workers.

Participation is critical because the results will determine how our elected representative districts will be drawn, and how much federal and state funding is allocated to the City of Menasha.

NUMBERS MATTER

MSC staff and Committee on Aging

You know that Census 2010 is coming and why the information is collected (article to the left). You can roll your eyes and groan at the thought, but the information obtained is important because other people will be making decisions based on the numbers or statistics they accumulate. So you need to be sure *you* are counted.



MSC's numbers matter, too

Although the numbers that the Menasha Senior Center collects is small in comparison to the Census 2010, it is equally important. We need to keep track of the number of people who attend all of the activities offered at the center (this includes volunteers and their hours). This information is used by MSC staff and Committee on Aging, the Comptroller, Mayor, and Alderpersons of the City of Menasha, Winnebago County and the U.S. Government .

The information collected (statistics) is used for evaluating, planning and making decisions. It is important to MSC - for its future - to know how many people use the center.

YOU can help

Please help us - be sure you are counted when you visit MSC or when you volunteer, when you attend an activity or event, come in to read the paper, use the computers, attend a presentation or health screening. We have a red 3-ring binder to check in for activities and we also use green attendance sheets. Your visit counts.

We appreciate any help you give us.

Glass, china and reputation are easily cracked, and never well-mended.

Ben Franklin

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 9:30 am.

Members:

Susan Locke Barbro Whiting
Ruth Jerome Terry Czerwinski

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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Contact Steve today for an appointment



920-967-3530

Menasha Senior Center March 2010



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Computer class 1 9:30 Wii Golf 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards	10:00 Wii Bowling 2 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker 1:30-3:00 Blood Pressure ck	8:30-12n TaxAide 3 9:30 Line Dancing 10:00-11 <i>Chair</i> exercise 11:00 <i>Yoa Cao Do A</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard <div style="border: 1px solid black; padding: 2px; display: inline-block;">1:00 VNA Foot- care</div>	8:30 Oil Painting 4 10:00 Benspec 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 5 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i>
9:00 Computer class 8 9:30 Wii Golf 9:30 Line Dancing 10:30 ann Nutro Bingo 11:20 Meals 1:00 Men's cards	10:00 Wii Bowling 9 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker 1:30-3:00 Blood Pressure ck 1:30-4:30 Easter Pups	8:30-12n TaxAide 10 9:30 Line Dancing 10:00-11 <i>Chair</i> exercise 11:00 <i>Yoa Cao Do A</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	7:45 CA meeting 11 8:30 Oil Painting 9:30 PC meeting 10:00 Benspec 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 12 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i>
9:00 Computer class 15 9:30 Wii Golf 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards	10:00 Wii Bowling 16 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker 1:15-3:00 Blood Pressure ck 2:00 SALT meeting	8:30-12n TaxAide 17 9:30 Line dancing 10:00-11 <i>Chair</i> exercise 11:00 <i>Yoa Cao Do A</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 18 9:00-1:45 Massage (chair) 11:20 Meals 12:30 Cribbage	10-11 Colorectal Screen 19 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i>
9:00 Computer class 22 9:30 Wii Golf 9:30 Line Dancing 11:20 Meals 12:30 Card making class 1:00 Men's cards	9:00 Newsletter Assen. 23 10:00 Wii Bowling 10:30-12 Blood pressure 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker 1-3:00 Bingo Party	8:30-12n TaxAide 24 9:30 Line Dancing 10:00-11 <i>Chair</i> exercise 11:00 <i>Yoa Cao Do A</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 25 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care	10:00 Wii 26 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i>
9:00 Computer class 29 9:30 Wii Golf 9:30 Line Dancing 11:20 Meals 1:00 Men's cards	10:00 Wii 30 10:30-12 Blood pressure 11:20 Meals 12:00 Yopilet exercise 12:30 Penny ante poker	8:30-11:30 TaxAide 31 9:30 Line dancing 10:00-11 <i>Chair</i> exercise 11:00 <i>Yoa Cao Do A</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	<div style="text-align: center;"> March is: International Listening Awareness Month A good listener is not only popular, but after a while, he knows something! Author Unknown </div>	

Note from Staff. . .

Dear Friends,

Spring is not far away and we're all getting excited. It gives us a feeling of joy, energy, happiness, renewal. Can't wait for the flowers to start showing?

Advice from a Rose:

Make someone's day - Enjoy the sunshine -
Remember your beauty stems from within -

Be colorful - Look past the thorns -
Make new buds - Bloom - Be scent-sational

Sylvia Bull Barb Taylor

We had a wonderful response to our Memory Heart Tree. Thank you all for participating. We feel it is a special way to acknowledge those dear to our hearts. We will do it again in 2011.

Choice needs to be made

Beginning July 1, 2010, Winnebago County residents (elderly or disabled adults) who are eligible for publicly funded long term care services will experience a change in how those services are provided. Prior to that date, you will need to make a choice between IRIS and Family Care.

Figuring out the new long term care system can be confusing. It is difficult to understand the changes, to know your options, and to make a decision about what will work best for you. To help clear the clutter, answer your unanswered questions, and help you compare the two programs "apples-to-apples," consider attending a free one-day options conference.

Saturday, March 13, 2010

8:30 a.m. - 3:45 p.m.

Conference Rooms A&B,
Mercy Medical Center, Oshkosh

The conference is free and lunch is provided. Space is limited and pre-registration is required. Call 920-236-9230 or email ashley@arcwinnebago.com.

Birthday celebration

In honor of Albert Einstein born March 14, 1879, do the following Letter Twins puzzle: The same letter begins and ends each word. Place the correct letters in the blank spaces.

- | | |
|---------------|----------------|
| 1. __ es __ | 6. __ ooste __ |
| 2. __ ig __ | 7. __ oa __ |
| 3. __ eape __ | 8. __ vad __ |
| 4. __ luf __ | 9. __ ul __ |
| 5. __ aya __ | 10. __ um __ |

Optimism Month - March

Research has long proven that optimists, for the most part, have better health, prosperity and happiness. Does optimism matter in the day-to-day life of the average person? Is it our perception and popular media that support the theory that positive thinking increase life satisfaction? Or is it a fact? The truth is there is a lot of evidence to support the positive impact of optimism on the lives of almost everyone.

None of us is guaranteed a life free from loss, pain, turmoil and tragedy. Sometimes "things just happen" and bring us crisis or contentment-unforeseen and unexpected. In the midst of turmoil some people are able to maintain a positive outlook - they are able to look to the future with hope.

Whether this is learned or we are born with it can be debated, but the effect of optimism on health provides at least the following benefits:

- Decreased stress
- Greater resistance to catching the common cold
- Sense of well-being and improved health
- Reduced risk of coronary heart disease
- Living longer
- Better coping skills

Is your cup half full or half empty? How do you approach life's circumstances? Let's support a theory that optimism can be learned and use this month long celebration to practice optimism and turn optimism into a delightful, permanent habit.

"What lies behind us and what lies before us are tiny matters compared to what lies within us." Oliver Wendell Holmes

BIRTHDAY GIFT

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



Health Corner

By Valerie Davis RN, 60 Plus Program

Take charge of your health!

Here are 5 top suggestions:

Go nuts - Include a small handful of nuts (about 1 oz) in your diet each day. These delectable morsels of good health score a perfect 10 when it comes to protecting your health and your waistline. Those who include a prudent portion of nuts in their diets daily are leaner, get less heart disease, less type 2 diabetes, and live longer.

Eat a healthy breakfast each day - Folks who forgo this early morning feeding get more heart disease, more type 2 diabetes, and weigh more (because they eat more calories over the course of the day).

Dump your liquid calories - Sugar fortified beverages, like sodas, fruit drinks, and sports drinks, offer zero nutritional value, increase your risk of weight gain, obesity and type 2 diabetes and cost you money. Make cheap and 100% healthy water your beverage of choice.

Eat more beans - This economical superstar food comes in over 24 varieties. Beans are versatile, satisfying, packed with health-boosting nutrients and have been shown to lower your cholesterol, protect your heart, decrease your risk of some cancers, stabilize your blood glucose and insulin levels and aid in weight loss. Strive for a serving daily.

Go green - Never go a day without eating some dark leafy greens. These vegetable megastars are truly the nutrient Goliath - packing in more nutrition than any other food. There is simply no more efficient and effective way to reap the profound benefits of nutritional excellence than regularly partaking in this remarkable food group.

Source: Dr. Ann's (Ann Kulze, MD) January newsletter; dranns10steps.com

60 Plus Health Program Blood Pressure Screenings

Schedule for March 2010

Menasha Senior Center

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

Elizabeth Court Apts. Thurs., Mar. 11 1:30pm

Lakeside Commons Thurs., Mar. 11 2:00pm

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



For canned fruits and vegetables:

- **Get the juice.** “For canned fruit, look for descriptions on the label like ‘packed in its own juices,’ ‘packed in fruit juice,’ ‘unsweetened’ or ‘in syrup.’ Fruits packed in juices contain less added sugar and fewer calories than fruits packed in syrup,” Jimenez says.
- **Pinch the salt.** If you are cutting back on sodium, look for descriptions such as “no salt added” and “reduced sodium” on the labels of canned vegetables.
- **Savor the flavor.** Use canned fruits and vegetables immediately after opening for maximum flavor and nutritional value. “Handle leftovers as you would any perishable food,” Jimenez says. “Remove them from the can, place in an airtight container and store in the refrigerator or freezer to retain taste and nutritional quality.”



March is National Nutrition Month

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; **Penny Ante Porker** - Wednesdays 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 4th 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

Nat'l. Healthcare Decisions Pres	Apr ?
Thrifty Meal w/Beans & Rice	Apr ?
Take Back Medication	Apr 3
Wellness Screening	Apr 9
Skin Cancer Screening	Apr 16
Spring Banquet	May 11

Tax AideTax AideTax Aide

FREE Tax Aide continues to be offered at the Menasha Senior Center.

Wednesday mornings 8:30-11:30 am February 3 - April 14

Trained volunteers assist people with low to moderate incomes - with special attention to people over age 60 - in completing Federal & State Tax forms and the Homestead Credit forms.

Easter Pups Egg Hunt and Photo Shoot

**Tuesday, March 9
1:30-4:30pm**

\$4.00 ... for a photo of your dog and an opportunity for your dog to find a tasty treat in an Easter egg hunt.

**Call for an appointment
967-3530**

- ✓ Open to public
- ✓ 1/2 hr. appts.
- ✓ Fun for you and your dog
- ✓ Treats for your dog (makes a nice gift for your friends dog)



In addition:

\$1 pillow raffle (bone shaped)
\$1 "Dog bone" human cookies
\$1 dog cookies and cupcakes

Stop in to purchase treats and a raffle ticket.

Presented by Agility Paws-On Training (Heidi Taylor, Certified Trainer) and Menasha Senior Center. Proceeds benefit Menasha Senior Center.



TRIAD Tip

Officer Aaron Zemlock
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

The Census is coming, the Census is coming!!!!

As many of you have probably heard the United States is conducting the 2010 census beginning in March. They will be sending census forms in the mail or delivering them to your residence. The census is a very important source of information that our government uses to help determine not only who the public is but also what they need. Unfortunately, it is also a perfect time for scam artists to make a move. Here are a few things to keep in mind:

- A legit census worker will have a badge, a hand-held device, a Census Bureau canvas bag and a confidentiality notice.
- They will not ask for your social security number, credit card or other banking information. A census worker may ask for your salary range, but will not ask for private financial information.
- Census workers may come to your door or contact you by phone or the mail but they will not email you. Any email that claims to be from the Census Bureau is a scam.

In addition, many of us have been watching the horrible events that have been unfolding in Haiti. It is certainly encouraging when someone can and wants to contribute to the disaster victims trying to survive this tragedy. That being said, be careful - do not donate to solicitations initiated by someone else. If you want to donate, one reliable resource providers is:

Red Cross - To donate for disaster relief, please mention the Disaster Relief Fund. And to call in a donation for international relief, please mention the International Response Fund. If you wish to make a contribution to other American Red Cross initiatives, the **1-800-RED CROSS (1-800-435-7669)** agent will assist you further. This will ensure that your contribution goes to your choice of funds.

2010 TRIPS with MSC



Call 967-3530

Thurs., July 8 "The Wonder Bread Years"

A salute to the Baby Boomer Generation - and the parents who brought them up - The Wonder Bread Years, is a fast-paced, hilarious production that gracefully walks the line between stand-up and theater. Audiences across the country are enjoying a show that not only restores a much-needed sense of wonder, but leaves audiences laughing and savoring the past like never before.

Cost: \$37.00 (incl. ticket & school bus transportation); \$10 deposit at registration.

Lv MSC: 1:15pm Rtn MSC: 4:30pm

Thurs., July 22 "Opera to Broadway"

The Green Lake Festival of Music

We're talking great voices, great performers!!!

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; both singers are personable and entertaining)

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; Lunch at CJ's restaurant (roasted chicken, vegetables, salad and roll and delicious dessert); Concert at Rodman Center for the Arts.

Cost: \$48.00 (incl. lunch, performance & coach transportation). \$10 down upon registration.

Lv MSC: 9:00am; Rtn MSC: 4:30pm (approx.)

- ✓ Details soon for summer fieldtrips planned.
- ✓ Details on the "I always have a good time" Door County Tour - September 29 coming soon.

SEE INSERT

for a reasonably priced, wonderfully fun
3-day Rock Island Tour

15 min. Chair/Hand Massage

Free

DATE: Thurs., March 18, 2010

TIME: 9:00am-12:00pm & 12:30pm-1:45pm

PLACE: Menasha Senior Center

BY: Jenny Kuske, Certified Massage Therapist
Massage Therapy Associates

MUST have an appointment to participate (no walk-ins).
(15 min. appointments)

Call 967-3520 for an appointment

Urine Tests

Friday, March 19 2010

10am - 11am

Walk-in Basis at Menasha Senior Center

Donations accepted to help defray costs.

Sponsored by:

Menasha Health Dept.'s 60 Plus Health Program

Specimen containers will be available at the Menasha Senior Center from January 13 through the day of screening. INSTRUCTIONS: First morning specimen is best. Cleanse self and rinse. If it will be more than one hour before bringing the specimen to be tested, place it in the refrigerator. Also, take out the specimen from the refrigerator **one (1) hour before bringing it to be tested** so it can return to room temperature.



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You think English is easy???

(Editor: a rerun, but a fun one)

- 1) The bandage was **wound** around the **wound**.
- 2) The soldier decided to **desert** his **dessert** in the **desert**.
- 3) Since there is no time like the **present**, he thought it was time to **present** the **present**
- 4) There was a **row** among the oarsmen about how to **row**.
- 5) They were too **close** to the door to **close** it.
- 6) Upon seeing the **tear** in the painting I shed a **tear**.

Let's face it - English is a crazy language. How many times, in school, did you hear, "exception".

Then there are some words that are beyond reason. Like the two-letter word that perhaps has more meanings than any other two-letter word - 'UP'

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends. And we use it to brighten UP a room, polish UP the silver; we warm UP the leftovers and clean UP the kitchen. We lock UP the house and some guys fix UP the old car. At other times the little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing, but to be dressed UP is special.

And UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning but we close it UP at night.

Continued on page 11

Luck o' the Irish to you

Menasha Senior

Bingo Party



Tues., March 23
1 - 3 pm

Join us for a fun afternoon bingo—
snacks, door prizes

Free (2 card max.) — please call us
at **967-3530**

to tell us you want to come so we can prepare accordingly.

Bring family and friends. Tell your neighbors.

We seem to be pretty mixed UP about UP. To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4th of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more. When it threatens to rain, we say it is clouding UP. When the sun comes out we say it is clearing UP.

When it rains, it wets the earth and often messes things UP. When it doesn't rain for awhile, things dry UP.

One could go on and on, but I'll wrap it UP, for my time is UP, so.....it is time to shut UP !

Editor: Bet we could keep this up for hours.

Potential shop signs

Print shop: What do you want-an engraved invitation?

Travel agency: Please go away!

Tire company: We skid you not!

Fence company: Picketing your place of business

Vegetarian restaurant: Give peas a chance.

Good excuse

Did you hear about the 83 year old woman who talked herself out of a speeding ticket by telling the young officer that she had to get there before she forgot where she was going?

(Editor: You could try it - no guarantees though!)

Happiness

There are sources of happiness that are quite independent of money. A millionaire does not enjoy a book more than a poor man. Plain food tastes as good to a worker who has earned his dinner as do the choicest delicacies to the man whose appetite is jaded from an unnatural diet.

The outdoors is as beautiful to a girl who does factory work as to the wife of a factory owner, and the member of the sandlot ball team gets as much fun out of his sport as does a polo player.

To understand such things is wisdom.

Letter Twins puzzle answers:
1. test
2. high
3. reaper
4. fluff
5. kayak
6. rooster
7. roar
8. evade
9. lull
10. pump

Senior Citizens Dinner Theater

March 25, 2010

7:00pm

The Neenah Middle Schools drama students will be hosting a Senior Citizen's Dinner Theater on Thursday, March 25, 2010 at 6:00 p.m. in the Shattuck Middle School cafeteria.

The students will be performing *Thoroughly Modern Millie*, a high spirited musical romp set in the 1920's that has all of New York dancing the Charleston.

The performance will begin at 7:00 p.m. The dinner menu includes Salisbury Steak, Mashed Potatoes, California Blend Vegetables, Fresh Fruit Salad, Dinner Rolls w/Margarine, Assorted Brownies & Cake, Coffee, Tea & Water. The cost of the dinner and musical is \$8 per person.

Tickets are on sale from March 1-22, 2010, and can be purchased at Shattuck Middle School at 600 Elm Street in Neenah.

For more information, please call 751-6850 ext. 136.

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 most successful people are those who are good at plan B.

Mark Twain

The Senior Chatter

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"No winter lasts forever; no spring skips its turn."
~Hal Borland



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