The Senior Chatter

Volume 13, No. 5 *Menasha Senior Center, Menasha, WI* *May, 2009*

Dates to remember this month:

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Beginning the conversations:

how to determine when one needs help at home or needs an alternative living option

The 2nd of a 3 part series held at the Menasha Senior Center.

Friday, May 15 3:30 - 5:00pm

Judy Zich, RN, Community Care Nursing Outreach/ FVLH/Faith in Action, has many years of experience working with older adults and their families (caregivers) and knows that difficult decisions often need to be addressed. She will share on the following topics:

- ✔ How to begin the conversations.
- ✔ Evaluation tools for the caregiver and the care recipient.
- ✔ How to determine when other living arrangements should be considered.
- ✔ Available community resources and how they differ from each other.

Question and answer time will be available

The 3rd session is on June 12, titled "Getting those Important Affairs in Order".

$$ Dollars $$ and "Sense"

Struggling, confused, wondering, concerned? *$$ Dollars $$ and "Sense" for Seniors* is an educational workshop series presented by Medicare Specialist Candace Corbett, Winnebago County Dept. of Human Services that may help.

#1 "Economic Stimulus"
Mon., May 4 at 1:00pm

- What is it … How do I get it?
- Benefit Quick Check … find out about other programs that will stretch your "fixed income".

This workshop will explain various Federal, State and County programs that can put extra money in your wallet!

#2 "Turning 65 - What about Medicare!"
Mon., May 11 at 1:00pm

- Thinking of retiring?
- Already retired and nearing age 65?

Hear about the basics of "when to retire, Medicare options, and how to navigate the insurance maze.

#3 "A, B, c & D of Medicare
Mon., May 18 at 1:00pm

- Learn about each component of Medicare - the good, the bade and the ugly!
- Learn to be a smart consumer.

An in-depth explanation of Medicare Advantage plans versus Medicare Supplement Insurance or Retiree Group Health Insurance.

#4 Facing Nursing Home Care?
Mon., June 1 at 1:00pm

- Spousal impoverishment protection
- Medicaid eligibility
- Divestment do's and don'ts

Understand protections for income and assets in the event you or your spouse enters a nursing home.

Free and open to the public.
Tell your friends and family.

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
Ruth Jerome
Norma Heinz
Barbro Whiting
Terry Czerwinski
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
Joyce Klundt
Lee Murphy
Sue Nett
Roy Rogers
Sue Steffen
Jean Wollerman
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 from1-4pm. 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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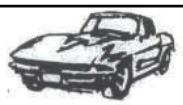
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Any questions or concerns ? We can help.

Choices for Living
Valley VNA
Senior Services
Assisted Living • In-Home Care • Community Resource
100 Years of Meeting Community Needs
1535 Lyon Drive
Neenah, WI 54956
Fox Cities (920) 727-5555
Oshkosh (920) 426-1931
Visit our web site at valleyvna.org to learn more about your options for the future.

Online banking: not as scary as it sounds!

by Kathy Blumreich, First National Bank/Fox Valley

Like it or not the Internet is here to stay. And, like other technologies, as it grows, it continues to evolve. At first people "went online" to look up information. But as transmission speeds increase and concerns about security continue to be addressed, more and more of us are discovering that we can do more things online including our banking. But is online banking really safe? How can I be sure?

Online security involves not only verifying who you are, but also the computer you are using to access your funds. In addition to confirming your user name and password, banks *(and credit unions)* are required to provide enhanced security for online banking. If you are accessing your accounts from a public computer *(such as one at the senior center)*, you will be asked a security question you previously set up. Once you have correctly answered this, you are directed to another page, where you will see an image. After confirming this is the image *(and text)* you selected, you enter your password to access your accounts. This process, known in the industry as *Multi Factor Authentication* provides an additional level of security.

Continued on page 7

Menasha Senior Center MAY 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Have an egg for breakfast (Nat'l Egg Month). **Eat a hamburger for lunch** (Nat'l Hamburger Month) and a **salad with asparagus for supper** (Nat'l Salad and Nat'l Asparagus Month). **Stand up straight** (Nat'l Correct Posture Month). **Get your exercise** (Nat'l Bike and Nat'l Physical Fitness and Sports Month). **Stay healthy** (Nat'l Stroke Awareness, Arthritis and Allergy/Asthma Month). And **Make a toast** at your local pub with a 'neer' beer or soda for "Older Americans Month".				1 10:00 **Wii** 11:20 Meals 12:00 Quilting 12:30 *Hand&Foot*
4 9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 **Economic Stimulus** 1:00 Men's cards	5 11:20 Meals 12:00 Agility Exercise 1:15-3:00 **Blood Pressure ck**	6 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard 1:00 VNA Foot care	7 8:30 Oil Painting 10:00 **Benefit Specialist** 10:30 **HospiceAdvantage** 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 **Sterling House** Bingo	8 10:00 **Wii** 11:20 Meals 12:00 Quilting 12:30 *Hand&Foot*
11 9:00 Computer class 9:30 Line Dancing 10:30am **Nutro** Bingo 11:20 Meals 1:00 **Turning 65&Medicare** 12:30 Card making class 1:00 Men's cards	12 12:00 Agility Class 11:20 Meals 1:00 **Bingo** 1:15-3:00 **Blood Pressure ck**	13 9:30 Line dancing 10:15-11 Chair exercise 11:20 Meals **MSC Spring Banquet** 12:30 - 2:30pm No afternoon activities.	14 7:45 CA meeting 8:30 Oil Painting 10:30 **Diabetic Foot care** 11:20 Meals 12:30 Cribbage 1:00 Bridge	15 10:00 **Wii** 11:20 Meals 12:00 Quilting 12:30 *Hand&Foot* 1:30 **SkinCancer** Screening 3:30-5:00 **Beginning the Conversation**
18 9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 **ABC&D of Medicare** 1:00 Men's cards	19 9:00 Newsletter Assemb. 11:20 Meals 12:30 **Facial Pampering** 1:00 **Bingo** 1:15-3:00 **Blood Pressure ck**	20 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	21 (Brat fry) 8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 H&R Block	22 10:00 **Wii** 11:20 Meals 12:00 Quilting 12:30 *Hand&Foot*
CLOSED Memorial Day 	26 11:20 Meals 10:30-12n **Blood Pressure** 1:00 **Bingo**	27 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	28 8:30 Oil Painting 9:30 **Healthy Steps** begins 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care	29 10:00 **Wii** 11:30 Meals 12:00 Quilting 12:30 *Hand&Foot*

Note from Staff. . .

Dear Friends,

May 10 is Mother's Day
(in Canada, Mexico and the U.S.)

Motherhood! What a glorious career, especially when there's a title on the door!!

Moms:" Research Associate in the Field of Child Development and Human Relations

Grandmothers: "Senior Research Associates in the Field of Child Development and Human Relations".

Great grandmothers: "Executive Senior Research Associates"?

That would make **Aunts:** "Associate Research Assistants .

Sylvia Bull *Barb Taylor*

BIRTHDAY GIFT

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

Hospice options discussed

Judy Rogers, Social Worker with HospiceAdvantage, will be at MSC on

Thursday, May 7 10:30 am

There are any number of hospice programs in the state, but service capabilities vary. Judy will explain their focus on care, comfort and compassion to quality end-of-life care and the many choices available for patients. Learn about the "5 wishes".

Free and open to the public. Snack offered.
Call 967-3530.

Free spring pampering

Tuesday, May 19 12:30pm

Ginger Keberlein, a beauty consultant with Mary Kay, is offering a free facial - cleansing and moisturizing (minimal makeup, if you wish). No purchase necessary. The only thing you have to do is come in, so you can then leave feeling refreshed. Spring is a great time to pamper yourself.

RSVP 967-3530

Experience Wii

By MSC Staff

MSC has its very own Nintendo Wii - a donation from a friend and resident of Menasha. (Thank you!)

You've heard about it? You've watched your grand kids play? Well, now you can play Wii - no, not just play, you can experience Wii.

Experience it with us!

Designed for kids ages 5 to 95, this all new active way to play games, is an all-generation system. (The Wii is pronounced "we" for a reason - it is for everyone.) You can bowl, box or play baseball or tennis; alone or with others (with other is more fun).

In addition to amazingly realistic graphics, the magic of the Wii starts in the palm of your hand - the motion sensitive controller. So you can flail away like the pros or you can flick your wrist to make that strike! And you can do this standing or sitting.

Let's get started!

Fridays , May 1, 8, 15, 22, & 29 at 9:30am

We'll learn how it works and how we make it work. And we'll have fun doing it.

We can talk about scheduling Wii time on other days and also about forming a summer bowling league.

We're looking forward to it - hope you are, too. Give us a call if you have questions - 967-3530.

Golf with MSC

at Winnegamie Golf Course

- ✓ 1st & 3rd Wed - Men's golf
- ✓ 2nd & 4th Wed - Women's golf

- 9 holes ("shorter course")
- Tee off at 8:30am
- Green fees $7.00
- Gas cart $5.00

Meet at the club house; tell Mary Beth that you're golfing with the MSC golfers; pay up; and have fun!

Call MSC at **967-3530** to tell us you're interested and for the senior contact name and telephone number to "coordinate efforts". (We need a volunteer for the women's group; Roy Rogers is volunteering for the men). It's important and courteous to communicate with team members if you plan on playing or not or canceling at the last moment.

Health Corner

By Valerie Davis RN, 60 Plus Program

How to protect yourself from Ultraviolet Light

be "sun smart"

Over exposure to ultraviolet light (sunlight or tanning lamps) is the most preventable risk factor for skin cancer. You can have "fun in the sun" and Be Sun Smart. Here's how to do it:

Generously apply sunscreen to all exposed skin using a Sun Protection Factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply every two hours, even on cloudy days, and after swimming or sweating.

Wear protective clothing, such as a long-sleeved shirt, pants, a wide brimmed hat and sunglasses, where possible.

Seek shade when appropriate - remember that the sun's rays are the strongest between 10am & 4 pm.

Use extra caution near water, snow and sand as they reflect the damaging rays of the sun which can increase your chance of sunburn.

Protect children from sun exposure by applying sunscreen.

Get vitamin D safely through a healthy diet that includes vitamin supplements. Don't seek the sun.

Avoid tanning beds. Ultraviolet light from the sun and tanning beds causes skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless-tanning product, but continue to use sunscreen with it.

Source: The American Academy of Dermatology

60 Plus Health Program

Blood Pressure Screenings

Schedule for **May 2009**

Menasha Senior Center

Tues. May 5	1:15-3:00 pm
Tues. May 12	1:15-3:00 pm
Tues. May 19	1:15-3:00 pm
Tues. May 26	10:00-Noon

Elizabeth Court Apts.	Thurs., May 14	1:30 pm
Lakeside Commons	Thurs., May 14	2:00pm
St. John's Keenagers	Thurs., May 28	1:30pm

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

Steps to Healthy Aging

This program will start on:

Thursday, May 28 at 9:30am.

Val Davis, RN, 60+ Program with the Menasha Health Department will be your facilitator and "fearless" leader. You will meet every Thursday morning for 8-10 weeks for education followed by exercise. The education will be provided by the UW Extension. The exercise involves walking.

This year there will be no charge for the program. Pedometers will not be provided. You are welcome to purchase one on your own, however. You are going to keep track of walking by minutes rather than by steps.

Hope all of you from last year will join again. And we hope to see many new faces as well. Help us promote this enjoyable activity. Bring a friend. Tell your neighbor.

RSVP at the Menasha Senior Center. If you have questions for Val, you can contact her at 967-3523.

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 Sheepshead*** (not for beginners) - Mondays at 1:00pm, (Sept.—May); ***Hand& Foot/Canasta*** - 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 week day 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

H&R Block tax talk

Thursday, May 21

1:00pm

Tax laws change every year and questions arise every year. Here is an opportunity to ask those questions you have.

Sandra Schultz from H&R Block will be at MSC to assist you. Topics she'll cover: Tax Laws, Gifting Money and Wisconsin Tax Issues.

Free and open to the public. RSVP 967-3530.

Upcoming events

Good foot care for people 60 and over

Rhonda Scheller, RN, a representative of LifeCare Medical, will be available at MSC on

Thurs., May 14 10:30am

Are you putting your best foot forward? Keeping your feet healthy is of utmost importance, especially for diabetics. Rhonda will explain options available to help maintain healthy feet, the importance of proper foot care and the special features of diabetic footwear. Did you know that Medicare has a benefit for diabetics that cover one pair of therapeutic shoes per calendar year (plus 3 pairs of inserts)? Come prepared to listen and ask questions.

RSVP your interest in attending at 967-3530.

Free and open to the public.

On-line banking continued from page 3

But account security is a two way street, there are things that you can do to protect your account information including:

-Don't share your passwords with others.

-Keep your computer virus protection software up to date

-Be wary of unsolicited offers. Typically your financial company will not contact you and ask you for personal account information *(they should already know this)*. If you have any concerns, ask the person who called you for their phone number and tell them you will call them back. If they are legitimate, they will agree to this.

While nothing is 100% guaranteed, important safeguards have been built into online banking to enhance security. And, just having the ability to view your account information anytime you want is definitely a plus.

If you have any questions about online banking, please contact your local financial company, or you can stop in at any First National Bank ~ Fox Valley office or call 920.729.6901.

#9 **Love** - "Do unto others as you would have them do unto you."

TRIAD Tip

Officer Jeff Jorgenson,
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

National Crime Prevention

-Security Tips-

After the cold winter, you may feel tempted to leave your windows and doors open to let in the warm, fresh, spring air. Unfortunately, along with fresh air, you may be letting crooks into your house. Almost 60% of completed burglaries take place without any signs of forced entry. Spring cleaning is a great time to re-evaluate your home security, and the National Crime Prevention Council offer these tips to make your home safe. Below are some universal tips but the best advice is to pretend you had to break into your house and depending on how easy it is increase the security to reduce your vulnerability.

Outside Entry

✔ Lock all windows and doors at night and every time you leave the house, even if it's just for a few minutes. Teach children and other family members to obey this rule.

✔ Exterior doors should be solid wood or metal-clad and be secured by a sturdy, well-installed deadbolt lock. Glass panels in or near doors should be reinforced to prevent shattering.

✔ Spare keys should be left with trusted friends or neighbors, not under a doormat or planter.

✔ Every window should have a keyed lock or be securely pinned. When windows are open, even just a few inches for ventilation, they should always be locked or pinned, especially first-floor windows.

✔ Sliding doors should be secured with a sliding door deadbolt lock. ☠Wood dowels or bars placed in the track can actually aid a burglar in removing the entire door.

Around the Yard

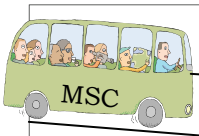
✔ Use floodlights with motion detectors to eliminate dark places around the house. Be sure entry-ways are well lighted so that you can see visitors clearly.

✔ Trim shrubs and bushes so there is no place for criminals to hide.

✔ Make sure your house number is clearly displayed

Continued on page 9

2008 TRIPS with MSC



Plan now
Call 967-3530

Don't wait for this great trip to pass you by - sign up now

Magnificent Michigan

4 days - *Tour 11197* Aug. 25 - 28, 2009

Day 1 – Tuesday, August 25
We start our summertime adventure today by heading to Holland, MI, where we'll enjoy a lovely **dinner** before checking into our hotel for the night. **D**

Day 2 – Wednesday, August 26
Our morning begins with a **guided tour** of Holland, MI. This beautiful city has so many sights. Next we're off to **Dutch Village**, which recreates an 1800s Netherlands town. It is complete with authentic Dutch architecture, formal gardens, canals and windmills, plus more.

We then visit **Windmill Island** featuring "De-Zwann", a 230-year old authentic windmill along with colorful gardens and delightful shops. Then we travel on to Frankenmuth, MI, our home for tonight, where we'll enjoy **dinner** and some time to relax before bed. **B, D**

Day 3 – Thursday, August 27
We start our day with a **guided tour** of **Frankenmuth, MI**, also known as Michigan's "Little Bavaria", where our stops will include **Bronner's Christmas Wonderland** and **Zeilinger Wool Co.,** and **St. Lorenz Church**. After our time in Frankenmuth, we're off to our overnight accommodations in Kalamazoo, MI, where we'll also partake in **dinner** together. **B, D**

Day 4 – Friday, August 28
As we head home today, we'll stop at **Tree-Mendus Fruit Farm** located in **Eau Claire, MI**. A **guide from the farm** joins us on an **orchard tour** followed by a **home-cooked lunch** including a delightful dessert made from their own delicious fruits. We arrive home by early evening. **B, L**

TOUR COST PER PERSON: $540 double; $520 triple; $500 quad; $690 single

$150 payment at registration; final payment July 1
(through Nationwide Travelers, Inc.)

SKIN CANCER SCREENING

DATE: Friday, May 15, 2009

TIME: 1:30 PM to 3:30 PM

PLACE: Menasha Senior Center
116 Main Street

BY: Dr. Douglas Horan, MD

For an appointment call: 967-3520

MUST have an appointment to participate - no walk ins.

Security tips continued from page 8

so police and emergency services can find your home quickly, if necessary.

✓ Secure gates and storage and shed doors with high-security laminated padlocks.

✓ Use high-quality locks on bicycles, lawn mowers, and other possessions, or keep them inside a secure garage shed or in the home.

Around the House

✓ Photograph your furnishings and valuables, such as televisions, stereos, and computers. For identification, put a distinctive mark on each item. Check with your insurance company for advice and instruction on the best way to do this.

For more information about improving your home's security, visit the National Crime Prevention Council's web page at www.ncpc.org. Or contact your local crime prevention officer:

In Menasha: Jeff Jorgenson 967-3569
jjorgenson@ci.menasha.wi.us

In Neenah: Pam Martin 886-6000
pmartin@ci.menasha.wi.us

Tn of Menasha: Jason Weber 720-7109
jweber@town-menasha.com

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

Elizabeth Court APts

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Mark Adamak, Site Manager

Phone (920) 729-9253
Fax (920) 729-4926
936 6th Street
Menasha, WI 54952

Email:ElizabethCt@newbc.rr.com
Website: www.ogdenre.com

A cat died and went to Heaven. God met her at the gates and said, "You have been a good cat all these years. Anything you want is yours for the asking." The cat thought for a minute and then said, "All my life I lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on." God said, "Say no more." Instantly the cat had a huge fluffy pillow.

A few days later, six mice were killed in an accident and they all went to Heaven together. God met the mice at the gates with the same offer that He made to the cat. The mice said, "Well, we have had to run all of our lives: from cats, dogs, and even people with brooms! If we could just have some little roller skates, we would not have to run again." God answered, "It is done." All the mice had beautiful little roller skates.

About a week later, God decided to check on the cat. He found her sound asleep on her fluffy pillow. God gently awakened the cat and asked, "Is everything okay? How have you been doing? Are you happy?" The cat replied, 'Oh, it is WONDERFUL. I have never been so happy in my life. The pillow is so fluffy, and those little Meals on Wheels you have been sending over are so delicious!'

CONGRATULATIONS

to the Menasha Senior Center upon becoming accredited through the Wisconsin Association of Senior Centers.

This accreditation - is a self assessment process that satisfies a desire for self-improvement; it provides direction for current and future services and programs and it brings clarity to the center's operations ("we have all of our ducks in a row") and it is an evaluation highlighting the center's accomplishments and is official recognition that MSC has met certain criteria or standards of excellence (we're "top dog").

Congratulations to the senior center's Accreditation Committee for its dedication and hard work.

Menasha Senior Center's

Spring Banquet

Wed., May 13, '09

at Germania Hall

12:30 - 2:30pm

Ticket: $13.00

Ticket deadline: May 6

Let's celebrate:

Older American's Month
MSC's Accreditation
6th Grade Essay Contest winners

Enjoy a great chicken dinner, many door prizes, great raffle items, and
the wonderful piano sounds with Lee Tomboulian

(Instructor of Jazz Piano at Lawrence University)

Oh brother!

Teacher: Maria, go to the map and find North America.
Maria: Here it is.
Teacher: Correct. Now class, who discovered America?
Class: Maria.

Teacher: John, why are you doing your math multiplication on the floor?
John: You told me to do it without using tables.

Teacher: Donald, what is the chemical formula for water?
Donald: H I J K L M N O.
Teacher: What are you talking about?
Donald: Yesterday you said it's H to O.

Teacher: Winnie, name one important thing we have today that we didn't have ten years ago.
Winnie: Me!

Secrets to better relationships

(and these 9 secrets really work!)

Listen - listen with the intention of understanding what the other person is saying, feeling, thinking, and wanting you to know.
Understand - check your understanding of what the person said *before* you express your own thoughts and feelings. ("You said you thought/felt/said/did such-and-such. Is this right?")
Accept - you can accept a person without accepting his or her beliefs, opinions, or behavior.
Be assertive, not aggressive - gently express your thoughts.
Respect - believe that the person is valuable and unique - and is doing the best he or she can at the moment (just like you!).
Empathize - to the extent possible, put yourself in the other person's shoes. Try to really understand where he/she is coming from.
Share your feelings, wants, needs, dreams and hopes. Speak directly - avoid using sarcasm, teasing, long-winded lectures, withdrawing or sulking.
Focus on the present - do not bring up past mistakes or problems.

The 9th secret is on page 7

MHS 134th Alumni Banquet

Wednesday, June 10, '09

Cost $15.00 per person

Germania Hall-Menasha

Social hour - 5:00pm
Dinner - 6:00pm

Make checks PAYABLE to: MHS Alumni Assn. (include your graduation year); MAIL by May 30 to Katy LaMore, 1622 S. Park, Neenah, WI 54956

Anytime is a good time ...

…to help us cut out patterns for our Christmas trees (which we assemble and send to King in November). Many people have found that cutting out a tree pattern off and on throughout the summer/fall months is easier. Stop in. Thanks for your help.

Please note to anyone bringing in cards for this project - Christmas cards only (and only the top portion if possible).

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.

Write better

Write better with **ConfusingWords.com**. Enter a word in the search box, and the site will show you how to use it properly. Helps clear up confusion about similar-sounding words, such as "affect" and effect".

The Senior Chatter
May 2009 Issue Vol. 13, No. 5

National Photo Month

Take a picture to capture the moment, to cherish for all time.

Menasha Senior Center
116 Main St., Menasha 54952
967-3530

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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