
◆ The Senior Chatter ◆

Volume 14, No. 5

Menasha Senior Center, Menasha, WI

May 2010

Dates to remember this month:

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May 4 - Normal Aging	1
May 11 - Spring Banquet	11
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May 6 & 17 - Fieldtrips	9

Trestle trekking

10:00am Wednesday mornings

May 5 through July 7

A senior volunteer will lead a group of interested walkers across the Friendship Trestle Trail. The walk starts and ends at the Menasha Senior Center.

The trek is about 2 1/2 miles roundtrip. There are several benches along the way; and there is water and new restrooms on the other end at Fritse Park. This is not intended to be a power walk. Interested seniors should be in good walking shape, however. (Consult your physician if you're concerned).

Suggestion: stop for a rest with soda or coffee at MSC afterwards. Call the MSC office at 967-3530 to indicate your interest in joining this group.

Is this normal aging?

Tues., May 4 10:00 - 11:00am

Hear a discussion on what is and what is not normal aging - presented by Moyer, Geriatric NP, MSN, FAAN, Owner & Founder of Harbor House Oshkosh Assisted Living/Memory Care.

What can one do? Also presented is information about how healthy choices made now will positively affect brain health (healthy heart, diet, body/mind exercise, etc. equal healthy brain)!

Bring your questions and share experiences.

Please RSVP for seating purposes at 967-3530.

Now, open for business ...

The Aging and Disability Resource Center
of Winnebago County

The ADRC serves older persons, family members, caregivers, and persons with disabilities who are age 17 and 9 months or older.

Individuals who have questions about aging or disabilities now have a new place to contact for help. The Aging and Disability Resource Center of Winnebago County (ADRC), is open for service,

8:00 am - 4:30 pm, Monday - Friday.

Additional hours are also available upon request.

The ADRC is located on the third floor of the Oshkosh Human Services building, located at 220 Washington Avenue. As of July 1st, there will also be ADRC staff located in the Neenah Office of Human Services, at 211 N. Commercial St.

When you call the ADRC, a professional, courteous, trained resource specialist will answer your questions and provide you with current information regarding community resources. All calls are confidential, and there is no charge for the information.

ADRC resource specialists are also available to talk to you about their programs and those of other community agencies and organizations. Come and relax in their comfortable resource area, browse the extensive brochure racks, and pick up information of interest to you or your loved ones.

For more information on the ADRC, please

call toll free **1-877-886-2372** or

email at adrc@co.winnebago.wi.us or

go to the website at www.co.winnebago.wi.us/adrc

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 **\$3.00**.

Meal Site Manager: Ardeana "Dee" Osinski

Winnebago Co. Benefit Specialist, Candace Corbett: Candace visits MSC the first 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 **\$5.00** a year!

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Neenah, WI 54956

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



Contact Anne Altenhofen-Krause for a tour



920-967-3530

Menasha Senior Center MAY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Computer class 3 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards 1:00 Bridge	10:00 Wii Bowling 4 10:00 Normal Aging 11:20 Meals 12:00 Yopliet exercise 12:30 Penny Ante poker 1:30-3:00 Blood Pressure ck	9:30 Line Dancing 5 10:00-11 <i>Chair</i> exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard 1:00 VNA Foot-care	8:30 Oil Painting 6 10:00 Benspec 11:20 Meals 12:30 LV on Fieldtrip 12:30 Cribbage 1:00 Bridge	10:00 Wii 7 11:20 Meals 1:00 Quilting 12:30 Hand&Foot
9:00 Computer 10 9:30 Line Dancing 10:30am Nutro Bingo 11:20 Meals 1:00 Men's cards 1:00 Bridge	10:00 Wii Bowling 11 11:20 Meals 12:30-2:30 Spring Banquet ~no activities/blood pressure 12:30-2:30~	9:30 Line Dancing 12 10:00-11 <i>Chair</i> exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	7:45 CA meeting 13 8:30 Oil Painting 9:30 PC meeting 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 14 11:20 Meals 1:00 Quilting 12:30 Hand&Foot
9:00 Computer class 17 9:30 Line Dancing 10:00 LV on Fieldtrip 11:20 Meals 12:30 Scrabble 1:00 Men's cards 1:00 Bridge	9:30 Advance Planning 18 10:00 Wii Bowling 11:20 Meals 12:00 Yopliet exercise 12:30 Penny Ante poker 1:15-3:00 Blood Pressure ck 2:00 SALT meeting	9:30 Line dancing 19 10:00-11 <i>Chair</i> exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 20 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 21 11:20 Meals 1:00 Quilting 12:30 Hand&Foot
9:00 Computer class 24 9:30 Line Dancing 11:20 Meals 12:30 Card making class 1:00 Men's cards 1:00 Bridge	9:00 Newsletter Assem. 25 10:00 Wii Bowling 10:30-12 Blood pressure 11:20 Meals 12:00 Yopliet exercise 12:30 Penny Ante poker	9:30 Line Dancing 26 10:00-11 <i>Chair</i> exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 27 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care	10:00 Wii 28 11:20 Meals 1:00 Quilting 12:30 Hand&Foot
<p>CLOSED 31 Memorial Day</p>				
<p>May 15th each year is National Police Officers Memorial Day, a day honoring the ultimate sacrifice officers have made in service to their community.</p>				

Note from Staff.

Dear Friends,

Good Friends

By Bernard Price

All my life I've had good friends, a blessing I have known. When trouble starts to plague me, I'm never left alone.

Coming to my aid it's then I know compassion, as each one tries to help in his own kindly fashion.

With words of support, friends show how much they care, doing all that's needed - for them that isn't rare.

When my problem's solved, I breathe easy for awhile. To all of those who helped I thank them with a smile.

My hope is that one day I get the chance to be as good a friend to them as they have been to me.

Sylvia Bull Barb Taylor

This poem was hard to pass up - thought we'd share with you.

Birthday Gift

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



BenSpec's change in schedule

The **Benefit Specialist of Winnebago Co.** will now visit Menasha Senior Center once a month - on the 1st Thursday of each month, 10am-12noon.

Remember that you can call the Benefit Specialist, Candace Corbett (Neenah), or Joan Jaworski (Oshkosh) at any time to set up an appointment.

Test your egg smarts

~May is National Egg Month~

1. Does a hen need 12 hours or 24 hours to create an egg?
2. To determine if an egg is fresh, should it float or sink?
3. The larger the egg, the younger or older the hen?
4. If you spin an egg and it wobbles, is it raw or hard-boiled?

1. 24 hrs. 2. sink 3. older 4. raw

Bike for Fun

Biking is "happening" again this summer at MSC. Meet Friday mornings at 8:30am at MSC, plan your route, head out and enjoy.

Some biking experience is helpful, but this is not a hard-core racing group. You'll bike locally, avoid the heavy traffic roads, get your exercise in for the day, and have fun. (Snack stops often welcomed).

Call MSC at 967-3530 if you have questions.



"Bunker Blasters"

(Editor's note: I just made that name up as I was typing this article - just to get your attention. I don't know if golfers would appreciate it or not!???)



Ladies and Gentlemen!!

MSC golf has begun. Join the regulars on the **1st and 3rd Wednesdays** at the **Winnegamie Golf Course**. This is not a league - just getting together to golf 9 holes and enjoy the sport and good company. And it's easy to do - meet at the club house, tell Mary Beth that you're golfing with the MSC golfers, pay the fees and have fun!

-Tee off: 8:30am
-9 holes

-Green fees: \$7.00
-Gas cart: \$7.00

Two MSC golfers have volunteered to coordinate & confirm playing and answer questions: Roy Rogers at 722-2477 or Bob Robbins at 725-8693. Feel free to give them a call.

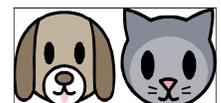
Menasha Senior Center at 967-3530.

National Pet Week May 2-8

MSC wants to celebrate this observance. Help us out - we would like to display pictures of your pets (those you have now, those in your past).

Bring the pictures in before or during May 2-8 and we'll post them on a big bulletin board. Include your name and the name of the pet. Retrieve your pictures the following week. You can mail the picture in, also - include a self-addressed stamped envelope if you want the picture returned.

Call Barb at 967-3530 if you have questions.



Health Corner

By Valerie Davis RN, 60 Plus Program

Note from Val:

As some of you may know I am pregnant and having my baby in early June. I will be off for the months of June, July, and August.

While I am away, Kathleen Endres RN will be taking over the 60 Plus Health Program for me. She will be doing the weekly blood pressures at the Senior Center. She will also be doing an Anemia Screening in June and setting up the Massage Clinic with Jenny Kuske for August.

There will be no screenings for the months of May or July.

I hope you all have a great summer
and
stay healthy.

P.S. Remember: during the hot summer months, drink lots of liquids and limit your exposure to the sun.

Kiwifruit - make the connection

Editor's note: How many of you have eaten exotic fruit - like Mangosteen, Starfruit, Kumquat, Rambutan or Lychee? I, just today, tried the Kumquat!! They look like itsy-bitsy baby oranges and taste like a mix of lemon and lime (w/no sugar)!! They'll wake you up for sure! (Who in a different country think strawberries are exotic?).

Many fruits that we consider 'exotic' eventually become better known and used in North America – like the Kiwifruit. Here's some interesting info on the Kiwifruit. Consider giving one a try the next time you see one at the produce counter.

Quick Kiwi Tips and Facts

Kiwifruits are actually considered a berry. One kiwifruit will provide 100% of your daily recommended intake of vitamin C.

TIPS

-Easy to slice in half, scoop out with a spoon and



60 Plus Health Program Blood Pressure Screenings

Schedule for May 2010

Menasha Senior Center

Tues., May 4	1:30-3:00 pm
Tues., May 11	1:30-3:00 pm
Tues., May 18	1:30-3:00 pm
Tues., May 25	10:30—Noon

Lakeside Commons Thurs., May 13 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

enjoy alone, or slice it into desserts, salads, or side dishes.

-Select kiwifruits that are unblemished and firm but not rock hard. The flesh should yield to gentle pressure.

-You can easily ripen a kiwifruit by leaving it at room temperature for a few days.

-Kiwifruit is a natural meat tenderizer. Cut in half and rub over the meat.

-For home usage, it is best to use kiwifruit within 1 week.

FACTS

-Cats love to rub against kiwifruit plants because the trunks have a catnip-like aroma.

-Kiwifruits are also known as the Chinese Gooseberry.

-Kiwifruits are often referred to as kiwis. Remember though, that a kiwi is a small flightless bird from New Zealand.

-In France, kiwifruit's translation means "vegetable mouse" because of its furry covering. (Suggestion: don't mention this bit of trivia at the table when you're serving this fruit!)



Source: BadgerAging 3/10

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) - Mondays at 1:00; Thursdays at 1:00pm; **Texas Hold'em** Wednesdays 12:30.; **Cribbage** - Thursday, 12:30pm; **Penny Ante Poker** - Tuesdays 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

Maintain your Brain	June 8
Mary Lincoln's Story	June 10
Stars & Stripes Bingo Party	June 29
Soda Pop Party w/kids & "Soda Pups"	July 19

Tools for you, tools for your family

Tues., May 18 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 proven to be a comfort not only to the individual but to their family as well.

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

Please RSVP for seating purposes at 967-3530.

In honor of Moms

• A suburban mother's role is to deliver children obstetrically once, and by car forever after.

~Peter De Vries

• Sweater, n.: garment worn by child when its mother is feeling chilly.

~Ambrose Bierce

• My mom is a never-ending song in my heart of comfort, happiness, and being. I may sometimes forget the words but I always remember the tune.

~Graycie Harmon

• Parents often talk about the younger generation as if they didn't have anything to do with it.

~Haim Ginott

• This heart, my own dear mother, bends,
With love's true instinct, back to thee!

~Thomas Moore





TRIAD Tip

Officer Aaron Zemlock-Crime Reduction Coordinator
Menasha Police Department 920-967-3569

MADISON – The Wisconsin Department of Agriculture, Trade and Consumer Protection is helping to spread the word about an unusually high number of complaints to the Social Security Administration from Wisconsin residents about “phishing” phone calls.

According to the Social Security Administration (SSA), Wisconsinites have been reporting phone calls from persons claiming to work for the SSA. The caller asks for private information, such as the person’s social security number (SSN), in order to “re-issue a Medicare Card” or some other similar excuse.

“The Social Security Administration does not need to ask you for your social security number,” says Janet Jenkins, Administrator of the Division of Trade and Consumer Protection’s Wisconsin Office of Privacy Protection. “Alarms should go off in your mind anytime someone contacts you out of the blue and asks for personal or financial information. Governmental agencies and legitimate businesses simply don’t do that.”

Do not trust what your Caller ID says either. It can be made to give whatever name and number the caller wants.

The SSA reminds consumers that, except for employers and financial institutions that need your social security number for tax reporting purposes, you are not required to give out your SSN.

“Before giving any confidential information, at least make sure that the organization or business asking for it is who it claims to be,” Jenkins advises. One way to check is to look up an organization or business in the phone book or online, and then call directly to verify any requests.

If you suspect someone is *phishing* for your private information or if you inadvertently gave out confidential information, the Office of Privacy Protection can help. Contact info:

Wisconsin Office of Privacy Protection
DATCPWisconsinPrivacy@wisconsin.gov
Toll-free Hotline – 1-800-422-7128

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”

or “*Cookies and a Concert*”



The 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; 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 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.)

“Let’s Meet Our Neighbors”

Menasha Senior Center is planning a few fieldtrips this year. We’re going to start by visiting some of the local businesses. Fieldtrip definition: *To experience something aside from our normal, everyday activity or environment; discover, learn something new by observation and interaction.* AND we’ll have a good time, too!!

We need to know how many people will participate in each fieldtrip, so please RSVP for each trip as directed.

Fieldtrip #1 Thurs., May 6 1:00pm

We’ll visit North Star Asset Management located at 59 Broad Street. Tom Kurkowski will meet us to chat about who they are, how they got started, what they do and even an update on the economy. We’ll have time to ask our questions, too (what they eat for lunch or the latest hot stock tip!!!) . They will have refreshments for us.

This makes a good walking trip. We can leave MSC at 12:30pm and walk over. Or you can meet us there at 1:00pm.

Call the MSC office at 967-3530 by Tuesday, May 4, if you wish to join us on this trip.

Fieldtrip #2 Mon., May 17 10:30am

On this trip, we’ll visit with Kimberly Jennings of An Angel’s Influence. This is a new business located at 216 Main St, Menasha (sharing a building with Bolio Art Boutique). We’ll learn about Kimberly’s business and passion for crystal therapy, understand the relationship between crystals and our body’s chakras, check out her jewelry, and hopefully absorb some of her dynamic energy.

This makes a good walking trip. We will leave MSC at 10:00am and walk over. Or you can meet us there - use the north entrance (back entrance next to the Broad St. parking lot).

Call the MSC office at 967-3530 by May 14 if you wish to join us on this trip.



Living with Diabetes

by Diane Schmude, RN - Valley VNA Senior Services

If you are diagnosed with diabetes, you are not alone. Nearly 24 million Americans have diabetes. So what exactly is diabetes? Diabetes means your body is either unable to make enough insulin or unable to use insulin properly. Insulin is a hormone produced by the pancreas - without it, sugar builds up in the blood stream and is unable to get to the cells of the body. There are different types of diabetes:

- **Pre-diabetes** occurs when your blood sugar levels are higher than normal, but not as high as with diabetes. It is a warning that you need to make some lifestyle changes to prevent diabetes.
- **Type 1** diabetes occurs when the pancreas stops making insulin or makes too little. If you have Type 1 diabetes you will need to take insulin, usually by an injection.
- **Type 2** diabetes is the most common, it occurs when your body isn’t properly using the insulin that it makes. Type 2 diabetes is usually treated with diet, oral medications or insulin.

Risk factors can include inactivity, increased age, or a family history. Sometimes type 2 diabetes occurs for no known reason. Signs of both type 1 and type 2 diabetes are similar and may include: weight loss and fatigue; frequent urination or incontinence; loss of appetite; decreased or blurred vision; constipation; skin changes, especially on the legs and feet such as dry, itchy skin or non-healing wounds.

Because diabetes puts people at risk for other complications, controlling blood sugar as soon after diagnosis as possible can reduce the chances of developing other health problems. If you notice any of the above signs, see your doctor.

Have a pun or two ^{UGH!}

- ✓ A chicken crossing the road is poultry in motion.
- ✓ I wondered why the baseball kept getting bigger. Then it hit me.
- ✓ Two silk worms had a race. They ended up in a tie.
- ✓ The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
- ✓ No matter how much you push the envelope, it'll still be stationery



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Age Strong! Live Long!

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans. This year's Older Americans Month theme—**Age Strong! Live Long!**—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past. Older Americans are living longer and are more active than ever before and their numbers are growing.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other. In fact, older Americans are a core component of service delivery to seniors—embodying and modeling the drive to *Age Strong! Live Long!* Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

Menasha Senior Center's

Spring Banquet



**You still
have time!**

Tues., May 11

12:30 - 2:30pm

Germania Hall, Menasha

Ticket: \$13.00

Deadline: May 8

Entertainment:



The
"Bluegrass
Grandpas"

Enjoy:

Chicken dinner Door prizes
Essay contest winners Raffle

Brain teasers

(A) What is $\frac{3}{7}$ chicken, $\frac{2}{3}$ cat and $\frac{1}{2}$ goat?

(think outside the box on this one!)

(B) What North American state is round on both sides and high in the middle?

(C) A man wanted to encrypt his password but he needed to do it in a way so that he could remember it. His password is 7 characters long. The password consists of letters and numbers only (no symbols). In order to remember it he wrote down "You force heaven to be empty" What is his password?

(D) Each sentence below contains one word that can be anagrammed to answer or describe that sentence.

Example: Craft that might tip in the ocean.

Answer: Canoe (anagram of ocean).

1. You cover a mattress with one of these.
2. Dangerous thing for an alcoholic to begin.
3. Feature on which a tire might be rated.
4. Feeling about a poisonous adder.
5. Weapon that a cavalryman bears.
6. It doesn't necessarily bring rain, but it could.

Answers on page 12

Do observations ring true?

Two observations on getting older:

- ✓ When you needed the discount you paid full price. Now you get discounts on everything (movies, hotels, flights) but you're too tired to use them.
- ✓ The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

About dogs



We give dogs time we can spare, space we can spare and love we can spare. And in return, dogs give us their all. It's the best deal man has ever made.

~M. Acklam

HOWEVER...

Don't accept your dog's admiration as conclusive evidence that you are wonderful.

~Ann Landers

Crossword fun: Hundreds of puzzles to print out or solve online. www.CrosswordSite.com

Mary Lincoln's Story

Coming **June 10**
2 - 4pm

A unique presentation of the life of Mary Todd Lincoln told through the words of her sister, Elizabeth Todd Edwards (portrayed by Denise Blaze).



Watch for details on this intriguing "reenactment" in the June newsletter.

Leave a legacy . . .

The Menasha Senior Center's Memorial Fund was established to accept donations made: *In memory of ... In honor of ... In appreciation of ...* someone you wish to acknowledge. And it will also accept funds as a *Birthday celebration for ...* or *Anniversary celebration for ...* These funds are used for long-term purchases that will enhance the center and that will benefit all seniors. (Funds contributed can be earmarked for a specific use if so desired). For further information, please contact Sylvia Bull at 967-3530.

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.

Answers:
(A) Chicago (3/7 chicken = Chi; 2/3 cat = ca and 1/2 goat - - go)
(B) Ohio (O-hi-O)
(C) u472bmt
(D) 1.Sheet 2.Binge 3.Tread 4.Dread 5.Sabre or saber 6.Cloud

The Senior Chatter

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Wisdom is not putting it in a fruit salad.
Knowledge is knowing a tomato is a fruit.
Author Unknown



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

