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# ◆ The Senior Chatter ◆

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Volume 13, No. 11

Menasha Senior Center, Menasha, WI

November, 2009

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## Dates to remember this month:

Date	Page
Nov. 10—Doggie Photo Day	7
Nov. 6, 16, 30— <i>Tree</i> Assembly	7
Nov. 19—Hand/Chair Massage	9
Nov. 17—Thanksgiving Banquet	11

## MSC Knit & Crochet Club

Lisa Wood will again be the coordinator for this fun intergenerational activity (for adults and kids, ages 7 yrs. and up).

This is a great opportunity to socialize, share ideas as well as instruct those who want to learn this wonderful art form. There is no fee. Bring your own supplies.



The following dates have been set for the remainder of 2009.

### Sunday, October 18, 1:30 to 3:30pm

at the Menasha Public Library (in the large meeting room downstairs)

### Sunday, November 15, 1:30 to 3:30pm

at the Menasha Public Library (in the large meeting room downstairs)

### Sunday, December 13, 1:30 to 3:30pm

at the Menasha Public Library (in the large meeting room downstairs)

*It's the gentle nudge of a cold nose, the soulful eyes, and the soft fur that makes them irresistible to young and old alike. They sit patiently, allowing everyone to talk, cry, and express their feelings.*

Article about therapy dogs on page 4

## Five brain-health factors

Five factors are critical for optimizing brain health. These include:

**Socialization:** People should try to stay connected to their communities and involved with others in personally meaningful ways. Research suggests that isolation, segregation and feelings of loneliness relates to risk of dementia through increased stress and altered blood flow.

**Physical activity:** The human brain expects 25 percent of the blood from each heartbeat. Walking daily, aerobic exercise, dance and other physical activities effects brain-health. These activities enhance cerebrovascular blood flow so necessary for healthy brains.

**Mental stimulation:** Beginning in infancy, brains desire mental stimulation. Research indicates the positive effects on brain health of new learning, such as language development (including sign language), increased IQ, reading, writing, puzzle and board-game play, computer-based cognitive exercises and travel (activities that present people with challenges associated with stimulating the cortex and building brain reserve).

**Nutrition:** The Research has indicated that foods rich in Omega-3 fatty acids, such as certain fish and walnuts, and antioxidants (vitamins A, C and E) promote the health of brains, which contain at least 50 percent fat. Fruits and vegetables continue to be some of the best brain-health foods. Reducing the intake of processed foods, saturated fats and elimination of trans-fatty acids also is encouraged. Reducing daily calories, and cutting back on one's usual portions at each meal is a good goal for achieving this.

**Spirituality:** Slow down! It's suggested that over exposure to environments that are too stimulating slow brain development. Stress can also adversely

Continued on page 7

## Welcome to the *Senior Chatter*



### Menasha Senior Center

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

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

sbull@ci.menasha.wi.us

**Web site:**

**www.menashaseniorcenter.org**

Senior Center Supervisor      Sylvia Bull  
Activity Coordinator              Barb Taylor

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

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

#### MSC Planning Committee:

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

#### **Members:**

Susan Locke                      Barbro Whiting  
Ruth Jerome                      Terry Czerwinski  
Norma Heinz

#### City of Menasha Committee on Aging:

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

#### **Members:**

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

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

## Services at MSC

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

**Meal Site Manager:** Ardeana "Dee" Osinski

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

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

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

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

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

#### **Menasha School District Lifetime Passes:**

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

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

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

**Mini-Library:** Resources, books, videos

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

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

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**OPTIONS & SOLUTIONS DAY AT VALLEY VNA**

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

Stop by and visit with a VNA nurse -

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

This program is FREE and open to the public.

Call for more information - 727-5555 or visit us online - [www.valleyvna.org](http://www.valleyvna.org)



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**A STORY—Once upon a time** the colors of the world started to quarrel: all claimed that they were the most important, the most useful, the favorite. **Green** said: "Clearly I am the most important. I am the sign of life and of hope. I was chosen for the grass, trees, leaves- without me, all animals would die. Look over the countryside and you will see that I am in the majority. **Blue** interrupted: "You only think about the earth, but consider the sky and the sea. It is the water that is the basis of life and drawn up by the clouds from the deep sea. The sky gives space and peace and serenity. Without my peace, you would all be nothing" **Yellow** chuckled: "You are all so serious! I bring laughter, gaiety, and warmth into the world. The sun is yellow, the moon is yellow, the stars are yellow. Every time you look at a sunflower, the whole world starts to Smile. Without me there would be no fun!"

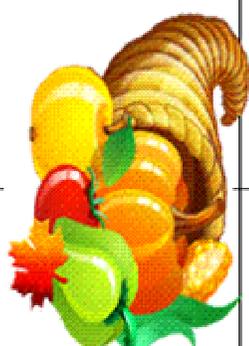
**Orange** started next to blow her trumpet: "I am the color of Health and Strength. I may be scarce, but I am precious for I serve the needs of human life. I carry the most important vitamins. Think of carrots, pumpkins, oranges, mangoes and pawpaw. I don't hang around all the time, but when I fill the sky at sunrise or sunset, my beauty is so striking that no one gives another thought to any of

Continued on page 10



# Menasha Senior Center    NOVEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Computer class 2 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards	10:00 Wii 3 11:20 Meals 12:00 Agility exercise (no blood pressure ck)	9:30 Line Dancing 4 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">                         1:00 VNA Foot-care                     </div>	8:30 Oil Painting 10:00 <b>Benspec</b> 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 6 11:20 Meals 1:00 Quilting 12:30 <i>Hand&amp;Foot</i> 12:30 <b>TREE</b> assembly
9:00 Computer 9 9:30 Line Dancing 10:30am <b>Nutro</b> Bingo 11:20 Meals 12:30 Card making class 1:00 Men's cards	10:00 Wii 10 11:20 Meals 12:00 Agility exercise 1:00 <b>Doggy Photo Day</b> 1:15-3:00 <b>Blood Pressure ck</b>	9:30 Line Dancing 11 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	7:45 CA meeting 12 8:30 Oil Painting 9:00 PC meeting 10:00 <b>Benspec</b> 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 13 11:20 Meals 1:00 Quilting 12:30 <i>Hand&amp;Foot</i> 12:30 <b>TREE</b> assembly
9:00 Computer class 16 9:30 Line Dancing 11:20 Meals 12:30 <b>TREE</b> assembly 12:30 Scrabble 1:00 Men's cards	10:00 Wii 17 11:20 Meals 12:00 Agility exercise 11:30 <i>Thanksgiving</i> <b>Banquet/Scrambling Vets</b> Germantia Hall	9:30 Line dancing 18 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 19 9am-2pm Chair/Hand Massage 11:20 Meals 12:30 Cribbage 1:00 Bridge <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">                         1:00 VNA Foot care                     </div>	10:00 Wii 20 11:20 Meals 1:00 Quilting 12:30 <i>Hand&amp;Foot</i>
9:00 Computer class 23 9:30 Line Dancing 11:20 Meals 1:00 Men's cards	9:00 Newsletter Assembly 24 10:00 Wii 12:00 Agility exercise 11:20 Meals (no blood pressure ck)	9:30 Line Dancing 25 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	<b>CLOSED</b> <div style="font-size: 2em; font-weight: bold; margin: 10px 0;"> <b>Thanksgiving</b> </div>	<b>CLOSED</b> 
9:00 Computer class 30 9:30 Line Dancing 11:20 Meals 1:00 Men's cards	<p><b>November is National Family Caregivers Month—</b>                      A United States postage stamp honoring the more than 50 million family caregivers in America is officially "under consideration" by the U.S. Citizens' Stamp Advisory Committee for introduction as early as 2011. Sign the petition at <a href="http://www.thefamilycaregiver.org">www.thefamilycaregiver.org</a> and ask others to sign the petition letter.</p>			



## Note from Staff. . .

Dear Friends,

### Leaves

"How silently they tumble down  
and come to rest upon the ground  
to lay a carpet, rich and rare,  
beneath the trees without a care,  
content to sleep, their work well done,  
colors gleaming in the sun.

At other times, they wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow."

Elise N. Brady

Which ever comes first, fall or winter, have a happy one, and stop in to see us.

*Sylvia Bull Barb Taylor*

## BIRTHDAY GIFT

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



## Hounds with heart

### Therapy dogs -

Though the concept of pet therapy in skilled nursing facilities and hospitals has been in existence for decades, the introduction of therapy dogs in a funeral home setting is a relatively new trend.

Therapy dog visits can be beneficial for anyone in a funeral home setting. Studies have shown that visits can decrease anxiety and stress, provide comfort and support, and offer opportunities for laughter and joy. People of all ages benefit from the calming presence these highly-trained therapy dogs provide.

Not just any dog is suitable for work in a funeral home setting. A true therapy dog must be registered with a national therapy dog organization such as Therapy Dogs, Incorporated, and be calm, gentle, and friendly. Good manners and basic obedience are essential. Though much of the focus is placed on having a well-trained dog, it is equally important

## Nat'l Caregivers Month

November is the nationally recognized family caregiver month that seeks to draw attention to the many challenges facing family caregivers, advocate for stronger public policy to address family caregiving issues, and raise awareness about community programs that support family caregivers. In recognition Governor Jim Doyle signed a proclamation honoring National Family Caregiver month.

This is a time to thank, support, educate, and celebrate family caregivers.

Here are a few ways you can help make an impact in your community by honoring caregivers you know:

- Offer a few hours of respite time to a family caregiver so they spend time with friends, or simply relax.
- Send a card of appreciation or a bouquet of flowers to brighten up a family caregiver's day.
- Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
- Offer comic relief! Purchase tickets to a local comedy club, give a family caregiver your favorite funny movie to view, or provide them an amusing audio book to listen to while doing their caregiving activities.
- Find 12 different family photos and have a copy center create a monthly calendar that the family caregiver can use to keep track of appointments and events.
- Offer to prepare Thanksgiving dinner for a caregiving family in your community, so they can just relax and enjoy the holiday.
- Help a family caregiver find information and resources on the internet or to locate a local support group.

that the handler has received in-depth grief, loss, and bereavement training. Expression of grief is essential to the healing process ... [therapy dogs] can help nearly anyone express their feelings. Many people feel safer talking to a dog—they won't try to fix things or tell you that everything is going to be fine.

*Editor's note: I found this article in the Wichmann and Fargo Funeral Homes newsletter. Therapy dogs Beamish and Madigan work with Molly Johnson, Director of Community Outreach.*

[www.compassionatecanines.org](http://www.compassionatecanines.org)

## Health Corner

By Valerie Davis RN, 60 Plus Program

Speaking of cooling temperatures!

### Cooling hot foods

All hot foods should be cooled by refrigeration. It is not okay to cool hot foods on the counter. But some foods do need a head start on the cooling process before being placed into the fridge.

If you are cooling large amounts of hot food use an ice bath or ice wand to cool it down as much as you can. If cooling soup or chili, put in a sink of cold ice water and stir frequently to cool it down. Or cut the food into smaller amounts and place into shallow pans to allow cold air to circulate to all parts.

Cut meats into smaller pieces and use small containers. Keep in mind that if the food is too hot it can heat up the fridge if you are putting too much new food in. Make space around the new food for proper air flow. Don't crowd the food - make room!



#### Did you know?

- ✓ Most regular refrigerators can handle some amounts of hot food.
- ✓ If cooling food in the fridge give it room! Let the air flow around it.
- ✓ Your fridge at home should be 40°F or less too! Get a thermometer from the store.
- ✓ If using a freezer to cool foods, you should not exceed 2 pounds per cubic foot of freezer space.

## 60 Plus Health Program Blood Pressure Screenings

Schedule for November 2009

Menasha Senior Center

Tues. November 10

1:15 – 3:00 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

### One (1) Blood Pressure check date scheduled at MSC in **November & December**

Due to the Health Dept. staff providing H1N1 flu shot clinics throughout the community during these months, one blood pressure check date will be held at the Menasha Senior Center.

**Tues., November 10      1:15 – 3:00pm**

**Tues., December 15      1:15 – 3:00pm**

Crisp fall days go hand in hand  
With vibrant leaves of gold.  
A spectacular sight of autumn beauty  
Breathtaking scenery unfolds.



Unknown

**Avoid fruits and nuts.  
You are what you eat!**



Jim Davis

## Activities at MSC

### Regularly scheduled activities:

(\$.50 activity user fee)

- ◆ **Bingo:** Quarterly bingo parties.
- ◆ **Intermediate and Advanced Line Dancing:** Monday and Wednesday morning 9:30-10:30am. \$1.00 per class. Instructor: Carol Dolan. Beginner lessons available. Call.
- ◆ **Card Games:** *Men's Sheephead* (not for beginners) - Mondays at 1:00pm, (Sept.—May); *Hand & Foot* - Fridays at 12:30pm; *Bridge* (not for beginners) - Thursdays at 1:00pm; *Texas Hold'em* Wednesdays 12:30.; *Cribbage* - Thursday, 12:30pm; \$.50 for card games.
- ◆ **Quilting Group:** Meet Fridays 12:00-2:00pm.
- ◆ **Weight loss grp:** Wed. mornings 11:00am \$.50
- ◆ **Shuffleboard:** Wednesdays 12:30-3:30pm \$.50
- ◆ **Computer Classes:** One-on-one individualized instructions. Monday mornings. Call 967-3530. Call for class fees.
- ◆ **Greeting card class:** Every 2nd Monday 12:30-3:00pm. \$2.00. Supplies available.
- ◆ **Computer Lab:** Computers are available for use during center's working hours (*except* Wed. afternoons).
- ◆ **Chair Exercise Group** (strength, flexibility, balance) every Wednesday morning 10:00-11am; \$.50.
- ◆ **Scrabble:** 1st and 3rd Mondays at 12:00pm. \$.50

Brain health continued from page 1

affect brain-health. Daily prayer, regular participation at a formalized place of worship, meditation and relaxation procedures are examples of spiritual activities that promote general health and help us to slow down.

[www.thirdage.com](http://www.thirdage.com)

## Senior computer lab update

By the end of 2009 the MSC computer lab will be in top-notch shape. All of the computer will be working, the network system will be in place and we'll have wireless capabilities (for laptops).

## Upcoming events

- December 15— Holiday Tea featuring  
Laura Ingalls Wilder
- December 17—Bingo Party
- December 31—New Years Noon Countdown

## Paws-On Doggy Photo Day

Thursday, November 12 1:00pm

Heidi Taylor, Agility Paws-On Training certified dog trainer, would like to help you create a "picture perfect" photo of your pup. Bring your dog into MSC on November 12 and Heidi will snap a digital picture of your dog while giving you hints on how you, too, can get that perfect picture of your pooch.



You'll get to choose from two or three photos and pick out a handmade frame for the occasion (and you can accessorize it).

Available, too, will be treats for the humans and snacks for the dog.

It is important to **RSVP** for this "photo shoot" by calling the office at 967-3530.

## Tree assembling parties set

It's that time again—time to assemble the trees. The Christmas trees are made from used Christmas cards. This means team work, a beautiful gift, laughter and munchies all tied up in one. Most of the trees will be delivered to King Veterans Home and a few trees will be sold as a fundraiser for the senior center.

Come to one or come to all. The dates are

Fri., November 6 12:30pm  
Mon., November 16 12:30pm  
Mon., November 30 12:30pm

Call the MSC office at 967-3530 if you have questions.



## TRIAD Tip

Officer Jeff Jorgenson,  
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

## Winter Driving

By preparing early you will greatly reduce your chances of being involved in a winter or weather related crash. First take your car to a certified auto mechanic and have the car inspected and made ready to perform in subzero conditions. Get to know your car and understand how it performs under slippery conditions. A rear wheel drive car will tail spin when traction is lost but steering is not as affected. A front wheel drive may not steer when acceleration or traction is lost but can recover when car is at a coast. Anti-lock brakes can assist greatly in slowing a car to a stop or steering around an obstacle while braking. By having your car checked to make sure everything is working properly and understanding some basic operational mechanics, you can confidently understand how your vehicle will react in different situations.

## Winter Weather

As winter approaches take a minute to make sure you have the necessities you need to survive a big snow storm. Do you have food saved that can be eaten in a power outage? Can you operate a manual can opener? Are you on a breathing apparatus which requires power to operate? Homeland Security is not just about terrorism. It is about planning for a disaster and being prepared to survive. The American Red Cross has been doing this for years and can provide useful resources to help you plan for natural disasters. Here is a sample of their preparedness kit:

- Water.** Have at least a gallon per person per day
- Food.** Pack non-perishable, high protein items, energy bars, ready to eat soup, peanut butter. Select food that require no refrigeration, preparation or cooking and little or no water.
- Flashlight**
- Battery-operated radio**
- First Aid Kit**
- Clothing**
- Medications**
- Personal Items**
- Tools**
- Sanitary supplies**
- Money**
- Extra batteries**

**Tip from Jeff:** We have had several instances in Menasha lately where thieves just had to open unlocked doors to steal the property!! Always lock your car, house and garage doors.

## 2008 TRIPS with MSC



**Call 967-3530**



We're working on a trip in December to see the Christmas lights that brighten up the Valley skies. How about some holiday music and cheer at MSC before boarding the bus?

If you would like to help Sylvia plan this festive adventure, give her a call at 967-3531. Call with your suggestions.



### - NOTICE -

Due to the increased financial concerns of operating the Menasha Senior Center, the Menasha Committee on Aging has been evaluating the various activities and programs at the center and their fees.

Starting in October, there was an increase in the "activity user fee" to \$.50 for all activities at the center. For almost nine years, the fee has been \$.25 and it was not evenly represented among all activities held at the center.

Starting in January, 2010, some program fees will include a "resident" and "non-resident" fee.

Another informal presentation discussing these changes will be held at the senior center on

**November 10 at 10:00am**

Everyone is welcome. Bring your questions. Bring your ideas.

# **FREE 15 MINUTE CHAIR/HAND MASSAGE**

**DATE:** Thursday, November 19, 2009

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

**PLACE:** Menasha Senior Center  
116 Main Street

**BY:** Certified Massage Therapist, Jenny Kuske  
Massage Therapy Associates

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

**Must have an appointment to participate**

**Sorry, no walk-ins**

## Alten Haus Assisted Living

625 and 635 Bondow Dr.  
Neenah, WI 54956

Email: [Altenhaus@new.rr.com](mailto:Altenhaus@new.rr.com)

Web Site: [altenhaus.com](http://altenhaus.com)

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



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you." **Red** could stand it no longer: He shouted out, "I am the ruler of all of you- I am blood- life's blood! I am the color of danger and of bravery. I am willing to fight for a cause. I bring fire into the blood. Without me, the earth would be as empty as the moon! I am the color of passion and love the red rose, the poinsettia and the poppy." **Purple** rose up to his full height: He was very tall and spoke with great pomp: "I am the color of royalty and power. Kings, Chiefs, and Bishops have always chosen me for I am the sign of authority and wisdom. People do not question me they listen and obey" Finally, **Indigo** spoke, much more quietly than all the others, but with just as much determination: Think of me. I am the color of silence. You hardly notice me, but without me you all become superficial. I represent thought and reflection, twilight and deep water. You need me for balance and contrast, for prayer and inner peace".

And so the colors went on boasting, each convinced of his or her own superiority. Their quarreling became louder and louder. Suddenly there was a startling flash of bright lightening- thunder rolled and boomed, Rain started to pour down relentlessly. The colors crouched down in fear, drawing close to one another for comfort in the midst of the clamor, **Rain** began to speak, "You foolish colors, fighting amongst yourselves, each trying to dominate the rest. Don't you know that you were each made for a special purpose, unique and different? Join hands with one another and come to me. Doing as they were told the color united and joined hands. The rain continued, "From now on, when it rains, each of you will stretch across the sky in a great bow of color as a reminder that you can all live in peace. The rainbow is a sign of hope for tomorrow." And whenever a good rain washes the world and a rainbow appears in the sky let us remember to appreciate one another.

*Editor's note: have been waiting to get this into one of our newsletters. Now is the time, I guess. Author is unknown to me and I don't remember where I found it.*

# Thanksgiving Banquet

## Honoring Veterans

**Tues., November 17**

at Germania Hall

- 11:30 Social
- 12:00 Welcome - Lunch
- 12:30 Intermission
- 12:45 Demonstrations/  
Entertainment
- 1:50 Door Prizes

(hot beef and hot chicken sandwiches, potato, cole slaw, baked beans, dessert, coffee/milk)

**Tickets:** \$9.50 Event w/lunch  
\$2.00 Entertainment only  
(1:00-2:00pm)

~Deadline: Nov. 10~

**Tickets can be purchased  
at the Menasha Senior Center**

Presented by : The Neenah/Menasha YMCA  
and The Menasha Senior Center

Featuring: Y-Nots Choir / VFW Veterans /  
All attending veterans

## A groaner ... but cute

### Family Tree of Vincent Van Gogh:

His dizzy aunt ----- Verti Gogh  
 The brother who ate prunes----- Gotta Gogh  
 A brother works at a convenience store ----- Stop  
 N Gogh  
 The grandfather from Yugoslavia ----- U Gogh  
 His magician uncle ----- Where-diddy Gogh  
 His Mexican cousin ----- A Mee Gogh  
 The Mexican cousin's American half-brother -----  
 ---- Gring Gogh  
 Nephew drove a stage coach —— Wells-far Gogh  
 The constipated uncle ----- Can't Gogh  
 The ballroom dancing aunt ----- Tang Gogh  
 The bird lover uncle ----- Flamin Gogh  
 The fruit-loving cousin ----- Man Gogh  
 Aunt who taught positive thinking -- Way-to-Gogh  
 The little bouncy nephew ----- Poe Gogh  
 A sister who loved disco ----- Go Gogh  
 And his niece who travels the country in an RV ----  
 -- Winnie Bay Gogh

I saw you smiling . . . there ya Gogh!

## Cleanup

Parsonage son to his mother: "I've decided that I want to be a minister so that I can clean up the mess the world is in."

"That's just wonderful, dear," purred his mother. "You can go upstairs and start with your room."

Pastor Jackson habitually told his congregation that if they needed a pastoral visit to drop a note in the offering plate. One evening after a service he discovered a note that read: "I am one of your loneliest members and heaviest contributors. May I have a visit tomorrow evening?" Signed, "Your wife."

Love, according to kids:

Q: What is falling in love like?

A: "Like an avalanche where you have to run for your life."

Q: Why do lovers hold hands?

A: "They want to make sure their rings don't fall off, because they paid good money for them."

# No substitutions

When our fifth child was born, my husband and the other children came to the hospital to look at the newborns in the nursery.

In those days, children were not allowed into the nursery and had to look at the babies through a window.

When my husband pointed out their new sibling, who was crying, our 6 year old said. "Daddy, do we have to take that one? Can't we take the one that's sleeping?"  
-Rosa Colt

The Cough, Sniffle and Sneeze season is with us...

don't forget to

**Cover your cough  
and  
Wash your hands**



# 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.

A man can be a failure many times, but he isn't a failure until he begins to blame somebody else.

~Anonymous

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**The Senior Chatter**

November 14 is National American Teddy Bear Day!! Do you know the legend of how the teddy bear got its name?



**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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