
◆ The Senior Chatter ◆

Volume 13, No. 19

Menasha Senior Center, Menasha, WI

October, 2009

Dates to remember this month:

Date	Page
Oct. 9—Flu Clinic	10
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The Census is coming ... the census is coming!!

Every household in the country will receive a questionnaire—the U.S. 2010 Census—in April. Why? To ensure an accurate and fair count of all populations at all geographic levels in the nation.

It's important because:

Census affects funding in your community. Census data directly affect how more than \$400 billion per year in federal and state funding is allocated to communities for neighborhood improvements, public health, education, transportation and much more. Spending just a few minutes to fill out your census form will help ensure your community gets its fair share of federal and state funding.

Census affects your voice in Congress. Mandated by the U.S. Constitution, the census is also used to apportion seats in the U.S. House of Representatives and to redistrict state legislatures.

Census affects your representation in state and local government. Census data are used to define legislature districts, school district assignment areas and other important functional areas of government.

Census informs your community's decisions. The census is like a snapshot that helps define who we are as a nation. Data about changes in your community are crucial to many planning decisions, such as where to provide services for the elderly, where to build new roads and schools, or where to locate job training centers. ♦

The 2010 census is much, much shorter than the last one. More info. later.

“Remembering When” -

Fire and Fall Prevention

Have fun while you learn! Menasha Senior Center will host a free 60min. presentation for older adults on fire and fall prevention on

Tuesday, October 13th at 10 am

Approximately 7,000 older adults age 65+ die as a result of falls in the home. An additional 1,000 die in their homes from fires or burns.

The program is sponsored by CDC and National Fire Protection Association and teaches older adults to protect themselves from fires and falls—through trivia questions and nostalgic interaction.

Door prizes will be offered. Please join us!

RSVP 967-3530

SeniorCare is extended to 2012

Closing? Who's closing?

By Sylvia Bull, Supervisor

Rumor has it that the Menasha Senior Center is closing—this is NOT true!!

The one thing the Menasha Senior Center is doing is continuing to work hard to provide important elements to area older adults—elements for successful aging such as fitness and exercise, social networks and nutrition.

We will continue our mission—to be a source of information and assistance, wellness programs, educational and recreational opportunities and special services in our community.

Should you have ideas on new programs or suggestions on how we may enhance our services, feel free to share them with us.

Thank you for your support.

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 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 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

- 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. There will be, starting in October, an “activity user fee” of \$.50 for all activities at the center.

A program/class fee structure that includes a resident and non-resident fee will begin in January 2010.

We will schedule informal presentations discussing these changes in the next few months. The second will be held at the senior center on

Wed., October 14 at 10:30am

Bring your concerns as well as suggestions. Help us help the Menasha Senior Center—to keep it going and available to older adults.

Menasha Senior Center OCTOBER 2009



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards</p> <p style="text-align: right;">12</p>	<p>10:00 Wii 11:20 Meals 12:00 Agility exercise 1:15-2:30 Blood Pressure</p> <p style="text-align: right;">13</p>	<p>9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p> <p style="text-align: right;">14</p>	<p>8:30 Oil Painting 10:00 Benefit Specialist 11:20 Meals 12:30 Cribbage 1:00 Bridge</p> <p style="text-align: right;">15</p>	<p>8:00 Bike 4 Fun 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i></p> <p style="text-align: right;">2</p>
<p>9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards</p> <p style="text-align: right;">19</p>	<p>9:00 Newsletter assem. 10:00 Wii 11:20 Meals 12:00 Agility exercise 1:15-3:00 Blood pressure dk 2:00 SALT meeting</p> <p style="text-align: right;">20</p>	<p>9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p> <p style="text-align: right;">21</p>	<p>8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care 1-3 Halloween Party</p> <p style="text-align: right;">22</p>	<p>8:00-10:00 Wellness Screening 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i></p> <p style="text-align: right;">23</p>
<p>9:00 Computer class 9:30 Line Dancing 11:20 Meals 1:00 Men's cards</p> <p style="text-align: right;">26</p>	<p>10:00 Wii 10:30-12n Blood Pressure 11:20 Meals 12:00 Agility exercise</p> <p style="text-align: right;">27</p>	<p>9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p> <p style="text-align: right;">28</p>	<p>8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge</p> <p style="text-align: right;">29</p>	<p>10:00 Wii 11:30 Meals 12:00 Quilting 12:30 <i>Hand&Foot</i></p> <p style="text-align: right;">30</p>

1:00p
VNA
Foot
care

Turn back your clock on Nov. 1

Note from Staff. . .

Dear Friends,

Advice from some Wisconsinites:



All I need to know about life I learned from a cow!!

- ✓ Wake up in a happy moooo-d.
- ✓ Don't cry over spilled milk.
- ✓ When chewing your cud, remember, there is no fat, no calories, no cholesterol and no taste!
- ✓ The grass is greener on the other side of the fence.
- ✓ Turn the udder cheek and moooo-ve on.
- ✓ Seize every opportunity & milk it for all it's worth.
- ✓ It's better to be seen and not herd.
- ✓ Honor thy fodder and the other and all your udder relatives.
- ✓ Never take any bull from anybody!
- ✓ Black and white is always an appropriate fashion statement.
- ✓ Don't forget to cow-nt your blessings every day.

Sylvia Bull Barb Taylor

BIRTHDAY GIFT

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



Popcorn Poppin' Month

Source: Popcorn Board, www.popcorn.org

For more than 25 years, October has been celebrated as National Popcorn Poppin' Month; however, it became "official" in 1999, when then Secretary of Agriculture Dan Glickman proclaimed October as National Popcorn Poppin' Month.

While every day is a great day for celebrating popcorn, we chose the month of October because of the popcorn harvest which takes place each fall in the Midwest. Each year when the new crop is harvested, it reminds us popcorn will always be the naturally fun snack for the entire family. Popcorn Poppin' Month is the perfect time to celebrate popcorn.

Corny facts on page 10; popcorn recipe on page 12

Reminders

Winnebago County SENIOR Resource Guide '09 MSC has a continual supply. It is a great resource for older adults-a guide should be in every household. Whether you might need it for yourself, your parents, an aunt or neighbor, it's one of those resources one has lying around "just in case".

"Free Legal Assistance" continues to be offered at the Menasha Library, 4-6pm, lower level, on the first Tuesday of each month. The clinic offers help with family law, small claims, domestic abuse/ harassment; probate/wills and property disputes.

Grandparents Raising Grandchildren Support Group has their fall and spring (2009/2010) calendar planned. This is a wonderful way to connect with others, offer and receive support, and have fun, too. Contact: Chris Kniep, Family Living Educator, Winnebago County, 1-920-232-1970. These meet at the Coughlin Bldg. on County Road Y.

"Making the Ride Happen" is a program utilizing volunteer drivers to assist older adults (60 yrs.+ in finding the best option for getting appropriate and safe transportation with the Fox Cities-for someone who needs a ride to the doctor's office, the beauty shop, the bank, or other appointment. Donations are welcome. For information or to schedule a ride, contact Holly Keenan at 920-225-1719 (hkeenan@lsswis.org).

This is a service of Lutheran Social Services of Wisconsin and Upper Michigan, Inc.

"211" is available to everyone!

We all know and remember to call 9-1-1 for emergencies, BUT we must also learn and remember to call **2-1-1** for connections to community services (food, health care, counseling, housing, support groups, clothing, legal aid, education, employment).

To Get Connected and Get Answers, dial 2-1-1



Get Connected. Get Answers.

Dial 2-1-1 for help with:

- Food 
- Counseling
- Employment
- Health Care
- Support Groups 
- Housing
- Shelter
- Legal Aid
- Clothing 
- Education



For connection to community services, dial 2-1-1; for emergency service, call 9-1-1.

A service of United Way Fox Cities

Health Corner

By Valerie Davis RN, 60 Plus Program

Get prepared for the flu season

Tips for Staying Healthy

Take common-sense steps to limit the spread of germs. Make good hygiene a habit.

- Wash hands frequently with soap and water.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put used tissues in a waste basket.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand sanitizer.
- If you get the flu, stay home from work, school, and social gatherings. In this way you will help prevent others from catching your illness.
- Don't smoke.
- Try not to touch your eyes, nose, or mouth. Germs often spread this way.

Practicing good health habits is always a good idea.

- Eat a balanced diet. Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products.
- Exercise on a regular basis and get plenty of rest.

Stay informed

- **Knowing the facts is the best preparation.** Identify sources you can count on for reliable information. If the H1N1 pandemic continues, having accurate and reliable information is critical.
- Reliable, accurate, and timely information is available at pandemic.wisconsin.gov
- Another source for information on pandemic influenza is the Centers for Disease Control and Prevention (CDC) Hotline at: 1-800-CDC-INFO (1-800-232-4636). This line is available in English and Spanish, 24 hours a day, 7 days a week.

Also:

- Look for information on the City of Menasha website: www.cityofmenasha.wi.gov
- Listen to local and national radio, watch news reports on television, and read your newspaper and other sources of printed and web-based information.
- Talk to your health care provider or call the City of Menasha Health Department at 967-3520 if you have any questions.

60 Plus Health Program Blood Pressure Screenings

Schedule for **October 2009**

Menasha Senior Center

Tues. October 6	1:15-3:00 pm
Tues. October 13	1:15-3:00 pm
Tues. October 20	1:15-3:00 pm
Tues. October 27	10:30—Noon

Elizabeth Court Apts.	Thurs., Oct. 8	1:30pm
Lakeside Commons	Thurs., Oct. 8	2:00pm
St. John's Keenagers	Thurs., Oct. 29	1:00pm

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. Val



Activities at MSC

Regularly scheduled activities:

- ◆ **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;
- ◆ **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 working hours (*except* Wed. afternoons).
- ◆ **Chair Exercise Class:** (strength, flexibility, balance) every Wednesday morning 10:00-11am.
- ◆ **Scrabble:** 1st and 3rd Mondays at 12:30pm

Knit/Crochet Club

This popular and fun intergenerational group, sponsored by the Menasha Senior Center and coordinated by Lisa Wood, Menasha resident, is starting up in October, 2009 (specific dates not available at printing time).

This is a great opportunity to socialize, share ideas as well as instruct those who want to learn this wonderful art form.

No Fee. Bring your own supplies. For adults and kids, ages 7 yrs. and on up.

Contact the MSC office for specifics.

You can join the Agility exercise class
anytime.

Tuesdays at 12:00n—1:00pm

Upcoming events

THANKSGIVING BANQUET "Honoring our Veterans"

Tuesday, November 17

11:30am—2:00pm
at Germania Hall

A collaboration by the Menasha Senior Center and the Neenah/Menasha YMCA

Music by the Y-Nots, door prizes and more. For details, see the *Senior Chatter* November issue or call the MSC office mid-October.

All Grown Up and Staying Young Living Well After 50

Saturday, October 3, '09

Sunnyview Expo Center

8:00am –12:00noon

Start the day with a FREE continental breakfast!

- ✓ Business & Community Resource Exhibits
- ✓ CARFIT
- ✓ Presentation—"Latest Issues for Seniors" by Winnebago County Benefit Specialist
- ✓ Entertainment—"4 Bits of Fun Barbershop Quartet"
- ✓ Door prices

FREE FREE FREE FREE FREE FREE FREE

Used mower

A minister was making visitation rounds on his trusty bicycle, when he came upon a young boy trying to sell a lawn mower. "How much do you want for it?" the minister asked. "I just need enough money to buy a bicycle," the boy explained.

After a moment, the minister asked "Will you take my bike in trade for it?" "You've got yourself a deal, mister." exclaimed the boy.

The minister began cranking the mower, but to no avail. He pulled on the cord with no reaction from the machine, so the minister called out to the boy, "I can't get this mower to start." The boy said, "My dad says you have to cuss at it to get it started."

Continued on page 11



TRIAD Tip

Officer Jeff Jorgenson,
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

Most of us are already aware of what we need to do to prevent identity theft -- but an occasional reminder doesn't do any harm.

2010 Census cautions

Be cautious about giving info. to census workers.

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data. The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

✓ If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice.

Ask to see their identification and their badge before answering their questions. However, you should **never** invite anyone you don't know into your home.

✓ Census workers are currently only knocking on doors to verify address information. **Do not give your Social Security number, credit card or banking information to anyone**, even if they claim they need it for the U.S. Census. While the Census Bureau might ask for basic financial information, such as a salary *range*, it **will not** ask for Social Security, bank account, or credit card numbers nor will employees solicit donations.

Eventually, Census workers may contact you by telephone, mail, or in person at home. They will not, however, contact you by Email, so be on the lookout for email scams impersonating the Census. Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau.

2008 TRIPS with MSC

Call 967-3530



There's still time—call right now!

Wed. October 7 Public Enemies

First, let's head west and enjoy a buffet lunch at the Fin 'n Feather Restaurant in Winneconne. We can watch the activity on the Wolf River and take in early fall colors.

Then we'll travel to the Oshkosh Public Museum where notorious gangsters of the 1930's have taken over. Enjoy this original blockbuster exhibition and learn about "a wave of crime in a troubled time". We'll flashback to the mayhem of America's public enemy era. See for yourself.

Cost: \$25.00 (includes school bus transportation, lunch and museum fee)

LV MSC: 10:45am

Rtn MSC: 3:00pm (approx.)



Out of the mouth of kids

After graphically telling the story of the Good Samaritan in which a man was brutally beaten, robbed and left for dead, Mrs. Martin asked her Sunday school class, "If you saw a person lying beside the road all wounded and bleeding, what would you do?"

Little Maggie broke the hushed silence, "I think I'd throw up."

Word association

A lecturer asked his large group to respond. "What is the opposite of 'joy'?" "Sadness", answered a participant. And the opposite of 'depression'?" "Elation," volunteered another.

Quickly the lecturer asks, "And what about the opposite of 'woe'?" An old-time in the group fires back, "I reckon that would be 'giddy up.'"

CHOLESTEROL/WELLNESS HEMOGRAM/THYROID SCREENINGS

Menasha Senior Center
116 Main Street, Menasha

Friday, October 23, 2009

8:00 am- 10:00 am

***NOTE: Wellness screening will NOT start until 8:00 A.M.**

WALK-IN BASIS

PREPARATION: 12 HOUR FAST

Hemogram

COST: \$13.00

Wellness Panel

COST: \$19.00

Total Cholesterol, Blood Sugar, Calcium, Uric Acid (test for gout), Triglycerides, Potassium, Cholesterol Lipid Panel & 7 other blood tests

Thyroid:

COST: \$20.00

Wellness Panel / Hemogram

COST: \$25.00

Hemogram includes: White Blood Count (infection) – Red Blood Count, Hemoglobin, Hematocrit (anemia) and Platelet Count

Wellness Panel / Thyroid

COST: \$33.00

Wellness Panel/Hemogram

and Thyroid

COST: \$39.00

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



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Website: www.ogdenre.com



FLU & PNEUMONIA SHOTS

Date: **Friday, October 9, 2009**

Time: **9:00 am to 12:00 pm**

No appointment necessary; Walk in Basis

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

By: **Valley VNA**

- Those 55 or older or those with chronic health conditions are specially encouraged to receive the vaccine.

**Free with
Medicare Part B Card
& Local Advantage
Plans**

Sponsored by: Menasha Health Department's 60 Plus Program

**Menasha Senior Center's
Sponsor: Vallhaven Care Center**



Halloween Party

Thurs., October 22

1:00~3:00pm

Ticket: \$5.00

Deadline: Oct. 20

Dress for the occasion!

Menu:

Scary food!!! (but good)

Entertainment:

Tom Palmer: guitarist, singer

✓ Compared to most snack foods, popcorn is low in calories. Air-popped popcorn has only 31 calories per cup. Oil-popped is only 55 per cup.

✓ Popcorn is a type of maize (or corn), a member of the grass family, and is scientifically known as *Zea mays everta*.

✓ Of the 6 types of maize/corn—pod, sweet, flour, dent, flint, and popcorn—only popcorn pops.

✓ Popcorn needs between 13.5-14% moisture to pop.

✓ Popcorn differs from other types of maize/corn in that it has a thicker pericarp/hull. The hull allows pressure from the heated water to build and eventually bursts open. The inside starch becomes gelatinous while being heated; when the hull bursts, the gelatinized starch spills out and cools, giving it its familiar popcorn shape.

✓ Most U.S. popcorn is grown in the Midwest, primarily in Indiana, Nebraska, Ohio, Illinois, Iowa, Kentucky and Missouri.

✓ The peak period for popcorn sales for home consumption is in the fall.

✓ Most popcorn comes in two basic shapes when it's popped: snowflake and mushroom. Snowflake is used in movie theaters and ballparks because it

looks and pops bigger. Mushroom is used for candy confections because it doesn't crumble.

✓ "Popability" is popcorn lingo that refers to the percentage of kernels that pop.

✓ There is no such thing as "hull-less" popcorn. All popcorn needs a hull in order to pop. Some varieties of popcorn have been bred so the hull shatters upon popping, making it appear to be hull-less.

✓ How high can popcorn kernels pop? Up to 3 feet in the air.

✓ On September 29, 2006 a new record was set for the World's Largest Popcorn Ball, as measured by the Guinness Book of World Records—eight feet in diameter, nearly 24.5 feet in circumference, weighing in at a whopping 3,423 pounds. It took two days for employees of The Popcorn Factory to create it.

Mower continued from page 7

The minister replied, "I am a minister-I can't cuss and it's been so long, I don't even remember how to cuss.

The little boy look at him with a sparkle in his eye, "Just keep pulling on that cord, and it'll come back to you."

To Autumn



Season of mists and mellow fruitfulness,
 close bosom-friend of the maturing sun;
 conspiring with him how to load and bless with fruit
 the vines that round the thatch-eves run; to bend
 with apples the moss'd cottage-trees, and fill all fruit
 with ripeness to the core; to swell the gourd, and
 plump the hazel shells with a sweet kernel; to set
 budding more, and still more, later flowers for the
 bees, until they think warm days will never cease,
 for summer has o'er-brimm'd their clammy cells.

John Keats

Cheery Cherry Popcorn

- 2 ½ quarter air-popped popcorn
- Butter flavored spray (like PAM)
- 1 package cherry flavored gelatin

Put popcorn into a very large bowl and spray lightly with butter flavored oil. Sprinkle with gelatin. Put in 350 degree oven for five minutes. Gelatin will dissolve slightly and stick to the popcorn.

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.

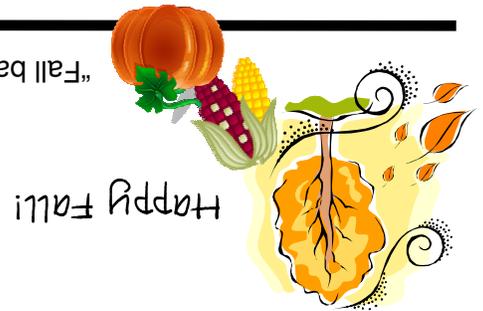
You can make a difference . . .

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.

Keep your chin up, it helps to keep your mouth shut.
 ~Leo Bascaglia

Don't worry about avoiding temptation. As you grow older, it will avoid you.
 ~ Winston Churchill

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