

◆ The Senior Chatter ◆

Volume 14, No. 7

Menasha Senior Center, Menasha, WI

July 2010

Dates to remember this month:

Date	Page
July 1 - Medicare 101/Turning 65	1
July 19 - Soda Pop Party	11
July 20 - Dementia/Interacting	7

Medicare 101 / Turning 65

Thursday, July 1
10:00am

You have another opportunity!!

To ask the Who/What/Where/When/Whys - about what you are or will be experiencing regarding these issues.

Candace Corbett, Winnebago County Benefit Specialist, will be at Menasha Senior Center to guide you and answer your questions regarding Medicare and/or what to do when you turn 65.

RSVP your interest in attending (for seating purposes) at 967-3530.

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THURSDAYS
Downtown Marina Terrace
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June 10 - October 28

For locally grown produce and cut flowers, fresh meats, bakery breads and sweets, egg rolls, coffee, pottery, jewelry, woodcraft and MORE!



You're invited ...

MSC's Committee on Aging invites you to attend a retirement celebration for Sylvia on

Tuesday, July 20 between 1 & 3 pm

Drop in at the senior center and wish her well. Enjoy coffee and a snack. You can offer her advice on how best to enjoy her retirement.

You can read her message on page 5

4th of July and summer - all rolled up in one



"You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism."

~Erma Bombeck



"Mosquito is out,
it's the end of the day;
she's humming and hunting
her evening away.
Who knows why such hunger
arrives on such wings
at sundown? I guess
it's the nature of things."

~N. M. Boedecker, *Midsummer Night Itch*

"Deep summer is when laziness
finds respectability."

~Sam Keen



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 first Thursday of 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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Contact Steve today for an appointment

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

920-967-3530

Menasha Senior Center JULY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CLOSED 4th of JULY</p>	<p>What'll you have? Two scoops of ice cream (low-fat if you wish), covered with peaches, sprinkled with blueberries and topped with a dab of whipping cream. What are you celebrating? This month is: NATIONAL Ice Cream, Blueberries and Peaches MONTH</p>			
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>9:00 Computer class 9:30 Line Dancing 11:20 Meals 1:00 Men's cards 1:00 Bridge</p>	<p>10:00 Wii Bowling 11:20 Meals 12:00 Yopliet exercise 12:30 Penny Ante poker 1:15-3:00 Blood Pressure ck</p>	<p>9:30 Line Dancing 10:00 Irestle Trek 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</p>	<p>7:45 CA meeting 8:30 Oil Painting 9:30 PC meeting 11:20 Meals 12:30 Cribbage 1:00 Bridge</p>	<p>10:00 Wii 11:20 Meals 1:00 Quilting 12:30 Hand&Foot</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>
<p>9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards / Bridge 1-3:00 Soda Pop Party</p>	<p>9:00 Newsletter Assen. 10:00 Dementia/Interacting 10:30-12 Blood pressure 11:20 Meals 12:00 Yopliet 2:00 SALT 12:30 Penny Ante poker</p>	<p>9:30 Line Dancing 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</p>	<p>8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care</p>	<p>10:00 Wii 11:20 Meals 1:00 Quilting 12:30 Hand&Foot</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>9:00 Computer class 9:30 Wii Golf 9:30 Line Dancing 11:20 Meals 12:30 Card making class</p>	<p>10:00 Wii bowling 10:30-12 Blood pressure 11:20 Meals 12:00 Yopliet exercise 12:30 Penny ante poker</p>	<p>9:30 Line dancing 10:00-11 <i>Chair</i> exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em</p>	<p>8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge</p>	<p>10:00 Wii 11:30 Meals 12:00 Quilting 12:30 Hand&Foot</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

Note from Staff. . .

Dear Friends,

July 16 is my last working day at MSC. Yup - I'm retiring!!!! I am REALLY excited about it - I'm also a little anxious and a little sad. You know what I'm going to miss the most? YOU !! (And, surprisingly, producing this newsletter!).

I want to thank all of you for your encouragement and support over the last ten years. (And to all of you who told me how much you enjoyed this newsletter!). This is a job/position that I have really, truly enjoyed. (And that ain't no bull!!).

I believe there is great value in a community's older adult services and activities. They are important - *you* need to make sure they remain important and that they work for you - for all seniors. Programs for seniors don't survive, however, without the involvement of its participants. If you value what the Menasha Senior Center has offered in the past and what it proposes for the future, please provide strong and continued support.

In, this, my last newsletter, I'd like to leave you with the words and wishes of an old Irish blessing:

May love and laughter light your days and warm your heart and home.

May good and faithful friends be yours wherever you may roam.

May peace and plenty bless your world with joy that long endures.

May all life's passing seasons bring the best to you and yours.

Affectionately,

Sylvia Bull

Birthday Gift

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



**To exist is to change,
to change is to mature,
to mature is to go on
creating oneself endlessly.**

Henri Bergson

A newcomer to the center?

You may not know why they are here today. It may be as simple as a move to our community or as complicated as a personal crisis leading them to seek resources.

Would you please:

Smile at them as they walk in the door. You are their first impression of the Center and this first impression will probably stay with them a long time.

Speak to them, don't let them stand alone. They may find it hard to believe that you truly care for each other unless they first see evidence that you care for "the stranger in your midst".

Tell them good things about the Center and staff. They want to believe that they have come to a place where people enjoy each other.

Notice them even if they're not a "family", or if they're alone. They don't want to feel invisible just because they are unmarried, handicapped, didn't come with a friend, or are different from you in some way.

Talk to them again the second time they come back. If you help them feel comfortable, they may find it easier coming back again.

Thanks for your kindness and your help extending our goodwill.

They just don't stop

Scammers, that's who!! They'll do anything to make a buck. So that means we (you and I) just have to be cautious and careful.

The new scam is regarding the \$250 rebate check for Medicare individuals who reach the prescription drug coverage gap commonly known as the "donut hole". Scammers contact beneficiaries and ask for their personal information and tell them they have to pay a fee so they can "apply" to get their check.

NOTE: there is nothing for beneficiaries to do. The check will be automatically issued when the individual reaches that coverage gap. Do Not give out any personal information to anyone if they call about this rebate check - or to anyone else for that matter.

If you have any questions about this rebate, contact your county's Benefit Specialist.

Remind your friends and neighbors.

Source: Gail Schwersenska, Director, Office on Aging, Bureau of Aging and Disability Resources, in Madison.

Health Corner

By Valerie Davis RN, 60 Plus Program

Ring around the "Rosemary"

The herb Rosemary represented love, loyalty, friendship and remembrance to the ancient Egyptians and Greeks. During the Middle Ages it was burned in hospitals to fight disease

Without a doubt, Rosemary is an herb with an interesting history. In fact, it's a little difficult to weed out the facts from the folklore when it comes to this delicious, nutritious and health-promoting herb!

But we know the facts ... Rosemary is rich in vitamin A, vitamin C, phosphorous, iron, magnesium and zinc. Rosemary is also a mild diuretic and has anti-inflammatory qualities. It is thought to help with digestion and promote appetite but more importantly, it's a powerful antioxidant.

The best reason to use Rosemary in your cooking is its distinctive flavor and aroma. It is probably one of the most versatile herbs. It's commonly used with meats, poultry, fish, vegetables, cheeses, eggs, soups and sauces.

Interesting facts:

- Rosemary is also used for scent in perfumes and insect repellants.
- The leaves look similar to pine needles.
- The plants can grow to 6ft tall.
- It contains antioxidants which can help protect against cancer.
- Many varieties include Blue Lade, Blue Boy, Dancing Water and Pinkie.

Cooking tips:

- To use fresh rosemary, strip the leaves from the main branch and chop before using.
- Rosemary has a very strong flavor and should be used in small amounts.
- It can be used in homemade stuffing; breads/biscuits; tomato-based sauces and soups; added to melted butter and poured over potatoes and vegetables; mix with garlic for a lamb or chicken seasoning.

Source:

60 Plus Health Program Blood Pressure Screenings

Schedule for July 2010

Menasha Senior Center

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

Lakeside Commons Thurs., July 8 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

Fox City Swing Band Fieldtrip

*~ a special treat for MSC
presented by Touchmark~*



What: Fun, food, tour and music
 When: **Monday, August 23**
 Time: 6:00pm
 Where: Touchmark
 2601 Touchmark Drive, Appleton
 Cost: No charge with registration by July 15 through the Menasha Senior Center

Seating is limited. Includes transport from Menasha Senior Center to Touchmark, refreshments, tour at 6:30 and musical event at 7pm (14 piece live band). This fieldtrip should satisfy your curiosity, palette and love of music.

LV MSC: RtN MSC:

Call 967-3530 to register

TOTAL answer: 5000? No, 4100.
 WHAT...?? answers: A rash of luck
 A leak
 Tear gas

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/"Yopilates" 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

Aug 17 - Fox Cities Senior Games

Aug 23 - Swing Band at Touchmark

Interacting with someone affected by dementia

Tuesday, July 20

11:00am

Do you know someone - family, neighbor, friend - who is affected by dementia? And do you want to show your concern, interest and friendship with this person but are hesitant or afraid because you don't understand dementia and don't know how to deal with it?

Use this opportunity to learn how to interact with someone with dementia. The more you know....the more you'll understand and the more comfortable you'll be.

Presented by Delores Moyer, Geriatric NP, MSN, FAAN Harbor House Assisted Living Owner & Founder.

Free and open to the public.

**Call MSC at 967-3530
if you have questions.**

Giggle or groan - take your pick

✓ Wonder what today's younger generation will tell their children they had to do "without"?

✓ People never grow up; they just learn how to act in public.

✓ The only thing that wakes you up faster than coffee is spilled coffee.

✓ When you get older, lack of pep is often mistaken for patience.

✓ A sign in the front yard of a Funeral Home: "Drive carefully. We'll wait."

Source for the above and quizzes: myseniorsite.ca, a web site in British Columbia



TRIAD Tip

Officer Aaron Zemlock-Crime Reduction Coordinator
Menasha Police Department 920-967-3550

Citizen's Police Academy 2010



The Menasha Police Department is currently accepting applications for its 4th Citizen's Police Academy.

Persons who live, work or volunteer in Menasha may submit their application for consideration. All applicants who successfully pass their background check will be enrolled in the Academy AND are eligible for a four hour ride-a-long with a Menasha police officer.

Why do you join a citizen's police academy?

This is not for people who want to be police officers. A police academy showcases your local police department and builds friendships with the men and women who help keep your neighborhood safe. The Academy also builds partnerships with community members who want to help us make Menasha a safer place to live. This Academy will explain our response to issues in Menasha and in return provide us an opportunity to learn about what YOU think still needs to be done.



You will work with fingerprints on crime scene investigation night and learn Use of Force knowledge in a hands-on scenario.

The 2010 Academy will run on Tuesday nights from 6:30-9pm at the Menasha Police Department starting on September 7, ending on November 16.

The Academy will cover patrol duties, equipment, SWAT, Honor Guard, field training, hiring practices, organizational structure and supervision. You will get to see first hand some of the local issues Menasha Police deal with and communicate directly with the officers resolving those issues.

CONTACT

Aaron Zemlock at 967-3550

TO ENROLL

It's NOT too early to enroll - call now!

2010 TRIPS with MSC



Call 967-3530

Thurs., July 22

"Opera to Broadway"
or **"Cookies and a Concert"**

A few seats are open

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.)

We wander for distraction, but we travel for fulfillment.

Hilaire Belloc

Wed., Sept. 29 Door County

This *"I always enjoy this trip"* trip includes shopping, browsing and eating: Red Barns, a winery, an orchard and a Fish Creek lunch (traditional Door County fish boil [or chicken]).



Cost: \$45.00 (incl. coach, lunch); \$10 deposit at registration. State your wish: *Fish* or *Chicken*.

LV MSC: 7:15 am sharp

RTN MSC: as soon as we get done!

It's filling up fast.

Why do you turn down the radio when you're lost?

Editor's note: This was an article in the Sharpbrains.com site - a blog by a Caroline Latham on the subject of attention/cognition/peak performance. I like the way it was explained.

You're driving through suburbia one evening looking for the street where you're supposed to have dinner at a friend's new house. You slow down to a crawl, turn down the radio, stop talking, and stare at every sign. Why is that? Neither the radio nor talking affects your vision.

Or do they?

Here's what a professor in the Department of Psychological and Brain Sciences at John Hopkins had to say about using a cell phone while driving: "Directing attention to listening effectively 'turns down the volume' on input to the visual parts of the brain. The evidence we have right now strongly suggests that attention is strictly limited – a zero-sum game. When attention is deployed to one modality – say, in this case, talking on a cell phone – it necessarily extracts a cost on another modality – in this case, the visual task of driving."

He's talking about divided attention, or the ability to multitask and pay attention to two things at once. It's generally much harder than selective, or focused, attention. The factors that come into play are your attentional capacity and the processing requirements – essentially how much of which areas of your brain are needed to process the input.



Your attentional capacity can be taken up by tuning out (or inhibiting) distractions, dividing your attention across multiple things, or even vigilantly sustaining your attention on one thing. Fatigue takes a big toll on attention. If you're tired, it's harder to concentrate. Depression has a similar effect. And guess what? Getting older both reduces your attentional capacity (and increases your processing requirements). Basically, it takes more and more inhibition skill to tune out distractions and stay focused.

So, you're not nuts to turn down the volume when you're lost. By doing that, you are allowing more of your brain to focus on your mission - to find dinner!

Celebrate Spooner's Day, July 22

Celebrate the birthday of William Spooner whose many misstatements created "spoonerisms".

Spoonerisms?? What are spoonerisms?

Spoonerisms are phrases, sentences, or words in language with swapped sounds. Usually this happens by accident, particularly if you're speaking fast (a "slip of the tongue"). *Come and wook out the lindow* is an example.

There are millions of possible spoonerisms, but those which are of most interest (mainly for their amusement value) are the ones in which the spoonerism makes sense as well as the original phrase. *Go and shake a tower* and *a well-boiled icicle* illustrate this (go and take a shower, a well-oiled bicycle).

Since spoonerisms are phonetic transpositions, it is not so much the letters which are swapped as the sounds themselves. Whole words or large parts of words may be swapped as well: *to gap the bridge* (to bridge the gap). And sounds within a word may be transposed to form a spoonerism too, as in *crinimal* and *cerely* (criminal, celery). It is not uncommon for spoonerisms of this type to be created unintentionally (*cuss and kiddie* and *slow and sneet* (kiss and cuddle, snow and sleet).

This error in speech or deliberate play on words is named after the Reverend William Archibald Spooner (1844–1930), Warden of New College, Oxford, who was notoriously prone to this tendency. (It is also known as a marrowsky, after a Polish count who suffered from the same impediment.)

Hmmm, thus is Spooner's legacy!??

Source: WWW search

Try this quiz, quickly in your head only.

Take 1000 and add 40 to it.

Now add another 1000.

Now add 30.

Another 1000.

Now add 20.

Add another 1000.

Now add 10.

What is the total??

Answer on page 6



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There is no viable alternative to growing old, so we might as well do it with grace and grit.

To the volunteers who could not attend the Volunteer Appreciation event on June 14: Please stop by the office to pick up your certificate and gift.

Menasha Senior Center's

Soda Pop Party



Mon., July 19 1-3 pm

with

Jack Zolkowski &

The "Soda Pups"

See the popular 'parade' Hummer and its celebrity passenger.

Sponsored by: SeniorHelpers In-Home Care

Hot dogs, chips, cookie and soda!!

Tickets:

Adult: \$3.00

Child \$2.00

Deadline:
July 14

Bring your grandkids, nieces/nephews; tell your neighbors and friends. Great fun for all.

Donations accepted

When church secretary Ms. Daisy answered the phone, a man's voice asked, "Can I speak to the head hog at the trough?" The secretary thought she heard what he said, but asked, "I'm sorry, who?" The caller repeated, "Can I speak to the head hog at the trough?"

Ms. Daisy thought a moment and then answered, "If you mean the minister, please refer to him as 'Pastor' or 'Reverend', but not 'head hog at the trough'!"

The man replied, "Well, I was wanting to give one hundred thousand dollars to the building fund."

Quick as a wink, Ms. Daisy responded, "Hang on, sir, I believe I just heard his 'oink'."

What????

Answers on page 6

1. What do you get if you cross a four leaf clover with poison ivy?
2. What vegetable do you need a plumber for?
3. What can you make from baked beans and onions?

#1 teaser

Complete the quotes by filling in the appropriate vowels. Extra bonus points if you know who authored them!

1. Mnds r lk prchts - th nl fctn whn pn.
2. Bwr f smll xpns, smll lk wll snk grt shp.
3. Prblms cnnt b slvd t th sm lvl f wrnss tht crtd thm.

#2 teaser

In a country, there are over 100 streets. Street 1 is named First Street, street 2 is named Second Street, and so on and so forth.

A traveler decides to walk through all these streets in that country. He could find all the streets except Street 62. No matter how hard he tried, he could not find it.

He later found that the locals had given the street another name.

What is the name?

Answers on page 12

The red bell pepper



↑ red

This sweet and refreshing vegetable is definitely the cream of the bell pepper crop. In fact, red bell peppers are one of the most nutrient-dense of all vegetables with a single 1/2 cup serving providing 140% of your daily dose of vitamin C (that's more than oranges!), one half of your daily vitamin A, and ten other important vitamins and minerals. This gem of a vegetable is also prized for its cancer-fighting lycopene and its vision-protective lutein phytochemicals (green bell peppers don't contain either).

Source: Dr Ann Kulze's web site newsletter

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- Minds are like parachutes - they only function when open. Thomas Dewar
 - Beware of small expenses, a small leak will sink a great ship. Benjamin Franklin
 - Problems cannot be solved at the same level of awareness that created them. Albert Einstein
-
- Minute street. This is because Street 62 is named Sixty Second Street, and Sixty Seconds = 1 Minute, hence Street 62 is also called Minute Street.

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 MSC office 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 contri-

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Απολαύστε

*It's important to have a
twinkle in your wrinkles.*



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