



UNITED SENIORS OF WISCONSIN, INC.
4515 W. Forest Home Avenue
Milwaukee, WI 53219



Seasons of Change

Volume 4, Issue 2

FALL 2012

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From the Desk of

Dorothy Seeley

*I aspire to inspire! To be thoroughly used up before I expire!
Remember that attitude makes life worth living!*

I want to personally thank all of our dedicated Bingo players. Without you we would be nothing! We appreciate your support and would like to help honor our loyal Bingo players each month by celebrating birthdays each month with prizes and cake! Please see our last newsletter for more information or download a copy from our website at: www.unitedseniorsofwisconsin.org.

Inside this issue:

- *From The Desk Of Dorothy Seeley* 1 *Barbara Pendleton who ran the kitchen at Bingo for many years is at Mt. Carmel. I'm sure she would be happy to hear from her friends at the Bingo hall.*
- *Continuing The Tradition of Service...* 2 *Please send her cards to let her know that she is still remembered!*
- *Do You Know?* 3 *A special thank you to Mark Borkowski for all the awards that United Seniors of Wisconsin has received from the county. We also want to thank Post 18 for their color guard at our picnics!*
- *United Seniors of Wisconsin Photo Gallery* 4 *Come join us at the Bingo hall on Tuesday and Wednesday evenings from 4:30-6:30 pm for **Sing-Along Time!** Darryl is our organist plays lots of oldies but goodies that everyone is sure to enjoy! When Darryl isn't tickling the ivories at the Bingo Hall he's usually found playing at Miller Park or at horse shows and ball games. Darryl has a busy schedule, so when he can't play our good friend Murray from Pioneers will be there to the rescue.*
- *A Very Special Thank You!* 5
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Continuing The Tradition of Service by American Legion Post 18



You've probably seen us marching in a parade somewhere. Or distributing poppies on a street corner or at the local grocery store. Perhaps in a bingo hall? Or maybe at a funeral? And maybe you wondered just what it is that the American Legion does here in Milwaukee? What do we do with the money we raise?

The answer is... a multitude of things!

Did you know that we help support six different programs at the VA hospital? We provide cookies, treats, and personal supplies to patients in the hospital. We also contribute to the "Dry Hootch", a place where veterans can go to relax, unwind, and talk about the issues they face in a friendly environment. We also support the gift shop at the VA hospital. We send care packages to servicemen and

women serving overseas, with items like phone cards, books, DVD's, and personal items. We also send holiday cards to troops serving overseas.

Children are also important to us. We provide toys and pillows for hospitalized children from all walks of life. We sponsor two students at Badger Boys and Girls State, where they learn how government works. We hold coloring and essay contests with cash awards, along with sponsoring an oratorical contest where they can earn scholarship awards on a state as well as a national level. We support two local Boy Scout troops, as well as an American Legion baseball team. We hold Americanism assemblies at local schools, where we talk about the history of our flag, what it means to be an American, and distribute small flags to every student, along with a full-size flag for the school.

We provide dinners for residents at King Veteran's Home, and sponsor a fishing afternoon where we take veterans out for an afternoon of fun and social activities. And we provide assistance to veterans who need help. All of us have served our country before. We continue to serve our veterans, our neighbors, and our community today! So the next time you buy a poppy, or play bingo in a Legion Hall, you can rest assured that the money you give is being put to very good use!

Do You Know? by Phyllis Nickchen, PT

Do you know the effects of food toxins on your body and those of your children and grandchildren? The harms of GMO's and how they get there? Or what you can do to limit such?

Do you know the effects of the various media on you, your children and grandchildren? Do you know what you can do about such?

Do you know what the effects from a lack of exercise and what it can do to your mobility as one ages?
The affect on your daily living activities?

Do you know that we discuss topics such as these while we have fun exercising to music?

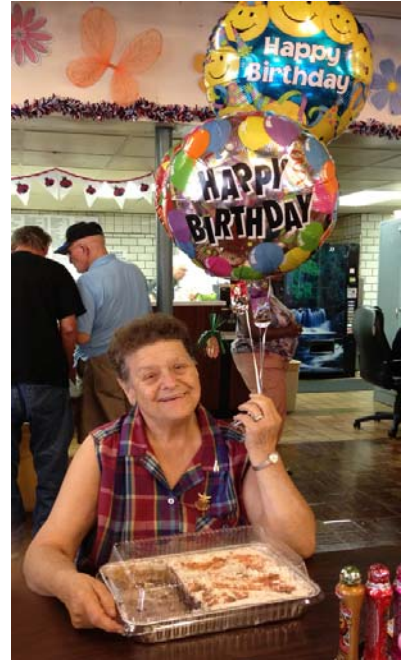
Come and join us 1-3x per week for an hour of social, senior fun and fitness!

*The Wellness Center
is open
Mondays, Thursdays
& Fridays
11:00 am - 2:30 pm*

*Family Activity Center
United Seniors of Wisconsin
4415 W. Forest Home Avenue
Milwaukee, WI*

*Call (414) 321-2829
for more information*

United Seniors of Wisconsin - Photo Gallery



**DOROTHY BILOT
CELEBRATING HER
BIRTHDAY AT THE
UNITED SENIORS
BINGO HALL**

Photo credit: Monika Sobierajski



GETTING READY TO PLAY AND WIN!

Photo credit: Monika Sobierajski



POST 18 COLORGUARD



**RECOGNITION PLAQUE
PRESENTED TO
SENATOR HERB KOHL
FROM THE UNITED SENIORS
OF WISCONSIN**

*"Thank you for your dedication
to senior causes while being
our servant in Washington
D.C. Your service is greatly
appreciated. You deserve a
diamond in your crown"*

**United Seniors of Wisconsin
2012**

**Presented at the
United Seniors Festival
held on Sept. 16, 2012**

Photo credit: John Torres/WJTI Radio



Photo credit: John Torres/WJTI Radio

A Very Special Thank You! From American Legion Post 180



A very special thank you to our loyal workers. Some are here every Monday night and at times we can get testy. Others are working part time, but no matter when you work you are a big help and always appreciated!

A very special thanks to the Bingo players, who show up every Monday night to play Bingo. We couldn't run Bingo without you! Keep coming and bring a friend!

Many thanks!

*Sincerely,
The Monday Night Bingo Committee
George Washington
Bay View American Legion Post 180*

WITHOUT YOU, WE COULDN'T DO WHAT WE DO!

Without Bingo how could we help the unfortunate... like the "Battered Women" and their children; Nursing Home Patients, and Veterans who fought for our freedom, many of whom are in wheelchairs, no legs or arms and still feel lucky to be alive!

Bingo workers aren't paid... they are all VOLUNTEERS!

A VOLUNTEER is one who has compassion, a heart full of giving love, and thinks of others before ones self. Be a volunteer and show your true feelings... or SHOW YOUR SUPPORT and JOIN THE FUN with your friends and WIN MONEY to boot!

MONDAY-FRIDAY SESSIONS

(9:30 & 11:00 AM)

EVENING SESSIONS

(6:30 PM & 8:00 PM)

For last minute information call:
(414) 321-0220



Visit United Seniors Online!

Lost or misplaced your newsletter? Don't worry, you can always print the latest copy of our newsletter online! Visit us at: www.unitedseniorsofwisconsin.org

United Seniors of Wisconsin is just a mouse click away. Go online for convenient and easy access to all of our upcoming events. Download past and current newsletters as well as get current Bingo information. Check out our online photo gallery and much more! We appreciate your feedback, so feel free to share your ideas with us and let us know what you would like featured online and in our newsletter!

Email us at: info@unitedseniorsofwisconsin.org



FOR INFORMATION ABOUT THE TOPS PROGRAM

Contact Dorothy Witte at (414) 321-2829

*Mark your
calendar*



ANNUAL MEMBERSHIP MEETING

Saturday

September 29, 2012 (1:00 pm)

United Seniors of Wisconsin

Bingo Hall

4515 W. Forest Home Avenue



BINGO SCHEDULE

*EVERY DAY IS BINGO DAY AT
UNITED SENIORS OF WISCONSIN!*

- **PIONEER DRUM & BUGLE** - Every Sunday Night
- **UNITED SENIORS OF WISCONSIN INC.**
 Every Monday thru Friday Morning (9:30 am & 11:00 am)
 Tuesday & Wednesday Nights (6:30 pm & 8:00 pm)
- **AMERICAN LEGION POST 180** - Every Monday Night
- **AMERICAN LEGION POST 18** - Every Thursday Night (7:00 pm)
- **AMERICAN LEGION POST 18/PIONEER DRUM & BUGLE**
 Every Friday & Saturday Night

Pioneer Corps

The Pioneer Corps is highly indebted to the United Seniors of Wisconsin for providing them opportunity to run Bingo games in their fine facility in order to give students from literally all over the world to perform musically in front of thousands of people throughout the United States.



This summer, the Corps competed in several states in huge stadiums such as: The Alamo Dome in San Antonio, Texas; The Georgia Dome in Atlanta, GA; George Crum Memorial Stadium in Allentown, PA; and the Lucas Oil Stadium in Indianapolis, IN where the Corps gave their championship performance. These were just a few of their shows during the 80 day tour across the Midwest, South, and Eastern Seaboard.

The Pioneer had young members from all over the United States, four from South Africa (disadvantaged young musicians who were supported thanks to our Bingo players), five drummers from Japan (three of them young ladies who played snare drums), two horn players from England, and one baritone player from Canada. We would love to have more young people from the Milwaukee area participate, and hopefully as more people attend our Bingo games, it will be financially possible for them to do so.

Our sole purpose as a not-for-profit musical organization is to provide the best possible musical and social experiences for our young members. With the decline and elimination of music from many of our schools both here in the Milwaukee area and nationally, we hope to be able to fill in the void and give as many young people as possible a positive, wholesome and rewarding activity. Again, this is only possible through the generosity and opportunities given to us by the United Seniors of Wisconsin and our biggest fan, Dorothy Seeley! Thank you!

Do you know someone who is looking for ways to promote their business at a very affordable cost?

You can help us with defraying the cost of publishing our quarterly newsletter by placing an ad. **Ads start at just \$25 for a business card size ad (3.5" x 2")**. Contact us for a quote on larger ads or for information on advertising on our website.

Ads should be **copy-ready** and must be submitted in **JPEG** format. Professional ad design & setup available for an additional charge.

Submit your ad via email to:
info@unitedseniorsofwisconsin.org

Make your check payable to **United Seniors of Wisconsin** and send to:

United Seniors of Wisconsin
c/o Advertising Dept.
729 W. Oklahoma Avenue
Milwaukee, WI 53215

(414) 388 - 3461
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HERE!**

Weston A. Price Update by Muriel Plichta

Dear Friends,

Summer has passed (breathe a sigh of relief), fall is upon us, and the farm markets are bursting with nutritious food. What a “delicious” time of the year to resume our Weston A. Price meeting schedule! Thus, we will be holding our first meeting of the fall season on September 20th at 6:30 p.m. at the United Senior and Family Activity Center located at 4417 W. Forest Home Avenue. This first meeting is a very special one in that we encourage you to round up your friends and bring them with you to be introduced to the principles and practices of the Weston A. Price Foundation. Those of you who frequent these meetings know what a wonderful group of folks we have in attendance and how much we learn together through the process of sharing.



To add a bit of “flavor” to this first gathering, we would like you to bring a label, wrapper or packaging from a food item that you have available from your kitchen. Want to bring more than one—great—we know that some will forget their homework and so we may need the extras!

And finally, we will be once again be encouraging orders for Scott Trautman’s prize winning meats. Orders placed before October 10th will be delivered at the October 18th meeting. Scott’s contact information is as follows: Phone: 608-516-7447 or www.trautmanfarm.com.

Truly looking forward to seeing all of you again, and in the meantime may you be blessed with the beautiful abundance of Mother Earth.

Muriel

**And don’t forget—we always welcome treats at the meeting!*

Meetings are held on the third Thursday of each month, except for January and February when we do not have any meetings scheduled due to the winter months.

Our upcoming meetings for the remainder of 2012 will be:

- **September 20, 2012 @ 6:30 pm**
- **October 18, 2012 @ 6:30 pm**
- **November 15, 2012 @ 1:00 pm**

For additional information, please contact Muriel Plichta at (414) 383-2121 or mplichta@milwpc.com

Looking forward to seeing you in September!

**Write or email your
comments & suggestions!**

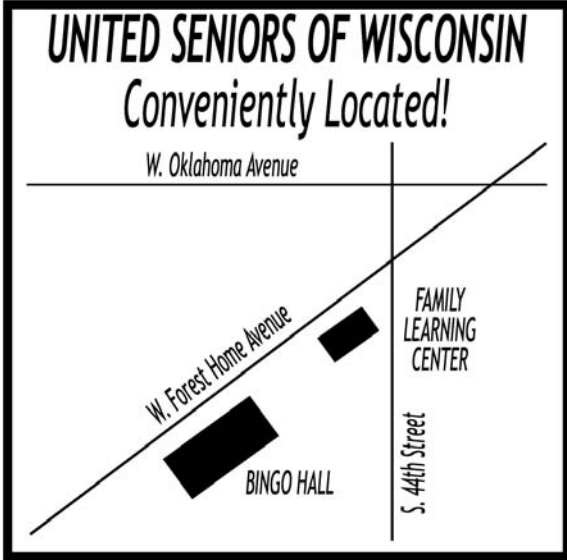
info@unitedseniorsofwisconsin.org

4515 W. Forest Home Avenue
Milwaukee, WI 53219

VISIT US ONLINE AT

www.unitedseniorsofwisconsin.org

United Seniors of Wisconsin was incorporated in 1986 as a 501(c) (3) organization based on the desire to help people of all generations make the world a better place to live. It grew out of the founder Dorothy Seeley's past training and passion as a counselor in Community Services. Since then, United Seniors of Wisconsin has become a valuable volunteer run organization contributing many desperately needed resources and programming to people of all generations, genders, ethnicities, socioeconomic statuses and religious beliefs. All profits realized by the organization go directly back towards helping individuals overcome barriers and health problems and maintain healthy lifestyles. The organization is solely funded through BINGO sessions held at the Bingo Hall and via generous donations and membership dues from Wisconsin residents. Many individuals come to socialize and develop their skills while providing/receiving needed services. United Seniors of Wisconsin is centrally located on 45th and Forest Home Avenue in Milwaukee and Greenfield, Wisconsin and is easily accessible by car, foot, via disability and elderly transportation services and by using the Milwaukee County Transit Bus System (Routes 14, 35 and 51) as well as via Transit Plus taxi/van accommodations.



United Seniors of Wisconsin is reaching out to our Spanish listening audience. Hear our Bingo ad on the Spanish Radio station WJTI 1460 AM!

CURRENT RESIDENT -or-

MAKE YOUR TAX DEDUCTIBLE DONATION TO US TODAY!

“Seniors Helping Seniors In Their Golden Years”

WWW.UNITEDSENIORSOFWISCONSIN.ORG

**UNITED SENIORS OF WISCONSIN, INC.
4515 W. FOREST HOME AVENUE
MILWAUKEE, WI 53219**



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