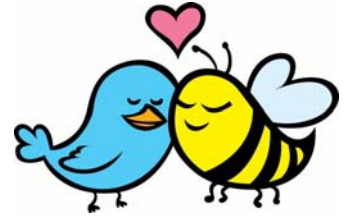




UNITED SENIORS OF WISCONSIN, INC.
4515 W. Forest Home Avenue
Milwaukee, WI 53219



Birds, Bees & Bingo!

Volume 4, Issue 1

SPRING/SUMMER 2012

MILWAUKEE STATE OFFICERS

PRESIDENT

Dorothy J. Seeley

VICE-PRESIDENT & EXECUTIVE SECRETARY

Carolyn Clements

TREASURER

James Cleary

SGT. AT ARMS

James Benz

BOARD MEMBERS

Donald Almquist

Robert Moodie

Bob Kames, Jr.

Roman Blenski

ELECTED

Phyllis Nickchen

NEWSLETTER & WEBSITE

Monika Sobierajski

Start Small. Dream Big!

by Dorothy Seeley



DOROTHY SEELEY, President

Twenty-five years may seem like a long time, but that time goes by very quickly when you are busy working hard and helping seniors, veterans, kids and the local community. What started with the purchase of the old Dutchland Dairy building

and has evolved into a dream. It's more than just a building. It's a place and resource that provides dignity and support to the local community.

Anything is possible if you start small and dream big! Nothing happens by just sitting around and not doing anything. You have to make it happen!

Look at what we have accomplished in these 25 years: An apprenticeship program at Hamilton High School, Bicentennial Park, United Seniors Family Center, helping battered women, supporting our veterans and local organizations through our bingo hall.

Thank you! You have all helped to make this dream a reality! Let's go for 25 more!

Calling All Bingo Players!

Inside this issue:

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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



25th Anniversary Celebration

Thank you so much to everyone who came and joined us at our 25th Anniversary Celebration on December 14, 2011 to be part of this special event.

The hard work and dedication of many individuals is what has made United Seniors of Wisconsin what it is today. Our board members: Dorothy Seeley, Carolyn Clements, James Cleary, James Benz, Donald Almquist, Robert Moodie, Bob Kames Jr., Roman Blenski and Phyllis Nickchen.

United Seniors of Wisconsin has donated to:

- Apprenticeship Program at Hamilton High School
- Bicentennial Park (City of Greenfield)
- Pioneer Drum & Bugle
- Post 180 - serves dinner to 50 vets
- Post 18
- Annual Memorial Day & Veterans Day Picnic
- Helping battered women
- Helping pay for prescription drugs
- Helping people that have it tough



Local dignitaries that were present included Mayor Tom Barrett, Senator Tim Carpenter, Supervisor Mark Borkowski, Rep. Peggy Krusick, Rep. Josh Zepnick and Alderman Dudzik (Milwaukee). Other special guests included: John Torres (WJTI 1460 AM), Victor Huyke (El Conquistador), Dan Willis (Formerly of WOKY) and Bob Piepenbrock (WTMJ).

Esther Hussy and Carolyn Clements were presented recognition awards by Mark Borkowski.

Dorothy's "Three Musketeers" were also recognized:

- June Kreager
- Dorothy Bilot
- Cynthia Pratis

Come and enjoy our new big TV screen. Never miss your favorite sports team and still enjoy bingo! Help support all of our organizations who have bingo: Post 18, Post 180, Pioneer Drum and Bugle and of course United Seniors of Wisconsin. There are 12 bingo sessions a week and United Seniors of Wisconsin has seven of those. Thank you!

Wellness Center by Phyllis Nickchen, PT

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



**Appointments preferred.
Call: (414) 321-2829**

COMPLEMENTARY SERVICES

- *Blood Pressure Screening*
- *Eye Care Information*
- *Foot Care Attention*
- *Group Exercise Program*
- *Health Presentations*
- *Individual Fitness Instruction*
- *Information & Referrals*
- *Massage*
- *Senior Fitness*
- *Support Group Development*
- *Videos on Health Topics*



Treadmills

Stationary & Reclining Bikes

Arm/Leg Sitting Apparatus

Massage Tables/Chairs

Walking Program

Armchair Techniques

Encouraging Senior Citizens

Photos From Our 25th Anniversary Celebration



L-R (Top Row):
 Rep. Josh Zepnick
 Senator Tim Carpenter
 Supervisor Mark Borkowski

Seated:
 Dorothy Seeley (President)



Supervisor Mark Borkowski presenting awards
 as Senator Tim Carpenter looks on...



FIVE GENERATIONS OF SEELEY'S

L-R (Top Row):
 Veronica, Heather, Christine, Carolyn (Clements)

Seated:
 Dorothy Seeley (President)

Photo credit: Courtesy of Victor Huyke (El Conquistador)



Now it's time to enjoy some food...
 but don't forget to leave room for cake!

Monthly Birthday Celebrations at Bingo



JANUARY—FEBRUARY—MARCH
APRIL—MAY—JUNE
JULY—AUGUST—SEPTEMBER
OCTOBER—NOVEMBER—DECEMBER

Bingo players are like family to us!

We want to help celebrate your special day.

Every month there will be a special day announced when United Seniors of Wisconsin will host a mini-birthday celebration at one of our bingo sessions.

We bring the birthday cake and all you need to do is show up!

There will even be a special drawing for those who are present.



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



Family Fun Day

June 23, 2012
9:30 am - 5:30 pm
Bingo Hall
Parking Lot

Fun for the kids and the young at heart!

Balloons, Face Painting, Raffle Drawing,
Burgers, Fries, Popcorn, Ice Cream & More...

Pioneer Drum & Bugle at 3 pm
Raffle Drawing at 5 pm
Silent Auction
Join us for Bingo at 6:30 pm

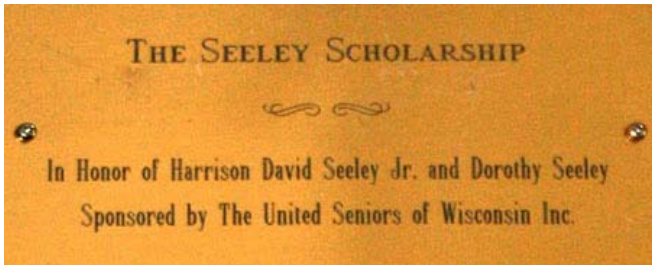


BINGO SCHEDULE

*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

Harrison David Seeley, Jr. Scholarship Program



Harrison Seeley taught woodshop at Hamilton High School. Before that he was a carpenter and continued to be the President of the Carpenter's Local 264 and President of the Carpenter's District Council until his death.

After he died, Dorothy Seeley started this scholarship program in his name for students

that were going into the apprenticeship program after graduation.

Just a few words can be enough to make a difference in a person's life. So, it is important to choose our words wisely. A minute of thought is worth more than an hour of talk. All our dreams can come true if we have the courage to pursue them.

The small details of a job may not always remain unnoticed or unseen. Every job is a self-portrait of the person who does it. Your excellence in small things can bring you prosperity in this life and you can make things better for the people who follow you. It is important to take pride in your work and autograph your work with excellence.

Make sure to visit the Bingo Hall and check out the plaques on the wall to see all of the students that have benefited over the years from this wonderful scholarship opportunity in memory of Harrison Seeley.



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

Reserve your move today!

Move it Movers

"Our Best, No Less"

Professional & Experienced Movers

Absolutely no hidden fees! \$85/hr (min. 3 hours)

Box Truck, 2 Men, Dollies, Blankets & Tools

ADVERTISE YOUR BUSINESS HERE!

Weston A. Price Update by Muriel Plichta

Thank you to everyone who attended our meeting on **Thursday, April 19th at 1:00 p.m.** at the **United Senior and Family Activity Center** located at **4417 W. Forest Home Avenue**.

This was the third in a series of meetings focused on the DVD, **"Nourishing Our Children"**. The information on this DVD is relevant for all ages and generations and provides simple, yet powerful, messages for helping us understand the great importance of nourishing our bodies with nutrient dense whole foods. The discussions that have followed the showing of the DVD at the meetings have been very insightful and helpful.

A few additional notes of interest —

- 1) The spring edition of **"Wise Traditions"** was mailed out to all members. Articles on soups, soy, salt, and fats are examined in depth—lots to read and digest.
- 2) The booklets you ordered entitled, **"Healthy 4 Life,"** should also be available for you to pick up at the meeting (cost \$6).
- 3) The **2012 edition of the SE Wisconsin Farm Fresh Atlas** is now available. I will try to have copies for you at the meeting.
- 4) The last Winter Farm Market was held on Saturday, April 14th at State Fair Park (Tommy Thompson Center).
Outdoor markets will be opening around the first week of May.

And one last note, I am very open to suggestions for our **final meeting in May** (an evening meeting). In the past we have used this meeting as an informal gathering to welcome new folks and to raise some "fun"ds for WAP, namely through creative auctioning and the sharing of food dishes. We welcome alternate ideas to help make this last meeting of the season a very special one.

In the meantime, may many, many blessings be yours during this beautiful spring season!



UPCOMING SUMMER EVENTS FOR 2012

MEMORIAL DAY WEEKEND / PICNIC IN BICENTENNIAL PARK

Sunday - May 27, 2012 (1:00 pm)

Greenfield Bicentennial Park - 5300 W. Layton Avenue

Free Food & Refreshments!

FAMILY FUN DAY

Saturday - June 23, 2012 (9:30 am - 5:30 pm)

Bingo Hall Parking Lot - 4515 W. Forest Home Avenue

Face Painting, Raffle & Silent Auction, Music, Food & Refreshments!

PICNIC AT VETERANS PAVILLION - HONORING VETERANS AT THE VA

Sunday - July 8, 2012 (1:00-3:00 pm)

VA Grounds - 5000 W. National Avenue

Free Food & Refreshments!



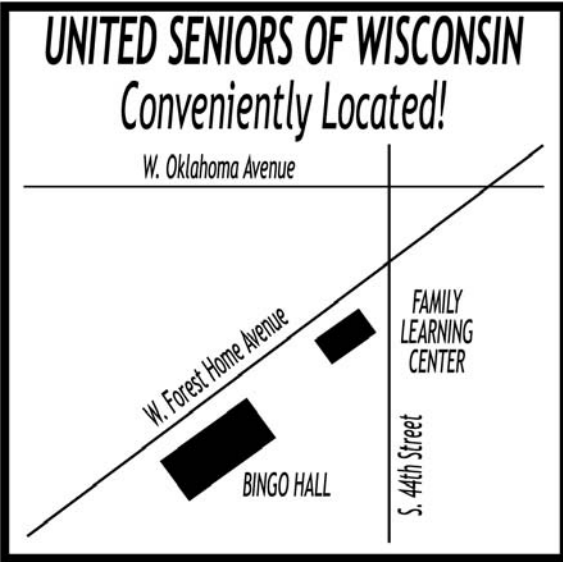
**Write or email your
comments & suggestions!**

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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