



UNITED SENIORS OF WISCONSIN, INC.

4515 W. Forest Home Avenue
Milwaukee, WI 53219

www.unitedseniorsofwisconsin.org



Holiday Wishes To All!

Volume 2, Issue 3

FALL/WINTER 2010

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I Aspire To Inspire Before I Expire!

by Dorothy Seeley



DOROTHY SEELEY, President

What's to be is up to me. If I don't use my brain I lose it!

~Dorothy Seeley

We are all in the gutter, but some of us are looking at the stars.

~Oscar Wilde



The only man who never makes a mistake is the man who never does anything.

~Theodore Roosevelt

We must become the change we want to see.

~Mahatma Gandhi

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one that has been opened for us.

~Helen Keller

Your life is your message to the world.

Make it inspiring.

~Lorin L. Lee

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You can find us online at:
www.unitedseniorsofwisconsin.org

Visitors will be able to find out more information about United Seniors of Wisconsin online. Upcoming Events listings,

Website Updates

download past and current newsletters, view and print online Bingo schedules, contact us via email and much, 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!

Make sure to visit our photo gallery.

Tripoli Shriners Bid Farewell to US

It's with deep sadness in our heart that United Seniors of Wisconsin recently lost its Tuesday night Bingo host group. A continuing decline in attendance forced the Tripoli Shriners to make the difficult decision and give up their Tuesday night Bingo. We understand that this is a direct reflection of the current economic situation and many such non-profit organizations are feeling the pinch these days, as have many of our patrons to which we extend a grateful thank you for the support you have given to us over the years! Despite this loss, United Seniors has now taken over Tuesday night Bingo! Please continue to support us. We need you!

Tripoli Shriners have been responsible for each Tuesday night at United Seniors Bingo Hall. This has been but one of many such fundraisers that Tripoli uses to support Shriners Childrens Hospital.

What is a Shriner?

The Shrine is a Masonic fraternity which was created in Manhattan, New York in 1870. There are currently 192 Shrine Centers in North America. The latest Shrine Center was created this past year in San Juan, Puerto Rico. The Shrine is recognized as one of the greatest philanthropies in the world. Currently, we have 22 hospitals, four of which specialize in providing medical care to children with burn injuries. The other 18 specialize in orthopedic care treating injuries and problems of the bones, joints and muscles as well as complicated conditions such as brittle bone disease, spina bifida and cerebral palsy. In addition, one hospital now provides care for children with cleft palate repair. All of these services are provided for children between the ages of 0 and 18 at no cost to the patient. The total

budget for the 22 Shriners Hospitals is \$721 million which equates to \$1.7 million a day to operate the 22 hospitals. The Wisconsin area is serviced by the Minneapolis and Chicago unit hospitals. Transportation to and from is provided by the Shrine Center which is responsible for that patient. Again, these services are all provided completely free to the patient.

As you can see, it is important for the Shriners to help support these hospitals through fundraising efforts. Each Tuesday we had two sessions in which we paid out a total of \$2200 in prize money and also ran a third session called Progressive Bingo. We appreciate your support over the years. Your attendance has helped support and provide the care necessary for our kids.

*Sincerely,
Tripoli Shriners of Milwaukee*

Photo Gallery



Seeley relations at Picnic In The Park!



You're never too old... Lois Speelman is 100 years young and still playing Bingo!

Christmas Is by Tracy A. Theurich-York

*Christmas is the time of year,
For family fun and Christian cheer.
Craft sales and cookie walks, and shopping at the malls.
But don't forget the reason why we celebrate at all!
The Christ child was the ultimate gift,
There is nothing in the world that can ever top that!
So when you go a caroling and merrily on your way,
Remember the precious gift of Jesus and why we celebrate this holy day.*

MERRY CHRISTMAS & HAPPY NEW YEAR!



Thank You Bingo Players!

By Dorothy Seeley

Without you we could not be successful! All the dedicated volunteers work hard to help others to bring a quality of life to them. Everyone should take a tour of the places they sponsor with Bingo funds. It's your contribution to making things better. Feel proud when you play Bingo in our United Seniors of Wisconsin Bingo Hall.



PIONEER DRUM & BUGLE goes above and beyond the call of duty! Please help support them. They do so much for the young kids!

ROMAN & SUE BLENSKI need your help by playing Bingo at the Senior Center on Forest Home Avenue. They do a lot for young people by opening up their home and hearts!

POST 180 does a lot for our Veterans. They build ramps for handicapped and donate to Camp American Legion where Veterans can go for a one week stay free of charge. They need your cooperation and support by playing Bingo to keep them going and continue doing the wonderful things they have done for our Veterans. We all need Bingo players!

POST 18: Thank you Bingo players for your help in keeping Post 18 to be able to continue doing wonderful things for Veterans and their children. We appreciate your attendance at our Bingo sessions. You're wonderful!

UNITED SENIORS OF WISCONSIN: We can't thank you Bingo players enough. The things we do is because of your cooperation. We can't do anything without you! Give yourself a pat on the back! We help the young and elderly. We bring a quality of life to everyone. Tour our Fitness Center. It's FREE! We can help you stay happy, healthy and active!

TRIPOLI SHRINERS THANKS PLAYERS!

Every Tuesday evening, we have had so many of our Bingo players come and support the Shriners and what they do! The volunteers have always worked hard to raise money for the projects they sponsor. Going through Shriners Hospital for Children would bring tears to your eyes. My own niece was there as a patient many years ago! We are sad that they have left our Bingo Hall. Tripoli Shriners... we miss you! United Seniors has taken over Tuesday night Bingo, so please continue to come each week and help support us! We need your support now more than ever!

It's Bingo playing that helps keep all of these wonderful organizations going. We thank our Bingo players and appreciate your support by playing Bingo!



Thousands of dollars in prizes are given out weekly at the United Seniors Bingo Hall! If you haven't been to our Bingo Hall yet, we encourage you to stop by and bring a friend or two. Join us for some fun, food and help support local organizations that do a lot for our youth, Veterans, the disabled and seniors alike!

Sincerely,

Dorothy Seeley

President & Founder of United Seniors of Wisconsin

Letters to US!



POST 180 - *The membership of American Legion Post 180, our Auxiliary and Sons of the Legion want to thank the United Seniors of Wisconsin for the opportunity to have our Bingo at your facility.*

The monies raised are used for many projects. We send boys and girls to Badger Boys State every June for a week of learning how our government works. We donate to Boys & Girls Scouts and various other charities.

We bring Veterans to our Post building for a Christmas dinner and hand out over \$450.00 in coupon books for their in-house store.

We Donate to Camp American Legion at Lake Tomahawk where Veterans can go for a one week stay free of charge! This is the only facility like this in our country.

We hope to continue this relationship for many more years!

*Thank you,
The Post 180 Bingo Committee*

THE PIONEER DRUM & BUGLE CORPS - *is a not for profit youth organization that exists solely for the benefit of its young members, both musically and socially. The musical instruments that they play on, brass and percussion, are supplied by the corps, as are the flags, sabers, and rifles that are used by the young ladies in the color guard. The young musicians and young ladies in the color guard are trained by some of the finest professional music educators available. The corps participates all across the United States during the summer months competing in Drum Corps International's World Class. The Pioneer*

Corps also proudly represents its local community, performing in local parades, such as the 4th of July Parades in Cedarburg, Cudahy, Hales Corners, and Wauwatosa, as well as Memorial Day observances in Greenfield. The Pioneer Corps also received the "Best Overall Music" Award from the judges for its participation in the 2010 South Shore Water Frol-ics Parade.

The Pioneer Corps was founded by Roman and Susan Blenski in 1961. They rehearsed at St. Patrick's Parish School on Milwaukee's near South Side. The corps took on the name: The Imperials of St. Patrick. In 1972 the Corps merged with another Corps from Cedarburg, Wisconsin, The Cedarburg Thunderbolts. Because of a sponsorship from the Pioneer Box and Container Company, they became known in 1973 as the Pioneer Drum and Bugle Corps.

The Pioneer could not exist without the great help that it has received by volunteer parents and friends. They provide for the meals, the maintenance of its uniforms and flags, driving our motor coach buses and semi-tractor/trailers. The volunteers also man and maintain our largest financial source, BINGO! Thanks to Mrs. Dorothy Seeley and the United Seniors of Wisconsin, the Pioneer has been able to provide these musical and social experiences to hundreds of youth who might not otherwise have been able to.

Each year, as a thank you, the Pioneer Corps performs at the United Seniors of Wisconsin Bingo Hall for all of their faithful patrons, as well as Mrs. Dorothy Seeley, the corps' biggest fan!

Pioneer Corps' BINGO sessions at the United Seniors Bingo Hall have enabled them to provide the following to its young members each year:

- *4 motor coach buses to transport them all across the United States in the summer.*
- *A semi-tractor/trailer to transport all of the instruments and equipment.*
- *A semi-tractor/trailer converted into a traveling kitchen to feed the young people.*
- *Diesel fuel (at about 5 miles per gallon!) and insurance for all of the above vehicles.*
- *A complete set of uniforms for the corps members and color guard.*
- *A complete set of brass instruments that the members use to play on.*
- *A complete set of percussion instruments that the drummers play on.*
- *A parcel of land, (Pioneerland) located behind Milwaukee's Mitchell Airport where, through the support of BINGO, the corps built an all-purpose vehicle garage/storage building, as well as an outdoor rehearsal field.*

Again, these things are only possible because of the gracious support of Dorothy Seeley and the United Seniors of Wisconsin for allowing the corps to run Bingo every Friday and Sunday evenings. Pioneer shares Saturday evening Bingo dates with American Legion's Post 18. Thanks to Brad and Tess Cregar for Post 18's fine cooperation throughout the years. The entire Pioneer organization is both proud of and thankful for the fine relationship that it has with the United Seniors of Wisconsin and their support of America's youth!

Create & Participate! by Phyllis Nickchen, PT

WI. ROMPS

Therapists for life :
RT-OT-MT-PT-ST--

Creating exercising groups of all ages, who are medically involved, **ROMPS** to **PROMS** to **SR. MOMS & POPS** to become socially involved for fun in mind, body, spirit of @ human be-ing.

You are invited to create and participate. Interested?
Call Phyllis at 414-321-2829 or email at unitedseniorsfit@sbcglobal.net
Mail- Phyllis, 4415 W. Forest Home Ave., Milwaukee, WI. 53219

We Need Your Help! Play Bingo. Volunteer!

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

UPDATED BINGO SCHEDULE!



- Every Sunday Night
Pioneer Drum & Bugle
- Every Monday thru Friday Morning
(9:30 am & 11:00 am)
Tuesday Nights (**JUST ADDED!**)
Wednesday Nights (6:30 pm & 8:00 pm)
United Seniors of Wisconsin
- Every Monday Night
American Legion Post 180
- Every Thursday Night (7:00 pm)
American Legion Post 18
- Every Friday & Saturday Night
American Legion Post 18
Pioneer Drum & Bugle



Help Us & Promote Yourself!

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



Weston A. Price Update by Muriel Plichta

Caroline Carter, certified raw foods chef, and founder of Eden's Market was our guest speaker on **Thursday, November 18th at 1:00 pm** at the United Senior and Family Learning Center, located at 4415 W. Forest Home Avenue. Caroline and her daughter were featured in a weekly series this past summer on public television where they demonstrated the fine art of raw food preparation. Caroline's products are sold at various locations around the city, most notably at Beans and Barley on the east side.

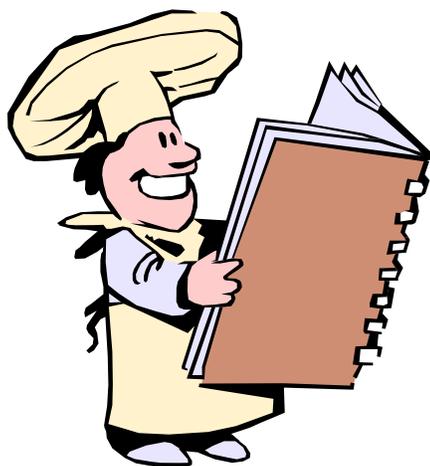
There are no meetings held in December and January. Our next meetings will feature the following topics and guest speakers. Hope to see you there!

- **February 2011** **Lynn Kronschnabel will be giving a demo on "Fermented Foods"**
- **March 2011** **DVD of Monsanto and David**
- **April 2011** **Lunch at Amaranth Café and tour of Growing Power**
- **May 2011** **Final meeting of the season with a "Fun" Raiser!**

Please visit the United Seniors of Wisconsin website for more information about upcoming meetings.

Recipe Corner

by Monika Sobierajski



If you have recipes you would like to share with our readers, please send them to:

Recipe Corner
c/o M. Sobierajski
729 W. Oklahoma Avenue
Milwaukee, WI 53215

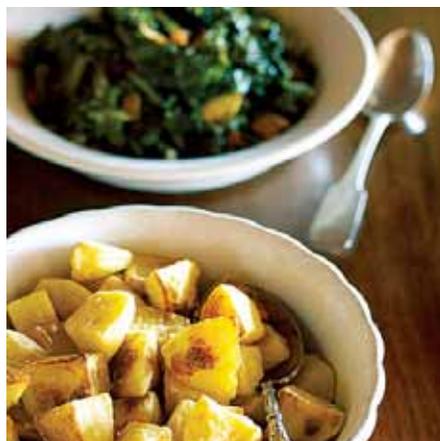
Or submit your recipes to us via email at:
info@unitedseniorsofwisc.org

We will try and feature as many as space allows!

Next issue will feature:

DESSERTS & SNACKS

Bon Appétit!



BAKED CORN CASSEROLE

- 1½ Tbs. Butter
- 1 Tbs. Flour
- 1 small Onion, Chopped Fine
- ½ cup Milk
- 1 can Cream-Style Corn
- 1 can Whole Corn
- 1 Egg, Beaten
- 1½ cup Ritz Crackers, Crushed

Mix all of the above ingredients together except for ½ cup of the crushed Ritz crackers. Spread mixture into a lightly greased 9" x 9" PYREX dish or a 1½-2 quart casserole dish. **Bake at 350 degrees for 45-60 minutes** or until top begins to brown slightly. Serve immediately.

CONFETTI RICE CASSEROLE

- 6 oz. American, Sharp, or Swiss Cheese (cut into small cubes or grated.)
- 1/3 c. Milk
- 4 Hard-cooked Eggs
- 3 c. Cooked Rice
- 10 oz. Frozen Mixed Vegetables
- 1/2 c. Chopped Onion
- 1/2 tsp. Salt

Preheat oven at 350 degrees. Heat cheese and milk in large saucepan, until cheese melts, about 5 minutes. Reserve 3-5 egg slices. Stir remaining egg and mixed vegetables (thawed) into cheese sauce. Lightly toss this mixture into cooked rice. Pour into lightly greased (11"x7"x1.5") baking dish or casserole dish. Bake uncovered for 25-30 minutes, or until hot and bubbly. Remove from oven. Garnish with reserved egg slices and parsley, if desired.

BUTTERNUT SQUASH BAKE

- 2 cups Butternut Squash* (peeled, seeded, cubed and cooked) or
- 2 Pkg. Frozen Squash (thawed only)
- ½ cup Mayonnaise
- 1 Finely Chopped Onion
- 1 Egg (lightly beaten)
- 1 tsp. Sugar
- Salt & Pepper (to taste)
- 8 Saltine Crackers (crushed)
- 2 Tbs. Parmesan Cheese (grated)
- 1 Tbs. Butter or Margarine (melted)

Place squash* in a steamer (you may use a saucepan instead). If steaming, steam covered for 20-25 minutes or until tender. If using a saucepan, cover with water, bring to a boil and simmer for 20-25 minutes over medium heat until squash is very tender. Drain well and place in a large bowl; mash squash. In another bowl, combine the mayonnaise, onion, egg, sugar, salt and pepper; add to the squash and mix well. Transfer to a greased 1-quart baking dish (Pyrex). Combine the cracker crumbs, cheese and butter; sprinkle over top. **Bake, uncovered at 350° F for 30-40 minutes** or until heated through and top is golden brown.

LIDIA'S FAMOUS SPINACH BAKE SQUARES

- 3 pkgs. Frozen Chopped Spinach
- 3" wide Velveeta Processed American Cheese, cut into cubes
- 3 Tbs. Cold Butter, cut into cubes
- ½-1 tsp. Salt
- 5 Tbs. All-Purpose Flour
- 24 oz. Large Curd Cottage Cheese
- 4 Whole Eggs
- 4 Egg Whites

In a large bowl, toss the cubed Velveeta and butter in the flour to coat well. Add the cottage cheese and eggs. Mix well.

In a large pan/pot, cook the frozen spinach in lightly salted water for 10 minutes. Drain in a colander and squeeze out as much water as possible. Add the spinach to the cheese-egg mixture. Mix well. Pour mixture into a well greased 9" x 13" glass Pyrex baking dish or lasagna-type pan.

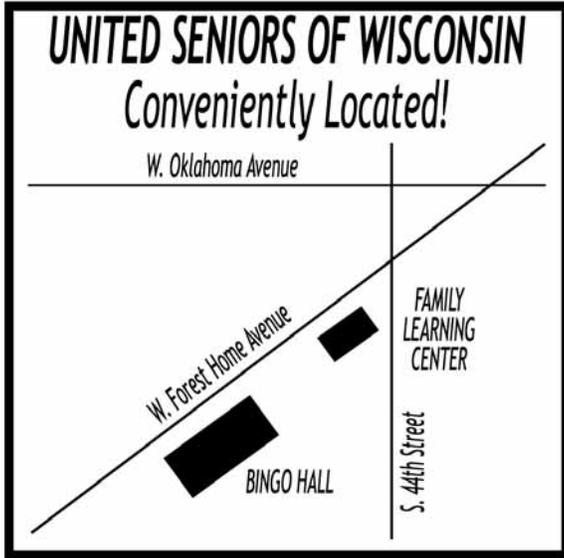
Bake at 375° F for 45 minutes.

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

**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, socio-economic 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.



UPCOMING EVENTS FOR 2011

- **Memorial Day Weekend / Picnic In The Park**
Sunday - May 29, 2011 (1:00 pm)
Greenfield Bicentennial Park
5300 W. Layton Avenue
- **Honoring Our Veterans / Picnic**
Sunday - July 10, 2011 (1:00-3:00 pm)
VA Grounds



**DON'T FORGET...
DUES FOR 2011 ARE DUE BY JANUARY 1ST!!!**

CURRENT RESIDENT -OR-



“Seniors Helping Seniors In Their Golden Years”

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