



UNITED SENIORS OF WISCONSIN, INC.

4515 W. Forest Home Avenue
Milwaukee, WI 53219

www.unitedseniorsofwisconsin.org

Spring Forward!



Volume 2, Issue 1

SPRING 2010

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You Tell Me I Am Getting Old? by Dorothy Seeley



The following poem was originally published in *Modern Maturity* (June/July 1959 issue). It was written by Mrs. Johnson, who wrote the poem in her 89th year — her one and only poem. Enjoy!

DOROTHY SEELEY, President

*You tell me I am getting old.
I tell you that's not so!
The "house" I live in is worn out,
and that, of course, I know.
It's been in use a long, long while;
It's getting somewhat frail.
I'm really not surprised, you see,
it's weathered many a gale.*

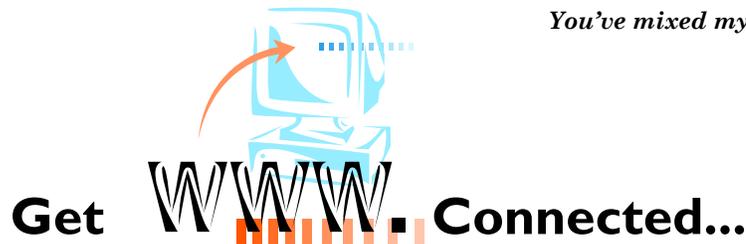
*The color's changing on the roof,
the windows getting dim,
The walls a bit transparent
and looking rather thin.
The foundation's not so steady
as once it used to be —
My "house" is getting shaky, but
my "house" isn't ME!*

*My few short years can't make me old.
I feel I'm in my youth.
Eternity lies just ahead —
a life of joy and truth.
I'm going to live forever there;
Life will go on — it's grand!
You tell me I am getting old?
You just don't understand.*

*The dweller in my little "house"
Is young and bright and gay;
Just starting on a life to last
throughout eternal day.
You only see the outside, which is
all that most folks see.
You tell me I am getting old?
You've mixed my "house" with ME!*

Inside this issue:

You Tell Me I'm Getting Old?	1
Get Connected...	1
Weston A. Price Foundation	2
Weston A. Price Foundation (Chapter Meetings)	3
What You Need To Know About Falls	4
Wellness Center	5
Bingo - We Need Your Help!	5
Remember When...	6
Recipe Corner	7
About US & Upcoming Events	8



As "Old Man Winter" slowly begins his retreat, "Spring" show signs of new growth at United Seniors of Wisconsin. We are pleased to announce that United Seniors of Wisconsin is hopping onto the information highway... the Internet. We are still in the process of getting our website up and running, so make sure to check back later! You will be able to visit us online at: www.unitedseniorsofwisconsin.org

Visitors will be able to find out more information about United Seniors of Wisconsin online. Upcoming Events listings, download our newsletter(s), 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!

Weston A. Price Foundation

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Dr. Weston Price, whose studies of isolated non-industrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that humans achieve perfect physical form and perfect health generation after generation only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. It supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy formula for infants.

The Foundation seeks to establish a laboratory to test nutrient content of foods, particularly butter produced under various conditions; to conduct research into the "X Factor," discovered by Dr. Price; and to determine the effects of traditional preparation methods on nutrient content and availability in whole foods.

The board and membership of the Weston A. Price Foundation stand united in the belief that modern technology should be harnessed as a servant to the wise and nurturing traditions of our ancestors rather than used as a force destructive to the environment and human health; and that science and knowledge can validate those traditions.

The Foundation's quarterly journal, *Wise Traditions in Food, Farming, and the Healing Arts*, is dedicated to exploring the scientific validation of dietary, agricultural and medical traditions throughout the world. It features illuminating and thought-provoking articles on current scientific research; human diets; non-toxic agriculture; and holistic therapies. The journal also serves as a reference for

sources of foods that have been conscientiously grown and processed.

The Milwaukee Chapter leader is Muriel Plichta. Meetings are held seven times during the year. No meetings during Dec/Jan and Jun/July & August. The next meeting will be held on Thursday, April 15, 2010 at 6:30 pm at the United Seniors of Wisconsin Fitness Center building, located at 4415 W. Forest Home Avenue.

Call (414) 321-2829 for more information on dates and times of future upcoming meetings and topics!



More information about the Weston A. Price Foundation can be found online at:

www.westonaprice.org

Weston A. Price - Chapter Meetings by Muriel Plichta

The Milwaukee Chapter of the Weston A. Price Foundation meets on a monthly basis at the United Senior and Family Learning Center. The main focus of the meetings is to provide information regarding the many benefits of nutrient-dense foods, which serve as to strengthen the immune system and overall health.

The Foundation was established in honor of Doctor Weston A. Price, a pediatric dentist, who traveled the world to identify groups of people who not only had beautiful teeth, but also robust health. He gathered massive amounts of observations and photos to document his analysis of the key elements of a healthy diet. His research was stored in California until Sally Fallon, current founder and director of the Weston A. Price Foundation, made it her life work to get the information to the public. Thus the beginning of the Foundation and its efforts to bring alive the final words of Dr. Price, "Teach, teach, teach". The Foundation not only distributes printed materials explaining the basic principles of a nutrient-rich diet, but also assists interested people in finding sources for obtaining the kinds of foods that support such a diet.

Muriel Plichta, leader of the Milwaukee chapter, schedules meetings that include speakers, field trips, demonstrations, discussions, and the sharing of ideas.

If you would like to attend a meeting, please contact the United Senior Center at 414-321-2829 for exact times and dates. Meetings are free and open to the public and new comers are cordially invited to participate. You are also invited to visit the Foundation's web site at www.westonaprice.org.

Next meeting:

**Thursday - April 15, 2010
6:30 pm**

We will be showing the last segment of Sally Fallon's DVD entitled "Nourishing Traditional Diets". This segment deals with specific ways to make one's diet more wholesome.

**United Seniors Fitness Center
4415 W. Forest Home Avenue
(414) 321-2829**



What You Need To Know About Falls



Falls among the elderly are prevalent, dangerous and can diminish their ability to lead an active and independent life. About one in three seniors above the age of 65, and nearly one in two seniors over the age of 80, will fall at least once this year, many times with disastrous consequences.* Physical therapists can help prevent falls with evaluation and development of individualized treatment plans during exercises to improve strength, mobility and balance.

WHAT ARE YOUR RISK FACTORS?

- Being older
- Difficulty with balance or walking
- Poor vision
- Leg or trunk weakness
- Pre-existing conditions, such as Parkinson disease, stroke or diabetes
- Being on more than four medications simultaneously
- Use of an assistive walking device
- A past history of falls

MAINTAINING PHYSICAL ACTIVITY

The most critical action seniors can take to help prevent falls is to maintain physical activity. Physical therapists recommend activities of any fitness level, including gardening, line dancing, and yoga to help improve balance and movement.

HOW CAN A PHYSICAL THERAPIST HELP?

Once a physical therapist has reviewed a complete medical history and thoroughly examined you, he or she will design an individualized program of exercises and activities with an emphasis on strength, flexibility, and proper gait.

A personalized plan may include a walking regimen that includes balance components such as changes in surfaces, terrains, distance, and elevations; Tai Chi (which emphasizes balance, weight shifting, coordination, and postural training); and aquatics classes geared toward balance and coordination. The physical therapist also may reach specific strengthening and balance exercises that can be performed safely at home.



If necessary, the physical therapist will refer you to other medical professionals, such as an ophthalmologist or neurologist.

Original article appeared in "For Your Health" which is published by the American Physical Therapy Association

TESTING YOUR BALANCE

Balance may be improved with exercises that strengthen the ankle, knee, and hip muscles and with exercises that improve the function of the vestibular (balance) system. A simple assessment of your current balance can be done at home.



Do not attempt to do this test alone. Make sure that you have someone next to you to decrease the potential risk of falling.

Perform this test standing with a counter surface in front of you:

1. Stand tall, wearing flat, closed shoes, with your arms folded across your chest. Keep your eyes open, focus on an object in front of you, raise one leg, bending the knee about 45 degrees, and start a stopwatch.
2. Remain on one leg, stopping the watch immediately if you uncross your arms, tilt sideways more than 45 degrees, move the leg you are standing on, or touch the raised leg to the floor.
3. Repeat this test with the other leg.
4. Repeat steps 1-3 above with your eyes closed.

Compare your performance with eyes closed to the norms for various ages:

- 20-49 years old (24-28 seconds)
- 50-59 years old (21 seconds)
- 60-69 years old (10 seconds)
- 70-79 years old (4 seconds)
- 80+ years old (most cannot do this test)

* National Council on Aging

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*
- Men & Women Are Welcome*
- Music Accompaniment*
- Warm-Ups*

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

BINGO SCHEDULE

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

Remember When...

"Remember When..." was a popular newspaper feature of The Milwaukee Journal from 1963 through 1994. Published in the Green Sheet section of the newspaper on a twice-weekly basis until 1981 and weekly after that, the feature was prepared by Milwaukee Public Library staff to highlight Milwaukee's rich and colorful past as preserved in the Historic Photo Collection of the library.

Do you remember when...

Making a cake from scratch meant more than opening a store-bought box mix?

Hula hoops and sunflower seeds, Jolly Ranchers, blowpops, Mary Janes, Grape and Watermelon Now & Later's? What about "Alexander the Grape" and "Lemonheads"?

How about watching Saturday morning cartoons at the Rialto, all day for 10 cents? And if your allowance was a quarter, you had enough left over for 2 bags of popcorn and a soda!

Or when the National Anthem was played and we all stood up, hands held on our heart, as the curtains opened before the News Reel and the first movie, "Our Gang", "The Bowery Boys", or "The Three Stooges"?



Catching lightning bugs in a jar, playing sling-shot and crack the whip?

When around the corner seemed so far away and going downtown seemed like really going somewhere?

When there were two types of sneakers for girls and boys? Keds and PF Flyers? And the only time you wore them at school was for gym?

When nearly everyone's mom was at home when the kids got home from school?

When nobody owned a purebred dog?

When a quarter was a decent allowance and another quarter was a huge bonus? Or when you would reach into a muddy gutter to pick up a penny?

When you got your windshield cleaned, oil checked and gas pumped... all without asking... for free... every time? And you didn't have to pay for air? AND you got trading stamps to boot!

When they threatened to keep kids back a grade if they failed... and did!

When being sent to the principal's office was nothing compared to the fate that awaited a misbehaving student at home? Basically, we were in fear for our lives but it wasn't because of drive-by shootings, drugs or drugs. Our parents and grandparents were a much bigger threat!

When a "hobo" came to your door and you'd open the door and help them, never fearing for your life. You were just helping another



person who was experiencing rough times.

It wasn't odd to have two or three "best" friends.

The worst thing you could catch from the opposite sex was cooties!

Having a weapon in school meant being caught with a slingshot.

It was a big deal to finally be tall enough to ride the "big people" rides at the amusement park.

Getting a foot of snow was a dream come true.

Grandma would hide cookies for you.

Abilities you didn't know you had were discovered because someone "double-dog dared" you?

Saturday morning cartoons weren't 30-minute ads for action figures.

The worst embarrassment was being picked last for a team.

War was a card game.

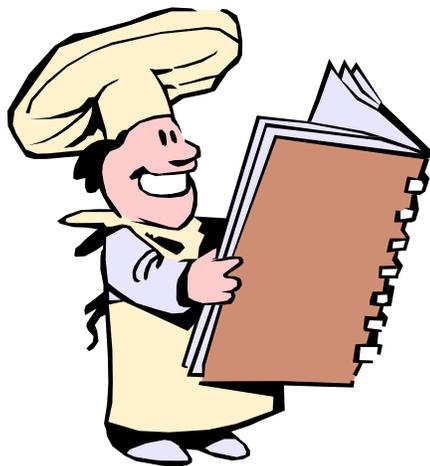
Baseball cards in the spokes transformed any bike into a motorcycle?

Taking drugs meant orange-flavored chewable aspirin.

Being old referred to anyone over 20.

Race issues meant arguing who ran the fastest.

Recipe Corner by Monika Sobierajski



Here are a few of my recipe favorites that are relatively easy to make and sure to be a hit at your next gathering.

Enjoy!

If you have recipes you would like to share with our readers, please send or email them to us! We will try and feature as many as space allows!

Next issue will feature:

SALADS



BACON-WRAPPED LIL' SMOKIES

INGREDIENTS:

1 lb. Bacon, cut into thirds
1 lb.. Lil' Smokies Sausages
½ cup Brown Sugar

DIRECTIONS:

Wrap a Lil' Smokie sausage in a piece of bacon and secure with a toothpick. Continue until all of the Lil' Smokies are wrapped. Place on a baking sheet and sprinkle with the brown sugar. Bake at 350 degrees for 35 minutes. You can add a little extra brown sugar if desired.

HOT SPINACH- ARTICHOKE SPREAD

INGREDIENTS:

1-14 oz. can Artichoke Hearts,
chopped
1 cup Mayonnaise
1 cup Parmesan Cheese,
grated
1 clove Garlic, minced
½ bag Fresh Spinach,
chopped

DIRECTIONS:

Mix all ingredients together. Place in an oven-proof dish. Heat at 350 degrees for approximately 30 minutes, or until the top is brown. Serve with rye chips or cracker of your choice.

(*) Recipe can be doubled to make a good-sized appetizer.

KIT KAT BARS

INGREDIENTS:

CARAMEL FILLING:

2 cups Graham Cracker Crumbs
1 cup Butter
½ cup Sugar
1 cup Brown Sugar
½ cup Milk

CRACKER LAYER:

27 Waverly Club Crackers
(3 Section) or Keebler Club
Partners (Reduced Sodium)
Crackers

CHOCOLATE TOPPING:

½ cup Semi-Sweet Chocolate Chips
½ cup Butterscotch Chips
2/3 cup Peanut Butter (Chunky)

DIRECTIONS:

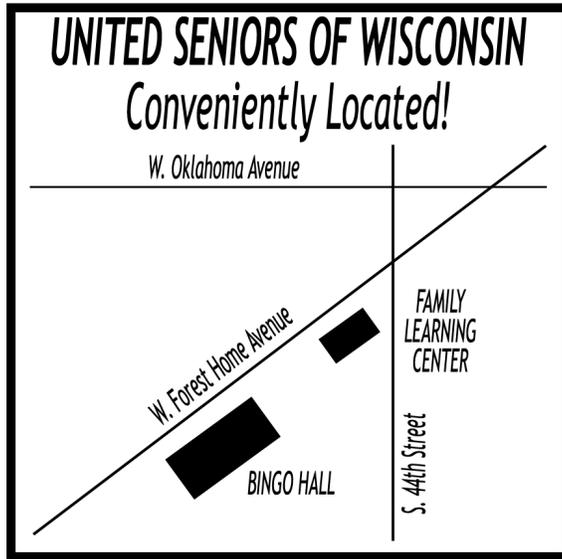
In a medium saucepan, mix the first (5) ingredients and bring to a boil. Boil 5 minutes, stirring constantly. In an ungreased 9" x 13" pan, arrange a layer of crackers. Pour ½ of the boiled caramel filling over the crackers. Use a spatula to spread this filling evenly over the crackers. Arrange a second layer of crackers over this filling, followed by the rest of the filling. Spread mixture evenly. Top with a third and final layer of crackers. Melt the semi-sweet chocolate chips and butterscotch chips in a double boiler until melted completely. Add the peanut butter and stir well. Pour this chocolate topping over the top cracker layer and spread evenly. Cover pan with plastic wrap and refrigerate until set (about 1 hour) then cut into bars. YUMMY!

Bon Appétit!

**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, 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.

UPCOMING EVENTS — MARK YOUR CALENDAR!

• **Memorial Day Weekend / Picnic In The Park**

Sunday - May 30, 2010 (1:00 pm)
Greenfield Bicentennial Park
5300 W. Layton Avenue

• **Honoring Our Veterans / Picnic**

Sunday - July 11, 2010 (1:00-3:00 pm)
VA Grounds
5000 W. National Avenue



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Non-Profit Organization

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