



UNITED SENIORS OF WISCONSIN, INC.

4515 W. Forest Home Avenue
Milwaukee, WI 53219

www.unitedseniorsofwisconsin.org

Summer Enlightenment



SUMMER 2010

Volume 2, Issue 2

MILWAUKEE STATE OFFICERS

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NEWSLETTER

Monika Sobierajski

Attitude Is Not An Age. Attitude Makes Life Worth Living!

by Dorothy Seeley



DOROTHY SEELEY, President

Attitude is a little thing that makes a big difference.

~Winston Churchill

Every day may not be good, but there's something good in every day.

~Author Unknown



If you don't like something change it; if you can't change it, change the way you think about it.

~Mary Engelbreit

Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious.

~Bill Meyer

The only disability in life is a bad attitude.

~Scott Hamilton

Being in a good frame of mind helps keep one in the picture of health.

~Author Unknown

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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 check back and visit our soon to be added photo gallery.

A Message from Senator Russ Feingold

FEINGOLD ANNOUNCES MORE WISCONSIN SENIORS TO RECEIVE REBATE CHECKS FOR PRESCRIPTION DRUGS

Next Round of Rebate Checks from Health Care Reform Law Heading to Seniors Who Hit "Doughnut Hole"

Wednesday, July 14, 2010

Washington, D.C. – U.S. Senator Russ Feingold announced today that the next round of rebate checks is on its way to Wisconsin seniors to help pay for prescription drugs. The checks will be mailed tomorrow to assist even more Wisconsin seniors who fall into the gap in prescription drug coverage in Medicare Part D known as the "doughnut hole." Filling the Medicare doughnut hole was a major provision of the new health care reform law and the one-time rebate checks are the first step in closing the gap in coverage. Checks will be mailed monthly for those newly reaching the doughnut hole. By the end of the year, more than 74,000 Wisconsin seniors who fall

into the doughnut hole will receive the one-time \$250 rebate check. By 2020, this gap in prescription drug coverage will be completely closed, covering 155,000 seniors in Wisconsin.

"This next round of rebate checks will ensure more Wisconsin seniors quickly receive the assistance they need to help pay for prescription drugs," Feingold said. "I have repeatedly fought to close this gap in drug coverage that has short-changed our seniors for too long. The health care reform law will completely fill the 'doughnut hole' over the next several years, and will help ensure seniors do not have to choose between paying for the medicines they need and putting food on the table."

Feingold opposed the Medicare Modernization Act in 2003 in part because it included the doughnut hole in coverage for seniors in Medicare Part D. Now, thanks to the health care reform law, that coverage gap will close over the next few years. Starting in 2011, seniors in the doughnut hole will receive a 50 percent discount on

brand-name prescription drugs and will begin to see subsidies for generic drug purchases in the doughnut hole.

In May, Feingold introduced legislation to further bring down the high costs of prescription drugs for seniors. Feingold's Fair Pricing for Prescription Drugs Act would authorize the safe importation of prescription drugs from other industrialized countries and require price negotiation for Medicare Part D purchases. This legislation would lower the cost of prescription drugs for consumers, and save taxpayer dollars at the same time. For more information on Feingold's Fair Pricing for Prescription Drugs Act, visit online at: www.feingold.senate.gov



Weston A. Price Updates by Muriel Plichta

September is approaching ever so quickly, and with it the time to schedule our first Weston A. Price meeting of the season. As some of you may remember, we made the decision last spring to revamp our meeting schedule to make it more in keeping with the hours that the United Senior and Family Learning Center is open. **Thus, we plan to be meeting this year on the third Thursday of September, October, November, February, March and April. Meeting times will be 6:30 p.m. for September and April and 1:00 p.m. for all of the remaining months.** Sound confusing? Do not worry as I will always send out a notice about a week before each meeting with the exact details of time, place and agenda.

On another note, I have contacted **Scott Trautman** and he is willing to come to the meeting in September and bring along any orders you place with him prior to the 16th. Please refer to his web site at www.trautmanfarm.com or call him at **608-205-9798** to place an order. Many of you have ordered from Scott over the past few years and know of the wonderful quality of his meats, eggs, etc. Since he lives in Stoughton, this is not a short trip for him to make, so please get your orders in so as to make it worth his time and effort to come to Milwaukee. Thank you!

Really looking forward to seeing all of you once again in a few short weeks. There is so much to share about what is happening on the "nutrition scene" and we should all feel privileged to be a part of one of the finest organizations in the world for promoting and educating people on the best ways to select and prepare nutrient-dense foods--the WESTON A. PRICE FOUNDATION.

Veteran's Pavilion Picnic - July 11, 2010

Thanks to all who cared!



To **June Krueger & Donald Almquist** for their time and efforts in helping **Dorothy Seeley!**

To **Paul** for all the soda & water!



To the entire **York Family** and



To the **Bob Kames Foundation** for donating prize money for the **Cover-all Bingo!**

Thank you to **Shirley and Greg Kress!**



POST 18 COLORGUARD
21 Gun Salute & Taps

Thank you to **Post 18 Colorguard!**



Everyone enjoyed the day eating and playing BINGO!



Thank you to **Carolyn Clements & all her co-workers** for their hard work in preparing food and their donation of time and talent in order to make this event such a huge success!

JOIN US AGAIN NEXT YEAR!

SUPPORT OUR TROOPS & HONOR OUR MILITARY

WWW.HONOROURMILITARY.US

Donald Almquist Honored at Picnic In The Park



Donald Almquist

Don was born on Labor Day September 7, 1931 in Moline, Illinois. Graduated from Moline High School and joined the USMC in 1949 until 1974 when he retired as a Master Gunnery Sergeant E-9. During his military career he completed education in Supply Administration, Leadership, Logistics, Accounting, Personnel Management and The Basic Officers Extension course. He has attended East Carolina University and later Bryant Stratton College. He is also certified as a Business Manager.

Don started his career service in Washington D.C. at the Headquarters of United States Marine Corp. His next duty station was Camp Lejeune N.C. where he met his wife Beverly. They have been married for 57 years and have 4 children, three boys and a girl. He was stationed in a number of states plus serving in Korea and enduring the TET offensive in Da Nang Vietnam.

During his last duty station he was assigned to the Fiscal Analysis Team known as FASO, which had him traveling all over the United States auditing other bases. In addition, he traveled to Italy, Spain, London, Iceland and Morocco. He spent 23 years in the military and he retired in 1972 when he chose Greenfield as his permanent home. He and his family have resided in Greenfield for 38 years and during that time Don has never stopped working or serving his community. He was a Postal employee for 13 years, but his love of the country and community led him to Politics. He was Alderman of the 4th District for 13 years and consistently fought to lower taxes. He worked hard to have open government and was always a voice for the taxpayer.

Don is currently serving in his 28th year on the School Board. He was President of the School Board for over 10 years and is currently Vice President of the School Board. Besides all of this, he belongs to many organizations as well. He's held every position in the Lions Club except Governor and was awarded Life Membership for outstanding service. He is also a member of The Chamber of Commerce and a past member of the Board of Directors. He is a life member of Marine Corp League Badger Detachment. A life member of Veterans of Foreign Wars and Disabled American Veterans Post # 7. He is also a member of The Vietnam Veterans of America, Inc., member of National Association of Radiation Survivors, member of American Legion Post 416, member of The Loyal Order of Moose Lodge #49, sustaining member of Boys Scouts of America, Member of the Eagle

Scout Review, also a sponsor of Greenfield Little League for 23 years. He is also a member of American Association of Retired Federal Employees and member of Greenfield Historical Society. Don is President of Golden Agers and loyal supporter and donor to the Library. Volunteer to the Park and Recreation and past volunteer who transported eyes for the WI Eye Institute. He is a regular blood donor and Charter Member of the Greenfield Education Foundation.

Don was honored by the United Seniors of Wisconsin at a special ceremony during Picnic In The Park which was held on May 30, 2010 at Greenfield Bicentennial Park.



Visit our website to view more photos from this and other United Seniors of Wisconsin events.

Moms & Grandmas by Phyllis Nickchen, PT

SHARE THE WISDOM
While you watch them play!

Intergenerational sharing, non-structured, adult conversation while the children play in your view.

FRIDAYS
9:30 am - 12:00 Noon

Our space has tables, chairs, toys, books, hot/cold water for beverages.



Share skills, resources, etc. We welcome you with your children or grandchildren (ages 0-4) to a morning out together.

Sign up now, as you must be registered to participate in this program.

For more information call:
(414) 321-2829

Or via email at:
unitedseniorsfit@sbcglobal.net

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 thru 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 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



Remembering Guy Goodlad



Guy Goodlad died unexpectedly on May 25, 2010. He was a multi-entertainer performing with vocals, keyboards, saxophone, clarinet, guitar and fluegelhorn.

Guy had been performing for over 40 years in Wisconsin. He was available for just about any type of event that music and entertainment would enhance, including conventions, corporate events, weddings, anniversaries, private parties, birthdays, picnics.

Guy filled our Bingo Hall at United Seniors of Wisconsin with his music for the past 17 years. He will be sadly missed!

United Seniors of Wisconsin wishes to extend our condolences to his family and friends.



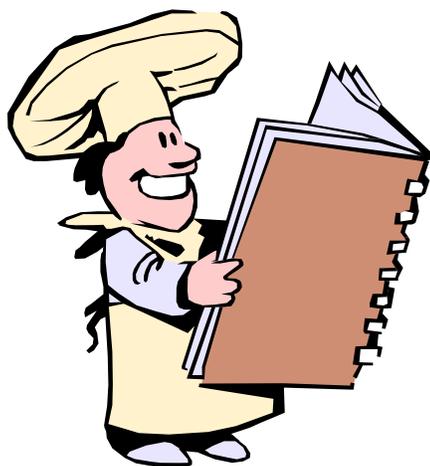
Guy D. Goodlad

BORN: January 24, 1946

DIED: May 25, 2010

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
onsin.org**

We will try and feature as many as space allows!

Next issue will feature:

SIDE DISHES

Bon Appétit!



Hot Chicken Salad

Ingredients:

- 4 cups cubed cooked chicken
- 4 celery ribs, sliced
- 2 cans (8 ounces *each*) sliced water chestnuts, drained
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1 cup mayonnaise
- 1 cup (8 ounces) sour cream
- 1/2 lb. sliced fresh mushrooms
- 1/2 cup slivered almonds, toasted
- 1 small onion finely chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup shredded cheddar cheese
- 1/2 cup soft whole wheat bread crumbs

Directions:

In a large bowl, combine the first 12 ingredients. Transfer to a greased 13-in. x 9-in. baking dish. Sprinkle with cheese and bread crumbs. Bake, uncovered, at 350° for 30-35 minutes or until heated through.

Yield: 12 servings.

Greek Orzo Pasta Salad

Ingredients:

- 1 cup uncooked orzo pasta
- 6 teaspoons olive oil, *divided*
- 1 medium red onion, finely chopped
- 1/2 cup minced fresh parsley
- 1/3 cup red wine vinegar
- 1-1/2 teaspoons dried oregano
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/8 teaspoon pepper
- 2 large tomatoes, seeded and chopped
- 1 medium cucumber, peeled, seeded and chopped
- 12 pitted ripe *or* Greek olives, halved
- 1/2 cup crumbled feta cheese

Directions

Cook orzo according to package directions; drain. In a large serving bowl, toss orzo with 2 teaspoons oil.

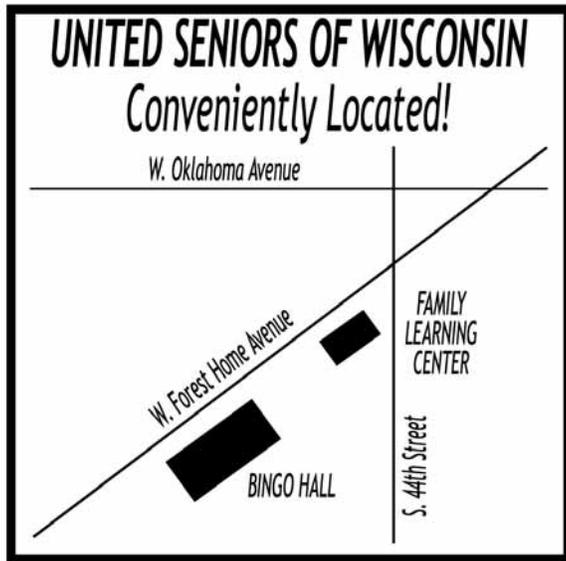
In another bowl, combine the onion, parsley, vinegar, oregano, salt, sugar, pepper and remaining oil; pour over orzo and toss to coat. Cover and refrigerate for 2-24 hours. Just before serving, gently stir in tomatoes, cucumber, olives and cheese.

Yield: 8 servings.

**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.

MARK YOUR CALENDAR!

General Membership Meeting
Saturday - Sep. 25, 2010 (1:00 pm)
United Seniors of Wisconsin
4415 W. Forest Home Avenue

CURRENT RESIDENT -OR-

"Seniors Helping Seniors In Their Golden Years"

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