



Season's Greetings

Volume 1, Issue 1

WINTER 2009

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My Christmas Card List



DOROTHY SEELEY



*There is a list of folks I know
All written in a book
And every year at Christmas Time
I go and take a look
And that is when I realize
That these names are a part
Not of the book they are written in
But of my very heart
For each name stands for someone
Who has touched my life sometime
And in that meeting they have become
The "Rhythm of the Rhyme"*

*I really feel that I'm composed
Of each and every name
And while you may not be aware
Of feeling quite the same
My life is so much richer
Then it was before you came
Whenever you have known someone
The years cannot erase
The memory of a pleasant word
Or of a friendly face
So never think my Christmas Cards
Are Just a mere routine
Of names upon a dreary list
Forgotten in between
For when I send a Christmas Card
That is addressed to you
It is because you are on that list
"Folks I'm Indebted To"
And whether I have known you
For many years or few
In some way you have had a part
In shaping things I do
So every year when Christmas comes
I realize anew
The biggest gift that GOD can give
Is knowing folks like you.*

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Extreme Makeover!

We are excited to announce that starting with our Winter 2009 issue, The United Seniors of Wisconsin Newspaper will now be in a more "user-friendly" newsletter format. Partly due to the rising costs of printing the newspaper, a decision was made to go into the new format. Our quarterly newsletter can now be printed in-house and will not need to be out-sourced, saving us

considerable cost in printing the publication. We will continue to feature much of the same informative articles as we have in the past, but with a few pleasant surprises along the way! We value your feedback, so feel free to share your ideas with us!

You Don't Want A "Living Will" by Rev. Robert Fleischmann

"Do you have that living will my pastor told me about?"

The Christian Life Resources office often gets this question. Over the years we have dispensed thousands of legal documents that help people in their medical care in the later years in life. But never once have we dispensed a "living will" because you DON'T WANT A LIVING WILL!

Over the last couple of decades Americans have wanted more say in their medical care. Four driving forces caused this change:

- 1) **MEDICAL ADVANCEMENTS:** Decisions in medical care which were once simple are now clouded with options. As with all options the door is opened for more input from others with only peripheral experience. For example, when two options expand to six options, chances are that the patient may have had some related experience with one of those choices. More people then interject their opinion into the process of medical-decision making, requiring clearer lines of authority to make decisions for a loved one.
- 2) **PHYSICIAN LIABILITY:** With others pressing harder for their voice to be heard the physician finds himself in a precarious situation. He faces legal responsibility for decisions that he may not necessarily feel are in the patient's best interest. Rather than engage in troublesome quarrel with the patient or family he acquiesces to the patient as long as the physician is relieved of any legal responsibility for the consequences of the decisions made.
- 3) **TEMPORAL AND ETERNAL CONFUSION:** Some people view a life of hardship as less valuable to sustain than a life of pleasure and ease. Others become attached to the things of this world and cling to them with morbid obsession. The result is a desire to control the extent of the discomfort while also pressing for "any and all efforts" to remain in this world.
- 4) **CHANGING VALUES IN MEDICINE:** At one time doctors were among the most trusted people in society. They kept secrets; came to the patient's home in the middle of the night; sacrificed, coddled and cared for each patient as if caring for a family member. The doctor was the life "sustainer." To a Christian, the doctor was an agent of God helping each of us to be better stewards in caring for the blessings of life. But, the medical profession is not immune from what Scripture calls the increasing coldness of people (Matthew 24:12). Some doctors see death as a personal defeat and try all medical means to save a patient. Others become agents of death to dispatch those patients whom they feel have lost the quality of their lives. To protect themselves from being an experiment or a death statistic, the patient wants more say.

In 1990, the U.S. Congress passed the "Patient Self Determination Act" (effective 12-01-91). The first medical directive forms developed came from medical organizations and were overly complicated. They would query a person about medical

care which left the average patient lost in fog. They so categorized every malady yet ignored the simple reality that every medical case is different. Some circumstances of a medical crisis demand one course of action, and different circumstances demand another course of action. The documents were too rigid.

Capitalizing on this interest in making medical decisions for yourself was the "Society for the Right to Die." As the name indicates, this group was a "pro-death". They were a "pro-euthanasia" group (agencies that advocated the "good death"). Since the founding of America various segments and organizations of society have advocated the notion that some lives are not worthy to continue. Margaret Sanger, founder of Planned Parenthood, was a leading advocate in "purifying" the race (i.e., eugenics). She found common ground with those who advocated the right to die because this right was predicated on the fact that when our lives did not seem worth living, then we should be able to end it.



You Don't Want A "Living Will" (CONTINUED)

The eugenics and pro-euthanasia movements grew in popularity and were sought out by other countries to share their approach to these issues. One country that took a strong interest was Nazi Germany. When the atrocities of WWII became known, however, these agencies faded away only to be resurrected in the past several decades using the same basic message.

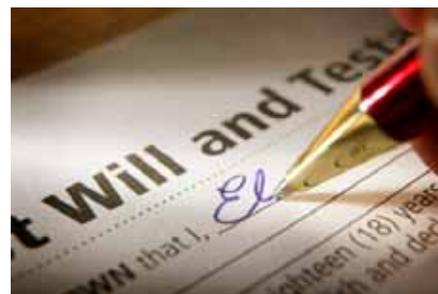
The Society for the Right to Die capitalized on America's new sense of individual liberty advocated in the 1960's and created the "living will" document. It was a draft of a model for medical-decision making legislation for each of the 50 states. The document was shorter and far more general than its predecessor. Instead of articulating each detail for medical care the patient simply summarized a philosophy about end-of-care which became the "living will."

Since this model was written by the Society for the Right to Die, it leaned toward a predisposition for death. It assumed that as life's quality diminished, so also did the worthiness of life's continued existence in this world. So the document guided you to state that you do not want to be sustained by artificial means. Most significantly for the Christian community, it left God out of the picture. Living wills had two flaws: 1) they expounded a pro-death bias; and 2) their overly-general nature provided little direction when hard decisions had to be made.

Without a doubt the pro-death mentality is alive today. Although the living will faded, it enjoyed a resurgence when the Terri Schiavo case became front-page news. Reporters encouraged people to "get a living will" without realizing that living wills are woefully inadequate.

Today states have settled on a far more effective approach for declaring medical wishes. They created statutes to designate health care agents or surrogates to make decisions when the patient cannot do so. Simply put, they allow for the creation of a document called a "power of attorney for health care." Health care surrogate documents allow designation of a primary and a secondary health care agent who is to understand your views about life, death, and your religious convictions.

Every state has guidelines for drafting medical directives. Your attorney can draft a basic directive for you or contact United Seniors of Wisconsin for more information.



Thy Will Be Done

You have worked hard all your life to acquire your treasured possessions, to secure the future for your family and loved ones. Regardless of our age and health, a will may be one of the most important legal documents you will ever sign.

Now take that protection one step further!

Whether you have a formal written will that you have created with your attorney, or a Living Will, creating a personal video DVD of you assigning your valuable assets further protects your assets, and helps minimize the chances of a contest over your estate.

THY WILL BE DONE services include:

- Attorney-guided services to assist you in developing and recording your will.
- Supervised recording services if you already have a written will.

- For an additional fee, recording can be completed in the comfort of your home.
- Packages start at only \$99.00

Regardless of your age or state of health, it is important to give thought to the disbursement of your estate, your financial and other personal affairs, so that your wishes are clear and in place for your friends and family at the time of your death. A digital video of your last will and testament is a way to share your values, blessings, life's lessons, hopes and dreams for the future, love, and forgiveness with your family, friends, and community.

This may be one of the most cherished and meaningful gifts you can leave your family, loves ones, friends and community!

THY WILL BE DONE is a division of the United Seniors of Wisconsin. Call **414-727-9400** or **414-321-4409** for more information.



THE HAND THAT GIVES, GATHERS

The more you give, the more you get;

The more you laugh, the less you fret;

*The more you do unselfishly,
the more you'll live abundantly;*

*The more of everything you share,
the more you'll always have to spare;*

*The more you love, the more you'll find that
life is good and friends are kind.*

*For only what you give away,
enriches you from day to day.*

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:

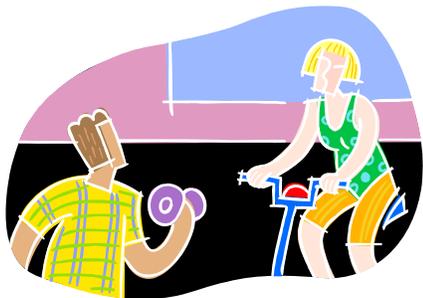
(414) 321-0220

BINGO SCHEDULE

- Every Sunday Night
Pioneer Drum & Bugle
- Every Monday, Tuesday, Thursday & Friday Morning (9:30 am & 11:00 am)
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**

Wellness Center by Phyllis Nickchen, PT

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



**Appointments preferred.
Call: (414) 321-0220**

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*

JOIN THE FUN!



**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**

T'was The Night Before Christmas... A Soldier's Story



T'was the night before Christmas, he lived all alone. In a one bedroom house made of plaster and stone. I had come down the chimney with presents to give, and to see just who in this home did live.

I looked all about, a strange sight I did see. No tinsel, no presents, not even a tree. No stocking by mantle, just boots filled with sand. On the wall hung pictures of far distant lands.

With medals and badges, awards of all kinds. A sober thought came through my mind. For this house was different, it was dark and dreary. I found the home of a soldier, once I could see clearly.

The soldier lay sleeping, silent,

alone. Curled up on the floor in this one bedroom home. The face was so gentle, the room in such disorder. Not how I pictured a United States soldier.

Was this the hero of whom I'd just read? Curled up on a poncho, the floor for a bed? I realized the families that I saw this night. Owed their lives to these soldiers who were willing to fight.

Soon round the world, the children would play. And grownups would celebrate a bright Christmas Day.

They all enjoyed freedom each month of the year. Because of the soldiers, like the one lying here. I couldn't help wonder why many lay alone. On a cold Christmas Eve in a land far from home.

The very thought brought a tear to my eye, I dropped to my knees and started to cry. The soldier awakened and I heard a rough voice. "Santa don't cry, this life is my

choice. I fight for freedom, I don't ask for more. My life is my God, my country, my corps."

The soldier rolled over and drifted to sleep, I couldn't control it, I continued to weep. I kept watch for hours, so silent and still. And we both shivered from the cold night's chill.

I didn't want to leave on that cold, dark night. This guardian of honor so willing to fight. Then the soldier rolled over, with a voice soft and pure. Whispered, "Carry on Santa, it's Christmas Day, all is secure."



Here Come The Grandkids

With the holidays coming, you may be spending more time with your grandchildren. Staying connected with your grandkids isn't always easy, especially if you live far apart. We offer these helpful hints to keep your relationship meaningful:

- Ask about the things your grandchildren are studying in school. Take them to see some of the places they may have heard about or studied.
- Show them the town and the house where you grew up.
- Take pictures while on vacation. Build a scrapbook!
- Ask questions about what they are doing at home and in school. Follow up on their interests.
- Play games. Ask them to teach you their favorite games. (Wii game consoles are extremely popular now and can be a lot of fun for children and adults of all ages.) Or teach them a game you enjoy!
- Learn about their favorite sports. Talk with them about their games, their successes, and their difficulties.
- Find out what your grandchildren are reading and read them

too. By reading the same books or stories, you can talk about them. And they will love that you enjoy the same things. (Try the Harry Potter books. They are quite good!)



Make Sure Pets Have A Happy Holiday, Too!

No matter how you choose to involve your pet in the holidays, there are some basic guidelines for keeping them safe and happy. As a service to pet owners and their animal companions, the ASPCA issues a yearly list of holiday safety suggestions. Among the tips:



- small portions of meat without sauces or spices and fresh veggies.
- Do set aside a safe and quiet space for your pet during the commotion of the season, especially if you are expecting guests. Holiday crowds and noise can frighten many animals.
- Don't trim your home with poisonous plants and other decorations that can be harmful to your pets. Holly, ivy, mistletoe; and poinsettias can be poisonous, and candles and loose wiring can attract curious pets.
- Do let your cat or dog romp through wrapping paper and boxes, but remove ribbons, yarn, and aluminum foil first.
- Don't make your tree an attractive climbing post for
- your cat. Position your tree on a wide, flat and stable base, and anchor the tree to a window or wall using fishing line. Always be sure to decorate with animal-safe items such as dried flowers, pine cones, or fabric and wood ornaments and avoid using popcorn strands, ribbons, tinsel, and glass ornaments, which can all be deadly if swallowed.
- Do provide fresh water for your pet at all times and be sure to keep cats and dogs away from Christmas tree water, which can contain fertilizers and bacteria that can upset your pet's stomach.



Tips To Enjoy Simple Holiday Celebrations



Some people get so caught up in the rush of the holiday season that they forget to savor the unique mean-

ing behind the actual day or days. It's not all about receiving gifts and gorging on delicious treats, but rather about discovering new ways to exemplify the holiday spirit.

The Heifer Project International offers several tips for enjoying a simpler, more meaning holiday.

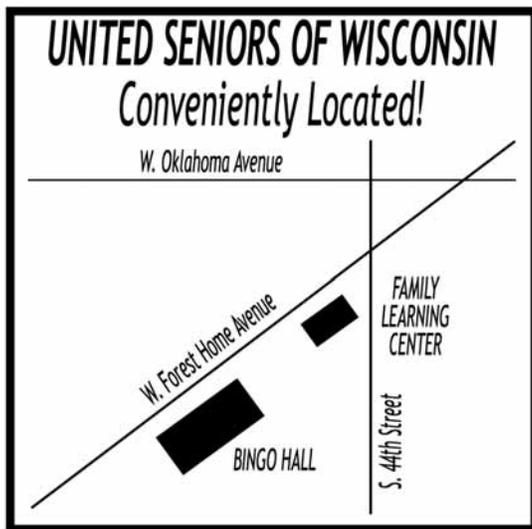
1. **SLOW DOWN.** Have a family meeting to plan what everyone wants to do. Mark decisions on a family calendar and limit yourself to these activities.
2. If you know a single parent, offer to take his or her children shopping, or to baby-sit while he or she shops.
3. **HOLD DOWN SPENDING.** Add up all the things you plan to spend money on this season—from the total, subtract 20 percent and decide how to share it with someone who truly needs it.
4. Ask the oldest adults you know, to tell what Christmas or Hanukkah was like when they were young.
5. **COUNT YOUR BLESSINGS.** Make a list of all the joyous things that have happened to your family this year. Offer a prayer of thanks.
6. **MAKE AN AUDIO-TAPE** to send to someone who is far away who would love to hear from you.
7. Instead of fighting with mall crowds, shop catalogs instead.
8. **DRAW NAMES FOR GIFTS** rather than giving a gift to everyone on your list. Give children one thing they really want instead of many gifts.
9. **MAKE FAMILY COUPON BOOKS** with coupons for services you are willing to provide, to be "cashed in" when the recipient needs them within a specified time period.
10. When the family gathers to celebrate Hanukkah, Kwanzaa or Christmas, sit in a circle and ask each person to begin a sentence with "I am glad that..." The family then responds to each statement with "we are glad!"
11. **PROMISE TO TEACH A NEW SKILL** to someone in January... a child to ride a bike or an older person to use a computer.
12. **FRUIT OF THY LABOR.** Force fruit blossoms; plant a sprig of plum, apple or lilac in wet sand December 1st. Place in a sunlit window and water regularly.
13. **LOOK THROUGH THE SNAPSHOTS** you took last summer. Add funny captions and send to friends instead of cards.
14. **GO AS A FAMILY TO HELP SERVE A MEAL AT A HOMELESS SHELTER.** Place a candy cane and a handwritten greeting at each place setting. Talk about the experience on the way home.
15. **TAKE THE WHOLE FAMILY INCLUDING THE FAMILY PETS TO VISIT A NURSING HOME.** Practice in advance some questions to ask and some jokes or poems to share.
16. **FAMILY NIGHT.** Declare one night a week as family night. Make this a time for baking cookies, creating and addressing greeting cards, singing carols or doing a craft project.
17. **REACH OUT** in friendship to forgotten persons in your community. Invite them to go with you to see the holiday displays in store windows or a live nativity. Or invite them to attend a worship service, a concert, or to watch a television special with you.
18. **ASK AN IMMIGRANT FAMILY** or an international student to tell about holiday celebrations in their native country. Mark your calendar for a date in January when you will connect with this person again.
19. **TAKE SOMEONE WHO CAN NO LONGER DRIVE FOR A RIDE** to see the holiday decorations around town.
20. **MAKE A FEW CHANGES THIS YEAR, ADD MORE THE NEXT.** That way, you'll gradually build a tradition of simpler, less stressful celebrations that everyone in the family can enjoy!
21. **REMEMBER** — You only have one time around in this life. The only mark you leave is that you leave something better than what you found it!



**DON'T FORGET!
DUES ARE DUE JAN. 1, 2010**

Please mail your \$10 dues to:

**4515 W. Forest Home Avenue
Milwaukee, WI 53219**



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, INC.
4515 W. FOREST HOME AVENUE
MILWAUKEE, WI 53219**

"Seniors Helping Seniors In Their Golden Years"

Non-Profit Organization

U.S. POSTAGE

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