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Seniors in TOUCH

"It Means So Much To Stay In Touch"



Katharina Winter: WWII Survivor's Lifelong Courage

By Leah Ulatowski

Katharina Winter resides in a cozy condo with lacy décor in the quiet village of Oostburg and thoroughly enjoys attending Oostburg's Senior Dining Service diner. Many in the community would never guess, however, that behind those sparkling eyes lies the determined spirit of a woman that for years had no place to rest her head. After being torn from her childhood home in Yugoslavia during World War II, every day was a fight for survival.

Senior Dining Site Manager Mary Kempf said Winter is the "sweetest" woman. Winter's daughter is more inclined to admire her mother's vigorous spirit, "Mother is a very strong, determined person; hardworking and self-sacrificing," Betty Schieffer said.

Winter's spirit was tested as the world was thrust into war when she was seventeen years old. It didn't take long for its effects to ravage her village in Yugoslavia, forever altering the course of her young life. Despite its self-proclaimed neutrality, Yugoslavia became partial to Germany. In response, a communist-led resistance known as the 'Yugoslav Partisans' formed and its members wreaked havoc on their own people, especially on Winter's community. "[The Partisans] went into the woods and came in the night to rob us and to kill the people," Winter said, adding her family couldn't use their wagon for fear of attack and had to walk everywhere. *(cont. on p. 9)*

Special Days In April:

- 4th—Living Option Fair
- 6th—Caramel Popcorn Day
- 11th—Barbershop Quartet Day
- 16th—AARP Meeting
- 18th—Tornado Drill
- 18th—Boost Your Noodle
- 20th—Husband Appreciation Day
- 21st—Nat'l Volunteer Week
- 22nd—Earth Day
- 25th—Healthy Eating Class
- 27th—Caregivers College
- 30th—Bugs Bunny Day

Sheboygan County Senior Dining Sites

Adell Senior Center

650 Siefert
Adell, WI 53001
Phone: 920-994-9934
Open: Monday thru Friday
Manager: Mary Kempf

Cascade Village Hall

301 1st Street
Cascade, WI 53011
Phone:
Open: Mondays
Manager: Mary Kempf

Cedar Grove—First Reformed Church

237 South Main
Cedar Grove, WI 53013
Phone: 920-668-6863
Open: Mondays
Manager: Delores M.

Howards Grove Village Hall

913 South Wisconsin Drive
Howards Grove, WI 53083
Phone: 920-467-9042
Open: Tuesdays
Manager: Toni Becker

Oostburg Civic Center

213 North 8th Street
Oostburg, WI 53070
Phone: 920-564-2113
Open: Wednesdays
Manager: Joyce R.

Plymouth—Generations Building

1500 Douglas Drive
Plymouth, WI 53073
Phone: 920-892-4821
Open: Monday thru Friday
Manager: Susan Wenzel

Sheboygan—Zion Covenant Church

1125 North 6th Street
Sheboygan, WI 53081
Phone: 920-207-2522
Open: Monday thru Friday
Manager: Darcy Vollrath

Sheboygan Falls

Aging and Disability Resource Center
650 Forest Avenue
Sheboygan Falls, WI 53085
Phone: 920-467-9042
Open: Monday thru Friday
Manager: Toni Becker

Platter Patter

April is finally here! Hopefully, that means winter has ended and spring has begun. Who would have thought winter would have wanted to hang around for as long as it did? Now it is time to look forward to longer and warmer days. The flowers and trees will begin to bud and soon will be popping out all over.

The week of April 21st—April 27th is National Volunteer Week. It is during this week that, all around the county, volunteers are recognized by the organizations they help. Without the assistance of volunteers some programs would not be able to exist, let alone accomplish the many good things they do.

We have many volunteers helping here at the ADRC. Volunteers help the ADRC and Elder Services with a variety of tasks such as wrapping gifts, driving seniors to medical appointments, data entry, greeting visitors at the courthouse, teaching health-related classes, and providing seniors with a friendly ear. Some volunteers help out more than once a week, some just help whenever they can. It is all very much appreciated and provides a very valuable service.

The reasons people volunteer are many. Some volunteer to honor the memory of a loved one, some volunteer to “give back” because of some assist they may have received in their lifetime, others volunteer because they need something productive to do. Whatever the reason one volunteers, studies have shown that people who volunteer their time helping someone or some organization experience a sense of “happiness” at a higher rate than those who do not volunteer.

In 2012, approximately 308 volunteers provided approximately 19,893 hours of assistance. At an average reimbursement of \$15.00 per hour, an approximate total of \$298,395 dollars of services was volunteered here at the ADRC. We are grateful to you for your efforts. Thank you!



Contact Us At:

Sheboygan County Senior Dining Program

Aging and Disability Resource Center

650 Forest Avenue

Sheboygan Falls, WI 53085

Phone: 920-467-4100

Email: adrc@co.sheboygan.wi.us

Seniors In Touch is also online at:

http://www.co.sheboygan.wi.us/html_d_hhs_AgeDisResc_Cntr.html



Berries are Berry, Berry Good For You!

The beautiful berries—blueberries, raspberries, strawberries, blackberries and grapes to name a few. But not just tasty, they are also very good for you. An excellent source of fiber, they are a great choice for dessert because even though they are made up of natural sugars the fiber helps slow the absorption of the sugar so they are a much smarter choice than refined simple sugars.

Berries are also high in antioxidants and great sources of important vitamins and minerals. Blueberries consistently rank towards the top of the list of foods that are highest in antioxidants. Given the wide variety of antioxidants in the blueberry, they are touted to aid in fighting various cancers, aid in the health of the central nervous system and may even improve memory.


Blueberries and blackberries both have almost 4 grams of fiber per cup. Raspberries and blackberries are great sources of fiber which aid in regularity, but they are also good sources of Vitamin C and folic acid. Blackberries are good sources of manganese, which is crucial to brain function and bone growth.

Not a surprise, strawberries are the best selling fruit in the US. Strawberries are good sources of fiber, vitamins C and A and potassium. Berries are very versatile and can be frozen, made into jams and jellies and baked into baked goods. Frozen berries are flash-frozen at the peak of freshness, so they are just as good! (*GWAAR Food Scraps-April 2012*)

QUESTION of the MONTH

What movie or video/DVD should we be sure to watch?

asked at the **Howards Grove Senior Dining Site**

The Blind Side (2009) – Germaine D	Ben Hur (1959) – Jelane G
Doctor Zhivago (1965) – Cleora M	Laurel & Hardy movies (1930's) – Roger W
Gone With the Wind (1939) – Emmet T	Saturday Night Fever (1977) – Kitty P
October Baby (2011) – Rita E	The Sound of Music (1965) – Virginia N
The Live of Emil Zola (1937) – Orval M	

Senior Meet and Eat

Welcome to Senior Meet and Eat, where we will keep you informed of meetings of the Sheboygan Chapter of AARP. In February, the Sheboygan AARP will meet on April 16, 2013, at the Arabella's Restaurant, 725 Indiana Avenue, Sheboygan, at 11:30 am. Our speaker will be June Platz, President of the Sheboygan Audobon Society. Her topic will be birds found in Sheboygan County. You do not need to be a member of the Sheboygan AARP chapter to attend. For more information, call

Riddle Me This

Dee Septor, the famous magician, claimed to be able to throw a ping-pong ball so that it would go a short distance, come to a complete stop, and then reverse itself. He also added that he would not bounce the ball off any object, or tie anything to it. How could he perform this trick? (*Answer on p. 10*)

Build an Emergency Kit!

Essentials – flashlight, batteries, weather radio, car cell phone charger, important documents – sealed in a waterproof pouch.

Sanitation Supplies – dust mask, bleach, soap, chlorine bleach & dropper, feminine products, moist towelettes, latex gloves

Bedding & Clothing – have extra blankets and clothes including jackets and hard soled shoes.

Pet Supplies –Have enough water and food. Not all shelters take pets, so if you have to evacuate, have a plan for your pet.

Medications –have extra prescription medication and medical supplies and copies of your immunization records.

First Aid – gloves, bandages, hand sanitizer, scissors, first aid manual. Include extra hearing aid batteries, diabetic supplies or eye glasses.

Food & Water –All homes should have a 3 day supply of food and water, with at least one gallon of water per person per day. See Do1Thing.com/water for tips. (*More information about kits can be found at www.ready.wi.gov*)

Caregivers College

The Family Caregivers Coalition in Sheboygan County is sponsoring: **Caregivers College** on Saturday, April 27th 2013 from 8:45 a.m. to 1:00 p.m. at St. Paul Lutheran church, 730 County Trunk PPP in Sheboygan Falls.

This “**hands-on**” training is for family caregivers and their family and friends who support them in caregiving.

Topics will include:

- developing a support team
- completing safe transfers
- providing respectful personal care
- using helpful assistive home aids
- taking care of you.



Lunch is included in the registration fee. Information and resources will be available for participants. A caregiver gift will be donated to the drawing winner on the day of the event. Respite for the care recipient is available **upon request** for eligible individuals.

Call (920) 467-4100 and mail a check for \$5.00 (individual) or \$10.00 (family/friend unit up to 5) to: Aging & Disability Resource Center, 650 Forest Avenue, Sheboygan Falls, WI 53085. Registration is required.

Healthy Eating for Successful Living Program Now Offered in Cedar Grove, WI Thursday April 25, 2013- Thursday May 30, 2013

Healthy Eating for Successful Living is a program for those who want to learn more about nutrition and how lifestyle changes can promote better health. This program focuses on heart and bone healthy nutrition strategies to help maintain or improve participants' wellness and independence and prevent chronic disease development or progression. This is an educational and hands-on program.



Classes will be led by certified *Healthy Eating for Successful Living Leaders* Mary Kempf, Sheboygan County Senior Dining Program and Mike Glasgow, Greater Wisconsin Agency on Aging Resources, at the First Reformed Church located at 237 S. Main St in Cedar Grove, WI. Classes will meet every Thursday from 8:00 am–10:30 am for 6 weeks. Sign up today and the cost is free and includes the class and *Healthy Eating for Successful Living book*. A donation can be made to cover the cost (\$8) of the *Healthy Eating for Successful Living book*. For more information or to register by Thursday, April 11, please contact Mary Kempf at (920) 994-9934. We hope you join us!!

April is National Awareness Month For:

Foot Health
Autism
Irritable Bowel Syndrome
Alcohol
Humor

The Pillsbury Doughboy Obituary

submitted by Evelyn Woodward
--Adell

The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71. Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, Hostess Twinkie, and Captain Crunch.

The gravesite was piled high with flours. Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turn-overs. He was not considered to be a smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flakey at times, he was still a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife, Play Dough, two children, John Dough and Jane Dough, plus the one in the oven. He is also survived by his elderly father, Pop Tart. The funeral was held at 3:50⁰ for about 20 minutes. (http://www.graveinfo.net/pillsbury_doughboy_obituary)



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HEALTH HIGHLIGHT: The Safe Disposal Of Sharp Object In Your Home



The State of Wisconsin has made rules regarding the safe disposal of contaminated sharps. The purpose of these rules is to protect waste handlers, the public and the environment.

- Contaminated sharps are needles, syringes and lancets.
- Contaminated sharps must be placed in an approved sharps container.
 - a. An approved sharps container is:
 - b. A red, plastic, puncture-proof container that has a biohazard label on it.
- A used plastic laundry detergent bottle labeled with a "biohazard" or "sharps" sticker.
- Only use your sharps container for contaminated sharps. Place other waste such as bandages, cotton balls, gauze, etc., in your regular trash.
- When the container is full or no longer needed, it must be securely closed and taped shut with masking or duct tape.
- Wipe off the outside of container with any household cleaner and place in a plastic bag.

Sharps containers must be brought to an approved sharps collection station. Collection of full containers is a free service provided by hospitals and a number of other locations. To identify a sharps collection station near you, go to the internet: <http://dnr.wi.gov/topic/HealthWaste/Household.html>

OR

Bring your sharps container to the Information Desk at St. Nicholas Hospital located inside the main lobby Monday-Friday between 7 AM and 7 PM. You may also turn the container in to your diabetic educator.

SAFETY POINTS TO REMEMBER:

- **Do not** put contaminated sharps in any container that will be recycled.
- **Keep** containers with all sharps out of reach of children.

Resource Spotlight: Aging and Disability Resource Center

Disability Benefit Specialist

(This month we continue to focus on the services and assistance available at the Aging and Disability Resource Center. This month we highlight the Disability Benefit Specialist.)

Hello, my name is Monica Froh and I am the Disability Benefits Specialist (DBS) located at the Sheboygan County ADRC. I have been with the Sheboygan County ADRC since it opened in July 2006. The State of Wisconsin requires all ADRCs to provide a Disability Benefit Specialist as part of the spectrum of services they provide. The services provided by the Disability Benefit Specialist are available at no charge and are confidential.

Disability Benefit Specialists (DBS) serve people **ages 18-59** with a physical or a developmental disability, a mental illness or a substance abuse disorder. Similar services are available to people age 60 or older through the Elderly Benefit Specialist program.

Disability Benefit Specialists help answer questions and solve problems related to Social Security, Medicare, health insurance and other public and private benefits for people with disabilities. A large part of the work also includes assisting persons to access Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) benefits and with the appeal process should they be denied. Once a person begins to receive disability benefits they often are confused or overwhelmed by health insurance decisions. Disability Benefit Specialists help persons understand what their benefits cover and provide information so that a person can make the best insurance choices for themselves.

Boost Your Noodle

Connie Thimmig, Director of Community Relations for Azura Memory Care will present “Boost your Noodle” at the next Caregivers Connect event which will be held at the Aging and Disability Resource Center, 650 Forest Avenue, in Sheboygan Falls on **Thursday, April 18, 2013 from 1:30-3:00 pm**. Learn strategies for improving memory while exploring the importance of a brain healthy lifestyle.



“When people think about staying fit, they generally think from the neck down. We use our brain for everything we do: thinking, feeling, remembering, working, and playing – even sleeping,” states Thimmig. “But using your brain and challenging your brain are different. The good news is that there are simple steps you can take to help keep your brain healthier as you age and possibly reduce your risk of Alzheimer’s disease or other dementia.” This fun and interactive program will help you learn more about what you can do to enhance brain health.

Caregivers Connect is free and sponsored by the Family Caregivers Coalition in Sheboygan County. This presentation is open to family and professional caregivers and care recipients.

Call the Family Caregivers Coalition in Sheboygan County c/o Aging & Disability Resource Center at 920 467-4100 or 800-596-1919 for more information or to **make a reservation**.



Did You Know?

A boysenberry is a cross between a European raspberry, a common blackberry and a loganberry.

Acai berries, fairly new to the public consciousness, is an antioxidant powerhouse, and may even help lower your cholesterol.

The Chinese Wolfberry, or Goji berry, may help protect the liver from contaminants.

The skins of the purple grape are a good source of resveratrol, which is currently being studied for its potential anti-aging properties and it’s possible cancer fighting qualities.



April is Severe Weather Awareness Month

Governor Scott Walker has proclaimed the week of April 15-19, 2013 as Tornado and Severe Weather Awareness Week in Wisconsin. Wisconsin averages 23 tornadoes annually. Last year, only 4 tornadoes were reported in Wisconsin by the National Weather Service (NWS). The strongest tornado, rated EF2, hit near Patch Grove in Grant County on September 4. No fatalities or injuries occurred with the tornadoes.

On Thursday, April 18, 2013, a statewide tornado drill is planned. The mock tornado watch will be issued statewide by the NWS at 1:00 pm. The NWS will then issue a statewide mock tornado warning at 1:45 pm.

You do not have to participate during the April 18 drill; however, you are welcome to hold your own drill at any time. The statewide drill will be postponed until Friday, April 19, 2013 if there is a threat of severe weather in Wisconsin on Thursday. The drill will go on in all other conditions including non-severe weather (clouds, rain, dark sky, scattered thunderstorms, etc.). If severe weather occurs on Friday, the drill will be cancelled.

The Wisconsin Department of Public Instruction, Wisconsin Emergency Management and the National Weather Service encourage your participation in promoting Tornado and Severe Weather Awareness Week. For more information on tornadoes and severe weather, contact your county or tribal emergency management director or your local NWS office.



Ask The Pharmacist

By Cammy Jorstad, Pharmacist, Sheboygan Health Mart Pharmacy



“Could I Have Sleep Apnea?”

Does your snoring raise the dead—or at least prompt a swift kick? Has your partner or spouse said that you gasp or snort, or make choking sounds while asleep? Are you finding yourself way too drowsy during the day, despite getting a "good night's sleep"? These can be major signs of a common disorder called sleep apnea. Other signs may include: waking often to urinate, morning headaches, memory or concentration problems, Irritability, depression, or mood swings, and dry mouth or sore throat upon awakening.

With sleep apnea, you breathe shallowly or have regular pauses in your breathing that can last from a few seconds to minutes. This may occur when the airway collapses or becomes blocked from extra tissue or other causes. Breathing pauses can happen many times a night, often moving you out of deep sleep into light sleep.

News flash: your body and brain need oxygen—and lots of it! Sleep apnea can be serious. It isn't something to ignore. The problem is, lots of people don't know they have it because there is no simple test to detect the condition. And your doctor can't confirm it during a routine office visit.

Feeling tired a lot may be just the tip of the proverbial iceberg. Sleepiness can lead to work-related or driving accidents. And, if left untreated, sleep apnea can also increase the risk of: High blood pressure, Heart attack, Stroke, Obesity, Diabetes, Heart failure, and Irregular heartbeats (arrhythmias). Suddenly that signature snoring seems a little less funny, doesn't it? If you have signs of sleep apnea, have a conversation with your physician. You might need a sleep study to confirm a diagnosis. Snoring doesn't always mean you have sleep apnea.

A sleep study tests how well you sleep and how your body responds to any problems with sleep. Among other things, it measures the amount of oxygen in your blood, air movement in and out of your nose, and chest movements. It also records brain activity, eye movements, heart rate, and blood pressure. This study is often done in a sleep center or sleep lab. If you are diagnosed with sleep apnea, many things can help. Sometimes just dropping some pounds, quitting smoking, and avoiding alcohol or sedatives can make a difference. Also, sleeping on your side instead of your back can help keep your throat open. Ask your doctor whether allergy medicines or nasal sprays might help keep your nasal passages more open at night.

If you need treatment, a sleep doctor may recommend one of several options. These include a custom-made oral appliance to move your jaw forward, a device with a one-way nasal valve called Provent Therapy, or a breathing device called continuous positive airway pressure (CPAP). These all work in slightly different ways. Some people also benefit from surgery to widen breathing passages. If one approach doesn't work well, be sure to follow up with your doctor. Of course, I'll also answer any questions I can. Sweet dreams!

There Was a Reason Mom Always Made You Wash Your Hands!



First of all, the water needs to be as hot as possible – but the rule is actually 100°F or hotter. Soap needs to be available at all hand washing stations used in food service. Apply enough to build up a good lather. Scrub hands and arms vigorously for 10 to 15 seconds.

Make sure to pay close attention to between the fingers, under the nails, around the nail beds and cuticles and under any rings. We have to consider hand washing to be “*trench warfare*.” The bugs want to live on our hands. The cracks, crevasses and creases are perfect homes for microorganisms. Our hands provide warmth, nourishment and hydration. The bugs love it, and they hang out in the cracks – in the trenches. We have to fight hard to get them out. Scrubbing vigorously for 10 to 15 seconds will get them out. Then we must rinse the bugs and debris away.

Rinsing is very important because we need to get the stuff off our hands. Rinse thoroughly for 5-10 seconds under running water. Dry your hands with blown air hand dryers or disposable towels. Use the towel to turn off the faucet, and if in a bathroom or other room, use the towel to turn the doorknob. (GWAAR Food Safety Scraps-April 2012)

(WWII Survivor's Lifelong Courage—cont. from p. 1)

The Partisans kidnapped young men from Winter's village to coerce them into the resistance or to slay them. Young ladies were scarce as they were dragged into the woods to be raped and murdered. The community was in ruin; the school was burned, blood poured out in the streets, and the people had absolutely nothing. Winter endured this for over a year.

Run out of their home, Winter and her family spent several months in a German village, hardly an improvement due to bombing. In 1944, they were suddenly forced out by German soldiers evacuating the area. "We had no rights in our own home," Winter said. "We only had 24 hours to get out." The women and children were shoved into cattle cars, fifty per a car with no food, water, or means to dispose of human waste. They could only bring what could be carried.

The soldiers promised to take them as far as Hungary, but halted the train near the border. They abandoned the victims as war aircrafts began to shoot down. "We had to cut branches to put over the train so they couldn't see it," Winter said. The Germans returned and the victims' pleas to turn back were not only refused but punished through the smashing of their few belongings. Traveling for 13 days, they never made it to Hungary. Instead, they were brought to an abandoned school in Germany and all 3,000 people shared the living space.



Picture of Prisoner of War Camp where Katherina was held.

Winter's family contacted her aunts and, risking the rampant bombing, joined them in Austria in 1945. Austrians were unwelcoming to refugees and the Russians there desired victims for concentration camps. The family's stay was unsettling. Seeking to find shelter in a displaced persons camp in the American zone, the family noted the streetcars used by Russians and Americans to travel. They tried to slip in, but were refused. Eventually, Winter's mother managed to secure necessary documentation to ride.



Picture of Katherina and the double wedding.

"[Before boarding] my aunt dropped her stuff in the Danube River," Winter said. "She wanted suicide; she had three kids and no money. I ran back to save her stuff." Upon returning, Winter discovered her entire family, except her aunt, had crossed the border. Soon after, the aunt slipped into a streetcar but had to leave her infant behind with Winter before sending someone for the child.

Alone, Winter sobbingly shared her plight with a sympathetic American who let her cross the border into the camp where the family regrouped. "I met my husband there," Winter said. "We had a double wedding in the camp." Father Wagner, a priest from Nebraska, visited the camp to film its poor conditions. He helped Winter, her husband, and two-year old daughter secure

documentation to travel by "soldier boat" to Ellis Island. Wagner even secured farm jobs for them near St. Louis, Missouri.

Gifted twenty dollars to begin their new lives, Winter was unsure how to price their first frozen chicken. Prepared to motion to her young daughter if refused at the checkout, to her surprise the chicken was packed away with over \$19.00 in change to spare. *(cont. on p. 10)*

(*WWII Survivor's Lifelong Courage, cont. from p. 9*)

"I said to my husband, 'What things we can buy here!'" Winter said. The language barrier proved distressing, however, and affected their work. They soon left the farm for Milwaukee, Wisconsin. It was there Winter found a true home. Everything improved after her family immigrated and began living with them; they even learned the language. Daughter Betty was joined by the Winters' second child, Mary, who was born in America. While Winter embraced America and its diverse people, she sometimes faced prejudice. A man once said she should return to where she came from.

"I asked him where his parents came from and said maybe they should go back before me," Winter said.

Through the generosity of her son-in-law, Bob Schieffer, Winter did return, but only for a visit. She traveled to Croatia in 2001 and tearfully walked through the house she was forced to abandon, as well as paid respects at the mass grave of her father and other WWII soldiers.

Unfortunately, Winter did not leave life's trials behind in Europe; she was recently the victim of a scam and lost thousands of dollars. Winter smiles through the affliction, however, and standing in her doorway motions to the community around her, "It is still better here," she said of her American residency. "Here there are people to help you."

My wife Mary and I have been married for forty-seven years and not once have we had an argument serious enough to consider divorce; murder, yes, but divorce, never. *Jack Benny*

First you forget names, then you forget faces. Next you forget to pull your zipper up and finally, you forget to pull it down. *George Burns*

Happiness? A good cigar, a good meal, a good cigar and a good woman - or a bad woman; it depends on how much happiness you can handle. *George Burns*

Food Celebrated In April

BLT Sandwiches	Tomatoes
Garlic	Grilled Cheese
Soft Pretzel	Soy Foods
Egg Salad	Spiral Ham 4/15

The Joker's Corner



A couple is celebrating their 50th anniversary. The wife notices a tear in her husband's eye and asks why. "I was just thinking about the time before we got married," he said. "Your father threatened me with a shotgun and said he'd have me thrown in jail for 50 years if I didn't marry you. Tomorrow I would've been a free man!"

J

The easiest way to find something that's lost around the house is to buy a replacement.

J

A woman complimented a little old man: "You look so happy. What's your secret to a long life?" she asked. "I smoke three packs of cigarettes a day, eat fatty foods and never exercise," he said. "That's amazing; how old are you?" the woman inquired. He replied "Twenty-six."

J

And Ole' says: "There's always a lot to be thankful for. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt."

Riddle Me This—Answer (*from p. 3*)
He threw the ball straight up in the air!

ITALIAN MUSHROOMS RECIPE—submitted by Joan Schneider—Adell

Ingredients:

- 1 lb medium fresh mushrooms
- 1 large onion, sliced
- ½ cup butter, melted
- 1 envelope Italian salad dressing mix

In a 3-quart slow cooker, layer mushrooms and onions. Combine butter and salad dressing mix and pour over vegetables. Cover and cook for 4-5 hours on high heat. Check for doneness after 3 hours. Serve with a slotted spoon.

Alternative: place solid butter and dressing mix on top of vegetables and mix ingredients about an hour later.





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Here at Generations—1500 Douglas Drive, Plymouth, Wisconsin

Living Options Vendor Fair

ONE STOP SHOPPING FOR YOUR CONVENIENCE

Thursday, April 4th—Two times, see below

10:00am-1130am

Learn what services vendors offer to make living at home easier/possible. Organizations that offer services like Companion Care (socialization, preparing meals, medication reminders, laundry, cleaning, and running errands), Home Health Aides (bathing/shower, mobility and personal care) and Home Hospice Care will all be represented.

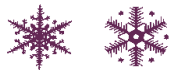
12:30pm-2pm

Vendors who offer assisted living, long term care, and rehabilitation centers will be here at Generations to help you learn more about what their residential centers offer.

Vendors include, but not limited to:

- Heartland Hospice
- Aging and Disability Resource Center
- Plymouth Care Center
- Harmony Living Center
- Gathering Place & Memory,
- Comfort Keepers,
- HomeCare Resources,
- Harvest Home,
- South Horizon Senior Living,
- Willowdale Nursing & Rehabilitation Center,
- Pine Haven
- Rocky Knoll
- Sharon S. Richardson Community Hospice
- Golden Living Center
- St. Nicholas Home Health & Hospice
- Sunny Ridge
- Home Care Health Services





April 2013 Activity Calendar



CASCADE		CEDAR GROVE		HOWARDS GROVE		OOSTBURG	
Mon 4/1	Music Bingo, April Fool's Day	Mon 4/1	Games and Fellowship	Tue 4/2	CLOSED for Voting, Join us on Thurs, 4/4	Wed 4/3	Fran from Progressive
				Thur 4/4	Games + Fellowship		
Mon 4/8	Remembering Pets Program	Mon 4/8	Music with Kindergarten Class, Visit w/Mary Huenink	Tue 4/9	Easter Party, Music w/Accordion Club	Wed 4/10	Visit with Mary Huenink, Diet & Food Safety
Mon 4/15	Country Side Activity, Income Tax Day	Mon 4/15	Preventing Elder Abuse w/Christine Freund	Tue, 4/16	Bingo w/Mary, Sunny Ridge	Wed 4/17	Birthday Party and Bingo
Mon 4/22	Activity w/Tracy of Libby's House, Earth Day	Mon 4/22	Mike & Sue Salkowski, Panama Canal	Tue 4/23	Money Smart, Living on a fixed Income w/Jeannine Folan	Wed 4/24	Money Smart, Visit w/Christine, Preventing Financial Abuse
Mon 4/29	Birthday Party, Zipper Day	Mon 4/29	Bingo + Birthday Party	Tue 4/30	Bingo w/Morningside		

Did You Know?

If you're replacing a faucet in your home or you have new construction, try to install a touch-free faucet at the hand-washing sink

When cooking, the towels used for drying hands should be single-use, disposable towels. And there should be a touch-free trash receptacle to dispose of them.

The whole hand-washing process should take a minimum of 20 seconds. 10-15 to scrub, 5-10 seconds to rinse.

The water needs to be hot not to kill the bugs, but to speed up the reaction and make the soap and rinsing work better. If you're using water hot enough to kill the bugs you're killing your hands too. (GWAAR Food Safety Scraps-April 2012)

You've Got To Be Kidding!

After having dug to a depth of 10 feet last year, New York scientists found traces of copper wire dating back 100 years and came to the conclusion that their ancestors already had a telephone network more than 100 years ago.

Not to be outdone by the New Yorkers, a California archaeologist dug to a depth of 20 feet and shortly after, a story in the LA Times newspaper read: "California archaeologists' discover 200 year old copper wire, have concluded that they had an advanced high-tech communications network a hundred years earlier than the New Yorkers."

One week later, a local newspaper in Manitowoc, WI, reported the following: "After digging as deep as 30 feet in his pasture near Valders, WI, Ole Olsen, a self-taught archaeologist reported that he found absolutely nothing. Ole, therefore concluded that 300 years ago, Wisconsin had already gone wireless." Makes one proud to be from Wisconsin.

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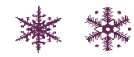
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April 2013 Activity Calendar




	ADELL	SHEBOYGAN	SHEBOYGAN FALLS
Mon 4/1	Coffee and Word Games	Bingo w/Sunny Ridge	Fun & Easy Chair Exercise w/ Andrea, Golden Living
Tue 4/2	Thomas J. Virant, Slovenian, German & Modern Music	Exercise w/Anna of Progressive	Bingo w/Meadow View Manor
Wed 4/3	Coffee and Cribbage	Public Health Week, Safety with Liz Abler	The Great Flood of Sheboygan in 1998, w/Steve Sharpe
Thur 4/4	Birthday Bingo	Stieger Heating, Simple ways to reduce energy costs - Bingo 1:00 pm	Public Health Week, Safety with Annette
Fri 4/5	Coffee, Fellowship & Games	Friday Quarter Bingo	Bingo w/Mary of Sunny Ridge
Mon 4/8	Coffee and Word Games	Meadowview Bingo	Brain Fitness w/Tracy, Libby's House
Tue 4/9	Remembering Pets Program	Take-Away Bingo	Kiwanis Bingo
Wed 4/10	Coffee, Games & Cribbage	Games w/Morningside	"Circle of Friends" w/Kate of Mental Health America
Thur 4/11	Remembering Pets Program	Education w/Sunnyridge – Bingo at 1:00	Group Game
Fri 4/12	Coffee, Games, Fellowship	Friday Bingo	Bingo w/Mary, Sunny Ridge
Mon 4/15	Coffee Hour, Word Games	Golden Living Bingo	Fun & Easy Chair Exercise w/ Anna, Progressive
Tue 4/16	Name Yourself Day Games with our new names	Bunny Dice	Lloyd's Quarter Bingo
Wed 4/17	Coffee Hour, Cribbage, National Cheese Ball Day	Sunshine Bingo	Wonders of Kettle Moraine w/ Jackie Scharfenberg
Thur 4/18	Blood Pressure & Bingo w/Progressive	Breakfast for the Brain w/Country Side Manor	Group Game
Fri 4/19	Coffee, Games, Humorous Day – Tell a Joke	Friday Bingo	Bingo w/Morning Side
Mon 4/22	Coffee Hour, Games	Picnic Dice	Money Smart Week, Reverse mortgage w/Peggy Ayer
Tues 4/23	Birthday Party and Bingo	Visit w/Mary Huenink	Kiwanis Bingo
Wed 4/24	Coffee Hour, Cribbage, Volunteer Dinner	Sunshine Bingo, Volunteer Dinner	The Price is Right w/Sheboygan Service Club
Thur 4/25	Healthy Living w/Mary & Mike, Cedar Grove Money Smart Week – How They Get your Money	Reverse Mortgage, is it right for you?	Group Game
Fri 4/26	Coffee, Games & Fellowship, Hug a Friend Day	Friday Bingo	Bingo Fridays – Lloyd's Quarter Bingo
Mon 4/29	Coffee Hour, Games	Penny Toss	Reminiscing or Games w/Barb of Countryside Manor
Tue 4/30	Visit w/Marlen Kammann, Dairy Ambassador	Birthday Party, Accordion Club by Sunny Ridge	Lloyd's Quarter Bingo



Plymouth Menu & Activities

**April
2013**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken Breast Oven Roasted Potatoes Broccoli Apple Bread Nickel Bingo</p>	<p>2</p> <p>Tuna Casserole Peas & Carrots Fruited Jell-O Breadstick</p> <p>Sing along w/ LaVerne</p>	<p>3</p> <p>Meatloaf Mashed Potatoes Green Beans Peaches Dinner Rolls Plymouth Care Bingo</p>	<p>4</p> <p>BBQ Pork on a Bun Sweet Potato Puffs Three Bean Salad Fruit Cocktail</p> <p>Mary Huenink Dietician</p>	<p>5</p> <p>Baked Fish Rice Pilaf Peas Applesauce Cookie Countryside Manor</p>
<p>8</p> <p>Roast Turkey Stuffing Carrots Strawberries, Jell-O Sheboygan Service Club</p>	<p>9</p> <p>Lasagna Tossed Salad Mandarin Oranges Garlic Bread</p> <p>Safe Harbor w/Karen</p>	<p>10</p> <p>Cheeseburger on Bun Lettuce, Tomato Macaroni Salad Mixed Berries Pudding Fred's Fitness Tips</p>	<p>11</p> <p>Polish Sausage Sauerkraut Au gratin Potatoes Pears Bread Home Care Health w/ Lisa</p>	<p>12</p> <p>Chef Salad w/ham, turkey, cheese, eggs, veggies Pineapple Breadstick Comfort Keepers</p>
<p>15</p> <p>Swedish Meatballs Noodles Cauliflower Tossed Salad Tropical Fruit Christia Wildflower "what's your story"</p>	<p>16</p> <p>Fish Sandwich w/cheese Lettuce, Tomato Tator Tots Corn Grapes Plymouth Ambulance</p>	<p>17</p> <p>Roast Pork Baked Potato Mixed Vegetables Banana Bread WPPI Energy w/ Frank</p>	<p>18</p> <p>Potato Pancakes Sausage Links Applesauce Orange Juice Sunny Ridge</p>	<p>19</p> <p>BBQ Chicken Sandwich Lettuce & Tomato Potato Salad Orange Cookie Nickel Bingo</p>
<p>22</p> <p>Spaghetti w/meat sauce Tossed Salad Tropical Fruit Pineapple Garlic Bread Golden Living Center w/Jessica</p>	<p>23</p> <p>Grilled Cheese Tomato Soup Carrot Raisin Salad Strawberries Cookie Libby's House</p>	<p>24</p> <p>Taco Salad w/ tomatoes, cheese, sour cream, chips Melon Breadstick Piano w/Janet and Kids and Senior Day Volunteer Dinner at 4:00</p>	<p>25</p> <p>Turkey Loaf Mashed Potatoes Green Beans Peaches Bread Money Smart Week w/four speakers 11:30-2:30</p>	<p>26</p> <p>Brat Pattie on a Bun Condiments German Potato Salad Coleslaw Mandarin Oranges Home and Hospice Advantage</p>
<p>29</p> <p>Liver & Onions Mashed Potatoes Wax Beans Applesauce Dinner Roll Keyboard w/Elinor</p>	<p>30</p> <p>Grilled Chicken Salad w/egg, cheese, veggies Banana Breadstick Birthday Cake Birthday Celebration Piano w/Lavern</p>	<p>Reservations 920-892-4821</p> <p>Please call 24 hours in advanced to reserve a meal</p>		

Senior Dining Menu

**April
2013**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti w/Meat sauce Garden Salad Peaches	2 Meatloaf Mashed Potatoes California Blend Wheat Bread Jell-O	3 Chicken Breast Parsley Buttered Potatoes Buttered Corn Cookie Wheat Bread	4 Swedish Meatballs Buttered Noodles Capri Blend Veggies 3 Bean Salad Pumpkin Bar	5 Turkey Chow Mein w/Rice Green Beans Cottage Cheese Pineapple
8 Baked Fish Red Potatoes Summer Blend Veggies Rye Bread Jell-O	9 Chicken Pot Pie Pears Apple Wheat Bread	10 Lasagna Garden Salad Pineapple French Bread	11 SUBMARINE DAY Ham & Turkey Sub Pasta Salad Banana Cookie	12 Chicken Alfredo Buttered Noodles Broccoli Peaches Pudding
15 Turkey Stuffing Sweet Potatoes Orange Apple Crisp	16 Mostaccioli Cauliflower Pears Whipped Jell-O	17 Seasoned Chicken 2 pc Rice Pilaf Mixed Vegetables Pineapple Pudding	18 Egg Bake Hash Browns Applesauce Muffin	19 Salisbury Steak Mashed Potatoes Buttered Corn Wheat Bread Fruit Cocktail
22 Hamburger Stroganoff Squash Pickled Beets Apricots	23 PICNIC DAY Brat on a Bun Condiments German Potato Salad Baked Beans Brownie	24 Cream of Chicken Soup ½ Turkey Sandwich Cheese Crackers Fruit Cocktail Jell-O w/fruit	25 Tator Tot Casserole Carrot Coins Pineapple Tidbits Bread	26 Chicken Stir Fry Rice Pickled Beets Banana
29 Chicken Breast Wild Rice California Blend Veggies Tropical Fruit Cake	30 National Raisin Day Swiss Steak Mashed Potatoes & Gravy Ants on a Long Chocolate Cake	For Reservations: Adell: Call Mary at: 920-994-9934 Cascade: Call Mary at: 920-994-9934	Cedar Grove: Call Delores at: 920-668- 6863 Howards Grove: Call Toni at: 920-467- 9042 Oostburg: Call Joyce at: 920-564-2113	Sheboygan: Call Darcy at: 920-207-2522 Sheb. Falls: Call Toni at: 920-467- -9042

Love thy neighbor - and if he happens to be tall, debonair and devastating, it will be that much easier. *Mae West*

Smartness runs in my family. When I went to school I was so smart my teacher was in my class for five years. *Gracie Allen*



**Sheboygan County
Senior Dining Program**