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**Special Days In
December:**

1st	Pie Day
2th	Wear Brown Shoes Day
9th	Pastry Day
12th	Ding-a-Ling Day
17th	Wright Brothers Day
18th	Roast Suckling Pig Day
20th	Re-Gifting Day
21st	Winter Solstice
24th	Christmas Eve
25th	Christmas
31st	New Year’s Eve!!

Seniors in TOUCH

“ It Means So Much To Stay In Touch”

Baseball Is More Than Just A Game

by Tom Kees

As I grew up, my interest in baseball, sports, and people in general led me to my future career. During my years in college I met some outstanding professors who influenced me to become a teacher. My first teaching job was in a 4th, 5th, & 6th combination classroom at Lincoln-Erdman School.



Cameron (grandson) and Grandpa Kees ready to go out "Trick or Treating".

I never forgot to include the lessons I learned in baseball and sports, as they were often reflected in most of my daily instruction, from current events, to baseball spelling bees, math games, and most of my gym activities that included whiffle ball, kickball, softball, and any games that involved team sports.

After 12 years at Lincoln-Erdman, I decided I needed a change in atmosphere and location, so I transferred to Grant School and taught a straight 5th grade. It was an interesting and worthwhile experience, but changes in my life involving mental depression, marital concerns, career change, and later divorce were continually surfacing. I took a leave of absence to sort out all these factors so that I could continue to become a productive member of society.

With all these outside factors playing havoc with my life, baseball provided me with the stability and willingness to go on. During this time, I played over 25 years of competitive softball on such great teams as the Snafu Teens, Snafu Royals, Thielmann’s Old Wisconsin Sausage, Stroh’s, (cont. on p. 9)

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: 920-994-9934
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

It is hard to believe that another year is ending. For the young, time just seems to drag on and the older one gets, the faster it seems to go by. I heard someone say once the reason time seems to go by so much faster as we age is because we have so many more memories and experiences filed away than when we were young.

Looking back, 2014 was another eventful year for the dining program and for the Aging and Disability Resource Center (ADRC), in general. In the spring and early summer, a patio was constructed outside the ADRC in Sheboygan Falls. The purpose of building the patio is to accommodate falls prevention-related classes, Golden Gardner classes, dining program meals when the weather is good, and other meetings for seniors and adults with disabilities. In October, work begun on some remodeling of the ADRC. A canopy over the main entrance is being added to help prevent snow and ice from accumulating on the walkway into the building. A vestibule and a new reception area are being built to provide a more welcoming environment for customers coming to the ADRC. The new reception area will provide more seating and a small meeting room for quick conversations and obtaining information.

For the dining program, 2014 was eventful also. Our main food provider, Watson's Vending, Inc., continues to provide the dining program with delicious meals and great service. Several new menu items were introduced, including a "make your own pizza" day. That was a big hit with a significant number of our diners. In Plymouth, the food provider "PIC-a-Deli," is now under new management. The Plymouth Intergenerational Coalition (PIC) started managing the food production on November 1, 2014. We look forward to working with them to continue to provide excellent meals to our Plymouth participants. On October 24, 2014, the dining program sponsored a dinner theater event in Cedar Grove that was attended by 114 seniors and was well received. Those in attendance expressed a desire to do something like that again. So, stay tuned....for 2015!



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@sheboygancounty.com

Seniors In Touch is also online at:

<http://www.sheboygancounty.com/government/departments-f-q/health-and-human-services/aging-and-disability-resource-center/seniors-in-touch-newsletter>



NATIONAL PFEFFERNUSSE DAY

December 23 of each year celebrates the delicious and loved by many across the country, pfeffernusse cookie as it is National Pfeffernusse Day. Very popular around the holidays, pfeffernusse are fluffy cookies made with ground nuts and spices and covered in powdered sugar.



The exact origin is unknown however the Dutch believe that pfeffernusse (or pepernoten) are linked to the feast of Sinterklaas, which is celebrated on December 5 in the Netherlands and December 6 in Germany and Belgium. This holiday is when children receive gifts from St. Nicholas, who is partially the inspiration for the Santa Claus tradition.

Over time, many bakers have created their own pfeffernusse recipes. Traditional recipes included various nuts such as almonds and walnuts. Some modern recipes exclude nuts altogether along with the black pepper, retaining only cinnamon, cloves, nutmeg, all-spice and cardamom as flavoring. Molasses and honey are often times used to sweeten the cookie. (<http://nationaldaycalendar.com/2013/12/23/december-23-2013-national-pfeffernusse-day-national-roots-day/>)

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 December, the Sheboygan AARP will meet on December 16, 2014, at Rupp's on 8th Street, Sheboygan, at 11:30 am, for our annual Christmas Party.

You do not need to be a member of the Sheboygan AARP chapter to attend. For more information, call 467/6634

Riddle Me This

You have two cups, one containing orange juice and one containing an equal amount of lemonade. One teaspoon of the orange juice is taken and mixed with the lemonade. Then a teaspoon of this mixture is mixed back into the orange juice. Is there more lemonade in the orange juice or more orange juice in the lemonade?

QUESTION of the MONTH: What Are You Asking Santa For This Year?

asked at the *Plymouth Senior Dining Site*

Good health -Barb K, Allen P	God free country (only God) -Gordon C, Lenore M	Peace and joy to all -Judy S
Memories -Phil M	Good health, good friends -Dorothy H	Many friends and happiness -Lois S
Good friends -Patti W	A pot of gold -Peter M	My health, lots of it -Harlen H
To be with my friends every day -Helen J	Friends and good health -Don H, Dianne T	Good health for family and friends -Dick B
Enemies are peaceful -Sybil W		Friends, family and no snow -Donna B

December 7th—December 13th National Influenza Vaccine Week



Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths (http://www.cdc.gov/flu/about/disease/us_flu-related_deaths.htm) in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. “Flu season” in the United States can begin as early as October and last as late as May.

During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called trivalent vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. In addition, there are flu vaccines made to protect against four flu viruses (called “quadrivalent” vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.

What kinds of flu vaccines are available?

There are several flu vaccine options for the 2014-2015 flu season. Traditional flu vaccines made to protect against three different flu viruses (called “trivalent” vaccines) are available. In addition, flu vaccines made to protect against four different flu viruses (called “quadrivalent” vaccines) also are available.

Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010 when CDC’s Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccination in the United States to expand protection against the flu to more people.

Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza. (<http://www.cdc.gov/flu/protect/keyfacts.htm>)

December is National Awareness Month For:

Safe Toys and Gifts Month
Influenza Vaccine
Week 12/7-12/13
World AIDS Day

Winter Safety Tips

Temperatures are expected to dip below normal across much of the eastern half of the country from the Plains to the East Coast and as far south as Texas and Florida. As this first taste of winter moves in, the American Red Cross offers ten steps people can take to stay safe during the big chill.

- Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing your body heat.
- Never use a stove or oven to heat your home.
- Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
- Use generators correctly – never operate a generator inside the home, including in the basement or garage.
- Don’t forget your pets - bring them indoors. If they can’t come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
- Protect your pipes - run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Keep the garage doors closed if there are water lines in the garage. (<http://www.redcross.org/news/article/Top-Ten-Red-Cross-Cold-Weather-Safety-Tips>)





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Consider Giving these Gifts this Holiday Season

Written by Kate S. Baer, Executive Director of Mental Health America in Sheboygan County (MHA)

We welcome with the holiday season hot chocolate, cozy fires, Christmas lights twinkling, and time spent with our families. Gift giving is also for many a fundamental part of the holiday season. This year I ask that you look at gift giving with a different lens and open yourself to giving the following gifts:

Gifts of Forgiveness

Scientific research shows us that forgiving past wrongs can be beneficial for mental health problems, substance abuse, and chronic pain. When we focus on forgiving, our body reacts in positive ways as the transformation of releasing pain and suffering is replaced with inner peace and empathy. Forgiveness does not mean forgetting or excusing, but rather is intended to support you, the person doing the forgiving. So I ask, consider giving the gift of forgiveness, a gift ultimately for you and let the healing begin.

Gifts of Time

Giving of yourself to a local charity during the holidays can be incredibly beneficial. Not only are you making an impact on others and our community, your own spirits can be lifted in the process. Another way of looking at the gift of time, is setting clear expectations for your own time during the hustle and bustle. Often people feel pulled here, there, and everywhere so planning ahead and being mindful to your own needs is important all year long but especially during the holidays.

Gifts of Gratitude

Keep a gratitude journal and try writing down 3 things you are thankful for nightly this holiday season. They can be silly and simple to complex and serious. Gratitude helps us feel less isolated and more connected to family, friends, and our community. Gratitude helps combat stress while supporting us in attaining our goals. Share with someone in a holiday card why you are grateful for them in your life. I guarantee it will mean more than the pair of new socks or fruitcake.

If you are finding that the thought of the holidays seems unbearable, please reach out for help. Mental Health America in Sheboygan County is a nonprofit mental health resource center and we can connect you to the mental health professionals, support groups, and other community resources that can help address emotional pains and suffering you may be experienced. Please call us at 920-458-3951 or visit us online at www.mhasheboygan.org. From all of us at MHA, may the holidays bring peace, warmth, and joy. Be well.

Resource Spotlight: Aging and Disability Resource Center Telephone Reassurance Program

The Telephone Reassurance Program is a service provided by the Aging Unit to Sheboygan County seniors. A telephone call is placed to ensure the senior is well and that his or her needs are being met. Calls are made Monday through Friday from 9:30 a.m. until 1:00 p.m., except on holidays. There is no cost for the program.

Referrals for the program come from a variety of sources. Family members, doctors, nurses, other services providers, and seniors themselves refer to the program. Someone from the Aging Unit contacts the senior by telephone and confirms he or she is interested in receiving the daily calls. They discuss how often the senior wants to be contacted and at what time. The senior is asked to identify someone, a family member or neighbor that will serve as a secondary contact, in case a call is unanswered. The call will be placed at the time the senior has indicated. The call helps keep seniors connected to the community and provides comfort in knowing that someone will call and cares.



Holiday Food Safety Tips



Wash your hands thoroughly and often -- before, during, and after food preparation. "Simply washing hands is one of the easiest ways to minimize bacterial contamination and keep your food safe," says Blakeslee. Wash with hot water and soap, up to your wrists and between your fingers, for approximately 20 seconds.

Wash all fresh produce. Wash even prepackaged greens, to minimize potential bacterial contamination. Make sure kitchen counters, sponges, cutting boards, and knives are all well scrubbed.

Cook to proper temperature -- and use a thermometer. Turkeys, stuffing, side dishes, and all leftovers should be cooked to at least 165 degrees and kept above 140 degrees during serving to be sure that any potential bacteria is destroyed. Remember the golden rule: "Keep hot food hot and cold food cold."

Refrigerate leftovers within two hours of preparation. But when food sits out for more than two hours in the danger zone -- above 40 degrees and below 140 degrees -- it is prime for bacterial growth," says Blakeslee.

Keep guests (and sticky fingers) out of the kitchen. "Holidays occur during cold and flu season, which further compounds the fact that about half of all people have staph aureus bacteria on their fingertips," says Cody. "So it is important to prevent anyone from picking at the food while it is being prepared," She suggests serving simple appetizers to give guest something to nibble on until the meal is ready. (<http://www.webmd.com/food-recipes/features/top-10-holiday-food-safety-tips>)

December 14th: National Bouillabaisse Day

Today is National Bouillabaisse Day! Bouillabaisse is a tasty fish stew that originated in Marseilles, France around 600 B.C. At that time, Marseilles was a Greek colony so the stew was originally called "kakavia." Bouillabaisse also appears in Roman mythology as a soup that Venus feeds to Vulcan. Today, bouillabaisse is an extremely popular dish in the Mediterranean region.

Marseille fishermen typically make the dish when they return to port. Rather than using the more expensive fish that they catch, they use common fish like rockfish and shellfish. Different herbs and spices such as garlic, orange peel, basil, saffron, and bay leaf are added to the soup for flavor. Vegetables like tomatoes, onions, celery, and potatoes were added to the recipe during the 17th century.

To celebrate today, try your hand at making your own bouillabaisse stew for your family to enjoy!
(<http://www.punchbowl.com/holidays/national-bouillabaisse-day>)



Options has HOME funds for Home Accessibility, Rehabilitation, or Repair



Options for Independent Living, Inc. has received federal funding through the State of Wisconsin Department of Administration, Division of Housing to administer the HOME Investment Partnership Program (HOME Loan Program). The HOME Loan Program provides deferred no-payment and no interest loans to low or moderate income persons with a disability and those who are older for the purpose of making accessibility improvements and general home improvements or repairs to their single family home. The loan must be paid back when the property is sold, transferred or ceases to be the borrower's principal place of residence.

Types of projects include (but not limited to) ramp construction, bathroom, kitchen and bedroom modifications, along with general housing rehabilitation and repairs. The counties served by this program include Brown (outside Green Bay City limits), Calumet, Door, Fond du Lac, Green Lake, Kewaunee, Manitowoc, Marinette, Marquette, Menominee, Oconto, Outagamie, Shawano, Sheboygan, Waupaca, Waushara and Winnebago Counties. Applicants must meet the eligibility requirements to be considered for a loan. For more information contact Steve LaFrombois at Options, 920-490-0500 or toll-free at 1-888-465-1515, ext. 122.





Ask The Pharmacist

By Cammy Jorstad, Pharmacist, Sheboygan Health Mart Pharmacy



Meeting Medication Challenges as You Age

According to a report from the Robert Wood Johnson Foundation, 75 percent of people older than 65 have more than one chronic health problem. So, at this stage of life, it is common to take many different drugs.

The problem is it can be hard to keep track of more than one drug. In addition, how your body responds to medicines may change as you age. Challenges like these may explain why one-third of hospitalizations among older patients are due to drug-related problems.

Communicating well with your doctor and me can help you stay safe and ensure your drugs work the right way. Each person's situation is unique, so get the personal attention you deserve. Ask me any questions you may have.

In the meantime, here are some ways to manage common challenges you may face:

1. **Multiple medications.** It helps to use one pharmacy for all your prescriptions and refills. That way, the pharmacist can check for potential interactions between your medications. In addition, we can suggest supplements that would be safe for you to take along with those drugs. Bring me a list of all your prescription and over-the-counter medications and vitamins and supplements. Discuss with your pharmacist ways to synchronize or simplify your medication schedule. Ask about bubble packing or med tray services. If you notice any side effects, tell your doctor and me right away. This can be a reaction to a drug or a combination of drugs. It may also be due to an interaction with alcohol or certain foods.
2. **Forgetfulness.** You may find it helpful to write down your medication schedule. Note the day and time to take each drug, and what condition it is treating. Include special instructions such as whether to take the drug with food and where to store it. Special pillboxes may also help. Also, set a daily routine and tie it to another well-ingrained habit. For example, if you need to take a medication at night, keep those pills near your toothbrush.
3. **Cost.** On fixed incomes, many older adults are concerned about the high cost of medications. One thing to remember, know that skipping doses or not filling your prescription is not a safe solution. You need to take the drug exactly as directed. Talk to your pharmacist about ways to reduce costs. For example, your pharmacist can see whether a generic version of your drug is available. Alternatively, you may be eligible for a prescription assistance program.
4. **Swallowing or dexterity problems.** Do you have trouble swallowing pills or opening pill bottles? Together, we can come up with a solution. For example, easy-to-open containers are okay if there are no children in your home. Moreover, you may be able to take a liquid medicine instead of pills. Check with me first before chewing or crushing tablets.

Did You Know?



- Although, now mostly vegetarian, in Victorian times, mince pies were made with beef and spices.
- Putting robins on cards were a joke 150 years ago when postmen wore red tunics and were famed after them.
- The tradition of putting tangerines in stockings comes from 12th-century French nuns who left socks full of fruit, nuts and tangerines at the houses of the poor.
- Carols began as an old English custom called wassailing, toasting neighbors to a long life.
- Many parts of the Christmas tree can actually be eaten. The needles being a good source of Vitamin C.
- In 1999, residents of the state of Maine built the world's biggest ever snowman. He stood at 113ft tall.
- James Pierpont's 1857 song Jingle Bells was first called One Horse Open Sleigh and was written for Thanksgiving. (<http://www.mirror.co.uk/news/uk-news/50-things-yule-never-know-653613>)

(Baseball, cont. from p. 1)

Happy Joes, and Usadel's Hair Force. The friendships that I made on these teams with other Sheboygan players have lasted a lifetime. Playing baseball on teams who made it from city to state championships has given me the power to go on and become the best person I can be. To do that, you need to be a positive person, and that is what I pride myself on being.

Life has not always been easy for me. After suffering a major depression in 1988 that involved an inpatient hospital stay, I returned home determined to put my life back together. I changed careers, and worked at Dean's Verifine Dairy where I learned some very valuable skills in working with people in all walks of life.

After numerous layoffs due to the economy, two more depressions that involved a week's stay in a hospital, I resumed my career with the Polar Ware Company. I started out as a timekeeper and later worked my way up to the title of "Safety and Environmental Administrator". I utilized my teaching and interpersonal communication skills, teaching classes in math, quality control, safety skills and practices, OSHA required classes, along with organizing company goodwill events. I also organized and revamped the safety program at Polar Ware's newly purchased plant of Stoelting, in Kiel. Going to work and helping others was very rewarding to me.

I retired in October 2008, but I haven't forgotten what is important in life and how everything is related to the game of baseball. My outside activities of weekly golf, playing sheepshead, watching high school sports, fishing, five-mile daily walks, dartball, yard work, gardening, watching Brewer baseball and Packer games, and babysitting for my grandson have all kept me busy and my life on track.

I volunteer with Bingo at the Sheboygan Senior Dining Site at Zion Church, and am a member of the board of directors for the Sheboygan Baseball Association, trustee and auditor for Catholic Financial Life local branch, a member of AARP, WREA (Wisconsin Retired Educators Association), 45th High School reunion committee for the North / South graduating class of 1970, and a lifelong contributing member of St. Dominic's Parish.

I am blessed to have a very caring family: my mother, Bernita who will be 103 in December, siblings Doris and Romy, and a deceased brother named Marlin who gave me some positive good advice about life and dealing with stress before he passed away. Unfortunately, my father Francis passed away at the early age of 59 due to a heart attack, only after seeing me play for the first time in a softball tournament the night before.

My life would not be the same without my fiancée Judy, who is a very good listener and helps me to get back on a positive track whenever she hears me complain. I am most proud of my daughter Heidi, her husband

Scott, and their son Cameron (my only grandson). They make living worthwhile and always bring a smile to my face. Fortunately, they have the same interests in baseball, sports, outdoor activities, and music, as those activities hold the key and meaning to a good productive life.

At Polar Ware, while on the telephone, I had the opportunity to help save a life of an employee who was about to commit suicide. It opened my eyes as to how precious life can be and that we should never take it for granted. (cont. on p. 10)



Calling back winning bingo numbers for Terry and his wife Vera.



Senior bingo on Thursday afternoons with Tom Kees, Bernita Kees, and Doris Feustel at the Sheboygan Senior Dining site, located at Zion Church.

(Baseball, cont. from p. 1)

Just like my family came to my rescue when I was down and out, I too want to instill in people the value of life and what you have, so that others can also benefit like I did. I plan to become a motivational speaker to other people suffering from depression, which is also known as the silent killer. There is hope for individuals like myself and I'm a good example of what a positive and quality life holds, especially if you are able to utilize the skills of professionals and modern medicine.

Much of my success has been due to the mentoring of my early softball team manager David Schultz, and coach Robert Keitel. For these two men I will always be grateful, as they truly passed on the lessons of baseball (softball) and life to me and all the players that had the fortune of playing for them. If you can learn to play baseball, you can learn to play the game of life. So take some time off, watch a baseball game, and enjoy life; you've earned it.

Food Celebrated In December

Fruitcake	Egg Nog
12/01-Apple Pie	12/08-Brownie Day
12/11-Noodle Day	12/15-Cupcake Day
12/21-Hamburger Day	12/28-Chocolate Candy Day

Riddle Me This—Answer *(from p. 3)*

There's the same amount of lemonade in the orange juice as orange juice in the lemonade. Each cup ends with the same volume of liquid that it started with, and there's still an equal amount of each juice between the two cups.

The Joker's Corner



A shopkeeper was being consoled by a friend on the loss of his merchandise in a fire: "Did you lose much?" The shopkeeper replied, "Not as much as I would have a few days ago. I just marked my prices down 50%."

~

A woman tells her husband she has a flat tire after running over a bottle. "Couldn't you see it?" he asks. "No," she replies. "The guy had it under his coat."

~

A concerned young woman about to have an appendicitis operation asks her doctor whether the scar will show. "That," the doctor responds, "is completely up to you."

~

And the judge asks Ole', "Are you the defendant?" Ole replies: "No I ain't your honor. I got a lawyer to do my defending. I'm da guy that stole da chickens."

Carol's Angel Food Candy—submitted by Carol Kneprath, Adell Dining Site

Ingredients:	1 cup dark or light corn syrup
1 cup white sugar	1 tbsp. baking soda
1 tbsp. vinegar	1 bag chocolate chips



- Prepare a 9x13 pan by lightly buttering or line with foil. Line a cookie sheet with foil.
- Combine sugar, vinegar and syrup in heavy saucepan. Cook over medium heat, stirring just until sugar is dissolved. Continue cooking (do not stir) until temperature reaches 300°. (Use candy thermometer)
- Remove from heat, and stir in baking soda, mixing well. Work fast as it thickens quickly.
- Pour into prepared pan – do not spread – it will spread itself. Let cool completely.
- Pour chocolate chips into a microwave safe container (ex: glass measuring cup) and heat for 2 minutes. Stir chocolate, and if lumpy, continue in microwave for an additional 20-30 seconds.
- Break candy into pieces and dip in chocolate, placing on foiled lined cookie sheet to harden.

(Note: I use a fresh box of baking soda to make sure there are no lumps in it)



**Orange Cross
Ambulance**

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Christmas Around The World



Christmas in Finland



In Finland the Christmas tree is set up on Christmas Eve. Apples and other fruits, candies, paper flags, cotton and tinsel are used as decorations, and candles are used for lighting it.

The Christmas festivities are preceded by a visit to the famous steam baths, after which everyone dressed in clean clothes in preparation for the Christmas dinner, which is served at 5-7 in the evening.

A sheaf of grain is often tied to a pole, together with nuts and seeds and placed in the garden for the birds. Many of the peasants will not eat their Christmas dinner until the birds have had their dinner. The meal was begun as soon as the first star appeared in the sky.

The main dish of the dinner is boiled codfish served snowy white and fluffy, with allspice, boiled potatoes, and cream sauce. The dried cod has been soaked for a week in a lye solution, then in clear water to soften it to the right texture. Also on the menu is roast suckling pig or a roasted fresh ham, mashed potatoes, and vegetables. After dinner the children go to bed while the older people stay up to chat with visitors and drink coffee until about midnight.

Christmas in Yugoslavia



In Yugoslavia, children celebrate the second Sunday before Christmas as Mother's Day. The children creep in and tie her feet to a chair and shout, "Mother's Day, Mother's Day, what will you pay to get away?" She then gives them presents. Children play the same trick on their father the week after.

Those Yugoslavs who live in the country fear bad luck if their Christmas log burns out and so someone has to stand over the log all Christmas night to ensure it stays lit up. A Christmas cake called **chestnitsa**, contains a gold or silver coin and is said that whomever gets it can expect lots of good luck.



The Yugoslavs eat roast pig as their Christmas dish and it must be carved a particular way, according to old customs. Every household has a Christmas crib. According to old customs they go on an expedition to the forests to gather moss with which to line the crib. Also families would have an old-fashioned music box that plays Christmas carols.

Christmas in New Zealand



In New Zealand Christmas is combined with summer holidays, so as well as present-buying and parties, families are preparing for trips to the beach. Shops are decorated with Father Christmas in his red cloak and white beard, as well as snow scenes.

The New Zealand traditions of Christmas have mostly come through the English settlers who began arriving in the late 18th Century. In the last 20 or 30 years the persona of Father Christmas had changed and he is referred to as Santa Claus and has become much more like the Santa of the United States and Ireland. As well people have been forced to change as a result of the Maori culture. The spirits and creatures of the Maori culture resemble the elves and gnomes of European Christmas traditions.

In New Zealand the traditional Christmas dinner is roast turkey with vegetables and sauces. For dessert it is rich, fruity Christmas pudding with brandy sauce. Mince pies, pastry cases filled with a mixture of chopped dried fruit. (<http://www.santas.net/aroundtheworld.htm>)



Did You Know?

Norwegian scientists have hypothesized that Rudolph's red nose is probably the result of a parasitic infection of his respiratory system.

The Germans made the first artificial Christmas trees out of dyed goose feathers.

According to the Guinness world records, the tallest Christmas tree ever cut was a 221-foot Douglas fir that was displayed in 1950 at the Northgate Shopping Center in Seattle, Washington.

The Germans made the first artificial Christmas trees out of dyed goose feathers.

All the gifts in the Twelve Days of Christmas would equal 364 gifts. (<http://facts.randomhistory.com/christmas-facts.html>)

ANNOUNCEMENT

Meal and Program Time Changes at Plymouth Senior Dining Site

Starting January 5, 2015, the Senior Dining Program will begin to serve the meal at 11:45am. Programs will begin at 11am.

This change is being made to allow the senior more time to eat their lunch. Reminders of the change will be posted at the dining site and included in the daily announcements.



December 2014 Activity Calendar

CASCADE		CEDAR GROVE		HOWARDS GROVE		OOSTBURG	
Mon 12/1	Eat a Red Apple Day	Mon 12/1	Music w/Little Sheppard Inn	Tue 12/2	Visit w/Mary Huenink, County Dietician	Wed 12/3	Blood Pressure & Games w/ Jesse – Sheb. Progressive Foot Clinic
Mon 12/8	Activity w/South Horizon Senior Living	Mon 12/8	Christmas Music w/ Patti Hinze	Tue 12/9	Bingo, Courtesy of Morningside	Wed 12/10	Birthday Party
Mon 12/15	Lemon Trivia, Nat'l Lemon Cupcake Day	Mon 12/15	Rocket Choir – Cedar Grove/ Belgium H.S.	Tue 12/16	Christmas Music w/Accordion Club	Wed 12/18	Christmas Program
Mon 12/22	Christmas Celebration	Mon 12/22	Christmas Remembered	Tue 12/23	Steve Hamer – Pianist	Wed 12/24	** CLOSED ** Merry Christmas!
Mon 12/29	Birthday Party	Mon 12/29	Birthday Party and Bingo	Tue 12/30	Bingo	Wed 12/31	** CLOSED ** Happy New Year!

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December 2014 Activity Calendar



	ADELL	SHEBOYGAN	SHEBOYGAN FALLS
Mon 12/1	Coffee and Word Games	Golf Dice	Trivia, Reminiscing or Games
Tue 12/2	Sing-a-long w/Doug and Friends	Exercise w/Anna	Lloyd's Quarter Bingo
Wed 12/3	Coffee, Word Games Nat'l Roof Over Your Head Day	Sunshine Bingo	Group Game
Thur 12/4	Birthday Party	Friday Bingo Tree Dice	Visit w/Mary Huenink, County Dietician
Fri 12/5	Coffee Hour, Word games, Re-peal Day	Friday Bingo	Lloyd's Quarter Bingo
Mon 12/8	Word Games & Coffee	The Price is Right	Trivia, Reminiscing or Games
Tue 12/9	Immunization w/Cindy – Tater Trivia & Chip Testing	Holiday Trivia	Kiwanis Bingo
Wed 12/10	Word Games, Coffee, Human Rights Day	Games by Morningside	The Price is Right w/Sheboygan Service Club Foot Clinic
Thur 12/11	Visit w/Tracy, Libby House	Cookie Decorating	Group Game w/prizes
Fri 12/12	Coffee Hour, Games, Poinsettia Day	Friday Bingo	Bingo Courtesy of Morningside
Mon 12/15	Word Games & Coffee	Golden Living Bingo	Trivia, Reminiscing or Games
Tue 12/16	Christmas Celebration	Christmas Party	Christmas Party with High School Jazz Choir
Wed 12/17	Word Games, Coffee, Maple Syrup Day	Sunshine Bingo	Christmas in Sheboygan County w/Travis Gross
Thur 12/18	Blood Pressure & Activity w/ Sheboygan Progressive	Breakfast for the Brain by Countryside Manor	Group Game w/prizes
Fri 12/19	Coffee Hour, Games, Oatmeal Muffin Day	Friday Bingo	Old Time Music w/Pianist Steve Hamer
Mon 12/22	Word Games & Coffee	Penny Toss	Trivia, Reminiscing or Games
Tue 12/23	Nat'l Bake Cookie Day "Lets Bake"	Christmas Jingo	Kiwanis Bingo
Wed 12/24	- MERRY CHRISTMAS! ** CLOSED **		
Thur 12/25	- MERRY CHRISTMAS! ** CLOSED **		
Fri 12/26	Word Games, Coffee Boxing Day	Friday Bingo	Lloyd's Quarter Bingo
Mon 12/29	Word Games, Coffee	2014 Favorites - Countdown	Trivia, Reminiscing or Games
Tue 12/30	Birthday Party	Birthday Party w/Music by the Accordion Club	Lloyd's Quarter Bingo
Wed 12/31	- HAPPY NEW YEAR! ** CLOSED **		



Plymouth Menu & Activities

**December
2014**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Spaghetti w/meatballs Tossed Salad Pineapple Garlic Bread</p> <p>Nickel Bingo</p>	<p>2</p> <p>Grilled Cheese Chili Carrot Raisin Salad Strawberries Frosted Brownie</p> <p>Sing Along</p>	<p>3</p> <p>Turkey Loaf w/gravy Mashed Potatoes Green Beans Peaches Bread</p> <p>Plymouth Care Bin- go</p>	<p>4</p> <p>Glazed Ham Scalloped Potatoes Lima Beans Melon Dinner Roll</p> <p>St. Nicholas Hosp.</p>	<p>5</p> <p>Fish Fry French Fries Cole Slaw Mixed Berries Rye Bread</p> <p>Plymouth Historical Society</p>
<p>8</p> <p>Bacon Cheeseburger Lettuce, Tomato, Onion Condiments Potato Salad Fruit Cocktail, Cherry Pie</p> <p>Home & Hospice Advantage</p>	<p>9</p> <p>Liver & Onions Mashed Potatoes Wax Beans Applesauce Dinner Roll</p> <p>Home Instead</p>	<p>10</p> <p>Vegetable Lasagna Tossed Salad Pears Garlic Bread Pudding</p> <p>Fred's Fitness Tips</p>	<p>11</p> <p>Swiss Steak Roasted Potatoes Corn Apple Dinner Roll</p> <p>Golden Living Cen- ter</p>	<p>12</p> <p>Grilled Chicken Salad w/egg, veggies, cheese Mixed Berries Muffin</p> <p>Comfort Keepers</p>
<p>15</p> <p>Grilled Ham & Cheese Sweet Potato Puffs Cole Slaw Mandarin Oranges Cookie</p> <p>Piano Music w/ Elinor</p>	<p>16</p> <p>Christmas Party Pot Roast Twice Baked Potatoes Vegetable Blend Fruit Fluff, Cheesecake</p> <p>SECAP Singers En- tertainment</p>	<p>17</p> <p>Breaded Chicken Sandwich Lettuce, Tomato, Cheese Pasta Salad Fruit crisp</p> <p>Rocky Knoll Candy Cane Making</p>	<p>18</p> <p>Pork Chop Au gratin Potatoes Peas w/mushroom Tropical Fruit Bread</p> <p>Walgreens Pharma- cist</p>	<p>19</p> <p>Tuna Casserole Carrots Breadstick Pineapple Jell-O</p> <p>Piano Music with Tom</p>
<p>22</p> <p>Meatloaf w/gravy Mashed Potatoes Green Beans Peaches Dinner Roll</p> <p>Christmas Jingo</p>	<p>23</p> <p>Baked Raviolis Tossed Salad Banana Garlic Breadstick Cookie</p> <p>Piano Music w/Elinor</p>	<p>24</p> <p>MERRY CHRISTMAS</p> <p>Closed</p>	<p>25</p> <p>MERRY CHRISTMAS</p> <p>Closed</p>	<p>26</p> <p>MERRY CHRISTMAS</p> <p>Closed</p>
<p>29</p> <p>Brat Pattie on a Bun Condiments German Potato Salad Three Bean Salad Mandarin Oranges</p> <p>Keyboard w/Elinor</p>	<p>30</p> <p>Fried Chicken Mashed Potatoes Green Beans Fruit Salad Birthday Cake</p> <p>Birthday Celebration</p>	<p>31</p> <p>HAPPY NEW YEARS EVE</p> <p>Closed</p>	<p>PLYMOUTH DINING SITE</p>	<p>1500 Douglas Drive Plymouth, WI 53073 Site Manager: Susie</p> <p>920-892-4821</p>

Senior Dining Menu

**December
2014**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Red Apple Day Chicken Pasta Primavera Diced Beets Apple Rice Krispy Bar	2 Salisbury Steak Au Gratin Potatoes California Blend Veggies Wheat Bread Pudding	3 BBQ Meatballs Buttered Noodles Peas & Carrots Wheat Bread Fruit Cocktail Cherry Crisp	4 Chicken Breast w/ mushroom gravy Parsley Buttered Potatoes Capri Blend Veggies Cookie Wheat Bread	5 Meatloaf Mashed Potatoes & Gravy Green Beans Wheat Bread Whipped Jell-O
8 Polish Sausage on a Bun Sauerkraut Green Beans Chocolate Brownie	9 Open Faced Turkey Mashed Potatoes & Gravy Squash Wheat Bread Apple Crisp	10 Lasagna Tossed Salad w/ dressing Garlic Bread Cookie	11 Chicken Stir Fry over a bed of rice Coleslaw Pumpkin Bar	12 Beef Barley Soup ½ Ham Sandwich Tropical Fruit Salad Orange
15 Nat'l Cupcake Day Chicken Pot Pie Broccoli Cupcake Bread	16 Christmas Party Beef Tips Mashed Potatoes Green Bean Casserole Cranberry Fluff Dinner Roll Torte	17 Turkey Breast Sweet Potatoes Stuffing Buttered Corn Carrot Cake	18 Hamburger Stroganoff Buttered Noodles Peas Applesauce Cookie	19 Shredded Pork on a Bun Mixed Vegetables 3 Bean Salad Orange Fluff
22 Spaghetti & Meat Sauce Garden Salad w/ dressing French Bread Cookie	23 Tator Tot Casserole Creamed Corn Pineapple Tidbits Wheat Bread	24 MERRY CHRISTMAS All Sites Closed	25 MERRY CHRISTMAS All Sites Closed	26 Candy Cane Day Seasoned Chicken – 2 pc Mashed Potatoes California Blend Veggies Bread Candy Cane Dessert
29 Beef Stew Green Beans Wheat Bread Banana Cake	30 Turkey Tetrazzini Carrot Coins Orange Marble Cake	31 HAPPY NEW YEARS EVE All Sites Closed		

Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man.

Benjamin Franklin



**Sheboygan County
Senior Dining Program**