

# SENIORS IN TOUCH

“It Means So Much To Stay In Touch”

January 2012

Vol. 3 Issue 1



## Bernita Kees—A Life's Sketch

by  
Tom Kees

*(On December 15, 2011, the Sheboygan Dining site hosted a 100<sup>th</sup> Birthday party for one of its participants, Bernita Kees. Over 50 people were in attendance, including Senator Joe Leibham, Mayor Bob Ryan, and County Administrator Adam Payne, honoring the birthday girl. The following story was written by Bernice's son, Tom Kees, as a love letter from a family to its matriarch.)*

Bernita was born on December 16, 1911 in Sherwood, WI, a small community in Calumet County located on the east shore of Lake Winnebago. The farm home property that she

grew up on has since been sold to the state and is presently included in the make-up of High Cliff State Park.

Bernita was the younger of two children. She and her brother Emery grew up on a small dairy farm run by her parents Anton and Mary Schilling. Bernita's interests were always in the kitchen as she often did the cooking and baking while her parents and brother worked in the fields and milked the cows. She was a self taught cook who always took an interest in food preparation. Besides her cooking responsibilities, she also had light chores of feeding the chickens, the pigs, and gathering the fresh eggs which she used in her meals and in her baking. She also picked and canned the many fresh vegetables in the late summer and early fall months which she gathered from the garden along side the shed. All this she did in addition to walking 2 miles to and from school with an occasional stop at her grandmother's house to get a cookie and a piece of candy.

Bernita married Francis Kees on June 4, 1940 at Sacred Heart Church in Sherwood. Shortly after, they moved to Sheboygan as her husband took a new job at the Kohler Company in the engine department.

Bernita and Francis raised four children while living in Sheboygan. They were Marlin (deceased), Doris (age 68), Romy (age 65), and Tom (age 59). Bernita celebrated 32 years of marriage with Francis before he died in 1972 at the age of 59. All of her children remained in the city of Sheboygan, thus holiday celebrations meant big dinners and games of Sheepshead or family bingo with her children.

Besides raising 4 children, Bernita worked evenings as a part time cook at the Palladium Restaurant in

**Sheboygan County Senior Dining Program Serving Sheboygan County Seniors**

“We keep our readers well fed, and our diners well read”

## Bernita Kees—A Life's Sketch (cont from p. 1)

downtown Sheboygan. As the children grew up, she changed employment and in 1959, Bernita began to work full time in the Dietary Department and Cafeteria at the old St. Nicholas Hospital. She worked there for the next 17 years until she retired in 1976. After a short retirement and at the age of 65, Bernita began a new career by working part time (28 – 35 hrs.) a week in the kitchen at Greendale Nursing Home. She worked there another 17 years until she retired for good in 1993 at the young age of 82. For the past 18 years, Bernita has enjoyed complete retirement while living at home with her son Romy.

Bernita now has 3 surviving children, 7 grandchildren, 11 great grandchildren, and 5 great-great grandchildren. She is the mother of five generations.

Bernita has always been active at work and at home with many varied interests and hobbies. While retired, she would often volunteer with the St. Dominic Christian Women's group to serve at funeral dinners at church. Her other interests included many successful bingo trips to the Oneida Casino where she often played 18 cards manually and without a computer up until the age of 95. She spent many hours with her son Romy and two grandchildren (Julie and Heidi) baking and teaching them her many secrets of preparing excellent food and desserts. Her tender beef roasts, delicious cole slaw, home made vegetable soups, canned pickles and apple sauce, home baked cookies, and the many pies with original crusts will always be her trademark. It was not unusual for her children to come home from work and upon their kitchen table were the fruits of her day's labor ... warm, fresh, and ready to eat. Mmm.....

In her early years of retirement, she would make quilts for her children and grandchildren. To this day, her quilts are being used and have kept her children warm on those cold wintry Wisconsin nights.

She would always take time to mend her children's clothes as soon as they were brought (cont on p.5)

## Riddle Me This

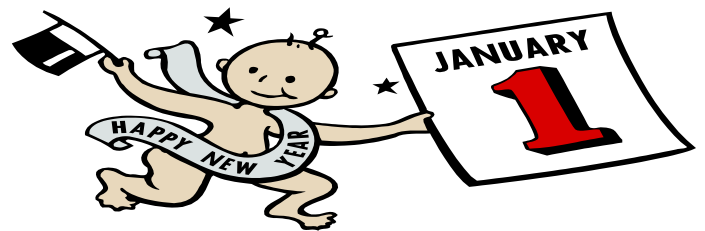
Did you ever wonder who invented the following: Old-fashioned wood stove, using copper for roofing, dampers for chimneys, the long pole used in grocery stores to reach the top shelf, advocated for the paving and lighting of the streets, the first fire company? (clue: the same person invented or suggested all of the above.)

## Platter Patter

January is the start of a new year and a time to look back and look forward. The dining program has some exciting changing for the new year. There is a new food provider for our program. Watson's Vending, Inc. will be providing the food for all of the dining sites, except Plymouth. We are looking forward to working with them and they are looking forward to working with the dining program. They will be invited to participate in the Project Council meetings and attend the different sites to get feedback directly from you on how things are going.

The newsletter has under also gone some changes, as you may have noticed. One new column, "Thanks for the Memory," debuted last month and a new column, "The Joker's Corner," is debuting this month. Both of these columns depend on your contributions. If you have a favorite memory, childhood or otherwise, or a favorite joke (please keep them clean ☺) please talk with your site manager or send it in the Senior Dining Program at 650 Forest Avenue, Sheboygan Falls, WI 53081. We look forward to receiving and reading your contributions!

The dining program would like to send thanks and wishes for a very happy, healthy 2012 to all of you. You are the reason the work we do is so enjoyable and we appreciate your company. The dining program is here to serve you and to help make life a little easier. If there is any program, speaker, games, or trips that you are interested in, please let us know and we will do our best to make it happen for you. We look forward to seeing you in the new year!



## January Is National Awareness For:

Glaucoma  
Cervical Cancer  
Radon Gas

Folic Acid  
Blood Donors  
Thyroid



Sheboygan County  
Senior Dining Program



Bernita with Sen. Joe Leibham



### Food Celebrated In January:

- |                        |                                    |
|------------------------|------------------------------------|
| Eggs                   | Bread Machine Baking               |
| Prunes                 | Candy                              |
| Hot Tea                | Oatmeal                            |
| Soup                   | Wheat Bread                        |
| Cream Puff Day-Jan 2nd | Corn Chip Day-Jan 29 <sup>th</sup> |

## January is National Radon Gas Month

You can't see radon. And you can't smell it or taste it. But it may be a problem in your home. Radon is estimated to cause many thousands of deaths each year. That's because when you breathe air containing radon, you can get lung cancer. In fact, the Surgeon General has warned that radon is the second leading cause of lung cancer in the United States today. Only smoking causes more lung cancer deaths. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

Radon can be found all over the U.S. Radon comes from the natural (radioactive) breakdown of uranium in soil, rock and water and gets into the air you breathe. Radon can be found all over the U.S. It can get into any type of building — homes, offices, and schools — and result in a high indoor radon level. But you and your family are most likely to get your greatest exposure at home, where you spend most of your time.

You should test for radon. Testing is the only way to know if you and your family are at risk from radon. EPA and the Surgeon General recommend testing all homes below the third floor for radon. EPA also recommends testing in schools. Testing is inexpensive and easy — it should only take a few minutes of your time. Millions of Americans have already tested their homes for radon (see How to Test Your Home).

You can fix a radon problem. Radon reduction systems work and they are not too costly. Some radon reduction systems can reduce radon levels in your home by up to 99%. Even very high levels can be reduced to acceptable levels. (<http://www.epa.gov/radon>)

## The Importance of Making a New Years Resolution

When you make a New Year resolution you resolve or make a decision to make a change in your life. A New Years Revolution is helping you realize you have the power to accomplish what you want. I found many definitions for resolutions in the dictionary. But I found the compatible one. The definition of resolution: A drastic and far reaching change in ways of thinking and behaving.

With a New Year Resolution, you make the decision to pursue something a minute before the New Year starts without any plan, or burning desire or motivation to accomplish it. If you have the power, you will accomplish what you set out to. You don't let fear overtake you. Fear should motivate you to accomplish whatever it is that you want.

You know what you want and when you want to accomplish it by. You've set aside all the proper resources and time to do it. You've made a plan for carrying it out. You've set up an accountability system so you stay motivated throughout. Now all that is left is for you to take action and accomplish it, you'll find this is the easiest step as you've already got your blueprint. (<http://nlp-way.com/the-importance-of-new-year-revolution.html>)

## Health Highlight: Blood Donors

January is the month that we honor those people who graciously give their own blood to help others. Here are some things you may or may not have known about donors and giving blood donations.

### Facts about donors (<http://www.redcrossblood.org>)

- The number one reason donors say they give blood is because they "want to help others."
- Two most common reasons cited by people who don't give blood are: "Never thought about it" and "I don't like needles."
- One donation can help save the lives of up to three people.
- If you began donating blood at age 17 and donated every 56 days until you reached 76, you would have donated 48 gallons of blood, potentially helping save more than 1,000 lives!
- Half of Red Cross donors are male, and half are female.

### Facts about the blood donation process

- Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded.
- Blood donation is a simple four-step process: registration, medical history and mini-physical, donation and refreshments.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 min.
- A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days.
- A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.

### Facts about blood needs

- Every two seconds someone in the U.S. needs blood.
- More than 38,000 blood donations are needed every day.
- A total of 30 million blood components are transfused each year in the U.S. (2006).
- The average red blood cell transfusion is approximately 3 pints.
- The blood type most often requested by hospitals is Type O.

## RESOURCE SPOTLIGHT

### Project Council

You may have heard some people talking about attending a Project Council meeting and wondered what that was all about. Well, wonder no more!

Project Council is comprised of at least two members of each of the county's eight dining sites. The purpose of the Council is to provide the dining program participants with an opportunity to give input and guidance on how the dining sites are governed. The Council meets quarterly at a different dining site location each time.

At the meetings, members share what activities have been occurring at their sites and other topics that they are interested in. Also, at the Project Council meeting, the program manager shares information on program policies, procedures, and changes at the state, federal, and local level. Some of the topics that will be covered in 2012 are the renewal of the federal Older Americans Act, which is the source of funding for the Aging Programs. Also to be discussed is the development of the Sheboygan County 2013-2015 Aging Plan. This is the opportunity for seniors to have input on the services provided by the Aging Unit and how they are delivered. So, next time you hear about a Project Council meeting, take the opportunity to attend!



(cont from p. 2) over to her. Torn clothes and missing buttons were unacceptable to her, as she would often have you remove your torn pants or shirt while she fixed it for you on the spot. She was so organized that she never let things stand unattended on her sewing machine.

Today, Bernita still loves to play bingo with the seniors, her daughter Doris, and son Tom at Zion Church on Thursday afternoons. This is usually followed by the big winner treating for ice cream sundaes at McDonalds later in the afternoon. As Bernita nears her 100<sup>th</sup>, birthday, she continues to prepare regular daily meals under Romy's supervision, along with making 1 to 2 batches of cookies weekly which are readily given to her children for enjoyment.

With all this daily activity, she still manages to pray the rosary daily and go to church regularly every Saturday evening. We have all benefited from her long life, including the 25 mallard ducks, seagulls, many sparrows, chickadees, rabbits, and 5 squirrels that make their home at the Kees' household as they eagerly await their morning feeding of leftovers, bread, corn, nuts, and bird seed courtesy of Bernita and Romy.

Bernita is truly a remarkable woman who is appreciated by all. Is it any wonder why God has allowed her to be a part of this world for the past 100 years? She will always be appreciated by her entire family and all those who have had the fortune of being a part of her life.

We love you, mom and Happy 100<sup>th</sup> Birthday!  
Your children, Doris, Romy, and Tommy

## About 1936



**Bernita ( Kees ) Schilling**

### Pizza Burgers by Sharon Klemme, Plymouth

1 lb Ground Beef, browned and cooled	½ tsp oregano
¾ lb spam or spiced ham (luncheon meat)	1 TB finely grated onion
½ lb cheese (processed or pizza cheese)	½ tsp comino (cumin) powder (optional)
1 can tomato soup	salt + pepper to taste
1 TB diced parsley flakes	



Grind luncheon meat and cheese in food processor OR old fashioned grinder (not fine knife). Mix together with browned, cooled hamburger. Add tomato soup, parsley, oregano, comino, onion and salt and pepper. Spread ¼" thick on half of a hamburger bun or sliced bread. Place on a cookie sheet to toast in a 450 degree oven for 10-15 minutes or until cheese or meat sauce becomes bubbly.

### Senior Meet and Eat

Welcome to Senior Meet and Eat, where we will keep you informed of meetings of the Sheboygan Chapter of AARP and the recipe of the month. In Jan. the Sheboygan AARP Chapter will meet on Jan. 17, 2012 at Arabella's Restaurant, 725 Indiana Ave., Sheboygan at 11:30 am. Sarah Tarjeson the Sheboygan County 4-H Educator will lead us in 4-H Bingo. You do not need to be a member of the Sheboygan AARP chapter to attend. For more information call 467-6634.

## The New Year Is a Good Time to Have Your Blood Checked

So it's a New Year, and time to turn over a new leaf, you say? Maybe eat better, exercise more. Good idea. But if your goal is to be healthy, it will take more than weight loss. Your blood needs some attention too. Serum lab values are like a report card. You can't know how healthy you really are unless you ask your blood. No one likes needles, but next time you see your doctor ask about these very important labs.

CBC, or Complete Blood Count can test for anemia, infection and many other diseases. Hemoglobin A1C is a very important lab that shows your average blood glucose for the previous ~3 months. And many doctors are now using HbA1C to diagnose diabetes. It's important to know your cholesterol level, but a Lipid Profile will show your total cholesterol as well as your good and bad cholesterol (HDL and LDL), and also triglycerides which helps identify your risk of heart disease. You want your cholesterol, LDL and triglycerides to be low, but the higher the HDL (good cholesterol) the better.

In fact, many believe that an HDL over 60 takes away one of your existing risk factors. For Vitamin D, get a 25-hydroxy Vitamin D. A panel of tests called the Comprehensive Metabolic Panel will show your protein stores, electrolytes, kidney function, liver function and fasting blood glucose. Your doctor will decide how often to get these lab tests, but if you've never had them done, now is the time!  
(GWAAR Food Scraps, January 2011)

## Notice:

**Effective January 1, 2012, there will no longer be a scheduled Senior Care "walk-in" day at the Aging and Disability Resource Center (ADRC).**

**If you wish to speak directly with the Elderly Benefit Specialist about Senior Care or Medicare Part D, appointments can be made by calling Pat Hafermann directly at 920-467-4076**

## Did You Know:

- Triglycerides can be elevated due to a lack of exercise, smoking and excessive alcohol intake.
- The Institute of Medicine recently raised the recommended daily intake of Vit D to 600 IU for people up to 70. Those 71 and older may need as much as 800 IU a day.
- Most lab values are greatly influenced by your hydration status and whether or not you've eaten recently before your test.
- The American Diabetes Association recommends that people with diabetes should strive to keep their HbA1C below 7%. (GWAAR Food Scraps, January 2011)

## THE JOKER'S CORNER



My granddaughter was staring at the jar where my false teeth were soaking. Amazed, she said, "The tooth fairy will never believe this!"



Did you hear about the elderly woman who talked her way out of a speeding ticket by telling the officer she had to get there before she forgot where she was going?



An elderly man got a new pair of hearing aids. Months later, his physician asks him if his family is pleased with his improved hearing. "I haven't told them yet," replied the man. "I just sit around listening to them talk. I've changed my will three times recently."



Three elderly buddies are out for a walk. First man: "Windy, isn't it?" Second man: "No, it's Thursday!" Third man: "So am I. Let's get a soda."

(Submit your short joke to your dining manager or to the Senior Dining Program, 650 Forest Ave., Sheboygan Falls, WI. 53085)

## Food Safety Regulations Recently Changed

The Food and Drug Administration is about to get more teeth. S.510: FDA Food Safety Modernization Act is a bill to amend the FDA Food, Drug and Cosmetic Act with respect to the safety of the food supply.

Introduced in March

of 2009, this bill is the first major upgrade to food safety inspection laws in 70 years. With mounting recalls of eggs, produce and meat products, many believe that a change has been needed for a long time.

This new bill will require all food companies to create and maintain a food safety plan and will provide the FDA with the power to demand the recall of tainted foods. At this time food companies recall infected items on a voluntary basis, but this will allow the FDA to order food recalls. The bill will require food manufacturers to keep more detailed food safety plans and inspection records, and will allow the FDA greater access to food company records. This will mean an increase in federal food safety inspectors, which will create jobs but will not come for free.

The goal is prevention, with the intent of catching food-borne illness before tainted food reaches the public. It mandates that the FDA inspect high-risk food facilities once every three years. Critics of the bill claim it will raise food prices due to the additional requirements, but as our food supply comes from greater distances, the United States needs to try to protect its citizens from deadly food-borne pathogens. (*GWAAR Food Safety Scraps, January 2011*)

## Did You Know:

- More than 200 known diseases are transmitted through food.
- A 2010 study by a former FDA economist estimated the total economic impact of food borne illness in the US to be a combined \$152 billion annually.
- On November 30th, the bill passed the senate with a whopping 73 to 25 victory.
- The CDC estimates that food-borne illness causes approx. 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths in the US each year. (*GWAAR Food Safety Scraps, January 2011*)



## Facts and Myths About Radon

**MYTH:** Scientists are not sure that radon really is a problem.

**FACT:** Although some scientists dispute the precise number of deaths due to radon, all the major health organizations (like the Centers for Disease Control and Prevention, the American Lung Association and the American Medical Association) agree with estimates that radon causes thousands of preventable lung cancer deaths every year. This is especially true among smokers, since the risk to smokers is much greater than to non-smokers.

**MYTH:** Radon testing is difficult, time-consuming and expensive.

**FACT:** Radon testing is easy. You can test your home yourself or hire a qualified radon test company. Either approach takes only a small amount of time and effort.

**MYTH:** Homes with radon problems can't be fixed.

**FACT:** There are simple solutions to radon problems in homes. Hundreds of thousands of homeowners have already fixed radon problems in their homes. Most homes can be fixed for about the same cost as other common home repairs; check with one or more qualified mitigators. Call your state radon office for help in identifying qualified mitigation contractors.

**MYTH:** Radon affects only certain kinds of homes.

**FACT:** House construction can affect radon levels. However, radon can be a problem in homes of all types: old homes, new homes, drafty homes, insulated homes, homes with basements, and homes without basements. Local geology, construction materials, and how the home was built are among the factors that can affect radon levels in homes. (<http://www.epa.gov/radon>)

## **January Means Cold Weather—Be Prepared and Be Safe**

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

Warnings signs of hypothermia in adults: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness. If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immediately. If medical care is not available, begin warming the person, as follows: Get the victim into a warm room or shelter, If the victim has on any wet clothing, remove it, Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets. Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person. After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck. Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated. (<http://www.bt.cdc.gov/disasters/winter/staysafe/hypothermia.asp>)

### **Whole Wheat Bread Facts:**

Whole wheat bread contains more nutrients than its refined, white bread counterpart because it has not been as processed. Half of your daily grain intake should be made up of whole grains, according to the United States Department of Agriculture. Making whole wheat bread part of your daily meal plan may decrease your risk of several health conditions, including heart disease and digestive problems. It can also help you reach your daily recommended totals for a variety of nutrients.

**Fiber:** Whole wheat bread, which contains 1.9 g of fiber per slice, is significantly higher in fiber than white bread because the bran and germ have not been removed from the wheat. Getting enough fiber in your diet regulates the digestive system, lowers cholesterol and may reduce your risk of heart disease. In addition, fiber satisfies your hunger and keeps you feeling full until your next meal or healthy snack. Women need between 21 g and 25 g of fiber each day, while men need 31 g to 38 g.

**B Vitamins:** The bran, germ and endosperm of wheat contain B vitamins, and whole wheat bread is rich in this vitamin. The B vitamins in whole grains include thiamin, riboflavin, niacin and folate. All of these B vitamins are necessary for healthy metabolism because they help your body access and use the energy from the foods that you eat. Adequate B vitamin intake also maintains the nervous system. Folate prevents neural tube defects in infants.

**Iron:** Iron helps the blood carry oxygen throughout your body. Low levels of iron can also cause anemia. Whole wheat bread is a good source of iron. Eating iron rich foods along with foods rich in vitamin C allows your body to better absorb iron and put it to use in your body.

**Protein:** Whole wheat bread gets 16 percent of its calories from protein, a nutrient that promotes healthy bones, tissues, muscles, skin, blood and hormones. A slice of whole wheat bread contains 3.6 g of protein. Protein also fills you up at mealtime and prevents hunger between meals and snacks. Ten to 35 percent of your calorie intake should consist of protein. ([www.livestrong.com](http://www.livestrong.com))

## **THANKS FOR THE MEMORY**

Saturday Movie Memories

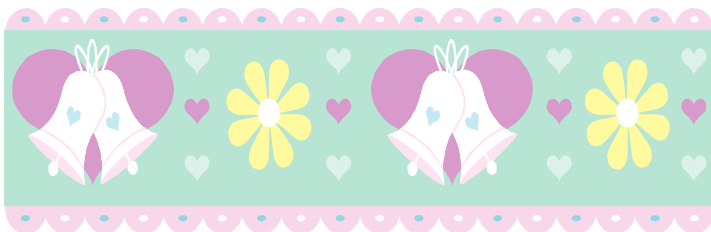
by  
Bill Stalter

In the 1930's, I lived with my parents, six sisters and three brothers on Sibley Court on the north side of Sheboygan. We lived just a few blocks from the Lincoln Movie Theater. My sister had a job selling tickets at that theater. My job was delivering papers for The Sheboygan Press. Sometimes I'd come to the theatre with newspapers in my knapsack and my sister would let me in for free. The price would have been ten cents. I always sat in the last row and folded my newspapers during the movie. When it ended, I'd leave to deliver my papers.

There was usually two black and white feature films with a cartoon and a Movietone newsreel in between. Some films were serial cliff-hangers. They always ended just as something dangerous and exciting was happening to keep us coming back the next week to see how it turned out. I liked cowboy movies. Some of the cowboy stars were Tom Mix, Buck Jones, Hop-a-long Cassidy, Smiley Burnette and Gene Autry. The cartoons were usually with Disney characters like Mickey Mouse and Goofy.

There were raffles at the theatre with prizes like glassware and BB guns---I wanted to win the BB gun, but didn't. Once, my friend blew itching powder on the people in front of us. They itched and yelled like crazy. We loved going to the movies. There was no TV at that time and they were our main entertainment.

*(Write your memory in 250 words or less and submit to your Dining manager or mail to The Senior Dining Program, 650 Forest Avenue, Sheboygan Falls, WI. 53085)*



### **Wedding Bells at Sheboygan Dining Site**

On December 15, 2011, Terry Magerl and Vera Wiegert were married at Immaculate Conception Catholic Church in Sheboygan. They met at the Sheboygan Dining Site at Zion Covenant Church and started dating shortly after. They plan on living in Howards Grove. They also plan on spending their honeymoon at a cabin near Three Lakes, when the weather is warmer. Please wish them a hearty congratulations when you see them.

## **January is "Have a Prune for Breakfast" Month**

Prunes are nutritious fruits that are extremely fun to eat since they have a sweet, deep taste and a sticky, chewy texture. Prunes are actually dried plums, more specifically the dried version of European plums, including the Agen variety. The scientific name for plums and prunes is *Prunus domestica*.

Unfortunately for the delicious and quite beneficial prune, its name has acquired a somewhat negative connotation, being associated with wrinkles, old age and sluggish gastrointestinal tracts. As our Health Benefits section shows, nothing could be further from the truth. To give prunes some PR that may help overcome this stigma and to promote prunes to their rightful place in the American diet, they have been informally christened with another name, a name that reflects their heritage . . . the "dried plum."

The process of drying plums to make prunes is thought to have originated thousands of years ago in an area near the Caspian Sea, the same region where the prune-producing European plums originated. They spread throughout Europe with the migration of different cultures and civilizations. The process of drying plums to produce prunes took hold in California, now the leading producer of prunes worldwide, in the mid-19th century when Louis Pellier planted grafted plum tree cuttings brought back with him from his native France. Among these trees were those belonging to the Agen variety, the type of plum that is extremely well suited to be dried to make prunes. (<http://www.whfoods.com>)



## January 2012 Activity Calendar

**Monday, January 2**  
 HAPPY NEW YEARS!  
 ALL SITES CLOSED

**Tuesday, January 3**  
 Sheboygan- Exercise w/Progressive  
 Falls- Lloyd's Quarter Bingo  
 Howard's Grove – County Clerk Julie Glancey, What you need to know about the new voter I.D.  
 Plymouth- Sing along w/Don and Phebe  
 Adell- Nine Square New Years Bingo

**Wednesday, January 4**  
 Sheboygan- New Years Celebration  
 Falls- County Clerk Julie Glancey, What you need to know about the new voter I.D. law.  
 Plymouth- Plymouth Care Bingo  
 Adell- National Trivia Day, Coffee Hour  
 Oostburg- Fran from Progressive, Blood Pressure Checks

**Thursday, January 5**  
 Sheboygan- Fifty One – Bingo at 1:00  
 Falls- Group Games w/Deb of Rocky Knoll  
 Howard's Grove- Cards and Conversation  
 Plymouth- Speaker from St. Nicholas Hospital  
 Adell- Nine Square – New Years Bingo

**Friday, January 6**  
 Sheboygan- Friday Bingo  
 Falls- Bingo w/Mary of Sunny Ridge  
 Plymouth- Nickel Bingo  
 Adell- Current Events, Coffee Hour

**Monday, January 9**  
 Sheboygan- Meadowview Manor Bingo  
 Falls- Brian Fitness w/Tracy of Libby's House  
 Plymouth- Activity  
 Adell- Open Pool Table and Coffee  
 Cascade- 4H Program  
 Cedar Grove- Old Grocery Store

**Tuesday, January 10**  
 Sheboygan- Golf Dice  
 Falls- Kiwanis Bingo – Tatting at 1:00  
 Howard's Grove – Birthday Bingo w/Mary of Sunnyridge  
 Plymouth- Companion Care  
 Adell- "Soup"er Trivia, Soup Bingo – Foot Clinic

**Wednesday, January 11**  
 Sheboygan- Games w/Morningside  
 Falls- A visit w/Sheriff Priebe – Foot Clinic  
 Plymouth- Speaker from Veritas Financial Center  
 Adell- Cribbage, Coffee Hour  
 Oostburg- Games and Fellowship

**Thursday, January 12**  
 Sheboygan- Sunny Ridge - Education – Bingo at 1:00  
 Falls- Wheel of Fortune – Meadow View  
 Howard's Grove- Cards and Conversation  
 Plymouth- Piano w/Phebe  
 Adell- "Soup"er Trivia, Soup Bingo

**Friday, January 13**  
 Sheboygan- Friday Bingo  
 Falls- Quarter Bingo with Lloyd  
 Plymouth- Comfort Keepers  
 Adell- Open Pool Table, Coffee Hour

**Monday, January 16**  
 Sheboygan- Golden Living Bingo  
 Falls- Breakfast for the Brian w/Dawn Country Side Manor  
 Plymouth- Word Games and Puzzles  
 Adell- Open Pool and Coffee Hour  
 Cascade- Tracy w/Libby's House  
 Cedar Grove- Mary Huenink – Dietitian

**Tuesday, January 17**  
 Sheboygan- Price is Right  
 Falls- Lloyd's Quarter Bingo  
 Howard's Grove – A visit w/Pat Hafermann  
 Plymouth- Office Kronberg with Triad  
 Adell- Blood Pressure and Bingo by Progressive

**Wednesday, January 18**  
 Sheboygan- Jessica from Meadowview  
 Falls- I Love Lucy Theatre w/Refreshments  
 Plymouth- Nickel Bingo  
 Adell- Cribbage and Coffee Hour  
 Oostburg- Mary Huenink

**Thursday, January 19**  
 Sheboygan- Breakfast for the Brain – Countryside Manor  
 Falls- Bingo w/Alyssa of Meadowview Manor  
 Howard's Grove – Cards and Conversation – Foot Clinic  
 Plymouth- Life's Final Chapters w/Sharon S.  
 Richardson 9:30 am  
 Adell- Snowman Dice – Popcorn Day

**Friday, January 20**  
 Sheboygan- Friday Bingo  
 Falls- Bingo w/Ralene of Morningside  
 Plymouth- Kindred Hearts Bingo  
 Adell- Current Events and Coffee Hour

**Monday, January 23**  
 Sheboygan- Jingo  
 Falls- Fun & Easy Chair Exercise w/Anna of Progressive  
 Plymouth- Word Games and Puzzles  
 Adell- Open Pool and Coffee Hour  
 Cascade- Nickel Bingo  
 Cedar Grove- Shelly Obbink, Great Lakes Physical Therapy

**Tuesday, January 24**  
 Sheboygan- Trivia  
 Falls- Kiwanis Bingo  
 Howard's Grove – Exercise w/Anna of Progressive  
 Plymouth- Voters I.D. Speakers  
 Adell- Visit with Pat Hafermann

**Wednesday, January 25**  
 Sheboygan- Take-Away Bingo  
 Falls- Winter Games  
 Plymouth- Kids and Seniors Day  
 Adell- Cribbage and Coffee Hour  
 Oostburg- Birthday Party and Bingo



**Thursday, January 26**  
 Sheboygan- Exercise w/YMCA  
 Falls- Wheel of Fortune  
 Howard's Grove- Cards and Conversation  
 Plymouth- Libby's House  
 Adell- Birthday Party

**Friday, January 27**  
 Sheboygan- Friday Bingo  
 Falls- Lloyd's Quarter Bingo  
 Plymouth- Rocky Knoll  
 Adell- Coffee Hour and Current Events

**Monday, January 30**  
 Sheboygan- Five Card Bingo  
 Falls- Fun & Easy Chair Exercise w/Ann of Pine Haven  
 Plymouth- Elinor Langjahr on Keyboard  
 Adell – Open Pool and Coffee Hour  
 Cascade- Birthday Celebration  
 Cedar Grove- Birthday Party, Games and Fellowship

**Tuesday, January 31**  
 Sheboygan- Birthday Party by Sunny Ridge  
 Falls- Birthday Celebration – Quarter Bingo  
 Howard's Grove – Bingo w/Ralene of Morningside  
 Plymouth- Birthday Celebration – Piano w/Laverne  
 Adell- Birthday Party

## January 2012 Plymouth Menu

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2  <b>CLOSED NEW YEARS HOLIDAY</b> 	3 Baked Fish Baked Potato Corn Applesauce Bread	4 Hamburger on a Bun Condiments Fried Potatoes Peaches Ice Cream	5 Chili Grilled Cheese Sandwich Mandarin Oranges Cream Puff  <b>National Cream Puff Day</b>	6 Taco Salad w/meat, cheese Tomatoes, Tortilla Chips Breadstick Strawberry Shortbread <b>National Shortbread Day</b>
9 Chicken Breast Mashed Potato w/gravy Green Beans Melon Dinner Roll	10 Lasagna Garden Salad Garlic Bread Pears	11 Vegetable Soup Grilled Turkey & Cheese Sandwich Fruit Cocktail Pudding	12 Pork Chop Au Gratin Potatoes Broccoli Pineapple	13 Meatballs and Gravy Buttered Noodles Carrots Cole Slaw Peach Melba <b>National Peach Melba Day</b>
16 Chicken Tortilla Soup Garden Salad with Cottage Cheese & Pineapple Dinner Roll	17 Tuna Casserole Asparagus Peas Peaches Bread	18 Swiss Steak Hash Browns Green Beans Orange	19 Baked Ham Mashed Potatoes Mixed Vegetables Apple Pie	20 Tomato Soup Bologna & Cheese Sand. Cornbread Muffin Fruit Cocktail
23 Chicken Stir Fry over Rice California Blend Veggies Cherry Pie  <b>National Pie Day</b>	24 Sloppy Joes on a Bun Sweet Potato Fries Tropical Fruit Peanut Butter Cookie  <b>National Peanut Butter Day</b>	25 Liver and Onions Baked Potato Corn Fruited Jell-O Bread	26 Spinach Lasagna Garden Salad w/Dressing Breadstick Pistachio Torte  <b>National Pistachio Day</b>	27 Hot Turkey Sandwich Mashed Potato w/gravy Carrots Chocolate Cake  <b>National Chocolate Day</b>
30 Spaghetti & Meatballs Broccoli Pineapple Croissant  <b>National Croissant Day</b>	31 Baked Chicken Oven Roasted Potatoes Cauliflower Dinner Roll Birthday Cake	 <b>Sheboygan County Senior Dining Program</b>		



## January 2012 Senior Dining Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CLOSED NEW YEARS HOLIDAY</b> 	3 Chili Mac Casserole Cheese/Crackers Carrots Tropical Fruit	4 Seasoned Chicken Mashed Potatoes Summer Blend Veggies Banana Dinner Roll	5 Spaghetti w/Meat Sauce Italian Veggies Tossed Salad w/Dressing French Bread Brownie	6 Brat on a Bun Condiments German Potato Salad Bronco Beans Mandarin Oranges  <b>National Bean Day</b>
9 BBQ Meatballs Au Gratin Potatoes Carrots & Cauliflower Apricots Dinner Roll <b>National Apricot Day</b>	10 Pork Roast Mashed Potatoes Broccoli Wheat Bread Pudding	11 Turkey Bake Sweet Potatoes Cranberry Sauce Bread Jell-O w/Fruit Pumpkin Bar	12 California Burger on a Bun Lettuce Tomato Condiments American Potato Salad Cinnamon Applesauce Blueberry Bar	13 Chicken Breast in Mushroom Gravy Baked Potato Capri Blend Veggies Pineapple Dinner Roll
16 Swiss Steak in Mushroom Onion Gravy Ranch Mashed Potato Mixed Veggies Wheat Bread Oatmeal Cookie <b>National Oatmeal Month</b>	17 Polish Sausage on a Bun Condiments Baby Red Potatoes Sauerkraut Pears	18 Chicken Alfredo over Noodles Broccoli Applesauce Wheat Bread Lemon Bar	19 Baked Fish Rice Pilaf Stewed Tomatoes Fruit Cocktail Dinner Roll Muffin	20 Sloppy Jo w/Cheese, Bun Potato Chips Baked Beans Banana Fruited Jell-O  <b>National Cheese Day</b>
23 Hamburger Stroganoff Buttered Noodles Beets Oranges Wheat Bread Pie <b>National Pie Day</b>	24 Cream of Chicken Soup Peas w/Peppers Lettuce Salad w/Dressing Cheese & Crackers Bread Pudding <b>National Soup Day</b>	25 Shredded Pork on a Bun Mashed Potatoes Red Cabbage Pineapple	26 Chicken Pot Pie Carrot Coins Garden Salad w/Dressing Peaches Wheat Bread	27 Home Made Meatloaf Au Gratin Potatoes Country Vegetables Wheat Bread Chocolate Cake  <b>National Chocolate Day</b>
30 ¼ # Hot Dog on a Bun Condiments Macaroni & Cheese Green Beans Jell-O w/Nectarines	31 Chicken Stir Fry Rice Peas Banana Wheat Bread Birthday Cake		 <p style="text-align: right;">Sheboygan County Senior Dining Program</p>	

### Riddle Me This Answer:

(Ben Franklin—he did more than just fly a kite!)

Before you criticize anyone, you should walk a mile in their shoes. That way, if they get mad, you're a mile away and you have their shoes!

### 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](mailto:adrc@co.sheboygan.wi.us)

**Seniors In Touch** is also online at:

[http://www.co.sheboygan.wi.us/html/d\\_hhs\\_AgeDis\\_Resc\\_Cntr.html](http://www.co.sheboygan.wi.us/html/d_hhs_AgeDis_Resc_Cntr.html)