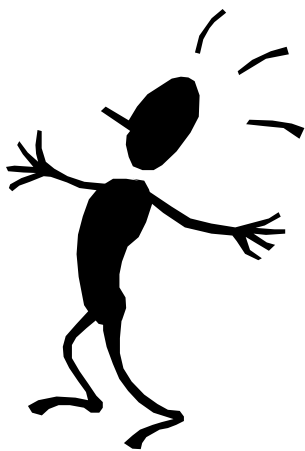




Family and Friends Newsletter

Positive Attitude Delays Aging

You may not be as young as you feel, but research has found that a positive attitude may delay the ageing process.



The University of Texas found people with an upbeat view of life were less likely than pessimists to show signs of frailty.

The researchers say their findings suggest psychosocial factors - as well as genes and physical health - play a role in how quickly we age.

Their work is published in the journal Psychology and Aging.

The Texas team carried out tests on 1,558 older people from the Mexican American community to examine whether there was a link between positive emotions and the onset of frailty.

At the start of the seven year study all the volunteers were in relatively robust good health.

The researchers assessed the development of frailty during the study by measuring the participants' weight loss, exhaustion, walking speed and grip strength.

They found that those people who had a positive outlook on life were significantly less likely to become frail.

The researchers said more research is required to pin down why there should be a link.

But they speculate that positive emotions may directly affect health by altering the chemical balance of the body.

SOUTHERN SUMMER SQUASH CASSEROLE

- 4 C sliced yellow squash
- 1/2 C chopped onion
- 35 buttery round crackers, crushed
- 1 C shredded Cheddar cheese or Co-Jack cheese
- 2 eggs, beaten
- 3/4 C milk or Half & Half
- 1/4 C butter, melted
- 1 teaspoon salt
- ground black pepper to taste
- 2 Tbsp butter



Preheat oven to 400 degrees. Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.

In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions.

In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 C. melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 Tbsp butter. Bake in greased 9 x 13 pan in preheated oven for 25 minutes, or until lightly browned.

Makes about 10 Servings.

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Alternatively, it may be that an upbeat attitude helps to boost a person's health by making it more likely they will be successful in life.

Lead researcher Dr Glenn Ostir told BBC News Online: "I believe that there is a connection between mind and body - and that our thoughts and attitudes/emotions affect physical functioning, and overall health, whether through direct mechanisms, such as immune function, or indirect mechanisms, such as social support networks."

Stereotypes

A second study, published in the same journal, also suggests that physical performance can be influenced by mental attitude.

A team from North Carolina State University asked 153 people of different ages to carry out memory tests after being exposed to positive and negative words to describe stereotypes about ageing.

Negative words included: confused, cranky, feeble, and senile, while positive words included: accomplished, active, dignified and distinguished.

The results showed that memory performance in older adults was lower when they were primed with negative stereotypes.

In contrast, there was much less difference in performance between young and older adults primed with positive stereotypes.

The researchers say their findings suggest that if older people are treated like they are competent, productive members of society, then they perform that way too.

Lead researcher Professor Thomas Hess told BBC News Online: "There may be social situational factors that can have a very strong impact on older adult memory performance.

"It may be very subtle. People may pick up on negative cues in their environment which suggest they are not up to it, and as a result will not perform well.

"It may be that if people can suppress these negative thoughts that they will do much better, and that a positive attitude can promote effective functioning."

Upcoming Alzheimer's Association Events

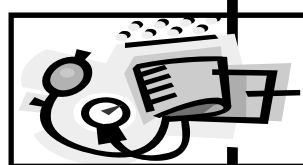
Alzheimer's Caregiver Support Group

4th Wed. of each month, 6 - 7 PM,
Brewer Library, 325 N. Central Av.
800-272-3900

Alzheimer's Association looking for Team Captains to lead Memory Walk® 2006!

If you enjoy working with people, please consider organizing a team for Memory Walk, which takes place on Sunday, October 1, 1:00 p.m. at UW Richland in Richland Center. This local event raises funds and promotes the progress surrounding Alzheimer's. All proceeds from the Richland County Memory Walk go to the South Central Wisconsin Chapter of the Alzheimer's Association, which provides vital services to this area.

As a Team Captain, your commitment to recruit walkers, raise funds, and coordinate your team is THE ESSENTIAL INGREDIENT in making Memory Walk 2006 a success! The Team Captain Breakfast will be held during the week of August 14, time and location TBA. Call Miriam Boegel at 608-232-3409 or 800-272-3900 for more details!



FREE Blood Pressure Clinics

Blood pressure clinics will be held at **11:30 a.m.** on the following Tuesday dates:

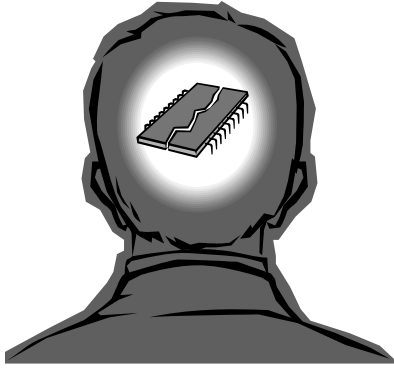
Town and Country Church—

Viola Meal Site @ old grade school

For more information on the nutrition site blood pressure clinics, contact the:

**Aging and Disability
Resource Center at
608-647-4616**

10 Steps to a Better Memory



Talk to anyone over a certain age and they will joke about senior moments — lapses in memory.

Underlying the humor is a fear of developing Alzheimer's disease or senile dementia. Their concern isn't unfounded, because nearly 5 percent of people aged 65 and older (and a much larger proportion over 80) do get Alzheimer's.

However, there is mounting evidence that memory lapses don't necessarily foreshadow dementia, and that doing mind aerobics can reduce the risk.

Here's a 10-step memory workout courtesy of AARP:

1. **Exercise regularly:** Studies have shown that aerobic fitness may reduce the loss of brain tissue common in aging.
2. **Stick to a healthy diet:** Avoid sugar and saturated fat. And eat lots of antioxidant-rich fruits and vegetables such as blueberries, spinach, and beets. The magnesium found in dark green, leafy vegetables appears to help maintain memory.
3. **Learn new things:** Mastering activities you've never done before, such as playing the piano or learning a foreign language, stimulates neuron activity.
4. **Get enough sleep:** Too little sleep impairs concentration.
5. **Devise memory strategies:** Make notes or underline key passages to help you remember what you've read. Invent mnemonics formulas to help you remember things.
6. **Socialize:** Conversation, especially positive, meaningful interaction, helps maintain brain function.
7. **Get organized:** Designate a place for important items such as keys and checkbooks. Keep checklists for things such as daily medications or items to pack when you travel.
8. **Turn off the tube:** Experts say too much TV watching weakens brain power.

(Continued from bottom of this page)

9. **Jot down new information:** Writing helps transfer items from short, to long-term memory.

10. **Solve brainteasers:** Crossword puzzles, card games, and board games such as Scrabble improve your memory.

You Aren't Always What You Eat

Although diabetes has been called "glucose diabetes," eating glucose does not cause it. Type 1 diabetes happens when your body's immune system destroys the insulin-producing beta-cells in your pancreas. Cow's milk, oxygen-free radicals, or your own genes might cause your immune system to react this way.

Type 2 diabetes is different from type 1. The bodies of most people with type 2 make insulin but can't use it well. Genetics play a strong role in type 2 diabetes, as does age, obesity, and lifestyle.

Obese individuals who eat a high-calorie diet and don't participate in physical activity are more likely to develop type 2 diabetes, but eating glucose doesn't directly cause the disease. In this case, too much glucose may provide excess calories, in the same way excess fat does. The resulting weight gain and obesity, which interfere with the action of insulin, are the factors that lead to the development of type 2 diabetes.



Do you have a friend who cannot read this newsletter because of poor eyesight?

This newsletter is available on cassette tape and may be borrowed from the Elderly Services Unit.

**For more information, call
608-647-6226**

The What, When and Why of Men's Health Screenings



Even the most macho of men can turn into big babies when it comes to going to the doctor. But most visits to the doctor are simply uncomfortable, not painful, and routine physical exams and screenings can help men prevent many serious diseases.

Still, with all of the recommendations out there, it is tough to keep the various tests straight. What do you need and when? Here's a guide to explain what all those tests and numbers mean. (Of course, if you are at high risk for a particular disease or have individual health concerns, your doctor may recommend that you begin certain screenings at an earlier time.)

Routine Exams

The good news is that some of the most important recommended screenings are already done as part of a routine visit to the doctor. Although you may not need certain screening tests every year, health insurance companies typically cover annual exams.

Body Measurement—Just step on the scale, have your weight and height measured and your doctor already knows a lot about your physical condition. Using these numbers to calculate your body mass index (BMI), your doctor will know if you are overweight, an indicator of increased risk for many health problems, such as type 2 diabetes and high blood pressure. This simple tool clues your doctor in to look more closely for these other problems. The American Heart Association (AHA) recommends that you have a body measurement every two years after the age of 20.

Blood Pressure—That inflatable cuff placed around your upper arm tells your doctor how much pressure your heart is generating when it is actively pumping, called the systolic pressure (the "top" number), and when your heart is at rest, called the diastolic pressure (the "bottom" number). A blood pressure between the range of 90/60 and 140/90 is considered normal by the AHA. Since high blood pressure is becoming increasingly common in men and puts you at risk for heart attack, stroke, kidney dam-

age and other problems, it should be measured at least every two years.

Cholesterol Test—While a routine blood test may check for various blood components, the cholesterol count is one of the most important. After drawing a vial of blood, a lab will determine the amount of low-density lipoprotein (LDL) cholesterol, high-density lipoprotein (HDL) cholesterol, triglycerides and total cholesterol. High cholesterol, specifically LDL cholesterol, is a direct cause of heart disease, the number-one killer of American men. The AHA considers a total cholesterol count over 200 to be borderline-high and a risk marker for heart disease. High risk for heart disease is considered to be when cholesterol counts rise over 240. However, there has been some recent consideration to make these target numbers even lower.

Triglycerides are a form of stored energy derived from foods that are not immediately used. Normal triglyceride levels range from 45-150. Higher levels of triglycerides can cause pancreatitis, inflammation of the pancreas. Blood tests determining triglyceride levels should occur every five years, but your doctor will probably recommend more frequent testing if anything is abnormal.

Testicular Examination—Since testicular cancer is the most common malignant cancer in American men, your doctor should check your testicles for any change in size or shape, starting in your mid-teens, according to the American Cancer Society (ACS). Monthly self-exams are sometimes recommended by a doctor as well.

Beginning at Age 50

Middle age brings an increased risk for many diseases, especially cancer. It is important that men get screened for these diseases beginning at age 50 and repeat these tests as recommended.

Colorectal Cancer Screening—There are four tests typically performed to screen for polyps in your colon and rectum, which may become cancerous.

- *Fecal Occult Blood Test (FOBT)*—This simple test chemically checks your stool for blood that may not be visible under a microscope. A fecal sample is smeared onto a card and sent to a medical laboratory to be evaluated for the presence of blood. This test should occur yearly.

(Continued from bottom of Page 4)

- **Flexible Sigmoidoscopy**—A thin, flexible tube is inserted into your rectum and used to look at the lower portion of the colon. More awkward than uncomfortable, this exam takes about 15 minutes and should be done every five years.
- **Colon X-ray**—Sometimes coupled with the sigmoidoscopy, this test involves inserting liquid barium into your colon, which appears white on an X-ray. The barium outlines the inside of your colon to allow your doctor to see anything unusual. This test takes about 20 minutes to complete and should be repeated every five years.
- **Colonoscopy**—You doctor inserts a thin, flexible colonoscope into your rectum to examine the entire length of your colon. Some patients find this procedure uncomfortable, so your doctor may sedate you a little during the 30-minute procedure, which should occur every 10 years. According to the ACS, screening for colorectal cancer should begin at age 50, unless you have a family history of colorectal cancer or a history of inflammatory bowel disease. If you are at higher risk, your doctor may recommend more frequent screenings.

Prostate Cancer Screening—A digital rectal exam (DRE) is used to detect an enlarged prostate or prostate cancer. While an enlarged prostate is fairly common and generally harmless, it may indicate a more serious condition. During the DRE, your doctor will check the prostate gland for any abnormalities. The prostate-specific antigen test (PSA) is a blood test that measures the amount of a protein secreted by the prostate. If this amount is elevated, it may indicate an enlarged prostate or cancer. However, the accuracy of the PSA test is still unclear and some organizations do not recommend routine screenings. However, the ACS recommends that these screenings begin at age 50, but earlier in African American men and others who are at higher risk for prostate cancer.

Caring All of Your Parts

On top of these exams, the American Academy of Ophthalmology recommends an eye exam for men once after the age of 20, every two to four years after the age of 40 and once or twice a year after the age of 65. This examination should include a general eye exam to determine if you need glasses or if your prescription is accurate and tests for common eye problems such as glaucoma, macular degeneration and cataracts.

Women: Know Your Risk of Heart Attack

Many women believe they're less vulnerable to heart attacks than men are — but they're wrong. Women account for nearly half of all heart attack deaths, and heart disease is the number one killer of both women and men. But the classic symptoms of a heart attack are classic only in men, so it's smart to know what symptoms you should watch out for.

There are differences in how women and men respond to a heart attack. Women are less likely than men to believe they're having a heart attack and more likely to delay in seeking emergency treatment.

Further, women tend to be about 10 years older than men when they have a heart attack. They are more likely to have other conditions, such as diabetes, high blood pressure, and congestive heart failure — making it all the more vital that they get proper treatment fast.

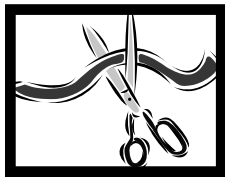


Women should learn the heart attack warning signs. These are:

- Pain or discomfort in the center of the chest.
- Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach.
- Other symptoms, such as a shortness of breath, breaking out in a cold sweat, nausea, or light-headedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea and vomiting, and back or jaw pain.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes — five minutes at most — to call 9-1-1. Your family will benefit most if you seek fast treatment.



“Red Tape Cutter” Pages

Presented by your local Elderly Benefit Specialist—Joanne Welsh with the Richland County Health & Human Services—Elderly Services Unit.

HAVE YOU BEEN WORKING ON THE RAILROAD?



By: Bruce W. Schultz
Social Security Public Affairs Specialist

www.ssa.gov

Are you among the millions of Americans who have worked for the railroad industry at some point in your life, and now are unsure if you will get railroad retirement benefits or Social Security? Or maybe you are among the 240,000 current railroad industry workers who wonder how your benefits compare to Social Security?

These are understandable and common questions about sometimes-complex government programs.

Both Social Security and the Railroad Retirement system were created over 70 years ago, during the Great Depression. But Congress separated the retirement program for railroad workers so that they could be paid retirement benefits more quickly. Since then, the Congress has passed legislation that makes sure the two programs work together to provide adequate coverage for railroad workers.

Over thirty years ago (in 1974) legislation restructured railroad retirement benefits into two tiers. The purpose was to coordinate benefits more fully with Social Security benefits. The first tier is based on combined railroad retirement and Social Security credits. The second tier is based on railroad service only, and is comparable to pensions paid above Social Security benefits.

If you check your *Social Security Statement*, which is sent to all workers age 25 and older each year, you can get a pretty good idea of what your benefit payments should be—and how your years of work have been credited. Railroad earnings from 1973 to the present are shown in yearly earnings amounts on your *Social Security Statement*.

Railroad earnings before 1973 aren't shown, but are included in the benefit estimate calculation if your railroad work was less than 10 years.

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SUMMER TRAVELS AND SOCIAL SECURITY



By: Bruce W. Schultz
Social Security Public Affairs Specialist

www.ssa.gov

Are you a Social Security beneficiary who is traveling this summer? You have a few things to think about, especially if you are planning some trips abroad.

If you're one of the few Social Security recipients who still has a check mailed to your home, you've probably made arrangements with the post office or a friend to safeguard your mail, including any Social Security checks that might come while you're gone.

But you should know that any worries you might have about that check lying around in a post office or a friend's house could be alleviated if you had direct deposit. It's a safe, easy and convenient way to receive your benefit. Just visit your bank, credit union or other financial institution and tell the folks there that you want direct deposit. They'll take it from there. Or you can call us at 1-800-772-1213 for more information.

If you are planning a trip outside the United States, you also should know that you won't be covered by Medicare overseas. In case something happens to you while you're traveling, you should make sure you have other insurance that will cover any medical treatment you might need. The only time Medicare may cover you outside the United States is in certain emergency situations while traveling in Canada and Mexico.

There is one more travel-related issue that may affect your Social Security benefits. Imagine yourself lounging on a padded porch swing under some lemon trees in the back yard of a quaint “bed and breakfast” inn somewhere in the hills of Tuscany. The warm sun is just setting over the gold and green hills, the fragrance from nearby grapevines overcomes you, and you turn to your spouse and say, “Honey, we're moving to Italy!” And your spouse, being a bit more practical than you, says, “But what about the grandkids, our house and our Social Security checks?”

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I can't help with the house and the grandchildren, but I can ease your mind about Social Security. That scene is not as far-fetched as you might think. There currently are more than 400,000 Social Security beneficiaries who live overseas. If you are a U.S. citizen, we can send your Social Security benefits to almost any country in the world. If you are not a U.S. citizen, you still may be able to get your Social Security benefits in other countries, sometimes for as long as you live outside the United States, but other times for only six months. In some cases, we have to withhold taxes from any Social Security benefits sent overseas. Also, many foreign countries tax U.S. Social Security benefits. If you are thinking of moving overseas, you should contact that country's embassy in Washington, D.C., for tax information.

If you want more information about Social Security benefits and overseas travel or a possible overseas move, read our publication, *Social Security: Your Payments While Outside The United States*. You can find the publication at www.socialsecurity.gov/pubs/10137.html. Or you can call us at 1-800-772-1213 and ask for a copy of the booklet to be mailed to you.



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If you find any of this information confusing, don't worry. If you've worked in the railroad industry, the Railroad Retirement Board should have it on record.

If you need general questions answered about railroad earnings and how they are credited, you can call the Railroad Retirement Board's toll-free, automated telephone service 24 hours a day, seven days a week: 1-800-808-0772, or you can visit www.rrb.gov to check the Railroad Retirement Board's website. If you need to speak to a railroad retirement representative about your own situation, you can call the local office in Milwaukee. The phone number is (414) 297-3961. The mailing address is U.S. Railroad Retirement Board, 310 W. Wisconsin Av, Suite 1300, Milwaukee, WI 53203-2211.

And if you need to contact Social Security, just call us at 1-800-772-1213, visit our website at www.socialsecurity.gov, or drop by your local Social Security office.

Bruce Schultz is the Public Affairs Specialist for Northern Wisconsin. You can contact Bruce at 352 Grand Avenue, Wausau, Wisconsin 54403 or via email at bruce.schultz@ssa.gov # # #

EASY FREEZER PICKLES (enjoyable especially in mid-Winter)

8 cucumbers, sliced thin
1 large onion
2 tablespoons of salt

Put these in a large bowl of water, place a plate on top of this and let stand for 2 hours.

Boil the following together until it comes to a full boil:

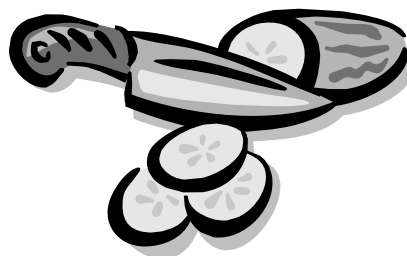
1-1/2 cups sugar
1/2 cup vinegar
1/4 cup water
1 teaspoon mixed whole pickling spices
A pinch of powdered alum (just add to syrup while it is heating.)



Drain the cukes and onions and pack in plastic containers...you can use any empty plastic containers you might have around, i.e. butter containers and the like. Pour the hot mixture over these. Seal with plastic lids and store in freezer. Keeps for months in the freezer. Voila! Just thaw out when ready to use!

CUCUMBER-DILL DAINTY SANDWICHES

1 large cucumber, peeled, seeded, and grated
1 (8-ounce) package cream cheese, softened
1 tablespoon mayonnaise
1 teaspoon dried chives
1/4 teaspoon dill weed
1/4 teaspoon seasoned salt
1 (16-ounce) loaf sandwich bread
Garnish: Thin Cucumber Slices



Stir together cucumber and next 5 ingredients. Spread mixture evenly over half of the bread slices, top with the remaining slices of

bread. Then, trim the crusts from sandwiches. Cut diagonally and then cut in half to make little triangles. Garnish. Store in airtight container in refrigerator. NOTE: This is really easy to make and the spread is best made the day before and refrigerated so that the flavors can mingle. Let sit a few minutes before spreading onto the sandwiches. Easy prep time, too!

(Continued from bottom of Page 5)



And don't forget about your teeth. Regular dental visits will prevent cavities and keep your chompers clean. Evidence is mounting that shows how good oral hygiene can help lower risk for cer-

tain diseases, such as heart disease. Additionally, dentists can detect oral cancer.

Going to the doctor for all of these tests can seem like a pain, especially if you are feeling well. But if you are proactive about your health, many of the most common diseases can be caught early, preventing the need for even more visits to your doctor.

The Surprising First Sign of Alzheimer's

The first sign of dementia, including Alzheimer's disease, may not be mental decline. Instead, it's quite likely to be physical decline, especially difficulty walking and maintaining balance.

That's the word from researchers at the University of Washington, who found in a study of more than 2,000 elderly people that declining physical symptoms were associated with an increased risk of developing dementia. What everyone thinks of as a brain ailment may actually be linked to physical fitness.

Here's the good news: Regular exercise may help stall the progression of dementia and even reduce the risk of ever getting it, an idea that is supported by previous research. Exercise serves as a protector by boosting blood flow to the brain.

The study: Using a variety of standardized tests, the University of Washington researchers assessed the physical and cognitive function of 2,288 men and women in the Seattle area who were 65 or older. In addition, they continued to monitor them every two years for six years, looking for signs of physical and mental decline. None of the participants had any signs of dementia when the research began.

The results: After six years, 319 of the participants had developed dementia, 221 of whom had Alzheimer's disease. The men and women who had scores at the beginning of the study indicating good physical performance were three times

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less likely to develop dementia than those who had poor scores. The first indicators of developing dementia were difficulty walking and maintaining balance. A weak handgrip may be a later sign of the development of dementia in older people.

Everyone had expected the earliest signs of dementia would be subtle cognitive changes. We were surprised to find that physical changes can precede declines in thinking," study leader Dr. Eric Larson said in a news release. "These results suggest that in ageing, there's a close link between the mind and body. Physical and mental performance may go hand in hand, and anything you can do to improve one is likely to improve the other."

The takeaway: If people notice they are starting to decline physically, engaging in physical activity may help stop or slow this decline and reduce their risk of dementia. The study appears in Archives of Internal Medicine.

Trade Salt for Herbs and Spices

Next time you reach for the salt shaker, try using some of these flavorful herbs and spices instead. They'll give your food a whole new kick, and they won't hurt your heart.

- **Basil:** Use in soups, salads, vegetables, fish, and meats.
- **Cinnamon:** Use in salads, vegetables, breads, and snacks.
- **Chile Powder:** Use in soups, salads, vegetables, and fish.
- **Cloves:** Use in soups, salads, and vegetables.
- **Dill Weed and Dill Seed:** Use in fish, soups, salads, and vegetables.
- **Ginger:** Use in soups, salads, vegetables, and meats.
- **Marjoram:** Use in soups, salads, vegetables, beef, fish, and chicken.
- **Nutmeg:** Use in vegetables, meats, and snacks.
- **Oregano:** Use in soups, salads, vegetables, meats, and chicken.
- **Parsley:** Use in salads, vegetables, fish, and meats.
- **Rosemary:** Use in salads, vegetables,

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fish, and meats.

- **Sage:** Use in soups, salads, vegetables, meats, and chicken.
- **Thyme:** Use in salads, vegetables, fish, and chicken.

Note: To start, use small amounts of these herbs and spices to see if you like them.

Don't Ignore the Calories

Just because a product is fat-free doesn't mean it's calorie-free. In fact, fat-free or reduced-fat products can have as many, if not more, calories per serving as regular products. So while you need to watch your fat intake, remember to count calories, too. Read the nutrition labels and compare the calories in products like these:

Fig Cookie:

Fat-free: 51 Calories

Regular: 56 Calories

Vanilla Frozen Yogurt, 1/2 Cup

Fat-free: 100 Calories

Regular: 104 Calories

Peanut Butter, 2 tbsp

Reduced-fat: 187 Calories

Regular: 191 Calories

Seniors Surfing the Web? Here are some senior friendly sites!

Suddenly Senior—A place for everyone who's become senior before their time
<http://www.suddenlysenior.com>

Senior Resources—Wisconsin's complete senior resource listing
<http://magazine.seniorresourcesonline.com>

Welcome to Richland County Government Online
<http://www.co.richland.wi.us/>

WELCOME To The CITY OF RICHLAND CENTER! - 450 South Main Street
<http://www.ci.richland-center.wi.us>

Wisconsin AARP Home Page
<http://www.aarp.org/states/wi/>

The Official U.S. Government Site for People with Medicare
<http://www.Medicare.gov>

Welcome to Medicaid Site for Consumer Information
<http://www.cms.hhs.gov/medicaid/consumer.asp>

Humor and Laughs...

A man and his ever-nagging wife went on vacation to Jerusalem. While they were there, the wife passed away.



The undertaker told the husband, "You can have her shipped home for \$5,000, or you can bury her here, in the Holy Land, for \$150."

The man thought about it and said he would just have her shipped home.

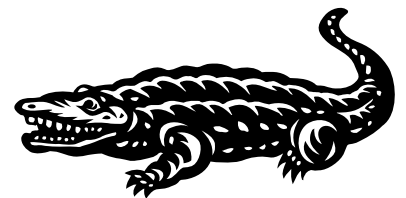
The undertaker asked, "Why would you spend \$5,000 to ship your wife home, when it would be wonderful to be buried here and you would spend only \$150?"

The man replied, "Long ago a man died here, was buried here, and three days later he rose from the dead. I just can't take that chance."



Safe to swim here?

While sports fishing off the Florida coast, a tourist capsized his boat. He could swim, but his fear of alligators kept him clinging to the overturned craft. Spotting an old beachcomber standing on the shore, the tourist shouted, "Are there any gators around here?!"



"Naw," the man hollered back, "they ain't been around for years!"

"Feeling safe, the tourist started swimming leisurely toward the shore.

About halfway there he asked the guy, "How'd you get rid of the gators?"

"We didn't do nothin'," the beachcomber said.

"The sharks got 'em."



Right now I'm having amnesia and deja vu at the same time . . . I think I've forgotten this before.

What is there to do this summer?

Local Area Events

BINGO

- Richland Center Meal Site - 1st and 3rd Mondays at 12:15 p.m.
- Knights of Columbus - at Richland Community Center at 7:30 p.m. ; concession stand opens at 6:30 p.m. - July 8; August 5; September 9 & 23; October 21; November 4 & 17 and December 2 & 16

EUCHRE

- Ridgeview Commons - every Monday evening at 6:30 p.m.
- Schmitt Woodland Hills - every Tuesday evening at 7 p.m. in the 2nd floor activity room; rotating tables; refreshments
- Richland Center Meal Site - every Wednesday at 12:15 p.m.



EXERCISE CLASSES

- Pine Valley Healthcare & Rehab - every Tuesday & Wednesday at 1:30
- Schmitt Woodland Hills - Arthritis Exercise Class pre-registration is necessary - begins June 12 - will accept late enrollees. Class will be offered again in the fall. Co-sponsored with Richland Center Park & Recreation Dept. For more information call 647-8108.
- Ridgeview Commons - every Tuesday, Thursday and Saturday at 9 a.m.
- Symons Recreation Complex - offers water and land group exercise classes. Call for more information - 608-647-8522.

MUSIC PERFORMANCES

- Schmitt Woodland Hills - Thursday, July 20 7 p.m., "Karaoke Konzert" a fundraiser (free will donation) for Alzheimer's Association, featuring local singing talent, door prizes and refreshments. Gonna be a great time.
- Pine Valley Healthcare & Rehab - Lyle Foley Band will entertain on Sunday, July 30 in the 2nd floor dining room noon - 2 PM (Family Picnic Day)
- Schmitt Woodland Hills - Thursday, August 17 at 7 p.m., lawn concert featuring "Brass-R-Us" band. Always a great show. Admission: free will donation.

BLOOD DRIVES

- Richland Hospital - Friday, July 14 from 10 a.m. to 3 p.m.

- Schmitt Woodland Hills - (for the Blood Center of Wisconsin) Wednesday, August 23rd from 1 to 6 p.m. in the basement activity room. Just drop in or call 647-8931 for an appointment.

BLOOD PRESSURE SCREENINGS

- Richland Center Meal Site - Wednesday, July 5 at 11:30
- Viola Meal Site - Wednesday, July 12 at 11:30
- Richland Center Meal Site - Tuesday, August 8
- Viola Meal Site - Tuesday, August 15

COMPUTER TRAINING

- Brewer Public Library - Volunteers available to assist Seniors one-on-one with computer questions. Call 647-6444 to schedule.
- Lone Rock Library - Call Marian Copus at 583-2034 to arrange a time for one-on-one computer training. We have 7 internet wireless computers. Note: we also have large print and audio books. Will deliver books in the Village of Lone Rock.

GROCERY DELIVERY

- Ed's Family Foods - Will deliver grocery orders within the city limits of Richland Center on Wednesday and Friday mornings. Call 647-3434 to place your order on Tuesday or Thursday, for next day delivery. There is a \$2.00 per order delivery fee.
- Burnstad's Pick 'n Save - Offers FREE transportation to their store on Friday mornings at 10 a.m. with return transportation approximately 11:15 a.m. Pick up locations are Park Apartments, Ridgeview Commons, Richland Hills, and Wedgewood Apartments. Burnstad's employees assist the riders getting on/off the bus - also assistance is given with loading/unloading your groceries from the bus. Please call Burnstad's at 647-6127 for more information.



SENIOR CLUB MEETINGS

- Lone Rock Senior Citizens Club - Meeting held the third Wednesday of each month at the Masonic Lodge. Potluck at noon, meeting follows.
- AARP Chapter 3691 - Meeting held 1st Tuesday of each month at 1 p.m. at the White House - upstairs meeting room. Note: no meeting on July 4th; no meeting in September, because of the Richland County Fair. Come see us at the Richland County Fair for the 19th Annual Senior King & Queen Crowning in the Connection Building at 1 p.m. on Friday, Sept. 8 or stop and see us at the Senior Rest Area under the grandstand.

HISTORICAL/MUSEUM

- The Richland County Historical Society invites you to visit the Akey School Museum. It is a fully restored one room school, that features memorabilia from Richland County one room schools. Open from 1 to 4 p.m. on Sundays in the months of June, July and August. No admission fee, however donations are appreciated.

BIBLE STUDY

- Ridgeview Commons Apartments - Bible study group meets on Wednesdays at 10 a.m.

FAIRS/VILLAGE CELEBRATIONS

- Boaz Fun Days, July 14 - 16. For more information call 608-536-3466
- Caz Celebration, July 21 - 23. For more information call 608-983-2256
- Hub City Celebration, July 28 - 30. For more information call 608-647-2079 or 608-627-1193
- Richland County Fair, September 8 - 10. Friday, Sept. 8 Senior Citizens Day, Saturday, Sept. 9 is Children's Day

FARMER'S MARKET

- May - October - Saturday mornings on Courthouse lawn, 8 to noon. Come early so they don't run out of what you're looking for.



FUN RUN & WALK

- Symons Recreation Complex 2nd Annual Fun Run & Walk will be held Saturday, August 26 in the morning. Will have a 5K and 10K run and Family Walk, complete with T-shirts, prizes and fun for all. Register now by calling 608-647-8522.

COMMUNITY FORUMS/HEALTH FAIRS

- Come join Home & Community Education (HCE) on August 21st at the Richland Center Community Center for the "Fall Fling". Sessions are - 10:30 Foster Grandparents (Cindy Deckert, speaker); 10:45 Strong Women - Stretching and Strengthening Exercises for Senior Women; Noon - Potluck - bring your own table service and a dish to pass; 1 p.m. Holy Land (Elaine Stafford, speaker). Free and open to the public. For more information call UW Extension at 647-6148, ask for Peggy Olive.
- Saturday, August 26 Symons Recreation Complex will host a Health Fair from 9 a.m. to Noon. Lots of demonstrations. Free and open to the public. Call 647-8522 for more information.

PICNIC

- Sunday, July 30 - from 11 a.m. to 2:30 p.m. - Pine Valley Healthcare & Rehab Annual Family Picnic/ Tractor Show/ and Lyle Foley Band.



YOUTH

- The Wave - Lone Rock Youth Center - Open Saturday 1 to 4 p.m. ages 9 and up; 6:30 to 9 for teens only. Provides a safe haven for children, with adult supervision. Board games, carpet ball, foosball, ping pong and more. For more information call Peggy Porter at 583-6024.


This newsletter is prepared and submitted six times yearly to the residents of Richland County by Health and Human Services.

Editors are Patrick Metz and Angie Gault.
 All questions regarding this newsletter should be addressed to:
 Patrick Metz, Business Manager
 1000 US Highway 14 W
 Richland Center, WI 53581
 (608) 647-6384
 metzp@co.richland.wi.us

To view this newsletter as well as past editions of this newsletter go to our website.
<http://co.richland.wi.us/departments/hhs/newsletter/index.html>

JULY, 2006

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

3 Hamburger/Bun, Cheese, Tomato, Onion, Pickles, Baked Beans, Potato Salad, Cookie	4 <u>Sites Closed</u> 	5 Bar-B-Q Chicken, Baked Potato/Sour Cream, California Blend Vegetables, Blueberry Torte	6 Goulash, Corn Bread, Honey, Cabbage Salad, Cook's Choice Dessert	7 Oven Fried Fish, Potato, Beets, Lemon Bar
10 Baked Ham, Sweet Potatoes, Italian Blend Vegetables, Pineapple	11 Chicken Salad/ Bun, Potato Wedges, Calico Beans, Strawberry Shortcake with Topping	12 Roast Beef, Mashed Potatoes/Gravy, Carrots, Fruited Jell-O Topping	13 Swedish Meatballs, Buttered Noodles, Peas, Melon	14 Pork Chop, Cheesy Augratin Potatoes, Broccoli, Fruit Crisp
17 Baked Fish, Potatoes, California Blend Vegetables, Peaches	18 Lasagna, Soft Bread Sticks, Tossed Salad, Mandarin Oranges	19 Roast Turkey, Mashed Potatoes, Gravy, Green Beans, Cranberry Sauce, Dinner Roll, Pumpkin Dessert	20 Bar-B-Q Ribs, Baked Potato/ Sour Cream, Carrots, Fruited Jell-O	21 Salmon Loaf, Potatoes, Creamed Peas, Rye Bread, Pineapple Upside Down Cake
24 Bar-B-Q Beef on a Bun, Macaroni Salad, Baked Beans, Mixed Fruit Cup	25 Meatloaf, Baked Potato/Sour Cream, Stewed Tomatoes, Cookie	26 Roast Pork, Potatoes, Carrots, Apple (Birthday) Cake	27 Spaghetti & Meat Sauce, Soft Bread Sticks, 7-Layer Salad, Peaches	28 Baked Chicken, Mashed Potatoes, Gravy, California Blend Vegetables, Vanilla Pudding w/Bananas
31 Ham, Scalloped Potatoes, Peas & Carrots, Pineapple	Richland County Nutrition Program	Tip of the Month – Cut a thick slice of watermelon into cubes. Top each with a bit of crumbled reduced-fat feta cheese (about 1 tablespoon per cup of melon cubes), a sprinkling of chopped fresh mint leaves and a drizzle of balsamic vinegar.		

Richland County Health & Human Services

For information (or reservations) about the Nutrition Program, please call:
Germantown - Judy Thompson @ 983-2786 @ 11:45 am; **Richland Center**—Town & Country Presbyterian Church - Paula White @ 647-2323 @ 11:45 am; **Viola** - Lorraine White @ 627-1869 @ 11:30 am;
Boaz - Karen's Supper Club - Serve on Wednesdays ONLY at 11:30 am - 536-3792

AUGUST, 2006

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

Richland County Nutrition Program	1 Beef Stew/Vegetables, Baking Powder Biscuit, Tossed Salad, Cottage Cheese, Peaches	2 Roast Beef, Mashed Potatoes, Carrots, Angel Food Cake w/Strawberries & Topping	3 Italian Chicken (Pasta Dish) Soft Bread Sticks, 7-Layer Salad, Fruit Crisp	4 Cook's Choice Sandwich & Salad, Baked Beans, Fruit & Cookie
7 Kielbasa, Macaroni & Cheese, Mixed Vegetables, Pears	8 Meatloaf, Baked Potato, Sour Cream, California Blend Vegetables, Cheesecake with Fruit	9 Roast Turkey, Mashed Potatoes, Gravy, Corn, Cranberry Relish, Pumpkin Dessert	10 Pork Cutlet, Hashbrown Casserole, Corn, Molasses Cookie	11 Lasagna, Cheese Bread, Tossed Salad, Peaches
14 Baked Fish, Potatoes, Green Beans, Mixed Fruit	15 Hamburger on a Bun, Cheese, Tomato, Onion, Pickle, Potato Wedges, Calico Beans, Chocolate Chip Cookie	16 Roast Pork, Cheesy Augratin Potatoes, California Blend Vegetables, Applesauce Gelatin	17 Bar-B-Q Chicken, Baked Potato, Sour Cream, Peas, Brownie	18 Chop Suey w/Meat & Oriental Blend Vegetables & Rice, Cook's Choice Salad & Dessert
21 Pork Chop, Potatoes, Peas, Applesauce	22 Fish, Parsley Buttered Potatoes, Green Beans, Fruit Crisp	23 Baked Chicken, Mashed Potatoes, Gravy, Squash, Fruited Jell-O w/Topping	24 Beef Stroganoff, Noodles, Beets, Cabbage Salad, Brownie	25 Glazed Ham Loaf, Baked Potato w/Sour Cream, California Blend Vegetables, Pineapple
28 Chicken Filet/ Bun, Pasta Salad, Baked Beans, Mandarin Oranges	29 Pork Cutlet, Hashbrown Casserole, Mixed Vegetables, Molasses Cookie	30 Swiss Steak, Mashed Potatoes, Gravy, Carrots, Cook's Choice Birthday Cake	31 Spaghetti w/Meat Sauce, Garlic Bread, 7-Layer Salad, Peaches	Tip of the Month – For a quick refreshing salad, mix 3 cans of drained, rinsed pinto and other beans with ½ cup each chopped scallions & red onion. Stir in 3 cloves chopped garlic, 1-2 TBLS. olive oil, 4-5 TBLS. red wine vinegar & juice of ½ lemon.