

BSC News

BURLINGTON SENIOR CENTER NEWSLETTER WINTER 2013 ISSUE

LETTER FROM THE PRESIDENT AND EDITOR

The BSC wish list printed in the Racine Journal Times and the BSC NEWS has been a success. The BSC board and the Chocolate City Card Club would like to take this opportunity to Thank You for your donations to BSC.

BSC will be replacing the center's old carpet early this spring. Donations are encouraged. BSC needs a wide screen TV and help from our readers will be greatly appreciated. Marsha Kowalski with May's Insurance, Burlington Attorney Mary Poletti and Judy Bratz from Talmer Bank have joined the BSC Board. I welcome each of them. These new members will help BSC serve our area senior residents better. A special Thank You to Judy S from our lunch program who helps to promote BSC activities in our community.

The Chocolate City Card Club played cards on Thursdays as substitutes for Christmas Day and New Years Day. Attendance on both dates exceeded expectations. Stop by any Tuesday afternoon to play cards while enjoying fresh coffee and snacks.

Burlington Senior Center Officers

President: John Brensinger

Vice President: Rich Kiekenbush

Treasurer: Connie Wilson

Secretary: Sandy Colvin

BSC Manager: Peter Girolamo

Historian: Gladys Bublitz

Editor BSC NEWS: John Brensinger

Ad Director: Bud Muellenbach.

BSC BOARD MEETINGS

The Burlington Senior Center Board of Directors meet the 2nd Tuesday of each month. Informal talks begin at 8:15 and the formal board meeting starts at 8:45. Call 262-767-9880, if you plan to attend as an observer.

SENIORS STRATEGIES REVERSE MORTGAGE JANUARY 30TH, 2013

Spend time with us and find out how to Protect your assets from Medicaid spend down, 5 year look-back, and Estate tax. Once exempt, assets may be protected from creditors, nursing home, and Medicaid.

Find out why titling your bank accounts and CD's under "POD" or Paid on Death may not be enough to protect the accounts and assure that you will leave a legacy to family or charity.

We will also discuss how to create an Estate Trust with no attorney fees! Easy paperwork, you name your beneficiaries, whether children, grandchildren, or your favorite charity. It is comforting to know that the beneficiary you designate will receive the trust funds without going through probate.

The reverse mortgage home loan allows you to convert part of your home's equity into cash. Is it right for you?

Join us at the Burlington Senior Center on January 30th, 2013 at 2 PM.

Find out more about these strategies, and how they can help you plan for

the future! If you have questions prior to this date, please call 262-716-4301.

PINK PIG

Judy Bratz from Talmer Bank has provided us with a PINK PIG. The PINK PIG will be on the main table during normal open hours at BSC. The PINK PIG will accept your generous donations to help support the activities, events and operation of your Burlington Senior Center.

SAVE YOUR SENTRY RECEIPTS

BSC receives a donation from Sentry for every Sentry receipt we receive. Ask your Sentry clerk to put a green "Funds For Friends" sticker on your Sentry receipt. Drop off or mail your Sentry receipts to Gladys Bublitz, Burlington Senior Center, 201 N Main St Burlington Wisconsin 53105.

Gladys will enthusiastically process your Sentry receipts. Thank you to all who save the Sentry receipts for BSC and to everyone new who will save their Sentry receipts for Gladys and BSC.

★ PLACE AN AD ★

If you, your group or business would like to place an ad or publish senior news in the

BSC News, contact editor

John Brensinger at

262-763-2854.

LUNCH AT BSC

A delicious, nutritious lunch is served at the Burlington Senior Center, Monday through Friday at noon. Seniors must be sixty years of age or older, although a spouse may be younger. Reservations are required and can be made by calling 1-877-637-0327 by 3:00 PM the preceding business day. A "donation" of only \$3.50 is requested. The lunch program is managed by Judy.

BUNCO

BUNCO is a fun dice game played at the Burlington Senior Center. Seniors share good times, treats and coffee. Bunco play begins at 1PM on the second Friday of each month. Come early to chat with friends. Or come even earlier to enjoy LUNCH WITH JUDY. Whatever your plans are, Bunco at BSC is a fun dice game where ever body is welcome.



COME TO THE JAM SESSIONS

at Burlington Senior Center. Every 3rd Wednesday of the month January 16th, February 20th, March 20th, and April 17th.



LIVE MUSIC! SNACKS!
BEVERAGES! DANCE!

LIVE OLDE TYME MUSIC

Party Time !! Sing Along !! Dance !! Bring your friends. Listen !! Enjoy !!

MEXICAN TRAIN DOMINOES

Janice Brensinger and Elna Mahoney lead an enthusiastic group of domino players at BSC. The 2nd and 4th Wednesday of each month from 9:30 to 11:30 a.m, Mexican Train Domino players meet to have a fun filled morning playing dominoes.

Despite trying to win the game, domino players help each other to get their trains started and enjoy starting the extra Mexican Train too. The is

always room for more players. Bring your friends. ALL ABOARD For more information call Janice at 262-767-9490.

WANTED: JAM SESSION MUSICIANS

The 3rd Wednesday of each month musicians come to the Burlington Senior Center to play music before a crowd of music loving, song singing and dancing seniors. Come and play your instrument from 1-3:30 PM. Call Nancy Quade for more information at 262-534-6138.

MESSAGE FROM ROBIN VOS

I will continue to work hard to represent you and assist you in any way I can. The new legislative session begins on January 7, 2013. Our primary focus will be helping the private sector to create jobs. We also will make a thorough review of all the rules and regulations. The goal would be to protect the public while eliminating any obstacle that impedes business growth. I also would like to see income tax reform this session as well as provide every income taxpayer with some much-needed relief.

If you have any comment or question regarding any state issue, I invite you to contact my office. Each week I hear from hundreds of people either by e-mail or phone. I respond to every constituent e-mail and try to personally return every phone call. When you do contact the office, be sure you include your address and phone number so we know how to reach you.

You can e-mail me at rep.vos@legis.wi.gov, message me on Facebook or tweet something to me on twitter. If you'd rather call my

Madison office, the number is (608) 266-9171 or toll-free at (888) 534-0063. You can send mail to Office of Rep. Robin Vos, P.O. Box 8953, Madison, WI 53708. Be sure to visit my official website, repvos.com and sign up for my weekly e-update to learn about the latest news in state government that impacts your life. I look forward to hearing from you soon.

JOLLY SENIOR BOWLERS WANTED

Regular and substitute bowlers age 50 plus are needed for the Jolly Senior Bowling League. The Jolly Senior bowl every Friday afternoon at the Town and Country Lanes on South Pine St in Burlington. Practice frames begin at 12:45 PM. League bowling starts at 1:00 PM. Come join us as a substitute or regular bowler. Have some fun. Meet a great group of people. For more information, call Ruth Richmond 262-210-7488.

SITTING IS DETRIMENTAL TO YOUR HEALTH

Researchers are finding that a sedentary lifestyle is harmful to your health, and over time, sitting on your backside can literally kill you.



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Thanks to the electronic age, people of all ages spend more hours a day sitting in front of TV and computer screens or texting and chatting via smartphones – all without standing up and moving around. The elderly who no longer work or who are slowed by physical limitations are especially susceptible to what health experts are dubbing the “sitting disease.”

When people sit for longer periods of time, their metabolism slows, circulation decreases and muscles become weak and stiff. With less movement, the body uses less blood sugar, and research shows that for every two hours a person sits per day, the chance of getting diabetes increases by 7 percent. Inactive people also are more prone to heart disease because enzymes that regulate blood fats become sluggish. With less activity, individuals also burn fewer calories, which can lead to obesity and further health complications.

Fortunately, sitting disease can be prevented and often reversed through physical activity. Even a few simple adjustments in daily activity, particularly in the non-exercise routines that burn calories, such as folding laundry or vacuuming, can deter the perils of extended sitting. You can shake up the sedentary life every day by:

- Standing up every half-hour and walking around and stretching.
- Standing while you read emails or clean up your desk or countertop.
- Walking around when you are on the phone.
- Cooking more meals instead of ordering fast food or delivery.

What little things can you or your loved one do to ward off sitting disease?

Michael Callaghan,
Owner



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BSC POTLUCK

BSC hosted a Potluck lunch on Saturday, November 10th. After a tasty lunch, the Banjo Barons entertained the enthusiastic crowd. Afterwards members and guests of the Chocolate City Card Club played single and double deck Pinochle or Euchre. Visit www.burlingtonsenior-center.com to view photos of the potluck party.



FREE BLOOD PRESSURE

Amber Caruso from Kindred Nursing and Rehabilitation of Burlington comes to the Burlington Senior Center noon to 2 PM the 3rd Wednesday of each month to take blood pressure readings. The BSC Jam Session starts at 1PM. Come for a blood pressure reading and stay for the Jam Session.

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Burlington, Waterford, Union Grove 1-877-637-0327

Harmony Club—Adult Day Care Services (\$25/day)

Skill Bank—Matching Seniors with Senior Helpers

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of Racine County

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2013 BSC DAYTRIPS AND TOURS

Burlington and Racine-area pickups. Fully Escorted. All Taxes & Driver gratuities included.

February 23- March 2 - 8 day deluxe Mayflower motor coach tour of THE SEA ISLANDS featuring Beaufort, Savannah and Charleston. Home or local pick up, 11 meals. \$1198.00

March 10 – I DO I DO musical production at Memories Ballroom in Port Washington with buffet lunch and Milwaukee Beer Baron tour. \$99.00

May 23 – WICKED...the untold story of the witches of Oz. Orchestra seating at the Overture Theatre in Madison and including a sumptuous lunch at Francescas. \$149.00

June 2-6 – CAPE COD WISCONSIN-STYLE- 5 day tour to Green Bay and Door County with the Packer Heritage Trail including tours of Lambeau Field, Hall of Fame, Neville Public Museum, Botanical Gardens and National Railway Museum, Dinner cruise with entertainment. 2 nights in Fish Creek including Trolley Tour, White Gull Inn candlelight dinner, fish boil, ferry to Washington Island with tour, and last day stop in Kohler. 11 meals, taxes, gratuities and cancellation insurance included. \$764.00 pp based on double occupancy.

July 18-19 – CELEBRATION BELLE Big Band Luncheon Cruise on the Mississippi River with overnight at the Isle Casino Hotel in Bettendorf, Iowa and stop at the Rhythm City Casino. 3 meals: 1 breakfast and 2 lunches. \$20.00 in promo cash for the casinos and includes all taxes and gratuities. \$199.00 based on double occupancy.

Kris Jekel

WANDERLUST TOURS, LLC
262-895-9001 or email
at krisjekel@hotmail.com or
www.wanderlusttoursllc.com

BSC NEW CARPET DONATION

At the January BSC board meeting, Kris Jekel from Wanderlust Tours presented a check for \$500.00 to jump start our fund raising effort to replace the BSC carpet.

CHOCOLATE CITY CARD CLUB TEACHERS

CCCC meets every Tuesday afternoon from 12:30 to 4 PMish to play cards. The card players invite anyone interested in playing cards to come to our open sessions every Tuesday afternoon. There is no age limit. Bring your friends. Bring your relatives. If you don't play Euchre, Hand & Foot, Pinochle or Sheepshead/Schafkopf, no problem, we will teach you how to play.

At many of the Tuesday afternoon sessions, treats, brownies or cookies are brought in and served by CCCC members. Our special angel Elna Mahoney brews fresh coffee for the card players.

COUPONS, CELL PHONES & YARN

BSC is saving manufacturer coupons, old cell phones and yarn for veterans. After you finish clipping Sunday paper coupons, please bring your coupons to BSC. At BSC, place your "stuff" in our veteran's basket located on the table in the BSC Information Center. A big thank you to Annette (Ann) Berndt who processes the coupons, cell phone and yarn for our veterans.

FOOT CARE 2013

The Kenosha Visiting Nurse Association will be providing foot care at the Burlington Senior Center on the following Fridays 9-11AM. Feb.1 Apr.5 June 7 Aug 2 Oct 4 & Dec 6. Sign up with Peter @ 262-767-9880. The

fee of \$25 is payable at the time of care.

BSC NEWSLETTER SUBSCRIPTION

If you are no longer interested in receiving the BSC NEWS or if you know of someone that would like to receive the BSC NEWS, please let us know. Call 262-767-9880 or send a note to Burlington Senior Center, 201 N Main St. Burlington WI 53105.



BSC NEWSLETTER SUBMISSIONS

This fine newsletter will always accept and consider for publication any submissions received by the editor. Send your articles, stories, jokes, suggestions or letters to the editor to EDITOR BSC NEWS, Burlington Senior Center, 201 N Main St, Burlington, WI 53105

DONATIONS

The Burlington Senior Center is a non-profit 501 (C) 3 organization, that does not receive any funding from state or federal agencies. We have a small operating budget. We exist because of the magnanimous hearts of volunteers and contributors



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who give generously of their time, talents and personal resources.

SENIORS WHO CAN MAKE A DIFFERENCE

BSC NEWS is looking for seniors or people who make a difference for seniors. If you know of anyone doing great things for seniors. Help us to recognize them. Send a brief description of who they are and what they are doing to the BSC NEWS, 201 N Main St Burlington, WI 53105.

MEALS ON WHEELS

The Meals on Wheels program in the Burlington area will continue to offer meals five days a week after a plea for contributions went out last month. Nutrition Program Director Tina Kirk said the program was facing a deficit of \$15,000 and meal delivery might have to be cut down to two or three days a week. However, donations from businesses and individuals from throughout Racine County poured in and within two weeks, over \$34,000 had been sent to Lincoln Lutheran ranging from a few dollars up to one check for \$12,500.

“With these donations, we will be able to keep our

present level of services and will start the New Year in good financial shape,” said Kirk. “I am grateful for the public support and also the program’s partners, Racine County Human Services and the members of the Commission on Aging for their continued support.”

The program operates with about 150 volunteers but

there is a need for more drivers in the Burlington area.

“We are always looking for volunteers to help keep the program rolling whether you’d like to drive for Meals on Wheels for one day a month or take on a full route each week,” said Kirk.

Please call Becky Marston at 262-898-2562 if you are interested in volunteering.

Meal on Wheels is made possible through a partnership

between Lincoln Lutheran and the Racine County Human Services Department.

MOVIES SUSPENDED

The wide screen TV at BSC has failed us. We are looking for a generous donor to provide our Senior Center with a new TV. Then Dean will restart MOVIES WITH DEAN. If you can help us, please call Peter at 262-767-9880.

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The Burlington Senior Center is a non-profit 501 © 3 organization. That does not receive any funding for state or federal agencies. We have a very small operating budget and exist because of the generous hearts of volunteers and contributors who continue to give generously of time, talents and personal resources.

Please accept my donation of \$ _____.

I would like my gift to be used for:

- Offset the cost to mail my free subscription to the BSC NEWS.
- General supplies for seniors that use the BSC facilities.
- Normal day to day cost of providing BSC services.
- Support for the Jam session.
- Harmony Club expenses.
- Senior Sports and Over 55 softball supplies and equipment.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Mail your gift to:
Burlington Senior Center
201 N Main St.
Burlington WI 53105
THANK YOU

The Burlington Senior Center receives yearly grants from the City of Burlington, the Town of Burlington and the United Way.

BURLINGTON SENIOR CENTER WISH LIST

Burlington Senior Center was established to serve seniors as an activity center. BSC provides the following activities and more for Western Racine, Western Kenosha and Eastern Walworth County seniors: Bridge, Euchre, Pinochle, Sheepshead, Bunco, Dominoes, Movies, Lunch program, Senior Sports, Volleyball, Bowling, Harmony Club and Jam Session.

- Volunteers of any age for events and activities
- Volunteer Assistant Manager
- Volunteers to start new activities for seniors like Bean Bags
- New Carpet-funding & donations.
- Big Screen Television
- Cleaning supplies
- Players for Domioes, Bunco & Cards
- Pinochle cards
- Playing cards
- Party supplies: cups, plates, napkins and utensils.
- Ground decaf coffee
- Players for over 50 Volleyball & Bowling
- Sponsor for BSC Silver Tsunami shirts and sweatshirts
- Printing of Pinochle score sheets
- Standard Copy paper
- Forever stamps

To donate items, contact Burlington Senior Center, 201 N Main St, Burlington, WI 53105 at 262-767-9880 or John Brensinger 262-763-2854.

BURLINGTON SENIOR CENTER IS AVAILABLE TO RENT!

Consider the Burlington Senior Center when it is time to rent a space for your group meeting, a special function, party or celebration. BSC has considerable space, a kitchen and counter space for your event. For open day time, evening or weekend

time slots, the nominal fee structure or more information, call the Burlington Senior Center's manager Peter Girolamo at 262-767-9880.

SENIOR DISCOUNTS FROM BURLINGTON AREA BUSINESSES

This list will grow as the BSC NEWS staff finds more businesses to add to this list. If you know of any business that is not on the BSC discount list, please send us documentation to assist BSC NEWS in expanding our senior discount list.

- Burlington Footwear 10 % off (age 60+)
- Burlington Health Foods Senior Discount 10 %,
- Culver's 10% off (age 60+)
- KFC Free drink with any meal. (age 55+)
- McDonald's Discount Coffee (age 55+),
- Pine Street Cafe Senior Menu (age 62+),
- Salvation Army Store up to 50% on Wednesday (age 55+)
- Subway 10% off (age 60+),
- Taco Bell free beverage +5% off (age 65+),
- White Fox II Senior Menu (age 60+)

HAND AND FOOT

The Chocolate City Card Club announces the playing of the card game Hand and Foot on Tuesday afternoon at 1 pm. New players are welcome at BSC, 201 N Main St. Burlington.

Hand and Foot is a great card game, a variation on Canasta. The object is to build a seven card set of any one suit (7 Kings, or 7 fives or 7 Jacks, etc.), which is called a Book. A natural set has no wild cards and is called a Red Book. You can use wild cards to make a Black Book. Get the required number of Red and Black Books and get rid of all your cards fist. You win that hand. Four hands make a

game. The person (team) with the most points at the end is the winner. A score sheet tracks the scoring, and acts as reminder of the game structure.

BSC WEBSITE

Check out the Burlington Senior Center website at: www.burlington-seniorcenter.com. Your comments on the website content are appreciated. Thank you for all past and future suggestions for improvement for the BSC NEWS and the BSC website.

AVADA HEARING FAIR

AVADA Audiology and Hearing Care will be at the Burlington Senior Center on Thursday, February 14th at 9:00AM to do a presentation followed by a question and answer period. AVADA Audiology representatives will be available to conduct hearing screening or cleaning or both. Dan Morrissey will answer

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questions on the State of Wisconsin Amplified Telephone application process. Call Janet at 414-384-3749 to reserve a spot at the BSC program.

BSC BOARD AUTHORIZES NEW CARPETING

The Burlington Senior Center will be getting new carpeting this Spring. In December 2012, the BSC Board of Directors authorized the center's manager to begin a search for replacing the center's old outdated carpet. BSC would appreciate any help in reducing our costs in acquiring a new carpeting. If any of our readers know of a carpet supplier willing to work with BSC to replace our carpet, please contact Peter @ 262-767-9880.

HAVE YOU HEARD ABOUT THE TEPP PROGRAM?

TEPP stands for the Telecommunications Equipment Purchase Program. It is a program, paid for by the Universal Service Fund, to help people with hearing loss or mobility barriers buy the specialized equipment they need in order to use basic telephone services. There may be little or no cost to customers.

TEPP requires that an applicant:

- Be a Wisconsin resident,
- Be a person who is deaf, hard of hearing, speech impaired, or mobility or motion impaired, and
- Needs special equipment to use the telephone in the home or when

traveling (such as a caption phone, amplification, or visual alert system). Society's Assets can help residents of Burlington and all of Racine, Kenosha, Walworth, Rock, and Jefferson counties apply for the TEPP Program. The agency, founded in 1974, also has a loan closet with different phones that can be borrowed to assist residents in choosing the best telephone to meet their needs. Personal care and nursing services are also provided by the agency to assist residents in safely remaining in their own homes.

If you could benefit from the TEPP Program, contact an Independent Living Coordinator at the Society's Assets office nearest you.
Racine (262) 637-9128
Kenosha (262) 657-3999
Elkhorn (262) 723-8181.

LIFE LINE SCREENING

On Saturday April 13th, 2013, LIFE LINE SCREEN-

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Elkhorn: 723-6466

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- Easy script transfer = we do it all

ING will be at the Burlington Senior Center from 9AM to 5 PM. More information will be available soon at BSC.

MEET THE MAYOR

Stop by City Hall, 300 North Pine Street on the first Saturday of each month from 9-11 AM. During his open office hours talk to Mayor Miller about your concerns, ideas or suggestions for the Burlington area. Of course, the Burlington Senior Center encourages you to talk up any activities that you think would benefit you and your senior neighbors.



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RECREATIONAL ACTIVITIES

BRIDGE: 9 AM Monday and Friday

BUNCO: Dice game, prizes & Refreshments
2nd Friday @ 1 pm

CARDS: Sheepshead/Schafkopf Monday, Wednesday
& Friday 9:11 am

CARDS: Chocolate City Card Club
Tuesday 12:30 Pinochle
Euchre and Sheepshead/Schafkopf 1:00 pm
Hand & Foot 1:00 pm

DOMINOES: 2nd & 4th Wednesday 9:30 - 11:30 am
Contact: Janice Brensinger 262-767-9490

HARMONY CLUB: 1st & 3rd Wednesday
Contact: Dawn at 262-898-8900

JAM SESSION: 3rd Wednesday 1 pm
Contact Nancy Quade 262-534-6138

LIBRARY: Borrow our or donate your books,
cassette tapes, VHS video or CD's.

SENIOR SPORTS (50 and over) October-April Volleyball
& more. Contact Katie Mawhinney: 262-939-3181

55 PLUS CO-ED SOFTBALL May-September at Congress
St field in Burlington. New players and fans welcome.
Contact Kathy Baumeister: 262-763-3441

HARMONY CLUB

9:30 a.m. – 3:30 p.m., 1st & 3rd
Wednesdays. A unique social
program that provides respite for
caregivers and socialization for the
care recipient. Activities, lunch,
snacks. Information: Contact Dawn
at 262-898-8900



JAM SESSION 1-3:30 PM, 3rd Wednesday of
each month. Local musicians come to the Burling-
ton Senior Center to play before a large audience.
Attendees request songs, sing along and may dance.
Refreshments are served. For more information:
Contact Nancy Quade at 262-534-6138



**RUSTIC ROAD
LANDSCAPING**

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