

INSIGHT

January 2023 Newsletter



TO



Publication of the Berlin Senior Center
Free—Please take one and Enjoy

New Year, New Name

Help Us Rename the Berlin Senior Center

Reasons for Renaming the Berlin Senior Center

The population of Berlin's older adults is growing and changing! In order to remain relevant and attract future generations of participants to our facility, it is time to rename and re-brand the Berlin Senior Center to better serve our growing and changing community.

The second reason is the word "Senior". The word itself denotes a negative connotation such as frail, weak, and much older.

The final reason is the Berlin Senior Center easily gets confused for a nursing home or assisted living facility. People believe that we have beds, but we are an activities center.

Please help us by filling out and returning the bottom portion by Monday January 23rd at 4p

Selection Process

All suggestions submitted will be considered, however, the Berlin Senior Center and Committee on Aging reserves the right to reject proposed name changes if they are deemed to be offensive, controversial, racist or do not represent the best interest of the community. The Committee on Aging will then decide the top three. The top three will be voted on by the members of the Berlin Senior Center. Once the final name has been voted on, it will then go back to Committee on Aging for recommendation to Common Council for final approval.

New Name for Berlin Senior Center-Suggestion Form

New Name Suggestion: _____

Your Name (Optional): _____

Phone Number (Optional): _____

To submit suggestion, place form in box by radio located at the Berlin Senior Center 142 Water Street or email your suggestion to: seniorcenter@cityofberlin.wi.gov by **Monday January 23rd by 4p**



Thank you Ginny, Leroy, Joyce and Jim for participating! They read Christmas Stories, made Christmas cards, and decorated homemade cookies! The kids loved it



If You Give A Grandparent a Cookie

This was the first event put on by the Youth Coalition. The Youth Coalition is members of the Boys and Girls Club, Children's Wisconsin, Berlin Public Library and the Senior Center/City of Berlin Recreation Department.

Wyndgate on Market Square
FOR ADULTS 62+ AND/OR
PERSONS WITH A DISABILITY

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JANUARY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30 Exercise w/Judy 12:30 Sheepshead	3 Birthday Meal 9:00 Bridge 9:30 Harmonica 10:30 Bingo w/Tanner	4 9:00 Woodcarving 10:30 Exercise w/Judy	5 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic by Appt. Elder Benefit Specialist by appointment	6 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
9 10:30 Exercise w/Judy 12:30 Sheepshead	10 9:00 Bridge 9:30 Harmonica 10:30 Bingo w/Tanner 11:15 Chair Yoga 10:30 Vet's Meeting	11 9:00 Woodcarving 10:30 Exercise w/Judy 1:00 Crafts & Cookies w/Sarah 3:00 Diabetes Prevention	12 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 5:00 Dining Club	13 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
16 10:30 Exercise w/Judy 12:30 Sheepshead	17 9:00 Bridge 9:30 Harmonica 10:30 Bingo w/Tanner 11:15 Chair Yoga	18 9 Pool League At Wautoma  9:00 Woodcarving 10:30 Exercise w/Judy 3:00 Diabetes Prevention Herd Day Trip	19 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic by Appt.	20 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
23 10:30 Exercise w/Judy 12:30 Sheepshead	24 9:30 Harmonica 9:00 Bridge 9:30 Committee on Aging 10:30 Bingo w/Tanner 11:15 Chair Yoga	25 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/Judy 3:00 Diabetes Prevention	26 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage	27 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
30 10:30 Exercise w/Judy 12:30 Sheepshead	31 9:30 Harmonica 9:00 Bridge 10:30 Bingo w/Tanner 11:15 Chair Yoga		Key Colors: Green is exercise and healthy activities Purple is new classes Orange is arts and craft classes Blue is card games Pink is music Red is special events and meetings Black is general activities	

We have been approved!
We have received the grant for the
purchase of a new van for our
transportation program.

CRAFT & COOKIES W/SARAH

Below is the craft
for January which
will take place on
Wednesday,
January 11th. Call
the Center at
920-361-5422 to
sign up.



CHAIR YOGA

Chair Yoga will be starting
at the Senior Center on
Tuesdays and Thursdays
starting Thursday, Jan. 5
at 11:15. Chair Yoga is a
gentle form of yoga that
can be done sitting on a
chair or standing on the
ground while using the
chair for support. Benefits
of chair yoga include
improved flexibility, better
concentration and
Increased strength. Call
the Senior Center at
920-361-5422 to sign up

YOU CAN PREVENT TYPE 2 DIABETES

Green Lake County Health Department is
sponsoring a free CDC approved program
that helps reduce the risk of diabetes. The
class started on Wednesday, January 11
from 3-4 at the Senior Center. This is a
year long program which starts out weekly
then moves to monthly. If interested,
contact Nancy Gimenez at 920-294-4070.

With the PreventT2 program you get:

1. A CDC approved curriculum
2. The skills you need to lose weight, be
more physically active and manage
stress.
3. A trained lifestyle coach to guide and
encourage
4. Support from other participants.
5. A year long program with weekly
meetings moving to monthly.

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JANUARY MEALS

Meals include menu as is listed and are subject to change.
Suggested \$4.00 donation for those age 60+. This is a Green Lake County Elderly Nutrition Meal site. Please call 920-361-5422 at least the day before to order. We are offering take-out which should be picked up between 11:00 and 11:15 and in-house which is at noon. Cancellations must be made at least the day before.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2	3 Birthday Meal	4	5	6
CLOSED FOR THE HOLIDAY NO MEAL DELIVERY	Ham Loaf Au Gratin Potatoes 3 Bean Bake Pears Birthday Cake	Meatballs Mashed Potatoes and Gravy Green Beans Pineapple Cheesecake	Parmesan Breaded Chicken Sweet Potatoes Green Beans Mand. Oranges Taffy Apple Salad	Oven Roasted Pork Chops Mashed Potatoes with Gravy Glazed Carrots Strawberry short Cake
9	10	11	12	13
Beef Chili with Beans & Noodles Spinach Salad Pears Corn Bread with Honey Butter	Roasted Chicken Mashed Potatoes and Gravy Glazed Carrots Apple Crisp	Lasagna Broccoli Spinach Salad Fruit Cocktail Pumpkin Bars	Meat Loaf Baby Bakers Peas and Carrots Pineapple Cinnamon Streusel Cake	Oven Baked Tilapia with Twice Baked Potato 3 Bean Cold Salad Mand. Oranges Devils Food Cup Cake
16	17	18	19	20
Loaded Chicken Noodle Soup Broccoli/ Cauliflower Cold Salad Diced Peaches Cookies	Spaghetti with Meat Sauce California Blend Veggies Spinach Salad Blueberry Muffins	Salisbury Steak with Caramelized Onions, Mashed Potatoes and Gravy, Corn Cherry Southern Salad	Roasted Turkey Sandwich Cowboy Beans Spinach Salad Diced Pears Cherry Brownies	Salmon Patty Coleslaw Sweet Potatoes Mand. Oranges Strawberry Short Cake
23	24	25	26	27
Mama's Pizza Casserole Broccoli Spinach Salad Pear Peanut Butter Cookies	Chicken Alfredo Peas and Carrots Spinach Salad Mandarin Oranges Carrot Cake	BBQ Ribs Baby Bakers Broccoli/ Cauliflower cold salad Fruited Jell-O	Beef Stew with Potatoes and Mixed Veggies Spinach Salad Pineapple/Cherry Dump Cake	Baked Tilapia Sweet Potatoes Baked Beans Coleslaw Peaches Cream Cheese & Crescent Rolls
30	31			
Chop Suey with Asian Veggies Wild Rice Fresh Fruit No Bake Twinkie Dessert	Sloppy Joes Coleslaw Potato Wedges Apple Pie		ALL MEALS INCL. MILK, WHOLE GRAIN OR WHITE BREAD & BUTTER	

JANUARY BIRTHDAYS

3	Kathryn Maki	13	Kate Norman
4	Ruth Gelhar	16	Darlene Athey
5	Betty Flanigan	16	Duane Foote
5	Linda Jantz	21	Ronald Harke
6	Jeanette Becker	22	Eugene Ficken
6	Sara Kazmierczak	23	Frances Hall
6	Nanette Mlodzik	24	Beverly Coats
7	Richard Bartol	24	Bill Maki
9	Mary Potter	25	Leone Thull
10	Barba McQuown	26	Connie Boening
10	Julie Nowak	26	Ellida Henf
11	Phyllis Williams	26	Irene Kallas
12	Dawn MacFall	28	Kenneth Kiar
12	Neil Parsons	30	Kathy Fabricius

Stairway to Safety Update

We have collected \$1,453.15 on our way to our goal. We will be doing another 50/50 raffle at the Christmas meal with others planned for the future.

TRIP ALERT

The first day trip of 2023 is here! On Wednesday January 18th, we will be traveling to Oshkosh to watch the Wisconsin Herd take on the Westchester Knicks. We will be in the Continental Girbau Sports Laundry Deck. There will be a bountiful appetizer buffet as well as a loaded French fry bar. The game is at 11:30. We will be leaving from Walmart at 10:30. Tickets are \$75. Sign up today! The Oshkosh Herd is an affiliate to the Milwaukee Bucks.

BIRTHDAY MEAL

Tuesday, January 3 will be our Birthday Meal which consists of ham loaf, au gratin potatoes, 3 bean bake, pears and birthday cake. Meals are either take-out or in-house with a suggested donation of \$4.00 for 60+. Please call 920-361-5422 at least a day in advance to sign up.



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DHS Approved 4/22/2021



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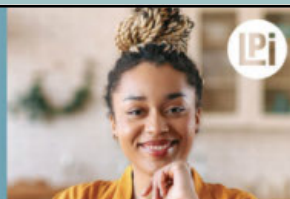
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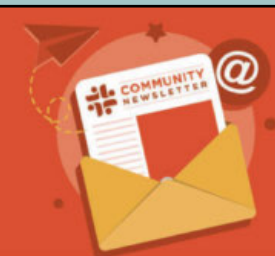
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HYDRATION IN OLDER ADULTS

Water is essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Older adults are more prone to becoming dehydrated for a number of reasons, including a diminished sense of thirst. Know the early symptoms of dehydration which include but not limited to dark colored urine, fatigue, irritability, dizziness, headaches, muscle cramps in arms or legs, dry mouth and confusion. **HOW MUCH WATER SHOULD YOU DRINK:** As a general rule, you should take one-third of your body weight and drink that number of ounces in fluid. For example, if you weigh 150 pounds, aim to drink 50 ounces of water each day. However, it is best to talk to your doctor to determine how much water you should be drinking daily.

HOW TO STAY HYDRATED EVERY DAY. There are simple steps you can take to get the water your body craves. Below are some ideas to get you started.

- ◊ Choose foods with high water content
- ◊ Keep water with you always
- ◊ Avoid or reduce your alcohol intake
- ◊ Change it up—Pure, clean water is the best way to stay hydrated but let's face it, drinking plain water all day can get boring. Try jazzing up your water by adding slices of fresh lemon, apple, cucumber or berries.
- ◊ Build hydration into your routine. Make it a point to drink water at certain times each day can help transform it into a healthy habit.

Getting enough water each day is an easy yet vitally important way to stay healthy and active as an older adult.

CONTACT INFORMATION

Senior/Rec. Programming

Director: Rebecca Bays

Senior Assistant Programming

Coordinator: Jill Dittmann

Head Cook: Deb Mirr

Assistant Cook: Darlene Sierakowski

Chauffeurs and Meal Delivery

Al, Cindy and Diana

Meal Delivery Clay, Dean, Jan, Bill, Deb

Hours: Monday thru Friday 8:30 am to 4:00 pm

Phone: (920) 361-5422

Address: 142 Water Street (Just off of North Capron Street)

www.cityofberlin.net

TRANSPORTATION

Monday thru Friday. Seniors age 55+

Hours available: 8-10:30 am & 1-4:00 pm

Transportation is funded by Grant 85.21

Co-payment for in-town trips are: Round trip \$2.00

Round Trip with use of the ramp \$10.00

Call for out-of-town costs

NOON MEALS

Green Lake County Nutrition Program

Monday through Friday

Dine-in and carry-out available

Carry-out must be picked up between 11:00 and 11:15

Dine-in is at noon.

Cost: Suggested donation of \$4 over age 60. Under age 60 the cost is \$23.09. Call by 9:00 am the day before you want to eat.

For home bound meals call 920-294-4070

MISSION STATEMENT

To actively involve, enlighten, enrich, and empower the independence of older adults in our community.