

Celebrate Life **Boomers!**

Come get your BOOM ON!

February 2016
A FREE PUBLICATION
FOR ALL GENERATIONS

LOCAL INTEREST CALENDAR HEALTH FINANCE HOME & GARDEN ENTERTAINMENT THEATRE TRAVEL DINING FAMILY RETIREMENT LIVING

2016: THE YEAR of **mCRIME**

In a U.S. landscape where almost 1 billion personal identity records have been compromised and identity fraud exceeds \$24.7 billion in losses, safeguards are needed to protect consumers' financial data.

~page 5



THE **Retirement** *Lifestyle!*

An ideal way of eliminating the hassles of home ownership and enjoying the benefits of an active retirement community.

Starting on page 13

RETIREMENT RESOURCE GUIDE: page 16

6 Unconventional Ways to SAVE Your MARRIAGE

Much of the advice people get about their marriage problems is wrong. It sounds good. It makes sense. But it just doesn't work.

~page 5

The SKINNY on FATS

Going "fat-free" may seem like a safe way to lose weight, but there's more to that fat than you think.

~page 8

WHAT'S INSIDE?

CALENDAR.....	page 4
A Valentine Adventure.....	page 6
The Skinny on Fats.....	page 8
Reinvent Yourself.....	page 14
Downsize & Simplify.....	page 15
FINANCE.....	page 24
Dementia Safeguards.....	page 25
WordSearch.....	page 26
Crossword.....	page 27

To love and be loved is to feel the sun from both sides.

~David Viscott

Share the GIFT of Travel

ENCHANTING Spring-Forward Getaways!

Holland & Belgium in Bloom

A Flower Lover's Dream: When Spring Comes to the Low Countries, There's No Place Prettier!

Apr 10-18 • Double Rate: \$3,497 (includes air from Chicago O'Hare)

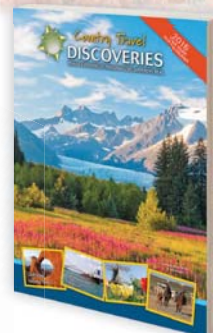
Panama & the Panama Canal Expansion

A Tropical Rainforest Escape to a "Wonder of the Modern World"

Apr 6-13 SOLD OUT! | Apr 13-20 NEW DATE • Double Rate: \$2,447 per person

PLUS, Heart of Texas Hill Country, Grand Canyon & Red Rocks, Coastal Carolina & Georgia Shores, and DC & DelMarVA

SAVE \$230
per couple (\$115 per person). Book with code **ADV14JH** by Feb 29.



Call for our **Expanded 2016** catalog now!



Country Travel DISCOVERIES

TRAVEL EXPERIENCES: PERSONALIZED, DIFFERENT, REAL of Elm Grove

13500 Watertown Plank Rd, Suite 107, Elm Grove, Wisconsin 53122

Proud to be locally owned and operated!

www.CountryTravelDiscoveries.com/boom

Call: **262-923-8120** • 7:30-5:00 Central, Mon-Fri • reservations@CountryTravelDiscoveries.com



UPSIZE YOUR LIFESTYLE

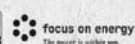
Move into a high-quality, low-maintenance ranch duplex or condominium by Bielinski Homes, and discover a new sense of freedom. Whichever neighborhood you choose, you can count on superior craftsmanship, tasteful design, and just the right amount of space for the way you live today. Make an appointment to take a tour soon, and see how Bielinski Homes is raising the bar on what it means to rightsize.

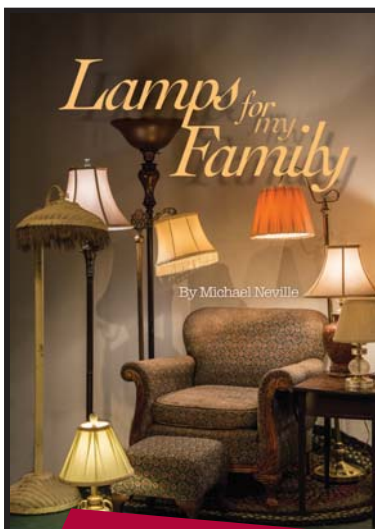
All condominiums open by appointment. In addition, Bay Pointe is open 12pm to 5pm | Fri-Sat-Sun-Mon-Tues
Detached models available at Bay Pointe only. Prices subject to change without notice.



BIELINSKI
homes

262.542.9494 | bielinski.com





Lamps for My Family
FEB 19, 2016
THRU
MARCH 13, 2016

Jack Duddy returns to his childhood home, only to find a houseful of relatives - all of them deceased and wanting to talk his ear off! More than 20 characters are played by one actor in this one-man show about reliving the past in order to discover one's future.

Best suited for ages 16+

TICKETS
\$30

\$5 OFF

\$5 off regular price. Not valid with any other discounts or on previously purchased tickets. Mention Boomers Newspaper when you make your reservation!

Discounts for seniors, students, military & groups



TICKETS/414-271-1371
www.InTandemTheatre.org

Tenth Street Theatre
628 N. 10th Street
(10th Street & Wisconsin Ave)

Plenty of parking within 2 blocks of the theater



CLASSICAL MUSIC FOR ALL AGES

414-365-8861 or visit
festivalcitysymphony.org

Visit us on facebook!



SYMPHONY SUNDAYS

Select **SUNDAYS** at 3pm

Children's Program Notes at 2:45
PABST THEATER • 144 E. WELLS

Feb 28th, 2016 3pm

"Finnish with Swedish & Ilana"

Ponchielli: *Dance of the Hours* from *La Gioconda*.
 Sibelius: *Symphony No. 5*. Mendelssohn: *Concerto for Violin and Piano*. Ilana Setapen, violin
 Steve Swedish, piano

March 20th, 2016 3pm

"Peter and the Wolfgang"

Mozart: *Overture to the Impresario* and *Symphony No. 40*. Tchaikovsky: *Waltz* from *Eugene Onegin* and *Suite No. 4* ("Mozartiana")

May 1, 2016 3pm

"Bigger is Better"

Wagner: *Overture & Venusberg Music* from *Tannhauser*. Richard Strauss: *Salome's Dance* and *Four Last Songs*. Kathy Pyeatt, soprano

PAJAMA JAMBOREES

Select **WEDNESDAYS** 7-8pm. **FREE**

MARCUS CENTER/BRADLEY PAVILION
123 E. STATE STREET ENTRANCE

Geared toward children, K-5 and families. Casual. Wear Pajamas!

May 11, 2016 7pm

"Americana Pajama Jamboree"

The orchestra duels it out with bluegrass group "Above the Town." Young audience members conduct the finale.



"Pajama Jamborees" are **FREE** 1-hour children's pops concerts at the Marcus Center
 "Symphony Sundays" are general admission concerts for all ages at the Pabst
 \$14/adults, \$8 child/students/sr. Family Packs still available.

"One of the BEST MUSICALS in recent DECADES"

-Hollywood Reporter



"EXPLOSIVE and THRILLING! RAGTIME is nothing short of a masterpiece."

-Bloomberg News

7:30 PM WEDNESDAY, FEBRUARY 10 • MILWAUKEE THEATRE



MilwaukeeTheatre.org

Buy tickets at the Milwaukee Theatre Box Office, select WalMart stores, the Wisconsin Center Rotunda, by phone at 1-800-745-3000, or online at Ticketmaster.com. Convenience fees apply.

ticketmaster



LAURA'S

DBC BAR & GRILL

7520 W. Donges Bay Road, MEQUON 262-238-1733

laurasdbc.com 

Serving Great Food!! Tues-Fri 11am-2pm & 4-9pm. Sat 3-8pm.



SATURDAY NIGHT
Pizza and Pitcher of Beer
\$16

Best Damn Fish Fry in Ozaukee County!

Feb 10 - Ash Wednesday
Pan-Fried Blue Gill every Wed & Fri thru Good Friday

Tuesday: \$2 Tacos

Wednesday: Wings & Rib Plate

Thursday: Meat Loaf Dinner

FREE POOL ON SATURDAYS excludes band night

LIVE MUSIC 8pm-Midnight! **Feb 20th: Maple Road**

AROUND TOWN

A collection of local events

Cupid's Constellations

Wednesday, February 10

UWM Manfred Olson Planetarium

Fall in love with the cosmos at UWM Planetarium's one-night special showing of Cupid's Constellations. Take a romantic stroll through the universe.

Human Dog Sled Racing

February 13, 10am

Lake Geneva, Canopy Tours

In Lake Geneva boots pound the snow while cheers fill the crisp February air during the Annual Human Dog Sled Races. Think regular dog sledding - but with people.

Winter River Snowshoe

February 13, 3pm

Schlitz Audubon Nature Center

Hike along the Trinity Creek Wetland and the adjacent Interurban Trail in Mequon. Snowshoes are provided, no experience is necessary. No snow we will hike on foot. Pre-registration is required - call 414-352-2880.

2nd Annual Valentine's Day Hop

February 13, 7:00 PM (Sat)

Boerner Botanical Gardens

Featuring local Beatles tribute band, Liverpool, & 60s & 70s cover band Close Enuf. Food, drinks, your favorite songs and lots of dancing!

2016 Auto Show

February 20-28

Wisconsin Center

Do all your auto shopping under one roof - or just come to kick the tires! See the 2015 models from all the major brands plus concept cars, hybrids, classics, antique and custom cars, performance accessories and more!

STOMP

February 25, 7:30 pm

Milwaukee Theatre

STOMP is explosive and unforgettable experience for audiences of all ages. The eight-member troupe uses everything but conventional percussion instruments - matchboxes, wooden poles, brooms, garbage cans, Zippo lighters, hubcaps - to fill the stage with magnificent rhythms.

Old World Wisconsin

Employment and Volunteer Open House

February 27, 10am (Sat)

Old World Wisconsin seeks employees and volunteers to help bring the magic of Wisconsin history alive. Enjoy sharing life from the late 1800s and early 1900s with guests. Seasonal full and part-time positions. Stop in any time during the open house to complete or call 262-594-6301 for more information.

Hops & Props

March 5, 7pm (Sat)

EAA AirVenture Museum

EAA's premier beer-tasting event. Finest beers in the world, delicious food and live music. VIP experience also available.

Maple Fest

March 5-12

Elegant Farmer

Maple Fest March 5 & 12, 2016. 11 a.m.-3 p.m. Come taste and see how maple syrup is made from sap with demonstrations by the Covenant Harbor Nature staff on Saturdays, March 5 & 12.

Visit www.visitmilw.org for more!



An American Original:
The World of George Gershwin
Sunday, February 21, 2016, 3:00pm
Sharon Lynne Wilson Center for the Arts
19805 W. Capitol Dr, Brookfield, WI



Featuring:
Hyperion Knight, piano

Tickets: Call 262-547-1858 or
office@wisconsinphilharmonic.org
www.wisphil.org

HAIR^D Experience

John Endries
35 Years Experience!

2215 S. Kinnickinnic Ave
414.744.8141

WIGS & Hair Add-ons




HARD TO CONTROL AREA?
We can Help!
Ask about our Razor, Clipper & Shear Cutting Techniques

Whether you're experiencing hair loss or just want to try a whole new look for a night out or a trip to the grocery store!

ANNUNCIATION GREEK ORTHODOX CHURCH

presents

TASTE OF GREECE

FREE ADMISSION!
FEBRUARY 20 & 21
Saturday 11am-8pm
Sunday 11am-6pm (or while supplies last)

Enjoy all your Greek favorites!
Spit Roasted Greek Chicken & Lamb
Gyros • Pastichio • Greek Salad
Saganaki (flaming cheese) • Keftedes (Greek meatballs)
Homemade Greek Pastries

Greek Music!
Church Tours at 1pm, 3pm and 5pm



Annunciation Greek Orthodox Church
James W. Pihos Cultural Center
9400 West Congress Street

 More info at
www.annunciationwi.org/ or search
Taste of Greece on Facebook!

FROM THE PUBLISHERS

FEBRUARY 2016



Just two crazy fools!

For the last 13 years I reveled in driving my 2000 Sebring Convertible - the hip-aging-blond-chick-in-the-cool-convertible.

That's me. Then

BOOM! at the intersection. Suddenly my cool convertible is just a 16 year old car that is 'totaled' out of service, beyond repair. I planned on loving that car into her vintage years. Just in a blink of an eye things change and you realize that... things change.

Growing older feels that way. One day you have pimples and the next day you have menopause. It's hard to accept the role of an aging adult. This month I will be spending a Florida weekend with my college roommates and we will be giggling like idiots. I'll tuck myself into my little black skirt and dance on the boardwalk like a teenager! I *am* 52 but my heart tells me I am ageless. I believe my heart.

The talk of aging brings us to our feature this month - Retirement Living, the inevitable and exciting time of preparing for stage two in our lives. Whether you're considering lifestyle changes for yourself or a loved one, our Retirement Resource Guide, page 16, will help you start the journey into a whole new wonderful home-sweet-home!

Ah, February the 'love' month. Curled up on the couch in cozy pajamas, an extra large pizza with our favorite toppings, Amara and Cuda (the dog:) tucked in beside us - exactly where Tom and I want to be on February 14th!

May love find you when you least expect it, in small moments, favorite people and cozy couches!

And always remember to...

Celebrate Life!

Sandy and Tom Draelos

6 Unconventional Things You Should Do to SAVE Your MARRIAGE

The lifelong probability of a marriage ending in divorce is between 40 and 50 percent, according to PolitiFact.com's estimates.



Couples in trouble often seek advice from friends, family and counselors. But global marriage expert Mort Fertel, creator of the Marriage Fitness Tele-Boot Camp, says much of the advice couples get is bad. "Much of the advice people get about their marriage problems is wrong. It sounds good. It makes sense. The problem is: it usually doesn't work," Fertel says. "Reconciling a broken marriage is tricky. The process is *not* intuitive. You really have to be careful that the advice you're following has proved to achieve the outcome you're looking for."

Fertel says his tips often run counter to many ideas existing within our culture's zeitgeist. "A lot of the advice people get is logical, but it's not psychological," he says.

"It's ineffective because it doesn't take into account the unique dynamics that occur between a husband and wife who are emotionally disconnected."

Go at it ALONE. Most people think, "I need my spouse to work with me to fix our marriage." But it does

SAVE YOUR MARRIAGE continued on page 7

Thanks To Insecure Mobile Banking, mCommerce and mWallet Apps

Cybercrime Goes Mobile



It's time to take a completely radical, proactive approach to securing consumers' data as the financial, transaction-based world shifts onto our smartphones and tablets.

By Mark Laich

Millions of consumers no longer visit a bank to deposit checks or conduct financial transactions. Instead they rely on the convenience of using their mobile devices to send money, view account balances and bank online.

The same is true for how they spend their money - the shift from brick and mortar to e-commerce to m-commerce is already well underway. Think about it - how many times do you use your smartphone to research a product or purchase one?

Maybe you're going out to dinner tonight and you've already filled your Apple Pay, Google Wallet or other wallet technology with all of your credit-card information. Ever wonder if you could be pickpocketed wirelessly? Could an app you trust already be stealing your personally identifiable information (PII)? Sadly, the answer is yes.

Many financial institutions and retailers have launched mobile apps in the past 18 months to respond to demands from their customers who want the convenience of 24-hour, anytime/anywhere banking and

SAVE YOUR MARRIAGE continued on page 10

Boomers! is a monthly publication serving the Baby Boomer Generation (45 and above) of Milwaukee, Waukesha, Washington and Ozaukee counties.

We provide informative, helpful & entertaining content which relates to the issues facing this diverse, active, mega-consumer market - America's number one generation!

PUBLISHER / Editor

Sandra (Hill) Draelos

ADVERTISING

Advertising Sales Associates
Vicki Huber | Kelly Larson

OPERATIONS MGR

Thomas Draelos

GOPHER / Amara May



THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212

FAX: (414) 586-9474

milwaukeepublishing@wi.rr.com

www.Boomersnewspaper.com



Boomers!

GIVE-AWAY!!

Enter to win our monthly drawing!

\$50.00

Congratulations to
Karen Raflik
Our winner last month
from West Allis

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Telephone: _____
Where did you pick up the paper? _____
Age: 35-45 _____ 46-55 _____ 56-65 _____ 66 or older _____

Remit entry by mail to:
Milwaukee Publishing / Boomers Give-Away
6465 W. County Line Road, Brown Deer, WI 53223

Limit One Entry
Per Household
Please

Entry Deadline: FEB 26, 2016



A TRAVEL EXPERIENCE

The Happiest Valentine

Candy, flowers or silly lingerie? Or a hand-in-hand walk on a sandy beach?

By Stewart Ikeda, CountryTravelDiscoveries.com

In 2004, researchers from UC-Boulder and Cornell conducted an expansive study on money and happiness for Northwestern Mutual Financial Network. Money, it turns out, *can* buy happiness...but not in the way we might think. What you buy counts, and people claim to be happier when they invest in meaningful *experiences* rather than material *things*. Unlike a new iPad or TV or earrings, such experiences as travel, learning, or social action don't lose their novelty, depreciate, break or become obsolete.

The findings give food for thought about the shallow, fluffy ways our commercial culture drives us to recognize Valentine's Day. Candy sweets or silly lingerie, sprays of cut flowers or glittery jewelry? These may be fun and even heartfelt in the moment, but their happiness value is low...and fleeting.

Think "Diamonds are forever"? Not compared to seeing Alaska's Northern Lights, riding out on a towering Canadian glacier, experiencing millions of fragrant spring blossoms bursting to life in Holland's tulip time, or your spectacular first ascent into the Swiss Alps. The geologic marvels of the Grand Canyon; the Panama Canal, one of the 7 Wonders of the Modern World; the dazzling peak-foliage colors of Autumn in New England – these experiences of a lifetime don't "get stale".

And they can *change* you. For me, it was open-air camping on safari in Kenya's Masai Mara, visiting holy places of three major religions in Old City Jerusalem, or a peaceful dawn trail ride to a cowboy cookout breakfast in Bandera, Texas – transformative moments enjoyed with people I liked. And no one can ever take them away.

In fact, related studies show that the good feelings such experiences create can even *grow* over time. As years pass, people don't tend to remember "our first day in Maui it rained all morning and we got lost three times on the Road to Hana". Rather, our minds retain a story—*We spent a whole luxurious afternoon exploring the most stunning Hawaiian rainforests and coasts by back roads!*

Of course, such grand Valentine's gestures may not be in reach for everyone. But that's the thing about investing in experiences: size doesn't matter. Whether it's a life-changing foreign adventure or a quiet getting-to-know-each-other-again B&B in Door County, enrolling in ballroom dance classes or season tickets to entertainment you can share in "date nights" throughout the year...

What better way to *show* "I love you" and make your Valentine truly happy than the gift of shared experience that's personalized, different and real? Try it this year. You'll be glad you did!

For more travel tips, visit CountryTravelDiscoveries.com or call them at 855-744-TRIP (8747).

The Original
milwaukeeRVshow
52nd Annual

Family Fun All Year Long!

See the Latest RV Models
Wisconsin's Largest RV Show
Great Savings with Show Prices

State Fair Park Expo Center - Feb. 25 - 28
Thurs. & Fri. 1-8, Sat. 10-8, Sun. 10-4
milwaukeeRVshow.com

SAVE 50¢ Bring this coupon to the Milwaukee RV Show to save 50¢ off regular price of \$8 Adults and \$7 Seniors. Children 12 & under free. Limit 4 per coupon. Good Friday, Saturday & Sunday Feb. 26, 27 & 28.

1/2 Price Admissions
Thursday Feb. 25th

Peter Sciortino Bakery
"AMERICA'S FINEST"
www.PeterSciortinosBakery.com

"When it comes to Cookies, Cannolis and Italian Bread, there's no better place than Peter Sciortino Bakery."

In the Heart of Milwaukee's East Side
1101 E. BRADY STREET / 414-272-4623

Tuesday, Feb 9th!
FAT TUESDAY!
Paczki Day!
Prune, lemon, Raspberry, Apple, Blueberry, Bavarian Cream and Strawberry
\$0.95 each or \$5 per 1/2 dozen

When it comes to saying "Thank you for your business" or "Thinking of you at this special time" there's no better way than with Sciortino homemade Italian cookies.

Say I LOVE YOU! with cookies!!

WE SHIP! Call for pricing!

6 Unconventional Ways to Save Your Marriage continued from page 5



not take two to tango. One person's effort can change the momentum of a marriage, and very often, it's that effort that motivates the obstinate spouse to join in the process of saving the relationship.

The wrong question. Many people wonder, "Did I marry the right person?" But that's the wrong question. The key to succeeding in marriage is not finding the right person; it's

learning to love the person you found. Love is not a mystery. Just as there are physical laws of the universe – like gravity, which governs flight – there are also relationship laws that, depending on your behavior, dictate the outcome of your marriage. You don't have to be "lucky in love." It's not luck; it's choice.

Absence does not make the heart grow fonder. That might have been true in junior high school when you went away for the summer. But in marriage, particularly in a broken marriage, absence separates people. It creates distance, and that's the opposite of what we're trying to achieve, which is closeness.

Don't talk about your problems. Talking about the problems in a marriage doesn't resolve them; it makes them worse. It leads to arguments and bad will. Besides, you'll never talk yourself out of a problem that you behaved yourself into. Marriages change because people change. Say little; do much. Speak in the vocabulary of your actions. New choices resolve marital problems; discussion don't.

Don't think marriage counseling is the answer. Marriage counseling does *not* work in most situations. The success rate is dismal. Most couples report being worse off after marriage counseling. One of the reasons relates to point 4 above.

Don't talk to family or friends about your situation. One of the most important values in a marriage is privacy; therefore, it's a mistake to talk about your marriage or your spouse to family or friends. It's a violation of your spouse's privacy and it's wrong.

Mort Fertel is a world authority on the psychology of relationships. He has been featured as an expert on ABC, NBC, CBS, PBS and Fox television networks. His program is endorsed by a wide variety of mental-health professionals, and he has helped save thousands of marriages

A mild-mannered man was tired of being bossed around by his wife so he went to a psychiatrist.

The psychiatrist said he needed to build his self-esteem, and so gave him a book on assertiveness, which he read on the way home. He had finished the book by the time he reached his house.

The man stormed into the house and walked up to his wife. Pointing a finger in her face, he said, "From now on, I want you to know that I am the man of this house, and my word is law! I want you to prepare me a gourmet meal tonight, and when I'm finished eating my meal, I expect a sumptuous dessert afterward. Then, after dinner, you're going to draw me my bath so I can relax. And when I'm finished with my bath, guess who's going to dress me and comb my hair?"

"The funeral director," said his wife.

Marriage is really tough because you have to deal with feelings ... and lawyers.

©Richard Pryor

Don't Let The Cold Weather Keep You In This Winter

Rides About Town Is Your Personalized HIRED CAR SERVICE

- We pick you up and get you where you need to go, staying with you every step of the way
- Return you to your home without the stress and aggravation of having to call and wait for a ride.

Doctors Appointments • Pharmacy/Prescriptions
Facility Discharge/Transfer (Non-Medical)
Grocery & General Shopping*
Salon • Hospital /Rehab Appts
Airport and much more!

*Don't feel like going out - we'll shop for you!

Schedule Online

www.ridesabouttown.com

or Call Phil At: (414) 305-9578

A Fully Insured
Local Transportation
Provider Serving
Ozaukee County &
Milwaukee's North Shore



Round Trip or One-Way Service

Scenic RV Slinger & Baraboo

Scenic RV puts the focus on Family and fun!

Go CAMPING!

All NEW In-Stock Travel Trailers, Fifth Wheels & Park Models!

PRE SEASON SALE!!

Choose From:

- Salem
- Flagstaff
- Shamrock
- Riverside
- Trail Runner
- Vengeance
- Fairfield
- Salem Hemisphere
- Elk Ridge
- Fairmont
- Viking
- Salem Villa
- Flagstaff Hardside

Over 300 In Stock RVs Sale Priced & Ready for Camping!

Scenic RV is a family owned and operated Wisconsin dealership in business for over 40 years. With the addition of our 3rd generation family member joining our staff, we will continue to proudly serve customers in and around the greater Milwaukee and Wisconsin Dells area.

We feature a complete RV center with sales, service, and parts and accessories at our Slinger and Baraboo locations.

Allow our knowledgeable sales staff to answer your questions and assist you in choosing the RV that meets your needs. Long-term/low interest financing, as well as insurance are also available.

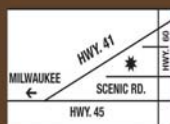
You can choose from our full line of travel trailers, park trailers, fifth wheels, toy haulers, expandable trailers, and pop-up campers from Flagstaff, Shamrock, Salem, Fairfield, Salem Villa, Trail Runner, Elkridge, Riverside, Viking and Vengeance.

If you are interested in park models, please come see the Fairmont models on display at our Baraboo location.

Both locations are stocked with essential parts, accessories and many new and exciting products.

Come on In and "Get Camping"

SLINGER
Between Hwys. 41 & 45, Exit
Hwy. 60 to Scenic Rd. South
1-800-568-2210



SCENIC RTRAVELER RV CENTERS
SALES & SERVICE
www.scenicrv.com

BARABOO
1/4 mile South of I-90/94
on Hwy 12
1-877-898-7236



What's the skinny on fat these days?

I saw a major magazine cover image recently that was suggesting fat wasn't so bad for us after all. Really?

Going "fat-free" might seem like an effective, safe way to lose weight when considering that fat contains nine calories per gram, compared to four calories per gram in carbohydrates and proteins. But if you take into account the fact that approximately 60 percent of human brain matter consists of fats, eating reduced fat or fat-free foods high in sugar and refined carbohydrates no longer seems as appealing for our health.

"The brain thrives on a fat-rich, low carbohydrate diet, which unfortunately is relatively uncommon in human populations today," reports David Perlmutter, author of *Grain Brain*. "Mayo Clinic researchers showed that individuals favoring carbohydrates in their diets had a remarkable 89 percent increased risk for developing dementia as contrasted to those whose diets contained the most fat. Having the highest levels of fat consumption was actually found to be associated with an incredible 44 percent reduction in risk for developing dementia."

Granted, certain types of fats are more beneficial than others. "Good" fats include monounsaturated fats, found abundantly in olive oil, peanut oil, hazelnuts, avocados and pumpkin seeds, and polyunsaturated fats (omega 3 and omega 6), which are found in flaxseed oil, chia seeds, marine algae oil and walnuts.

"In the '70s and early '80s...we were not talking about low-fat diets. We were talking about replacing saturated fat with a healthy fat, polyunsaturated fat," says Walter Willett, professor of epidemiology and nutrition at the Harvard School of Public Health. "But somewhere in the mid-1980s, we lost that message. It's perhaps partly because some nutritionists felt it was too complicated to talk about different types of fat, and developed the notion we should just reduce all types of fat across the board."



Avocado is one of the superfoods which contain good fat that is crucial for brain health.

With over five million Americans currently living with Alzheimer's disease, researchers are examining which dietary fats may help prevent dementia. Olivia Okereke at Brigham & Women's Hospital tested how different types of fats affect cognition and memory in women. Over the course of four years, she found that women who consumed high amounts of monounsaturated fats had better overall cognitive function and memory. A study by researchers from Laval University in Quebec revealed similar findings: Diets high in monounsaturated fats increased the production and release of the neurotransmitter acetylcholine, which is critical for learning and memory. The loss of acetylcholine production in the brain has been associated with Alzheimer's disease.

Unfortunately, canola oil, which is high in monounsaturated fats in its natural form, is often hydrogenated so it can stay fresh longer in processed foods. Partially hydrogenated oils—also known as Trans fats—were shown to be detrimental to memory in a recent University of California San Diego study. "Trans fats increase the shelf life of the food but reduce the shelf life of the person," reports study author Beatrice Golomb.

Of course, a well-rounded diet with plenty of fruits and vegetables may still be the best way to stay healthy. But it's good to know that a little fat here and there won't kill you. In fact, it might well help you live a healthier, more productive life.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com

Personal Care Plus

Caring
Services
with a
Personal
Touch



We offer an affordable option for Housekeeping and Personal Care. For more information or to see if Personal Care Plus is right for you call **414-220-8680** or visit **www.interfaithmilw.org**

Kids Need Good Homes



Foster Parents Needed!

Desire to make a difference in a child's life?

Family Works Programs, Inc. is looking for people interested in becoming treatment foster parents.

We provide:

- Training
- Weekly Social Worker Contact
- Respite
- Monthly Support Groups
- 24-Hour Crisis Intervention
- Compensation Based on the Needs of the Child

Make a difference, call today!

608-233-9204 or 800-660-9204
www.family-works.com



The most incredible things can be found in turn-of-the-century cookbooks, as well as quoted in a book by Elizabeth Worthington Strong dated 1898, and now in public domain. So if this seems 100 years old to you, well indeed, it is at least 100 years old. But perhaps some things never change!! The "recipe" is unattributed and undated, but taken in the context of those pre-feminist, extremely chauvinistic times, remains some clever woman's resounding roar!

In the spirit of Valentine's Day and all our wonderful husbands - this one's for you!

How to Cook a Husband

"A good many husbands are utterly spoiled by mismanagement. Some women go about it as if their husbands were bladders, and blow them up.

Others keep them constantly in hot water; others let them freeze by their carelessness and indifference. Some keep them in a stew by irritating ways and words. Others roast them. Some keep them in pickle all their lives. It cannot be supposed any husband will be tender and good managed in this way. But they are really delicious when properly treated.

In selecting your husband you should not be guided by the silvery appearance as in buying mackerel, nor by the golden tint, as if you wanted salmon. Be sure to select him yourself, as tastes differ. Do not go to market for him, as the best are always brought to your door.

It is far better to have none unless you will patiently learn how to cook him. A preserving kettle of the finest porcelain is the best, but if you have nothing but an earthen-ware pipkin, it will do, with care. See that the linen in which you wrap him is nicely washed and mended, with the required number of buttons and strings tightly sewed on. Tie him in the kettle by a strong silk cord called comfort, as the one called duty is apt to be weak. They are apt to fly out of the kettle and be burned and crusty on the edges, since, like lobsters, you have to cook them alive.

Make a clear, steady fire out of love, neatness, and cheerfulness. Set him as near this as seems to agree with him. If he sputters and fizzes, do not be anxious; some husbands do this until they are quite done. Add a little sugar in the form of what the confectioners call kisses, but no vinegar or pepper on any account.

A little spice improves them, but it must be used with judgment. Do not stick any sharp instrument into him to see if he is becoming tender. Stir him gently, watching the while lest he lie to flat and close to the kettle and become useless. You cannot fail to know when he is done.

If thus treated, you will find him very digestible, agreeing nicely with you and the children, and he will keep as long as you want, unless you become careless and set him in too cold a place."

See the best you can see EYE CARE SPECIALISTS



Medical, surgical & laser services for every age & need

Wisconsin's leading ophthalmology practice

Trusted by more than 130,000 doctors & patients since 1985

- Diagnostic Laser Scans
- Comprehensive Eye Exams
- Dry Eyes/Infections
- Corneal, Lid & Retina Cases
- Cataract, Glaucoma, Diabetes, & Macular Degeneration Care
- LASIK to reduce need for glasses
- Pediatric Care & Surgery

"TOP DOCTORS" — Milwaukee & M Magazines



Mark Freedman, MD



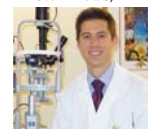
Brett Rhode, MD



Daniel Ferguson, MD



Daniel Paskowitz, MD, PhD



Michael Raciti, MD



David Scheidt, OD

www.eyecarespecialists.net

West Allis

10150 W. National Ave.
414-321-7520

Wauwatosa

2323 N. Mayfair Rd.
414-258-4550

Milwaukee

735 W. Wisconsin Ave.
414-298-0099



Acupuncture DISCOVER PAIN FREE LIVING!

We can help you with...

Neuropathy • Anxiety/Stress • Back & Knee Pain

Come and visit with a **FREE CONSULTATION.**

Find out how we can help you!

Hughes Acupuncture Clinic

Since 2006

11711 West North Avenue • WAUWATOSA
www.HughesAcupuncture.com

414-607-0900



Dr. William Hughes

Board Certified in Acupuncture and Oriental Medicine

Dr. Hughes has successfully treated many patients since 2004. He has seen success with many different medical issues.



Cybercrime Goes Mobile

continued from page 5

75 percent of apps in the major app stores fail basic security tests.

This year marks the beginning of a new wave of enablement, opportunity and mCrime. Where there is mobile banking, mCommerce and mWallet there will be mCrime. Assume it comes in the apps as innocent as that flashlight app you recently installed, because if you don't, you'll be left in the dark missing your identity and your wallet.

shopping. Mobile banking apps help build customer loyalty, and mobile-banking transactions are significantly cheaper for banks compared with transactions that require employee interaction.

Mobile-retail apps capture consumers' buying impulse at the moment they occur, and allow for easy comparison shopping. Having a mobile app has gone from being a competitive differentiator to a "must have" to compete for consumers.

And once a bank has made that investment, there is a concerted effort to encourage customers to use their mobile-banking platform. The same holds true for retail. Amazon and others will do anything to get you to shop online from your smartphone or your tablet.

But the growth of mobile banking and retail apps also means that more people are at risk for identity theft and the hacking of sensitive personal and transaction data by cyber criminals who plan to commit fraud. These apps are used on devices that often aren't safeguarded from security holes. Most people have between 30 and 75 apps on their mobile device, and of course, when apps are installed on a device, users must grant multiple permissions for accessing a device's location, SMS, Wi-Fi, Bluetooth, camera and other device resources.

Some of these resources are used for the apps to do their intended task, but often apps demand resources that can open up a device to security vulnerabilities. Unfortunately, when

consumers install an app on their mobile devices, few read all the permissions the app requests to make sure it isn't asking to use resources that might be suspicious.

This issue is highlighted by a report from Gartner Inc., the technology research company, which concluded 75 percent of apps in the major app stores fail basic security tests. Gartner defines this as an app using mobile-device resources that have nothing to do with the intended function of the app. Rather they can be used to eavesdrop on other apps that are running concurrently to collect data about the consumer. The rationale is that the collected information can be used for data analytics to help with targeted mobile advertising.

However, this has given cyber criminals a rather large attack vector to commit ID Fraud by using malware that looks like trustworthy apps to steal personal identity information and financial transaction data from mobile banking apps, or to steal your credit-card information from your retail apps that reside on the same mobile device.

Worse yet, this new form of malware is undetected by anti-virus and able to circumvent encryption, biometrics, tokenization, sandboxes and authentication. The result is that using mobile-banking apps to conduct transactions is similar to using an ATM to withdraw cash in a dangerous area with criminals lurking around, or handing your credit card to a stranger.

Another popular technique for cyber criminals is spear-phishing attacks – which take the form of email and text messages that appear to be

Cybercrime continued on page 11

*Dreaming of
your next great
adventure?*

Let's make it happen!

Enjoying life is important to us as well.

*That's why we're motivated to talk,
without obligation, about how best to
build a plan to deliver on your dreams.*

contact us:

Aegis Wealth Advisors
1208 State Road 83
Hartland, WI 53029
262.369.5200
www.aegiswi.com



from an official source or someone you know, usually garnered via a social-networking site. These messages can then install monitoring software covertly on the mobile device. Monitoring software can access most mobile device activity and resources, thereby stealing consumer data just like the malware downloaded from an app store.

Most consumers are unaware of these types of threats, and even when they are aware, they don't take actions to protect their security and privacy until it is too late. On the other hand, financial institutions carry the liability associated with the fraud that results from data stolen from mobile banking and retail apps. In a U.S. landscape where almost 1 billion PII records have been compromised and there is identity fraud totaling \$24.7 billion in losses – according to statistics from Privacyrights.org and the Department of Justice – greater safeguards are needed to protect consumers' financial data.

At the same time, it is important not to intrude or detract from consumers' mobile banking or retail experiences. Financial institutions and retailers can't solely depend on consumer awareness and training, nor can they make it complicated for consumers to protect themselves.

For better or worse, the modern-day consumer has become enamored with using their mobile devices for apps such as social networks, location-based services, and games on the same device on which they want to do mobile banking and mobile commerce, thereby compromising their security and privacy. What financial institutions and retailers need is new, innovative security technologies that deliver an opti-

mal balance between protecting consumer data and being un-intrusive to consumers' total mobile-device experience.

In this way, their mobile banking and mCommerce apps can operate in a safe and trusted environment even when multiple applications are running concurrently. By working with companies that specialize in these types of new security technologies designed to thwart zero-day threats and malicious eavesdropping apps, financial institutions and retailers will not only protect themselves from liabilities, they will also be successful at convincing more of their customers to use mobile banking and mobile commerce, thereby increasing the ROI of their mobile-app investment and their operating efficiency.

This year marks the beginning of a new wave of enablement, opportunity and mCrime. Where there is mobile banking, mCommerce and mWallet there will be mCrime. Assume it comes in the apps as innocent as that flashlight app you recently installed, because if you don't, you'll be left in the dark missing your identity and your wallet.

Mark Laich, VP of Security Solutions, SnoopWall, Inc. (www.snoopwall.com). Mark joined Snoopwall with a 30-year track record of successful sales in the high-tech industry. His expertise includes successful market development in the mobile, CE, and telecommunications market sectors. He has a long track record of leading successful sales campaigns and developing business at major accounts like Samsung, Microsoft, Philips, Canon, Nikon, Thomson, Cisco, Alcatel, Siemens, and Compaq.

THIS IS WHY ENGLISH IS SO HARD TO UNDERSTAND

The bandage was wound around the wound.

The farm was used to produce produce.

The dump was so full that it had to refuse more refuse.

He could lead if he would get the lead out.

The soldier decided to desert his dessert in the desert.

Since there is no time like the present, he thought it was time to present the present.

When shot at, the dove dove into the bushes.

I did not object to the object.

The buck does funny things when the does are present.

Consumer Alert Another Hearing Aid Ad?



Skeptical about all the promises made in the large and frequent newspaper ads for hearing aids? You should be - they are almost always placed by retail hearing aid stores and staffed by *non-audiologist* sales people.



HEARING AIDS FOR LESS

You owe it to yourself to do a little research and get the truth. See my article "The bottom line on Hearing Aids" at www.midwestaudiology.net

Dr. Douglas Kloss, Audiologist
4818 S. 76th St., Suite 3, Greenfield, WI
414-281-8300

Need An Easier Way To Read? We Can Help!



**You may qualify for
FREE library services
if your ability to
read is affected by:**

- Vision Impairment
- Physical Impairment
- Reading Disability

Email:
WTBBL@milwaukee.gov

Call Toll-free:
1-800-242-8822

Visit:
<http://talkingbooks.wi.gov>



WISCONSIN TALKING BOOK
AND BRAILLE LIBRARY

NEED DENTURES?



Marquette University School of Dentistry is recruiting for its annual complete denture-training program.

The program provides 25 eligible patients with a new set of complete dentures for the low cost of \$220*

Eligible participants must have no remaining natural teeth.

** Upon completion of the program, all patients who have attended all sessions will receive a \$100 additional discount.*

Call Marquette at (414) 288-7151

Your New Neighbor Has Arrived!

Astor Memory Care is excited to join the Mequon Community!

At Aster Memory Care, our mission is "creating success stories one small victory at a time". It's with this philosophy that we developed our **Safe Haven program** to provide our residents with high quality, dignified care in an engaging, active environment that is also comfortable and secure. You will find that no detail has been overlooked in making each day fun, enriching and filled with moments of joy.



MEMORY CARE...
Redesigned

One of the many programs **Aster Memory Care** is proud to offer is our **Safe Haven Program**. This program allows a sense of control through independence and highlights one's abilities and freedom of choice.

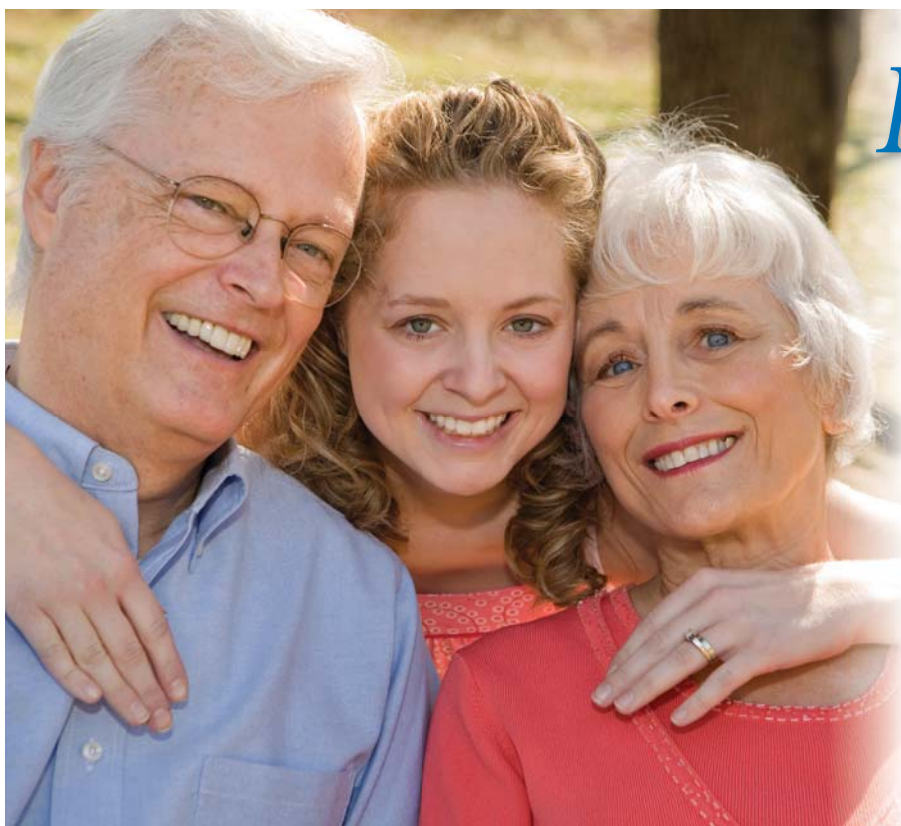
Our **Safe Haven program** also includes **Snoezelen Therapy**. This is a multi-sensory therapy using lights, sounds, music, aromatherapy and touchable items to initiate sensory stimulation in the brain.

Our **Safe Haven program** also embraces a **Brain and Body Fitness** component based on a research study conducted through the University of Wisconsin. This program utilizes special exercises and activities to improve strength, flexibility and mind activity.

Visit our website for more information! www.asterassistedliving.com/mequon



Aster Memory Care is NOW OPEN FOR TOURS of our beautiful community. To schedule your personalized tour, or to learn more about what we have to offer you or a loved one, please call **262-512-8060**.



Independence ...over the phone

Is hearing loss keeping someone you love from connecting over the phone? The new CapTel® Captioned Telephone helps clarify anything they may miss. CapTel is telephone independence for them, peace of mind for you!

CapTel®
Captioned Telephone



1-800-233-9130 | www.CapTel.com



The Perks of Senior Apartments and Retirement Communities

When it comes to housing for baby boomers who are still independent and healthy but are simply looking for a way to downsize their living space, senior apartments offer a cost-effective solution with a lot of perks. Depending on what you're looking for, these apartments are an ideal way of eliminating the hassles of home ownership while enjoying the benefits of an active retirement community.

Types of Senior Apartments

Are you looking for retirement housing that is affordable and convenient? You may be interested in looking into government-subsidized senior apartments, designed specifically for people with income limitations. By contrast, are you looking for something a little more high-end? Some areas offer luxury senior apartment rentals. Still, if you are simply looking for an apartment, not unlike the ones offered by traditional apartment complexes, in an age-restricted community, apartments are available at competitive rates.

The Perks of Apartment Living

Senior apartments are the ideal option for independent, healthy men and women 50 or better who find that the efforts of caring for and maintaining a home are becoming more challenging. This is just one of the many perks, though. As with most housing for older people, senior apartments offer great benefits for people advancing in age who want to transition into an easier way of living.

No maintenance necessary. Say goodbye to the hassles of maintaining a yard, fixing a roof or cleaning a garage. Senior apartments eliminate the need for additional interior and exterior maintenance.

More compact living quarters. Having too much room in your home to clean, maintain and get around in can be stressful. Senior apartments are more compact, giving you less to worry about.

An active community. As with many age-restricted retirement communities, independent-living apartments may offer many activities, outings and fun events to help you socialize and feel more at home.

More economical. Mortgages these days get more and more expensive. Senior apartments are rentals, which provide a stable living environment that is more economical than paying a mortgage.

On-site amenities. Apartment complexes usually offer additional amenities, such as swimming pools, fitness centers, outdoor grilling areas, gardens, and on-site laundry facilities.

HOUSING GUIDE

~Starts on page16

As we age, many of us are faced with the prospect of revising our living arrangements. While thinking about moving can be a source of anxiety and stress, planning ahead can give you more choices for the future, making a big difference in your level of independence and quality of life.

Designer Furniture on Consignment (DFoC)

DFoC is Brookfield's only fine furniture consignment store.



**16,000
SQ FT
SHOWROOM!**

Living Rooms • Dining Rooms • Bedrooms
Mirrors • Lamps • Chandeliers • Paintings
Major Accessories

14265 W. Capitol Drive • Brookfield
262-439-8745

Visit www.dfoc1.com for details!

consignment sales

Whether you are looking to furnish your home or have items to consign...

Give us a call or stop in TODAY!



1st MONTH FREE
with 1 year lease

Cottonwood Trails Apartments

4600 S. Nicholson Ave • Cudahy

- Non-smoking
- Heated underground parking
- Elevator service • Laundry on each floor
- Controlled entry access with private intercom
- Community room / Social Activities
- 1 & 2 Bedrooms w/ Heat & water



cottonwood@bearproperty.com

A Senior Complex

Income Eligible for Adults 55+

Call Andrea at 414-483-9969

to schedule a visit!



Reinventing Yourself in Retirement

Retirement offers people a great opportunity to start something new.

By Katie Braun, Financial Advisor, Ameriprise Financial

Baby boomers should be prepared for a long life in retirement.

While this is good news, it also creates a few things to think about:

- Financial resources may need to extend for a retirement that could last two to three decades, or longer
- Healthy, vibrant individuals may not be prepared to “shut down” and enter into a traditional retirement

In light of these dual considerations, it may be time to rethink plans to retire at a traditional age, such as 65. For many, extending work later into life might be necessary to ensure long-term financial security. For others, it may not be a financial necessity as much as a desired lifestyle choice.

Those who are healthy and energetic might not be ready to give up on work just yet. What do you do now?

Changing career focus

As you enter your late 50s and early 60s, you may be thinking about what’s next in life. High on the list for many is maintaining a sense of purpose as you grow older. In many cases, continuing to work in some capacity is part of this equation. A number of people view the period approaching and entering retirement from their career as a time to begin a new chapter in their lives.

This may mean reinventing yourself and the role you play as a contributor in the workforce. It requires “out-of-the-box” thinking to determine what you may be suited for, that differs from what you’ve already been doing in your career. The range of options at this stage in life could be broader than you think. They include:

- Building on your experience by becoming a consultant for your former employers and others with a similar need
- Taking on a part-time role with your current employer, something that gives you more flexibility to pursue other interests
- Pursuing a long-held dream to start a business, possibly in a field completely different from what you’ve pursued in the past
- Providing your services to benefit organizations and people in a volunteer capacity

Looking for purpose

A developing trend is the desire among many baby boomers who want to keep working to find an occupation that provides an increased sense of purpose in life. Money may not be the prime motivation to keep working. Particularly for those who are more financially secure, the drudgery of the workaday world they may have experienced before can be set aside. Now is a time to seek work that is more engaging and purpose-filled.

Older Americans should not rule out the opportunity to take advantage of their available time to relax as well. Taking time off after spending years dedicated to a career and accumulating wealth is well deserved. It might also give you an opportunity to “re-tool,” reconsider your options, and determine the best course of action for the next phase of your life.

The idea of “reinventing yourself” later in life can be a viable option. Make sure your financial house is in order, and avoid steps that might put your long-term financial security at risk. This can be an exciting time full of new opportunity. You’ll want to be certain that any choices you make are consistent with your abilities, energy and financial capabilities.

Katie Braun, a Pewaukee resident, is a Financial Advisor with Ameriprise Financial Services, Inc. in Brookfield, Wis. She specializes in fee-based financial planning and asset management strategies and has been in practice for 16 years. To contact her, please call (262) 785-1010, visit her office at 16650 W. Bluemound Road, Suite 800, or go to <http://www.ameripriseadvisors.com/katie.braun/>.



UNIVERSAL SERVICES®

UNIVERSAL TRANSPORTATION

CONSIGN w/US



SPECIALIZING IN SENIOR MOVING AND TRANSPORTATION

 <h4 style="text-align: center; margin: 5px 0;">SENIOR MOVING</h4> <ul style="list-style-type: none"> Complimentary Moving Consultation Senior Move Management Complete Packing, Moving and Unpacking Services Downsizing and Organizing Apartment Layout and Design Temperature Controlled Storage Member of National Association of Senior Move Managers Fully Licensed and Insured Liquidation and Cleanout Service Dumpster Service Weekly or Bi-Monthly Cleaning Service 	 <h4 style="text-align: center; margin: 5px 0;">CONSIGNMENT SERVICES</h4> <ul style="list-style-type: none"> Consign w/US Resale Shop Vintage & Antique Furniture Mid Century Antiques Artwork & Sculpture Household Furniture & Accessories Collectables & Memorabilia EBAY or Craigslist Management Estate Sales & Auction Services <p style="text-align: center; margin-top: 10px;">CONSIGN w/US 414-397-5987 universalconsignment@gmail.com</p>	 <h4 style="text-align: center; margin: 5px 0;">SENIOR TRANSPORTATION</h4> <ul style="list-style-type: none"> Weekly Grocery Shopping Non-Emergency Medical Transportation Dinner Theater Outings Miller Park or Sporting Events Potawatomi Casino Trips Tours to Museums and Domes Fully Licensed and Insured All buses are Wheelchair Accessible <p style="text-align: center; margin-top: 10px;">UNIVERSAL TRANSPORTATION 262-257-0250 universalserviceswi.com</p>
---	--	---


UNIVERSAL SERVICES

262-257-0250

25 YEARS OF MOVING EXPERIENCES!


universalserviceswi.com

It's GOLD out there...



Warm up at Alexian Village!

Call 414-355-9300 to schedule a private tour and complimentary lunch.



ALEXIAN BROTHERS

ALEXIAN VILLAGE of MILWAUKEE

9301 N. 76th Street, Milwaukee • www.alexianbrothers.net

Downsizing

AND Simplifying

Overcoming The Fear

It is the end of one chapter and the start of a new one. So how do we begin the process?

How can we make the downsizing process enjoyable, while sorting through memories and parting with your treasures? Downsizing is a cleansing process. Most people, once they downsize, feel free to look forward to the future and have more time to enjoy relationships. We spend a lifetime collecting and storing items and many times we can not even remember what is in those boxes. As we approach retirement, many of us will look to the future and decide how we want to spend the rest of our life, the lifestyle we want to live and how we will downsize our life as well.

Downsizing is not a horrific task if you plan ahead, recruit help and hire a senior move manager to help you downsize in a practical way.

Don't get me wrong, change is hard, as well as saying good by to a familiar place and our possessions.

However, it will help embrace change that will allow others in. Look at it as an opportunity for families to share memories and treasures. Each memory tells our story and the legacy of our lives.

It is the end of one chapter and the start of a new one. So how do we begin the process? Migdalia Zanon and her late husband Rick are owners of the senior move management firm Universal Services and have been helping seniors for over twenty years. They developed a method for helping families understand the emotional value of their parents belongings, making "downsizing" a respectful process. They refer to it as "Five homes for Everything You Own" They encourage families to savor the moments and allow senior-age parents to share their experiences and knowledge about the things they have collected.

1) Your Home: Things you want to take with you to your new retirement home or apartment.

2) Family and Friends: Items to give to family and friends. Have your children spend some time with you learning about the items you want to pass to family and friends.

3) Sales: Consignment, Estate Sales. Much of the furniture that we have in our home does not fit the scale of the new residence or retirement home we are moving into. Consider a consignment shop like Consign w/ US to sell the furniture and treasures you do not need and get back money to offset the cost of the move.

4) Donation: Things to give to others. As you sort through your items you will find some things that are too good to throw away. You might consider others who will have a use for them. If you have not used an item within a year, get rid of it. Southeastern Wisconsin has a long list of charities with a list of "wish items". Some charities are Salvation Army, Homeless Veterans, Women's shelters and Goodwill.

5) Dispose of: Items not worth anything or useful to others. Some seniors raised by parents who lived during the depression have a hard time parting with their possessions. If the quantity is quite large, consider a dumpster service. Call in for extra garbage pick-ups.

Migdalia Zanon, Senior Move Specialist can be reached at 262-257-0250 or visit www.universalserviceswi.com



**WE'RE MORE THAN A
STORE, IT'S OUR MISSION**

Our #1 priority is working 1:1 to meet
your unique needs.

**Refurbished, like new
equipment at 70% below
retail prices.**

Keep us Rolling - Donate Today.

Milwaukee - Area Store:

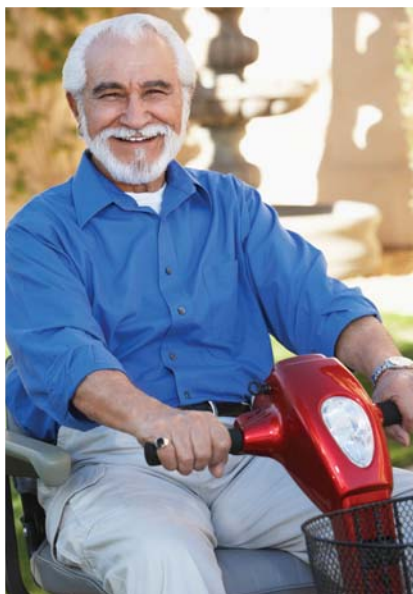
3720 N. 124th St. | Wauwatosa, WI
414.988.5333

Madison - Area Store:

2554 Advance Rd. | Madison, WI
608.243.1785

Visit us at ifmobility.org

This program is partially funded through the
Wistech Device Loan and Demonstration Program.



Winter Sale Spectacular

**\$75 Off any
refurbished scooter
or power wheelchair***

or

**\$50 Off any new
scooter or power
wheelchair***



*Please present coupon with your purchase. Limit one per customer.
Coupon is transferable. Not valid with any other discount. For catalog of
equipment, visit ifmobility.org. Expires: 3/31/2016 Code: BOOM



Amenities you'll love...

1 & 2 BR AFFORDABLE APARTMENT HOMES FOR SENIORS 55 & BETTER!
in-home washer & dryer included | heated underground parking
fitness facility | fantastic community areas | personal patio/balcony



the Meetinghouse
at Milwaukee

Call & ask about our
CURRENT SPECIALS!

414.357.8596

10901 W Donna Dr | Milwaukee, WI 53224 | MeetingHouseMilwaukee.com

Experience the **DOMINIUM** Difference. ☺

HERITAGE SENIOR LIVING

INDEPENDENCE ENHANCED,
DIGNITY EMBRACED



Assisted Living

Offers studios, 1 and 2 bedroom apts., with a kitchenette,
private bath with walk-in shower and spacious closets.

Enhanced Assisted Living ~ Offers higher care levels
with the privacy of apartment living.

Memory Care ~ Specializes in care for residents with
Alzheimer's disease or other related Dementias.



Heritage Court
14250 Hampton, Menomonee Falls, WI



Heritage Waukesha
1831 Meadow Lane, Pewaukee, WI



Heritage at Deer Creek
3585 S. 147th Street, New Berlin, WI



Heritage West Allis
7901 W. National Ave., West Allis, WI



Heritage Elm Grove
800 Wall Street, Elm Grove, WI



Lexington Heritage
5020 S. 107th St., Greenfield, WI

Please contact us for more information: 844.658.4475 or www.heritagesenior.com

ALEXIAN VILLAGE OF MILWAUKEE

Courtney Crawford / 414-355-9300 / 9301 N. 76th St. Milwaukee
www.alexianbrothers.net

Alexian Village is a Continuing Care Retirement Community offering services that range from independent living, assisted living, memory care, skilled nursing care and short-term rehab. Our campus also offers Adult Day Services as well as Club Alexian for those individuals who are looking for social and recreational activities.

BECKER PROPERTY SERVICES

Ken Becker / 262-240-9406 / 11520 N. Port Washington Rd., Suite 102 Mequon
www.beckerpropertyservices.com

Since 1988, Becker Property Services has been providing affordable, accessible, barrier-free, safe and secure housing for senior citizens (62+) and for physically disabled adults. We welcome applications for occupancy at all of our buildings. For more information, please email us at BeckPropSvc@aol.com or call (262)240-9406.

BERKSHIRE-GRAFTON

Jill Recore / 262-376-9661 / 1004 Beech Street Grafton
www.berkshireseniorcommunities.com

Affordable living in the heart of Grafton! Heat, hot water and underground parking included. Storage, laundry and trash drop-off on each floor. Media library and fitness rooms; easy access to banks, pharmacies, hospitals, shopping, restaurants and local activities, all in a convenient downtown location. *Smoke-Free/Pets welcome.

BERKSHIRE-GREENDALE

Joann Cizel / 414-421-4900 / 7010 West Grange Avenue Greendale
www.berkshireseniorcommunities.com

New luxury community! Business center, fitness center, community room and social activities. Close to historic downtown Greendale and Southridge mall; heat and hot water included; spacious floor plans with walk-in closets; patios and balconies; stainless steel appliances, including dishwasher and microwave; free underground and surface parking. Pets cherished. *Income limits may apply.

BERKSHIRE AT KENSINGTON

262-548-1449 / 1800 Kensington Drive Waukesha
www.berkshireseniorcommunities.com Beautifully remodeled, affordable apartments for Active Adults (55+) in Waukesha. ALL UTILITIES INCLUDED & free indoor parking. On-site bank, chapel, beauty salon, fitness center and more! Free weekly transportation to shopping. On city bus line. Pets welcome with limits. (Income limits may apply.)

BERKSHIRE-OCONOMOWOC

Sandy Griesemer / 262-567-9001 / 210 South Main Street Oconomowoc
www.berkshireseniorcommunities.com

Luxury and comfortable housing in the beautiful community of Oconomowoc for independent adults 55 and older. One and two bedroom homes with elevator service to each floor; heat and hot water included; controlled access entry; private patio or balcony on most units; library, computer and exercise rooms; free underground and service parking; Oconomowoc Senior Center on site. Walking distance to two lakes and the weekly outdoor farmers market. *Income limits apply.

BERKSHIRE AT SUNSET

262-548-0131 / S30 W24890 Sunset Drive Waukesha
www.berkshireseniorcommunities.com

Active independent adults 55+ enjoy beautiful homes and a pet friendly community with all the amenities. Featuring a computer nook, two mini libraries, activity areas on each floor, a courtyard with grill and a calendar full of fun—there are social activities for everyone! We're moments from the expanding Fox River Shoppes and close to everything you need. Welcome Home! *Income limits apply.

BERKSHIRE-WEST ALLIS

Chris Sorensen / 414-258-2720 / 1414 South 65th Street West Allis
www.berkshireseniorcommunities.com

Spacious and affordable one and two bedroom apartment homes near historic downtown West Allis. Within walking distance of the farmers' market, senior center, grocery store, banks, and more. On the bus line. Free heat, water and parking. Enjoy the fitness, computer, and community rooms, library, outdoor courtyard with gazebo and bbq grill, plus social activities for everyone! *Income limits apply.

CLEMENT MANOR

Keri Gerlach, Director of Marketing / 414-321-1800 / 3939 South 92nd St., Greenfield
www.clementmanor.com

You will feel the difference at Clement Manor, a faith-based continuum of care that includes independent and assisted living apartments, Adult Day Services, transitional care, long-term care and a lifelong learning program. Our quality of care has been nationally recognized, but we are right in **your** neighborhood! Sponsored by School Sisters of St. Francis.

COTTONWOOD TRAILS APARTMENTS

Andrea / 414.483.9969 / 4600 South Nicholson Avenue Cudahy
www.cottonwood@bearproperty.com

Cottonwood Trails Apartments is a senior complex which offers Section 42 for adults 55 plus. This is a non-smoking environment with underground parking, elevator, laundry rooms on each floor, private intercom and a community room. Heat and water included in the rent.

HOME sweet HOME

FEBRUARY 2016 RETIREMENT RESOURCE GUIDE

CREATIVE LIVING ENVIRONMENTS, LLC

414-258-9955 / Milwaukee, Suburbs and Waukesha
www.cle-ccls.com

Creative Living Environments offers you five welcoming senior assisted living homes and two NEW communities in Haven Cudahy and Haven Bayside. Each of our homes promote physical and emotional well being, self worth and independence. Haven will excel in supporting seniors with mobility, complex medical/physical frailties and dementia care needs.

HERITAGE COURT

Julie Grey / 262-442-1540 / N48W14250 West Hampton Ave. Menomonee Falls
Heritage Court Memory Care Community is a warm and inviting environment for seniors who need extra attention to their memory needs. Two 18-suite neighborhoods offer an uncomplicated design layout with home-like accommodations. Within the secured community, residents enjoy a high degree of freedom and independence while they're monitored closely by an experienced professional Memory Care staff. Interior garden. All Suites are private with bath.

HERITAGE AT DEER CREEK

Barbara George / 262-432-0222 / 3585 S. 147th St. New Berlin
Assisted Living and Memory Care Community

A warm and compassionate community where daily assistance and respect for independence are paramount. Maintain your current lifestyle in a choice between studio, one or two bedroom apartments. Care packages and personalized services are based on the resident while 24 hour assistance is always available. Options for dining services and health and wellness programs are also available.

HERITAGE ELM GROVE

Becky Rintelmann / 262-786-5800 / 800 Wall Street Elm Grove

We offer Assisted Living, Enhanced Assisted Living and Memory Care communities as part of our Campus. Residents thrive with our well trained staff, excellent culinary meal program, exercise and walking programs along with our daily activities. Call for more information.

HERITAGE WEST ALLIS

Janine Cantanese / 414-302-9700 / 7901 W. National Ave. West Allis
Assisted Living and Memory Care Communities with choices between studio, one or two bedroom apartment. Every apartment features a kitchenette and private bath and walk-in-shower. Emergency call system and personalized call pendants. Memory Care specializes in care for Alzheimer's or other related dementias. Private suites with bath and walk-in shower. No entrance or endowment fee.

JEWISH HOME AND CARE CENTER, CHAI POINT SENIOR LIVING and SARAH CHUDNOW COMMUNITY

Marlene Heller, Marketing & Communication Director
414-277-8802 / 1414 North Prospect Avenue Milwaukee
www.JewishSeniorLiving.org; www.SarahChudnow.org

Full continuum of care, both in Milwaukee and the northern suburb of Mequon. Only Jewish option in Wisconsin. Sophisticated entertainments, delicious kosher cuisine, lakeside beauty, person-centered care and careful attention to detail make us the best option for all faiths. Rehab, memory care, independent living, assisted living and long-term care.

LEXINGTON HERITAGE

Wendy Kempf / 262-432-1540 / 5020 S. 107th St. Greenfield

A 20 apartment community including sunroom and private patio. Offers studio, one bedroom and two bedroom. Each apartment can be individually decorated and furnished while the apartments include modern amenities, a kitchenette and private bath with a walk-in shower. Emergency call system and personalized call pendants. No enrollment/endowment fee. Caregivers on staff 24 hours a day.

LEXINGTON VILLAGE SENIOR APARTMENTS

Joyce Pluess, Manager

414-425-4008 / 5000 South 107th Street Greenfield

A friendly, active community for adults 55 and better! Beautiful grounds provide a lush background for our luxurious and elegant community. Beautiful community room and attractive outdoor courtyard space, which includes a fountain and a grill. Conveniently located near shopping and dining and near the crossroads of I-43 and Hwy 100. A short drive from Milwaukee and provides easy access to the city's many cultural and recreational offerings. Income restrictions may apply.

LINCOLN VILLAGE

Kathy Rassel / 414-964-7678 / 1330 W. Lincoln Avenue Port Washington
The New Lincoln Village provides the latest in luxury care for Independent Living, Assisted Living, Enhanced Assisted Living and Memory Care – Opened January 14, 2016! Providing the highest standard of care while protecting, cherishing and dignifying the knowledge, value and joy of our residents. Currently leasing!

How Does a Story Bring People Together?



At Oak Park® Place, a community of friends brings opportunities to share life experiences, meet new friends and rediscover joys.



Our assisted living and specialized memory care communities offer Independence When You Want It, Assistance When You Need It®. We help ease the strain that activities of daily living can bring—freeing you up to remember past experiences and create new memories.

Call (414) 292-0400 or visit
oakparkplace.com to learn
more about assisted living and
specialized memory care
services at Oak Park® Place.

**Oak
Park
place**
WAUWATOSA
1621 Rivers Bend
Wauwatosa WI 53226
(414) 292-0400

Directions: From Watertown Plank Rd or North Ave, take 116th St to W. Walnut Rd past the Wauwatosa Police Station, then right on Rivers Bend.



**START THE NEW YEAR OFF RIGHT
WITH OPPORTUNITIES FOR
LIFELONG PERSONAL GROWTH**

CLEMENT MANOR CENTER FOR ENRICHMENT



*"Believing that the process
of learning continues
throughout our lives"*

**Clement
Manor**

Sponsored by the
School Sisters of St. Francis

- Educational classes and workshops
- Keynote presentations
- AARP driver safety classes
- Creative Cuisine presentations
- Zumba, Yoga and T'ai Chi Ch'uan
- Art classes
- Technology classes
- Group outings

**CALL TODAY FOR A
COURSE SCHEDULE!**



9405 W. Howard Ave. • Greenfield, Wis.
414.546.7302 • clementmanor.com



Lexington Village

Relax with new friends

Call today for Specials!!

414-425-4008

- 1 & 2 Bedroom Apartment Style Homes
- Washer & Dryer hookups in selected units
- Heat & Hot water included
- Controlled access entry system
- 24-Hour Emergency maintenance service
- Beauty shop • Laundry rooms on each floor
- Transportation to shopping
- Weekday catered meals available
- Fitness, Computer & Guest rooms
- Heated underground parking with car wash



5000 S. 107th St., Greenfield, WI



*Income restrictions may apply
PROFESSIONALLY MANAGED BY OAKBROOK CORPORATION

MEETINGHOUSE OF MILWAUKEE

414-357-8596 / 10901 West Donna Drive Milwaukee
www.Dominiumapartments.com
Meetinghouse of Milwaukee Senior Community is your best option in apartment living! With amenities such as heated parking, community gathering spaces and fitness facility, our community is for the active ages 55 and better. Heat included. Choose from one and two bedroom apartments including patio/balcony and full size washer/dryer.

MILL POND SENIOR VILLAGE

Property Manager / 262-502-1650 / W164 N9091 Water Street Menomonee Falls
www.oakbrookcorp.com
Mill Pond Senior Village, beautiful and affordable one bedroom apartment homes. Enjoy the park-like setting, with large patios overlooking the Menomonee River conservancy. Conveniently located near historic downtown Menomonee Falls, with easy access to grocery stores, shopping and restaurants. Rent includes heat, hot water and free WI-Fl. Enjoy life!

OAK PARK PLACE

Stacy Lemley, Director of Sales / 414-292-0400 / 1621 Rivers Bend Wauwatosa
At Oak Park Place we want what you want: quality senior care and services for residents in a comfortable, friendly environment. Individualized services, life-enhancing amenities and compassionate staff are the foundation of all we do. Our assisted living and memory care apartments feature all the comforts that make a home.

REILLY-JOSEPH REALTY

414-271-4116
www.lowincomerentals.com
Section 8 housing for 62 and over.

SACRED HEART AT MONASTERY LAKE

Vicki Jezak / 414-409-4848 / 7350 S. Lover's Lane Road, Franklin, WI 53132
ForRent.com
Join Franklin's newest and most dynamic independent senior community. Elegant apartments feature spacious floor plans, stainless steel appliances, washer/dryers in every unit. Rent includes free heat, cable, underground parking available with most units, storage, continental breakfast and much more. Enjoy daily chapel services, coffee bar, convenience store, dining options, and a variety of daily activities i.e., Bingo, games, crafts, Wii Bowling, outside trips, etc..

THE SILVERNAIL SENIOR APARTMENTS

Carolyn Reinders, Property Mgr. / 262-896-2100 / 2451 Silvernail Road, Pewaukee
www.wimmerbrothers.com (Click on Senior Living)
Underground parking and laundry included in rent. An expansive array of recreational and lifestyle opportunities. Many on-site amenities such as chapel services, store, banking services, fitness room, wellness programs, crafts and a salon. Great activities each month, socials, entertainment, movie nights, etc... Pet friendly and smoke free!! 24/7 emergency response system. Conveniently located within 1/2 mile from shopping! We invite you to come in for a tour! (Income Guidelines May Apply).

STONEY CREEK ADULT COMMUNITY

Cindy Thiel / 414-422-4686S69 / W14142 Tess Corners Drive Muskego
www.stoneycreekadultcommunity.com
Stoney Creek is a beautiful campus on 10 country acres in Muskego. We offer spacious apartments for adults 55+ who want to remain independent. Many amenities make life easy with maintenance free living in a safe and family friendly environment. Come and see our property, you will be impressed!

VMP MANOR PARK

Tamara Spredemann 414-607-4322 (Independent Living)
Christy Wiese 414-607-4104 (Assisted Living)
3023 S. 84th Street Milwaukee
www.vmpcares.com
VMP Manor Park provides a full continuum of care: independent living apartments, assisted care, nursing care, short-term rehabilitation, and ventilator care. VMP Senior Care no longer requires an endowment upon entry, and independent living rentals are offered month to month. On-site Senior Community Club lives up to our motto: "You're Never Too Old to Play!" Assisted living units are apartment-style with three meals per day and 24/7 nursing care. On-site medical clinic and chapel.

WELLSPRING OF MILWAUKEE

Tracy O'Neil, Dir. Of Admissions / 414-438-4360
9350 Fond du Lac Avenue Milwaukee
www.wellspringhealthcarecenter.com
A beautifully renovated rehab and skilled nursing center serving Milwaukee and surrounding communities. We provide a wide spectrum of health care services and are home to one of the communities most advanced centers for short-term rehabilitation. Health care programs include: Rehab for orthopedic, cardiac, stroke, respiratory, cancer and deconditioned needs; Short term sub-acute care; Skilled nursing care; Long-term care; Memory care; Respite care; Hospice and Palliative care.

REILLY-JOSEPH COMPANY

**PAY ONLY
30% OF GROSS
INCOME
FOR RENT!**

**AFFORDABLE
HOUSING
FOR SENIORS**

Courtyard Apts. 62+
12250 W. North Ave.
Wauwatosa

Hampton Regency 62+
12999 W. Hampton Ave., Butler

Southgate Square 62+
3775 S. 27th St., Milwaukee

Surlow Senior Residences 62+
2964 N. Bartlett Ave., Milwaukee

Oakview Manor 62+
4720 Byrd Ave., Racine

Washington Court 62+
5101 Wright Ave., Racine

Bayview Manor 62+
740 E. Linus St., Milwaukee

**1 BEDROOM
Appliances
On-Site Management**

Please call 414-271-4116 for an application. EHO
www.lowincomerentalsmilwaukee.com
Professionally Managed by Reilly-Joseph Company



SUPPORTIVE SERVICES

ASTER MEMORY CARE

Carol Phillips / 262-674-4311
6729 West Mequon Road Mequon
www.asterassistedliving.com
Aster believes that those living with memory impairment deserve a quality lifestyle. Our Safe Haven program enhances life; ensuring those entrusted in our care remain involved, feel good about their sense of self, and regain a sense of control and dignity. We highlight remaining abilities and encourage freedom of choice.

CAPTEL CAPTIONED PHONE

1-800-233-9130 / 450 Science Drive Madison
www.CapTel.com
See captions of your telephone conversations with CapTel Captioned Telephone. CapTel shows word-for-word captions of everything a caller says, letting you enjoy phone calls with confidence. Includes a large display screen, adjustable font sizes/ colors, and a built-in answering machine that displays captions of your messages. Several models available—including mobile apps.

COMFORCARE SENIOR SERVICES

262-674-1515 / Washington, Ozaukee, Fond du Lac, Sheboygan, Dodge, Waukesha, Jefferson & Milwaukee Co.
www.comforcare.com
Quality In-Home Care 24-hours per day/7days per week. Our caregivers keep individuals living independently and safely within their own homes. We perform "hands-off" services such as meal preparation, light housekeeping, laundry, medication reminders, etc. and "hands-on" services such as assistance with bathing, grooming, transportation, ambulation, etc. We don't want to change your life...we want to enhance it!

HUGHES ACCUPUNCTURE CLINIC INC.

414-607-0900 / 11711 W. North Avenue Wauwatosa
www.hughesacupuncture.com
Are you always tired? Do you have an assortment of pains? Do Stress and Anxiety visit you often? We can help with all of these problems. Special attention to seniors and veterans. Come visit us for a Free Consultation.

INDEPENDENCE FIRST MOBILITY STORE

414-988-5333 / 3720 North 124th Street / Wauwatosa 53222
608-243-1785 / 2554 Advance Road / Madison 53718
www.IfMobility.org
The Independence First Mobility Store is an innovative non-profit program that offers low cost, new and like-new sanitized medical equipment averaging 70% off retail price. Walkers, wheelchairs, lift chairs, grab bars, bath equipment and more!
"Quality devices – affordable prices!"

INTERFAITH PERSONAL CARE PLUS

Kate Hayden / 414-220-8680 / 600 W. Virginia St. Suite 300 Milwaukee
www.interfaithmilw.org
Interfaith Personal Care Plus provides quality housekeeping and personal care services throughout Milwaukee County. Interfaith Personal Care Plus is dedicated to helping older adults remain comfortably in their own homes. Our services are tailored to meet your needs and there are no contracts to sign.

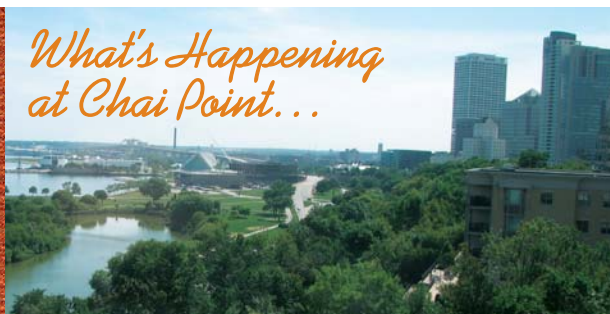
MIDWEST AUDIOLOGY CENTER, LLC

Dr. Douglas Kloss, Audiologist / 414-281-8300 / 4818 S. 76th St. St. 3 Greenfield
www.midwestaudiology@att.net
The best hearing aids and hearing healthcare is provided by Audiologists at Midwest Audiology Center, LLC. Get excellent professional care without any sales gimmicks or hassles. We stand behind our products and services, or your money is refunded. Free consultations. Low cost hearing aid rental program available.

SENIORS HELPING SENIORS

Carol / 262-225-7978 / P. O. Box 208 Sussex
www.seniorecarewaukesha.com or carolrshs@gmail.com
Age in place with help from our loving, compassionate SENIOR care providers. Discover the difference a senior friend will make in your life. We do it all ... companionship, meal prep, light housekeeping, transportation or any other service. Change your life today. Call Carol or Karl at Seniors Helping Seniors 262-225-7978.

What's Happening at Chai Point...



Thursday, February 4, at 1:30 pm

Vision Forward presents "Seeing Better in 2016," offering tips to help maintain eye health and new products to enhance vision.

Monday, February 8, at 2:45 pm

Rabbi Steven Adams continues "Jewish History Journey at Chai Point" with Judaism through the first millennium CE: Later Rabbis & Gaonim: Gemarah & Talmud; and

Monday, February 22, at 2:45 pm,

with Diaspora Jewry-Ashkenaz & Sepharad: Kehillot, Maimonides & Rashi.

Tuesday, February 10, at 3 pm

Cate Miller, local foodie and owner of Cate's Kitchen, stirs up a delicious soup in her program "From Soup to Nuts." This demonstration is the first in a series featuring Milwaukee culinary professionals.

Tuesday, February 16, at 3 pm

Professor Mark Keane presents the interactive program, "Draw Along with Frank Lloyd Wright." This lecture kicks off the "Designs of Our Lives" series, focusing on the appreciation of design and how it has enhanced our daily living.

Thursday, February 18, at 1:30 pm

Concert pianist Zoya Makhlina Goldenberg performs classical, contemporary and jazz selections, including the music of Chopin and Mendelssohn.

Friday, February 26, at 1:30 pm

The Latin-Klezmer fusion band Klezmer Libre plays a variety of genres including traditional Eastern-European Klezmer, Latin, contemporary and classical.

Free parking is available under the Jewish Home and Care Center at 1414 N. Prospect Ave.



1400 North Prospect Avenue, Milwaukee
414-289-9600 • www.chaipoint.org



BERKSHIRE AT KENSINGTON

1800 Kensington Dr.,
Waukesha, 53188
262-548-1449

- FREE Utilities
- Free indoor parking
- Pets welcome (limited)
- Social Activities
- On-site bank, chapel, beauty salon, fitness center
- Convenient elevators
- Transportation to shopping
- Located on bus line
- Pergola & gazebo with BBQ grills
- No Smoking



BERKSHIRE WEST ALLIS

1414 S. 65th St., West Allis
414-258-2720

- Spacious open floor plans
- FREE heat, hot water
- FREE underground parking
- Elevator
- Courtyard with gazebo, BBQ grill
- Social activities
- Exercise room & classes
- Beauty salon & library
- Near historic West Allis shops & farmer's market, Walgreens, banks and Senior Center
- Located on bus line
- Smoke Free Community



BERKSHIRE OCONOMOWOC

210 S. Main St., Oconomowoc
262-567-9001

- Spacious floor plans
- Ceiling fans
- Elevator service to all floors
- Laundry room on each floor
- Free heated underground parking
- Free heat & water
- Pet friendly with some restrictions
- Walking distance to the downtown area, two lakes & farmers market
- Activities w/Oconomowoc Area Senior Center on site
- No Smoking



ACTIVE ADULT COMMUNITIES (55+)*



BERKSHIRE GREENDALE

7010 W. Grange Avenue
Greendale, WI 53129
414-421-4900

- Near Historic Downtown Greendale & Southridge Mall
- Spacious floor plans with walk-in closets
- Balcony or patio with all homes
- Heat & hot water included
- Select homes with washers & dryers
- Laundry rooms on each floor
- Free underground/surface parking
- Business & fitness centers, community room & BBQ Patio
- Pets cherished
- No Smoking



BERKSHIRE AT SUNSET

S30 W24890 Sunset Drive
(Corner of Sunset Dr and Prairie Ave)
Waukesha, WI 53189
262-548-0131

- Balcony/patio with every home
- Spacious open floor plans with walk-in closets
- Free indoor/surface parking
- Heat & water INCLUDED
- Laundry rooms/storage units on each floor w/ elevator
- Great new shopping on Sunset Dr.
- Pet friendly
- Social activities for everyone!
- Smoke Free



BERKSHIRE GRAFTON

1004 Beech St., Grafton
262-376-9661

- Convenient location in the heart of Downtown Grafton
- Heat & water Included
- Free underground/surface parking
- W/D hook-ups in 2bdm Apts
- Same floor storage units, laundry facilities & trash chute
- Patio or balcony for each unit
- Media center, fitness room, community room & patio for everyone's enjoyment
- Non-smoking complex
- Pet Friendly

Professionally Managed by OAKBROOK CORPORATION

*Income Limits May Apply



HOME sweet HOME

FEBRUARY 2016 RETIREMENT RESOURCE GUIDE

continued from page 19



REAL ESTATE and MOVING SERVICES

BIELINSKI HOMES

262-542-9494 / 1830 Meadow Lane, Suite A, Pewaukee

A family owned and operated company since 1960, Bielinski Homes is Wisconsin's largest and most experienced new home builder having constructed more than 11,000 quality new homes and condominiums. Bielinski Homes is committed to building new homes, condominiums and neighborhoods that are well-crafted, innovative and meet today's lifestyle needs at an unbeatable value.

CUSTOM FIT REALTY LLC

Susan Dakins & Melody Elliott / 262-894-0623

www.customfitrealty.com

At Custom Fit Realty we specialize in the art of negotiation and have many years of experience selling real estate, not only for seniors but also in helping Boomers deal with the sale of their parents home. We can help you navigate what can be a very difficult process. We will be with you every step of the way!

DESIGNER FURNITURE ON CONSIGNMENT

Dennis Grossman / 262-439-8745
14265 West Capitol Drive Brookfield
www.DFOC1.com

Designer Furniture On Consignment is a resale store for fine residential furniture. Gently used furniture is offered for sale and is priced at a small percentages of the original cost. Our large 16,000 square foot showroom offers over two thousand pieces of furniture, accessories and rugs. We welcome either your purchase or consignment. Easy pickup and delivery is available at a reasonable price.

UNIVERSAL SERVICES

Richard and Migdalia Zanon, Senior Move Specialists

262-257-0250 / www.universalserviceswi.com

The focus of Universal Services is to provide you with a turnkey moving experience. Our mission is patterned after the Golden Rule. We treat every senior that we work with as if they were our relative, and value their personal property as if it was our own. We are in the helping business and have over 24 years of moving experience.

Apartment Hunting. A large family, the Pfeiffers, with 7 healthy children, moved to America from Europe. They were having difficult time finding an apartment to live in. Many apartments were large enough, but the landlords objected to such a large family. After several days of unsuccessful searching, the father asked the mother to take the 2 younger children to visit the cemetery while he took the older 3 to find an apartment.

After they had looked most of the morning, they found a place that was just right. Then the landlord asked the usual question: "How many children do you have?" The father answered with a deep sigh, "Seven." But, there with their dear mother in the cemetery."

He got the apartment.

A woman came home from shopping and headed toward her bedroom to change her clothes. On the bed, under the blanket, she sees four legs instead of two!

She reaches for a baseball bat and starts hitting the blanket as hard as she can.

Leaving the covered bodies groaning, she goes to the kitchen to have a drink. As she enters, she sees her husband there, reading a magazine.

"Hi Darling", he says, "Your parents have come to visit us, so I put them in our bedroom. Did you say 'hello'?"

After being married for 50 years, he took a careful look at my wife one day and said, "Fifty years ago we had a cheap house, a junk car, slept on a sofa bed and watched a 10-inch black and white TV. But they got to sleep every night with a hot 23-year-old girl."

Now I have a \$750,000 home, a \$45,000 car, a nice big bed and a large screen TV, but I'm sleeping with a 73-year-old woman. So I said to my wife, "it seems to me that you're not holding up your side of things."



SACRED HEART *At Monastery Lake*

Spring is just around the corner!

Franklin's Premier Senior Community



*Exceptional
2 Beds/2 Baths
with Scenic Views*

*Call today for
a tour!*

414-409-4848

- GAS HEAT Included!
- Weekday Continental Breakfast
- Heated Underground Parking*
- Cable TV Included
- Washer/Dryer in every unit
- Convenience Store
- Coffee Bar/Dining Services
- Guest Suite
- Private Dining Room
- Library/Craft Room
- Fitness Center
- Beauty Salon/Barber Shop
- Chapel with Daily Services
- Weekly Activities
- Pet Friendly

*Available on most units

Call Vicki for an appointment!

**7350 South Lovers Lane Road
Franklin, WI 53132**

www.ForRent.com/SacredHeart

Come explore the place you will call home!

Professionally managed by The Oakbrook Corporation



Mill Pond

SENIOR APARTMENTS
**Beautiful
one bedroom homes**

Outstanding Amenities!

- patios overlooking conservancy
- spacious floor plans
- easy access to shopping/dining
- controlled access entry • elevator service
- FREE heat and hot water
- fully equipped kitchens
- social activities • community room
- cable tv hook ups • exercise/craft room
- PET FRIENDLY

*Income restrictions do apply

Call today for a tour!!

**W164N9091 Water Street
Menomonee Falls
262-502-1650**

**Mention this ad
and receive**



1st Month's Rent FREE
w/ a 12-month signed lease by May 1st, 2016



Professionally managed by The Oakbrook Corporation

Starting the New Year with Selfless Love Choosing a Guardian for Your Children in a Will



By Atty. Theodore D. Kafkas, J Peterman Legal Group, Ltd.

Out of selfless love, many parents ask, "Who will take care of my children if I die?"

Movies have heartbreaking stories on this topic. Everything is beautifully resolved after a series of conflicting events lead to an epiphany of who would be the best guardian. Then, everything works out with a happy ending. How is the dilemma resolved in the movies when there is no will?

Who knows who is best to take care of a parent's children? It is almost always the parents. Parents usually know the person well that they want as guardian of their children. Even when a parent feels that all the close relatives would be excellent guardians, a parent often knows who would be the one best choice.

On the other hand, a parent may want someone to be guardian that is not the closest relative. Even when some close adult relative is deeply loved by the parent, the parent may clearly know (or at least, know deep down), that the parent does not want a closest relative to be the guardian. For example, a parent may know that a closest relative has a secret ongoing drug addiction, does not have good parenting skills, is a spendthrift, is not liked by the minor child, etc. Sometimes, a parent has a more distant relative or best friend that has helped to care for the minor child well for years and has bonded nicely with the minor child.

A judge deciding the guardianship will want the best for the minor child.

How would the judge know who should be guardian of the minor child when a parent dies?

Parents can nominate a guardian of a minor child in a will. Section 54.15 (6) of the Wisconsin Statutes provides: Subject to the rights of a surviving parent, *a parent may by will nominate a guardian and successor guardian of the person or estate for any of his or her minor children who is in need of guardianship*, unless the court finds that appointment of the guardian or successor guardian is not in the minor's best interests. . . . The parent may waive the requirement of a bond for such an estate that is derived through a will." (Emphasis added.)

Therefore, a will could be extremely important for a judge to consider when deciding who will be guardian of the minor child. In addition, a parent's nomination of a guardian for a minor child in a will could greatly reduce costs, stress, disputes, time and other factors for the minor children, families, courts, government foster care system, etc.

If you ask a parent, "What is the most important thing in their life that they want protected if they were to die tomorrow?" Almost all parents would answer, "My children."

Often, when someone talks about doing a will, the conversation concludes with an indication that they plan to do a will "soon." Many people also make New Year's resolutions that include "soon" instead of a specific appointment date. "Soon" is *never far away*, but "soon" is *never really here* . . . We don't know what accident or sudden illness could happen tomorrow.

What will you do?

Atty. Theodore ("Ted") D. Kafkas is with the law office of J Peterman Legal Group, Ltd. in Brookfield, WI. Ted is a Wisconsin licensed attorney and serves clients in Brookfield, Milwaukee and all of Wisconsin. Ted is a 1990 graduate of Marquette University Law School. Call (262) 790-5719 and ask for "Ted" to schedule a FREE, no obligation, initial consultation for a will/estate planning.



Affordable

SENIOR HOUSING

6 Desirable and Convenient Locations

**Becker Property
Services, LLC**

262-240-9406

EMAIL: BeckPropSvc@aol.com

*Accessible, federally subsidized, safe, secure,
barrier-free, affordable one bedroom apartments
for seniors age 62 & older.*

- Burnham Village
West Milwaukee
- Gonzaga Village
West Allis
- Sunset Heights
Waukesha
- Cifaldi Square
Cudahy
- Oak West
West Allis
- Valentino Square
West Allis

Call or email for more information or an application!



www.beckerpropertyservices.com

A Retirement Community Designed just for YOU!!

For Active Adults 55+



Stoney Creek
is a friendly retirement
community located on ten
beautiful country acres in Muskego.

**We have spacious
& beautiful units!
One & two bedrooms**



*Call for a personal tour!
We will impress you!*

414.422.4686

S69W14142 Tess Corners Dr., Muskego
www.stoneycreekmuskego.com

- Patio or balcony
- Full kitchen w/ appliances
- Washer/dryer in unit
- Cable TV
- Underground parking
- 24-hour security
and so much more!!

EXCEPTIONAL
CARE
UNEXPECTED
LUXURY
PASSIONATE
SERVICE

SUITE RECOVERY UNIT SERVICES

PHYSICAL THERAPY
OCCUPATIONAL THERAPY
SPEECH PATHOLOGY
WOUND CARE
HOME EVALUATIONS
POST DISCHARGE FOLLOW-UP
CONCIERGE SERVICES

CONTACT
US TODAY!


THE VILLA
at Bradley Estates

6735 W. Bradley Road
Milwaukee, WI 53223
web: villabradleyestates.com
phone: 414-354-3300


THE VILLA
Rivers Parkway

8534 West Mill Road
Milwaukee, WI 53225
web: villariverparkway.com
phone: 414-358-2090


THE VILLA
at Lincoln Park

1700 C.A. Becker Drive
Racine, WI 53406
web: villastlincolnpark.com
phone: 262-637-9751



RETURN TO YOUR HOME. GET BACK TO YOUR LIFE!

SUITE RECOVERY UNIT SHORT-TERM REHABILITATION PROGRAM

At Villa Healthcare, we know there's no place like home. That's why we've specifically designed our Suite Recovery Unit short-term rehabilitation program to hasten healing and recovery times and help guests achieve an optimal level of functioning as quickly as possible.

Through the following Suite Recovery Unit program features, we aim to enhance our guests' quality of life, increase their independence, improve their daily living activities and ultimately facilitate a faster return to their very own home sweet homes.

When you or a loved one is in need of quality, short-term rehabilitation services, call on the healthcare partner you can trust: Villa Healthcare. We're here to provide exceptional care, unexpected luxury and passionate service for all of your healthcare needs.

Expert Caregivers

Guests of the Suite Recovery Unit program are closely monitored by a team of licensed therapists as well as a physician specializing in physical medicine.



Customized Treatment Plans

Our team will work with your physicians to create a custom, individually tailored combination of treatments and therapies.



State-of-the-art Facilities

We give our guests access to cutting-edge gyms featuring the most innovative equipment available.

Comfortable, Spa-like Surroundings

Beautiful suites make for a warm and inviting home away from home and help our guests feel relaxed and stress-free during their stay.



For employment opportunities, email your resume to careers@villahc.com

With all my HEART

Sponsored by American Heart Association
and Wellspring of Milwaukee

Your Cardiac Health

February 18th

1pm to 3pm

1pm: Lunch & Learn

2pm: Bingo

RSVP to Opal Donlow (414-438-4360)

Reserve Your Seat Today Limited to the first 50 that register!

9350 W. Fond du Lac Ave, Milwaukee

Ask Tim



QUESTION

What are some of the most common blind spots people overlook when planning their retirement?

Ron M – Delafield, WI

ANSWER:

We all have a “blue sky” vision of the way retirement should be, yet it helps to plan for retirement with a little pragmatism. Fate may alter the course of our retirement in ways we do not currently anticipate. So as we plan for the next act of life, we may want to think about (and plan for) some life and financial factors that are often overlooked.



We may retire earlier than we think we will.

Some of us envision leaving the workforce at “full” retirement age (66 or 67) so that we can receive “full” monthly Social Security benefits rather than slightly reduced monthly payments. Will that happen? It might not, according to data released by the respected Employee Benefit Research Institute.

In EBRI’s most recent Retirement Confidence Survey, 21% of the respondents thought they would retire at age 65. Another 26% expected to retire at age 70 or later. These expectations may not correspond with reality. In surveying current retirees, EBRI found that only 6%

had worked into their seventies and only 9% had retired at age 65. Another 65% of the respondents had left work before age 65, up from 61% in EBRI’s 2010 survey.

We may see retirement as an extension of the present rather than the future. This is only natural, as we live in the present – but the present will not go on forever. Things change, and the costs we have to shoulder five or ten years from now may be greater than the expenses we face at the start of retirement. As many of us will likely be retired for 20 or 30 years, it becomes essential to take a long-term view of the retirement experience – which is why retirees may want to consider growth investing and long term care coverage.

We may face an insurance coverage shortfall. Some of us rely on employer-sponsored health insurance. If we have to retire before age 65, how do we insure ourselves until we become eligible for Medicare? For many people, this means finding a qualified independent health insurance broker to work with, to help us sort through the options available in the non-group health insurance market.

Beyond that basic health insurance question, we need to think about insurance from a couple of other angles. Will we need long term care coverage? The wealthy may have the assets to contend with long term care costs, but the middle class rarely does. In Genworth’s 2015 Cost of Care Survey, the median annual cost for a semi-private room in a nursing home is \$80,300.

Additionally, few pre-retirees have disability insurance. Some employers provide it, but many do not. A small percentage of us will likely become disabled, or become ill to a point where we cannot work for an extended period of time. If we don’t have disability insurance, how do we make ends meet? We may be tempted to draw on retirement savings. Disability and long term care coverage may prove more essential to retirement planning than many realize.

Age may catch up to us sooner rather than later. Generationally speaking, are we healthier than our parents and grandparents were? Anecdotally, it would seem so: we see people running 10Ks in their eighties, climbing mountains in their seventies, and so forth. Then again, we have heart disease, diabetes, and obesity plaguing American health.

Will we be able to manage our finances at age eighty or ninety? How long will we remain able-bodied? Many of us will live long and healthy retirements, but this is not a given. That means we need to find people we can trust to manage our finances and help us in our daily lives if we become mentally or physically unable. Our estate planning should not dismiss such concerns.

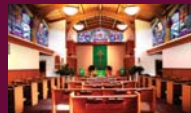
We may be alone sooner than we assume. Many couples retire with a reasonable assumption that they will be together for some time – but something may happen to leave one spouse alone. As anyone who has ever lived alone realizes, a single person does not simply live on 50% of the income of a couple. Keeping up a house or condo could be arduous for an eighty-year-old man or woman. Driving is also a concern. This means that we may need someone or some group of people to care for us when our spouse is gone. Is that kind of support currently available? Could it be available twenty years from now? If not, what will take its place?

These are some of the blind spots that can surprise us in retirement. They may quickly affect our money and our quality of life. If we age with an awareness of them and recognize them in our retirement and estate planning, then we may be better prepared when or if they emerge.

Do you have a financial question for Tim, or want to meet with him for a second opinion about your retirement plan? He can be reached at (262)369-5200 or tims@aegiswi.com. Timothy M. Stasinoulis is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Advisory firm in Hartland, WI. Tim and his team specialize in providing financial guidance to individuals, families, and small business owners. References available upon request.

ASSISTED LIVING & Respite Care

- Private apartment & bathroom
- RN and medical staff available 24/7
- Medication management
- Pull cord alarm system
- 3 wholesome meals served daily
- Robust daily activities scheduled
- On-site therapy
- Limited Family Care available (call for details)
- Respite services available



HEALTHCARE & COMMUNITY LIVING

*A full continuum of care
under one roof!*

- Independent Living
- Assisted Living
- Skilled Nursing
- Rehabilitation Therapy
- Ventilator Care

3023 S. 84th Street
Milwaukee - 53227
(414) 607-4100

VMPcares.com

WANTED

**OLD BICYCLES & BIKE PARTS
TOYS & OTHER COLLECTIBLES**
FROM THE 1930'S, 40's, 50's, 60's

CASH PAID & WILL PICK-UP!



CALL SCOTT (414) 254-7572
or email
SCOTT@BICYCLECOLLECTOR.COM

Taking the Right Precautions For A Family Member With Dementia

Modifications Help Create A Secure Home Environment

More than 15 million Americans – usually family members or friends – provide unpaid caregiving to people with Alzheimer's disease and other forms of dementia, according to a report by the Alzheimer's Association.

Although it's wonderful so many are willing to assume that responsibility, it's also important they take steps to make sure the home is a safe place, says Kerry Mills, co-author with Jennifer Brush of the book "I Care: A Handbook for Care Partners of People With Dementia."

Part of that is to focus on potential hazards. The concept is not unlike new parents making a house "childproof." Many of the concerns are similar, such as stairs, electrical sockets, sharp objects and swimming pools.

At the same time, it's easy to go too far, Mills said. Ideally, the environment for the person with dementia should be as unrestricted as possible.

"For example, if your loved one enjoys cooking for a hobby and can safely cut and peel vegetables, then by all means, encourage it," Mills says.

Mills suggests several ways to make a home safer for someone with dementia.

For the front and back doors. Use bells on the doors, motion sensors that turn on lights or alerts, or other notifications that make the care partner aware when someone has gone out. Add lamps or motion-activated lighting so people can see where they are going when they are entering or leaving the house.

"Another way to discourage someone from wanting to leave the house is to make sure that he or she gets plenty of outside exercise whenever possible," Mills says.

For stairways and hallways. Add reflective tape strips to stair edges to make stairs more visible. Remove obstacles, such as mats and flowerpots, to minimize risks of falls on or by the stairs.

Also, install handrails in hallways and stairways to provide stability, and install a gate on the stairway to prevent falls. Improve the lighting around hallways and stairs by installing more ceiling fixtures or wall sconces.

For the bathroom. Install grab bars and a raised toilet seat to help both the individual with dementia and the care partners so they don't have to lift the person on and off the toilet.

Add grab bars inside and outside the tub, and a non-skid surface in the tub to reduce risks of falls. You can also add colored tape on the edge of the tub or shower curb to increase contrast and make the tub edge more visible.

Lower the water temperature or install an anti-scald valve to prevent burns, and remove drain plugs from sinks or tubs to avoid flooding.

For the possibility the person becomes lost. Provide your loved one with an identification or GPS bracelet in case he or she wanders. Label clothes with the person's name, and place an identification card in his or her wallet with a description of the person's condition. Notify police and neighbors of the person's dementia and tendency to wander.

Kerry Mills, MPA, is an expert in best care practices for dementia both in the home and in out-of-home health care residences. She is a consultant and outspoken advocate for persons with dementia, lecturing in Hong Kong, Canada, China, Europe and the United States. Her book, coauthored with Jennifer A. Brush, "I Care," (engagingalzheimers.com), is the 2014 Gold Award Winner of the National Mature Media Awards.



The Silvernail 55 and Better Apartment Community

- Underground Parking
- No Cost Laundry
- Salon
- Fitness Room
- Craft Center
- Country Store
- Weekly Transportation/Shopping

- Socials
- Pet Friendly
- Chapel
- Wellness Program
- Entertainment
- Smoke-free!



Your going to love it here!

The Silvernail
2451 Silvernail Rd • Pewaukee
262-896-2100

www.wimmercommunities.com



Income guidelines may apply

Bring in this ad!

**2 Months
FREE Rent**

On Select Apartment
Homes. Stop in for details!



ComForcare Home Care



*"Promoting Quality of Life
with a caring touch"*

*Our Caregivers are insured,
bonded and screened through
a 10-step hiring process
which includes background
screening and drug testing.*

- Companionship
- Personal Care
- Errands
- Fall Prevention
- Respite Care
- Transfers
- Transportation
- Bathing & Grooming
- Medication Reminders
- Light Housekeeping
- Meal Preparation
- Alzheimer's Care
- Safety Supervision

Supporting Independence, Dignity & Quality of Life

Ozaukee & Washington
Counties

262-674-1515

westbend@comforcare.com

Milwaukee &
Waukesha Northeast

414-282-8606

milwaukeeN@comforcare.com

Waukesha, Milwaukee SE
& Jefferson Counties

262-446-2000

waukeshawi@comforcare.com

Each office is independently owned & operated. ComForcare Senior Services is an equal opportunity employer.

Home Care by Seniors for Seniors



There's a huge difference in the kind of home care you can receive from someone who really understands what your life is like as a senior. The concerns you have. The need for independence. Someone who like you, has a little living under his or her belt.

- Companion Care
- Housekeeping Services
- Meal preparation/cooking
- Personal Care • Transportation
- Shopping & Doctor Appointments
- Yard Work & Handyman Services



SENIORS Helping SENIORS®
...a way to give and to receive®

262-225-7978

carolrshs@gmail.com

www.seniorcarewaukesha.com

If you are interested in becoming a service
provider - we'd like to hear from you too!

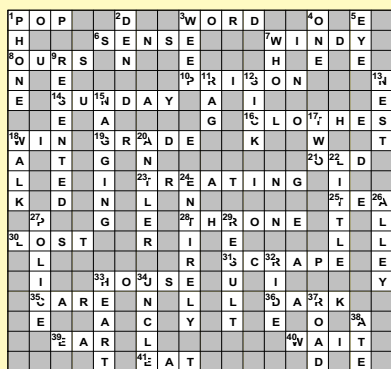
© 2010 Each office is independently owned and operated. All trademarks
are registered trademarks of Corporate Mutual Resources Inc.

WORD SEARCH

ABOARD	DIRT	KEY	MOTHER	REMINDE
ADDITION	DOLL	KICKED	MOUSE	SEE
ANOTHER	DREADFUL	LATIN	MULE	SHRIEK
BAZOOKA	FANCY	LAWYER	NANNY	SINGLE
BELL	FAULT	LET	NIECE	SLAP
BLOSSOM	FIGHT	LIBRARY	PARE	SOLEMN
BONE	GLASS	LIGHT	PATIENCE	TEEN
CINEMA	GOWN	LIKE	PLUM	THIRTY
CRAWL	HOUND	LOADER	PONY	UNTIL
DIG	HUNGRY	MORE	PUNISH	WIFE

S	B	N	T	I	B	R	G	N	E	O	N	G	A	U	F	H	A
B	A	U	T	M	U	L	E	S	R	A	F	N	L	E	G	F	A
B	L	R	C	R	A	W	L	M	O	M	B	A	I	H	R	G	G
I	M	O	U	S	E	A	D	D	I	T	I	O	N	O	N	H	R
T	Y	L	S	L	A	P	L	R	T	N	S	C	E	C	A	E	M
I	G	D	I	S	K	L	I	E	E	K	D	A	O	I	Y	I	G
E	C	A	A	H	O	U	N	D	A	E	E	T	E	L	R	P	H
K	R	E	B	C	O	M	L	A	I	K	K	O	T	T	G	U	E
E	S	N	H	O	Z	M	P	O	I	N	C	D	O	H	N	N	O
I	W	M	N	Y	A	O	N	L	R	F	I	G	H	T	U	I	I
G	O	W	N	M	B	R	S	A	A	L	K	E	I	R	H	S	B
M	O	T	H	E	R	E	D	U	N	T	C	L	R	D	U	H	D
B	O	B	O	N	E	H	L	R	M	N	I	G	L	D	H	M	A
N	R	T	H	I	R	T	Y	L	E	T	Y	N	O	P	I	N	A
G	U	H	K	E	Y	O	N	I	L	Y	L	I	B	R	A	R	Y
A	D	G	F	C	A	N	T	M	O	O	W	S	N	E	I	R	T
B	C	I	N	E	M	A	K	M	S	O	D	A	I	E	Z	E	E
I	W	L	E	A	P	D	R	E	A	D	F	U	L	A	Z	I	A

"Cash, check or charge?" I asked after folding items the woman wished to purchase. As she fumbled for her wallet I notice a remote control for a television set in her purse. **"Do you always carry your TV remote?"** I asked. **"No,"** she replied. **"But my husband refused to come shopping with me, so I figured this was the most evil thing I could do to him."**



A wife was sitting peacefully in her cozy armchair sewing her husband's socks. Her husband came in to the room and glanced at what she was doing, and started badgering, "Honeeeey be more careful! Pleeese watch what you're doing! You don't want to poke your finger! How many times do I have to tell you? Don't look up when you're sewing! There you go now slow and steady, nice even stitches. The wife puts down the needle and thread, looks up at her husband, and says, "What the heck is wrong with you? Do you know how many times I've sewn socks before?!"

"EXACTLY THE POINT I WAS TRYING TO GET AT", hollered the husband, **"DO YOU KNOW HOW MANY TIMES I'VE DRIVEN A CAR BEFORE!?"**

My husband and I couldn't decide which jacket to buy our granddaughter, so we asked the young salesman. "If you were buying a jacket for your girlfriend," I said, "what would you get?"

"A bulletproof one," he said. "I'm married."

Are you currently experiencing abdominal pain and constipation due to your Irritable Bowel Syndrome condition?



We are conducting a clinical research study on an investigational study medication for people with Irritable Bowel Syndrome with constipation (IBS-C)

You may qualify if you are:

- 18-85 years of age
 - Currently experiencing abdominal pain and constipation due to your Irritable Bowel Syndrome condition
 - Able and willing to make daily reports on your symptoms throughout the study
 - Able and willing to participate in the clinical research study for approximately 18 weeks
- *additional criteria may apply

Eligible participants will receive at no cost:

- Investigational Medication
- Study related care.

Compensation for travel and possible other reimbursement

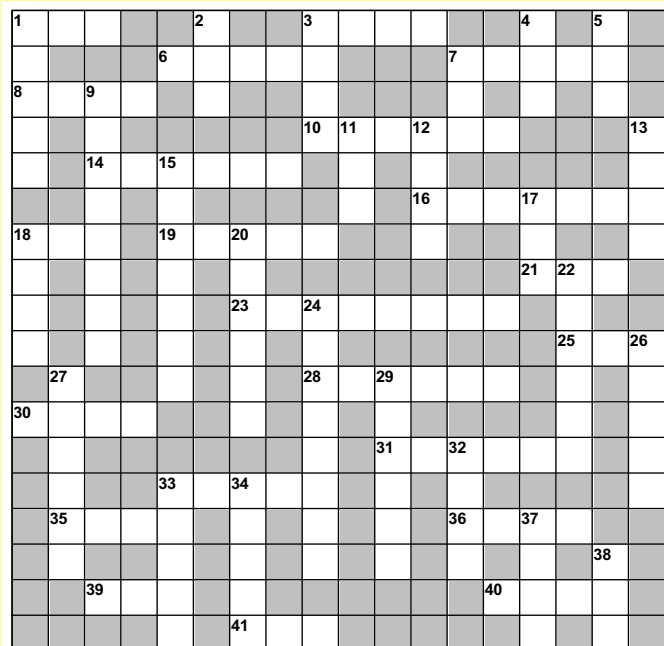
For more information, please contact: Wisconsin Center for Advanced Research 414-908-6630

Crossword junkie!

abcdefghijklmnopqrstuvwxyz



FROM BOOMER'S NEWSPAPER



ACROSS

1. Soda
3. This type of game
6. Logical thought
7. Gustly
8. Yours and mine
10. Where criminals live
14. First and last day of the week
16. Garments
18. Victorious
19. Measure of accomplishment
21. Advanced in years
23. Applying a course of action
25. Coffee alternative
28. Kings chair
30. Misplaced
31. Dislodge old paint
33. Independent family living unit
35. Good intent
36. Not light
39. Unit of corn
40. Idle
41. Consume

DOWN

1. Communication device
2. Where bears hibernate
3. Quiet crying
4. The loneliest number
5. Optical receptor
7. Doctor from BBC Sci-fi
8. Feel bitter about
11. Retired cloth
12. Not well
13. Home of the Robin
15. Wife's fault
17. 1+1
18. Bipedal movement
20. Boy deer adornment
22. Not big
24. Wholly
26. Pathway behind buildings
27. Civil authority
29. Consequences of something
32. To sit and be moved
33. Valentine organ
34. Your dad's brother
37. Pathway in front of buildings
38. What EVE did

John walks into his 5th floor apartment after a long day of work, he sinks into his favorite arm chair, puts up his footrest, turns on the TV, and turns to his wife Hannah, "Honey, please get me a hard drink, I think it's about to start." Hannah rolls her eyes, heads to the kitchen, takes out a beer from the fridge, and brings it to John. "Honey", said John, two minutes later, "please get me another one quickly before it starts." "WHAT IS WRONG WITH YOU, YOU LAZY GOOD FOR NOTHING!" Hannah exclaimed, "DO YOU THINK I'M YOUR PERSONAL WAITER!? YOU PLOP YOURSELF DOWN ON YOUR EASY CHAIR AND EXPECT ME TO BE ON YOUR BECK AND CALL!? IS THAT ALL I'M GOOD FOR!? John sighs, and mutters under his breath, "it started...."

A couple are sitting in their living room, sipping wine. Out of the blue, the wife says, "I love you."

"Is that you or the wine talking?" asks the husband.

"It's me," says the wife. "Talking to the wine."



Seven Neighborhood Assisted Living Homes located in Milwaukee & Waukesha Counties.

414.258.9955
or info@cle-ccls.com
Visit our website at: www.cle-ccls.com

CLE HAVEN

Our NEW Senior Communities specializing in dementia care and individuals needing physical and medical care.

Haven in Cudahy is a newly completed, stately 24-suite assisted living community.

Haven in Bayside is a beautiful 20-suite assisted living community minutes from Lake Michigan in one of the most prestigious neighborhoods.

Both Facilities Opening this Fall



Simple Cremation: \$595.00
(Excluding Cremation Permit & Fee)

Traditional Funerals:
\$1395.00 at the Church or Cemetery Chapel of your choice
\$1995.00 at the Funeral Home

Call for more details
414.453.1562
Two locations to serve you!
Serving all of Wisconsin

Family Owned and Operated
Title 19 & Pre-Arrangements



WHY
PAY
6%??

Saving our Sellers
THOUSANDS of dollars!
3.99%* FULL SERVICE

We specialize in "life changes!"
Seniors...estates...we have the experience to help you and your loved ones!

*\$499 upfront fee



Susan Dakins
262-894-0623




Melody Elliott
262-662-4449

Over 50+ years experience as successful negotiators in selling your most prized possession!

CustomFit Realty

www.customfitrealty.com

NURSING HOME ABUSE OR NEGLECT?



**CALL US TODAY IF
YOU OR A LOVED
ONE HAS SUFFERED
INJURIES FROM
NEGLECT OR ABUSE.**

- ☒ **Bedsore**s
 - ☒ **Falls**
 - ☒ **Malnutrition**
 - ☒ **Dehydration**
 - ☒ **Medication Errors**
-

Milwaukee | Madison | Appleton | Green Bay | Wausau | Illinois | Iowa

800.800.5678 | hupy.com



**TELL THEM YOU
MEAN BUSINESS.™**

Hupy and Abraham S.C.
personal injury lawyers