

# Boomers!

*Your* **LIFE!**

MAGAZINE

September 2016  
A FREE PUBLICATION

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



*Retirement* **LIVING GUIDE**  
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THIS EDITION** ~page 5



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*Kick Off the Season with Song, Spectacle and Ozark Country Spirit*

**Nov 9-13, 2016 • Double Rate:** \$1,377 per person

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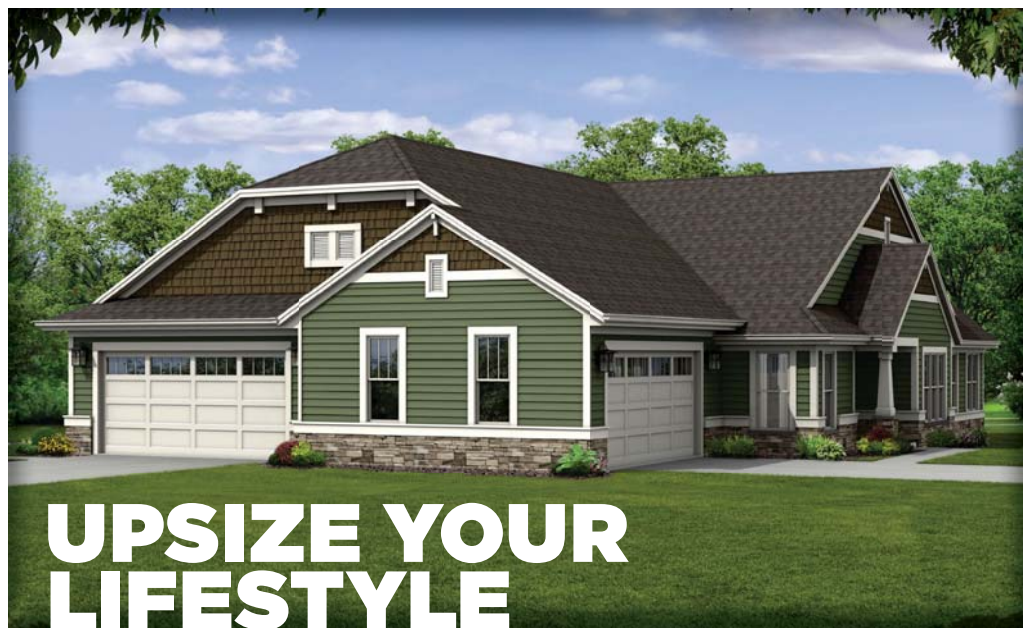
*Celebrate the Holidays at One of America's Most Spectacular Resorts in Country Music's Capital City*

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*Start 2017 Right...with Pomp, Pageantry and a Sunny SoCal Escape at the 128th Tournament of Roses!*

**Dec 30, 2016-Jan 3, 2017 • Double Rate:** \$1,577 per person



# UPSIZE YOUR LIFESTYLE

**STILLWATER VILLAS**  
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### SYMPHONY SUNDAYS

Select SUNDAYS at 3pm

PABST THEATER • 144 E. WELLS

Oct 2nd, 2016 3pm

#### "Music for the Birds"

Johann Strauss: *Ov. to Die Fledermaus*  
Respighi: *The Birds*; Tchaikovsky: *Swan Lake*  
Rossini: *Ov. to La Gazza Ladra*

Jan 29th, 2017 3pm

#### "Going for Baroque"

Albinoni (arr. Doemland): *Adagio*  
Manfredini: *Concerto for Two Trumpets*  
Lukas Foss: *Symphony No. 2*  
Gerry Keene and Joe Burzinski, trumpet soloists

March 26th, 2017 3pm

#### "Inspired by the Bard"

Niccolai: *Overture to the Merry Wives of Windsor*  
Tchaikovsky: *The Tempest*  
Prokofiev: *Romeo and Juliet*

May 7, 2017 3pm

#### "Pioneers and Prodigies"

Mendelssohn: *Ruy Blas Overture*; Wieniawski: *Violin Concerto No. 2 in D Minor* Frank Almond, violin  
Amy Beach: *Symphony No. 2*

### PAJAMA JAMBOREE

Select WEDNESDAYS 7-8pm. FREE

MARCUS CENTER/BRADLEY PAVILION  
929 N. WATER STREET ENTRANCE

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

Oct 26, 2016 7pm

#### "Halloween Pajama Jamboree"

Dressed in costume, FCS invites you to do  
the same & enjoy an evening of musical treats  
with Wolfgang Amadeus Mozart!

Nov 30th, 2016 7pm

#### "Holiday Pajama Jamboree"

Hear holiday tunes and join sing-along.  
Guest performer - Homestead High School  
vocal ensemble. Nonperishable food donation  
for Milw's Hunger Task Force encouraged.

May 17, 2017 7pm

#### "I've Got Rhythm Pajama Jamboree"

Guest performer Latin percussion artist  
Julio Pabon. Young audience members  
conduct the orchestral 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. Ask about Subscriber Packs and Early Bird Specials

## Tickets On Sale Now!



**TORUK**  
THE FIRST FLIGHT

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JAMES CAMERON'S

**AVATAR**

CIRQUE DU SOLEIL  
IN A STUNNING NEW LIGHT

**SEPTEMBER 22-25**

BMO  HARRIS BRADLEY CENTER

see what *moves* you<sup>SM</sup>

Oconomowoc Arts Center



**Sept. 17 | 7:30**

### Beginnings

A Tribute to the  
Music of Chicago

**Oct. 15 | 7:30**

### Eric Mintel Jazz Quartet

A Tribute to the  
Music of Dave Brubeck

Tickets: \$36 Adults | \$32 Seniors (60+)

\$18 HS & Younger & Military Personnel (with ID)

Check out our website for more 2016/17 shows!

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**www.theoac.net**

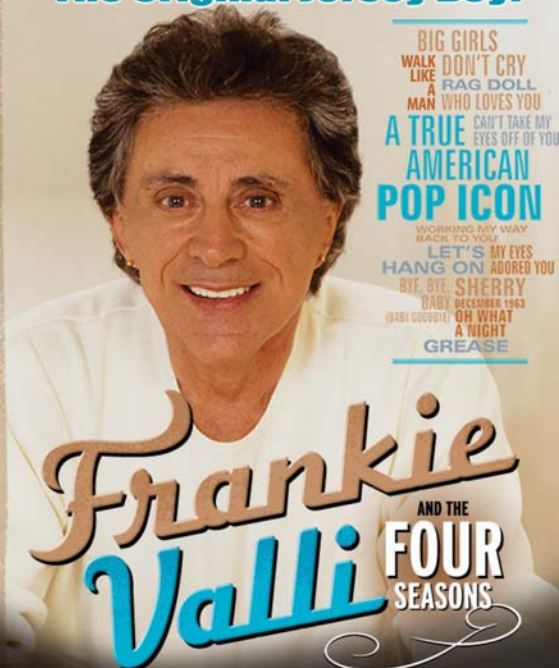


OCONOMOWOC ARTS CENTER

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Oconomowoc, WI



## The Original Jersey Boy!



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**THURS. NOVEMBER 17**



Buy tickets at The Milwaukee Theatre Box Office,  
1-800-745-3000, or Ticketmaster.com. Convenience fees apply.

Falls Patio Players Present

# Suite SURRENDER

a farce by  
Michael McKeeve

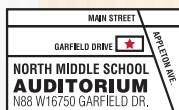
Produced by special arrangement with Playscripts, Inc.

October 2016

Oct. 7-8, 14-15 @ 7:30 pm / Oct. 9, 16 @ 2:00 pm

## TICKETS

\$15.00 ADULTS / \$13.00 SENIORS/STUDENTS



Order your tickets on-line at:  
**fallspatioplayers.com**  
24 Hour Ticket Information Hotline:  
**262/255-8372**

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Twitter & Instagram  
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Community League presents its 34th

## A Community Affair Arts and Crafts

**Saturday,  
Oct 8, 2016**  
9am-4pm  
Admission \$4

Menomonee Falls High School  
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Hotline: 414-581-0352 [www.communityleague.com](http://www.communityleague.com)  
[cleague@communityleague.com](mailto:cleague@communityleague.com)

Shuttle Bus 9am-2pm. Donations to Food Pantry Accepted

## HOLY HILL ART FARM

### Art & Farm Markets

**SEPT 17-18**

**OCT 15-16**

9am-4pm



4958 Holy Hill Rd (Hwy 167), Hubertus  
2 miles east of Holy Hill Basilica

### Unique Marketplace featuring Local Artists & Farmers

Artisans \* Antiques \* Vintage \* Upcycled Collectibles \* Unique Furniture  
Paintings \* Pottery \* Drawings \* Photography \* Sculpture \* Glass \* Wood \* Metal  
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**FREE POOL ON SATURDAYS** excludes band night

**LIVE MUSIC**

Sep 17: Maple Road 8-midnight  
Sep 21: Dave Ciccantelli 6:30-9:30



## FROM THE PUBLISHERS

SEPTEMBER 2016



There have been so many perfect 'days of summer'. It is hard to let it go. Camping, fishing, backyard parties and dancing under festival lights - I don't want to go to bed yet!!

I've had a few calls cranking at me because I didn't write a Publisher's note in the last issue... so here's all the juicy stuff that's been going on in our lives over the last few months... Had to cancel our annual canoe trip because the

Namekagen River was flooded. Amara's summer babysitting job was also cancelled at the last minute so she and I had SO much unplanned time together - know what I mean? Tom's store was looted in the Burleigh riots. Did you see him on the news? No one was hurt and that was the blessing, but we had to cancel our vacation *again*. So there are bumps in everyone's road. But we camped and canoed in Southern Kettle Moraine and had delicious dinners of fresh caught blue gill. Did a battle with a few cucumber beetles and horn worms in our garden. A cute little den of baby rabbits in our backyard planted a bottlefly larvae in Cuda's (our dog) neck. That was fun. Not gross at all. Mmm. So now it's...

September. Back to school. You would think getting ready for school would be easy with only one daughter *but* there are *so* many details and conversations to have from class schedules, toe polish, BOYS, hair products, 'cool' mom status, BOYS, basketball schedules, shopping for cool jeans, recovering from \$200 worth of classroom supplies for 7th grade, \$60 Converse shoes... and did I mention BOYS! Amara wants to be an anesthesiologist - so we may as well commit to the next 20 years of poverty and meltdowns. I don't think the 'swear jar' donation bucket on the fridge is going to pay for those years of higher education - but then again, I am married to a Greek - that jar fills up fast!

Big question for moms... when should girls start shaving their legs?! I told her never - or just from the knee down. I knew I sounded like my mother. I remember these barbaric shavers from the 70s where you had to use a **real** razor blade -- had to sneak my older sister's left over blade and it was not a friendly shaving experience.

Between growing children and aging parents... in August we celebrated Papa George's (Tom's dad) 90th birthday. What a wonderful adventure-filled life!! He was born in Athens, Greece and came to America through Ellis Island when he was 3 years old. Their last name was originally Draecopoulos, but they assumed Tom would never be able to spell it so they shortened it to Draelos. :) George is sharp as a tack and has so many wonderful stories of Greece and growing up in America as an immigrant. The work ethic and commitment to success in America of that generation is truly awe-inspiring. And his baklava recipe comes at a very high price!

Thank you for picking up the paper this month. And always a big thank you to our advertisers for their support. Give their business *your* business!

Would you like an email subscription? We'd love you to have one!  
www.boomers.newspaper.com

*Life. Enjoy it!*

Sandy and Tom Draelos

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Somewhere between growing children and aging parents... Looking ahead but a long way from retiring those red high heels... Where the most beautiful women in the room is the one with the best smile... And who doesn't agree that those grey hairs around the temple make a man very distinguished and attractive... When savoring a fine wine on the balcony is more enjoyable than all that bouncing on the beach... Sure, I'm 50. Wink. Wink. And I love it.

This is where I want to be...

I am a 52 year old Baby Boomer and I fully intend to stay this age forever. So we're going to keep things here at the press happily tucked into a contented middle age. It's a nice, comfortable place to be and I think we'll stay.

After all...

This is life. My life. Your life. Let's enjoy...

*Your* **LIFE!**  
MAGAZINE

A FRESH NEW LOOK FROM  
**Boomers!**  
NEWSPAPER

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!

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6465 W. County Line Road, Brown Deer, WI 53223

Limit One Entry  
Per Household  
Please

Entry Deadline: SEP 25, 2016



## LOCAL CALENDAR OF EVENTS

### September 4

The Big Gig BBQ  
South end Maier Festival Park  
Serving up smoky ribs, savory brisket and signature BBQ from ten of the best local and national cooks. Will feature two stages of live entertainment, including a national headliner, and the finest beer.

### September 9-11

Indian Summer  
Maier Festival Park

### September 10

10th Annual Tomato Romp Festival, 10-4 on Milwaukee's east side. A day of throwing tomatoes, live music, the East Side Green Market and Black Cat Alley live large-scale street art mural installations. Proceeds go to Hunger Task Force. [www.tomatoromp.com](http://www.tomatoromp.com)

### September 10-11

34th Annual Trimborn Farm Harvest of Art & Crafts  
Trimborn Farm Park  
8881 W Grange Ave, Greendale  
From wearable art and holiday decorations to flawlessly detailed jewelry, paintings, photography and sculpture, featuring some of the most exceptional hand-crafted work in the Midwest. Picnic food and beverages by Gift of Wings. Wine and Sprecher Brewery Beer will be sold by Milwaukee County Parks!

### September 10-11

Frank Mots International Kite Festival  
Gift of Wings, Veterans Park, Milw Lakefront International Kite Festival  
Kick off the festival at 11:30 with the swearing in of 45 US Navy Sailors and then at 12 noon with the Fast Track Grand launch of approx 600 kites. New this year Super Giant Octopus Kite flying over Milwaukee!

### September 10, 8am

Rousing with the Roosters Breakfast  
Extend your farm experience. Try out the 19th-century lifestyle by working together in the Schottler bakehouse to prepare a sunrise meal the same way many early immigrant farmers did. Feed the farm animals and tend to the gardens. We may even find some eggs or berries to add to our meal. As the stove is lit, you will chop, stir, season and fry to prepare a hearty German-American breakfast.

### September 11

Jackson Raspberry Festival  
Historical Society Museum, 1860 Mill Road

### September 8- October 31

Gothic Milwaukee Historical Haunted Walking Tour  
Cathedral Square Park, 7pm  
Discover the dark secrets and eerie sightings lurking in the shadows of the city. The outdoor tour runs rain or shine. Approx 90 minutes.

### September 9-10

Tosafest  
Wauwatosa's 40 year tradition of music, food, and family fun, to celebrate our historic village and community spirit.

### September 12-21

10 Days in Tosa  
Special offers available at participating restaurants in Wauwatosa. Want to explore Tosa eateries? Now's your chance! Explore a wide variety of local restaurants specializing in pub food, fine dining, bakery goods, and more offering special discounts.

### September 16

Delafield Art Walk  
Delafield welcomes visitors to spend the day and enjoy a variety of artisans who will be located in the downtown district. Stroll the downtown area with the entire family and visit with local artists as they work.

### September 17

Free Movie Night Greendale Village Gazebo  
As part of the Free Summer Night Movie Series "Zootopia" Come enjoy the movie FREE and popcorn is only \$1.00. Movie starts at Dusk and there will be food and beverages available for purchase before the movie starts.

### September 17

Bayview Bash  
10am-11pm. Between Potter and Clement on Kinnickinnic. A Community Festival of Food, Art, Music, Crafts, Books, and Community Organizations "Striving to be a near zero waste Festival!"

### September 17

Beginnings: A Tribute to the Music of Chicago  
Oconomowoc Arts Center  
With the iconic band's induction into the 2016 Rock and Roll Hall of Fame last spring, this celebration of Chicago's timeless music is the perfect opener to a new season at the OAC.

### September 18

Walk to End Alzheimer's  
Maier Festival Park  
The nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Walk kicks off at 10 am. [www.alz.org/walk](http://www.alz.org/walk). Call the Alzheimer's Association at 800-272-3900 for more info.

### September 17-18th

Cedraburg Wine and Harvest Festival

### September 17

National Beer Mile  
WI State Fair Park  
An innovative blend of fitness and fun to Milwaukee. The one-mile course designed for fitness enthusiasts, social drinkers and party-goers is capped off by an after party featuring food, games and live music. Tickets may be purchased at: [nationalbeermile.com](http://nationalbeermile.com).

### September 17-18

Doors Open Milwaukee, 10-5  
Inviting the public to explore Milwaukee's art, architecture, culture and history. Doors are open to over 150 buildings free-of-charge -- from churches to office buildings, theaters to work sites, museums to hotels, clubs to universities; all sites of historic, architectural, cultural, or commercial interest. 414-277-7795

### September 23-25

Harvest Fair  
State Fair Park  
Enjoy fall-focused events, activities, live entertainment, competitions, scarecrow making and the much anticipated Pumpkin Bowling!

### September 23- 25

World Beef Expo  
State Fair Park Case IH Coliseum  
Beef cattle shows with tradeshow, showmanship, youth sweepstakes and other family friendly activities.

### September 24

5th Silver City International Food and Art Walk, 12-5pm  
West National Avenue between South 33rd and South 35th streets  
Festival that celebrates the rich cultural diversity of Milwaukee's Silver City neighborhood! Sample ethnic cuisine from countries spanning the globe while also enjoying live art performances, live music, activities for kids and displays from local businesses! Free admission!

### September 24

Fromm PETFEST  
Maier Festival Grounds  
Free family and pet-friendly event hosting a variety of pet-focused attractions and activities, including dock diving, agility and lure courses, disc dogs and pet costume contests, a pet-themed marketplace, family-focused activities, music, food and more. And yes, parking is FREE.

*continued on next page*

## CAT SHOW Feline Groovy SEPT 17-18 / 9am-4pm Memorial Hall / 72 7th St, Racine, WI

Kindred Kitties Cat Shelter  
with adoptables,  
Specialty Purebred Cat Rescue,  
Many Vendors, Raffles & Contests  
5 judging rings each day.  
Purebred cats/kittens/household pet  
cats including Bengals, Toygers,  
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(414) 766-5049 [southmilwaukeekeepac.org](http://southmilwaukeekeepac.org)



**SOUTH MILWAUKEE**  
PERFORMING ARTS CENTER



## SIMPLY SWING

Chris Mariani & The Radio Rosies with Swing Explosion

**FRIDAY Sept. 30 7:30PM**



## AQUILA THEATRE

in Agatha Christie's

**MURDER ON THE NILE**

**Oct. 20**  
**7:30 pm**



The Milwaukee West Suburban  
Christian Women's Club

*Invites you to  
Brunch!*

**Monday, SEPT 19th, 2016**

9:30-11am

**Featured Speaker:**

Star Patterson, Carmel, IN

*"How to Have  
Less Stress in our Lives"*

*All Welcome!*

**Davians Banquet Conference Ctr**

16300 W. Silver Spring Dr., Menomonee Falls

**Cost: \$15 / 262-251-3841**

RSVP Lois by 9/12

## NARI HOME and REMODELING SHOW

Oct. 7-Oct. 9 / State Fair Park

More than 100 exhibitors, displaying the latest home improvement and remodeling products and services... design/build, kitchens, decks, cabinets, windows, wall covering, bathrooms, lighting, landscaping, roofing, painting, fireplaces, siding, and more. Educational presentations and demonstrations by home improvement specialists.

Admission is \$8 in advance, and \$10 at the door. Tickets for seniors, 65 and older, are \$8, while children 17 and younger and active and retired military personnel with military identification are admitted at no charge.

## Wisconsin's Largest Postage Stamp Show MILCOPEX 2016

Sept 16, 17, 18 Crowne Plaza Milwaukee Airport

6401 South 13th Street, I-94 Exit 319

\$2 Friday & Sat 10-5, Free Sun 10-3



**2000+ Pages of Exhibits**

**20+ Stamp Dealers**

**Educational Seminars**

**Beginner/Youth Area**

Celebrating **La Belle Époque**

**For More Info: [www.MilwaukeePhilatelic.org](http://www.MilwaukeePhilatelic.org)**

### September 24-25

**Maker Faire Milwaukee**  
Exposition Center State Fair Park  
Called the Greatest Show (and Tell) on Earth, Maker Faires are part science fair and part county fair. Showcasing invention, creativity and resourcefulness, makers — tech enthusiasts, crafters, artists, educators, tinkers, students and others — exhibit their work and share their knowledge and skills. Something different around every corner — makers, performers, presentations, workshops and much more.

### September 24

**Sausage Fest**  
The Rock Sports Complex, 2pm  
Elevate your sausage appreciation to new levels! Showcasing a variety of hand-linked and smoked sausages, mustards, relishes, pickles, sauerkrauts and so much more! To top it off with an assortment of beer, cheese and wine pairings that will satisfy appetites of all types. Cooking demonstrations, live music and local artists will keep you entertained as we fill you up! Admission includes unlimited samples of numerous delicious meats and more!

### October 1

**East Troy Railroad Oktoberfest Train**  
5pm. East Troy Railroad Museum & Depot  
Enjoy German food and a selection of Oktoberfest beers aboard this Oktoberfest Themed Train. Beautiful fall scenery while taking a 15-mile round-trip from our East Troy Depot to the shores of Phantom Lake in Mukwonago. Advance reservations are required. [www.easttroyrr.org](http://www.easttroyrr.org) or (262) 642-3263.

### October 1

**2016 Tour of Homes**  
Wauwatosa Historical Society  
Celebrates the preservation of Wauwatosa homes in neighborhoods that illustrate the rich history and significant architecture of Wauwatosa. Tour the homes and enjoy carefully researched information about the homes' histories. Six homes featured in the Washington Highlands.



## The Story Behind LADIES FIRST. It's really an interesting story and it does make perfect sense...

A long time ago, a man and a woman were madly in love. They wanted to marry, but their parents didn't approve. So they planned to jump from a mountain together and be united in death forever.

The man could not bear to see his sweetheart fall to her death, so he convinced her that he would jump first. And so he jumped.

But the girl never jumped. Lesson learned? Gentlemen always offer... "LADIES FIRST".

## Pagan Pride A Metaphysical Fall Festival

**Sunday, Sept. 18 Noon to 7pm**

Ritual begins at 6pm

**Las Margaritas**

6869 W. Forest Home  
Milwaukee, WI 53220



Vendors, Food & Fun  
Tarot Readings & Palmistry  
Free Workshops

**Free Event!**

Call 414.350.4291 after 6pm

**Saturday, October 29th, 2016**



## A Witches' Costume Ball

at Las Margaritas

6869 W. Forest Home Milw. 53220

**4pm – Midnight with**

Vendors, Dinner, Ritual and Dancing

Featuring

**THE GARLIC MUSTARD PICKERS**

**\$40 per person**

Minimum age is 21 years old

Call 414.350.4291 after 6pm

Reservations by Oct. 7

## Take the Scenic RV Route to HUGE FALL SAVINGS!!

## ALL NEW In-Stock Travel Trailers, Fifth Wheels, Pop-ups & Park Models!



### Choose From:

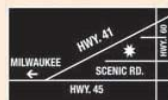
- Salem
- Flagstaff
- Shamrock
- Riverside
- Trail Runner
- Vengeance
- Fairfield
- Salem Hemisphere
- Elk Ridge
- Fairmont
- Viking
- Salem Villa
- Flagstaff
- Hardside

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

### SLINGER

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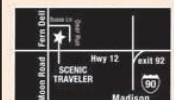
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## EARTH TALK

From the Editors of  
E/The Environmental Magazine

# BEYOND FLINT

## Water Woes Affect 18 Million Americans

**According to a new report from NRDC, 5,300 different water systems across the country either shirked responsibilities to treat their water supplies to reduce lead levels, failed to monitor water supplies for lead, or neglected to report unsafe lead levels to the public or regulators.**

A new analysis of data from the U.S. Environmental Protection Agency (EPA) by the non-profit Natural Resources Defense Council (NRDC) found that 18 million Americans live in communities where water systems contain unsafe levels of lead. In "What's In Your Water: Flint & Beyond," NRDC reports that 5,300 different water systems across the country either shirked responsibilities to treat their water supplies to reduce lead levels, failed to monitor water supplies for lead, or neglected to report unsafe lead levels to the public or regulators. "These violations were recorded because the systems were not doing everything that they are required to do to protect the public from lead issues," added NRDC.

"Imagine a cop sitting, watching people run stop signs, and speed at 90 miles per hour in small communities and still doing absolutely nothing about it—knowing the people who are violating the law..." said Erik Olson, NRDC's health program director. "That's unfortunately what we have now."

Even more surprising to NRDC is the fact that Flint didn't even show up as having violations for lead in the EPA's database, illustrating "the serious problem of underreporting and gaming of the system by some water supplies to avoid finding lead problems, suggesting that our lead crisis could be even bigger."

Of course, Flint is far from the only metropolitan area with contaminated water supplies. Researchers believe thousands of water supplies across the country have been "gaming" the system for decades, with the EPA turning a blind eye to the situation.

"Cheating became something you didn't even hide," Marc Edwards, the Virginia Tech researcher credited with exposing water supply management issues in Washington DC and later Flint, recently told CNN. Some of the most common "bad practices" by water supply managers include testing only homes that are unlikely to have high levels of lead, asking residents to "pre-flush" their taps, and taking water samples slowly to reduce lead levels.

For its part, the EPA says that individual states are responsible for the majority of drinking water enforcement actions and should continue to be "the first line of oversight" of drinking water systems. The agency adds that "many of the drinking water systems that NRDC cites in its analysis are already working to resolve past violations and return to compliance with the Safe Drinking Water Act."

So what's to be done? According to NRDC, fixing Flint—with both emergency relief and long-term infrastructure and systemic improvements—should be prior-

ity #1. Beyond Flint, NRDC says that the EPA should be taking a hard look at the rest of the country's water infrastructure, removing lead service lines and fixing other water problems, especially in underserved communities.

To find out if your community is affected, check out NRDC's interactive map showing which communities' water systems were in violation of the EPA's "lead action level" of 15 parts per billion (ppb) and which have failed to monitor or report on lead levels.

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



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## TREATMENT Foster Care



Children and teens are placed in foster care when they are unable to remain with their family due to abuse or neglect. Sometimes, these children and teens are in need of a higher level of care are placed in *treatment* foster care, or TFC. These treatment needs may include exposure to trauma, abuse and/or neglect, alcohol or other drug use, mental health issues, medical issues, developmental disabilities or delinquency issues.

*Could it be the right choice for you?*

### 1 How is TFC different from regular foster care?

Wisconsin's foster care system is county based. That means that each county is responsible for providing support and services to both foster children and foster families in their county. Because the need for foster parents is so great, county agencies often contract with private regional or statewide treatment agencies in order to meet the needs of their foster children. Treatment foster care agencies have the ability to provide both the foster parents and the foster children with additional support and services. In addition, children ready to return to the community following time in corrections or hospital settings are often placed in treatment foster care as well.

### 2 Foster parents get a lot of support!

Due to the higher needs of the children and teens in treatment foster care, agencies have social workers who have lower caseloads and therefore, are able to provide more support and services to the foster child and foster parents, often 24/7. In addition, treatment foster parents are provided with additional training and other support to assist them with managing any issues that may arise.

### 3 Teens are NOT scary, bad or damaged!

Many teens in treatment foster care get a bad reputation, when simply they are misunderstood. In reality, there are many reasons why teens are in treatment foster care and most often, it is due to factors outside of their control. Growing up in chaotic living situations, parental drug use, and experiencing abuse or neglect are just a few of the reasons a teen may need to be placed in TFC. Teens are resilient and need positive adult role models in order to work through their experiences and learn to make positive choices. Many teens just want someone to be their cheerleader and someone they can rely on to be there for them when they need it.

### Becoming a treatment foster parent might be right for you.

The need for more foster families continues to grow. On average, there are 6,000 children and teens placed in foster care through the state of Wisconsin each year. Of those children, over 2,000 are placed in treatment foster homes each year. Many individuals and families who have retired or are "empty nesters" find their homes are too quiet and that fostering helps keep them young! There are no age limits to fostering (other than being over 21 years of age) and people from many different backgrounds or experiences are a great fit for being treatment foster parents! Whether this is something you've been thinking about for a while or something that is new to you, consider learning more about becoming a treatment foster parent and making a difference in your community!

For more information, call Family Works Programs at 800-660-9204 or visit [www.family-works.com](http://www.family-works.com)



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There's a reason – well, several – why so many diseases are increasing in frequency in the United States, making some that were almost unheard of 100 years ago commonplace today.

"The United States is now 46th in men's mortality and the absolute worst country in the industrialized world for first-day infant mortality," says Robert Thompson, M.D., integrative medicine specialist.

"Based on the current rate of autism diagnoses, there will be no 'normal' male babies born in the U.S. by 2030," he says. "The current rate of diabetes suggests 95 percent of our adult population will be diabetic by 2030. The number of children with life-threatening allergies has increased more than 1,000 percent since 1995."

A perfect storm of corporate power, profits and public misinformation has succeeded in overwhelming the basic biochemical and physiological tenets of good health, says Thompson.

"Mineral deficiencies are responsible for a host of health problems, which are incorrectly treated by drugs," Thompson says. "We're told by the government and the medical community that we should be ingesting certain amounts of vitamin and mineral supplements to prevent disease, like osteoporosis, when in reality, the recommendations lead to other very serious health problems."

He offers these suggestions for Americans to take charge of their health.

## Salt is Good for You, Calcium Supplements are Bad, and the Lab Test Everyone Should Get

### 4 Tips for Getting Seriously Healthy

#### ① Get a hair tissue mineral analysis (HTMA) to determine your mineral status.

This may be the most important health test that exists. Only when you and your doctor know for sure your mineral status and important ratios can you adapt your diet, minerals and supplements to work toward proper balance.

#### ② Use only vitamin supplements made from 100 percent organic whole foods that have been vine-ripened.

Almost all of us need supplements because contemporary food supplies lack adequate amounts of vitamins and minerals, thanks to soil depletion. Most store-bought vitamins include just one component of the many complex molecular elements contained in the naturally occurring vitamin source. You need all of the nutrient components to get the full benefits.

The best natural sources of readily available vitamins include raw seeds, stabilized rice bran powder, vine-ripened fresh fruit and berries (vitamin C).

#### ③ Do not take calcium supplements unless tests indicate a deficiency.

We've all been told that we must ingest lots of calcium to

ensure strong bones. In fact, calcium is just one of at least 12 minerals in our bones, all of which must be present in the right balance for good bone health. Calcium has been added to so much of our food, it's unlikely most of us are deficient. And yet, people are told to take calcium supplements. Excess calcium can cause kidney and gallstones, arterial plaque, bone spurs, calcium deposits in tissues other than bone, and brain cell dysfunction, brain shrinkage and dementia. Instead of calcium, Thompson instructs all his patients and readers to take a minimum of 3 grams of trace minerals derived from sea salt every day.

#### ④ Salt – sodium – is necessary for digestion, nutrient absorption, cell function and metabolism.

Limiting salt intake is not only the wrong advice for 90 percent of the people at risk for high blood pressure, it also contributes to the lack of minerals in our bodies. Many of us are actually deficient in sodium.

Salt is a mineral, and unrefined sea salt and rock salt is the best source of sodium and ionic minerals. If you are sodium deficient, add harvested pure sea salt liberally to your foods. It is important to use pure sea salt, and not the common table salt, as processing has stripped common table salt of its mineral value.

Dr. Robert Thompson is a board-certified obstetrician and gynecologist, and voted "Best Doctors in America," and a nutrition specialist who helps patients get long-term relief from chronic disease. His newest book, "The Calcium Lie II," is available for free at [calciumliebook.com](http://calciumliebook.com).

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## NATIONAL DAYS in September

### SEPTEMBER 1

No Rhyme (Nor Reason) Day

### SEPTEMBER 2

National Lazy Mom's Day

### SEPTEMBER 3

U.S. Bowling League Day

### SEPTEMBER 4

National Macadamia Nut Day

### SEPTEMBER 5

National Cheese Pizza Day

### SEPTEMBER 6

National Coffee Ice Cream Day

Read A Book Day

### SEPTEMBER 7

National Beer Lover's Day

### SEPTEMBER 8

International Literacy Day

### SEPTEMBER 9

National Teddy Bear Day

### SEPTEMBER 10

National TV Dinner Day

### SEPTEMBER 11

National Make Your Bed Day

### SEPTEMBER 12

National Day of Encouragement

### SEPTEMBER 13

Kids Take Over The Kitchen Day

### SEPTEMBER 14

National Cream Filled Donut Day

### SEPTEMBER 15

National Dble Cheeseburger Day

### SEPTEMBER 16

National Play-Doh Day

### SEPTEMBER 17

Big Whopper Liar Day

Puppy Mill Awareness Day

### SEPTEMBER 18

Wife Appreciation Day

### SEPTEMBER 19

Talk Like a Pirate Day

### SEPTEMBER 20

National IT Professionals Day

### SEPTEMBER 21

International Day of Peace

### SEPTEMBER 22

Car Free Day

Elephant Appreciation Day

### SEPTEMBER 23

Great American Pot Pie Day

### SEPTEMBER 24

National Cherries Jubilee Day

### SEPTEMBER 25

National National Day

### SEPTEMBER 26

National Pancake Day

### SEPTEMBER 27

National Chocolate Milk Day

### SEPTEMBER 28

National Good Neighbor Day

### SEPTEMBER 29

International Coffee Day

### SEPTEMBER 30

National Chewing Gum Day



Just as with any good Broadway theater, there's not a bad seat in the house when it comes to fall in Wisconsin, with the state's dazzling autumnal kaleidoscope guaranteed to produce standing ovations every time. Along with the perennially favorite leaf peeping activities enjoyed on land, how about adding in some unexpected angles for experiencing the march of fall color, including intriguing vantage points from water and sky.

By Carla Minsky, Special to TravelWisconsin.com



**Head to the Ski Hill.** Yes, you read that right. Granite Peak Ski Area at Rib Mountain State Park in Wausau runs a Fall Colors Comet Sky Ride on select weekends in the fall.

Vicki Baumann, general manager, said the view overlooking the mountain and the city of Wausau is even more beautiful in the fall. "You can get on at the base of the mountain, get off at the top and hike a bit, and then get back on," said Baumann.

Each chair lift seats six, and no skiing experience is required. (715) 845-2846.

**Cruise Wisconsin's Waters.** The Apostle Islands Cruises runs tours through mid-October, taking visitors around the islands that dot Lake Superior off the Bayfield Peninsula. One of the boat captains, Robert Wilkins, painted this picture of the season.

"The mainland changes color first and then the islands, and on a calm day you can see the reflections in the steely gray water," explained Wilkins. "We get people who come specifically to see the colors; it's very peaceful." (715) 779-3925.

In Wisconsin Dells, the Original Wisconsin Ducks continue their land-to-water tours of Lake Delton and the Wisconsin River through mid-November, giving visitors a close-up look at the incredible scenery that first brought visitors to the area more than 150 years ago, made even prettier with the addition of autumn brushstrokes. (608) 254-8751



**Zip Around a Colorful Canopy.** While ziplines are plenty exhilarating on their own, there's even more zip to the experience when it's done in the fall. At Lake Geneva Canopy Tours in Lake Geneva, you'll zoom along nine lines, never touching the ground once you start this two-and-a-half hour eco-adventure. 262-248-9271.

"The colors are really bright with lots of yellows, and it's something you can't experience from your car," said Eric Wood, general manager. When you're done, hang out at the fire pit in a comfy Adirondack chair or relax in a hammock and continue your step away from the digital world. These tours run year-round.

If heights are your thing, try ziplining's cousin, the aerial adventure course. Trollhaugen's Adventure Park in Dresser delivers the thrill of playing on a giant floating playground. "We have five different levels, starting near the ground and going upwards of 50 feet in the air," said David Sutton, marketing director. "The burst of colors we get here in the St. Croix River Valley is among the prettiest you'll find anywhere. It looks like a canvas painting from the air." The challenge course is open on weekends until the snow flies. (715) 755-2955

**Answer the Call of 'All Aboard'.** Head to Mid-Continent Railway Museum in North Freedom for Autumn Color Weekend rides or the Pumpkin Special tours in October. The



6 Ways to See Wisconsin Fall Color continued on page 27

## 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.



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## THE FOLKS...

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**One day they will be gone**, and so will the stories you get sick of hearing for the thousandth time. That's when missing them gets even more painful. These were the first voices you ever heard, the first faces you ever saw. Preserve those voices, those faces, those stories, for you, for your children, and for their children.

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# Celebrating Grandparents Day

Grandpa, some ninety plus years, sat feebly on the patio bench. He didn't move, just sat with his head down staring at his hands. When I sat down beside him he didn't acknowledge my presence. Not really wanting to disturb him but wanting to check on him at the same time, I asked him if he was OK.

He raised his head and looked at me and smiled. "Yes, I'm fine. Thank you for asking," he said in a clear strong voice.

"Have you ever looked at your hands," he asked.

"I mean really looked at our hands?"

I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands as I tried to figure out the point he was making. Grandpa smiled and kept talking.

"Stop and think for a moment about the hands you have, how they have served you well throughout your years. These hands, though wrinkled, shriveled, and weak have been the tools I have used all my life to reach out and grab and embrace life. They put food in my mouth and clothes on my back.

As a child my mother taught me to fold them in prayer.

They tied my shoes and pulled on my boots.

They have been dirty, scraped and raw, swollen and bent.

They were uneasy and clumsy when I tried to hold my newborn son.

Decorated with my wedding band they showed the world that I was married and loved someone special.

They trembled and shook when I buried my parents and spouse and walked my daughter down the aisle.

They have been sticky and wet, bent and broken, dried and raw.

And to this day, when not much of anything else of me works real well, these hands hold me up, lay me down, and continue to fold in prayer.

These hands are the mark of where I've been and the ruggedness of my life.

But more importantly it will be these hands that God will reach out and take when he leads me home.

And with my hands He will lift me to His side and there I will use these hands to touch the face of Christ."

I will never look at my hands the same again. God reached out and took my grandpa's hands and led him home. When my hands are hurt or sore I think of Grandpa. I know he has been stroked and caressed and held by the hands of God. And I know one day, I too, will touch the face of God and feel His hands upon my face.

~Author unknown. Anonymous email submission

\*\*\*\*\*

## Facebook Concern

For those of my generation who do not, and cannot, comprehend why Facebook exists... I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passersby what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom.

I give them pictures of my family, my dog, and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them the "thumbs up" and tell them I like them. And it works just like Facebook.

I already have four people following me: two police officers, a private investigator and a psychiatrist.



# Understanding **TEEN DEVELOPMENT**

No, your teen is not an alien being from a distant planet, but he or she is wired differently. A teenager's brain is still actively developing, processing information differently than a mature adult's brain. The frontal cortex—the part of the brain used to manage emotions, make decisions, reason, and control inhibitions—is restructured during the teenage years, forming new synapses at an incredible rate, while the whole brain does not reach full maturity until about the mid-20's.

Your teen may be taller than you and seem mature in some respects, but they are simply unable to think things through at an adult level. Hormones produced during the physical changes of adolescence can complicate things. These biological differences don't excuse teens' poor behavior or absolve them from accountability for their actions, but they may help explain why teens behave so impulsively or frustrate parents with their poor decisions, social anxiety, and rebelliousness.

**Teens see anger everywhere.** Teens differ from adults in their ability to read and understand emotions in the faces of others. Adults use the prefrontal cortex to read emotional cues, but teenagers rely on the amygdala, the part of the brain responsible for emotional reactions. In research, teens often misread facial expressions; when shown pictures of adult faces expressing different emotions, teens most often interpreted them as being angry.

Teenage girls get angry as well, of course, but that anger is usually expressed verbally rather than physically. Teen boys are more likely to throw objects, kick doors, or punch the walls when they're angry. Some will even direct their rage towards you.

## Dealing with angry teens.

Anger can be a challenging emotion as it often masks other emotions such as frustration, embarrassment, sadness, hurt, fear, shame, or vulnerability. When teens can't cope with these feel-



ings, they may lash out. In their teens, boys have difficulty recognizing their feelings, let alone being able to express them.

The challenge for parents is to help your teen cope with emotions and deal with anger in a more constructive way:

### **Establish rules and consequences.**

When both of you calm, explain that there are unacceptable ways of expressing anger. If your teen lashes out, they will have to face the consequences -loss of privileges or even police involvement. Teens need rules, now.

**Be aware of anger signs and triggers.** Does your teen get headaches or start to pace before exploding? Does a certain class trigger anger? Uncover what's behind it. Sad or depressed? Why? When teens can identify the warning signs that their temper is starting to boil, it allows them to take steps to defuse it before it gets out of control.

Exercise, team sports, even simply hitting a punch bag or pillow can help relieve tension/anger. Art or writing creatively expresses their anger. Dancing or playing along to loud, angry music can also provide relief.

Give your teen space to retreat. When your teen is angry, allow him or her to retreat and cool off. Don't follow your teen and demand apologies or explanations.

You can't help your teen if you lose your temper as well. As difficult as it sounds, you have to remain calm and

Understanding Teenagers continued on page 27



**It only takes a glance at the news headlines to know that teen violence is a growing problem.**

Movies and TV shows glamorize all manner of violence, many websites and social media venues promote extremist views that call for violent action, and hour after hour of playing violent video games can desensitize teens to the real world consequences of aggression and violence.

**It may seem hard to believe—given your child's anger or indifference towards you—but teens still crave love, approval, and acceptance from their parents. That means you probably have a lot more influence over your teen than you think.**

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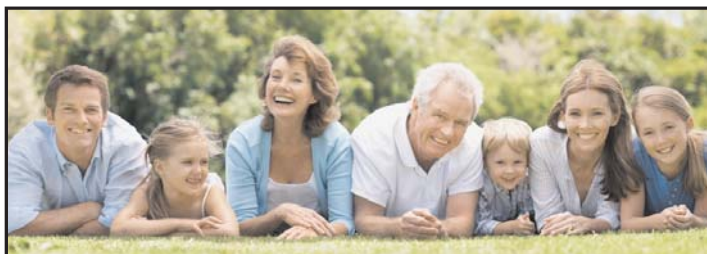


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## Zucchini Fritters

1 1/2 pounds zucchini, grated  
1 teaspoon salt  
1/4 cup all-purpose flour  
1/4 cup grated Parmesan cheese  
1 large egg, beaten  
2 cloves garlic, minced  
salt and ground black pepper to taste  
2 tablespoons olive oil



Toss zucchini and salt together in a large colander and place in sink to drain for 10 minutes. Drain as much moisture from zucchini as possible. Using a cheesecloth is ideal. Mix flour, Parmesan cheese, egg, garlic, kosher salt, and pepper together in a large bowl. Stir in zucchini. Heat olive oil in a large skillet over medium-high heat. Scoop batter by the tablespoon into the hot skillet and fry until golden brown, about 2 minutes per side.

## Easy Vegan Stuffed Tomatoes

4 medium-large tomatoes  
salt and pepper  
2 tbsp margarine or butter  
3/4 cup bread crumbs, regular or panko  
1/4 cup freshly grated Parmesan cheese  
1/2 tsp onion powder (optional)  
1 tsp basil or mixed Italian seasoning  
Pre-heat oven to 350 degrees.



1). Slice tomatoes in half and place cut-side up on a lightly greased baking sheet or muffin tin. Season with salt and pepper.  
2) In a medium bowl, combine the melted margarine, bread crumbs, Parmesan cheese and basil or Italian seasoning. Place a generous spoonful of the breadcrumb mixture securely on top of each tomato.  
Bake tomatoes for 15-20 minutes, or until the bread crumbs on top are lightly golden brown.

## FRESH Garden RECIPES!!



## Garlic KALE Chips

Cooking spray  
1 small bunch kale (about 1/2 pound)  
1 tablespoon olive oil  
1/4 teaspoon garlic powder  
1/4 teaspoon salt



1. Preheat the oven to 320°F. Spray two baking trays with cooking spray. Remove the center rib and stems from each kale leaf and discard. Tear or cut the leaves into bite-size pieces, about 2 to 3 inches wide. Wash the kale and dry it very well.  
2. Place the kale in a large bowl. Drizzle with the oil and sprinkle with the garlic powder and salt, and massage the oil and seasonings into the kale with your hands to distribute evenly. Place the kale in a single layer on the baking sheets, and bake until crisp and the edges are slightly browned, 12 to 15 minutes.



## Helen Hill's Easy Refrigerator PICKLES

This is my mom's recipe and so easy and fool proof! I love making plenty to share and impressing everyone with my "pickling" skills! Give the jar a ribbon and they make great hostess and holiday gifts!

- 4 cups water
- 2 cups vinegar
- 3/4 cups sugar
- 1/4 cup canning/pickling salt
- 1 Tablespoon Pickling Spices
- 1 Tablespoon finely diced garlic
- 2 Onions, sliced
- 2-4 Fresh Dill Greens
- Pickles, enough to fill 2-3 quarts
- Carrot slices/Cauliflower Optional

Slice pickles into spears (small babies can be left whole or cut in half) and loosely align in glass quart jars laying in random dill greens and sliced onion. This recipe makes enough for approximately 3 quarts of finished pickles. Substitute pint jars if desired. Bring the water, vinegar, salt, sugar, spices and garlic to a boil. Carefully pour over pickles enough to cover and lid. Let cool and pop in the fridge for great pickles in a day or two. I use a canning lid for an extra tight seal and store them in the fridge for up to a year - I'm still eating last years and canning more for this winter! Option: Slice pickles into hamburger slices, add above ingredients but also add carrot slices and cauliflower florets for a twist and a pretty side salad! Accommodate your own personal taste buds by adjusting the vinegar, sugar, and dill measurements.

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I've got wine for dinner.

\*\*\*\*\*

## A Husband and Wife were Shopping at Wal-Mart...

The husband picks up a case of Coors Light and puts it in their cart. "What do you think you're doing?" asks the wife.

"They're on sale, only \$10 for 24 cans," he replies.

"Put them back, we can't afford them," demands the wife.

And so they carry on shopping. A few aisles further on, the woman picks up a \$20 jar of face cream and puts it in the basket.

"What do you think you're doing?" asks the husband.

"It's my face cream. It makes me look beautiful," replies the wife.

Her husband retorts: "So does 24 cans of Coors and it's half the price."

On the PA system: "Cleanup on aisle 25. We have a husband down."



By Honey Marishen  
Freelance writer and fitness and sports aficionado

According to Letitia, 'Tish' Hase, you're never too old to learn how to SCUBA dive. "The rewards are so great you won't want to *not* try it." Hase, in her fifties, and a long time diver, is the co-owner of the relatively new dive shop and scuba center in Port Washington, Port Deco Divers, founded in April of this year. The center has become a hub for those who love to discover the well preserved wrecks which lie below Lake Michigan.

Hase is especially enthusiastic about older adults learning how to dive. Port Deco Divers is offers special introductory classes in their indoor pools so that people can try it out in a very calm and reassuring environment. Participants are introduced to the sport with an informative video before they even try on the gear. Haas said that she answers every question and gives personal attention to the participants in the small classes, which are generally about six to eight people.

Learning how to correctly breath and use the equipment is paramount. Port Deco Divers is an accredited PADI center which has very strict national and international safety standards. If participants want to become certified they must go on to take the full course, for those that feel it's not for them, they will still have gotten the feel of SCUBA.

Hase emphasized, "No one is too old to learn how to dive. We even have a woman of seventy who took the course and is now a full fledged certified diver. We are very proud of her. It's not someone's age, it's their mid set - how flexible they are and

how enthusiastic they are to learn a new sport."

Of course, SCUBA can be an expensive sport. It's best to rent your equipment before you decide if it's for you.

She also felt that often older women, who might be single, divorced or widowed, are also keen to become involved in a new interest. "The enthusiasm of older women is infectious, I just love it. There is also a camaraderie among them and a willingness to help out those of their peers who might be having a problem initially catching on to SCUBA techniques. It's almost like a party when just a group of older women go out together on our dive boat. We have SCUBA days just for women and lunch and drinks make it a festive time."

Your children and grandchildren will also love to learn with you. Children have to be at least ten to try or learn SCUBA.

In the introductory lesson people actually use the gear to get the feel of what SCUBA is like. They learn rudiments of the sport and both the instructors and the students can get a good assessment of the participant's ability to go the full course and become certified. All the gear is provided.

The classes are being offered through fall and winter so that those who want to learn how to dive will be ready for any winter getaway SCUBA trips. To see what SCUBA in Wisconsin is all about and to find out how to contact Port Deco Divers to take part in the introductory SCUBA lesson go to [www.PortDecoDives.com](http://www.PortDecoDives.com) or call 262-268-8400.



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# 4

## Tips for Protecting Vision

By Cheryl L. Dejewski

Scheduling regular check-ups and noticing and reporting any changes in your vision are key ways that you can help to protect and preserve your precious gift of sight. In addition, studies suggest there are simple measures you can take to lower your risk of developing eye diseases. These include:

**1) Eat your veggies.** Your mother was right. Mark Freedman, MD, senior partner at Eye Care Specialists' ophthalmology practice, explains, "Studies have found that people eating a diet high in carotenoids (pigments found in many yellow, orange and green vegetables) have a significantly lower risk of developing advanced age-related macular degeneration (AMD) than people with lower intakes of these nutrients." AMD is a retinal disease that causes blindness from loss of central vision. People who ate lots of carotenoid-rich spinach, kale and collard greens lowered their risk most of all. Many carotenoids are antioxidants, which researchers speculate may prevent harmful chemicals called "free radicals" from damaging the retina.

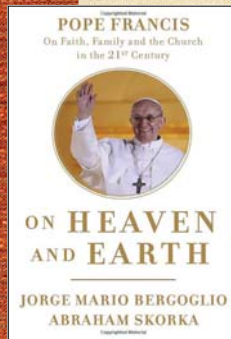
**2) Take a multivitamin.** "Studies suggest that nutritional supplements may help prevent or slow the clouding of the lens of the eye that forms cataracts. Two separate studies reported a 30-40% lower risk of cataract development among multivitamin users. Another showed that women who took vitamin C for more than 10 years had a 77% lower risk of developing early lens opacity (clouding of the lens which can lead to cataracts) than women who took less or no vitamin C," says Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center.

"These studies provide strong evidence to the positive effects of vitamins on the eyes and suggest that since people over age 60 are often deficient in at least two-thirds of the vitamins they need, taking a multivitamin may prove beneficial overall," adds cataract surgeon Daniel Ferguson, MD. "And, if you are at risk for a specific eye condition, like AMD, you should speak to your eye care specialist about whether or not you should be taking specific eye-related supplements."

**3) Wear sunglasses and hats.** Daniel Paskowitz, MD, ophthalmologist with credentials from Harvard and Johns Hopkins states "A number of studies have shown that chronic, unprotected exposure to ultraviolet light rays increases the risk of developing cataracts and AMD. On the positive side, however, a study of 5,000 adults in Beaver Dam, Wis., showed that people who wore sunglasses or hats with brims seemed to lower their risk of developing AMD. That's why we recommend wearing sunglasses year-round that meet the FDA standard for blocking 99% of UVB and 95% of UVA rays every time you step outside."

**4) Don't smoke.** Michael Raciti, MD, explains "Cigarette smoking causes a variety of overall health problems, including up to a 50% increase in the risk of developing cataracts and diabetes-related eye disease as well as both speeding the onset and increasing the overall risk of developing AMD by two to five times."

**Free Information:** The physicians quoted above are partners at Eye Care Specialists ophthalmology practice. Call 414-321-7035 for their FREE booklets on cataracts, glaucoma, diabetic eye disease, and macular degeneration (AMD). Their offices are located on 7th & Wisconsin Avenue, Mayfair Road across from the mall, or 102nd & National Avenue. Offering eye care info at [www.eyecarespecialists.net](http://www.eyecarespecialists.net).



## A Jewish Catholic Dialogue Series

In 2010 Rabbi Abraham Skorka and Cardinal Jorge Mario Bergoglio wrote "On Heaven and Earth," chronicling their interfaith discussions on various topics. These two Argentinian clergy shared frank observations. At the time, Cardinal Bergoglio had no idea that he

would soon become Pope Francis, which makes his insights so important.

Rabbi Steven Adams, Director of Pastoral Care at the Jewish Home and Care Center and Jim Heisler, Activity Therapist at Chai Point, a practicing Catholic and a former Catholic priest for 27 years, will present views from the book in a 12-part series.

**Mondays at 2:45 pm • In the Chai Point Lobby**

**October 31** – How we experience dialogue: An introduction to Nostra Aetate and the Catholic-Jewish dialogue

**November 14** – G-d, Atheists and dealing with Evil

**November 28** – The Holocaust

**December 12** – Religions

**December 26** – Fundamentalism

**2017 dates list at [www.jewishseniorliving.org](http://www.jewishseniorliving.org).**

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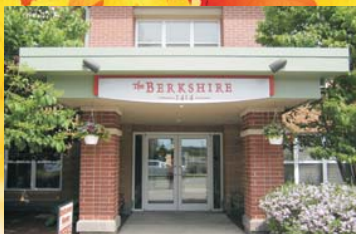




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# "It's not your grandparent's retirement."



## You have a choice...

Maintaining a home may be a longstanding source of pride for you, but it can also become a burden as you age. Perhaps your home has a large yard which requires constant maintenance, or maybe it's becoming more and more difficult to clean those extra rooms that are rarely used now your children are gone. Sometimes these challenges can be partially remedied by hiring outside help, remodeling parts of your home, or by other family members lending assistance. However, it's worthwhile to take a look at your current living situation and see if an alternative to remaining at home may give you more freedom and flexibility in the long run.

**What is an Independent Living Community?** Simply put, it's a community for active, healthy seniors who are able to live on their own. You can live in a home, townhouse, condo, and even a mobile home or motor home. You can own or rent or live as part of a cooperative. Think of it like living in your old neighborhood except these communities have age restrictions—usually over 50—and many offer amenities like clubhouses, gyms, yard maintenance, housekeeping and security.

Independent living communities also typically offer transportation, laundry service, group meals, and social and cultural activities.

**When should I consider Independent Living?** You can't read the future, but you're healthy right now. You'd like to be around your peers. You value security. You like your independence but don't want to bother with some tasks like yard work and housekeeping. This is a start.

### Select the Right Community

What are some things you just won't compromise on? E.g. size of home, location of community, distance to family, etc. Make a list.

**People.** And here's where your wisdom comes in to play. Visit the community. Get a feel for the people who live there. Talk to the residents and staff. Do you want to get to know these people better? Could you see having them over for dinner?

**Place.** How big is the community? Do you like a small, quiet community or a

large, bustling one? Do you prefer a small house without a yard? A condo with flower beds? Is there adequate room for guests? For storage?

**Location.** Are you close to friends and family? To your doctors and hospital? To the mall, restaurants, and the movies? Are you within walking distance to any grocery stores or pharmacies? Is there a gym in the community or one close by? Walking trails nearby? Parks?

**Things to Do.** Is there a pool? A recreational center? A common area? Is there

a reading group? A knitting group? A bowling league? Are there residents who like to ride bikes? Go to the beach?

**Costs.** Costs are in line with the market prices of similar housing in that region. And there can be shared costs like common utilities, taxes and services. These can run \$1,000 to \$2,000 per monthly.

Low income can find subsidized programs through the U.S. Department of Housing and Urban Development.

Your **LIFE!**

**RETIREMENT  
LIVING GUIDE**

~page 22

**From Independent living choices and aging-in-place, to age-restricted communities and continuing care retirement communities (CCRC), traditional options are no longer the norm.**



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## Moving? Packing? Goin' Crazy?



**Tips, tips tips! Here are just a few of the best ones I found at a variety of sites. You don't have to re-invent the wheel - search the web for some great packing and moving tips. Then sit back and have a glass of wine. :)**

**Plates on Plates.** Instead of painstakingly wrapping each dinner dish in newsprint or bubble wrap, or purchasing those pre-packaged dishpacks, buy one cheap bag of Styrofoam plates. Alternate stacking the real plates with the disposables and — voila! — instant padding. Genius, right?

**Bag Your Clothes.** Break out the garbage bags. Pull one bag up around a cluster of your hanging clothes, and tie the open end by the hangers. One blogger bragged that she packed her entire closet in 15 minutes this way.

**For extra padding,** pack your glasses and stemware in clean socks.

**Go through your drawers** and put the little things in Ziploc bags. The movers just can drop the bags into a box, and when you are unpacking, you can just dump it back in. Everything is together. This is especially helpful for junk drawers, utensils, personals and jewelry drawers.

**Keep sandwich bags** handy for holding any small parts of things you have to take apart, like curtain rods or mounted flat-screen TVs.

**Take a photo** of how your electronics are connected so you can remember how and where all the wires go. Tape cords and remotes to the back of the appliance.

**Along with food and alcohol,** give your friends who help you move first dibs on anything you originally planned to sell or donate.

**Place stuffed animals,** pillows, sheets, blankets, and other soft items in trash bags and use them as padding next to fragile items in the moving truck. It also helps fill up irregular empty space in the truck so your belongings won't shift around during the move.

**Use masking tape** to place a large X on your mirrors and glass frames. It won't prevent it from breaking, but it will absorb shock and keep the glass in the frame in the case that it is dropped or shuffled in the moving truck.

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# What are the biggest changes with retirement planning since the time of our parent's and grandparent's retirement? ~Mark – Waukesha

Decades ago, retirement was fairly predictable: Social Security and a pension provided much of your income, you moved to the Sun Belt, played tennis or golf, and you lived to age 70 or 75.

*To varying degrees*, this was the American retiree experience during the last few decades of the previous century. Those days are gone; retirees must now assume greater degrees of financial self-reliance.

**There is no private-pension safety net today.** At one time, when Social Security was paired with a pension from a life-long employer, a retiree could potentially enjoy a middle-class lifestyle. In January of 2016, the average monthly Social Security benefit was \$1,341. The highest possible monthly benefit for someone retiring at Social Security's full retirement age in 2016 is \$2,787.80, or \$33,453.60 a year. So in many areas of this country, living only on Social Security does not afford you the same lifestyle you may have had when you were working. Elders who thought they could rely on Social Security to get by have learned a bitter truth, one we should note. We must supplement Social Security with other income streams or sources.

**We carry more debt than our parents and grandparents did.** It is much easier to borrow money (and live on margin) than it was decades ago. Some people face the prospect of retiring with outstanding student loans, car loans, and business loans, in addition to home loans.

**Some of us are retiring unmarried.** With the divorce rate being where it is, some baby boomers will retire alone. Perhaps they will share a residence with a sibling, child, or friends; that may give them something of an economic cushion in terms of meeting daily living costs. Then again, some married households were single-income households in the 1970s and 1980s, but retirees managed.

**We will probably live longer than our parents did.** In 1985, the average life

## FINANCE QUESTIONS and ANSWERS

Ask Tim



expectancy for a 65-year-old man in this country was 79; the average life expectancy for a 65-year-old woman was 84. Today, the average 65-year-old man is projected to live to 91, the average 65-year-old woman to 94. Our parents could depend on the combination of Social Security, pension income, and fixed-income vehicles for a 10-year or 15-year retirement. In contrast, many of us will have to try some growth investing to keep our money growing across

a probable 20-year or 30-year retirement.

**We will likely have to insure ourselves if we retire before age 65.** The national average retirement age is now 63. With private health insurance becoming the new normal, that means many of us will have to find some kind of private health coverage if we retire too young to be eligible for Medicare. Furthermore, the cost of many out-of-pocket medical expenses not covered by Medicare is certainly greater than it once was.

**We must rise to the financial challenge retirement presents.** During the 1980s, more than 40% of U.S. private sector employees participated in a pension plan designed to bring them eventual retirement income. In the middle of that decade, Social Security accounted for 65% of U.S. retiree income. Right now, 19% of private firms offer traditional pension plan programs and Social Security represents but 27% of retiree income.

Our retirement will differ from that of our parents and grandparents. It will likely be longer and present very different challenges from previous generations. Advanced retirement planning with the unbiased guidance of a Fiduciary Financial Advisor is one of the best places to begin facing these challenges.

Do you have a financial question for Tim, or want to meet with him for a second opinion about your retirement plan? Tim can be reached at (262)369-5200 or [info@aegiswi.com](mailto:info@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.

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Nationwide  
Across the USA!

Storage  
Starting at  
\$99 a Month!

Full Service  
Moving available!

Container  
Wrapped to  
Prevent Dust!

Climate Controlled  
Storage!

Your 15 Ft. Container

Container remains in our  
trailer at your location



Lockable door that customer  
can only access



Trailer delivered to  
desired location

Please Call Brian Biel at  
(262) 349-1601 for a FREE Quote  
or visit us

online @ [zippyshell.com](http://zippyshell.com)

For Storage Needs  
Please Call (262) 349-1311

Fully Insured

Check Our Online  
Reviews!

## BRIDGEWAY TRANSITIONAL CARE AT **Clement Manor**

### Your Bridge Between Hospital and Home



**Let us help you to get well so that  
you can go back to being YOU!**

You will benefit from a  
comprehensive and personalized  
approach to maximize your  
therapeutic goals while meeting  
all of your medical needs.



Private rooms and  
whirlpool baths.

Your care team will also  
support your social, emotional  
and spiritual wellbeing.

*Contact us today for more  
information and to  
schedule a "just in case" tour.*

**Clement  
Manor**

Sponsored by the  
School Sisters of St. Francis

3939 S. 92nd St. • Greenfield  
414.546.7322  
clementmanor.com



# Autumn

*a time for nesting...*

**SUNRISE VILLAGE**  
SENIOR LIVING COMMUNITY  
55 and Better Community

1 and 2 Bedrooms Available

*You'll love it here!*

**Located in  
SOUTH MILWAUKEE**  
2500 10th Avenue

**CALL KIM**  
**414-764-7997**  
**TO SCHEDULE A SHOWING!**

Managed by Premier Real Estate Management

**ONE  
MONTH FREE  
RENT!!**

**Units Include...**  
heat,  
water, sewer,  
trash & much  
**MORE!**



#### BECKER PROPERTY SERVICES

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

Offers 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

Courtney Dixon / 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

#### BRENWOOD PARK INDEPENDENT SENIOR APARTMENTS

414-427-8499 / 9501 W. Loomis Road Franklin  
www.brenwood-park.com

Brenwood Park Independent Senior (55+) Community in Franklin is situated perfectly - near but not in the middle of many convenient businesses. We pride ourselves on our wonderful, warm & cozy apartments and building, as well as our many fun activities. Come and see for yourself!

#### CLEMENT MANOR

Keri Gerlach, Director of Marketing / 414-321-1800 / 3939 S 92nd Street 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.

RETIREMENT HOUSING GUIDE continued on page 23

**Health nuts are going to feel stupid someday,  
lying in the hospital, dying of nothing.**





#### COTTONWOOD TRAILS APARTMENTS

Andrea / 414.483.9969 / 4600 South Nicholson Avenue Cudahy  
[www.cottonwood@bearproperty.com](http://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.

#### CREATIVE LIVING ENVIRONMENTS, LLC

414-258-9955 / Milwaukee, Suburbs and Waukesha  
[www.cle-ccsls.com](http://www.cle-ccsls.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.

#### ELLEN'S HOME

Bonnie Sanfelippo / 414-640-5715  
 Ellen's Home of Port Washington / 262-268-9555 / 1800 Granite Lane Port Washington  
 Ellen's Home of Germantown / 262-250-6455 / N113W16358 Sylvan Circle Germantown  
 Ellen's Home South / 262-250-9800 / W150N11127 Fon du lac Avenue Germantown  
 Ellen's Home is a tranquil, nurturing home and loving surrogate family that encourages individual in all aspects of daily life, while promoting the highest level of independence possible. We preserve, honor and celebrate the uniqueness of residents by creating an individualized care plan just for them.

#### HERITAGE SENIOR LIVING

[www.heritageseniorliving.com](http://www.heritageseniorliving.com)  
 Heritage Court - Menomonee Falls  
 262-442-1540 / N48W14250 Hampton Rd Menomonee Falls  
 Heritage Court- Waukesha  
 262-442-1540 / 1831 Meadow Lane Pewaukee  
 Lexington Heritage- Greenfield  
 414-265-8031 / 5020 S 107th St, Greenfield, WI 53228  
 Heritage Lexington Assisted Living  
 414-265-8031 or 414-425-9551 / 5070 South 107th St Greenfield  
 Heritage at Deer Creek  
 262-789-6600 / 3585 S. 147th Street New Berlin  
 Heritage Elm Grove  
 262-786-5800 / 800 Wall Street Elm Grove  
 Heritage West Allis  
 414-302-9700 / 7901 West National Avenue West Allis  
 Heritage offers vibrant communities that feel like home, provide quality care, and employ compassionate caregivers who treat our residents as if they were their own family. Heritage prides itself on being open and accepting to all our residents and their individual care needs. The commitment to provide excellent care, along with a comforting home-like setting, is what makes Heritage Senior Living the premiere senior housing communities in Wisconsin.

#### JACKSON CROSSINGS RETIREMENT COMMUNITY

Katie Cavazos / 262-993-2838 / N168 W22022 Main Street, Jackson, WI 53037  
[www.jacksoncrossings.com](http://www.jacksoncrossings.com)  
 Enjoy active living among friends in a smaller intimate "lake lodge" environment. Outstanding care with services readily available as needed. Supportive care in beautiful independent apartments with lake views, Assisted Living and Memory Care. Please call (262) 993-2838 to arrange a tour.

#### JEWSH 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](http://www.JewishSeniorLiving.org); [www.SarahChudnow.org](http://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.

#### 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.

RETIREMENT HOUSING GUIDE continued on page 24

## 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](http://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.

## WE CAN HELP YOU WITH THE *next step.*

INDEPENDENCE • DIGNITY • INDIVIDUALITY • CHOICE • PRIVACY

*Independent Assisted Living & Memory Care Communities*

Elm Grove  
 Greenfield  
 Menomonee Falls  
 New Berlin  
 Waukesha  
 West Allis



**Heritage Lake Country**  
 Opening Winter 2016-2017

*At Heritage you will immediately sense the home-like & friendly atmosphere of our community.*

*Independent Living ~ offering 1 & 2 bedroom apartments*

*Assisted Living offers personalized care and services to meet the needs of each individual resident.*

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

**HERITAGE SENIOR LIVING**  
 Independent, Assisted Living and Memory Care Communities

For more information please call:  
**844-658-4475**  
[www.heritagesenior.com](http://www.heritagesenior.com)

Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.



SACRED HEART *At Monastery Lake*

*Autumn 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
- Non-Smoking

\*Available on most units

**Call Vicki for an appointment!**

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

[www.ForRent.com/SacredHeart](http://www.ForRent.com/SacredHeart)

*Come explore the place you will call home!*

Professionally managed by The Oakbrook Corporation



*Your* **LIFE!**



**RETIREMENT  
LIVING GUIDE  
2016**

Continued from page 23

### REILLY-JOSEPH REALTY

414-271-4116

[www.lowincomerentals.com](http://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  
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.". Non-smoking.

### STONE CREEK ADULT COMMUNITY

Cindy Thiel / 414-422-4686S69 / W14142 Tess Corners Drive Muskego  
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!

### SUNRISE VILLAGE APARTMENTS

Kim Francisio / 414-764-7997 / 2500 10<sup>th</sup> Avenue South Milwaukee

Well maintained property where pets are welcomed and cherished. 55 plus senior living community. All rents include heat, hot water, sewer and trash removal. We have a beautiful community room with a full kitchen. Please give Kim a call to show you your new home and tell you about our move-in special.

### SUSSEX MILL

Shianne Krogman / 262-820-1118 / W240N6345 Maple Avenue Sussex

[www.sussexmill.wixsite.com/senior](http://www.sussexmill.wixsite.com/senior)

Come enjoy living in a fun, safe, relaxing community of active 55+ seniors. Start a new exciting phase of your life at Sussex Mill.

### VMP MANOR PARK

Tamara Spredemann 414-607-4322 (Independent Living)

Christy Wiese 414-607-4104 (Assisted Living)

3023 S. 84<sup>th</sup> Street Milwaukee

[www.vmpcares.com](http://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. Our 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

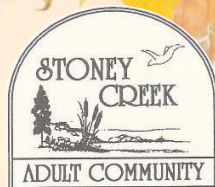
[www.wellspringhealthcarecenter.com](http://www.wellspringhealthcarecenter.com)

Wellspring of Milwaukee is 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. 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.

RETIREMENT GUIDE continued on page 25

*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  
and beautiful units!  
One bedrooms  
available NOW!**



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

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

**414.422.4686**

S69W14142 Tess Corners Dr., Muskego

[www.stoneycreekmuskego.com](http://www.stoneycreekmuskego.com)

**Men have two motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.**

**Space Mountain may be the oldest ride in the park, but it has the longest line.**



Continued from page 24

## SUPPORT SERVICES

### CAPTTEL 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 Counties  
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!

### DEMENTIA QUALITY OF LIFE

Rick Paddock / 414-939-6463 / 1025 S. Moorland Road Suite 612 Brookfield  
www.DementiaQualityofLife.com

Hypnotherapy to improve the quality of life of people living with dementia. Improvements are seen in various areas of life, including short & long term memory, activities of daily living, relaxation, motivation, concentration and socialization. Clinical hypnosis is also available to caregivers and family members to reduce stress, anxiety, and other issues.

### INDEPENDENCE FIRST MOBILITY STORE

414-988-5333 / 3720 North 124<sup>th</sup> 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. 76<sup>th</sup> 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.

### ON THE GO MOBILITY

414-228-7100 / 7289 N. Teutonia Ave, Milwaukee, WI 53209  
www.OnTheGoMobility.com

On The Go Mobility works to keep you mobile! Stair Lifts send you up and down your stairs! Scooters and Power Wheelchairs are available in all sizes and weight capacity. Porch Lifts / outdoor elevator. Lift Chairs assist you to a standing position. Offering RENTALS, REPAIRS and TRADE-INS.

RETIREMENT GUIDE continued on page 26

**Give a person a fish and you feed him for a day. Teach a person to use the Internet and he won't bother you for weeks, months, maybe years.**



# 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<br>West Milwaukee | • Gonzaga Village<br>West Allis | • Sunset Heights<br>Waukesha     |
| • Cifaldi Square<br>Cudahy          | • Oak West<br>West Allis        | • Valentino Square<br>West Allis |

Call or email for more information or an application! 

**www.beckerpropertyservices.com**

## 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



## Assisted Living for the Elderly & Disabled

- Private suites
- High staff to resident ratio
- On-site lab & radiology
- Therapy & pharmacy services
- Medication & health monitoring
- Outstanding activity programs

Please call for more info or  
to schedule your tour!  
[www.ellenshome.com](http://www.ellenshome.com)

*Where Quality of Life and  
Quality of Care go hand in hand*

**PORT WASHINGTON**  
262-268-9555  
**GERMANTOWN**  
262-250-9800



Continued from page 25

### SECURE AT HOME LLC

414-378-1938 / 866-670-0888 (toll free number) / 909 N. Mayfair Rd. Wauwatosa  
[www.secureathomellc.com](http://www.secureathomellc.com)

Secure At Home is not just another Personal Emergency Response System. Utilizing state-of-the-art technology, we provide clients access to our staff of Social Workers and RNs. Secure At Home offers no contracts to sign, auto fall pendants, medication dispensers, GPS units. We are your local company that works hard to put the best product out with affordable prices.

### SENIORS HELPING SENIORS

Carol / 262-225-7978 / P.O. Box 208 Sussex

[www.seniorecarewaukesha.com](http://www.seniorecarewaukesha.com) or [carolrshs@gmail.com](mailto: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.

### STAY-AT-HOME SPECIALISTS, Inc.

262-569-0799 / [www.stayathomespecialists.com](http://www.stayathomespecialists.com)

Stay-At-Home Specialists help you make the most of living, and growing older, in your own home. Using Universal Design techniques, you'll see how just a few small changes can help you and your home take good care of each other for years to come!

### SENIOR STRATEGIES, LLC

Peggy Smithson / 262-716-4301 / [www.peggy-smithson.com](http://www.peggy-smithson.com)

Senior Strategies, LLC specializes in Irrevocable Funeral Trusts. Pre-funding your funeral with an Irrevocable Funeral Trust will give your family "Peace of Mind" knowing that the funds will be there to take care of your final expenses. Rest easy knowing that final expenses are set aside and that you have created a legacy of love, not debt.

### WISCONSIN TALKING BOOK AND BRAILLE LIBRARY (WTBBL)

414-286-3045 or 1-800-242-8822 / 813 W Wells St, Milwaukee <http://talkingbooks.wi.gov>  
Has reading become difficult? The Wisconsin Talking Book and Braille Library (WTBBL) is a FREE service providing digital players and recorded books and magazines for those Wisconsin

residents who for any physical reason cannot read normal print. All items are shipped FREE to where you live.

## REAL ESTATE and MOVING SERVICE

### BIELINSKI HOMES

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

[www.bielinski.com](http://www.bielinski.com)

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.

### HOMEVESTORS

Kris Swenson / 262-391-0366 / 3240 Pilgrim Road Brookfield

[www.homevestors.com](http://www.homevestors.com)

We are HomeVestors, America's #1 House Buyer. Last year alone, over 22,000 people chose to sell to us instead of going through the stress and uncertainty of trying to sell a property through a realtor. Sell your home AS-IS - we don't ask you to clean or make repairs. We pay CASH - no banks, no closing costs, no expensive commissions. Take what you want - leave behind the rest. We can close quickly - whenever works for you.

### UNIVERSAL SERVICES

Richard and Migdalia Zanon, Senior Move Specialists

262-257-0250 / [www.universalserviceswi.com](http://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.

### ZIPPY SHELL STORAGE

Brian Biel / 262-349-1601 / [www.zippysell.com](http://www.zippysell.com)

No hassle. No running around. And best of all? It's easy on your wallet. Zippy Shell, serving Southeastern Wisconsin, provides convenient mobile storage and moving services to fit all your needs. From Madison to Milwaukee, Port Washington to Kenosha, Zippy Shell has you covered.

**Senior Independent Living  
for Active Lifestyles Age 55 or Better**

## SUSSEX MILL APARTMENTS

- Underground Parking
- Fitness Center On Site
- Beauty Salon On Site
- FREE Heat & Water
- Open, Bright & Spacious Floor Plans
- Convenient Location
- Elevator Service to All Floors

W240 N6345 Maple Avenue  
Sussex, WI

**Call Shianne for a Tour Today!**  
**(262) 820-1118**

**2 bedroom Heat Included  
Call for Rent Specials!**

Professionally managed by Oakbrook Corporation



**"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](mailto:westbend@comforcare.com)

Milwaukee &  
Waukesha Northeast  
**414-282-8606**  
[milwaukeeN@comforcare.com](mailto:milwaukeeN@comforcare.com)

Waukesha, Milwaukee SE  
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## Understanding Teenagers

continued from page 13

balanced no matter how much your child provokes you. If you or other members of your family scream, hit each other, or throw things, they'll believe these are appropriate ways to express their anger as well.

### Warning signs that a teen may become violent include:

- Playing with weapons of any kind
- Obsessively playing violent video games, violent movies, or visiting websites that glorify violence
- Threatening or bullying others
- Fantasizing about acts of violence
- Violent or cruel to pets and animals

### The tips below can help put balance back in your troubled teen's life:

**Create structure.** Teens may argue with you about rules and discipline, or rebel against daily structure, but that doesn't mean they need them any less.

**Reduce screen time.** There is a direct relationship between violent TV shows, movies, Internet, and video games, and the violent behavior in teenagers.

**Encourage exercise.** Even a little regular exercise can help ease depression, boost energy and mood, relieve stress, regulate sleep patterns, and improve self-esteem.

**Eat right.** Healthy eating can help to stabilize a teenager's energy, sharpen his or her mind, and even out his or her mood.

**Sleep deprivation** can make a teen stressed, moody, irritable, and lethargic, and cause problems with weight, memory, concentration, decision-making, and immunity from illness. Your teen needs 8.5 to 10 hours of sleep a night to be mentally sharp and emotionally balanced. Set consistent bedtimes, remove TVs, computers, and other electronic gadgets from your teen's room—the light from these suppresses melatonin production and stimulates the mind, rather than relaxing it.

This won't last forever. It's worth reminding your teen that no matter how much turmoil they are experiencing right now, with love and support, things can and will get better—for both of you.

www.Helpguide.org is a nonprofit that helps you help yourself and others to better health with expert ad free online resources



Continued from page 11

unspoiled landscape of the Baraboo Bluffs pairs beautifully with the patina of the vintage train cars.

Richard Colby, a conductor and volunteer who's says he's been crazy about trains his entire life, especially after seeing his first train at Mid-Continent Railway Museum many years ago, said the train travels at about 15 mph, "a good speed to take in the vivid mix of foliage in the Sauk County countryside and just relax." (608) 533-4261.



**Float Above the Treetops.** Book a hot air balloon flight with owner/pilot Jerome Teed of Gentle Breezes in Sun Prairie. The flight pattern is primarily Dane County, "but we fly where the wind blows," said Teed. While the view of downtown Madison is always a hit, Teed said he loves the colors of the crops in the fall. (608) 577-9606.

"The farmlands look like Packers country, all green and gold, plus it's a vehicle to see nature, from eagles alongside you to deer below." Tours run through October.

In Ripon, Majestic Balloons takes riders out year-round for a gentle glide, or "an aerial nature walk" as owner/balloonist Gregg Rasske likes to call it, over the rolling countryside and clear lakes of Green Lake County. (920) 748-3464.

**Get a Patchwork Perspective.** Dave Burke, pilot of Grizzly Scenic Air Tours in Sturgeon Bay, says passengers are thrilled to see Door County's fall colors mixing with the shoreline and cliffs, likening the center of the peninsula to a patchwork quilt. "I point out the lighthouses, the islands and the shipwrecks along the way." (920) 493-7315.

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# LAUGH OUT LOUD!

## COFFEE BREAK

My wife said she's leaving me because of my addiction to anti-depressants.

Guess I won't be needing those any more.



Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.

### Bob left work one Friday evening.

But it was payday, so instead of going home, he stayed out the entire weekend partying with his mates and spending his entire wages. When he finally appeared at home on Sunday night, he was confronted by his angry wife and was barraged for nearly two hours with a tirade. Finally his wife stopped the nagging and asked, "How would you like it if you didn't see me for two or three days?"

He replied, "That would be fine with me."

Monday went by and he didn't see his wife. Tuesday and Wednesday came and went with the same results. But on Thursday, the swelling went down just enough where he could see her a little out of the corner of his left eye.



Crossword on page 31

If women are so bloody perfect at multitasking, How come they can't have a headache and sex at the same time?

I was wondering why does a frisbee appear larger the closer it gets.... then it hit me.

How do you keep an idiot In suspense?

The only cow in a small town in California stopped giving milk.

The people did some research and found they could buy a super milk cow up in Hillsdale, Michigan for \$2,000.00. They bought the cow from Michigan and the cow was wonderful. It produced lots of milk and the people were pleased and very happy.

They decided to acquire a bull to mate with the cow and produce more cows like it. They would never worry about their milk supply.

They bought a bull and put it in the pasture with their beloved cow. However, whenever the bull came close to the cow, she would move away. No matter what approach the bull tried, the cow would move away and he could not succeed in his quest.

The people were very upset and decided to ask the Vet, who was very wise, what to do.

They told the Vet what was happening. "Whenever the bull approaches our cow, she moves away. If he approaches from the back, she moves forward. When he approaches her from the front, she backs off. An approach from the side and she walks away to the other side."

The Vet thinks about this for a minute and asked, "Did you buy this cow in Michigan?"

The people were dumbfounded, since they had never mentioned where they bought the cow.

"You are truly a wise Vet," they said. "How did you know we got the cow in Michigan?"

The Vet replied with a distant look in his eye, "My wife is from Michigan."



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\*\*Therapy is also available to caregivers and family members to reduce stress, anxiety and other issues.



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N	A	S	E	W	N	A	L	S	T	E	M	P	O	R	A	R	Y
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P	O	M	O	E	I	B	E	A	U	T	I	F	U	L	T	E	F
L	P	O	O	R	W	A	L	Y	D	U	T	S	D	F	O	L	F
E	H	G	A	A	E	K	A	N	G	M	U	L	T	W	O	N	R
A	E	L	N	E	C	B	G	M	A	N	I	P	A	O	K	O	K
S	N	T	A	E	M	D	M	R	U	P	S	R	R	N	P	S	D
A	O	O	N	O	I	S	N	E	M	I	D	O	A	S	I	C	K
N	M	A	C	U	M	D	L	U	M	R	D	T	S	B	O	F	A
T	E	L	L	C	A	V	R	H	E	E	A	E	E	E	L	N	T
N	N	T	I	D	R	D	O	A	I	L	R	W	A	S	T	E	I
F	O	B	O	R	E	E	S	I	E	D	R	I	G	L	E	H	O
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ADDRESS  
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BLOSSOM  
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DIMENSION  
ELSE  
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NICE

PACK  
PHENOMENON  
POOR  
PUNISH  
REASON  
REMEMBER  
SHARE  
SICK  
SLOPE  
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SPUR  
STEAL

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STUDY  
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A friend of mine has two tickets for the 2017 Super Bowl. Box seats plus airfares, accommodation etc., but he didn't realize when he bought them that this is going to be on the same day as his wedding - so he can't go.

If you're interested and want to go instead of him, it's at St Peter's Church in Osborne Park, Baltimore at 5pm.

Her name's Louise. She will be the one in the white dress.

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## Crossword junkie!

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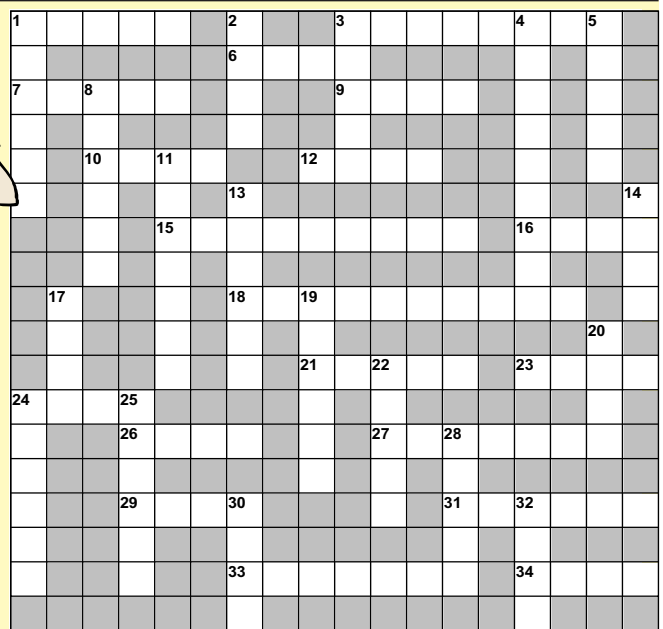
FROM BOOMER'S NEWSPAPER

### ACROSS

1. A flowers ambition
3. Big eared pachyderm
6. To entice
7. Up to the time when:
9. Domesticate
10. Type of life insurance
12. Created
15. Scarecrow's home
16. Not out of
18. Comprehend
21. Future action based on past result
23. Large North American omnivore
24. Single woman's title
26. Not pretty
27. Embarrassed of ones actions
29. Not smart
31. Release from anxiety
33. Without discrepancy
34. Past tense of go

### DOWN

1. Purchased
2. Measure of land
3. More than needed
4. Squeeze box instrument
5. Firmly fastened
8. To tell on someone
11. Type of chair
13. Planting bed
14. Glue
17. Form of public transportation
19. Greenback
20. Aforementioned party
22. Once more
24. Keeps Fido from biting
25. First and last day of the week
28. To move with haste
30. Fizzy malt beverage
32. Tended grass



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