

# MARQUARDT MESSENGER

10...9...8...7...6...5...4...3...2...1  
**HAPPY  
NEW YEAR!**

## JANUARY 2012

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### A MESSAGE FROM MATT

Matt Mauthe, CEO

#### CAMPUS GUEST ROOM

We have received much interest from residents and families regarding the possibility of on campus housing for visiting relatives over the past few months. In an effort to accommodate this need we have decided to create a guest room with a vacant one bedroom apartment in Anna Nitschmann. This guest room is fully

### NOTICE TO BRIDGE PLAYERS

We have a group of people living in the Village who get together each **Monday** at **1:15 p.m.** for a Bridge Game. *If you would be interested in joining us, please contact Mary Schumaker at 261-7777 or Barb Berg at 261-7494 for more details.*



### MARQUARDT VILLAGE WORSHIP SERVICES

#### BETHANY CHAPEL SERVICES

**Sundays** – services at **9:30** and **10:30 a.m.**

**Tuesdays** - services at **1:30 p.m.**

**Jan. 3** Moravian Church Communion Service (Grape Juice)

**Jan. 10** Good Shepherd Lutheran Church

furnished to provide for the comfort of our visitors. This guest room will be available on a first come first serve basis and will be offered at a discounted daily rate of \$60 per night. To reserve this room for a guest please contact Kathy Ready at 920-261-4876.

#### PET AGREEMENT

This past summer we made the decision to allow pets in all of our garden homes as prospective residents were inquiring to this possibility. This change has gone smoothly, and have therefore decided to allow pets in Hus, Anna Nitschmann, and Milo Loppnow Apartments. With this change in policy we will now allow residents to have pets in all of our independent living facilities. If you have any questions regarding this expanded policy please contact Kathy Ready at 920-261-4876.

**Jan. 17** ELCA Lutheran Communion Service (Wine)

**Jan. 24** St. Peter's Lutheran Church

**Jan. 31** 1<sup>st</sup> Congregational UCC Church

This schedule is subject to change.

#### Wednesdays

1<sup>st</sup> - St. Luke's Lutheran at **10:30 a.m.**

2<sup>nd</sup> - St. Mark's Lutheran at **10:15 a.m.**

3<sup>rd</sup> - Farmington Lutheran at **10:30 a.m.**

4<sup>th</sup> - St. Mark's Lutheran at **10:15 a.m.**

**Thursdays** - Catholic Mass at **10:15 a.m.**

#### Fridays

1<sup>st</sup> - St. John's Lutheran at **10:15 a.m.**

Every - Catholic Rosary at **6:30 p.m.**



#### WEEKLY BIBLE STUDY GROUPS

**Every Tuesday**

**9:00 a.m. - Karl Fischer Center**

Pastor Martin Stuebs facilitates the group. Everyone is welcome to attend!

**Every Thursday**

**1:00 p.m. - Karl Fischer Center**

Connie Mundt facilitates the group. Everyone is welcome to attend.

## FOUNDATION FOCUS

By Lori Werbeckes, Foundation Director



Every new year brings new opportunities! The Marquardt Foundation is starting the new year with a focus on planning for the future, and YOU are a vital part of that planning process. What do you see in Marquardt's future? Maybe it's memory care for a loved one with Alzheimer's Disease, or successful rehabilitation following hip surgery, or wellness programs to keep you healthy and fit.

These are all possible with careful planning and wise use of resources. Please consider Marquardt Village when you formulate your estate plans. **You can make a meaningful difference by naming Marquardt Village as a beneficiary of a portion of your accommodation fee refund.** This can easily be done by noting your wishes in your residency agreement or notifying the Marquardt Foundation in writing of your intention.

For more information or sample wording, please contact me at 206-4000 or by email at [lwerbeckes@marquardtvilleage.org](mailto:lwerbeckes@marquardtvilleage.org). Happy New Year!

## ZINZENDORF HAPPENINGS

*Marquardt Village's Assisted Living Choice*

By Sherry Cira, Administrator

The residents are already sharing memories of a fantastic Holiday Season experienced at their home at Zinzendorf Hall in 2011. We are hanging new calendars for the year 2012, and welcoming the promise of a new year!

January often brings more snow and freezing cold temperatures to our Wisconsin domain. I am reminded that our Zinzendorf residents, and their loved ones, appreciate their Assisted Living environment at this time of year more than ever!

Making the wise move into Assisted Living means:

- No more having to walk in the snow or on the ice to get to the store or out to the mailbox.
- No more having to shovel, or arrange for such.
- No more worries about how to get groceries or medication refills when that snow storm is coming.
- No more needing to worry about what Mom or Dad will do if their furnace stops working in 15 degree temperatures.
- No more needing to worry about how Mom or Dad are going to get around if the power goes out in a blizzard and they are without lights.

The list of benefits to transition to Assisted Living when it just gets "too much" to live alone is **endless!**

The reassurance, security, and quality of life one realizes when transitioning to Assisted Living when it just get "too much" to live alone is **priceless!**

If you, or a loved one, are beginning to sense that being home alone is getting to be "too much", call, or email me, for a confidential conversation about your Assisted Living options at Zinzendorf.

***Let's make improving the quality of lives for ourselves and/or our loved ones our first New Year's Resolution in 2012!***

Sherry (920-261-5655)  
[scira@marquardtvilleage.org](mailto:scira@marquardtvilleage.org)

## HCBS (Home & Community Based Services)

Marquardt Hospice  
Hospice Horizons

### Gone From My Sight

I am standing upon the seashore. A ship at my side spreads her white sails to the ocean. She is an object of beauty and strength. I stand and watch her until at length she hangs like a speck of white cloud just where the sea and sky come to mingle with each other.

Then someone at my side says: "There, she is gone!"

"Gone where?"

"Gone from my sight. That is all."

Her diminished size is in me, not in her. And just at the moment when someone at my side says: "There, she is gone!" there are other eyes watching her coming and other voices ready to take up the glad shout:

"Here she comes!"

And that is dying.

~ Henry Van Dyke

If you have any questions or concerns, please call Marquardt Hospice @ 920-206-6202.

## MARQUARDT MANOR

What a wonderful holiday season we had at Marquardt Manor. The beautiful songs of Christmas were brought to us by many members of the community. We are truly blessed to be located in an area where there are so many caring, thoughtful people. Our hallways were often filled with carollers, who willingly shared the songs and spirit of Christmas. Special performances were given by the Euterpe Chorus, Maranatha String Orchestra, Watertown High School Carollers and Blue Review, and the Luther Prep Pastors and Professors. When you add our regular Saturday Music, Sing Alongs and Christmas parties to this, the residents and staff of

Marquardt were joyously busy! We praise God for everyone who helped to brighten our days.  
*Happy New Year.*

## YEARS OF SERVICE

The following employees are being recognized for January Employment Anniversaries. We thank them for their years of service to Marquardt Village.

Kathy Ready	38 years
Carol Krusel	36 years
Donna Else	29 years
Sheryl White	21 years
Janet Mueller	15 years
Marilyn Vogel	15 years
Amanda Carpenter	10 years
Stacy Ready	10 years
Joan Sellnow	8 years
Gloria Garcia	7 years
Tiffany Sellnow	6 years
Sandy Bathke	4 years
Laura Lynch	4 years
Laura Hoene	3 years
Laurie Heinecke	2 years
Stephanie Bonnos	1 year
Alesha Mower	1 year

## HAPPENINGS

*Happy Birthday!*

### Residents

<b>January</b>	1	Adeline Richter	
	2	Doris Zimmerman	
	3	Janet Hennings	91
	4	Ellen Huber	
	12	William Schwarze	92
	12	Dorothy Klug	92
	13	Milo Loppnow	98
	15	Angeline Theder	94
	16	Helen Mitzner	95
	19	Shirley Frederick	
	20	Kathryn Hanus	92
	21	Doris Kasmiskie	
	27	Erleen Hendrickson	98
	27	Doris Kuhnke	





Cost: \$20.50 paid directly to instructor  
**Tuesday, January 24<sup>th</sup> – February 28<sup>th</sup>**  
1:30 p.m. Memory & Mind Stimulation  
Cost: \$4.00

**Tuesday, January 24<sup>th</sup> – March 1<sup>st</sup>**  
10:30 a.m. Senior Health & Fitness  
Cost: \$4.00

**Wednesday, January 25<sup>th</sup> – March 2<sup>nd</sup>**  
10:30 a.m. Senior Health & Fitness  
Cost: \$4.00

All exercise programs are 6 week sessions. Registration is required. Exercise is good for your body and soul. For more information about the above exercise classes or to register please call the Karl Fischer Center office at 262-0923.

### **ANNUAL CRAFT & GIFT BAZAAR**

Thank you to all for a successful bazaar. We could not do this event without our volunteers, crafters & vendors, and, of course, our shoppers! We appreciate your support. Your generosity helped us succeed in our fundraising, a total of over \$800.00. The proceeds benefit the Karl Fischer Activity Center programs. **THANK YOU!**

### **STEPPING ON PROGRAM COMING SOON!**

*Building Confidence and Reducing Falls*  
**Thursday, February 16 – March 29, 2012**  
**1:00 p.m. – 3:00 p.m.**  
Karl Fischer Craft Room – Lower Level

**Is Falling A Concern? We Can Help!**  
*Stepping On* is a falls prevention program that meets 2 hours a week for 7 weeks. It is for seniors age 60+ that have fallen, have a fear of falling or want to avoid falling. It offers:

- ▶ **A pharmacist, physical therapist, community safety expert, and vision expert**
- ▶ **Mutual support**
- ▶ **Simple strength and balance exercises**

▶ **Information about the many aspects of falls prevention**

▶ **Strategies you need to prevent falls**

A \$20.00 fee includes all learning materials. Enrollment is limited.

**To register call** Anne Roberson, Marquardt Village Service Coordinator, at **(920) 206-4620** during the office hours of 7:30 a.m. – 4:00 p.m. Monday – Thursday.

### **MARQUARDT VILLAGE GIFT CERTIFICATES**

*A Perfect Gift for any Occasion!*

**Karl Fischer Activity Center Certificates**  
Purchase at the Karl Fischer Center Office or call 262-0923 for:

#### **Program Events or Coffee Shop**

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**Supportive Home Care Certificates**  
Purchase at Home Health Office located at Hus Apts. or call 261-7108 for:

#### **Housekeeping Services**

~ ~ ~ ~ ~

**Campus Hair Salon Certificates**  
Purchase at the beauty shop located at Mueller Apts. or call 206-6015 for:

#### **Kathy's Klip & Kurl**

~ ~ ~ ~ ~

Purchase at the beauty shops located at Milo Loppnow Apts. or Anna Nitschmann Apts. or call 285-1981 (local cell) for:

#### **A & M Salon**

~ ~ ~ ~ ~

**Marquardt Home Health Certificates**  
Purchase at Home Health Office located at Hus Apts. or call 261-7108 for:

#### **Whirlpool Bath or Foot Care Clinic**

~ ~ ~ ~ ~

Dodge Cty Nutrition Site Certificates  
Purchase at Meal Site located at Mueller Apts.  
or call 262-9790 or 262-8830 for:

### Noon Meal

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#### EYE GLASS COLLECTION AND RECYCLING

To donate your used eye glasses, please drop them off at the business offices.



*Enjoy, escape, rejuvenate!*  
*Everyone is welcome!*

#### COFFEE SHOP HOURS:

Monday, Tuesday, Thursday, Friday  
9:00 a.m.-3:00 p.m.

Wednesday 9:00 a.m.-2:00 p.m.

Saturday 8:00 a.m.-10:00 a.m.

#### COFFEE SHOP January SPECIALS:

Dine In or Take Out

#### CELEBRATE YOUR BIRTHDAY WITH US!

Stop in on your birthday and get a free ice cream dixie cup.

#### Monday, January 2<sup>nd</sup>

Hot Shredded Turkey Sandwich,  
Broccoli Soup & Wisconsin  
Badgers Football Rose Bowl  
Cookie

Price: \$3.75

11:00 a.m. – 1:00 p.m.

#### Saturday, January 7<sup>th</sup>

Bowl of Chili, Egg Salad  
Sandwich & Coffee

Price: \$4.25

11:00 a.m. – 12:30 p.m.

#### Monday, January 9<sup>th</sup>

Snowball Hot Fudge Sundae

Price: \$1.25

9:00 a.m. – 3:00 p.m.

#### Wednesday, January 11<sup>th</sup>

BBQ Pork on Bun, Chips &  
Pickle

Price: \$3.25

11:00 a.m. – 1:00 p.m.

#### Wednesday, January 18<sup>th</sup>

Baked Potato W/Toppings

Price: \$2.50

11:00 a.m. – 1:00 p.m.

#### Thursday, January 19<sup>th</sup>

Jumbo Muffins

Price: \$1.25

9:00 a.m. – 3:00 p.m.

#### Tuesday, January 24<sup>th</sup>

Strawberry Shortcake

Price: \$2.00

9:00 a.m. – 3:00 p.m.

#### Thursday, January 26<sup>th</sup>

Meatball Sub Sandwich & Fruit

Price: \$3.25

11:00 a.m. – 1:00 p.m.

#### Tuesday, January 31<sup>st</sup>

Upper Krust Carmel Apple Pecan  
Crumb Pie

Price: \$2.00

9:00 a.m. – 3:00 p.m.

#### Wednesday, February 1<sup>st</sup>

Hamburger on Bun, Chips &  
Pickle

Price: \$3.25

11:00 a.m. – 1:00 p.m.

The Coffee Shop is a vital part of the Campus.  
We hope you will stop in for an event.

## JANUARY ACTIVITIES

### HAPPY NEW YEAR'S BREAKFAST

Thursday, January 5<sup>th</sup>

Karl Fischer Coffee Shop



8:30 a.m. Upper Krust

MENU: Sausage Egg Bake, Muffins, Orange  
Wedges, Juice & Coffee

The meal price is \$5.50 per person.

**Reservations required by January 3<sup>rd</sup>**

**IT'S SNOW MUCH FUN!**

**Saturday, January 7<sup>th</sup>**

Karl Fischer Activity Center



We all love a snow day! Come join us at **10:00 a.m.** for a fun filled program and a challenge for the New Year. Find out why "There's Snow One Like You," presented by Connie Mundt and Jeanuetta Westenberg through music and poetry. Lunch will be served in the coffee shop following the program.

**11:00 a.m.-12:30 p.m.**

**MENU:** Bowl of Chili, Egg Salad Sandwich & Coffee

The meal price is \$4.25 per person. No meal reservations are required.

All welcome to join us for the program and /or lunch.

**POTLUCK**

**Sunday, January 8<sup>th</sup>**

**12:30 p.m.**

Karl Fischer Activity Center

Please bring a dish to pass, serving utensils and your own place setting. Coffee will be provided.

All are welcome to join us for potluck.

**COFFEE & CONVERSATION**

**Wednesday, January 11<sup>th</sup>**

**9:00 a.m.**

Karl Fischer Craft Room



Marquardt Home Health to present "*Balance: What you SEE is what you get*". Learn how VISION is a vital part of maintaining balance, preventing falls. All welcome to join us!

**BUNCO PARTY**

**Friday, January 13<sup>th</sup>**

Karl Fischer Craft Room

**12:00 p.m.**

**MENU:** Pizza: Sausage, Pepperoni or Canadian Bacon (specify with reservation), Lettuce Salad, Ice Cream Bar & Coffee

The meal price is \$5.00 per person.

**Reservations required by January 11<sup>th</sup>.**

**1:00 p.m. Dice Bunco**

*Join us for meal and/or Bunco!*

**WINTER SING ALONG & DINNER**

**Tuesday, January 17<sup>th</sup>**

Karl Fischer Activity Center

**4:15 p.m.**



Come and sing along to winter favorites with Gina Symkowski, Activities Assistant, Marquardt Manor.

**5:00 p.m.** Meal catered by Glenn's Market

**MENU:** Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Ice Cream Sundae & Coffee

The meal price is \$6.50 per person.

**Reservations required by January 13<sup>th</sup>.**

All welcome to join us for music and/or dinner.

**WELLNESS WEDNESDAY**

**Yoga 4 Arthritis**

**Wednesday, January 18<sup>th</sup>**

Join Tracey Listel for a free demonstration of Chair Yoga 4 Arthritis Class at 3:15 p.m. in the Karl Fischer Activity Center. You will learn some practical and fun stretches while sitting in a chair and standing using a chair for balance. Yoga is a great way to increase joint mobility, improve muscle tone and flexibility, and build balance. Learn how gentle yoga can help arthritis and rejuvenate your body! Everyone is welcome.

**SWISS STEAK DINNER AND BINGO**

**Friday, January 20<sup>th</sup>**

Karl Fischer Activity Center

**12:30 p.m.** Augie's Elite Catering

**MENU:** Swiss Steak w/ Vegetables, Mashed Potatoes, Roll, Cheesecake & Coffee

The meal price is \$5.00 per person.

*Reservations required by January 18<sup>th</sup>.*

**2:00 p.m.** Bingo

*Join us for meal and/or bingo!*

## **PORK CHOP DINNER AND BINGO**

**Wednesday, January 25<sup>th</sup>**

Karl Fischer Activity Center

**12:30 p.m.** Augie's Elite Catering

**MENU:** Stuffed Pork Chop w/Sage Dressing, Garden Rice Pilaf, Mixed Vegetables, Roll, Chocolate Mousse Fluff & Coffee

The meal price is \$5.00 per person.

*Reservations required by January 23<sup>rd</sup>.*

2:00 p.m. Perkins Bingo



## **GROUNDHOG DAY BREAKFAST**

Thursday, February 2<sup>nd</sup>

Karl Fischer Coffee Shop

**8:30 a.m.** Upper Krust

**MENU:** Pancakes, Scrambled Eggs, Bacon, Fruit, Juice & Coffee

The meal price is \$5.50 per person.

*Reservations required by January 31<sup>st</sup>.*



## **BOARD GAMES**

**BINGO - 2:00 p.m.**

Karl Fischer Activity Center

Price: \$.50 per card.

**Friday, January 6<sup>th</sup>**

Prize: Karl Fischer Gift Certificate

**Wednesday, January 11<sup>th</sup>**

Prize: Area Business Certificate

**Friday, January 20<sup>th</sup>**

Prize: Karl Fischer Gift Certificate

**Wednesday, January 25<sup>th</sup>**

Prize: Perkins Coupons

**FREE DICE BUNCO - 1:00 p.m.**

Karl Fischer Craft Room

**Friday, January 13<sup>th</sup> & 27<sup>th</sup>**

**FREE BEAN BAG BASEBALL**

No bats, no balls, just bags of beans! Join us for a friendly game of Bean Bag Baseball on **Monday, January 16<sup>th</sup> & 30<sup>th</sup> at 6:30 p.m.** in the Karl Fischer Activity Center. Fun for everyone! *So, let's play ball (or beans)!*

## **CARD GAMES**

**SHEEPSHEAD**

Mondays 1:00 p.m. – KFC Craft Rm



**UNO**

Thursdays 1:00 p.m.

Karl Fischer Craft Room

## **CRAFTS**

**Stitchery - Tuesdays - 1:00 p.m.**

Karl Fischer Craft Room

**Handcrafts - Wednesdays - 9:00 a.m.**

Karl Fischer Craft Room

## **TRIPS**

**HIGH ROLLERS HO CHUNK CASINO**

*Baraboo, WI*

**Wednesday, February 8<sup>th</sup>**

Price: \$30.00

*Walking Level: Low-Moderate*

Highlights: poker room, slot machines, off-track betting parlor & Las Vegas-style gaming, \$20.00 in Slot Credit, 10% off your meal with a valid Players Card

*Reservation deadline is January 13<sup>th</sup>*

Depart: 8:45 a.m. Hus Apartments

Return: Approximately 6:00 p.m.

**DRURY LANE OAKBROOK TERRACE**

*Oakbrook Terrace, Illinois*



**Wednesday, February 29<sup>th</sup>**

**Price: \$95.00**

*Walking Level: Moderate*

Highlights: lunch and show at Drury Lane Theatre presenting "GYPSY", lunch entrée selection will be stuffed chicken breast or roast sirloin of beef

**Reservation deadline is January 30<sup>th</sup>**

Depart: 7:00 a.m. Hus Apartments

Return: Approximately 7:30 p.m.

### **WALK LIKE AN EGYPTIAN**

*Milwaukee, Wisconsin*

**Wednesday, March 7<sup>th</sup>**

**Price: \$89.00**

*Walking Level: Low*

Highlights: Milwaukee Public Museum exhibit Walk Like An Egyptian, lunch buffet at Milwaukee's best Middle Eastern Restaurant, Coptic Egyptian Church in Oak Creek

**Reservation deadline is February 13<sup>th</sup>**

Depart: 7:00 a.m. Hus Apartments

Return: Approximately 4:15 p.m.

### **CAJUN COUNTRY \$UPER \$AVER**

Marksville, Louisiana

7 Days: **March 18 - 24, 2012**

Double Occupancy: \$599/person

Single Occupancy: \$749/person

A Super Saver vacation provides an affordable winter getaway to a wonderfully warm area. Not only is this affordable, but you can customize the tour to be as active or as relaxing as you wish. You choose what you would like to see and do while on vacation from the numerous side excursions that are available.

Take advantage of this tremendous value and make your reservation early while space is available!

*Cajun Country* - Today's Cajuns trace their ancestral roots to French Canadian exiles who



came together again in Southern Louisiana in the late 18th Century. The joyful reverberations of that reunion and the pride in the enduring culture built here set the tempo for today's Cajun Country, a region where many different people share a unifying "joie de vive." On this tour you'll have the opportunity to explore the cultural riches on daytrips around towns nestled in bayou country.

*Paragon Casino Resort, the "Pearl of Louisiana"* - The Paragon Casino Resort is Louisiana's premier escape located in the heart of the Bayou. Treat yourself to a totally indulgent getaway including luxurious lodging, fabulous spa services are available (at an additional cost), golf, movie theatre, and an awesome casino. Paragon will provide everyone with \$25 in play to start you off. The casino floor features over 2,000 slots, off track betting parlor, poker room and a variety of the hottest table games.

**Deposit of \$100 per person due when making your reservation. Travel Protection should also be paid at this time. Final payment is due by February 10, 2012.**

### **MEMORIES DINNER THEATRE**

*Port Washington, Wisconsin*

**Sunday, April 22<sup>nd</sup>**

**Price: \$74.00**

*Walking Level: Low*

Highlights: Memories Dinner Theater for the performance of the "Odd Couple" Female Version Comedy by Neil Simon, lunch Chicken Marsala & Roast Beef

**Reservation deadline is February 13<sup>th</sup>**

Depart: 7:00 a.m. Hus Apartments

Return: Approximately 4:15 p.m.

### **ALL TRIP INFORMATION**

A full itinerary is available at the Anna Nitschmann, Milo Loppnow and Karl Fischer Center offices.



To reserve a trip or get more information, contact Joan Genz at 262-0923.

**\*\*All trips are (unless otherwise stated):**

First come, first serve basis! ♦ There must be a minimum of 10 people for a Marquardt Village pickup. ♦ Make check payable to: Badger Tour & Travel ♦ Friends welcome!

*Full payment guarantees your reservation. No refunds are given after the reservation deadline unless your ticket can be resold.*

**CANCELLATIONS** – Full refunds may be made if cancellation is 48 hours prior to event. However, in some cases nonrecoverable costs (such as prepaid theatre tickets, etc.) may be deducted. If the reservation is filled from a waiting list, a full refund will be given.

## HEALTH SERVICES

**BLOOD PRESSURE CLINICS – Free**



*Marquardt Home Health*

**Please note:** January 1<sup>st</sup> we will be going to one time per month for blood pressure clinics at each building:

First Wednesday	Anna
Second Wednesday	Milo
Third Wednesday	Hus
Fourth Wednesday	Mueller

Times will remain 10:00 – 11:00 a.m.

## FOOT CARE CLINICS

*Marquardt Home Health*

January 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>

Karl Fischer Center

January 18<sup>th</sup> Anna Nitschmann Apts.

February 15<sup>th</sup> Milo Loppnow Apts.

Appointments required. Call 261-7108.

## HEARING TEST – Free

*Wisconsin Hearing Aid Center  
Senior Health/Fitness*

Karl Fischer Center Lower Level.

**Monday, January 9<sup>th</sup> at 1:00 p.m.**

## DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

**Wednesday, January 11<sup>th</sup> & 25<sup>th</sup>**

Karl Fischer Craft Room

**4:00 p.m.**

DBSA is a support group for individuals affected by a mood disorder such as depression, anxiety, and bipolar disorder. For more information, call Joan Genz at the Karl Fischer Activity Center at 920-262-0923.

## REFLEXOLOGY

**Reflexologist Kerry Schmidt**

Karl Fischer Center Lower Level

**Tuesday, January 24<sup>th</sup> at 9:00 a.m.**

Treatment focuses on pressure point work on the reflex zones of your feet. Payable at time of service. Appointments required. Call 920-988-0519.

## TOPS

Weight management meetings are held on **Mondays from 5:00 p.m. to 6:00 p.m.** in the Craft Room at Marquardt Manor (across from Chapel). Anyone who is interested in “Taking Off Pounds Sensibly” is welcome to attend.

## MASSAGE THERAPY

**Massages by Krista Eberle**

Karl Fischer Center Lower Level

**Thursday, January 26<sup>th</sup> at 1:30 p.m.**

Relax your mind and bring comfort to your whole body. Payable at time of service. Appointments required. Call 920-262-0923.

## CLASSES –SPRING 2012

63405/6340

Wed-Fri January 25-March 2  
March 28-May 4

Cost: \$4.00

10:30 a.m. Karl Fischer Activity Center

**63406/63415**

**Senior Health/Fitness**

Tues-Thurs January 24-March 1  
March 27-May 3

Cost: \$4.00

10:30 a.m. Karl Fischer Activity Center

**63387/63388**

**Memory & Mind Stimulation**

Tuesday January 24-February 28  
March 27-May 1

Cost: \$4.00

1:30 p.m. Karl Fischer Craft Room

**63470 Watertown History**

Tuesday February 7-February 28

Cost: \$4.00

6:00 p.m. Karl Fischer Activity Center

**HOW TO REGISTER** – Register in person: 9:00 a.m. – 3:00 p.m., Monday through Friday at the Karl Fischer Center office. Checks payable to: M.A.T.C. For more information please contact Joan Genz at 262-0923.

**PLEASE NOTE** – Class descriptions are available at the Karl Fischer Center office.

**Beginning Again**

*Author: Lois Duncan*

The close of a year is a milestone.

We find it both painful and sweet.

A dawn has evolved into sunset,

A chapter of life is complete.

Its wonders are now only memories,

And all of the stories are told.

Tomorrow's adventures lie waiting

with new sagas yet to unfold.

Although we are glad to move onward,

the past is an intricate part.

Its memories, like beautiful music,

Were strummed on the strings of the heart.

So cherish those wonderful memories.

Hold them and cuddle them tight,

Then tuck them away in a scrapbook

and bid them a tender goodnight.

**A HAPPY  
NEW YEAR**



**Marquardt Memorial Manor, Inc.  
1020 Hill Street  
Watertown, WI 53098**

**Return Service Requested**

If you do not wish to receive  
this newsletter, please give us a  
call at 920-261-4876 or email at  
[housing@marquardtville.org](mailto:housing@marquardtville.org).

Thank you.

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# Be SAFE on ICE

## Do the “Penguin Shuffle”

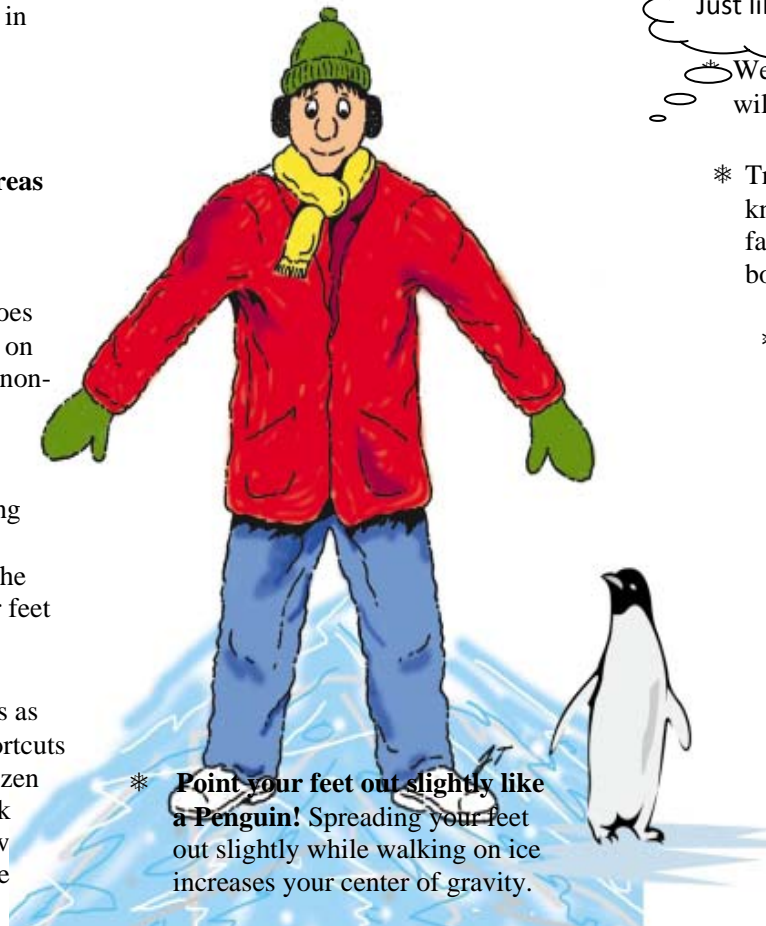
*Walking  
Safely  
Like a Penguin  
in a Winter  
Workplace  
Wonderland*

Walking to and from the parking lots at work during the winter requires special attention to avoid slipping and falling.

No matter how well the snow and ice is removed from parking lots or sidewalks, you will still encounter some slippery surfaces when walking outdoors in the winter. It is important for everyone to be constantly aware of these dangers and to learn to walk safely on ice and slippery surfaces.

Keep these important safety tips in mind:

- \* In cold temperatures, approach with caution and **assume that all wet, dark areas on pavements are slippery and icy.**
- \* During bad weather, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are best.
- \* Use special care when entering and exiting vehicles; use the vehicle for support. Look at the ground where you place your feet when opening the car door.
- \* Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous. Look ahead when you walk; a snow covered sidewalk may require travel along the grassy edge for traction.

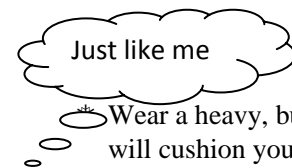


\* **Point your feet out slightly like a Penguin!** Spreading your feet out slightly while walking on ice increases your center of gravity.

\* Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.

- \* Extend your arms out to your sides to maintain balance.
- \* **Keep your hands out of your pockets.** Hands in your pockets while walking decreases your center of gravity and balance. You can help break your fall with your hands free if you do start to slip.
- \* Watch where you are stepping, take short steps or shuffle for stability

**GO S-L-O-W-L-Y !!**



Wear a heavy, bulky coat that will cushion you if you fall.

- \* Try to avoid landing on your knees, wrists, or spine. Try to fall on a fleshy part of your body, such as your side.
- \* Try to relax your muscles if you fall. You'll injure yourself less if you are relaxed.

# JANUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:30 & 10:30 SUNDAY WORSHIP	9:00 PIGGLY WIGGLY BUS 10:30 EXERCISE 11-1 TURKEY SANDWICH – Coffee Shop 1:00 BRIDGE – MARQUARDT 1:00 SHEEPSHEAD 5:00 TOPS – MMM Craft Room	9:00 BIBLE STUDY 9:00 LINE DANCE 10:30 EXERCISE 1:00 STITCHERY 1:30 CHAPEL 3:45 STRETCH & WALKING	9:00 CRAFTS 10-11 BLOOD PRESSURE - Anna 10:30 EXERCISE 10:30 ST. LUKES 4:00 YOGA	8:30 NEW YEAR'S BREAKFAST 10:15 CATHOLIC MASS 10:30 EXERCISE 1:00 BIBLE STUDY 1:00 UNO 3:45 STRETCH & WALKING	10:30 EXERCISE 10:30 ST. JOHN'S 2:00 BINGO 6:30 CATHOLIC ROSARY
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:30 & 10:30 SUNDAY WORSHIP 12:30 POTLUCK	9-3 SNOWBALL HOT FUDGE SUNDAE – Coffee Shop 9:15 PIGGLY WIGGLY BUS 10:30 EXERCISE 1:00 BRIDGE – Marquardt 1:00 SHEEPSHEAD 5:00 TOPS – MMM Craft Room	9:00 BIBLE STUDY 9:00 LINE DANCE 10:30 EXERCISE 1:00 STITCHERY 1:30 CHAPEL 3:45 STRETCH & WALKING	9:00 CRAFTS 9:00 BALANCE & VISION PROGRAM 10-11 BLOOD PRESSURE - Milo 10:15 ST. MARK'S 11-1 BBQ PORK SANDWICH – Coffee Shop 10:30 EXERCISE 2:00 BINGO 4:00 YOGA 4:00 DEPRESSION SUPPORT GROUP	8:30 FOOT CARE 10:15 CATHOLIC MASS 10:30 EXERCISE 1:00 BIBLE STUDY 1:00 UNO 3:45 STRETCH & WALKING	10:30 EXERCISE 12:00 PJ'S PIZZA 1:00 DICE BUNCO 6:30 CATHOLIC ROSARY
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:30 & 10:30 SUNDAY WORSHIP	9:15 PIGGLY WIGGLY BUS 10:30 EXERCISE 1:00 BRIDGE – Marquardt 1:00 SHEEPSHEAD 1:00 HEARING TEST 5:00 TOPS – MMM Craft Room 6:30 BASEBALL BEAN BAG	9:00 BIBLE STUDY 9:00 LINE DANCE 10:30 EXERCISE 1:00 STITCHERY 1:30 CHAPEL 3:45 STRETCH & WALKING 4:15 P.M. WINTER SING ALONG 5:00 SPAGHETTI DINNER	9:00 CRAFTS 10-11 BLOOD PRESSURE - Hus 10:30 EXERCISE 10:30 FARMINGTON 11-1 BAKED POTATO W/TOPPING – Coffee Shop 3:15 WELLNESS WEDNESDAY – INTRO TO YOGA 4 ARTHRITIS 4:00 YOGA	8:00 FOOT CARE 9-3 JUMBO MUFFINS – Coffee Shop 10:15 CATHOLIC MASS 10:30 EXERCISE 1:00 BIBLE STUDY 1:00 UNO 3:45 STRETCH & WALKING	10:30 EXERCISE 12:30 AUGIE'S SWISS STEAK 2:00 BINGO 6:30 CATHOLIC ROSARY
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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<b>29</b>	<b>30</b>	<b>31</b>			
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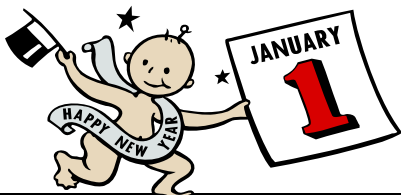
## WEEKEND MEAL PROGRAM - AUGIE'S ELITE CATERING SERVICE

The Weekend Meal Program is a delivered meal service provided by Augie's Elite Catering for **ALL** campus residents. **There are no restrictions or eligibility requirements**; all residents are able to receive delivered meals. Families and friends are also welcome to order meals! The cost of the meal is \$5.50, which will be billed monthly directly to you through Augie's Catering Service. The menus and dates are listed for your convenience. **Reservation and cancellations are due on FRIDAYS AT 10 a.m.** The count will be given to the catering service at that time.

**Contact Jan Duffy, Service Coordinator, at 262-8830 or #6001, to register or learn more about the program.**

<b>Saturday, December 31</b>
Roast Chicken Fresh Dumplings in Gravy Green Beans Buttermilk Biscuit Blueberry Bar

<b>Sunday, January 1, 2012!!!</b>
Spaghetti w/Meat Sauce Tossed Salad Garlic Bread Marble Cake



<b>Saturday, January 7</b>
Open Face Pork Sandwich on Sourdough Bread Mashed Potatoes Green Beans Chocolate Cherry Fluff

<b>Sunday, January 8</b>
Turkey Rolls Stuffed w/Sage Dressing w/Gravy Sweet Potatoes Corn Cranberries Vienna Bread Pumpkin Bar


<b>Saturday, January 14</b>
Swedish Meatballs in Sour Cream & Brown Sauce Mashed Potatoes Glazed Carrots Fresh Baked Roll Jell-O

<b>Sunday, January 15</b>
Chicken Breast in Creamy Sauce w/Fresh Mushrooms & Italian Spices White Rice Sweet Peas Fresh Baked Roll Rocky Road Fluff

<b>Saturday, January 21</b>
Chicken A La King (Pulled Chicken in creamy sauce, red peppers, onions, celery, carrots, peas) Rice Vienna Bread Chocolate Chip Cookie

<b>Sunday, January 22</b>
Meat Loaf w/Brown Gravy Mashed Potatoes Green Beans Fresh Baked Roll Strawberry Bar

<b>Saturday, January 28</b>
Pork Stroganoff in Sour Cream Gravy w/Sweet Peas, Onions & Egg Noodles Vienna Bread Pie



<b>Sunday, January 29</b>
Beef Roast in Gravy w/Grilled Onions Cheesy Hash Brown Casserole Green Beans Fresh Baked Roll Pumpkin Bar



# January 2012

## Dodge County Senior Dining

All meal reservations must be made the day prior by calling 1-800-924-6407 by 1:00 p.m. Or 262-9790 between 11:00 a.m. – 1:00 p.m. Suggested donations: \$3.50  
Meal Site is located in Mueller Apartments – 2<sup>nd</sup> floor. **Meals served at 11:45 a.m.**  
Home delivered meals available – contact Jan Duffy, 262-8830 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
2 Closed	3 Swedish Meatballs Mashed Potatoes California Blend Vegetables Poppy Seed Torte Dinner Roll	4 Chicken Cacciatore Baked Potato Italian Blend Vegetables Apricot Halves Sliced Bread	5 Bratwurst on a Bun German Pot. Salad Summer Blend Vegetables Birthday Cake	6 Roast Beef Mashed Potatoes Carrots Fruited Gelatin Sliced Bread																																																																																																		
9 Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Oatmeal Raisin Cookie Sliced Bread	10 Baked Chicken Mashed Potatoes Copper Penny Salad Pineapple Tidbits Dinner Roll	11 Pepper Steak Red Skin Potatoes Cheesy Broccoli Lemon Chiffon Torte Sliced Bread	12 Ham Rolls Squash Health Slaw Peach Slices Dinner Roll	13 Country Fried Steak Mashed Potatoes Mixed Vegetables Egg Custard Pie Sliced Bread																																																																																																		
16 Chicken Breast Marsala Baked Potato Baby Carrots Pear Slices Sliced Bread	17 Salisbury Steak Mashed Potatoes Green Beans Coconut Cream Pie Dinner Roll	18 Lasagna Casserole (includes veg.) Italian Blend Vegetables Fruited Gelatin French Bread	19 Mushroom Pork Cutlet Mashed Potatoes Peas and Carrots Applesauce Cake Dinner Roll	20 Chicken Tetrizzini Cass. (incl. veg.) California Blend Vegetables Ambrosia Dessert Sliced Bread																																																																																																		
23 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Corn Chocolate Banana Torte Sliced Bread	24 Crispy Fish Fillet Cheesy Potato Bake Tossed Salad Apricot Halves Dinner Roll	25 Baked Chicken Twice Baked Style Mashed Potatoes Three Bean Salad Peanut Butter Cookie Sliced Bread	26 Meatloaf Escaloped Potatoes Carrots Fruited Gelatin Dinner Roll	27 Swiss Steak Mashed Potatoes Swiss Spinach Ice Cream Cup Sliced Bread																																																																																																		
30 Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Sliced Bread	31 Roast Turkey Mashed Potatoes Cream Style Corn Cranberry Gelatin Dinner Roll	<table border="1"> <thead> <tr> <th colspan="7">Dec 2011</th> </tr> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>		Dec 2011							M	T	W	T	F	S	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<table border="1"> <thead> <tr> <th colspan="7">Feb 2012</th> </tr> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Feb 2012							M	T	W	T	F	S	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29				
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