



## Upcoming Events

- Feb 2 Groundhog Day
- Feb 5 Super Bowl Sunday
- Feb 13 Inspire Your Heart Theme Day
- Feb 13 Focus on Health: Heart Disease
- Feb 14 Valentines Day (wear red & pink)
- Feb 15 Madison Symphony Orchestra  
Heartstrings: Time After Time
- Feb 16 Love-a-pet with Kay & Sunny  
Day
- Feb 20 President's Day
- Feb 21 Mardi Gras
- Feb 29 Meet the Pharmacist
- Feb 29 Leap Year Day

### Connections

- Feb 8 Music by Kathy
- Feb 8 Member Council
- Feb 14 Manicures & Movie
- Feb 24 Member Council
- Feb 29 Surprise with Rich

### The Gathering Place

- Feb 9 Music with Betty
- Feb 14 Member Council
- Feb 22 Music with Kathy
- Feb 27 Manicure & Movie

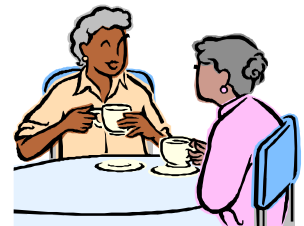
**2012 Calendars** featuring Day Center Member's Watercolor paintings for Sale for \$5.00. Call Cricket Hesselberg for more information at (608) 245-3412



Care Wisconsin Express  
Care Wisconsin Day Center  
2917 International Lane, Madison  
608-240-0020  
Hours: 7:30 am to 4:30 pm  
[www.carewisc.org](http://www.carewisc.org)

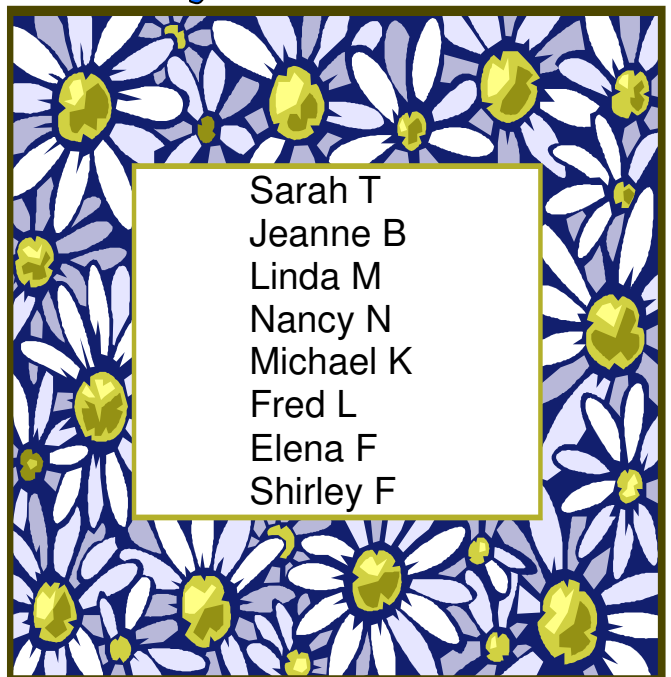
## Welcome!

Irma L  
Robert B  
Cherilyn H  
David M



## Goodbye and Good Luck!

Sarah T  
Jeanne B  
Linda M  
Nancy N  
Michael K  
Fred L  
Elena F  
Shirley F



# The Day Center Staff

**Team Leader:** *Cricket Hesselberg* ..... 245-3412

**Human Service Specialist:** *Kari Chase*..... 245-3030

**Practice Lead CNA:** *Emily Payne* .....245-3818

**Recreation Specialist's:** *Lynn McCusker, Anne Melis* ..... 245-3363

**Recreation Specialist's:** *Jen Arnold, Terri Ohmen & Fran Burns*.....245-3365

**CNA's:** *Robin Schmuhl and Ashley Dzikowich*..... 245-3362

**CNA's:** *Bethany Kleinjan, Ashley Knapton and Faye Kaltenberg* ..... 245-3003

**Support Services Manager, Adult Day Centers:** *Carmen Lord* .....245-3008  
*Email: lordc@carewisc.org*

**Day Center Assistants:** *Lobsang Nachug*



## Thank You!

**We would like to thank the following people for supporting our Day Center:**

**Thank you for volunteering:**

Betty Lou Botham	Dan Neuhaus
Cindy Herrington	Kathy Dyreson
Jim Troha	Marc Cantrell
Kay Kriewald	Payal Sharma
Berta Benner	Phil Winkelman
Madison Symphony Orchestra	

## Happy Birthday To Everyone Celebrating in February!



	Norma K	Feb 2
	Tina P	Feb 7
	Kattie D	Feb 8
	Mary K	Feb 8
	Willie G	Feb 11
	Gloria O	Feb 11
	Rosie H	Feb 15
	Janine K	Feb 15
	Ann W	Feb 20
	Harley H	Feb 22
	Hortense C	Feb 27
	Sonja R	Feb 27
Frances B	Feb 28	

### Famous February Birthdays

Farah Fawcett (Actress)	Feb 2, 1947	Rosa Parks (Activist)	Feb 4, 1913
Ronald Reagan (President)	Feb 6, 1911	Charles Dickens (Author)	Feb 7, 1812
James Dean (Actor)	Feb 8, 1931	Charles Darwin (Naturalist)	Feb 12, 1809
Chris Farley (Comedian)	Feb 15, 1964	Michael Jordan (Athlete)	Feb 17, 1963
Yoko Ono (Artist/Musician)	Feb 18, 1933	Johnny Cash (Musician)	Feb 26, 1932
John Steinbeck (Author)	Feb 27, 1902		

# Activity Corner

February will be full of fun with some fabulous activities planned. Some of the highlights include:

- ♥ Cupcake Pin Cushion craft on the 2nd
- ♥ Volleyball on the 8th
- ♥ Heartstrings on the 15th
- ♥ Water color class on the 22nd.



Our Inspire Your Heart theme day will be held on the 13th, so be ready for

some “heart” felt activities that day. We are all very excited for this month to unfold and hope that you are too.

Remember that the cold is finally upon us and to dress accordingly.

Submitted by:  
Jen Arnold  
Recreation Specialist



## WELCOME!

Hello Everyone! My name is Berta B. I am a student @ MATC Madison studying Occupational Therapy. I will be enjoying an 8 week stay with you, and just wanted to tell you a little about myself.

I love to walk my two Labrador retrievers 3 miles/day. My yellow lab, Bailey, is 14 years old and my black lab, Kiley, is 8 years old. They are very spoiled! I like to write poems, make cards on the computer, and I am learning to play golf, I also enjoy games and conversation.

I'm excited to begin my new journey getting to know all of you!

## DAY CENTER WISH LIST



We have a “wish list” of items that we could use in our day center. If you come across any of the items listed below that you no longer need or want while doing your spring cleaning this month, we would appreciate your donation.

- ♥ Hand towels and/or kitchen towels
- ♥ Sun visors and/or hats
- ♥ Embroidery hoops
- ♥ Bingo prizes (household items, knick knacks, puzzle books, etc)
- ♥ Crochet hooks
- ♥ Yarn (various colors)

If making a donation, please bring your items to the day center to the attention of Lynn McCusker. She will ensure that your donation is recognized, and provide you with a receipt if needed.

Thank you!

## Quote of the Month



“Love is like playing the piano. First you must learn to play by the rules, then you must forget the rules and play from your heart.”  
-Unknown

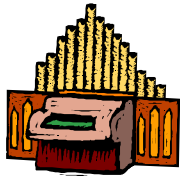
# Meet your Neighbor



## Betty S

Betty grew up in Milwaukee, WI and was raised by her Aunt Alla (Alice) and Uncle Mattie in Hartford, WI since the age of 2 ½. Betty was an only child and had dogs and chameleons to keep her entertained while growing up.

Betty met her husband Ken on a blind date. They dated for 12 years before getting married on October 29<sup>th</sup>, 1960. Betty and Ken have a daughter named Kim. Betty worked as a secretary for Jordan Electric in Hartford, and as a church organist and piano/organ teacher.



Betty says her most important life accomplishment was playing the organs at Holy Hill and Milwaukee's Greek Orthodox Church. She is also proud of her Grand Organist position for "Eastern Star" and her position as Grand Director of music for "Job's Daughters". Betty has fond memories of family birthday parties, playing piano at many graduation ceremonies, decorating for the holidays, playing the organ for the first time in church and hitchhiking with friends from Hartford to Pike Lake.



Betty currently lives with her daughter Kim and their black toy poodle, Patrick, in Sun Prairie. Betty's husband Ken passed away in 1992. She currently enjoys attending her granddaughter's vocal and orchestra concerts, watching movies and eating out at restaurants.

If Betty could have one wish it would be to own a Harley Davidson Motorcycle.

Please consider joining Betty for a music group on Thursday February 9th.

Submitted by  
Fran Burns  
Recreation Specialist



# Meet your Neighbor



## Rich W

Rich grew up in and around a small town called Mitchell, South Dakota. His father was a state worker and helped build and maintain roads. His mother was a cook. He has four sisters and seven brothers whom are spread out across the United States. He sees his two brothers the most, because they live in Illinois. Rich attended Catholic school until eighth grade and then he had to work to help support his family. He said that it was a very strict school and the kids had to do everything perfect, including wearing a suit and tie. He said that his shoes had to be shined to perfection every day before he went to school. His parents passed away when he was in his 30's. He has been a bachelor all of his life and has enjoyed being a bachelor with no ties holding him down.

Rich had many jobs over the years including: shining shoes, delivering newspapers, working in various factories, mechanic work, driving construction vehicles and shoveling snow. When he shined shoes he made \$.25 for a pair and when he delivered newspapers he made

\$.25 per week. Rich said it was “tough times back then.” When he worked for the city of Milwaukee shoveling snow he worked in the winter and was laid off in the summer. He liked that a lot because it gave him a chance to travel in the summer months.



As a young adult Rich travelled to all of the states in the U.S. and some countries abroad. Some of the countries he visited were: West Berlin, Germany, Sweden and Norway. He enjoyed taking bus tours when he was traveling. While on a bus tour in West Berlin, Germany no one was allowed to take pictures while in the city. One tourist took pictures anyway and had to get off of the bus to surrender the camera. After that he was allowed back on the bus. The gentlemen could have been arrested. Rich also talked about having to pay to go into the restroom and also pay on your way out. He was amazed at how clean the restrooms were stating “you could eat off of the floors they were so clean.” He also enjoyed meeting and talking with other tourists while on his travels. He feels that Stoughton, Wisconsin is a good town to live in because it is a nice size town and is close to a lot of cities if you want to go visit.

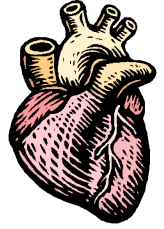
Currently Rich enjoys getting together with his friends around Madison and in the Stoughton area. He goes to church every Sunday wearing his suit and tie. He even gives some of his friends a ride if they need one. Some of his friends have younger children and he loves to be around them. He also likes to watch the classic movies and television shows. Some of his favorites are M.A.S.H., Bonanza, and John Wayne movies.

Submitted by:  
Lynn McCusker  
Recreation Specialist



# Focus on Health

## February is American Heart Month



Heart disease effects many people. Here are some heart statistics from 2010 that you may not know:

- ♥ An estimated 785,000 Americans had a new coronary attack.
- ♥ About 470,000 Americans had a recurrent attack.
- ♥ About every 25 seconds, an American will have a coronary event.
- ♥ About one American every minute will die from a coronary event.

Conditions that affect your heart or increase your risk include: heart and peripheral artery disease, high cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet and exposure to second hand smoke.

Signs and symptoms of a heart attack may include: chest pain, discomfort in other areas of the upper body, pain or discomfort in one or both arms, the neck, back, jaw or stomach.

To reduce your risk of heart attack, eat a healthy diet with balanced nutrition and exercise regularly.

If you have concerns about your heart health, please talk to your Doctor or Nurse for more information.

Submitted by:  
Faye Kaltenberg  
Day Center C.N.A.



Source: <http://.cdc.gov/features/heartmonth/>

# Carmen's Commentary

February brings to mind lots of pictures of hearts, candy, and cupids, and makes many of us think about celebrating our friendships. The day center is a great place to meet new people and develop and nurture friendships, all while receiving the help and assistance you need.

Within our larger group programming, we are very happy to see smaller groups forming. Card groups, dominoes groups, puzzle groups or just groups that talk, laugh and visit. Through common interests and experiences, many great friendships have been formed. As with other relationships outside of the day center, you may want to ask questions about your friend out of concern or because you care. We are commonly asked things like why someone isn't here one day or how a procedure or test went.

While we support friendships at the day center, we also are bound by privacy rules as a Health Care organization. This means that we cannot share private health information about other members, even if they are your friends.

Photographic images of members are also protected by privacy laws. This means that we cannot allow you to photograph anyone in the day center without staff approval/assistance to ensure we have the appropriate written consent on file. We prefer that you leave all photographic devices at home to help protect the privacy of all of our members.

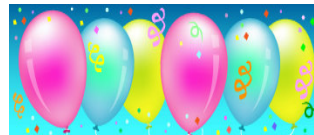
If you have questions about our privacy practices, please come and talk to me.

Submitted by:  
Carmen Lord  
Day Center Manager



## Happy Anniversary!

Robin celebrated her 4 year anniversary at Care Wisconsin in January. Robin is a day center C.N.A. She assists members with activities of daily living as well as administers medications as scheduled or needed.



**Congratulations on your 4 year anniversary Robin!**

## Join us!

Do you, or someone you know:

- Need assistance with personal care?
- Need a nutritious meal?
- Need help with medications?
- Need time away from someone you care for to work and/or take care of personal errands?

If you answered yes to any of these questions, Care Wisconsin's Adult Day Center may be able to help you. Care Wisconsin's Day Center has been providing quality care for over 35 years. We offer our services to private community members as well as those enrolled in our managed care program. We are open Monday-Friday and currently have openings to serve you.

For more information, please call our Care Wisconsin Information line at: (608) 245-3075 or toll free at 1-800-963-0035, and ask to speak to a representative about Adult Day Care Services.

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>February</h1> 		1	2	3
		Mushroom Steak Mashed Potatoes/Gravy Garden Vegetables Peaches Birthday Cake	Stir Fry Pork Brown Rice Egg Roll Mandarin Oranges Coconut Cake	Swedish Meatballs Mashed Potatoes Cucumber Salad Wheat Roll Apple
6	7	8	9	10
Roasted Herb Chicken Baked Potato Green Beans Multi-Grain Bread Fruited Jell-O	Stuffed Shells with Sauce Spinach Cheese Bread Pumpkin Bars	Baked Fish Au Gratin Potatoes Sweet Sour Cabbage Rye Bread Cherry Pie	Swiss Steak Brown Rice Squash Wheat Bread Oatmeal Date Bar	Ham Sweet Potatoes Corn Potato Roll Pineapple Cake
13	14	15	16	17
Beef Stroganoff Noodles California Vegetables Pumpnickel Bread Baked Apple	Chicken Breast Baked Potato Stewed Tomatoes Bread Fresh Fruit	Wheat Spaghetti & Meatballs Romaine Salad Soft Bread Sticks Citrus Salad	Smothered Chicken Brown Rice Pickled Beets Garlic & Cheese Biscuit Fresh Fruit	Pizza Casserole Tossed Salad Wheat Roll Pineapple Chunks Brownie
20	21	22	23	24
Turkey & Gravy Mashed Sweet Potatoes Peas & Onions Bread Stuffing Mixed Fruit Cup	Cabbage Rolls Mashed Potatoes Carrots Dark Rye Bread Melon Cup	Lasagna Tossed Salad Pears Garlic Bread Sherbet	Goulash Wax Beans Onion Roll Fresh Orange Chocolate Chip Cookie	Scalloped Potatoes & Ham Winter Vegetables Multi-Grain Bread Carrot Cake
27	28	29		
Fish Baked Potato Harvard Beets Rye Bread Lemon Pudding	Meatloaf Mashed Potatoes Chuck Wagon Corn Rye Bread Chocolate Ice Cream	Vegetarian Chili Corn Bread Fruit Cocktail Cottage Cheese Peanut Butter Cookie		



	Thursday	Friday
Connections	10:00 Exercise-Cards 10:30 Portrait and Games 12:15 Valentines for Vets Craft 1:00 Cupcake Pin Cushion Craft <b>2</b>	10:00 Exercise-Sports 10:30 Spanish Bingo 12:15 Newscurrents 1:00 Musical Fun <b>3</b>
The Gathering Place	10:30 Hot Tea Talk Sensory 11:00 Heart Threading 11:30 Exercise-20's 12:00 1960's Trivia 1:15 Life Skills 2:00 Tap Dance & Jazz Music 2:30 Basketball 3:00 Hi-low Game	10:30 Front Porch Travels 11:00 Painted Hearts 11:30 Exercise-Cards 12:00 February Symbols Trivia 1:15 Life Skills 2:00 Boom Whackers & Zube Tube 2:30 Washers 3:00 My First Bike Reminisce
Connections	10:00 Walking Club 10:30 Candy Love Bugs 12:15 Boggle 1:00 Beading Craft <b>9</b>	10:00 Exercise-Dance 10:30 Heart Cards 12:15 Rolling for Gifts Game 1:00 Mosaic Hearts <b>10</b>
The Gathering Place	10:30 Old Wives Tales Discussion 11:00 Valentine Stationary 11:30 Exercise-Dice 12:00 ABC Friendship Trivia 1:15 Life Skills 2:00 Music with Betty  2:30 Soccer 3:00 Reminisce breakfast	10:30 Vibration Sensory 11:00 Parfait Baking 11:30 Exercise-Choice 12:00 Chocolate Bingo 1:15 Life Skills 2:00 Name That Love Song Music 2:30 Ring Toss 3:00 Snow Bingo Game
Connections	10:00 Exercise-Chair Yoga 10:30 Newscurrents & Love-A-Pet 12:15 Copper Tooling 1:00 Bookmarks Craft  <b>16</b>	10:00 Walking Club 10:30 Peppermint Patty Craft 12:15 Card Games 1:00 Funny Tourist Sites discussion <b>17</b>
The Gathering Place	10:30 Name That Sound Sensory 11:00 Mardi Gras Necklaces 11:30 Exercise-Balls 12:00 Sports Trivia 1:15 Life Skills 2:00 Finger Castanets Music 2:30 Bowling 3:00 Dice and Grab Bag Game	10:30 Book of Questions Discussion 11:00 Tuna Apple Salad Baking 11:30 Volleyball 12:00 Hot Breakfast Month 1:15 Life Skills 2:00 Swing Kings Music 2:30 Target Toss 3:00 Birthday Parties Reminisce
Connections	10:00 Bingo 10:30 Bingo Continued 12:15 St. Pat's Craft 1:00 Wii-Mario Cart <b>23</b>	10:00 Member Council 10:30 Volleyball 12:15 Newscurrents 1:00 Fun with Clay crafts <b>24</b>
The Gathering Place	10:30 Zodiac Signs Discussion 11:00 Craft Stick Flag 11:30 Exercise-Rosie 12:00 What if? Trivia 1:15 Life Skills 2:00 Sing Along 2:30 Football Throw 3:00 What's in the Box? Reminisce	10:30 Things to Look At Sensory 11:00 Coffee Filter Flowers 11:30 Exercise-Range of Motion 12:00 Famous Faces Trivia 1:15 Life Skills 2:00 Classic Songs Sing 2:30 2 Liter Sport 3:00 Puzzles

# Upcoming Events



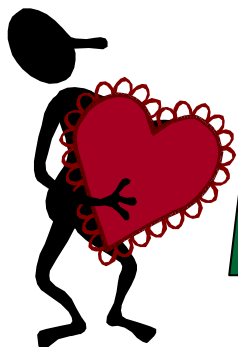
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- Feb 13 Inspire Your Heart Theme Day
- Feb 13 Focus on Health Topic: Heart Disease
- Feb 14 Wear Your Red & Pink
- Feb 15 Madison Symphony Orchestra- Heartstrings Theme: Time After Time
- Feb 16 Love-a-pet with Kay & Sunny Day
- Feb 20 President's Day
- Feb 29 Meet the Pharmacist
- Feb 29 Leap Day

## Connections

- Feb 8 Music by Kathy
- Feb 8 Member Council
- Feb 14 Manicures & Movie
- Feb 24 Member Council
- Feb 29 Surprise with Rich

## The Gathering Place

- Feb 9 Music with Betty
- Feb 14 Member Council
- Feb 22 Music with Kathy
- Feb 27 Manicure & Movie



# Activity Calendar

### Connections:

- 11:30 Lunch
- 2:15 Snack
- 4:00 Socialization

### The Gathering Place

- 10:00 Current Events
- 12:30 Lunch
- 3:15 Snack
- 3:30 Helping Hands
- 4:00 Socialization



Winter artwork submitted by Betty F. Thank you Betty!

Care Wisconsin Express should be delivered to your door every month. If you would like to cancel your subscription or need your address changed, please contact Carmen Lord at (608) 245-3008. Thank you



# CARE WISCONSIN

*Partnering for Independence since 1976*

Adult Day Centers  
2802 International Lane  
PO Box 14017  
Madison WI 53708-0017

**ADDRESS CORRECTION REQUESTED**

Place Address  
Label Here