

## Happy New Year to all from St. Charles Helping Hands

Wishing all of you nothing but health and happiness for the year 2019 and beyond. We hope you have been able to get out and about a bit more due to the warm, rainy weather! We have lots going on in the months of Jan. and Feb. so let's get started!

As many of you know, Fr. Gene was taken ill on Christmas Eve which resulted in surgery. He was hospitalized for a week and now on the mend at his home in Genoa City. If you like to send Fr. Gene a get well wish, please send cards to St. Charles Parish, 440 Kendall St. and we will be certain to forward them. Continued prayers for his recovery, please.

We have access to a wonderful caregiver and if anyone needs a couple of hours of light housework, shopping or needs of a driver for appointments, please contact Mary LaBadie at 206-5569 and I will be happy to give you the information.

**The Burlington Senior Activity Center** offers so much more than one can imagine. They recently changed their name to add the word **ACTIVITY** because they offer so many activities just for senior citizens. Mon., Wed. and Fridays from 9 - 11 a.m., card playing; Tues. is **Card Club Day** at 12:30; the 1<sup>st</sup> and 4<sup>th</sup> Wed. of each month is host to **Harmony Club** from 9:30 - 3:30 for a fee of \$30 and includes lunch. Crafts, games, conversation are highlighted. Do you know of someone who needs to get out for a few hours? Call ahead as registration is a must. The second Thursday of each month **Bingo** is played and finally, **Yoga** classes are offered weekly for a fee of \$3.00 per visit. Yoga is a great way to strengthen your body, specifically for balance. They work with those in walkers and wheelchairs as well. Call the Activity Center at 716-0329 for more information and fun!!

**Senior Center Newsletter** comes out quarterly and contains lots of fun and useful information. To sign up, call them at 716-0329.

**Transportation an issue?** We have resources to help! Lyle Tietel will take you anywhere for a small fee and his number is 206-7043. SPARC mini bus is a daily scheduled route that picks up at all senior living centers and stops at grocery stores and Memorial Hospital/Clinic for about \$3.00. Call 262-412-8641.

**April 15 is Tax Day!!** Love, Inc. is offering FREE tax preparation and is taking reservations at 763-6226 today! It is offered on a first come, first serve basis.

**Hot Chocolate-Fest** will be held Jan. 18 - 20 and hopefully the weather will cooperate for snow and ice fun! A pancake breakfast will be served on Sunday from 8 - 12 at the Veteran's Terrace. All you can eat omelets, pancakes, sausage, milk, etc. for only a \$10.00 donation. Proceeds to benefit an all-new Santa's Chalet!

**Social Security Scam - Beware!** Callers posing as SS employees have been trying to get residents to reveal their SS numbers and bank account information over the phone. Hang up on them!! The Social Security Administration will NEVER call or send an e-mail asking for personal information. To verify this, you may contact the SS office at 800-772-1213.

**Do you need Holy Communion at home?** If you are unable to attend mass and are in need of Holy Communion, please call Jacki at 763-4611 or Pat at 763-2260.

**Prayer Chain anyone?** Call Pat at the parish office at 763-2260 if you or someone you know is going through a difficult time. Believe in the power of prayer!

**Caring & Sharing Grief Support** is offered on Jan. 29 and Feb. 26 at Cross Lutheran Church at 6:30 p.m. Call 763-3434 for further information.

**Lake Geneva Winterfest** will be looking for some winter weather as well from Jan 26 to Feb. 3 as it will host its usual ice sculpting, snowmobiling and much more!

**Unable to grocery shop?** Please contact a Helping Hands member as we would be happy to help! For those of you with "smart phones", the Rosie app. Thru Gooseberries offers on-line shopping and home delivery for a fee.

**Sinatra anyone?** January 30, Oak Park Place on Teut Rd. will be host to a "Frank Sinatra Tribute" featuring John Lude of Delavan, WI from 2 - 3:00. Check it out!!

**Life Line** is so important to all seniors over the age of 80 who struggling with balance. Whether at home, senior living or assisted living, it is a must in case of a fall. Phillips Lifeline costs \$29.95 per month with a \$50 activation fee and comes in a necklace or bracelet form. A small price to pay for your safety, as well as relieving stress from loved ones and caregivers. Call 855-214-1370 for installation.

**Stay at Home Senior Services** of Waterford specialize in keeping seniors in their homes and will do all they can to accommodate at an affordable cost. They physically provide services such as painting and maintenance chores, as well as providing resource information on staying fit and improving balance. Their number is 514-3900. They also are quite involved with the Burlington Senior Activity Center. They have recently implemented a program called "**Love Thy Neighbor**" foundation which takes place the 4<sup>th</sup> Thursday of each month (exc. January). Each month they choose a subject that is of importance to seniors. Feb. 28 from 1 - 2:30 they will be featuring pharmaceutical information and the importance of making certain the correct questions are being asked when being prescribed medications. Last month's workshop hosted almost 200 people!

**Burlington Visiting Nurses Association** is now located in Burlington on Dodge St. A doctor's authorization is necessary for them to come to your home. If this is something you think you may need, contact the VNA with questions at 757-2575.

**Jim and Carolyn** will be entertaining Jan. 4 at 3:00 at Waterford Assisted and Jan. 6 at 2:00 at Pine Brook Pointe. Jan. 13 will be at Waterford Memory at 3:00. Thank them for their efforts as they head south for a couple of months!

**Stay hydrated!** Most seniors don't drink enough water. Water is accountable for 50 - 70% of bodily functions, so drink to your hearts content! **Stay nourished!** Meals on Wheels delivers to your door Mon. - Friday. Call the Senior Center for further information at 716-0329. **Stay active!** Simple stretching exercises improve your body's functionality. While sitting, do simple shoulder rolls or grab a can of soup and do some weight lifting. If able, stand behind a chair for some toe stands and leg lifts. Start with 10 each and go from there. Any exercise to improve your core will also help to improve balance and eliminate falling.

**Marci's Health Tip for the New Year:  
Winter Hibernation**

Winter equals shorter days and longer nights...kind of feels like you are hibernating? Actually, it is the perfect time to catch up on your reading and to start writing your life story! Reading and writing not only improve your brain function, but also increase your emotional well-being.

**Reading** suggestions for books you can find online or at a book store:

- On Hope by Pope Francis
- Saints vs Scoundrels by Benjamin Wiker
- Sacred Reading - 2019 Guide to Daily Prayer
- Meeting God in the Upper Room by Monsignor Peter Vaght
- Francis - The Journey and the Dream by Murray Bodo
- Tobit's Dog by Michael Nicholas Richard

**Writing** your life story can help you gain perspective, pass on lessons learned, and capture history. So, grab a pen and paper, then start writing! Writing can be approached as a chapter for each decade (0-10 yrs., 11-20 yrs., etc.) or for each section (childhood, early adult, etc.) of your life. What a great way to pass on your legacy to your family!

**Valentine's Day** will soon be upon us and once again, your St. Charles School children will be the artists and Helping Hands will be their elves! We will be knocking at most of your doors beginning Feb. 8 to deliver a heartfelt Valentine wish to you!

**Save the Date!** St. Charles Spaghetti Dinner will be coming on Sat., March 2. Details will follow; however, we will be delivering to those of you unable to attend. Please contact a Helping Hands member is interested.

**Happy Birthday!!!** Birthday wishes to all who are celebrating in the months of January and February. Health and happiness to all!

**January:**









8 Grace Clausen	9 Esther Lois	10 Lorna Kerkman
15 Ruth Wiemer	16 David Martin	19 Eva Finster
22 Carol Pihringer	23 Bea Regner	26 Richard Robers
26 Marlien Himmelsback	27 Martin Himmelsback	31 Jim Divan

**February:**

2 Karlene Gebhard	3 Lillian Robers	3 Sue Weis
6 Martin Robers	12 Dorothy Swanson	12 Tom Pringle
13 Bud Gores	15 Jean Schultz	15 Barb Swanson
19 Patricia Spiegelhoff	20 Louan Luetten	26 Evelyn Fallon
27 Joan Labutski	27 Roger Luetten	28 Marion Spiegelhoff

**Do you know the meaning behind the beautiful art on the stained glass windows in the St. Charles church?**

On the blessed Mother and St. Joseph's side, it depicts scenes from the passion of Jesus.

	The Sacred Heart of Jesus
	Scourging at the pillar; Jesus was tied to a pillar and beaten by leather whips, (John 19:1).
	The Crown of Thorns was placed on the head of Jesus, (John 19:2). Jesus was nailed to the Cross with one nail in hand and one nail in his feet, (John 20:25).
	Robe and Dice; The soldiers did not divide Jesus' garments, instead they cast lots (dice) for His clothing, (Matthew 2:35).
	Hammer and pliers; A hammer was used to put the nail in Jesus' hands and feet. The piers was used to take them out.
	Ladder, spear and sponge; The soldiers used a ladder to put up the sign above Jesus' head. They used a spear to thrust through His heart to be sure He was dead. One man took a sponge, filled it with sour wine and held it up to Jesus, (Mark 15:36).
	INRI; The sign above Jesus' Cross read, Jesus of Nazareth, King of the Jews, (Matthew 25:37).
	The Resurrection Cross, He is risen!!!

This is page one of five in the history of St. Charles stained glass...hope you enjoy 😊

### **Jackie's Fun Facts:**

**Did you know?** January was named after the Roman god Janus. Janus is also the Roman word for door. The god Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year. The original Roman calendar had 10 months. January and February were not included but added later.

February was added to the Roman calendar in 713 BC. The length of the month changed over time and, at one time, it had as few as 23 days. When Julius Caesar remade the Roman calendar, the month was assigned 28 days during normal years and 29 days during leap years which occurred every four years.

Finally, below is the list of our Helping Hands members along with their phone numbers. Please feel free to contact us if in need of chatting, shopping, resourceful information such as Communion distribution, caregiving or other services not listed in our regular newsletters. Each month, we are all becoming a bit more educated on services available to our seniors and we are here to share. Thank you for allowing us into your homes and we will chat soon!

Mary LaBadie - 206-5569

Jacki Scholze -763-4611

Jackie Heiligenthal- 661-4272

Pat Lawrence - 763-2260

Bee Itzenheiser - 763-3493

Judy Halverson - 758-0403

Phil Koenen - 492-9122

Jackie Heiligenthal-661-4272

Mary Pieters - 763-2627

Larry Dornacher - 763-9637

Joan Zwiebel - 763-9226

Donna Moe - 763-2328

Fr. Jim Volkert - 763-2260

Marci Morrison - 492-1483

Also, we have just received word that Fr. Carlos' mother has passed away. Please keep him and his family in your prayers.