

BARABOO AREA SENIOR CITIZEN ORGANIZATION



BASCO has achieved the honor of being accredited in the State by the Wisconsin Association of Senior Centers (WASC)

Sauk County's 50+ Club

FEBRUARY 2022 Newsletter

PRESIDENT'S NOTES

Holidays are over and now it's time to get back to business.

We still need an assistant director. If you have the interest and knowledge, please call the Senior Center and apply (608)356-8464.

We still need help behind the counter at the Center—and we will train. I have to learn a lot of this myself.

I do appreciate everyone wearing masks, you are helping keep us safe.

I am really happy to have been elected and look forward to the coming months.

Sandy Hayes, BASCO President

DID YOU KNOW

**THERE ARE ACTUALLY
7 VALENTINE DAYS?**



- | | |
|-------------|-----------------|
| 7 February | Rose Day |
| 8 February | Propose Day |
| 9 February | Chocolate Day |
| 10 February | Teddy Day |
| 11 February | Promise Day |
| 12 February | Hug Day |
| 13 February | Kiss day |
| 14 February | Valentine's Day |

STUFF I WONDER ABOUT

If money doesn't grow on trees, why do Banks have branches?

Why does a round pizza come in a square box?

Why doesn't glue stick to the inside of the bottle?

When someone says they "slept like a baby", does that mean they woke up every 2 hours?

Where exactly is the middle of nowhere? RLH



FEBRUARY CENTER ACTIVITIES

Most activities are held in Rooms 21 & 24 at the Baraboo Civic Center.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 12:30-3 Bridge (24)	2 3:30-5:30 Trips Committee (24) 3:30-5:30 Ways & Means (24) 12:30-3 Cards 500 (24) 1-3 Woodcarving (21) 5:30-9:00 Evening Cards (24)	3 10-12 Mah-Jongg (21) 10-12 Art Club (24) 12:30-3 Sheepshead (24)	4 12:30-3 Euchre (24)
7 10-12 Mah-Jongg (21) 10-12 Mexican Train (24)	8 12:30-3 Bridge (24)	9 10 Board Meeting Annual Membership Meeting following 10-12 Adult Coloring (24) 12:30-3 Cards 500 (24) 1-3 Woodcarving (21) 5:30-9:00 Evening Cards (24)	10 10-12 Mah-Jongg (21) 10-12 Art Club (24) 12:30-3 Sheepshead (24)	11 10:30-12 Birthday Party (24) 12:30-3 Euchre (24)
14 10-12 Mah-Jongg (21) 10-12 Mexican Train (24) 1:30-3 Book Club (21) Valentine's Day	15 12:30-3 Bridge (24)	16 12:30-3 Cards 500 (24) 1-3 Woodcarving (21) 5:30-9:00 Evening Cards (24)	17 10-12 Mah-Jongg (21) 10-12 Art Club w/ Demonstration (24) 12:30-3 Sheepshead (24)	18 12:30-3 Euchre (24)
21 10-12 Mah-Jongg (21) 10-12 Mexican Train (24) President's Day	22 12:30-3 Bridge (24)	23 10-12 Adult Coloring (24) 12:30-3 Cards 500 (24) 1-3 Woodcarving (21) 5:30-9:00 Evening Cards (24)	24 10-12 Mah-Jongg (21) 10-12 Art Club (24) 12:30-3 Sheepshead (24)	25 12:30-3 Euchre (24)
28 10-12 Mah-Jongg (21) 10-12 Mexican Train (24) 12-1 Potluck (24)				

IN THIS ISSUE

President's Notes	Page 1
Calendar of Events	Page 2
Fundraising Events-Wish List-More	Page 4
Potluck-Food for Thought	Page 5
Board-"Annual Meeting"	Page 6
Center Activities	Page 7
BASCO Birthdays	Page 8
Board Meeting-Word Search	Page 9
BASCO NEEDS YOUR HELP!!!	Page 10
Trips for 2022	Page 11
Fighting the Winter Blues	Page 12

SUPPORT OUR ADVERTISERS!

Our monthly newsletter is supported entirely by our advertising sponsors. Please show your appreciation by using their services whenever possible. Be sure to thank them for supporting BASCO!



Mailboxes Moving LLC
The Experienced Movers Lowest Rates

- ◆ Free Estimates • No Hidden Fees
- ◆ 1-608-355-3301 620 Broadway • Baraboo

CHRISTIAN SERVANTS
HOME CARE

Home Help • Companionship
Personal Care • Hospice Support
Transportation/Errands

 **We are here to help!**
Call Robert at
608-658-5518

www.christianservantshomecare.com/karen

CORNER DRUG
HOMETOWN
PHARMACY

DOWNTOWN **CLINIC**
522 Oak St, Baraboo, WI 1700 Tuttle St, Baraboo, WI
(608) 356-8701 (608) 356-6966

 WWW.HOMETOWNPHARMACYRX.COM

Mailboxes Moving LLC
The Experienced Movers 

Lowest Rates • Free Estimates • No Hidden Fees
Whether you are moving around the corner or a long distance, Mailboxes Moving, LLC is here to help you from start-to-finish.

1-608-355-3301
620 Broadway • Baraboo

Mailboxesmovingllc.com
Licensed, Insured & Bonded
dchristian_50@charter.net
Dave Christian & Nick Elmer
Owners

Baldwin
Funeral Services 

David & Sherry Baldwin
Resident, Owner & Operator, Licensed Funeral Directors
Complete Funeral and Cremation Services
Pre-Planning
Funeral Trusts
ragobaldwin@centurytel.net
ragobaldwinfuneralhome.com

520 East **356-4656** Baraboo

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today!
jparkinson@lpicommunities.com
or **(800) 950-9952 x5887**


Redlin-Ertz
FUNERAL HOME

Mandy Ertz
Owner/Director
p (608) 356-6571 | f (608) 356-4503
baraboofuneral@gmail.com
www.redlin-ertzfuneralhome.com
401 Madison Avenue | Baraboo, WI 53913

SUPPORT OUR ADVERTISERS!



2022 BASCO FUNDRAISING EVENTS—Mark your calendars!

The BASCO Ways and Means Committee is excited to be organizing the following fundraising events.
All dates and events are tentative and subject to COVID-19 regulations

Volunteers are needed to help prepare food, set up/clean up, and work at the sites.

Watch for volunteer sign-up sheets at BASCO 2-3 weeks prior to each event

April 16	Pierce's Drive-thru Brat Stand, Baraboo 9-2 also May 7, May 28, July 2, Aug 13
May 15	Pancake Breakfast 7am-noon at Thunderbird Lanes
May 19-25	New York trip (One bus full already)
July 12-17	Sauk County Fair
July 25-30	Pigeon Forge and Smoky Mountains trip
Aug. 19-21	Baraboo Steam & Gas Show
Aug. 21	Grand Marsh Corn 'n Tater Fest
Aug. 28	Pork Chop Dinner at Thunderbird Lanes
Sept. 3-4-5	Brat Stand at Ski Hi Apple Orchard and two more dates to be finalized
Sept. 11	Mollie B Concert, Reedsburg CAL Center
Oct. ?	Fall Festival Spaghetti Dinner
Nov. 13-18	Branson Christmas Shows trip

BASCO WISH LIST

- ◆ **CANNED SODA:** PEPSI, DIET PEPSI, COKE, DIET COKE, ROOT BEER, SIERRA MIST, MTN. DEW
- ◆ **BOTTLED WATER**
- ◆ **KLEENEX**

The Eskimo Pie was patented in 1922

The chocolate frozen treat was originally called the "I-Scream Bar."



Would you consider becoming a **front desk volunteer**? The Center is open M-F 10-3, with 2.5 hour shifts in the morning or afternoon. Call the **BASCO office 608-356-8464** for more information to volunteer your time.



PREPAID CARDS

Here's an easy, painless BASCO fundraiser:

Kwik Trip prepaid cards are available for purchase at BASCO in amounts of \$25 and \$50. They can be used at any Kwik Trip store.

These cards make wonderful gifts for any occasion and a great way to help BASCO, as well. Free, hand-crafted gift card holders are also available with your purchase.

Call BASCO at 608-356-8464 and leave your name and number to make an appointment for purchasing your Kwik Trip cards.

BASCO ENDOWMENT FUND

Please consider making a donation to the **BASCO Endowment Fund** which is managed by the **Community Foundation of South Central Wisconsin** (previously Greater Sauk County Community Foundation.)

Contributions are tax deductible as allowed by law and provide an important resource to provide programs and activities at BASCO.

To learn more about donating to the BASCO Endowment Fund, please contact the Center at 356-8464 or call the Foundation at 355-0884.

**MONDAY, FEBRUARY 28
BASCO MONTHLY POTLUCK**

Speaker will be Eydie Ridder on her travels in Arizona and Utah

Bring a dish to pass and enjoy making new friends!



**WEATHER
REMINDER**

BASCO IS CLOSED
WHEN SCHOOLS CLOSE

TOP 15 THINGS MONEY CAN'T BUY

- Time Happiness Inner Peace Integrity
- Love Character Manners Health
- Respect Morals Trust Patience
- Class Common Sense Dignity

Roy T. Bennett

THIS HIT ME . . .

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

Nikki Banas





Agrace
HospiceCare

1670 S. Boulevard
Baraboo



Age at Home
by Agrace

Quality senior care from a name you trust.

(800) 553-4289
Proudly Serving Baraboo and Surrounding Communities



Care that evolves *with* you

Adult Day Care
Assisted Living | Long Term Care
Short Term Rehabilitation

For more information call our social services rep
Jessica Good, 608-768-5808.



Reedsburg Area Senior Life Center
ramchealth.com

BrightStar Care
HOME CARE | MEDICAL STAFFING
A Higher Standard



Discover a *higher standard* of home care.
608-355-5015

©BrightStar Care Independently Owned and Operated brightstarcare.com/baraboo



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.



INCLUSA

inclusa.org | 877-376-6113

2022 BASCO BOARD of DIRECTORS



President: Sandy Hayes

Co-Treasurers: Nora Schmidt and Manny Bolz

Vice President: Richard Knuth

Secretary: Dale Schwanke

Other Board Members:

Lillian Gates

Mary Vroman

Betty Telvick

Jeanette Bates

NOTICE OF BASCO ANNUAL MEMBERSHIP MEETING

WEDNESDAY, FEBRUARY 9, 2022

FOLLOWING THE MONTHLY BOARD MEETING

On December 8, 2021, at our Annual Meeting, a **motion was passed to change our Annual Meeting date to the second Wednesday of February each year.** The reason for this change is that then the previous year’s finances and budget would be complete.

2022 Membership fees—\$35.00— will be accepted Monday through Friday

Trip payments—\$100 down payment or payment in full will be accepted Monday through Friday





BASCO DISPLAY CASE

JoAnn Heiser is sharing her collection of The Wizard of Oz during the months of January and February. Stop in to see her books, etc.

Call BASCO if you have a collection that you would like to display (608)356-8464



BASCO BOOK CLUB

The BASCO Book Club meets the second Monday of each month. This month, they will gather on Monday, **February 14**, between 1:30-3 in Room 21. Join these lively and thought-provoking book discussions.

Book club review from the December club meeting:

Book Review of the Nickle Boys

By Colson Whitehead

The author explains his acknowledgments, he learned through the Tampa Bay Times about archaeology students at the University of South Florida who were digging up and trying to identify the remains of students who had been tortured, raped, and mutilated, then buried in a secret graveyard, at the state-run Dozier School for Boys in the Panhandle town of Marianna. Dozier’s century-plus reign of terror ended only in 2011, and graves were still being discovered after Whitehead’s novel went to press.

The discovery of an unmarked graveyard is an inconvenience both for the real estate company developing an office park on the site and for the state’s attorney, who thought his investigation into abuse at the academy was closed.

I really liked this book. It was a great discussion at The Book Club.

Submitted by Judith Curtin

UPCOMING BOOK SELECTIONS

- February:** *A Good Neighborhood* by Therese Ann Fowler
- March:** *The Body, A Guide for Occupants* by Bill Bryson
- April:** *The Book Woman of Troublesome Creek* K M Richardson
- May:** *Hidden Valley Road* by Robert Kolker
- June:** *Safe From the Sea* by Peter Geye



Happy Birthday to all members who are celebrating birthdays this month!

Karen Stieve	01	Ellen Jerrett	17
Sheila Klicko	02	Lori Rudolph	17
Sharon Addy	03	Richard Siltala Jr	17
Dolly Payne	05	Cathie Swanson	23
Mary Orlowski	08	Kay Hobler	23
Phillip Bailey	08	Gary Gabel	24
Judy Curtin	10	Diana Boettcher	25
Edwin Christian	12	Mary Ann Berve	25
Sandra Jackson	12	Rosa Fleming	25
Jack Meegan	14	Bonnie Sherven	26
Roger Hobler	14	Martha Johansen	26
Thomas Holt	15	Frances Vaillancourt	27
Arlene Nedobeck	16		

Birthday Party Gathering

Friday, February 11

10:30 to 12:00 noon

Room 24

Blains Farm and Fleet of Baraboo

are the sponsors

Drawing for GIFT CARDS (new)

Brett & Holly Klawitter
of **Blank Canvas Arts** will be the speaker

January sponsor was **Oak Park Place**
(thank you for your continuous support)



Thank you, John Kessenich of
The Grainery for sharing information
on Natural Health



COMMUNITY FIRST BANK

Life changes.
Let Kim Rabaska, Personal Banker,
help you manage the financial
challenges in your changing life.

129 8th Ave., Baraboo, WI
608-366-2552
kimberlyrabaska2cbbank.com
NMLS# 1052688

Connect with
Kim on  



RecoverHealth
We bring health care home
an aveanna company

407 Oak Street • Baraboo, WI 53913
Phone: (608) 356-7570
Fax: (608) 356-2629

my choice
WISCONSIN

My Choice Wisconsin
is a managed care organization that
serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

When life offers the gift of time...
how will you spend it?

**We'll help you every
step of the way.**
**Offering a continuum
of care for seniors:**

- > Independent Living
- > Assisted Living
- > Memory Care

Call 608-355-4111 or email
baraboosales@oakparkplace.com
800 Waldo St., Baraboo, WI 53913
oakparkplace.com/baraboo



**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



 **SafeStreets** **1-855-225-4251**



**BOARD OF DIRECTORS MEETING
January 12, 2022 Highlights**

There was a great deal of discussion on preparing the 2022 budget, working out kinks with our new accounting firm, and keeping good channels of communication open to all members

Raffle tickets are printed and ready to be picked up to sell for 2022

Got board members and others to serve on various BASCO committees in 2022

Annual Membership Meeting to present 2022 Budget will be Wednesday, February 9 following regular Board of Directors Meeting

Dale Schwanke, Secretary

Word Search 1: The Beach



- | | |
|------------------|------------|
| BEACH VOLLEYBALL | SHARK |
| BOARDWALK | SUNGLASSES |
| FAMILIES | SUNSCREEN |
| FLIP-FLOPS | SURFERS |
| LIFEGUARD | SWIMSUIT |
| PELICAN | TROPICAL |
| SAILBOAT | UMBRELLA |
| SANDCASTLES | VACATION |
| SEA GLASS | WAVES |
| SEAGULL | |

Solution on page 23.

Bring in your best baby picture to BASCO office for our cupid's corner the month of February!
Don't let us know who it is—let's have fun guessing who everyone is!!



**BASCO needs to hire a new Director as soon as possible
also an Assistant to the Director.**

The Director position is 15 hours a week. Duties include:

1. Basic computer skills (WORD, PUBLISHER)
2. Ability to maintain and organize filing systems
3. Assist in maintaining current membership data
4. Ability to work with diverse aging population
5. Uses verbal and written skills to communicate with the public
6. Enjoys being with people
7. Must be able to follow directions from the BASCO Board of Directors

The Assistant's hours and duties will be determined by the new Director.

If interested in either position, please contact
Sandy Hayes, BASCO President at (608)581-1102 or
BASCO office (608)356-8464, or e-mail booseniors@gmail.com

SUPPORT OUR ADVERTISERS!



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today!
jparkinson@lpicomunities.com
or (800) 950-9952 x5887

STAND OUT

with a PREMIUM DIGITAL AD
on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-950-9952

Pizza Ranch

Owners &
Operators
Ken & Mary
Dressen

Dine in, Delivery & Carry out
Awesome Buffet & Full Menu
916 Gateway Dr., Baraboo
608-448-2215
Senior Discount on Buffet Daily

DON-RICK
Insurance www.don-rick.com
SERVING YOU SINCE 1970

Medicare Supplement Advisors

Sarah Lewison
(608) 356-6606 #115
sarah@don-rick.com



Travelers must provide proof of completed COVID vaccinations prior to trip departure dates.

NEW YORK CITY

Thursday, May 19—Wednesday, May 25, 2022

6 Breakfasts & 4 Dinners included

\$790 members (non members \$840)

ONE BUS FULL ALREADY!!

Guided tours will take you to the sights of Manhattan: Central Park, Rockefeller Center, Times Square, Wall Street, 9/11 Museum, and the incredible three-story One World Observatory located on floors 100-102 of One World Trade Center. A short ferry ride will take you to New York’s premier destination: the Statue of Liberty and Ellis Island. Your New York visit concludes with a Diamond Tour dinner party with entertainment.

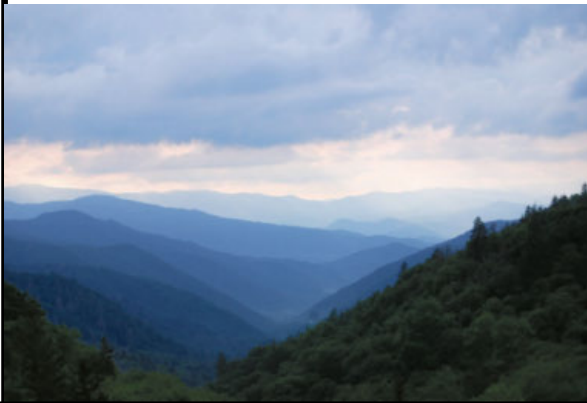


PIGEON FORGE AND SMOKY MOUNTAINS SHOW TRIP

Monday-Saturday, July 25-30, 2022

5 Breakfasts & 3 Dinners included

\$649 members (non members \$699)



Enjoy the breathtaking scenery of the Great Smoky Mountain National Park and explore Gatlinburg with fellow Baraboo area travelers. Music abounds on this trip with the Smith Morning Variety Show, the Patty Waszak Show, America’s Hit Parade and Country Tonite. Terry Evanswood will tease you with his sleight of hand magic, as well.

BRANSON CHRISTMAS SHOWS

November 13-18, 2022
Information to follow



BASCO offers its members monthly birthday parties, providing refreshments of cake, ice cream, and root beer. Oak Park Place of Baraboo (Michelle Burch, Sales & Marketing) joined Jeanette Bates for the January party.

Guest speaker was John Kessenish of The Grainery, Baraboo

Pictures by M J Miller



Baraboo Civic Center

Room 24

124 Second St

Baraboo, WI 53913

Sauk County's 50+ Club



www.booseniors.org

booseniors@gmail.com

608-356-8464

Open M-F 10am-3pm

FIGHTING THE WINTER BLUES WITH SLEEP

(Healthysleep.med.harvard.edu)

Sleep is very important to our mood, mental state, and well-being. Many people's moods are impacted by the season changing and increased darkness. While you might think darkness is beneficial to sleep, having it invade so early can affect sleep quality and result in a loss of energy. As important as it is to get enough sleep—if you find that you are getting more than nine hours of sleep per night and still not feeling rested, talk to your doctor about how you are feeling. Here are some tips to help maintain a healthy sleep/wake schedule:

- ◆ Limit your intake of caffeine, alcohol, and nicotine that can interfere with sleep
- ◆ Use light to your advantage by exposing yourself to light during the day and limiting light exposure in the evening
- ◆ Exercise regularly but not close to your regular bedtime
- ◆ Start a calming pre-sleep routine
- ◆ Turn your bedroom into a relaxed sleep atmosphere
- * Stop watching the clock while in bed
- * Do no nap close to your regular bedtime
- * Stop using electronics at least 30 minutes

BASCO BOARD OF DIRECTORS 2022

President Sandy Hayes 608-581-1102; Vice President Richard Knuth 608-393-7314;

Co-Treasurers Nora Schmidt 608-448-7972 and Manny Bolz 608-393-2074;

Secretary Dale Schwanke 608-295-2941; Lillian Gates 608-477-0194;

Betty Telvick 608-697-9789; Mary Vroman 608-356-7982; Jeanette Bates 608-354-9184

BASCO Staff: