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Subject: LHS Newsletter - 12/26/03
Date: Thursday, December 25, 2003 2:36:04 PM

Happy New Year!

The Top 10 reasons to have a Happy New Year are:



Editor's note: Got a short e-mail from Chuck Hinners last Monday. He and Susan Benbow will be heading off to Brazil for a vacation this Sunday. Will be back on the 10th of Jan. Told Chuck to take some pics. Chuck replied: [OK. Susan's son Doug will teach us how to use our digital camera. We will send pics of huge anacondas, piranha, and Brazilian festas!](#)

Just a quick reply to your request for assisted living recommendations. The Angelus Retirement Community in Nekoosa is top shelf as far as assisted living is concerned. They even have a money-back guarantee (if you aren't happy within the first 90 days, you can leave with all money returned - no takers yet). Check it out.

Terry (Cassiani) Stensberg (65) mtstens@chartermi.net

Hi and Happy Holidays to All.

I was a volunteer at Edgewater (Haven Nursing Home) and Family Heritage for many years. Recently I had two months of close contact at Riverview Manor.

Just some clues: 1) Do your own Laundry for your family member at any of them. Clothes end up going home with people who are there for short stays. Clothes get misplaced everyday. They either are lightly inked after hot water cleaning and lose their identification names, or the staff is just in a hurry and place the clothes in the wrong closets and dressers.

2) No staff can suggest more than a few times for a resident to at least eat some of their food. This is one of the state laws. When time is up, meals are just taken away, because of the need to keep to the daily schedule. So I was there many times to eat with residents or help by encouraging them to eat.

I guess if I had to choose from the three, I would choose Edgewater unless it changes to new management My friend is retiring so I will be going to check there in the future to see how things change, if at all.

Staff at all nursing homes/residential care facilities are on schedules to do specific duties at set times, and time runs short when one patient needs attention more than normal on their wing. Unless you tell the activity director of your parents' likes, they leave them sit in their rooms. Always check on this. We found them omitting mother from fun things. If she was napping, they left her to rest. The day is long and boring, and bingo or singing is necessary for keeping residents' minds active. The horseshoes game set up person was not there, so I and my brother set it up and played with Mom alone.

It pays off to keep the staff doing their rightful jobs. That is, actually getting the residents involved and not just having activities listed on the facility's calendar without doing them. Mother got released so I didn't pursue anymore in this area.

I feel they have some abusive patients, and the staff can have bad days, too. So go to these facilities

with God and Love In Your Heart in order to withstand something that's said, or you will go home offended at times. Some attitudes and words are directed at other patients. Staff are behind on work. Call lights are on forever from residents who want to go to the bathroom. Both staff and residents are not happy at the moment. I tell the residents to just wet or whatever. (Sorry--a 20 min. wait is unexceptionable to me.)

Also, don't tell certain staff about another way or the "right" way to do things for your family member. The reason: We noticed that some staff then treated the parent differently and had a nasty attitude at the family staying there.

Rapids has assisted living facilities in the area. This may be a start, too, for some. Entertainment and activities are set up. Some of these places help residents cook and maintain some other skills in order to keep them happy and busy. Some residents can leave by cab and come back at these places. It depends how alert and responsible they are.

Well, the list can go on, but do what you have to do when all else fails. It is overwhelming with some health situations of the elderly. But in the end, if they have to go to a residential health care facility, at least you can visit and take them out for rides or home visits. Just be sure you don't leave them in their room day after day. Find things you can do to make their stay better. Eating in their room with you there is very important at times to some. Also, you could look at bird housing, if the facility has that, or even look at special rooms with pictures. Doing crafts with residents (consider bringing their own crafts from home) or just watching them do one is important until they show no interest or sight or memory to do them anymore.

Sincerely,

Barb Nelson - (John's "65") wife - barbn@wctc.net

Jim Kuhn kuhnj@wctc.net (65) writes:

This is in response to your question on nursing,homes, assisted living, etc. One thing to keep in mind if that if you think there is a chance you will be needing some state or federal aid to assist the person who might need these services, request it far enough ahead of time. I had my mother evaluated for the COP (Community Options Program) program back in April 2003. Last check she was number 48 on the list.

In October we moved my mother into a CBRF (Community Based Residential Facility) home for dementia persons. At the present time she is paying her own way but if her money should run out before she gets on the COPS waiver program which will help pay for the home. She will have to move into a nursing home which costs twice as much as the assisted living because the federal government won't pay for the CBRF but they will pay for a nursing home. (Ed note: Who said the government wants to save money or do what's best? - write your state legislators!) We only hope with the start of the new year, the county will evaluate their program and place more people on the list and mother's number will come up. It was hard enough to move her the first time without having to move her again after she has finally adjusted.

One thing to keep in mind if you are using a CBRF is how much supervision you might need. With dementia we had to find a home that has 24 hour awake staff and some type of door monitoring that alerts the staff is someone should open the door and wander outside. Some of the homes will only take dementia patients as long as they are fairly independent and can feed and dress themselves. There are lots of questions you have to ask before you can make decisions. One thing my wife and I are hoping that none of children have to make these type of decisions for us.

Editor's note: For more about CBRF's see: <http://www.living-options.org/cbrf.html> & <http://www.co.wood.wi.us/social/programs.asp>

MERRY CHRISTMAS TO ALL AND HAVE A HAPPY AND PROSPEROUS NEW YEAR.

JIM

Hi Kent.....regarding nursing homes in Wood County; my mom has been at Family Heritage (130 Strawberry Lane 54494, 715 424 1600, approx 1 mile past St Peter & Paul church & school, about 2 blocks off the river) since this past July. I've been visiting her every week and each time I visit, the staff is

very friendly & helpful, the facility is always very clean and there are no foul odors, medicinal or otherwise.

So, I would suggest that anyone who is considering a nursing home for a loved one, a visit & staff tour of Family Heritage would be an option.

Happy Holidays to you and Judy and all the LHS alums from kathy & I.

Chris Gorski

Editor's note: The Atkins and South Beach diets have become tremendously popular resulting in high costs for beef (at least until the "mad cow" discovery this week), eggs, etc. Have you been on a low carb/no carb diet and what are/were the results?



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Menus reflect low-carb diet craze

Many in food world accommodate hot trend

By KAREN HERZOG

kherzog@journalsentinel.com

Posted: Dec. 21, 2003

Not wanting to be left holding too many carbs when the resolve of New Year's dieting begins, several Milwaukee-area food purveyors are scrambling to meet the latest diet craze head-on, regardless of what they think of it.

Artisan bread bakers are rolling out low-carbohydrate breads. Several restaurants and at least one caterer are beefing up menus with low-carb options, noting with glee that heavy sauces, eggs and bacon are back in good graces - at least until the next dieting bestseller suggests otherwise.

"I keep scratching my head and wondering what's next," said Scott Shully, chef-owner of Shully's Catering Inc. in Thiensville. "These low-carb, high-protein diets give me a wonderful opportunity to wrap Nueske bacon around a beef fillet steak. I couldn't do that before. We also can offer rich cream sauces and (egg-based) hollandaise sauces. Things that were taboo before are now greatly accepted."

"The South Beach Diet" is second and "Atkins for Life" is 12th on the New York Times bestseller list for hardcover advice books. More than 32 million Americans are on a low-carbohydrate, high-protein diet, such as Atkins and South Beach, according to a recent Novartis Consumer Health survey. That number is expected to rise dramatically, with the New Year marking a popular time to begin diets, and with intense focus nationwide on the ramifications of obesity.

"As a caterer, we have to reflect what it is the customers are requiring of us," said Shully, who has begun noticing a low-carb preference among many of his clients.

Health

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- [Obesity](#): Growing problem changing food industry (12/21/03)

From the Archives

- [Series](#): Heavy Burden: The Obesity Epidemic (July, 2003)

At larger events, plates have started coming back to the kitchen cleaned of all meat, but with potatoes, rice or risotto left untouched, Shully said. He has always offered what is called "French service," where wait staff offer guests seconds of meat at table-side if the hosts choose that option and pay roughly \$2 more per guest.

Few party organizers embraced the option before, but many more do now, he said.

Eggs and bacon, hold the toast

The Atkins diet already has spun a new direction for Cherub's Family Restaurant, 1430 E. Moreland Blvd., Waukesha.

While family-style restaurants aren't known as trend-setters, this one was ahead of the pack when co-owner Lia Avila decided to go with the low-carb flow last July. This was after noticing a huge demand for eggs and bacon without toast or potatoes.

The restaurant is nestled among several car dealerships and two appearance-conscious businesses - a beauty shop and fitness club.

"We have a lot of car salesmen come in who work long hours," said Avila. "They were saying their wives wanted them to lose weight."

She initially charged extra for more meat, then decided to create a low-carb menu with 15 to 20 regular offerings so customers could get only what they wanted.

Word of the restaurant's low-carb options spread. New customers have been streaming in from Hair and Things around the corner and the Wisconsin Athletic Club across the street, Avila said. "I'd say at least 25 to 35 percent of our regulars are doing low-carb now."

Other restaurants in the area, as well as national restaurant chains, are also creating low-carb options.

Interest in low-carb eating prompted Natural Ovens in Manitowoc, makers of good-for-you, high-fiber, whole-grain breads, to create a low-carb bread last spring - a dream come true for Atkins dieters.

"It's the bestseller bread for Natural Ovens now, bar none," said spokesman Paul Petite.

Paul Stitt, Natural Ovens founder and research director, said Atkins dieters deserve a good-tasting bread, and they need fiber - a fact any Atkins dieter will concede.

Flavor accolades are pouring in, including from Prevention Magazine, which did a taste test of 60 low-carb products for its January issue and proclaimed Stitt's Lo-Carb Golden Crunch to be the tastiest low-carb bread, ahead of the Atkins brand bread.

Touchy times for bread-makers

Milwaukee-area artisan bread-makers have seen a slight dip in sales this year and are rolling out their own low-carb breads. They range wildly in carb content but generally cut carbs by at least half, compared with a standard loaf. Most low-carb breads are more expensive.

"When you see popular diets that label a food group on the 'do-not touch' level, you're forced to recognize trends," said Albert Hasse, president of Whitefish Bay-based Breadsmith Franchising. "Sometimes these things spawn great creativity. . . . We feel we're a great artisan bread brand and we want to accommodate our customers' diets."

Starting the first week in January, Breadsmith will begin rolling out three new low-carb breads - raisin cinnamon, whole wheat and multi-grain. Hasse isn't putting all his bread in one basket, though. "We don't know if it's the next light beer or a passing fad."

Rodd Hall, owner of Great Harvest Bread Co. at 5629 N. Lake Drive, said he resisted developing a low-carb bread "out of principle." He's concerned the diet isn't good for the body in the long term.

But, like other bread-makers, he wants to satisfy customers.

So he introduced a low-carb whole-grain bread at the beginning of December, called Bonnie's Low Carb Bread, named after the employee who developed the recipe. "It's selling pretty well," he said. "But it's hard to get the word out that you have it because people on low-carb diets don't typically walk through my door."

Hall is optimistic it will do well once it becomes a daily offering in January, when dieters are out in force.

On a personal note, Hall said it's been interesting to see how friends on low-carb diets have "danced around the issue" when he's in the room, knowing he owns a bread store.

"I try to look the other way and not take it personally."

Jan Uebelherr of the Journal Sentinel staff contributed to this report.

From the Dec. 22, 2003 edition of the Milwaukee Journal Sentinel

Like to keep up with world news from a SW Asia perspective? - See: <http://www.jang.com.pk/thenews/> For that matter, it's one of the more thorough sources for all the world news and doesn't have any ads or pop-ups!

Don Chesebro chesebro@wctc.net writes:

Kent,

If you need a band for a reunion, let me know what it is that you need. I have some groups that can be available, depending on what you want them to be able to do.

Don Chesebro

Birthdays this week:

Sandee (Herzberg) Boyles 12/29 - ksboyles@charter.net

Gene Haferman (65) gene.hafermann@dot.state.wi.us is a member of the Amazos singing group and writes:

To those of you who might be interested, the Amazos have just released their first CD just in time for Christmas. \$15 will get you a nice stocking stuffer. Attached is a picture of the front cover of the CD. Let me know if you want one and Merry Christmas.



Wal-Mart! Good or bad for America? - A relatively balanced insight -

<http://pf.fastcompany.com/magazine/77/walmart.html>

Wisconsin Jokes - <http://www.cheddarheadpackhouston.com/humor.html>

Editor's note: Country Buffet didn't last very long! Another Greek/Albanian restaurant to take its place. Rapids will now have 3 Greek/Albanian restaurants and 4 Chinese! Can we get a little more ethnic diversity in our restaurant selections - Please?

Country Buffet to get remake

By COLIN ATAGI
Daily Tribune Staff

Rapids Country Buffet will close for a few weeks for a remodeling project that will give the business a new name, larger menu and more job openings.

About \$70,000 worth of equipment will be installed in the kitchen as part of a plan to enhance the restaurant's capabilities and to accommodate customers.

Restaurant owner Sheldon Ferkey said the main reason for the remodeling is to appeal to the senior citizens of Wisconsin Rapids.

"We know many seniors have some difficulty going up and serving themselves," he said. "There will be a full menu with approximately 200 items. It'll be an extremely large menu." The restaurant will be open 24 hours a day. Applications for new job positions will be accepted at a later date that has yet to be determined.

"We'll be hiring throughout the whole spectrum of employees," Ferkey said. "Currently we're at about 20 employees, and I'm not sure how many more we're going to add. I'll say it'll probably be another 10 or 12 people." George Katris, owner of Farro's Family Restaurant in Fond du Lac, will assume operational control of the restaurant. He wants to bring the atmosphere that made his restaurant successful to Wisconsin Rapids.

"Our goal is to cater and be hospitable to everybody," he said. "Our service is really good and we have reasonable prices." Rebecca Tranver, 77, of Point Edwards said she likes the food at Country Buffet, but a buffet is more than she really needs.

"I don't really have the appetite to eat that much," she said. "It'll be good to have a single meal. Hopefully the quality will stay the same or go up." The menu will consist of homemade daily specials, soups and sauces made from scratch, Katris said.

"We'll have a variety menu," he said. "We'll offer Greek dishes, but our menu will be mostly a family type."

Katris added that he would like to change the name of the restaurant to fit the Wisconsin Rapids atmosphere. Farro is Greek for lighthouse, one of which can be found in Fond du Lac, he said. He will ask for recommendations from the public as to what to name the restaurant, at a later date.

"We'll go according to what the customers and staff need," he said.

The last day Rapids Country Buffet will operate under its current system will be Sunday. The rearranging process is expected to last until early February.

Ferkey said the restaurant will try to use up as much of the supplies before closing.

"We're hoping to run any of the perishable inventory down," he said. "Any canned or frozen inventory will be used during the startup of the restaurant. Any perishable products will be donated."

You can reach Colin Atagi at 422-6728 or at catagi@wisconsinrapidstribune.com.