



Hyland Park

5440 Caddis Bend • Fitchburg, WI 53711 • (608) 270-9200

July 2009



HYLAND PARK STAFF

Property Manager... Lynn Borchert
Maintenance..... Ron Blanchard
Office Staff..... Dan Wagner
Housekeeping... Dorene Crichton
Breakfast..... Connie Reynolds

OFFICE HOURS

Mon.-Fri. 9 a.m.-5 p.m.
Sat. and Sun. 10 a.m.-4 p.m.
OFFICE CLOSED JULY 4
www.hylandpark.com

**AFTER-HOURS
EMERGENCY #**

Toll-Free (866) 244-6722

**HAPPY BIRTHDAY,
HYLAND PARK
RESIDENTS!**

You're invited to our be our guests on July 9 for our monthly birthday party! Sign up and we'll buy your meal!

- Betty McNabb 7/8
- Donald Vethe 7/13
- Donna Hasz 7/14
- Bart Brown 7/14
- Judy Baldwin 7/21
- Millie Gray 7/21
- Lola Ferguson 7/23
- Tim Mund 7/25
- Ralph Zimmerman 7/29

We wish you a very happy and healthy year ahead!



Summer Birthday Ideas

July's birthstone is the ruby, but if the price tag of precious gems isn't in the budget, don't overlook the romantic gift of flowers. The flowers of the month for July are the Larkspur and the Water Lily.



Happy Birthday, America!

It's the party of the year! All across the country, in every city and small town, people are celebrating with parties, fun and community get-togethers. Celebrate your liberty! Display the flag; wear red, white and blue; sing patriotic songs. However you spend the day, just make sure you have some fun!

Fourth of July Celebration

Agnes is hosting a Fourth of July gathering once again in our bistro. Residents are welcome to attend. Please see notes about the day posted on our message board in the lobby. Happy Independence Day!

Open House Grand Prize Winner Selected

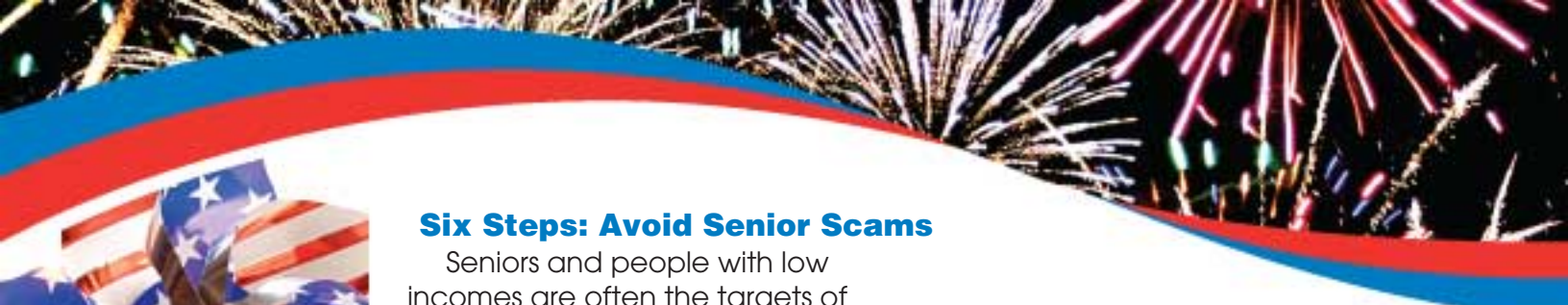
On June 7, Hyland Park conducted another successful open house. Our thanks to all who attended and congratulations to the Leonards of Madison, who were winners of the \$80 gift certificate to Betty Lou Cruises!

Fish Hatchery Road Closed Through Mid-October

The \$1.65 million project will add turn lanes, a median and a bicycle path between Lacy Road and Shamrock Lane. It also will smooth some of the humps in the road. Commuters from the south are being advised to follow a detour along Highway M to

Highway PB to Verona Road. From the north, traffic is being diverted west at McKee Road.





Trivia Whiz

All Hail

Red, white and blue are ubiquitous in July. Here are some facts about those colors and our flag:

America's founding fathers never indicated whether the U.S. flag's colors represented anything specific, according to the book "Our Flag."

The Great Seal of the U.S. (red, white and blue) provides a clue to possible symbolism of the flag's colors: purity and innocence (white); hardiness and valor (red); and vigilance, perseverance and justice (blue).

The colors in the Great Seal represent the ideals, values and beliefs of the Continental Congress.

The stars on the flag represent the heavens, and the stripes are rays of sunlight—the original 13 colonies.

Six Steps: Avoid Senior Scams

Seniors and people with low incomes are often the targets of scams. Fortunately, there are steps you can take to protect yourself from senior scams.

1. Sign up for direct deposit at your bank. If you receive checks in the mail, you are more susceptible to mail fraud or theft. Set up direct deposit for all regularly scheduled checks.

2. Reduce Telemarketer Calls. Scam artists use the phone to take advantage of unsuspecting seniors. To avoid this situation, register your land lines or cell phones with the "Do Not Call Registry" online at www.donotcall.gov or toll free 1-888-382-1222.

3. Ignore Direct Mail Advertising. Do not be enticed by the offer of something free or almost free. These are tactics used to get a commitment from you.

4. Look Out for Medicare Drug

Discount Scams. Medicare discount cards are popular with scam artists. Contact medicare directly for a list of approved companies, online or phone 1-800-633-4227.

5. Assign a Power of Attorney. A power of attorney authorizes a trusted person to make decisions on your behalf should you become temporarily or permanently incapacitated to do so.

6. Avoid Disclosing Personal or Financial Information. If you get a call or e-mail asking to verify your account numbers because a problem exists, get their name and telephone number and tell them you will get back to them. Then call your bank or credit card company to verify the legitimacy of the request.

"An Adventure for Your Palate"

Local author Judith Sulik will discuss her book, *An Adventure for Your Palate, An Eclectic Restaurant Tour in and Around Madison, Wisconsin, With Chefs' Recipes* on Wednesday, July 8 at 3 p.m. at the Hyland Park Apartments, 5440 Caddis Bend, in Fitchburg.

Sulik, who has written and published five books, will share anecdotes about what it's like researching, writing, publishing and selling a book. Copies of her book will be available for sale and signing.



Champagne, Crackers and Cheese

It has been brought to our attention that during a recent book signing party for Dr. Marvin Zolot's new book, *Mensch: Biography and Writing of Manfred Eric Swarsensky*, there were a few bottles of champagne uncorked. And so the kind doctor has offered champagne to any and all who would like to join a Hyland Park party where he will speak about the book and have copies for sale and signing. Mark your calendars: **4:30 p.m. on Tuesday, July 7.**

In August, our very own Mary Ellen Gevelinger, will share her recently published book! Watch for details!



Food Facts

Foods to Dream By

Knowing what bedtime (or midnight) snacks keep you awake will help you fall asleep faster.

The worst things to eat before bed are caffeinated coffee or soda, chocolate, high-fat or greasy foods (which are difficult to digest) or spicy foods (which cause heartburn). A nightcap may help you fall asleep faster but can cause night sweats and nightmares.

The best evening snack is a small one, under 200 calories, that causes your body and brain to relax. For example, if your mom gave you warm milk at bedtime, she knew best—dairy products contain tryptophan. Other foods containing this sleep-promoting substance are poultry, bananas, oats and honey. Carbohydrates help tryptophan through the bloodstream, so pairing whole wheat toast or crackers with a piece of cheese or low-fat yogurt with granola can also do the trick. Chamomile tea is a popular evening drink because it promotes relaxation of the muscles. Add a bit of honey, and you'll be snoozing in no time.

The Best Evening Snack Is a Small One, Under 200 Calories, That Causes Your Body and Brain to Relax.

A Cause of Concern: the Sun and Your Skin

Summer can mean fun in the sun. Just take every precaution to keep it that way. That means being cautious about sun exposure.

Now, more than ever, it is imperative to take sun exposure seriously. New cases of skin cancer melanoma (a tumor) are increasing among men and women in the United States, according to a recent report in the "Journal of Investigative Dermatology." More than 1 million new cases occur annually. The study revealed the biggest increase is among men 65 and older.

People of all ages should be aware of skin cancer. It can begin to develop in youth, although most skin cancer does not appear until a person is 50 or older. Sun exposure is considered the most likely cause, because every time you get sunburned, skin cells are damaged. That is why, especially in the summer, it is wise to wear hats, tightly-woven protective clothing, and waterproof or water-resistant sunscreen with UVA protection and an SPF of 30 or more.

How do you determine whether you have skin cancer? If a mole size changes, have it checked. Men need to keep an eye on their backs, necks and trunks. Women need to be alert when it comes to their legs and calves. But melanomas even can appear under arm pits, around belly buttons and on the bottoms of feet.

Skin cancer is treatable and unlikely to spread, but catch it as early as possible.



Welcome

A warm welcome to all new residents at Hyland Park.

- Mary Sue Berschens
- Marian Curless
- Ann Done
- Dick and Diane Genske
- Betty McNabb
- Bernard and Sandy Solomon
- Ed and Anita Waterbury
- Winnie Wieseckel
- Donna Hasz
- Jeff and Stacia Fuller
- Bob Derr
- Alice Byrne
- Pat Stark
- Art and Judy Baldwin

A new resident party to meet our new neighbors will take place next month. Watch for details!

July Dinner Dates

All dinners begin at 5:30 p.m.

July 9 – Monthly Birthday Catered Dinner

July 16 – Potluck
July 23 – Cookout and Bingo

55 Plus Community ... Condo Living at Its Best



Hyland Park's Patio Pond

Hyland Park offers amenities not usually found at condominium properties. Here is a short list of the unique blend of services and activities that continue to elevate HP from other condo properties:

- Several unique floor plan choices
- Complimentary, continental breakfast Monday through Friday
- Indoor heated resistance/exercise pool
- Technology center with fax, copier and internet
- On-site beauty salon
- Van service schedule on a weekly basis
- Full range of activities scheduled each month
- Monthly library service
- Safe and secure buildings and parking.

Now is an excellent time to purchase a condominium at Hyland Park. The seller will pay 2009 property taxes and a full year of condo fees to help with your decision making.

If you want to view the entire list of amenities, please visit our website at www.madisonapts.com or call (608) 270-9200 and schedule a personal tour of the property.

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concerts

Olbrich's Concerts in the Garden

Olbrich Botanical Gardens,
3330 Atwood Ave., Madison
**Tuesdays: June 2 through
July 28** 7 p.m.

Concerts at McKee Park
McKee Farms Park, Fitchburg
June 8, July 13 and Aug. 10
6:30 p.m.

Enjoy a concert al fresco at
Fitchburg's McKee Farms
Park three evenings during
the summer! Concerts
start at 6:30 p.m.

Summer Concert Series at Warner Park

Warner Park, Madison
**Mondays: June 15, 22 and
July 13, 20 and 27**
6:30–7:45 p.m.

Head out to Warner Park on
Monday evenings in June
and July for the annual
Summer Concert Series,
sponsored by the
North/Eastside Senior
Coalition.

Lunch Time Live

Capitol Square, Madison
**Tuesdays: June 16 through
Aug. 8**

Noon–1 p.m.
For eight Tuesdays this
summer, a FREE outdoor

concert series will take
place in front of our
community's crown jewel—
the State Capitol.

Concerts on the Square®

Capitol Square, Madison
**Wednesdays: June 24
through July 29** 7 p.m.
The Wisconsin Chamber
Orchestra's Concerts on the
Square® series is held at the
State Capitol each summer
for six consecutive
Wednesdays.