



# Prime Time News

## May 2014

Fitchburg Senior Center  
Volume IV Issue 5

### Look Ahead

FITBALL/Volunteer P.2

Cards W/Katie/Cribbage P.2

Med Reviews/Bucket List P.3

Book Clubs/Groups P.4

Day Trips/Writers Group P.5

Fundrasier Results/iPads P.6

Exercise/Health P.7 & 8

Farmers Market Vouchers P.9

Friends Of The FSC—Insert

**CLOSED—MAY 26  
MEMORIAL DAY**



### Older Americans Month



What better way to celebrate than to have 84-year-old and 50 years-of-service State Senator Fred Risser speaking on behalf of all older Americans!

Save the date! On May 15, Senator Risser will speak at 11:45 a.m. Also joining us will be the Mayor of Fitchburg, Shawn Pfaff.

Plan to hear the wonderful Fitchburg Singers at 11:00 a.m.

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions, and provide them with information to help them stay healthy and active. This year, we are focusing on injury prevention with the theme “*Safe Today. Healthy Tomorrow.*”



### Antique Appraisal—Sunday, May 4

The Fitchburg Senior Center is teaming up with the Friends of the Fitchburg Library for an Antique Appraisal show! Professional appraiser Mark Moran will conduct free appraisals. Limited spots available for item appraisal. Call today to register yourself and your item with the Fitchburg Library at 608-729-1763.

The date is Sunday, May 4, from 1:30—4:30 p.m. Don't have an item to be appraised? No problem. No registration required to come and see the great items others are bringing in!



### Significant Medicaid Changes Part II

- What can couples do now to protect assets?
- What can a single person do now to protect assets?
- What advice can you expect when you call a county benefits specialist?
- What is most important to you when planning to pay for your long-term care needs?
- ◆ This program is an update to Attorney Iris Christenson's Part I series last fall. Join us May 21 at 6:30 p.m. at the Fitchburg Senior Center.

# New Programs

## Fitball Exercise Class Starting In May

Eight sessions \$35



Shannon Maguire (ACE certified Personal Trainer) is the instructor. Fitball is a great total body workout starting with a warm-up, balance exercises, easy cardio, and strength training on your core, upper, and lower body. Students must bring their own ball, which can be purchased at Farm & Fleet or Target for \$15-\$20.

Please call 270-4290 to register. Payment due one week prior to first class. Eight minimum req. Tuesdays from 12:00–1:00 p.m. Starting May 13.

## Bone Health—May 27 At 1:00 p.m.

**Speaker:** Pharmacist Thad Schumacher from Hometown Pharmacy.



Did you know with age, bone production drops off and bone loss increases, putting you at risk for osteoporosis (porous bone, which fractures easily)? According to the National Osteoporosis Foundation, roughly 10 million Americans have osteoporosis, and 34 million have osteopenia (low bone mass). But osteoporosis and related fractures don't have to be inevitable.

Join us for this FREE informative talk with Thad.

## A Few Good Volunteers



The Senior Center is excited about a new program coming this fall/winter. At this time, Assistant Director David Hill is recruiting a few volunteers who have a passion for energy savings, and a knack for being handy around the house. If this sounds like you, please give David a call at 270-4292 to inquire about this upcoming opportunity.

***Simple energy savings one home at a time—let's make a difference!***

## Cards W/ Katie—May 21 at 1:00 p.m.

Whether you are a novice or an experienced stamper, you will enjoy this creative experience. We will be using rubber stamping techniques to make six greeting cards (two each of three different designs).

At this session we will learn one new technique and make a card to take home for future reference. Sign up for this class by calling the Senior Center at 270-4290. Cost: \$10.

Payment to instructor day of class. Please bring adhesive or add \$2 for in-house supply.

## Zumba Gold Summer Special

During the months of June, July and August, Zumba Gold will be offered on a monthly basis as a four-week series for \$20. **This is an \$8 savings from the drop-in rate!!** Preregistration will be required and a minimum of six sign-ups by the first class for the series to take place.

June - 6, 13, 20, 27

July - 11, 18, 25 and Aug 1

## Wisconsin Senior Games—Cribbage



Join us at the Fitchburg Senior Center on Monday, June 2 at 1:00 p.m. If Cribbage is your game, this is a can't-miss opportunity. For more information or to register, visit [wiseniorgames.org](http://wiseniorgames.org). Mail in registrations are due by May 12.

Online registration closes on May 19.

## Thursday Line Dancing W/ Annie

Line dancing on Thursdays at 1:00 p.m.

Come on over and give it a try.

This is open to all skill levels. FREE program!



## May's Learning Annex Presents:

Come with your questions about scams and fraud schemes as representatives from Fitchburg's Police Department will be here on Tuesday, May 20 at 2:00 p.m. They will be discussing the most recent scams going around as well as share tips on how to avoid being swindled out of your money!!

### **Comprehensive Medication Review - Sign Up Now**

The United Way, along with the Fitchburg Senior Center, will be providing medication reviews with a qualified and trained UW pharmacist. You can qualify for this free service if you are: 1. Over 65 years old, 2. Live in Dane County, 3. Your annual income does not exceed \$35,000 for a one-person household or \$45,000 for a two-person household, 4. If you can answer yes to one of the following questions: Do you take three or more medications that include prescriptions, herbals and over the counter? Do you ever feel dizzy? Have you fallen in the past year? Do you forget important dates or events? Do you go to more than one pharmacy to fill your medications? If you qualify, please call to sign up for May 20, 9:00 a.m. to 3:00 p.m. Space is limited so please call ahead. 270-4290. *\*Some medications can make you feel dizzy or even cause a fall. Some medications might interact with each other. The more medications you take, the more likely you are to have a negative drug interaction!*

### **Diabetic Support Group**

Whether you are newly diagnosed, or have lived with diabetes for many years, this support group is aimed at enhancing your journey with diabetes. The group will meet once/month with some variation in meeting dates. Please join us at the Fitchburg Senior Center on **Friday, May 16 from 1:30 –3:00 p.m.** for an informative presentation. Topic is yet to be determined. Leading the group will be Lisa Carda, RN, RD, CDE. There is no cost for the support group, but advance registration is appreciated. Please call the Senior Center at 270-4290 to sign up.

### **Have A Bucket List?**

Are you more concerned about what needs to be done tomorrow versus enjoying what's already been accomplished today? Living our lives may seem like a simple concept, but how we exist takes some additional thought. Please join SouthernCare Hospice Executive Director Meagan Sexton as she discusses quality of life verses quantity of life, how to deal with stress, and explores ways to savor life's memories and moments that can often be overlooked. Join us Wednesday, May 21 at 12:30 p.m.

We will also have a special meal, just for you!  
Call by Tuesday, May 20 at 12:00 p.m.  
to order lunch.

**May 21** - Chicken Cordon Blue, Cheesy Potatoes, Asparagus, Ambrosia Salad, Banana Cream Pie & Tartar Sauce.

### **Pick Your Meds Up At The Senior Center**

The Senior Center is collaborating with Hometown Pharmacy to make your medication pick-up safe, simple and easy! If you frequent the Senior Center, this might just be for you. You must enroll with Hometown Pharmacy and place your orders with them. Once that is done, a representative will be on-site to deliver your meds!

Call Hometown Pharmacy to get started today!  
274-3784

# Clubs, Groups & More!

## REACH Book Club

REACH Book Club will meet at the Fitchburg Senior Center on **Thursday, May 8 at 1:30 p.m.** to discuss the book, *The Art of Racing in the Rain* by Garth Stein. Enzo, the narrator of *Racing in the Rain*, is a dog who belongs to Denny Swift, an up-and-coming race car driver. Denny has imparted a tremendous amount of insight to Enzo. He has taught him to see that life, like racing, isn't simply about going fast. Enzo has been part of the ups and downs of the Swift family life and tells their story with love, loyalty and hope as only a dog could tell it. Discussion questions and books are available in David's office.

June will be the end of our year and we will take a break during July and August. It is time to choose books for the next year. Bring your suggestions to the May meeting and we will assemble a list of choices and vote at the June meeting. REACH Book Club began in September of 2004, so our 10<sup>th</sup> anniversary is coming up. We will discuss ways we could celebrate this milestone.

*June 12 - The Reading Promise* by Alice Ozma

REACH Book Club meets the 2<sup>nd</sup> Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m. and is open to all.



The *I Love a Mystery Book Club* will meet at the Fitchburg Senior Center at 1:30 p.m. on Thursday, **May 29, 2014** (the 4<sup>th</sup> Thursday.)

Come and join other mystery fans as we discuss the mystery, *The Tin Roof Blowdown: A Dave Robicheaux Novel* by James Lee Burke. The setting for this gritty mystery is New Orleans, post-Hurricane Katrina.



## Men's Group

Join us for our next meeting on Tuesday,

**May 13 at 2:00 p.m.**

For more info log on to:  
[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)  
 and click on Men's Group on the left side.



## Active Women's Group

Join us for our next meeting on Tuesday,

**May 27 at 2:00 p.m.**

For more info log on to:  
[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)  
 and click on Active Women's Group on the left side. Meet at the Senior Center.



## Don't Forget!

For weekly updates, visit our web page at [www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com) and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."

## \$20 Blackout Bingo!



On Thursday, May 8 at 12:30 p.m. we will be hosting \$20 blackout bingo with special sponsor **Oak Park Place**

## UW Extension Nutrition W/ Tonia

Topic: Understand the role protein plays in our bodies! Join our speaker, Tonia, on Wednesday, May 21 at 11:30 a.m.



## 2014 Day Trips - Hosted By The Oregon Senior Center

**Fox River Scenic Cruise on the Foxy Lady, June 24.** Green Bay, WI. \$87. Seroogy's Chocolates, Titledown Brewing Company, trip on the Foxy Lady II yacht down the Fox River! Deadline 4/20/2014.  
Depart Fitchburg at 7:00 a.m.

**Neil Simon's Rumors, July 23.** Mt. Carrol & Freeport, IL. \$85. NBC called the play, "Not only side-splitting, but front and back-splitting too" Lunch at Cimino's Little Italy in Freeport, IL.  
Deadline 5/30/2014. Depart Fitchburg at 8:15 a.m.

**Diamond Jo Getaway, September 23.** Dubuque, Iowa. \$28. Deluxe motorcoach transportation, \$10 free slot play and FREE lunch buffet. Deadline 9/9/14. Depart Fitchburg at 8:30 a.m.

**Seniors of the Sahara, October 9.** Port Washington, WI. \$82. Enjoy great live entertainment at the Memories Dinner Theatre. Deadline 8/25/2014. Depart Fitchburg at 9:30 a.m.

**La Crosse Boats & Bluffs, October 15.** La Crosse, WI. \$84. Jump aboard the La Crosse Queen paddle wheeler and enjoy a tour of the upper Mississippi River! Lunch aboard the Queen.  
Deadline 9/15/2014.

**Christmas in the Country, December 3.** Lake Geneva, WI. \$102. "Christmas Portrait" performance, Hall of Trees holiday exhibit, fabulous Gingerbread House, and more! Deadline 10/14/2014.

**\*\*Flyers can be mailed or picked up at the Fitchburg Senior Center.\*\***

**Call Badger to register at 800-416-2049**



### **Writers Group—New Format/New Focus**

The writing group now meets the 2nd and 4th Wednesdays at 1:00 p.m. and will continue meeting through June. The casual meetings will offer members the opportunity to read their stories and receive group feedback if desired. A list of suggested topics to write on each week is provided for those interested. If you like writing, appreciate the opportunity to share your stories and enjoy getting to know others, this group is for you!

For those interested (and we stress this is optional), we would like to give some added focus, or incentive, by inviting participants to share a favorite story or two at a public reading on Wednesday, June 25 from 6:30 p.m. to 8:00 p.m. at the Senior Center. This opportunity will give writers a chance to further share their stories with peers, family, friends or whomever you would like to invite! Refreshments will be served following the readings.

If you are interested in being a member of our Writing Group, please call the Senior Center at 270-4290 to sign up. Again, signing up **does not** obligate you to participate in the public reading in June.

# Pancake Breakfast Success!!

Co-Chairs of the Fitchburg Senior Center Friends Pancake Breakfast, Scotty Sheets, Sue Sheets, and Judy Breunig present a Certificate of Appreciation to HyVee in Fitchburg for their generous support of our Annual Pancake Breakfast. Accepting the Certificate of Appreciation is Travis Wirth, Manager Store Operations.



Thank you to all of the volunteers who worked at the Pancake Breakfast! Thank you to Hy-Vee for their donation of sausage for the fundraiser! And, thank you to the community for your overwhelming support! Our attendance of 351 community seniors, families and public employees was the highest of all time!



## iPad Beginner/Getting Started

iPad training with Jeremy, Kristy and FACTv staff is back by popular demand. Join the gang as they navigate you through the basics of using the iPad, all the way to cool tips and tricks that will make you love your iPad even more. Have questions?

They will be available to answer those as well!  
Monday, May 19 from 10:30 a.m. to 12:00 p.m.  
Call to register for this free class. 270-4290

## iPad Continuation/Advanced

iPad training with Jeremy, Kristy and FACTv staff is back by popular demand for the continuation/advanced iPad class. If you are familiar with the basics of the iPad and would like to learn some new tips and tricks that will take you to the next level of enjoyment, then this class is for you!

Wednesday, May 28 from 10:30 a.m. to 12:00 p.m.  
Call to register for this free class. 270-4290

## E-Readers Tutorials—FREE

45-minute, one-on-one sessions will be conducted by helpful (and very patient!) staff from Dane County Library Service. The first appointment starts at 8:30 a.m. on Wednesday, May 14. Space is limited.

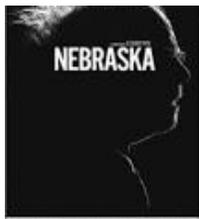
Call 270-4290 to register!

## Movie Day— Nebraska

Join us Friday, May 16 at 12:40 p.m.

92% Rotten Tomato ratings! Runtime: 1 hr 55 minutes

The popcorn and movie are FREE! Donations gladly accepted.



# Groups

**Caregiver Support**— May 8 at 10:00 a.m.  
**Grief Support**— Call 270-4291 for details  
**Diabetic Support**— May 16 at 1:30 p.m.

## Drop-In Activities!!!!

**Dominos**—2nd & 4th Mon. @ 1:00 p.m



**Social Bridge**—Mon. @ 10:00 a.m.

**Pastels**—3rd Mon. @ 1:00 p.m.

**Euchre**—1st & 3rd Tues. @ 12:45 p.m.

**Mahjong**—1st Tues. @ 1:00 p.m.

**Bingo**—Thurs. @ 12:30 p.m.

**Sheepshead**—Thur. @ 1:00 p.m.

**Scrabble**— Fri. @ 2:00 p.m.

# Exercise Classes <sup>P.7</sup>

## Aerobics With Diane Fronck

Diane teaches Mondays and Wednesdays at 8:30 a.m. and 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

## Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$7 per month.



## Tai Chi Thursdays 8:30 a.m.

Cost—\$2 drop-in. Pay instructor. Beginners welcome.



## Zumba Gold

For active seniors who love to dance! Learn FUN and easy-to-follow dance movements to Latin rhythms and International/American music.

Fridays, 10:00-10:45 a.m. Cost is \$7 drop-in. For more info call Deb Knuth at 347-9390

## Comforting Solutions for In-Home Care

Do you want to remain safe and happy in your own home? From a couple of hours a week to 24/7 care, Comfort Keepers is here to help you preserve your independence. We offer flexible, affordable and interactive home care.



Ask About Our Fall Prevention/Monitoring Aids

**Companion & Homemaking Services:**  
 Companionship • Meal Preparation • Light Housekeeping  
 Laundry & Linens • Grooming & Dressing Guidance  
 Transportation & Shopping • Respite and More...

**Personal Care Services:**  
 Bathing • Incontinence Care • Toileting  
 Feeding • Mobility • Transferring & Positioning • Oral Hygiene

**Skilled Care\***  
 RN • Physical Therapist • Occupational Therapist  
 Speech Therapist • Meals on Wheels (M-F)  
 Home Modification



Specializing in: Alzheimer's, Parkinson, Supportive Hospice and Legal Live-In Services. OUR FRIENDLY & CARING COMFORT KEEPERS ARE FULLY SCREENED, BONDED AND INSURED.

For more information or to set up a FREE in-home consultation, call: 608-442-1898 Serving South Central Wisconsin



Each Office Independently Owned and Operated. \* Coordinated with Independent Health



Jim Krogstad LUTCF, CEBS  
 Owner

608-576-4125 Cell  
 608-274-7680 Home/Fax  
 jim77k@gmail.com

James Krogstad Insurance

2838 Dover Circle  
 Fitchburg, WI 53711

Individual Life / Medical / Dental / Medicare Supplement / Part D

## Car Concierge Auto Delivery

*You fly, let me drive!*

Vehicle Delivery Service in Continental U.S.

Specializing in Snowbirds  
 But will deliver anywhere in USA

608.692.8322 • Timdybevik77@gmail.com  
 www.carconciergeautodelivery.com

Bonded Dybevik Enterprises, LLC Insured



PHIL SVEUM  
 Broker/Owner

(608) 288-3339 OFFICE  
 (608) 338-4299 CELL  
 psveum@cbsuccess.com

5500 East Cheryl Pkwy, Ste 106  
 Fitchburg, Wisconsin 53711

At the Agora.

www.cbsuccess.com



SUCCESS

Helping you make housing decisions.

# Transportation Services <sup>P.8</sup>

**Meals**—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

**Shopping**—\$3 round-trip. Transportation provided by Transit Solutions for general shopping on Tuesdays and Weds/Fridays. Call the Senior Center to schedule a ride.

**Medical Appointments**—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

**Shuttle Service**— This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

## Health, Help & Renewal

Footcare/Fingernail—Home Health United. Offered 2nd & 4th Wednesday of each month. Cost is \$20 & \$10. Call the Center for an appointment. **Must provide 2 towels.**

Pre and Diabetic Footcare  
**Every 3rd Friday!**  
**May 16**  
The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure—Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month 10:30-11:30 a.m. No appt. needed.

<p><u>Massage Therapy</u> <b>June Newman</b> LMT,NCTMB. Mon./Thurs. Afternoons</p>
<p><u>Reflexology</u> <b>Gregory Newman</b> LMT,NCTMB. Wed. Afternoons</p>
<p><u>Massage Therapy</u> <b>Megan Markey</b> Tues. Mornings</p>
<p><u>Cost:</u> \$25 for 30 min. \$45 for 60 min. \$65 for 90 min. Sign up at 270-4290. <u>Cancellations must be made 24 hrs in advance to</u></p>



## Reflexology

Release stress, improve your sleep patterns, ease aches and pains. Sound good? Try a reflexology session from Gregory Newman. Your body will never feel the same again! \$45 for 1 hour. \$25 for 1/2 hour. Call 270-4290

## Social Services

- Senior Center Help
- ◆ Home visits
  - ◆ Loan Closet
  - ◆ Meals on Wheels
  - ◆ Home Health
  - ◆ Insurance
  - ◆ Medicare/Part D
  - ◆ Medicaid
  - ◆ **Call Amy Jordan or Sarah Folkers at 270-4290 today!**

## Senior Farmers Market Vouchers

You may be eligible to receive vouchers for use in purchasing \$25 worth of locally-grown fruits, vegetables and herbs at Farmers Markets and roadside farm stands in Wisconsin during the 2014 season (June 1 - October 30, 2014). The Fitchburg Senior Center will hold distribution on **Friday, June 6 from 12:00–1:00 p.m.** Vouchers will be given on a first-come, first-served basis. You must be a resident of Dane County and at least 60 years of age. The 2014 gross income limit for a one-person household is \$1,800/mo. (\$21,590/year); for a two-person household it is \$2,426/mo. (\$29,101/year). Please bring a photo ID with proof of age, as well as proof of all sources of income (2013 income tax or homestead credit form, Social Security statement, or subsidized housing review letter). Only one set of vouchers per household is allowed. Vouchers cannot be mailed to you. If you have questions, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.



## Concerts At Mckee

June 16 - The Big Payback (R&B/Jazz)  
 July 21 - Count this Penny (Folk)  
 August 18 - The Kissers (Irish)



## Fitchburg Cycles

The Senior Center and Fitchburg Cycles are teaming up to bring you the best biking experience possible! See details in the June newsletter.

## Take Control of Health Challenges

“Living Well with Chronic Conditions” is a six-week evidence-based program that helps adults of any age with any chronic condition to better manage their lives by learning new approaches. Costs include a \$20.00 refundable textbook deposit. Agrace Hospice is hosting a class beginning **Tuesday, May 6, 4:00 – 6:30 p.m.** Contact Lynne at 836-9810 to register.

## Community Groves Grant



The Senior Center will be partnering with the Forestry and Natural Resources Department on planting an orchard! The orchard will be near the Senior Center parking lot. Volunteers will be needed for tree planting and mulching, perhaps in the fall. Stay tuned for more details as they unfold!

## 2014 Newsletter Subscription

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

The cost to have the *Prime Time*, the Senior Center’s monthly newsletter, delivered to your home for the year 2014 is \$7. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. If you prefer to pick up your newsletter each month at no charge, please let us know or stop on by. Smiling faces await you!

**The Fitchburg Picker**  
 Antiques, Vintage & Collectibles

Ed Oakey  
 608-335-2045

Fitchburg Senior Center  
5510 East Lacy Road  
Fitchburg, WI 53711  
608-270-4290

[www.fitchburgwi.gov](http://www.fitchburgwi.gov)



Accredited by the Wisconsin  
Association of Senior Centers

PRSR STD  
U.S. POSTAGE PAID  
Madison, WI  
Permit 2295

Jill McHone, Director  
David Hill, Assistant Director  
Mandi Miller, Nutrition Site  
Mgr/Volunteer Manager  
Amy Jordan, Social Worker  
Sarah Folkers, Social Worker  
Alyssa Franzen, U.W. Social Work Intern

ADDRESS SERVICE REQUESTED



**You're retired. Your  
money isn't.**

**Rob Waterman, AAMS®**  
Financial Advisor  
2990 Cahill Main  
Suite 102  
Fitchburg, WI 53711  
608-271-5100

Member SIPC  
[www.edwardjones.com](http://www.edwardjones.com)

**Edward Jones**  
MAKING SENSE OF INVESTING



Want to know your home's value? Call or e-mail

Ruth Domack, Realtor  
608-444-6060  
domackr@firstweber.com

*A Fitchburg resident for over 35 years . . .*



*The human side of real estate.*

**H O M E T O W N  
P H A R M A C Y**

Our family caring for your family

*"Where everybody knows your name"*

Small Town Service - All Insurance Accepted - Medical Equipment

*"I was blown away when Thad was waiting with my prescription and took the time to listen to my particular situation. That is service!" – Erik L.*

**Fitchburg Hometown Pharmacy**  
(Hatchery Hill Shopping Center, Fish Hatchery Rd.)  
608-274-3784

**Estate Planning and Administration · Special Needs Planning**

**Iris M. Christenson**

**Johanna J. Alex**

**Mark T. Johnson**

**Matthew D. Suing**

2997 Yarmouth Greenway Drive  
Suite 100  
Fitchburg, WI 53711

608.273.8609 tel  
info@christensonalexlaw.com  
www.christensonalexlaw.com

**CA** Law Offices of  
**CHRISTENSON and ALEX, LLC**  
A positive legacy...your goal...our mission.