

October 2026

MATURE SINGLES PLUS

Friendship, Fun, Social Events

mspwi.info

JINGLE

NEWS & UPDATES

Save the Date

Christmas Party	December 12, 2026
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October 2026 Birthdays

October 11	Jan Cervenansky
October 20	Kathleen Forster
October 24	Darlene Sailer

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Drink & Dine Crawdaddy's 5-7 (Beth)	3
4	5	6	7	8	9 Drink & Dine Parkside 23 5-7 (Neil)	10
11	12 Board Meeting Double D's 11:30 AM (Neil)	13	14 Pizza Night Organ Piper 5:00 (Kathy F)	15	16 Drink & Dine Andrea's Red Rooster 5-7 (Jackie & Tom)	17
18	19	20 Drink & Dine Point After 5-7 (Susan)	21	22	23 Drink & Dine Bullwinkles 5-7 (Tammy)	24
25	26	27 Drink & Dine Open Flame 5-7 (Ruth)	28	29	30 Drink & Dine Mezcalero 5-7 (Barb)	31

One in three Wisconsin adults say they're lonely. How does the state help?

Caden Perry

Milwaukee Journal Sentinel USA TODAY NETWORK – WISCONSIN

Across Wisconsin, about one in three adults have reported experiencing loneliness, according to a Centers for Disease Control and Prevention community health survey.

While that's comparable to the rest of the United States, Wisconsin has taken its own steps to combat loneliness. The issue doesn't affect just one part of the state, either. The counties reporting the highest and lowest levels of loneliness are right next to each other: Milwaukee County, the highest at 35%, and Ozaukee County, the lowest at 26%, only a 9% difference.

"Loneliness is an equal opportunity experience," Helen Sampson, a public policy strategist with the Wisconsin Department of Health Services' Bureau of Aging and Disability Resources, told the Journal Sentinel. "Loneliness and social isolation are not good for anyone's health and wellbeing."

Loneliness and isolation are most prevalent among people with poor physical or mental health, disabilities, financial insecurity, those who live alone, single parents as well as younger and older populations, according to a 2023 advisory from the U.S. Surgeon General.

What's the harm in being lonely?

Loneliness is not simply an emotional issue. There are other serious health effects if loneliness goes unchecked for long periods of time.

These health risks increase for people experiencing loneliness, according to the CDC:

- Heart disease and stroke.
- Type 2 diabetes.
- Depression and anxiety.
- Suicidality and self-harm.
- Dementia.
- Earlier death.

Loneliness is also not just about not having connections with other people. A person with many friends can still feel lonely if they feel disconnected or their relationships don't feel meaningful. In other words, loneliness is about a person's desired level of connection compared to their actual level of connection to others. "Sometimes it's as simple as the people around the individual experiencing loneliness being brave enough to ask, 'are you feeling lonely?'" Simply by asking the question, we provide an invitation to talk. From talking we can form a plan to act," Sampson said.

The CDC guide on social connection also reports that an adult's surroundings can contribute to loneliness. Public resources such as parks, transportation, libraries and programming help increase social connection. Areas with poor social resources will typically have lonelier adults.

How Wisconsin combats loneliness

Sampson said re-establishing connection to other people can often be a trial-and-error process.

Wisconsin DHS distributes funds to social connection programs across the state. Facilities like The Repair Cafe in Cable or the Men's Shed in Juneau County promote community spaces and activities with help from state grants.

As loneliness can often have a heightened effect on older adults, there are also DHS-funded programs for aging and elderly adults like the Wisconsin Institute for Healthy Aging. Fighting loneliness can even start in the doctor's office or simply with another peer. Shame and embarrassment often accompany loneliness, so taking small steps to reach out to anyone can help get the gears going again. "There are so many opportunities to take steps toward greater connection – take a class, volunteer, join a fitness center, start a new hobby, use technology to connect, join a club, visit a neighbor, visit a park, care for others, host a game night, dinner club or coffee hour," Sampson said.

Mature Singles Plus Board of Directors Minutes

August 10, 2026

11:34 AM at Double D's Restaurant

Roll: Neil, Jim, Tammy, Susan, and Beth **Absent:** Barb

Minutes: The July minutes were approved. Motion by Tammy seconded by Susan

Treasurer Report: There were no transactions as from July 14 through August 10, 2026. Total balances are: \$6,843.71

Calendar: There are 10 scheduled events in September. There is no restaurant chosen for the Out and About to Chicago.

Membership: As of August 1, 2026, membership remains at 53. Kathy Forester may be bringing in a potential new member. We need to begin discussions regarding membership pricing at future meetings. Susan and Beth need flyers.

X-Mas Party: We will have a discussion regarding menu choices. Last year 50% chose Steak and at least 30% chose Salmon. This year's party will be in a smaller room. There will be no refunds after the final count is submitted. We need a minimum of 25 people. Tammy will do the party favors.

Adjournment at 12:34PM

Jim Wroblewski, Secretary

October 2026, Activities Detail

Date	Day	Activity	Host	Details
2	Fri	Drink & Dine 5-7	Beth Voelker, 414-218-2902 RSVP Thursday noon	Crawdaddy's , 9427 W. Greenfield Ave., West Allis www.crawdaddysccb.com
9	Fri	Drink & Dine 5-7	Neil Wojtal, 262-309-2594 RSVP by Thursday, Noon	Parkside 23 , 2300 Pilgrim Square Drive, (Very near North & Pilgrim Rd) Brookfield. Happy hour specials until 6:00 PM. https://www.parkside23.com/
12	Mon	Board Meeting 11:30	Neil Wojtal, 262-309-2594 RSVP by Sunday, Noon	Double D's Sports Pub & Eatery , 5171 S. 108 th St., Hales Corners doubledspubandeatery.com
14	Wed	Pizza Night 5:00	Kathy Forster 414-331-3641 RSVP by Tuesday noon	Organ Piper Pizza Palace , 4353 S. 108 th St., Greenfield http://www.organpiperpizza.com/
16	Fri	Drink & Dine 5-7	Jackie Siegl 262-955-2368 & Tom Peterson, 262-689-4875 RSVP by Thursday noon	Andrea's Red Rooster , N14W22032 Watertown Rd., Waukesha www.andreasredrooster.net
20	Tue	Drink & Dine 5-7	Susan Szymczak 414-525-1375 or email members4msp@gmail.com RSVP by Monday Noon	Point After , 7101 S 76 th St, Franklin 53132 (76 th & Rawson) www.pointafterpubandgrille.com
23	Fri	Drink and Dine 5-7	Tammy Wroblewski, 414-581-2987 Call or text by noon Thursday	Bullwinkles , 18900 W. Bluemound Rd, Suite 100, Brookfield www.bullwinklesbrookfield.com
27	Tue	Drink and Dine 5-7	Ruth Peterson, 414-530-6399 RSVP by Monday noon	Open Flame Restaurant , 5081 S. 108 th St., Hales Corners, Corner of S. 108 & Edgerton Ave. Fish Fry or order off the menu. Limit 15 people. www.openflamerestaurant.com
30	Fri	Drink and Dine 5-7	Barb Johnson 414-543-6245 RSVP Thursday noon	Mezcalero , 6869 W. Forest Home Ave. Greenfield Greenfield https://mezcalero-restaurant.menu-world.com/ Very good Fish Fries



Marni and Arlene



Maryann, Ken, Ron and Pat



The Rock and Ken

Mature Singles Plus
4735 S. Hunter Lane
New Berlin, WI 53151-7475

«FIRST» «LAST»
«ADDRESS»
«CITY», «ST» «ZIP»



Pat and Neil



Barb, Jackie and Mary

Deadline

The deadline for articles and events to be listed is the 2nd Monday of each month. This is the same date as the board meeting. You may bring your articles or event listing (approved by Barb Johnson) to the board meeting. The Jingle is in production and mailed on or before the third Monday of the month.

Change of Address?

If you have moved, call or email Sue Szymczak at 414-525-1375. Her email is: members4msp@gmail.com. If you did not receive your copy of the Jingle by the last week of the month, call Jim Wroblewski at 414-581-4305 or email him at jimwrobl@gmail.com.

Board of Directors			Jingle Editors and contributors		
President	Neil Wojtal	262-309-2594	Jim Wroblewski & Susan Szymczak		414-581-4305
Vice President	Barb Johnson	414-543-6245	Susan Szymczak		414-525-1375
Secretary	Jim Wroblewski	414-581-4305	Barb Johnson		414-543-6245
Treasurer	Tammy Wroblewski	414-581-2987	Beth Voelker		414-218-2902
Past President	Beth Voelker	414-218-2902	Jim Wroblewski		414-581-4305
			Revolving Volunteers		
			Ken Heckel		414-258-1840
			Beth Voelker		414-218-2902
			Beth Voelker		414-218-2902
			Jim Wroblewski		414-581-4305
			Neil Wojtal		262-309-2594
Out & About	Barb Johnson	414-543-6245			
Fish Fries					
Revolving Volunteers					