



# The Park Bench

April 2021

Seniors in the Park Newsletter

## WALKING A LABYRINTH

Tuesday, May 4, 1:30 pm or 2:30 pm  
Cravath Lakefront Building

This free workshop on *Walking The Labyrinth* will offer creative ways to walk a Labyrinth, instruction and possible outcomes for the participants who choose to walk. It is a path that can be used for meditation. The Labyrinth can bring stress relief and relaxation to support our health. It can be a calming, thoughtful, transformational experience. Instrumental music and flameless candles will help create a peaceful, calming experience to the workshop. This workshop is free!

Registration due: Tuesday April 27 Only 4-5 people per session.



## VOLUNTEER APPRECIATION

Volunteers are what make this program what it is. The volunteers who kept classes and activities going for the past year need to be applauded and recognized. Kathy Ross helped with the Puzzle and Book Exchanges. Mark Dorn kept the movies going. The pickleball volunteers got the group going outside and then made sure they could safely play indoors: Carolyn Behrens, Arlo & Diane Butt, Judy & Dan Dern, Tom Dosemagen, Gloria Navarre, Amy Vo, and Bonnie Wagner. Ken Hoffman held Tai Chi outside and inside. Tom Fick helped with information and training on Zoom and helped people remotely. Bonnie Wagner assists with Functional Fitness and Pat Metz helped when Bonnie was gone. Lori Heidenreich for taking the Warblers outside to sing. Barb Dosemagen for Pegs & Jokers play and Carolyn Haas and Char Perkins for leading book club discussions. Diana Stettner & Patrea Wilson entered attendance and made toenail clinic reminder calls. Thank you all so much!

April 18—24 is officially Volunteer Appreciation Week, but we'll celebrate in June or July. (Apologies if I missed you, let me know!)



## TRAVEL PREVIEWS

Wednesday April 28 1:00 pm for Greece, Thailand, and Music of the Mountains. Call or email for the registration link by Thursday, April 22 or sign up to be in-person.

Volume XXII Issue 4

## WHAT'S INSIDE

- 2 .....40th Anniversary
- 3-4, 6-8.....Activities
- 5, 11, 13....Support Our Sponsors & Meals
- 9 ...Extended Travel & Info
- 10 .....Dementia & Support
- 11,15 .....Information
- 12 .....Calendar
- 13 .....Survey
- Back .....ADDRESS, Phone Numbers and Staff Info, Dancescapes '21

Seniors in the Park promotes and enhances a vital aging community.

## 40TH ANNIVERSARY OF SENIORS IN THE PARK

These are highlights from the 1985—1988 Senior Council minutes, which are the first that were saved. One of the big fundraisers the group had was a Doll Fair. They must have sold pie there, too! Photos below.

### 1985—86

- Started selling food at the 4th of July here in Starin Park
- The group planned holiday programs, mini golf in the park and Senior Olympics
- It was suggested to have no smoking, drinking, or eating in the senior van (basic 14 passenger van below)
- “Rolling tapes” – would get \$15 per 1000 to wind tapes (I wonder what this was?)

### 1987

- Had a pig roast at the Armory for Whitewater’s Bicentennial celebration
- Membership was discussed

### 1988

- The Spring Craft Fair had 60 tables sold
- Drivers needed for the van
- Discussion on allowing out-of-towners to participate
- First mention of a kitchen band
- Seniors worked to get a shuffleboard court that was installed in the park. It was very popular.
- 513 people attended the Doll Fair with proceeds of \$1458
- Emily Saunders reported about 100 people attend the center every week. Name tags were introduced.
- The Rhythm Band played at the County Fair
- Emily Saunders, first Senior Coordinator, submitted her resignation December 1988.



Original senior van

## MEMBERSHIP

Thanks to everyone for being flexible and making it through the last year with us! Hoping to open more fully this summer for all activities.

A quick reminder that membership dues for 2021 can begin being paid this month. Dues paid by April 30 will be eligible for drawing prizes from local businesses. The fee for residents of the Whitewater School District is \$10 and non-residents is \$15. The funds support our front desk staff person for 15 hours per week. Memberships covered slightly more than half of this cost. The rest comes out of our fundraising monies. If you cannot afford the fee, we have a fund that will cover it for you. Please stop in or call the office and let us know. We are trying to keep this affordable for everyone.

Thanks for your generosity and support of Seniors in the Park.



## PUZZLE AND BOOK LOAN

Tuesday, April 6, 10:00-11:00 am  
Thursday April 22, 10:00-11:00 am

If you have puzzles to exchange, great! If not, feel free to take one or two. Tables will be inside the building, adequately spaced. If you prefer to drive up, please call, and we will have items ready for curbside pick up.



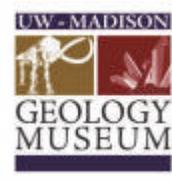
## BOOK DONATIONS

We will take donations of books in good condition and published within the past three years. Thanks!

## ACTIVITIES AT A GLANCE

- Core and More** (virtual)— Mon & Wed. 10:15 am
- 'FUN'ctional Fitness** (virtual)— Mon & Wed. 9:00 am
- Yoga** (virtual)— Tuesday or Thursday 10:00 am
- Tai Chi**—Wednesdays, 10:30 am at Armory Gym
- Pickleball**—Mon., Wed. & Fri. 8:00-10 am & 12:30-2:30 pm; Tues. & Thurs. 9-11 am; Downtown Armory Gym
- Book Club**—First Monday 11:00. Books available at Starin Park
- Pegs and Jokers** – Third Monday at 9:30 am
- Mah Jongg** - Mondays, 1:00 pm
- Sheepshead**—Tuesdays 12:30 pm

## GEOLOGY TALK RECORDINGS



Missed the Devil's Lake Hike or the Fossil Safari? I have links to both talks. Email me if you are interested in receiving either or both.



National Council on Aging

## IN-PERSON FREE AGING MASTERY PROGRAM

April 27-May 25, 12:30 –2:30

We will be offering **The Aging Mastery Program**, to a small group of 4-5 people in person, to view the classes here, on-line via zoom. Join us for this series of classes, lively discussion, and the chance to share your insights with others.

This **FREE** program, which normally costs \$30 for the materials, is designed to help you to engage in wellness activities that include: Creativity and Learning, Connections and Community, Finances and Future Planning, Health and Well-Being, Gratitude and Mindfulness, and Legacy and Purpose.

To sign up, call or email Seniors In the Park. You will receive an Aging and Mastery Starter Kit. The kit includes the Aging Mastery Playbook, Activity Cards, Exercise DVDs, a note pad and a magnet. The class size is limited to 20 people from all centers in Jefferson County. (Yes, we are involved and you can sign up!) This program is being offered by the National Council on Aging, the Greater Wisconsin Agency on Aging Resources, the Aging and Disability Resource Center of Jefferson County and the South-Central Area Health Education Center.

## VIRTUAL "FUN"CTIONAL FITNESS

**Mondays and Wednesdays  
9:00-10:00 am**

Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome.

Dates: April 5-28

Fee: \$7.00 Member; \$12 Non-member

Register or add money to your prepay at <https://schedulesplus.com/wwtr/kiosk/> or call to use your prepay.

**No class on Wednesday, April 14.  
Deadline is Thursday, April 1**



## VIRTUAL CORE AND MORE

**Mondays & Wednesdays  
10:15—11:00 am**

Learn how to work your entire core while releasing the neck and shoulders in this 40-minute class. End the class with stretching and more releasing. This class has floor and chair work.

Dates: **April 5-28**

Fee: \$6.00 Member  
\$11.00 Non-member

Register, or add money to your prepay at <https://schedulesplus.com/wwtr/kiosk/> or call to use your prepay.

**No classes April 12 and 14**

**Deadline is Thursday, April 1**

## CORE & FITNESS EQUIPMENT

If you need hand weights, weighted bar, resistance tube, yoga block, strap, roller or ball, you can pick any of these items up during our open hours.

## VIRTUAL YOGA

**Tuesdays, May 4-June 29, 10—11:00 am**

**Thursdays, May 6-July 1, 10—11:00 am**

This one-hour class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. A link to Zoom will be sent to you after payment is made.

Instructor is Brienne Brown, RYT

Tuesday fee: \$45 members; \$55 non-members

Thursday fee: \$45 members;; \$55 non-members

Register & pay online at <https://schedulesplus.com/wwtr/kiosk/>.

**Registration Payment/Deadline: Friday, April 30**



## HEALTHY LIVING WITH DIABETES

**Tuesdays, May 18—June 22, 9 am-11:30 am**

Healthy Living with Diabetes is an evidence-based program for adults who have type 2 diabetes, pre-diabetes or live with someone who does. Build confidence in your ability to manage your condition and connect with others who are dealing with the same thing. To register, call 262-741-3309. Fee is \$10. The class is virtual. Some tech assistance may be available. Inquire when calling.

## GET FIT FOR LIFE

This free guide can help you learn about the many types and benefits of exercise and physical activity, find out how to get started, reduce your health risks by doing activities safely and celebrate your progress. Available in both PDF and print versions.

<https://order.nia.nih.gov/publication/get-fit-for-life-exercise-physical-activity-for-healthy-aging>

## SUMMER GAMES

Watch for a weekly afternoon of Bocce, Corn-hole (bag toss) and Kubb to be played outside. Let me know if you are interested. Time to be social outdoors. Let's get together and have fun!



## HIKING AND WALKING GROUPS

I'm planning for spring and summer now. Is anyone interested in a walking or hiking group? Focusing on outdoor activities again this summer. We could also hold some fitness classes outside for something different. What do you want to do outside this summer???

# American Wholesale Furniture



**Power Lift Chairs  
Starting @ \$799.00**

Your Local **ASHLEY** & *Best Craft* Furniture Showroom

905 Madison Ave. • Fort Atkinson Phone: 920-563-6300  
Mon-Thur: 10-7 | Fri-Sat: 10-5 | Sun: 12-4

**More Furniture for Less.**



**Serving Whitewater!**

**Call 920-563-6304**

**ANYONE CAN RIDE!**

Anywhere in town for \$3.25.  
Seniors and persons with disabilities only pay \$2.25!

## NEVER MISS A NEWSLETTER !

Sign up to have our newsletter  
emailed to you at

[www.ourseniorcenter.com](http://www.ourseniorcenter.com)



**NOMMENSEN LAW OFFICES, LLP**

Attorney David J. Nommensen  
Attorney Julie H. Nommensen

*We are a father-daughter team, sharing a passion  
for helping the elderly and those who care for them*

15 S. Lincoln Street, #2, Elkhorn, WI 53121 | 262-723-4700  
[www.nommensenlaw.com](http://www.nommensenlaw.com) Nursing Home Planning Attorneys



Care Wisconsin and My Choice Family Care are now 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.

**FAMILY CARE PARTNERSHIP  
FAMILY CARE | MEDICAID SSI  
MEDICARE DUAL ADVANTAGE**

**1-800-963-0035  
[mychoicewi.org/LP](http://mychoicewi.org/LP)**

### We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Cares (bathing, toileting, dressing assistance) ~ Medication Reminders  
Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping  
Meal Preparation ~ Companionship ~ Respite Care for Families

**920-568-1051 or Toll Free 877-276-7039**



### AUMANN'S SERVICE INC.

Body Specialists  
Quality Painting  
24 Hr. Towing  
122 E. Dane • (920) 674-2349  
After Hours (920) 674-6164



532 W. Main St. • 262-473-4175  
Visit our website: [tincherrealty.com](http://tincherrealty.com)

**Fairhaven** *Offering a full range of senior  
living and health care services*  
Senior Services



- Prairie Village Homes
- Supportive Living
- 24 Hour Nurse Staffing
- Certified Medicare Rehab & Skilled Nursing Care
- Independent Apartments
- Fully Assisted Living
- Secure Memory Care

435 W. Starin Road, Whitewater  
262-473-2140 • [www.fairhaven.org](http://www.fairhaven.org)



For ad info. call 1-800-950-9952 • [www.lpiseniors.com](http://www.lpiseniors.com)

Seniors in the Park, Whitewater, WI A 4C 01-1235

## WATERCOLOR CLASS - BASICS & BEYOND



**Thursdays April 8—29 1:00—3:00 pm**

Please join Rita Carpenter for some watercolor fun! Topics that will be covered include negative painting and atmospheric perspective... we will paint landscape and flowers. Time to think spring!

Fee: \$50.00.

Deadline is April 1, 2021

Sign up to be in-person or virtual at <https://schedulesplus.com/wwtr/kiosk/>, call 262-473-0535, or email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov)

## WARBLERS

Warblers will resume singing outdoors when the weather permits, probably in May. Lori will send out an email to members when this will start again.

## BINGO WILL BE BACK!



We will begin having bingo outdoors in May at the Cravath Lakefront Park, using the sound system at the new amphitheater. Bingo will be weather dependent. Bring a chair. Tentative dates are May 18 and 25 at 10 am.

As we progress out of the pandemic, we will look at having bingo back at Starin, as soon as we can be.



### Thanks to some generous people!

- **Ken Kiefer** for bringing bread from Clausen's Bakery in Middleton every Tuesday. The bread, and sometimes bakery, is available from 12:30– 3 on Tuesdays. (The bread is free but we do take donations)
- Cash donations from **Jane Roberts** and an anonymous person
- **Mark Dorn** for serving on the Community Involvement and Cable TV Commission.



### “Wonder Woman 1984”

(Superhero action)

**Tuesday, April 20, 1 pm**

**Rated PG-13**

**2 hour, 31 minutes (2020)**

Diana Prince (Gail Gadot) lives quietly among mortals in the vibrant, sleek 1980s, but soon she will have to muster all of her strength, wisdom and courage as she finds herself squaring off against Maxwell Lord and the Cheetah, a villainess who possesses superhuman strength and agility

## JOYFUL TOES

**Thursday, April 1**

This service is by Appointment only.

Please call the center at 262-473-0535 to make an appointment. Deb Scullin, RN, provides

the service. Please bring a towel, correct change or check made out to Deb Scullin. Fee is \$15.00. Masks are required.

**Next Clinic: Thursday, May 6**



## ARBOR DAY & MIGRATORY BIRD DAY CELEBRATIONS

**April 24th - May 8th**

This two week event will consist of a storybook walk, crafts hosted by the library, photo contests, bird & tree education/identification, and an opportunity to win fun prizes by picking up trash in our community. Additional details and promotional items to come soon.



## INTERNET AT HOME FOR LIMITED INCOME

Call 1-877-947-4321 or go to [www.EveryoneOn.org](http://www.EveryoneOn.org) Type in your zip code, click on the “Find Offers” button. They will provide you with low cost options for your area, depending on your income.

You will need to answer a few questions about your household financial situation so the internet services you’re eligible for can be located. A free service from EveryoneOn, a national nonprofit.

## TABLET LOAN PROGRAM

Tablets are here! Often people have access to WIFI, but can’t afford the technology to use it. We are starting a tablet loan program. You may check out a tablet, that has zoom preloaded, and take it home to watch one of our presentations or take a class. You must be a member of Seniors in the Park and abide by our lending rules. We have two tablets. Call or email with questions.



## BADGER TALKS LIVE!

Badger Talks is pleased to present a LIVE series of talks on topics that intend to inspire, delight and pleasantly distract in a time we are all needing positive experiences. Tune in to hear UW-Madison faculty and staff experts on a variety of interesting and engaging topics. Go to <https://badgertalks.wisc.edu/badger-talks-live/> for more information or how to log on. Past talks are also available to watch.

## REGISTRATION KIOSK AND ON-DEMAND INFORMATION

**Bookmark/save this registration link:**

<https://schedulesplus.com/wwtr/kiosk/>

The kiosk is your go-to place to register, join your activity and now check out On-Demand classes and presentations in the Virtual Center.

**On-Demand Classes & Presentations uploaded to-date:**

- Yoga classes
- Wisconsin History Stories
- How to Protect your Stuff from Long Term Care Costs
- Autumn Watercolor
- Funfit and Core classes
- Scholarly Scoops

Call or email if you need assistance with the kiosk.

## AGING CONNECTED: CLOSING THE TECHNOLOGY GAP

Senior Planet announced the launch of Aging Connected, their new national campaign dedicated to closing the technology adoption gap for older adults. With generous support from the Humana Foundation, they have a goal of bringing one million seniors online with high-speed internet by 2022.



Comment from someone who used this: “I have now listened to both Zoom sessions on OATS/AARP, All Things Zoom and Hosting a Meeting with Zoom, and they are very good primers for people wanting hints. You don’t even need to open Zoom on your computer, just click on the link on the page, and it makes the installation/opening rote for the user.” Visit Senior Planet at <https://seniorplanet.org/> and click on Join Us Online for classes on technology the basics of home internet access, how to choose a computer, staying safe online and fitness.

Visit Aging Connected at <https://agingconnected.org/>, enter your zip code, answer a few questions about your household income and situation, and receive a customized list of low-cost broadband options and internet devices. If you’d like to learn more about this initiative and help get friends and family online, visit [agingconnected.org](https://agingconnected.org/) to find out more and use our low-cost internet search tool.

**Seniors in the Park welcomes Seniors, Boomers and Adults of all ages on our trips and to our programs.**



## BOOK WORMS

Monday, April 5, 11:00 am

The Book Club will discuss *A Spool of Blue Thread* by Anne Tyler. The April book is *The*

*Dutch House* by Anne Patchett

Cyril Conway, a poor man, bought the “*Dutch house*” in a wealthy suburb of Philadelphia, after earning his fortune. It is the site of his two marriages. When he died, his wealth goes to his second wife who ejects the two children from the house, and they have to go back to their life of poverty. This is a richly moving story that explores the indelible bond between two siblings over five decades, the house of their childhood and a past that will not let them go.

## POWERFUL TOOLS FOR CAREGIVERS

Tuesdays, May 11—June 15 10—11:30 am

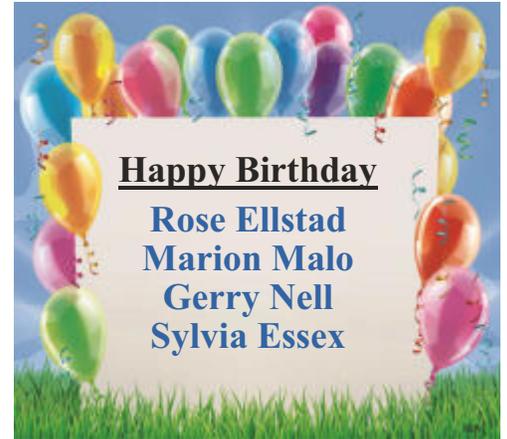
Powerful Tools for Caregivers is an educational program designed to help caregivers take care of themselves with caring for a relative or friend. You will benefit from this class whether you are help a parent, spouse, neighbor or friend. Learn to Reduce stress, Improver self-confidence. Better communicate feelings, Make tough decisions and Locate helpful resources. Class is online and there is technical assistance. To register call Anna Blamer at 262-741-3309. Deadline is May 6. Class is free, but a \$10 donation toward the booklet is appreciated.

## COMMUNITY INVOLVEMENT & CABLE TV COMMISSION

Thank you to Mark Dorn for his service to this committee. We now need someone who is interested in being our representative. By ordinance, a member from Seniors in the Park is assigned to this commission.

Want to be involved in the community? Do you have about 2 hours every other month? Get involved with the Community Involvement and Cable TV Commission. We meet about 6 times a year to work with other community members to share news and information about Whitewater. The hope is to advise on coordinated community outreach and engagement activities. If you are interested in joining this fun commission and helping spread the word about all that is Whitewater, apply today! <https://www.whitewater-wi.gov/FormCenter/City-Manager-Office-7/Citizen-Service-Information-Form-58>

For more information on the commission, contact Deb or Kristin Mickelson [kmickelson@whitewater-wi.gov](mailto:kmickelson@whitewater-wi.gov).



## FAIRHAVEN LECTURE SERIES: NO PASSPORT NEEDED: FROM THE WORLD, YESTERDAY AND TODAY

Traveling came to an abrupt halt in 2020, but virtual journeys through time and across the world can take place through the experiences of others. Stay safe at home this spring, while exploring our world through the experiences of our fellow global citizens.

Links to each lecture can be found on our website. Videos of lectures can be accessed for free any time after they are posted on line. Please check our website and follow us on social media for more information and updates. For videos of past series, visit [ww.edu/ce/fairhaven](http://ww.edu/ce/fairhaven). Any other questions, please contact Karl Borne at [bornek@uww.edu](mailto:bornek@uww.edu) or 262-472-1003.

**Apr. 5** Displacement, Nostalgia and Hmong Homeland Politics: Hidden Legacies of America’s Secret War in Laos  
*Nengher Vang, assoc. prof., History*  
(This lecture is part of the NEA Big Read program.)

## TRAVEL PREVIEWS

**Wednesday April 28 1:00 pm for Greece, Thailand and Music of the Mountains. Call or email for the registration link by Thursday, April 22 or sign up to be in-person.**

### GREECE

**October 11—19, 2021**

Join Deb on this fun, historical island-hopping tour, which features Athens, Santorini and Mykonos. See the highlights of Athens, including the Acropolis and the Parthenon. Island hop to Mykonos by high speed ferry. Enjoy Greek tavernas, beaches and the small quaint towns of the island. Santorini is known as the “Black Pearl of the Aegean.” It is the most breathtaking of all the islands, where history and nature combine in this paradise. Tour includes home or local pick up, 11 meals, air transfers and tours per the itinerary and a local guide. \$3699 pp/dbl  
**Virtual travel presentation available. Contact the office.**



### MUSIC OF THE MOUNTAINS

**October 3 - 10, 2021**

See four live shows and tour the fabulous Biltmore Estate, tour the Titanic Museum, ride the Ober Gatlinburg Aerial Tram, tour the Great Smokey Mountains National Park with a local guide, narrated tour of Nashville, tour the Ryman Auditorium, dinner at the Opry Backstage Grill and a show at the Grand Ole Opry. \$2199 pp/dbl. Itinerary available by calling or going online to <https://www.whitewater-wi.gov/273/Seniors-In-the-Park> Mayflower Tours and Cruises

### AMAZING THAILAND

**March 3-12, 2022**

Should be an amazing trip! Immerse yourself in Thai culture with this small group adventure and see temples, the Grand Palace, a floating market, ride a tuk-tuk, prepare traditional dishes, visit a tea plantation and more! An optional 3-day extension to Cambodia is available.



## TUSCANY AND THE ITALIAN RIVIERA

**April 23-31 2022**

From the rolling hills of Tuscany to the sun-soaked coast of the Italian Riviera, a romantic rendezvous with Italia awaits. Discover regal Turin, surrounded by alpine peaks. Revel in a 2-night stay on the stunning Riviera. Spend a day exploring the Cinque Terre's rugged coastline. Relax with a 3-night stay in a Tuscan estate and savor the sprawling vineyards and charming medieval hill towns of the region. Enjoy an interactive pasta-making demonstration. Visit Lucca, encircled by a stunning set of 16th century walls. Explore the iconic sites of Florence and the medieval charm of San Gimignano. Throughout your journey, discover a land rich in history, culture and cuisine. 9 days, 11 meals. Airfare included out of Milwaukee. Collette Tours

<https://gateway.gocollette.com/link/1048816>





532 W. Main St. • 262-473-4175  
Visit our website: [tincherrealty.com](http://tincherrealty.com)

**ADVERTISER  
OF THE MONTH**

## REETING CARDS

**NEW cards are here!** We have a great selection of Fravessi cards, including Easter, Birthday (including 60-90 year-old cards), Thinking of You, Wedding, Anniversary, Pet Sympathy, Serious Illness and much more! Most cards are priced from \$1.00 to \$3.50. Stop in and check out our selection, Monday, Tuesday and Thursday during open hours.

## LAKESHORE VIRTUAL MEMORY CAFES

A virtual Memory Café is a place where persons with MCI, (Mild Cognitive Impairment), can join with their care partners to socialize and have fun with other people going through similar things. Make connections and create new friendships in the comfort of your home. The Cafés are held on the 2<sup>nd</sup> Wednesday of the month from 1-2 pm.

To register, please contact the ADRC of Walworth County by phone: (262) 741-3273 or email:

walcoADRC@co.walworth.wi.us.

**On April 14**, the topic is Music: A Sound Exploration

## CAREGIVER SUPPORT GROUPS

Access to support groups is by phone or online.

### Virtual Event Listing for Caregivers

This is a one-stop-shop website for all caregiving support groups, virtual events, memory cafes, etc. at the [wisconsincaregiver.org](http://wisconsincaregiver.org) website. If the link doesn't take you to the correct page, click on Family Caregiver Support, then Virtual Events for Caregivers.

## DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

**Monday, April 19 at 1:30 pm**

With a vaccine on the horizon, we need to begin planning how to reopen the respite site, planning for education and training in the community, outreach, assisting caregivers and revisiting our goals. If you are interested in helping in any way or joining us, please call the center at 262-473-0535. Your caring, compassion, knowledge and skills are needed.



## RESOURCES

The ADRC of Jefferson County's website has had a lot of updates to the Dementia Care web page, including trainings and education. Stop by and check it out! The Caregiver Newsletter comes out Quarterly and can be found under the Caregiver Support page! [https://www.jeffersoncountyiwi.gov/departments/human\\_services/aging\\_and\\_disability\\_resource\\_center/dementia\\_care.php](https://www.jeffersoncountyiwi.gov/departments/human_services/aging_and_disability_resource_center/dementia_care.php)

The Dementia Care Specialist in Eau Claire County, started a podcast! Check out her first one covering Age-Related Memory Loss vs. Dementia: <https://volumeone.org/podcasts/272514/episodes/272626-ep-1-age-related-memory-loss-vs-dementia>

Have you been concerned about your memory or for someone you care for? Did you know that the Wisconsin Alzheimer's Institute has a Dementia Diagnostic Clinic Network? The clinics help promote early diagnosis and treatment, as well as support for caregivers. Please click the link for more information and how to find a clinic near you. <https://wai.wisc.edu/clinic-network/>

Visit the Wisconsin Caregiver site for virtual events happening all over the state. If you can't find what you're looking for, ask your local Dementia Care Specialist, and they would be glad to help you!

<http://wisconsincaregiver.org/virtual-events-for-caregivers>

Check out the Whitewater Banner the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays each month, for caregiving articles that will cover a variety of topics, including local resources, education, upcoming events, local coalitions and brain health! These articles will run through December. The Whitewater Banner has a website and Facebook page! [www.whitewaterbanner.com](http://www.whitewaterbanner.com)

## CARE TRANSITIONS—CHALLENGES, STRATEGIES & SOLUTIONS

**Wednesday, April 14; 12:00pm—1:00pm.**

People living with dementia often move back and forth across care settings, ranging from in-home services to out-of-home assistance or hospitalization. Learn to avoid potential problems and reduce the stress of care transitions by anticipating and preparing for changes in health and function that occur over time. *Presented by Aging & Disability Resource Center Dementia Care Specialists.*

Register at the link below:

[https://dhs.wi.zoom.us/webinar/register/8216051240172/WN\\_313TCKvcSkCPFMw0YBNk3g](https://dhs.wi.zoom.us/webinar/register/8216051240172/WN_313TCKvcSkCPFMw0YBNk3g)

Upcoming topics of discussion:

May- Building a Support Network

## REMINDERS

If you change your email, phone number or address, please remember to let us know. There are times we need to contact you with cancellations or other information. Thanks for your help.

- ⇒ Whitewater Dementia Friendly
  - ⇒ Whitewater Parks and Recreation
  - ⇒ Whitewater Aquatic & Fitness Center
  - ⇒ City of Whitewater
- are on Facebook. Please friend us



## NEWSLETTER SUBSCRIPTION

To have the Seniors in the Park Newsletter mailed to your home for one year, send or drop off \$8.00 with your name and address. To receive the newsletter FREE, go online to wwparks.org, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or ourseniorcenter.com/find/seniors-in-the-park.

Newsletters are also available outside the Starin Park Community Building on the post by the stairs.



HEALTH | MEDICARE | LIFE | SUPPLEMENTAL  
I work by referral. Please don't keep me a secret



**Jean Linos**  
Local Licensed Agent  
P 262-458-2880  
C 706-232-3431  
jlinos@myeph.com  
www.eplatinumhealth.com/jlinos



### AVAILABLE FOR A LIMITED TIME!

### ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today! [jparkinson@4LPi.com](mailto:jparkinson@4LPi.com) or (800) 950-9952 x5887

**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

**LPi is Hiring Ad Sales Executives**

Full-Time with Benefits | Paid Training  
Expense Reimbursement | Travel Required



Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

## FIRST CITIZENS STATE BANK



**Trust Services:** • Administer your Will  
• Administer your Trust • Invest your Funds • Pay your Bills

**Serving Whitewater, Palmyra & East Troy**

Member FDIC

[www.firstcitizensww.com](http://www.firstcitizensww.com)



# Activity Calendar

## April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted. V=Virtual A=Downtown Armory 146 W North St B=In Person &amp; Virtual</p>			<b>1</b> 8:30—2:30 Joyful Toes 9:00 Pickleball (A) 10:00 Yoga with Brienne (V)	<b>2</b> <b>CLOSED</b> 
<b>5</b> 9:00 FUNctional Fitness (V) 10:15 Core & More (B) 11:00 Book Club (B) 1:00 Mah Jongg	<b>6 VOTE!</b> 10:00 Puzzle Exchange & Book Loan 10:00 Yoga with Brienne (V) 12:30 Sheepshead	<b>7</b> 9:00 FUNctional Fitness (V) 10:15 Core & More-B 10:30 Tai Chi (A) 12:30 Pickleball (A) 3:00 Roll Away Stress—V	<b>8</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	<b>9</b> 8:00 Pickleball (A) 12:30 Pickleball (A)
<b>12</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 10:15 Core & More-(B) 12:30 Pickleball (A) 1:00 Mah Jongg <b>Office Open 9—1</b>	<b>13</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead <b>Office Open 9—1</b>	<b>14</b> 8:00 Pickleball (A) 10:30 Tai Chi (A) 12:30 Pickleball (A) <b>CLOSED</b>	<b>15</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B) <b>Office Open 9—1</b>	<b>16</b> 8:00 Pickleball (A) 12:30 Pickleball (A) <b>CLOSED</b>
<b>19</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 9:30 Pegs & Jokers 10:15 Core & More-(B) 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCI Meeting—Virtual	<b>20</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: “Wonder Woman 84”	<b>21</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More-B 10:30 Tai Chi (A) 12:30 Pickleball (A) 3:00 Roll Away Stress-V	<b>22</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 10:00 Puzzle Exchange & Book Loan 1:00 Watercolor (B)	<b>23</b> 8:00 Pickleball (A) 12:30 Pickleball (A) 
<b>26</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 10:15 Core & More-(B) 12:30 Pickleball (A) 1:00 Mah Jongg	<b>27</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) <b>12:30 AMP</b> 12:30 Sheepshead	<b>28</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More-V 10:30 Tai Chi (A) 12:30 Pickleball (A) <b>1:00 Mayflower Travel Preview (B)</b> 3:00 Roll Away Stress—V	<b>29</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	<b>30</b> 8:00 Pickleball (A) 12:30 Pickleball (A) <b>May Basket Day!</b> 

## WALWORTH COUNTY NUTRITION SITE

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-262-741-3333 to make a reservation by noon, one business day in advance. Reservations are required. **Call 1-262-741-3333 to CANCEL your meal no later than 8:00 am day of your reservation.** Please leave your name and dining center when calling. Meal site is at Brookdale Manor Monday, Wednesday, Thursday and Friday and at Blackhawk Manor on the third Tuesday of the month, serving at 11:30 am.

**As of press time, meals are carry-out only at the Brookdale site.**

## MEALS ON WHEELS:

For information on or to order meals, contact Marguerite Willman, 708-822-0539. Meals only delivered in the city. Currently delivering three meals on Mondays and two on Thursdays.



## WHITEWATER FOOD PANTRY:

At the Downtown Armory, 146 W. North St, Open Wednesdays and Thursdays 8:30 am-12:00 pm. Please wash your hands and practice social distancing.

## COMMUNITY SPACE

Still distributing food Tuesday & Thursday 8:30-11 am, Wednesdays 3:30-7 pm and Saturdays 8:30 am-2 pm. Please wash your hands, practice social distancing and stay home if you are sick.



**HARD ROCK**  
SAWING & DRILLING SPECIALIST CO.  
CONCRETE • ASPHALT • MASONRY  
ELKHORN                      KESHENA  
262-723-3333                  715-799-3823  
MADISON                      608-250-5005



PROTECTING SENIORS NATIONWIDE  
MEDICAL ALERT SYSTEM



**\$29.95/MO** PLUS SPECIAL OFFER  
BILLED QUARTERLY

CALL NOW! 1.877.801.5055  
WWW.24-7MED.COM



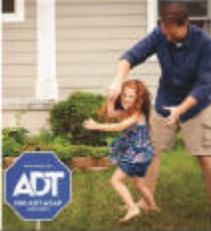
support our  
**ADVERTISERS**



**ADT-Monitored Home Security**

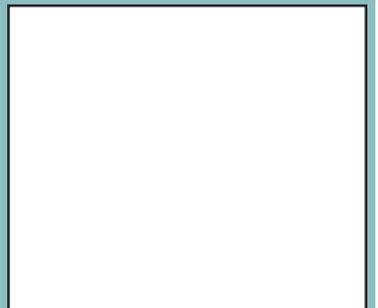
Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider    SafeStreets    1-855-225-4251

**SUPPORT OUR ADVERTISERS!**



Fully Reopening Seniors in the Park Survey

We need your input on fully reopening the center; your views on attending and more.  
Deadline to submit is April 15. Thanks so much for your input!

1. Will you comply with protocols and guidelines per the CDC and County Health Department, including wearing a mask? Yes \_\_\_ No \_\_\_
- 2: Will you comply with protocols and guidelines per the CDC and County Health Department, including hand washing/sanitizing after signing in? Yes \_\_\_ No \_\_\_
- 3: If you are not currently participating, will you return when you are vaccinated?  
Yes \_\_\_ No \_\_\_ Unsure \_\_\_
- 4: Are you comfortable playing cards, Mah Jongg, Dominoes, etc. with hand sanitizing protocols and mask wearing? Yes \_\_\_ No \_\_\_ Not applicable \_\_\_
- 5: Will you be willing to preregister for any activities so you do not have to use the scanner and touch pad when you enter? Yes \_\_\_ No \_\_\_ Not applicable \_\_\_
6. If you are not currently participation in act ivies, when will you feel \_\_\_ For the first available activity  
comfortable returning? (Can check more than 1) \_\_\_ When I get my vaccine  
\_\_\_ I am currently participating  
\_\_\_ When indoor active classes start: Yoga, Pickleball, Fitness, Core, Warblers
- 7: What types of technology do you have? Check all that apply.  
\_\_\_ smart phone \_\_\_ tablet or ipad \_\_\_ laptop \_\_\_ desktop computer
- 8: Do you have internet at your residence? Yes \_\_\_ No \_\_\_
- 9: Do you know we have tablets to loan so you can watch virtual presentations? Yes \_\_\_ No \_\_\_  
Call or email for more information
- 10: Do you know zoom presentations can be viewed here at the center, if you do not have technology/internet?  
Yes \_\_\_ No \_\_\_
- 11: How confident are you returning to the center? We have iWave air purifiers, touchless faucets have been installed, and all high touch surfaces have been treated to kill germs.  
\_\_\_ Extremely confident \_\_\_ Very confident \_\_\_ Somewhat confident \_\_\_ Not so confident  
\_\_\_ Not at all confident \_\_\_ Other (comment)
- 12: What outdoor activities would you be interested in when the weather warms?
- 13: What indoor activities are you interested in and when would you be willing to start?
- 14: Please list any concerns you have about returning to Seniors in the Park.

## YOUR INPUT IS NEEDED—WALWORTH COUNTY AGING PLAN 2022–2025

Programs and services for older adults and adults with disabilities play a major role in the health of our community.

The Walworth County Aging and Disability Resource Center (ADRC) is developing a plan on how best to provide the services that keep older people healthy and independent. This plan will help to identify priorities and guide the ADRC staff with providing programs and services that best meet the needs of those living in Walworth County.

We need your help! We want to know what you think is important for individuals to be as independent as possible and have a good quality of life while they age. We have created a short survey we would like you to complete. The survey is available online or a paper version can be sent to you. The online survey link is <https://www.surveymonkey.com/r/ADRC2022-2025>. If you would like us to send you a paper version, please call Kyla at (262) 741-3378 or email [kbarrows@co.walworth.wi.us](mailto:kbarrows@co.walworth.wi.us) to make this request.

## CITY COMMITTEE AND COMMISSION OPENINGS



Below are the current openings for committees and commissions at the City of Whitewater. Visit the city website to get info and the form to apply. <https://www.whitewater-wi.gov/275/Apply-for-Boards-Commissions>.

You do have to register on the site to access it. Forms are also available at the Municipal Building on second floor. There is no deadline. They are open until filled.

- Birge Fountain Committee (2)
- Board of Zoning Appeals (1) (2 Alts)
- Community Involvement & Cable TV Commission (3)
- Disability Rights Committee (2)
- Equal Opportunities Commission (5)
- Ethics Committee (1 Alt)
- Landmarks Commission (1)
- Pedestrian & Bicycle Advisory Committee (1)
- Plan & Architectural Review Commission (1 Alt)
- Police & Fire Commission (1)

## PARK BENCH ONLINE!



You can now get your copy of *The Park Bench* online by clicking on or going to the following link [ourseniorcenter.com](http://ourseniorcenter.com). Enter Seniors in the Park and our zip code 53190. You can also check out our supporting advertisers here, too!

## SENIORS IN THE PARK COMMUNICATION

Most of our communication is through email. Please check your junk/spam mail and add: [wwtr@schedulesplus.com](mailto:wwtr@schedulesplus.com) to your safe-sender list. SchedulesPlus is the software program we use at the center for checking in, registering you for classes and events and taking payments.



Please cut out this "Thank You Coupon" and present it the next time you Patronize one of our Advertisers/Supporters

**Thank You**

for Advertising with Seniors in the Park  
*I am patronizing your business because of it!*

# Seniors in the Park

PO Box 178  
Whitewater WI 53190



Accredited by the  
Wisconsin Assoc.  
of Senior Centers

## MEMBER:

Wis. Association of Senior Centers.  
Wis. Parks & Recreation Assn.  
National Council on Aging  
Nat'l Institute of Senior Centers  
Nat'l Recreation & Parks Assn.

## SENIORS IN THE PARK

504 W Starin Rd, PO Box 178  
Whitewater WI 53190

Phone 262-473-0535

Hours Mon/Tues/Thurs  
9:00 am—3:00 pm  
Closed Wed. and Fri.

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Front Desk

Debbie Andrus

### Parks & Recreation Director

Eric Boettcher

Websites: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)  
[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)

*Seniors in the Park is a division of  
Whitewater Parks and Recreation*



## DANCESCAPES '21—FOR THE CAMERA

The University of Wisconsin-Whitewater Department of Theatre/Dance is excited to announce the world premiere of the first dance for camera concert with “DanceScapes ‘21”. An annual event, this year’s works have been choreographed specifically for the camera instead of the stage, making for an impactful and immersive experience.

Having served as the artistic director and mentor for DanceScapes since its inception, Grubel was ready to tackle the challenge of a virtual concert. “Having to rethink the entirety of this annual event - the magnitude of it was overwhelming. In a pandemic year, the things we take for granted, such as sharing a rehearsal space and breathing the same air while the dancers are physically exerting themselves, had to be completely rethought and remapped.

Chiao Ping was brought in as the featured guest artist for “DanceScapes”, but with the switch to a virtual event her experience in dance for camera works has been a real asset. In addition to choreographing a piece for the concert, she offered workshops on screen dance this past fall to students in the dance minor at UW-Whitewater

“DanceScapes ‘21” will be released on March 30 at 7:30 pm. Ticket prices are \$13 for a single-viewer ticket and \$26 for a family-viewing ticket for two or more viewers. Tickets are on sale and can be purchased online at [tickets.uww.edu](http://tickets.uww.edu) or by calling (262) 472-2222.