



# The Park Bench

May 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.



Volume XXII Issue 5

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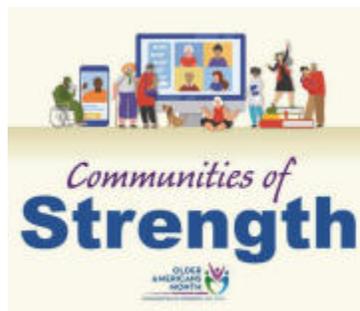
## TRAVEL PREVIEWS

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.

## OLDER AMERICANS MONTH 2021: COMMUNITIES OF STRENGTH

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month (OAM). The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys and difficulties. Their stories and contributions help to support and inspire others. This May, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities. There are many things we all can do to nurture ourselves, reinforce our strength and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.



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

## 40TH ANNIVERSARY OF SENIORS IN THE PARK

These are highlights from the 1989—1994 Senior Council minutes.

### 1989

- Senior Council looks for representatives from the various groups participating
- Established the SITP fundraising account funds to roll over annually (Thank you!)
- Bud Stamm made part time-short term coordinator
- Swimming at UWW is free M/W/F 8:50 – 9:50 am
- There is a travel club that is planning trips
- Recommended to purchase a 25-seat passenger van or half bus; scaled down to 18/20 passenger van
- Senior Coordinator, Pam Fellin, hired October 1989

### 1990

- Discussion of Logo contest
- Rotary donated \$2500 toward the new van

### 1991

- 16 passenger van – Seniors to donate \$5,000 by June 1. “Mile a Penny” fund started
- Open house for 10<sup>th</sup> Anniversary & Bake Sale
- Heritage Days in Whitewater – Seniors will display antique items and the Kitchen Band will play
- August 5 – Pam Fellin leaves
- Craft classes started with Diane Schwab
- Deanna Chapman Brunner hired. (I actually applied too)

### 1992

- Still doing card parties, Doll Fair, 4<sup>th</sup> of July BBQ's and dessert; still raising funds for a new van; lots of new trips, 4<sup>th</sup> of July float; Rhythm band is very busy

### 1993

- Working on a cookbook; more van fundraising
- Started looking at Senior Council – who is a member? Need new people to sign on. Changing the format to a Senior meeting; hoping to get more people involved
- Van Dance Fundraiser
- Started the Golf league, had a Mexican Night & Game Show Night
- Several centers participating in Senior Olympics

### 1994

- Nutrition site moved from the Armory to the Community Bldg.
- Ordered shirts with Senior Logo
- Greeting card sales started
- UWW students hosted a Hawaiian Night
- New Van arrived! Raised \$26,000 toward the van.
- Trip policies introduced



They had huge pot lucks for many events.



The kitchen prior to the fire.

A senior float and the Rhythm Band float. It would be great to have a float in the 4th of July parade for our 40th Anniversary. Call Or email if you would be interested in helping.



**What are your favorite memories of Seniors in the Park? Email or mail your favorite memory or what you like most about Seniors in the Park. Quotes will be used throughout the year and at Anniversary Celebrations.**



**BINGO**

## AMPHITHEATER BINGO

Join us for Bingo outdoors at the Cravath Lakefront Amphitheater on May 11 at 10:00 am for Mulberry Glen Bingo (rain date is May 18) and May 25 for Seniors in the Park Bingo. I

know you all are excited to get back to bingo. Bring a lawn chair, beverage, hat or whatever else you need to be comfortable. We will provide the bingo cards. Come, have fun and say “hi” to friends you may not have seen in awhile.

## HIKES WITH GINNY

**Thursday May 27, 9:00 am**

Depart from Starin Park and hike the UWW Prairie. Hike will be approximately one hour. Suggested items to bring include: water, hat, sunscreen, bug spray or whatever you feel you need for the hike. We are looking for ideas for monthly hikes for July—September, that possibly don’t include needing a state park sticker (Ice Age Trail), unless people are willing to car pool or have a sticker. Please register in advance. Next hike will be June 10 at 9:00 am



## POLE WALKING

Do you have poles and want to know how to use them more efficiently and effectively? Maybe you just want to see what they are or to vary your workout. You can increase your cardio workout by 20% and calorie burn by up to 48% more using poles! Lessen the impact on joints, naturally align your spine and work your core. Poles provided or bring your adjustable poles and meet at the Starin Park Concession Building.

Class # 5211.11 Wednesday June 9 @ 1:00 pm  
Fee: \$10 member; \$15 non-member Deadline: Thursday June 3

Class # 5211.12 Thursday July 15 @ 10:00 am  
Fee: \$10 member; \$15 non-member Deadline: Friday July 9

## LET’S PADDLE!

Our first paddle will be Tuesday, June 8, at 1:00 pm on Turtle Lake. Meet at the boat launch west of Snug Harbor. You are welcome to paddle with a kayak, canoe or paddle board. Please check in and sign the paddle waiver before entering the water and wear a personal floatation device.

Registration is requested by Monday, June 3. Next kayak outing will be Tuesday, June 22, 10:00 am. Watch for more paddles this summer!



## LEARN AND PLAY BOCCE

**Mondays beginning May 17 1:00 pm**

As part of our lawn game Mondays at Starin Park, we will also be having Bocce with a nationally sanctioned adapted boccia ball referee, who will be teaching you the game. Please sign up in advance for Bocce by Wednesday, May 12. Please bring water, lawn chair, hat, sunscreen and anything else you may need.



## LAWN GAMES

**Mondays beginning May 17, 1:00 pm**

Come on down to the park, bring a friend, if you want, have fun and socialize while playing lawn games. We will have Bocce, ladderball, lawn dice and corn hole (bag toss). We also have Kubb, if anyone knows how to play it. Remember water, lawn chair (if you want), hat, sunscreen and anything else you may need. Please Register in advance

**We still need a volunteer to help with setup/take down of the games.**

## 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.

## WEEKLY WALKS

**Tuesday, May 18 9:00 am**

There are several walks you can do out of Starin Park or around town. I will have some walks planned, but need a couple of volunteers to lead them. They will be half to one hour walks. Either on Tuesdays or Thursdays. Let us know if you would be interested in walking or leading. Thanks! May 25 @ 9:00 am meet at Cravath Lakefront. Register in advance!



## 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: May 3-26

Fee: \$12.00 Member

\$18 Non-member

Register or add money to your prepay at

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

or call to use your prepay.

**Deadline is Thursday, April 29**



## CORE & MORE IN THE PARK

**Mondays & Wednesdays  
10:30—11:15 am**

Core class will be held in Starin Park by the outdoor fitness equipment. We'll learn how to use it to effectively strengthen our core. Bad weather, we will zoom. Even though it is an in-person class, please sign up in the virtual area of the kiosk so you have the zoom link, just in case.

Dates: May 3-26

Fee: \$7.00 Member

\$12.00 Non-member

Register, or add money to your prepay at

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

or call to use your prepay.

**No class May 19**

**Deadline is Thursday, April 29**

## 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.



## 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

**Canasta**—First and Third Monday at 1:00 pm

**Pegs and Jokers** – Third Monday at 9:30 am

**Mah Jongg** - Mondays, 1:00 pm

**Sheepshead**—Tuesdays 12:30 pm

## JOYFUL TOES

**Thursday, May 6**

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, June 3**



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## COLOR MIXING USING SIX PIGMENTS



Thursdays, May 6—27, 1:00-3:00 pm

Learn how to make a multitude of colors by color mixing using only 6 colors. We will not be completing a painting; rather we will spend time focusing on how to achieve a variety of colors using a limited palette. If there is time, we will paint a flower using the limited palette. It is

important that you attend all four classes. We will make some color charts so you can always find the color you want. The greens will come alive with NO green on your palette. Learn how to make browns and blacks with neither on your palette. This class is virtual or in-person.

**Supplies:** Several 8 x 10 sheets of watercolor paper - Arches 140# cold press, Flat 1/4 or 1/2 inch brush preferred, or Round size 8 brush, 2 Water containers, Masking tape, Ruler, Permanent small tip writing marker, such as sharpie in black, Mixing palette that has a space to mix three juicy washes or small dishes. (Email for ideas and sites)

**Paints:** these colors are a must. You do not need both brands. A good place to purchase is CheapJoes.com or DickBlick.com **Winsor Newton paints** (I use mostly these paints) French Ultramarine blue, Winsor Blue Green shade, Scarlet Lake, Winsor Yellow, Winsor Lemon (has to have the Winsor as there is just a lemon) and Permanent Rose OR **Daniel Smith Paints** Hansa Yellow light, New Gamboge, Quinacridone Rose, Pyrrol Scarlet, Phalo Blue green shade, and French Ultramarine Blue.

You cannot intermingle the two brands for this class. For this class to work, you need these exact supplies. Once you have achieved the ability to mix these colors, you will be able to expand your knowledge.

Instructor: Marilyn Fuerstenberg

Fee: \$50.00 Deadline: April 30

## MEMBERSHIP



## 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 May 20 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.

## 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. Watch the Banner for additional details.



Photo: Dakota Lynch, CC BY-SA 3.0

## PUZZLE AND BOOK LOAN

Thursday May 13, 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. **This is our last one!**



## BOOK DONATIONS

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

**Eileen Oelke**—

cash donation  
"Thanks for the movies"

**Kathy Ross**—Cash donation

**Lyn Wolfe**—Cash donation toward the front desk position

**Margaret Hancock**—Cash donation

**Bruce and Nancy Blum**—  
Memorial for Dan Wolfe



## 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 ON-DEMAND INFORMATION & HOW TO CANCEL A RESERVATION

**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. You can also now cancel a reservation you made for an activity that does not include payment at the kiosk.

Call or email if you need assistance with the kiosk.

### “The Land”

Tuesday, May 11, 1:00 pm  
Drama—Rated PG-13  
1 hour, 29 minutes (2021)

An urban, middle-aged woman who has fled city life to live off the grid in a tiny cabin on the side of a mountain in Wyoming, knows nothing about getting by without electricity, running water, indoor plumbing or finding something to eat every day. Alone, isolated, and struggling to cope, a kindly stranger comes by and offers to help her. Fearing and wanting nothing to do with him, she learns that her survival in the wilderness may depend on the kindness of a stranger. Starring and directed by Robin Wright (AARP Movies for Grownups Best Actress nominee; and Demian Bichir (Winner: AARP Movies for Grownups Best Supporting Actor).



### “The Mauritanian”

(Drama/Thriller)  
Tuesday, May 25, 1:00 pm  
Rated R (Violence, sex, language)  
2 hours, 9 minutes (2021)

Based on his NY Times bestselling memoir, “Guantanamo Diary,” this is the true story of Mohamed Slahi’s fight for freedom after being detained and imprisoned without charges, by the US Government, for years. Alone and afraid, Slahi finds allies in defense attorney Nancy Hollander and her associate who battle the US Government in a fight for truth and justice. Starring Jodie Foster—Winner, Best Supporting Actress Golden Globe & AARP Movies for Grownups, Tamar Rahim—Best Actor Globe nominee; and Benedict Cumberbatch.



## BOOK WORMS

**Monday, May 3, 11:00 am**

The Book Club will discuss *The Dutch House* by Anne Patchett. The May book is *An American*

*Marriage* by Tayari Jones.

Newlyweds, Celestial and Roy, are the embodiment of both the American Dream and the New South. He is a young executive and she is an artist on the brink of an exciting career. They are settling into the routine of their life together, when they are ripped apart by circumstances neither could have imagined. Roy is arrested and sentenced to twelve years for a crime Celestial knows he didn't commit. Though fiercely independent, Celestial finds herself bereft and unmoored, taking comfort in Andre, her childhood friend, and best man at their wedding. As Roy's time in prison passes, she is unable to hold on to the love that has been her center. After five years, Roy's conviction is suddenly overturned, and he returns to Atlanta ready to resume their life together.

## MOTORCYCLE RIDES

**May 21**—Tour Wings and Wheels in Poplar Grove and have lunch nearby with the group. Depart at 10:00 am. A leader is needed. Please contact Deb.



**June 10**—Take the beautiful ride to Galena. They have historic trolley rides (which are fabulous), museums, homes to tour, and great shops and restaurants. Depart at 8:00 am. Leader is needed. Rain date is June 17.

**June 24**—Ride to Waupaca for lunch at the Boathouse and then take a 1.5 hour boat tour on the Chain O' Lakes. Registration in advance is required to access boat tickets in a timely manner. Deb will monitor ticket availability and let people know when they are dwindling. We will also monitor weather before purchasing tickets. Depart at 8:00 am. Leader is needed. Rain date is July 23

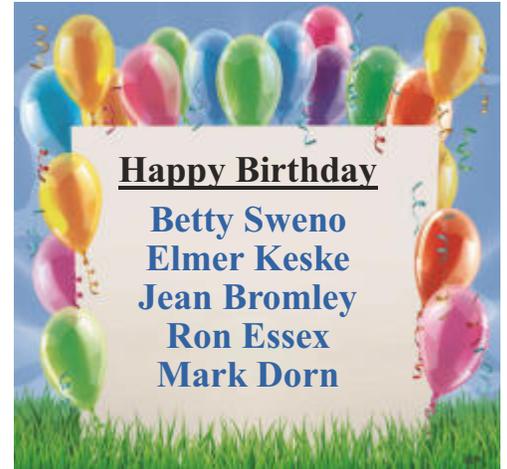
**July 9**—Enjoy a fish fry lunch at Sunset Harbor, cross the Wisconsin River on the Merrimac Ferry (ice cream may be involved), and visit Wollersheim Winery & Distillery and walk their beautiful grounds. Depart at 10:00 am. Leader is needed. Rain date to be determined.

**July 13**—Car Show at Schopiere Tap—Bring a classic car or your motorcycle. Enjoy supper (if you want), the car show and ice cream. Depart at 4:30 pm.

**July 18**—Head north for the Rockton Chicken BBQ.

**August is open and we need your ideas!**

Riders must arrive prior to departure to show proof of insurance and fill out a participation form. Helmets are recommended. Check the Park Bench newsletter for upcoming rides or get on our email list.



**Happy Birthday**

**Betty Sweno  
Elmer Keske  
Jean Bromley  
Ron Essex  
Mark Dorn**

## 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.

## GREETING CARDS

**NEW cards are here!** We have a great selection of Fravessi cards, including Graduation, Birthday, 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.

## 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>



### VAN TRIPS

Watch for Janesville shopping to return in June with limited numbers and a willing driver. Lunch, breakfast and fish fry trips dependent on lots of conditions.

Hopefully August or September, but watch the newsletter.

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## LAKESHORE VIRTUAL MEMORY CAFES

A virtual Memory Café is a place where persons with 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 on the 2<sup>nd</sup> Wednesday 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 May 12, the topic is Memorial Day

## 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 (DFCI)

Monday, May 10, 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.

## 5TH ANNIVERSARY & A CELEBRATION OF CAREGIVERS

Walworth Co Dementia Friendly Community Initiative—Moving Forward 5th Anniversary

Wednesday May 19, 8:30 am—Noon

Join former Governor Marty Schreiber, author of the book “My Two Elaines,” and former Executive Director of the Southeastern Wisconsin Chapter of the Alzheimer’s Association, Tom Hlavacek for a morning celebrating caregivers. Resource tables will be available. The Whitewater Dementia Friendly Community Initiative will be there!

8:30 am - 9:30 am Welcome & Resource Gathering

9:30 am - 10:15 am Marty Schreiber

10:15 am - 10:45 am Break & Resource Gathering

10:45 am - 11:30 am Tom Hlavacek

11:30 am - 12:00 pm Closing & Resource Gathering

To register call (262) 741-3378

This event will be held at the Walworth County Health and Human Services Building, 1910 County Road NN, Elkhorn, WI. Due to continued safety protocols related to COVID-19, the event will have limited in-person attendance, however, the two presentations will be live streamed, so you can watch from home. The link for the livestream is <https://us02web.zoom.us/j/82253091093pwd=clUvamIYWGZyK3ArZzhYOW53Q0FsQT09>

The first 75 people to register and attend will receive the book free. There will be gift basket drawings at the event.

## THE LOSS OF THE LIVING: A CAREGIVER’S GRIEF

Wednesday May 19, 11 am—12:30 pm

Phone or virtual

Please join Dr. Brian Weiland as he discusses the relationship changes and grieving process caregivers and families may experience while caring for their loved one. Questions or to register call Carley Prochaska, 715-346-1401 or email [prochasc@co.portage.wi.us](mailto:prochasc@co.portage.wi.us).

## CARE TRANSITIONS—BUILDING A SUPPORT NETWORK

Wednesday, May 12, 12:00pm—1:00pm.

What is a support network? Why is it important? Who to include. Communication among your team members. Assessing your support network. When to access community resources.

Presented by ADRC Dementia Care Specialists

Upcoming topics of discussion:

June- Safety Planning

## 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

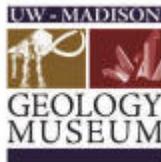
To have the Seniors in the Park Newsletter mailed to your home for one year, send or drop off \$8.00 with your name and address. To receive the newsletter FREE, go online to wwparks.org, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or ourseniorcenter.com/find/seniors-in-the-park.

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



## 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.



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



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# Activity Calendar

## May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>3</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:30 Core & More 11:00 Book Club (B) 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	<b>4</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 AMP 12:30 Sheepshead <b>1:30 Labyrinth Walk (C)</b> <b>2:30 Labyrinth Walk (C)</b>	<b>5</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:30 Core & More 10:30 Tai Chi (A) 12:30 Pickleball (A) 3:00 Roll Away Stress—V	<b>6</b> 8:30—2:30 Joyful Toes 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	<b>1</b> <b>Happy May Basket Day!</b> 
<b>10</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 10:30 Core & More 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCI Meeting –B	<b>11</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 10:00 Bingo (AM) 12:30 AMP (C) 12:30 Sheepshead 1:00 Movie “The Land”	<b>12</b> 8:00 Pickleball (A) 10:30 Core & More 10:30 Tai Chi (A) 12:30 Pickleball (A)	<b>13</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 10:00 Puzzle Exchange & Book Loan 1:00 Watercolor (B)	<b>14</b> 8:00 Pickleball (A) 12:30 Pickleball (A)  <b>CLOSED</b>
<b>17</b> 9:00 FUNctional Fitness-(V) 9:30 Pegs & Jokers 10:30 Core & More 1:00 Canasta 1:00 Mah Jongg <b>1:00 Learn Bocce</b> <b>1:00 Lawn Games</b>	<b>18</b> <b>9:00 Weekly Walk</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 AMP 12:30 Sheepshead 1:00 Movie: “Wonder Woman 84”	<b>19</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:30 Tai Chi (A) 12:30 Pickleball (A)	<b>20</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	<b>21</b> 8:00 Pickleball (A) 12:30 Pickleball (A)  <b>CLOSED</b>
<b>24</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 10:30 Core & More 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Bocce 1:00 Lawn Games	<b>25</b> 9:00 Weekly Walk 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 10:00 Bingo (AM) 12:30 AMP (C) 12:30 Sheepshead 1:00 Movie “The Mauritanian”	<b>26</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:30 Core & More 10:30 Tai Chi (A) 12:30 Pickleball (A)	<b>27</b> <b>9:00 Hike with Ginny</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	<b>28</b> 8:00 Pickleball (A) 12:30 Pickleball (A)  <b>CLOSED</b>
<b>31</b> 			Activities take place at the Starin Park Community Building unless otherwise noted. V=Virtual A=Downtown Armory, 146 W North St AM = Amphitheater at Cravath Lakefront B=In Person & Virtual C=Cravath Lakefront Ctr	

## 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.

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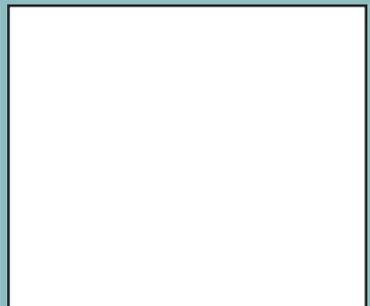
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## VOLUNTEER APPRECIATION EVENT!



**June 23 11:00 am—12:30 pm**

April 18—24 is officially Volunteer Appreciation Week, but we'll celebrate in June! In appreciation for all you do, we are having a cookout in the park. Stop out at the Starin Park Concession Stand, the building with the blue

roof by the ball fields and we'll have a yummy picnic lunch for you. Please register in advance so we can be prepared with your choice of a brat or a hamburger. We'll also have sides, dessert and a thank you gift. Lawn games will be available for those who wish to hang out and play. Come and enjoy a fun lunch with other volunteers. Thanks again for your time and talents!

Please reserve your meal by June 16.

## APOLOGIES

I missed volunteer Nancy Brunner, who leads the Sign Language class, last month. Thanks Nancy!

## 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).



## 40TH ANNIVERSARY HELP NEEDED

The actual date of the opening of the Seniors in the Park program is June 28. That may be a little early to gather and celebrate, the festivities will take place August 22-28. In addition to help at events, I need you to help plan all of them.

**4th of July Float**—Let's make one! We need a trailer, a driver, place to work on it, people to work on the float and people to walk in the parade. (Hope we have a parade)

We will sponsor the **Concert in the Park** Tuesday, August 24. We will need help distributing ice cream treats and possibly assistance with Easy ID. If I have raffle prizes, help will be needed with distribution of tickets.

A **Community Picnic Celebration** will be on Sunday, August 22. Help will be needed with set up, prepping, grilling and serving food, and clean up after. Assistance with monitoring and parking classic cars in the lot across from Fairhaven.

An **Open House** will be on Thursday, August 26 from 1:00—4:00 pm. Help will be needed to greet guests and serve cake and beverages. Help is needed planning the event and prepping a video.

**What other activities would you like to see happen?** Forty years is incredible and we need to toot our horn and not keep our light under a bushel basket! How do you think we should make this a blow-out celebration?

## HIKING AND WALKING GROUPS

People are interested in both Hiking and Walking groups. Volunteers are needed to lead and help plan. Please contact Deb if you can help. Thanks!

## 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.

## FAST FORWARD

Fast-Forward, an hour-long video on PBS about aging. This is a powerful video showing stigma against aging and a reminder to prepare for the future. PBS is offering the video thru the end of April in the link below. Click here to watch the film again: <https://www.pbs.org/video/fast-forward-eldngj/>

## SPRING INTO SUMMER WITH CLEAN HEARING AIDS

Regular maintenance can help extend the life of your hearing aids. There are steps you can take at home to care for your hearing devices and optimize their effectiveness:

- \* Be sure to apply hairspray and facial lotions before inserting them.
- \* Wash and dry your hands before you handling.
- \* Clean your them over a soft surface to prevent damage, if dropped.
- \* Clean your hearing devices each day with a dry, soft cloth.
- \* Do not use water, cleaning fluids, solvents or alcohol.
- \* Don't overlook the microphone inlet, which can become clogged with debris, and the battery contacts, which attract dust and dirt.
- \* Use storage containers to minimize moisture and lengthen life.
- \* Do not attempt to make any adjustments or repairs by yourself.
- \* Maintain good ear hygiene with over-the-counter earwax removal kits to flush out debris.

The best way to ensure your devices are working properly is to take them into an audiology clinic for a clean-and-check. Call Fort HealthCare Audiology at 920.563.6667 to schedule a hearing evaluation or complimentary hearing screening.

## 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.



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## 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

### Newsletter Editor

Romell eKoch

### Parks & Recreation Director

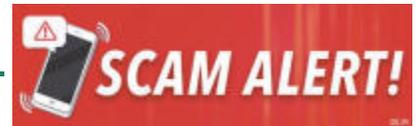
Eric Boettcher

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



## SCAMS!



by Seena Gressin, Attorney, Division of  
Consumer & Business Education, FTC

Government imposters may have hit a new low with a scheme that targets the grieving survivors of people who died of COVID-19 by offering them help paying for their loved one's funeral expenses.

A real government relief program will pay up to \$9,000 for funeral expenses that people have paid since January 20, 2020 for loved ones who died of COVID-19. Survivors can apply for benefits by contacting the Federal Emergency Management Agency (FEMA) at **844-684-6333**. The number is toll-free and multi-lingual services are available.

Here's what you need to know:

- **FEMA will not contact you until you have called FEMA or have applied for assistance.** Anyone who contacts you out of the blue is a scammer.
- **The government won't ask you to pay anything to get this financial help.** Anyone who does is a scammer.
- **The government won't call, text, email, or contact you on social media and ask for your Social Security, bank account, or credit card number.** Anyone who does is a scammer.
- **Don't give your own or your deceased loved one's personal or financial information to anyone who contacts you out of the blue.** Anyone who does that and asks for that information is always a scammer.

**Hang up and report it to the FEMA Helpline at 800-621-3362.**