



# The Park Bench

October 2021

Seniors in the Park Newsletter



## HISTORY STORIES



**Wednesdays 1:00 pm**

Join Dr. Richard Haney for lively and informational presentations. Thanks to UW –W Continuing Education for sponsoring this series. All talks are in person or virtual. Sign up by October 18 to receive the zoom link.

- October 20 Unsung Civilian World War II Heroes
- October 27 More Unsung Civilian World War II Heroes
- November 3 Twentieth [and 21st] Century Profiles in Courage
- November 10 More Twentieth [and 21st] Century Profiles in Courage

## MILLIONS OF CONVERSATIONS



**Wednesday October 6, 1:00 pm**

Millions of conversations will happen today, but there is one few of us have had. A conversation about the care we want when seriously ill or nearing the end of life. A conversation about the person we'd like to speak for us if we can't do it ourselves. All it takes is a car accident or a stroke.



This conversation is important for anyone over the age of 18 and best of all, the conversation and documents are FREE!

Sharing your wishes with family members, friends and care providers now can help prevent unnecessary suffering, both for you and for the ones you love. Fort Healthcare can bring the benefits of Advance Care Planning to you. It is simply the process of talking about your end of life wishes and documenting them.

Join Lori Partol, Medical Social Worker at Fort Healthcare. It's one of the best conversations you'll have! You will have an opportunity to complete a document. If you wish to do this or think you will want to do this, bring names and phone numbers of the people you would trust to carry out your health care wishes.

**Deadline to register is Friday, October 1.**

Volume XXII Issue 10

## WHAT'S INSIDE

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

## WHITEWATER WARBLERS



Join this group on Mondays at 11:00 am.

It's a fun group of people with HUGE hearts. Music and socializing are proven to be good for health and brain fitness, so come join us. You don't need to read music; just enjoy singing and having fun.

## SENIOR FORUM

Monday, November 8  
12:00 pm



The group is currently working on the goals setup through accreditation, including an elected advisory group and the segue into the new coordinator.

If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your ideas.

## JOYFUL TOES



Thursday, October 7

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.

Next Clinic: Thursday, Nov.4

## THERMOSTAT

The thermostat is set at a consistent temperature. Please bring a sweater or extra layer, if you think you will need it.



## FIRE AND HOME SAFETY: THE THINGS WE FORGET



Thursday, October 21 1:00 pm

The Whitewater Fire Department will be with us to talk about fire safety that we tend to forget about as adults. From everyday habits, to once in a lifetime emergencies, we all need a refresher on some of the basics and an update on a few things that have changed over the years. We will also discuss home safety tips and how they change throughout our lives. Please register by Monday, October 18.

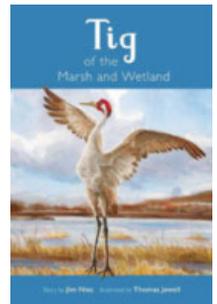
## SAFETY PROGRAMS

## TIG OF THE MARSH AND WETLAND



Monday November 1 1:00pm

What's it like to be a Sandhill Crane? Young naturalist and avid birdwatcher Jace wants to find out. With the encouragement of his friend and mentor, Mr. Muchmore, Jace builds a blind down by the river on the beautiful Muchmore farm. Not long after the cranes return in the spring, Jace spies a nest in the reeds. When Tig is hatched, the adventure begins.



Join author Jim Nies and artist/illustrator Thomas Jewell as they take you on the journey they followed to create *Tig of the Marsh and Wetland* during a year of covid. Emphasis is placed on the sandhill crane lifecycle (with hints at how the story develops). Detailed descriptions of environmental adaptation and the wetland ecosystem are revealed through the eyes of the young boy. Dramatic watercolors illustrate the life and environment of Tig (*Antigone canadensis*).

Jim and Tom also look at the creative process they used—field notes, field sketching, storyline development and the steps needed to turn sketches into finished watercolors.

Copies of *Tig of the Marsh and Wetland* will be available for purchase.

## Nature Writing

Mondays November 8 & 15 @ 1:00 pm

For those interested in a deeper dive into nature writing, sign up for two additional sessions. The first session will explore examples of quality nature writing and explain the processes of observation. At this time participants will be given their own nature writing assignment. The second session will consist of sharing and improving, participant creations.



**“In the Heights”**  
**Tuesday, October 12, 1:00 pm**   
 (Drama/Musical/Romance)  
 2 hours, 23 minutes; Rated PG-13  
 (2021)

A film version of the hit Broadway musical, with music and lyrics written by Lin-Manuel Miranda (“Hamilton”). It’s “West Side Story” with a happy, musical beat. A young, upbeat NYC bodega owner (Anthony Ramos) scrapes and saves to better his neighborhood (Washington Heights) and himself. This musical will have you singing and definitely will give you a sunny disposition! Also stars Jimmy Smits, Leslie Grace, and Marc Anthony.

**“The Lost City of Z”**  
**October 26, 1:00 pm**  
 (Biography/Drama/Adventure)  
 2 hours, 21 minutes; Rated PG-13 (2016)

A true-life adventure about British explorer Major Percival Fawcett, who disappeared while searching for a mysterious indigenous city in the Amazon, in the 1920’s. This is a thrilling, thoughtful, hauntingly beautiful film that you will not soon forget. Also stars Robert Pattinson, Sienna Miller, Franco Nero, and Tom Holland.

## SEEKING VOLUNTEER FACILITATORS FOR BOOST YOUR BRAIN & MEMORY CLASS



**Boost Your Brain and Memory Class** is a unique program that takes a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain brain health while practicing new skills for better memory performance.

We are seeking two volunteers for Seniors in the Park who are good at group facilitation or willing to learn! You do not have to be an expert on brain health. Each session lasts about an hour and is video guided, with a scripted instructor manual for volunteer facilitators. Class will be held Monday afternoons February 28—April 4.

**Interested in volunteering? Please contact Diane Lunde at Fort Healthcare, Inc. at [Diane.Lunde@forthc.com](mailto:Diane.Lunde@forthc.com)**

## ICONS—WHAT DO THEY MEAN?



We have the icon of a stick figure. This means the activity is in person.



The round computer icon means it is virtual.

Hope this helps you to know which activities are online or in person or both.

## CHICKEN FOOT DOMINOES



**Tuesday, October 5, 1:00 pm**  
 Join the fun every first Tuesday of the month!



**All in person classes and activities are pandemic dependent. We may start requiring masks at any time.**

**Currently we are asking you to mask up but not requiring it.**

**If you are not vaccinated, Please, please wear a mask in our building.**

**Please sanitize when in the building.**

**Please stay home if you do not feel well.**

**Thanks for keeping everyone safe!**

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

## "FUN"CTIONAL FITNESS



**Mondays & Thursdays 9:30 am**

Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. Class is in-person or online. Online will sign up for the month of classes and in person will pay as you go from your prepay. All is dependent on Covid.

**Daily fee is \$1.50 members  
\$3.00 non-members**

### Virtual "Fun"ctional Fitness

Dates: October 4-28

Fee: \$12.00 Member  
\$18.00 Non-member



**Deadline is Friday, Oct. 1**



## INDOOR WALKING



**Wednesdays & Fridays 9:00 am**

Walk to 'Walk Away the Pounds' DVD's.

## BLOOD PRESSURE SCREENING



**Tuesday, October 26  
9:30-10:00 am**

A Whitewater Fire Department EMT will be here to do free blood pressure checks. They hope to be here every 4th Tuesday, if there is a need.



## HIKES WITH GINNY



**Thursday October 14, 9:00 am**

Hike at Stute Springs off Hwy. 59 on County Z near the KMSF headquarters near Eagle. We will meet at the Starin Park parking lot and carpool (masks please). Suggested items to bring include: water, hat, sunscreen, bug spray or whatever you feel you need for the hike. Please register in advance.

## YOGA WITH BRIENNE



**Tuesdays, Nov. 2-Dec. 21, 10—11:00 am\*\***

**Thursdays, Nov. 4- Dec. 23, 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. As of press time, class will be **in-person** at the Cravath Lakefront Center. You can also join online. Everyone will get the Zoom link.

\*\*If Brienne is called out of town, class will be at 9:00 am at the Whitewater Aquatic & Fitness Center/virtual with Lorelei.

Instructor is Brienne Brown, RYT

Tuesday fee: \$40 members; \$50 non-members

Thursday fee: \$40 members; \$50 non-members

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

**Registration Payment/Deadline: Thursday, October 28**



## ROLL AWAY STRESS



**Wednesdays, 3:00—4:00 pm**

**October 27—December 22**

Using soft, foam rollers and balls, you will find those spots of tension and roll them away. Rollers are available to check out if you do the class virtually. Class is in-person and virtual. No class November 24. Everyone will get the Zoom link.

Fee: \$30 members; \$40 nonmembers

Deadline to register is October 20



## CORE AND MORE CLASS



**Thursdays beginning October 21, 8:30—9:00 am**

Strengthen your core, hips and shoulders using various equipment. Bring a fitness (thicker) mat to class. You must be able to get up and down off the floor. We also stand and sit for some exercises.

Fee: \$1.50 per class members; \$3.00 nonmembers **Walk-in**

\$8.00 members; \$14 nonmembers Oct 21—Nov 18 **Virtual**

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DHS Approved 4/22/2021

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

## WATERCOLOR—BASICS AND BEYOND



**Dec 2—16 1:00—3:30**  
 Join Rita Carpenter for some watercolor fun! Week one we will use liquid watercolors to create some fun winter scenes and cards. Rita will have some liquid watercolors to share. We will also work with regular watercolors and paint some barn/winter scenes.

Supply list: watercolor paints, watercolor paper, butcher tray or plastic tray, a piece of credit card or palette knife, palette paper if you don't have butcher tray, cloth, painters tape, brushes, spray bottle, table  
 Fee: \$40.00  
 Deadline: October 21 Register online, email or call.

## VIRTUAL FIBER THERAPY CRAFT GROUP



**Last Thursday, 6:00 pm**  
 Do you dabble in the fiber arts? Join our virtual craft circle. Whether you knit, crochet or stitch, you're invited to unwind and unravel with fellow crafters. Share what you're working on and learn from others. Beginners and experts are welcome. This is not a formal class, attendees must supply their own crafting materials. Register at whitewaterlibrary.org

## SEWING GROUP



**Fridays 10:00 am**  
 Join other sewers and share ideas, get help and have fun. Bring your machine and anything you may need. Either bring a lunch or go out with the group. Stay as long or short as you want. Questions, call Carolyn at 262-903-5678.



## FAIRHAVEN LECTURE SERIES 2021



### Science and Society: Connecting Research to Real Life

From climate change to COVID-19, bird adaptations to brain function, our world faces new challenges and opportunities every day. Scientific research provides solutions to problems and impacts our daily lives, local communities and national policies.

**Audiences will be limited to Fairhaven residents only.** Lectures will be recorded and posted to our website, <https://www.uww.edu/ce/fairhaven>, and YouTube channel.

- Sept. 27** What Makes the Northern Cardinal Such a Winner?  
*Susan DeVries, Assist. Prof., Biological Sciences*
- Oct. 4** Inventions, Innovations and Publications: An Academic Perspective  
*Ozgur Yavuzcetin, Assoc. Prof., Physics*
- Oct. 11** Chemistry in the Kitchen  
*Kim Kostka, Prof., Chemistry*
- Oct. 18** Citizen Science: A Tool for Bird Conservation  
*Tom Klubertanz, Prof., Biology*
- Oct. 25** Biophysics: Where Magnets and Neurons Collide  
*Martin Tchernookov, Assist. Prof., Physics*
- Nov. 1** Climate Change and Changing Seasons in Wisconsin and the Great Lakes Region  
*John Frye, Assoc. Prof., Geology, Geography & Environmental Science*
- Nov. 8** Why the COVID-19 Vaccine was Created in Less Than Six Months  
*John Ejnik, Assoc. Prof. and Chair, Chemistry*

## GREETING CARDS

We have a great selection of Fravessi cards, including Halloween, 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, during open hours.



## TECH TUTORS



Our tech Tutors are back and ready to help out. Call to set up an appointment. **Learn to Zoom** in case the pandemic blows up again!! Call Now!



## 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 Kindle Fire, 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.

## REGISTRATION KIOSK

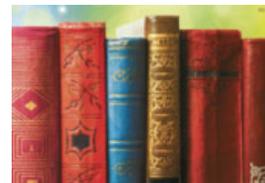
### ON-DEMAND & HOW TO CANCEL A RESERVATION

Bookmark/save this registration link:

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

The kiosk is your go-to place to register, join your activity and 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.

## BOOK WORMS



**Monday, October 4, 11:00 am**

The Book Club will discuss *Raft of Stars* by Andrew Graff. The November book is *The Book Woman of Troublesome Creek* by Kim Richardson.

The hardscrabble folks of Troublesome Creek have to scrap for everything—everything except books, that is. Thanks to Roosevelt's Kentucky Pack Horse Library Project, Troublesome's got its very own traveling librarian, Cussy Mary Carter. Cussy's not only a book woman, however, she's also the last of her kind, her skin a shade of blue unlike most anyone else. Not everyone is keen on Cussy's family or the Library Project, and a Blue is often blamed for any whiff of trouble. If Cussy wants to bring the joy of books to the hill folks, she's going to have to confront prejudice as old as the Appalachias and suspicion as deep as the holler.

Inspired by the true blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service of the 1930s, *The Book Woman of Troublesome Creek* is a story of raw courage, fierce strength, and one woman's belief that books can carry us anywhere—even back home.



## BINGO

**Tuesdays, 10:00 am**

**October 5: Culver's Bingo**

**October 12: Mulberry Glen**

**October 26: Misc. & City Bingo**

Join us for Bingo! Beverages are now available. Keep bringing your own snack. Thanks to **Culver's and Mulberry Glen** for sponsoring prizes.

City Bingo sponsors include:

**Dale's Bootery \* Floral Villa \* Binning & Dickens Insurance  
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## PUZZLE EXCHANGE



**Thursdays October 14 & 28 at 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. Puzzle exchange will now be on the second and fourth Thursday of the month at 11:00 am through April.

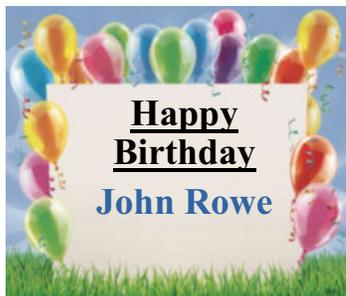
## PARTICIPANTS NEEDED (UPDATED)

### For a Study Investigating Privacy and Security in Smart Medical Devices

Researchers in Gerontology and Computer Science from the University of Wisconsin-Whitewater are conducting a study to investigate privacy and security of smart medical devices. They are seeking older Wisconsinites who are willing to participate in an interview about their use of smart medical devices. A smart medical device monitors personal health information and is equipped with wireless technology; it includes things such as a smart glucose monitor, smart watch, smart hearing aid, smart glasses, etc.

To participate in the interview study, you must live in Wisconsin, be age 60+, use at least **one** smart medical device, speak and read English and be in good health. If you are interested, please complete a four-minute survey (link below) or call the research team at 262-472-1162 to confirm your eligibility. Researchers are conducting phone or virtual interviews between August and December 2021. Interviews are 60-90 minutes and dates/times of interviews are flexible. Interview participants will receive a \$25 gift card.

[http://uwwhitewater.co1.qualtrics.com/jfe/form/SV\\_ahmdbql4VPVL58a](http://uwwhitewater.co1.qualtrics.com/jfe/form/SV_ahmdbql4VPVL58a)



## FROM THE COORDINATOR

Autumn, my favorite time of the year. From the wonderful fall produce to the cool nights and warm days. The leaves start turning and creating the most beautiful display. Fall sports are back, as well as the UW-W. It's such a fun time of year with Homecomings and Halloween.

We have new programs starting in October and November. We have a new coordinator for the Scholarly Scoop and hope to see that return in November.

I hope you'll participate in the Senior Forum or our breakfast event, to discuss goals we have for the coming years and the segue into a new coordinator. Lots going on and I hope to get your input. As always thanks for all you do! ~Deb

## ACTIVITIES AT A GLANCE

**“FUN”ctional Fitness** (hybrid)—Mondays & Thursdays, 9:30 am

**Yoga** (Hybrid)—Tuesday or Thursday 10:00 am

**Indoor Walking**—Wednesday & Friday 9:00 am

**Pickleball**—Mon., Wed. & Fri. 8:00-10 am & 12:30-2:30 pm; Tues. & Thurs. 9-11 am; Downtown Armory Gym

**Warblers**—Mondays 11:00 am

**Sewing Group**—Fridays 10:00 am

**Book Club**—First Monday 11:00. Books available at Starin Park

**Bingo**—First, second, fourth Tuesdays 10:00 am

**Canasta**—First, Third & Fifth Monday at 1:00 pm

**Chicken Foot Dominoes**—First Tuesday 1:00 pm

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

**Mah Jongg**—Mondays, 1:00 pm

**Sheepshead**—Tuesdays 12:30 pm

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## TRAVEL PREVIEW



**Tuesday, November 2 @ 2:00 pm**

Preview the Sea Islands Value Tour and the Majestic Lakes and Mountains adventure. Please register by October 25

## THE SEA ISLANDS—MAYFLOWER 2022 VALUE TOUR



This wonderful spring tour includes Charleston, Savannah and Beaufort. Spend 3 nights in Beaufort, whose entire downtown is an historic district, and two nights in Pigeon Forge in the Smokey Mountains. Enjoy guided tours of Charleston, Boone Hall Plantation and Penn Center Museum, and learn about Gullah culture. Visit Hunting Island State Park. Enjoy a

narrated horse-drawn carriage tour and river cruise in Beaufort. Take a trolley tour in Savannah. A guided tour of the Great Smokey Mountain National Park, and **more** is included! This 8 day tour is \$1659 and tour activity level is Easy. Call or email for a brochure and dates.

## MAJESTIC LAKES AND MOUNTAINS

**October 4 -13, 2022**

This tour features Italy, France and Switzerland. Spend a day in Milan, 3 days at Lake Como, Italy, Two days in Zermatt and two days in Geneva, Switzerland. Boats, trains and cable cars will all be a part of the adventure. Travel Preview November 2 at 2:00 pm. Please register by October 25.

### Janesville Shopping Wednesday, Oct. 6

Pick-ups begin at 9:15. Please call to reserve your seat on the van by October 4 at noon. You can choose one or two stores on the north side of Janesville to be dropped off at. Van back in Whitewater approximately 12:30. \$3.00 per person

### Fish Fry

**Friday October 29 4:00 pm**  
Enjoy the fish fry at The Outpost (formerly Norm's). Please reserve your seat by Tuesday, October 26



### Lunch Bunch

**Thursday, October 14  
Depart 10:30 am**

Enjoy a lunch at the Bessie's Diner at the Janesville airport

### Breakfast Bunch

**Thursday, October 21  
8:15 am**

Enjoy coffee, conversation and yummy breakfast. Going to the Café on Main in Edgerton.

### Lunch , Breakfast & Fish

**Fees: \$4.00 members  
\$7.00 non-members**

## 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 Italian Riviera. Spend a day exploring 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>



## MOTORCYCLE RIDES



**Saturday, October 2:** Holy Hill and Fox and Hound Restaurant. Let's hope for no rain this year. Depart at 10:00 am.

Riders must arrive prior to departure to show proof of insurance and fill out a participation form. Helmets are recommended.



## MEMORY CAFES

A 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. 

**The Lakeshore Memory Café** is the 2<sup>nd</sup> Wednesday from 1-2 pm. To register, please contact the ADRC of Walworth Co. by phone: (262) 741-3273 or email: walcoADRC@co.walworth.wi.us

**The Glacial River Memory Project** will rotate between the four libraries in Fort Atkinson, Jefferson, Whitewater and Palmyra. October 11 at 10:30 the first café will be at the Dwight Foster Library in Fort and the theme will be Leaves.

Registration is required and can be made online at: <https://www.librarymemoryproject.org/events/>

For questions or to register by phone, call Jill Fuller at 262-896-8085.

## CAREGIVER SUPPORT GROUPS

Access to support groups is by phone or online. 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.

## DEMENTIA RESOURCE LIST

Pat Metz, DFCI volunteer, has compiled a list of resources. Email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov) if you would like a copy.

## POWERFUL TOOLS FOR CAREGIVERS

**Wednesdays, October 20th - November 24 Noon – 1:30 pm**

*Powerful Tools for Caregivers* is an educational program designed to help caregivers take care of themselves while caring for a relative or friend. 

The class is virtual. Anyone from any county can participate. The class is free (Suggested \$10 donation for workbook). To register, call ADRC of Dodge County at 920-386-3580

## SAVVY CAREGIVER TRAINING

**Mondays, Oct 18– Nov 22 5:30—7 pm**

Grounded in research, this educational series for caregivers caring for someone with dementia, teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Register by Oct 11. Call Rock Co. ADRC 608-741-3600 

## CREATING MOMENTS OF JOY

**October 14 1—2:30 pm**

Join Jolene Brackey, author of “Creating Moments of Joy,” online and learn to Understand the losses that people with dementia experience as the brain dies and how we can assist in compensating for these losses 

Share many practical verbal and nonverbal communication skills which helps the person feel heard and supported Learn how to creatively and effectively turn challenging situations into moments of joy.

Call the ADRC to register at 920-386-3580

## NEW FRIENDS

New Friends pairs UW-Madison health professional students with individuals living with memory issues for a year-long mutually enriching experience. 

For more information contact Bonnie Nuttkinson, Wisconsin Alzheimer’s Institute, UW School of Medicine and Public Health 608-265-3885 or [bnuttkin@medicine.wisc.edu](mailto:bnuttkin@medicine.wisc.edu). Or click [HERE](#) for an application

## JOIN US!

Help us as we educate the community and support care partners and those with dementia on their journey through the disease. It’s an eye opening and rewarding group. The Whitewater Dementia Friendly Community Initiative meets on the second Monday of the month at 1:30.

## UPCOMING EVENTS:

- **November 4<sup>th</sup> and 11<sup>th</sup>**- Elder Law and Financial Advisor Presentations (Noon and 6pm)
- **November 18<sup>th</sup>**- Teepa Snow- Dementia Extraordinaire ‘Humor and Caregiving’

To register or get more information on the November events call 920-675-4035 or email [heatherj@jeffersoncountywi.gov](mailto:heatherj@jeffersoncountywi.gov). sponsored by the Dementia Care Specialist of Jefferson County. All are welcome!

## 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.

## 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](http://wwparks.org), [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [ourseniorcenter.com/find/seniors-in-the-park](http://ourseniorcenter.com/find/seniors-in-the-park).

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



- ⇒ Whitewater Dementia Friendly
- ⇒ Whitewater Parks and Recreation
- ⇒ Whitewater Aquatic & Fitness Center



⇒ City of Whitewater are on Facebook. Please friend us!

## FIND NEWSLETTERS ONLINE

For those of you who used OurSeniorCenter.com to find our newsletter, it is NOW [MyCommunityOnline.com](http://MyCommunityOnline.com). It includes all listings of senior centers and their newsletters that publish with LPi, the Walworth County ADRC newsletter, and community and intergenerational centers, too! Just type in a zip code or name of the center.



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# Activity Calendar

## October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p><b>AQ=Whitewater Aquatic Center</b>  <b>A=Downtown Armory, 146 W North St</b>  <b>C=Cravath Lakefront Ctr</b>  <b>H=Hybrid (In Person &amp; Virtual)</b>  <b>V=Virtual</b></p>		 <p>Happy Halloween</p>		<p><b>1</b>            8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p>
				<p><b>2</b>  <b>10:00 Cycle Ride</b></p>
<p><b>4</b>            8:00 Pickleball (A)            9:30 FUNfit-(H)            11:00 Book Club            11:00 Warblers            12:30 Pickleball (A)            1:00 Canasta            1:00 Mah Jongg            1:30 DFCI Meeting</p>	<p><b>5</b>            9:00 Pickleball (A)            10:00 Culver's Bingo            10:00 Yoga with Brienne (HC)            12:30 Sheepshead  <b>1:00 Dominoes</b></p>	<p><b>6</b>            8:00 Pickleball (A)            9:00 Indoor Walking  <b>9:15 Jville Shopping</b>            12:30 Pickleball (A)  <b>1:00 Advance Directives</b></p>	<p><b>7</b>            8:30—2:30 Joyful Toes            9:00 Pickleball (A)            9:30 FUNfit-(H)            10:00 Yoga with Brienne (HC)</p>	<p><b>8</b>            8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p>
<p><b>11</b>            8:00 Pickleball (A)            9:30 FUNfit-(H)            11:00 Warblers            12:30 Pickleball (A)            1:00 Mah Jongg  <b>Office Closed 1:00</b></p>	<p><b>12</b>            9:00 Pickleball (A)            9:30 Rockin' Respite            10:00 Mulberry Bingo            10:00 Yoga with Brienne (HC)            12:30 Sheepshead            1:00 Movie "In the Heights"  <b>Office Closed 1:00</b></p>	<p><b>13</b>            8:00 Pickleball (A)            9:00 Indoor Walking            12:30 Pickleball (A)  <b>Office Closed</b></p>	<p><b>14</b>            9:00 Pickleball (A)  <b>9:00 Hike with Ginny</b>            9:30 FUNfit-(H)            10:00 Yoga with Brienne (HC)  <b>10:30 Lunch Bunch</b>            11:00 Puzzle Exchange  <b>Office Closed 1:00</b></p>	<p><b>15</b>            8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p>
<p><b>18</b>            8:00 Pickleball (A)            9:30 FUNfit-(H)            9:30 Pegs &amp; Jokers            11:00 Warblers            12:30 Pickleball (A)            1:00 Canasta            1:00 Mah Jongg  <b>Office Closed 1:00</b></p>	<p><b>19</b>            9:00 Pickleball (A)            10:00 Yoga with Brienne (HC)            12:30 Sheepshead  <b>Office Closed 1:00</b></p>	<p><b>20</b>            8:00 Pickleball (A)            9:00 Indoor Walking            12:30 Pickleball (A)  <b>1:00 History Stories (H)</b></p>	<p><b>21</b>  <b>8:15 Breakfast Bunch</b>            8:30 Core and More-H            9:00 Pickleball (A)            9:30 FUNfit-(H)            10:00 Yoga with Brienne (HC)  <b>1:00 Home Safety with WW Fire Dept</b></p>	<p><b>22</b>            8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>4:00 Fish Fry</b>  <b>Office Closed</b></p>
<p><b>25</b>            8:00 Pickleball (A)            9:30 FUNfit-(H)            11:00 Warblers            12:30 Pickleball (A)            1:00 Mah Jongg            1:00 Learn Mah Jongg</p>	<p><b>26</b>            9:00 Pickleball (A)  <b>9:30 Blood Pressure</b>            9:30 Rockin' Respite            10:00 City Bingo            10:00 Yoga with Brienne (HC)            12:30 Sheepshead            1:00 Movie: "The Lost City of Z"</p>	<p><b>27</b>            8:00 Pickleball (A)            9:00 Indoor Walking            12:30 Pickleball (A)  <b>1:00 History Stories</b>  <b>3:00 Roll Away Stress (H)</b></p>	<p><b>28</b>            8:30 Core and More-H            9:00 Pickleball (A)            9:30 FUNfit-(H)            10:00 Yoga with Brienne (HC)            11:00 Puzzle Exchange</p>	<p><b>29</b>            8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p>
				<p><b>30</b>  <b>UWW Homecoming</b></p>

## 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 pick up is at Brookdale Manor Monday thru Friday, serving at 11:30 am.

## 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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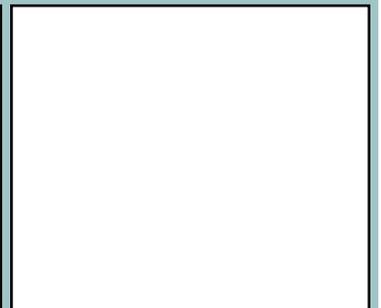
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Thanks to all the fabulous volunteers who assisted at our many 40th Anniversary Events.

## Parade:

Mark Dorn  
Lyn Wolfe  
Bruce Parker  
Pat Channing  
Mary Edwards  
Russ Rogers  
Jan Goder  
Jeanne Obmascher



## Picnic:

Mark Dorn  
Dan Sable  
John Rowe  
Rita Carpenter  
Carolyn Behrens  
Jane Roberts  
Karin Ferrell  
Diana Stettner  
Rita Oehrke  
Karen Strauss  
Lori Heidenreich



## Concert:

Lyn Wolfe  
Carolyn Haas  
Carol Holford



## Open House:

Rita Oehrke  
Lyn Wolfe  
Pat Metz  
Carol Holford  
Ginny Coburn  
Mary Ann Ehrike  
Bob Ehrike  
Linda Kinson  
Faye Skelton  
Gloria O'Donnell



## Powerful Tools for Caregivers Leaders

**Training:** This evidenced based workshop meets 1x per week for six weeks. There are two co-leaders per class, so you'll never teach a class alone. WIHA provides a script for each lesson so the leader will know exactly what to say. Once a leader completes the training, we will work to schedule a date and time for a workshop. Virtual Leader Training is October 25-29 9 am—noon. Commitment is lead one or two workshops per year.

## THANKS TO:

**Pat Metz** for compiling a resource list for caregivers  
**Karen Coburn** for compiling a letter to take to businesses for Purple Angel  
**Karen and Ginny Coburn** for donating the book "Mom's Gone Missing" for our dementia library  
**Whitewater EMTs** for doing blood pressure checks

Thank you to the Sewers who purchased material, made the quilt and had it quilted. Thank you all so much!

## Quilt sewers:

Carolyn  
Behrens  
Denise Charts  
Nancy  
Dynkowski  
Sharon  
Erickson  
Jamie Gunter  
Carol Laursen  
Mary Miller  
Karen O'Connor  
Carrie Oster



Jean Shreiver  
Linda Steinhoff

**THANKS** go out to **Mulberry Glen/Capri Communities** for sponsoring the 40th Anniversary Banner on Main Street. They are sent setup help for the Anniversary Picnic, provided brats and buns, and they also provide meals and an activity coordinator for Rockin' Respite.

## SLEEPING WITH TINNITUS: HOW TO GET A GOOD NIGHT'S REST

Tinnitus, or a persistent ringing in your ears, can interfere with many aspects of your life—including getting a good night's sleep. Here are steps you can take to help lessen the nightly impact of tinnitus:

- Establish a regular bedtime routine and stick with it. Put away your phone and other electronic devices—these emit blue light that can interfere with sleep.
  - Clear your mind before bedtime. Try meditation or relaxation exercises. Popular techniques include autogenic training (focusing on creating sensations of warmth and heaviness in different areas of your body); deep breathing exercises such as 4-7-8 (inhale for four seconds, hold your breath for seven seconds, exhale for eight seconds); and guided imagery.
  - Sleep in a darkened room and keep your bedroom cool.
  - Use white noise. You can buy a white noise machine, but an air conditioner, fan or humidifier is just as effective.
  - Exercise regularly. Not only will exercise keep you healthier, but it also helps tire your body, leading to better sleep.
- If you're still having difficulty, contact an audiologist at Fort HealthCare Audiology at 920.563.6667 in Fort Atkinson or 262.473.8920 in Whitewater to get help with your tinnitus or schedule a complimentary hearing screening.

## WALWORTH COUNTY ADRC

You can check out their newsletter at [Mycommunityonline.com](http://Mycommunityonline.com).

- Have a Voice in the Health of Your Community** Complete the survey online at [www.co.walworth.wi.us/CHA-CHIP](http://www.co.walworth.wi.us/CHA-CHIP) or request a copy to be mailed to you by calling 262-741-3200 or email [walcoph@co.walworth.wi.us](mailto:walcoph@co.walworth.wi.us).
- Savvy Caregiver Training October 5 - Nov 16 10 am - 12 pm** Savvy Caregiver is a research proven curriculum that teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the care partner. For more information call the ADRC at 262-741-3272 or email [walcoadrc@co.walworth.wi.us](mailto:walcoadrc@co.walworth.wi.us).
- Safe and Savvy Senior Day Saturday, October 9 10 am—1 pm** at the Walworth County Health & Human Services Bldg, Elkhorn Services and resources include: Scams, EZ-ID System, Memory Screens, Power of Attorney, Veteran Services, ADRC info, Lakeland Health Care Center, Mobile Medication Drop Box, and Public Health will be distributing three vaccines. For more information contact Karen Gillingham 262-741-3465 or email [kgillingham@co.walworth.wi.us](mailto:kgillingham@co.walworth.wi.us).
- Review Your Medicare Plan - Prepare Early this Year** The Aging & Disability Resource Center of Walworth County has a form to help you get organized. Don't let this opportunity pass you by! Go to [Medicare.gov](http://Medicare.gov) to compare plans online or for local assistance call the ADRC at (262) 741-3400.

## PARK BENCH ONLINE!



**New Site Link.** You can now get your copy of *The Park Bench* online

by clicking on or going to the following link [MyCommunityOnline.com](http://MyCommunityOnline.com). Just type in a zip code or name of the center. Several senior centers in the state are on this site.

## 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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Closed Fridays

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Front Desk

Debbie Andrus

### Newsletter Editor

Romelle Koch

### 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

