



# The Park Bench

November 2021

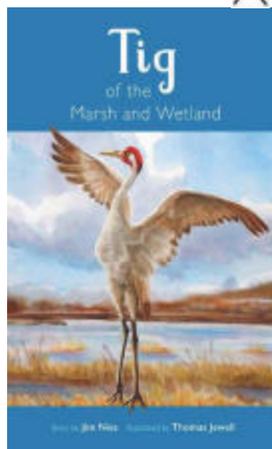
Seniors in the Park Newsletter

## 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. Please register in advance for the presentation and/or the Nature Writing.

### 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.

Volume XXII Issue 11

## WHAT'S INSIDE

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November 7

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



## WHITEWATER WARBLERS



**Mondays, 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, November 4**

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 (\$15) **NEW Fee is \$17.00 starting January 2022.**

**Next Clinic: Thursday, Dec. 2**



## THERMOSTAT

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



## 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 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

## SCHOLARLY SCOOP IS BACK!



**Friday, November 5 10:30 am**

"From 'Primitive' Refugees to Olympic Gold Medalist Sunisa Lee and the Hmong American Experience" is presented by Dr. Nengher N. Vang, associate professor in the History Department "What is Hmong?" "Who are the Hmong people?" Questions such as these were asked on social media after Hmong-American gymnast Sunisa Lee won gold in the Tokyo Olympics gymnastics all-around competition in July 2021. This talk provides an overview of the history of the Hmong from ancient China to modern-day America and how they subsequently went from arriving in America as "primitive" refugees from the Vietnam War to having someone like gymnast Sunisa Lee. In doing so, it highlights both the struggles and the accomplishments of Hmong refugees/Hmong Americans, with a particular emphasis on Hmong Americans in the Midwest, since their arrival in the United States in 1975. Call to register by Nov. 4.

## BREAKFAST DISCUSSION AND ACCREDITATION CELEBRATION



**Tuesday, November 16 8:30 am**

We'll have light breakfast foods and beverages available for your enjoyment. Please come About 8:45 we'll begin discussion on several items I need input on. There will be forms for you to fill out if you wish to remain anonymous. I'll be asking several questions of the group



including program ideas, the need for a larger facility, do we need an elected group of seniors (from the center and the community) to help advocate for needs here and in the community, and take your questions about Seniors in the Park. I will be sharing our five year and beyond goals from Accreditation. I hope you are willing to spend an hour or so discussing, brainstorming, celebrating our past accomplishments and looking forward to the next five years. An RSVP is appreciated so we have enough food and chairs ready. Thanks!

Note: Some goals listed on page 14.



## “On the Rocks”

**Tuesday, Nov. 9, 1:00 pm**  
(Comedy/Drama/Romance)  
1 hour, 36 minutes; Rated R (mild profanity) (2020)



A seventies-something retired art dealer (Bill Murray) is a happy-go-lucky flirtatious ladies man with a roving eye. His married daughter (Rashida Jones) suspects her husband (Marlon Wayans) is having an affair. She tells her Dad and both start spying on the activities of his son-in-law, with embarrassing and amusing results. An AARP Movies for Grownups nomination for Bill Murray.

## “Home for the Holidays”

**Tuesday, November 23, 1:00 pm**  
(Comedy/Drama/Romance)  
1 hour, 43 minutes; Rated PG-13 (1995)

A requested film for the Thanksgiving season. A forty-year-old single woman flies home to spend Thanksgiving with her wild, wacky, dysfunctional family. Starring Holly Hunter, Anne Bancroft, Robert Downey, Jr., Charles Durning, Dylan McDermott, and Geraldine Chaplin. Directed by Jodie Foster.

## “Dream Horse”

**Tuesday, November 30, 1:00 pm**  
(Biography/Comedy/Drama/Sports)  
1 hour, 53 minutes; Rated PG (2020)

The inspiring true story of Dream Alliance, an unlikely race horse bred by a small town Welsh bartender (Toni Collette) with no equestrian experience. She convinces her patrons and neighbors to chip in their meager earnings to help raise and train the horse in the hope he can compete with the racing elite. Their investment begins to pay off, as Dream Alliance begins to rise through the ranks, and approaches the Welsh Grand National.

## 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, in person, or both.

## CHICKEN FOOT DOMINOES



**Tuesday, November 2, 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!**

## RECYCLING ELECTRONICS

Want to dispose of your old electronics? Seniors in the Park recycles cell phones, digital cameras, iPods and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours; Monday—Thursday, 8:30 am—3:00 pm.

**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**



## 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: \$35 members;; \$45 non-members

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

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



## Virtual “Fun”ctional Fitness

Dates: Nov. 1-Dec. 2

Fee: \$15.00 Member

\$21.00 Non-member



**Deadline is Friday, Oct. 29**

## INDOOR WALKING



**Wednesdays & Fridays 9:00 am**

Walk to ‘Walk Away the Pounds’ DVD’s.

## BLOOD PRESSURE SCREENING



**Tuesday, November 23  
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.



## 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, 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**

\$6.00 members; \$12 nonmembers Dec. 2—Dec. 23 **Virtual**

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Attorney Julie H. Nommensen

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DHS Approved 4/22/2021



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## 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: November 24, Register online, email or call.

## STAINED GLASS CLASS



**November 9 & 10**

**12:30 pm at the Downtown Armory  
Lower level**

All levels are welcome at the class. Whether you are a seasoned glass cutter or new to this craft, you can receive one-on-one instruction. Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one. The instructor: is Caroline Britton.

Fee: \$15.00 members

\$20.00 non-members

Deadline: Thursday, November 4



## 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.

**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*

**Nov. 15** A Jamaican Student Teaching Experience: Developing Culturally Competent Educators

*Amy Stevens, Prof. and Chair, Special Education*

**Nov. 22** The Wolves of Yellowstone

*George Clokey, Lecturer, Biological Sciences*

## GREETING CARDS

We have a great selection of Fravessi cards, including Thanksgiving, 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:

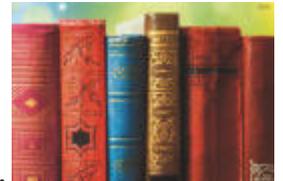
<https://schedulesplus.com/wwtr/kiosk/>

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.

## TAI CHI UPDATE

Still looking for a yang style teacher. Milton has a class on Mondays at 10:00 am. Different form, nice qigong warm up, no hundred zero postures. First class is free, \$3 after. The Gathering Place, 715 Campus St Milton. Janesville Senior Center also has a class. Call 608-755-3040 for more information.

## BOOK WORMS



**Monday, November 1, 11:00 am**

The Book Club will discuss *The Book Woman of Troublesome Creek* by Kim Richardson. The December book is *This Tender Land* by William Krueger.

1932, Minnesota—the Lincoln School is a pitiless place where hundreds of Native American children, forcibly separated from their parents, are sent to be educated. Four orphans steal away in a canoe, heading for the mighty Mississippi and a place to call their own. Over the course of one unforgettable summer, these four orphans will journey into the unknown and cross paths with others who are adrift, from struggling farmers and traveling faith healers to displaced families and lost souls of all kinds. With the feel of a modern classic, *This Tender Land* is an enthralling, big-hearted epic that shows how the magnificent American landscape connects us all, haunts our dreams, and makes us whole.



# BINGO

**Tuesdays, 10:00 am**

**November 2: Culver's Bingo**

**November 9: Mulberry Glen**

**November 23: 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  
Dental Perfections \* Brain Freeze \* Taco Fresco  
Dalee Water Conditioning \* Whitewater City Market \* Rick's**



## PUZZLE EXCHANGE



**Thursday, November 11 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.

## ACTIVITIES AT A GLANCE

- “FUN”ctional Fitness (hybrid)**—Mondays & Thursdays, 9:30 am  
**Core & More (hybrid)**—Thursdays, 8:30 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



## 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://www.whitewater.co1.qualtrics.com/jfe/form/SV\\_ahmdbql4VPVL58a](http://www.whitewater.co1.qualtrics.com/jfe/form/SV_ahmdbql4VPVL58a)

### Janesville Shopping Wednesday, November 3

Pick-ups begin at 9:15. Please call to reserve your seat on the van by November 1 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 November 19, 4:00 pm**  
 Enjoy the fish fry at Pettit's Lakeview Campground and Bar outside Milton. Please reserve your seat by Tuesday, November 16.



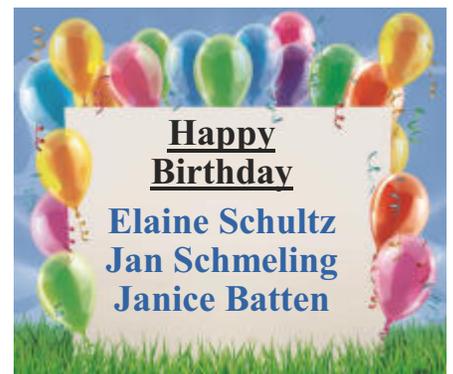
### Lunch Bunch Thursday, November 11 Depart 10:30 am

Enjoy a lunch at the Milwaukee Grill and enjoy a holiday stop at K& W Greenery.

### Breakfast Bunch Thursday, November 18 8:15 am

Enjoy coffee, conversation and yummy breakfast. Going to the Edge of Town Café in Palmyra.

**Lunch, Breakfast & Fish Fry  
 Fees: \$4.00 members  
 \$7.00 non-members**



## TRAVEL PREVIEW

Tuesday, November 2 @ 2:00 pm

Preview the Sea Islands Value Tour, Colorado historic Trains, Amish Getaway and the Majestic Lakes and Mountains adventure. Call or email for brochures. Please register by October 25



## THE SEA ISLANDS—MAYFLOWER 2022 VALUE TOUR

**March 27—April 3, 2022**

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. \$1659 pp dbl



## COLORADO'S HISTORIC TRAINS

**July 15-22, 2022**

Experience SIX scenic rail excursions following historic routes of the Old West including the Leadville Colorado & Southern Railroad, the Durango & Silverton Narrow Gauge Railroad, voted one of the “Top Ten Most Exciting Rail Journeys in the World,” the Cumbres & Toltec Scenic Railroad, the Royal Gorge Route Railroad across the famous Hanging Bridge, the Cripple Creek & Victor Narrow Gauge Railroad, and climb almost 7,500 feet on the Pikes Peak Cog Railway. \$3400 pp Dbl



## MAJESTIC LAKES AND MOUNTAINS

**October 4 -13, 2022**

Visit Italy's fashion capital of Milan, relax in the tranquil surroundings of Lake Como and discover the charms of Bellagio and Como on this 9-day tour. Experience a scenic rail journey on the Bernina Express. Sit back and relax as you experience the journey of a lifetime along this single-track railway through the magnificent Alps. Browse in the shops and boutiques and dine on local specialties for lunch while surrounded by beautiful scenery. \$4449 pp dbl



## LADIES AMISH GETAWAY

**May 16-18, 2022**

Learn about Nappanee, Indiana's colorful history at Coppes Commons. Explore this countryside filled with horse-drawn buggies, tidy farm homes and white-washed barns on a “Grab Bag Backroads Tour.” Stop at Teaberry Wood Products to make your own “Square in a Square” Wooden Quilt Block and Fruit Hills Winery for a tasting of their wine and accompanied by cheese, cracker and meat appetizer trays. \$849 pp dbl

## 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. 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.

## DO I NEED AN ELDER LAW ATTORNEY OR A FINANCIAL ADVISOR OR BOTH?

Thursday, November 4, 12:00 pm-1:30 pm  
OR Thursday, November 11, 6:00 pm-7:30 pm



Learn the difference between an Elder Law Attorney and a Financial Advisor. Know what documents are needed when meeting with both. Be able to facilitate a strong conversation when meeting with each. The Aging and Disability Resource Center of Jefferson County and Alzheimer's Association welcomes Attorney at Law Carol Wessels with Wessels & Liebau LLC, Elder & Special Needs Law and Financial Advisor Julie Nachtigal with Edward Jones. There will be a question and answer with Carol and Julie after the presentation. Feel free to e-mail questions ahead of time at: [HeatherJ@jeffersoncountywi.gov](mailto:HeatherJ@jeffersoncountywi.gov). Zoom or Call-In Option, receive information upon registration. To register, call 920-675-4035 or E-mail [HeatherJ@jeffersoncountywi.gov](mailto:HeatherJ@jeffersoncountywi.gov)

## TEEPA SNOW-DEMENTIA EXTRAORDINAIRE "HUMOR AND CAREGIVING"

November 18, 2021 9:00 - 11:00 a.m. Virtual



Join Teepa Snow in her presentation on Humor and Caregiving. Snow is one of the world's leading advocates and educators for individuals living with dementia. She is an Occupational Therapist with over 40 years of clinical and academic experience. Teepa Snow created the Positive Approach to Care training strategies, which are effective techniques for anyone seeking to optimize care and support for those living with brain changes. Her user-friendly approaches provide guidance and leadership to national efforts to promote the best practices in care. Discover how humor can be used during caregiving, how humor can reenergize and refocus both the person with dementia and the caregiver. Come enjoy a laugh! Register at: 920-675-4035 or E-mail [HeatherJ@jeffersoncountywi.gov](mailto:HeatherJ@jeffersoncountywi.gov)

## 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.

## 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

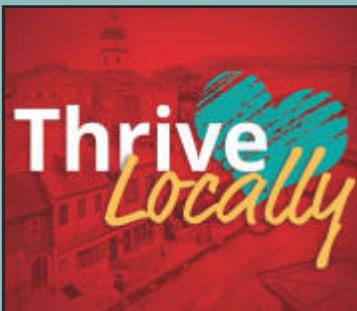
For those of you who used OurSeniorCenter.com to find our newsletter, it is NOW [MyCommunityOnline.com](http://MyCommunityOnline.com). It includes all listings of senior centers and their newsletters that publish with LPi, the Walworth County ADRC newsletter, and community and intergenerational centers,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



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# Activity Calendar

## November 2021

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRI/SAT/SUN   |
|---|--|--|--|---|
| <b>1</b><br>8:00 Pickleball (A)<br>9:30 FUNfit-(H)<br>11:00 Book Club<br>11:00 Warblers<br>12:30 Pickleball (A)<br>1:00 Canasta<br>1:00 Mah Jongg<br><b>1:00 "Tig" Crane Presentation</b> | <b>2</b><br>9:00 Pickleball (A)<br>10:00 Culver's Bingo<br>10:00 Yoga with Brienne (HC)<br>12:30 Sheepshead<br>1:00 Dominoes<br><b>2:00 Mayflower Travel Previews</b>                                | <b>3</b><br>8:00 Pickleball (A)<br>9:00 Indoor Walking<br><b>9:15 Jville Shopping</b><br>12:30 Pickleball (A)<br>1:00 History Stories (H)<br>3:00 Roll Away Stress (H) | <b>4</b><br>8:30—2:30 Joyful Toes<br>8:30 Core & More-H<br>9:00 Pickleball (A)<br>9:30 FUNfit-(H)<br>10:00 Yoga with Brienne (HC)  | <b>5</b><br>8:00 Pickleball (A)<br>9:00 Indoor Walking<br><b>10:30 Scholarly Scoop</b><br>12:30 Pickleball (A)<br><br><b>Office Closed</b>          |
| <b>8</b><br>8:00 Pickleball (A)<br>9:30 FUNfit-(H)<br>11:00 Warblers<br>12:00 Senior Forum<br>12:30 Pickleball (A)<br>1:00 Mah Jongg<br><b>1:00 Nature Writing</b><br>1:30 DFCI Meeting   | <b>9</b><br>9:00 Pickleball (A)<br>9:30 Rockin' Respite<br>10:00 Mulberry Bingo<br>10:00 Yoga with Brienne (HC)<br>12:30 Sheepshead<br><b>12:30 Stain Glass-A</b><br>1:00 Movie "On the Rocks"       | <b>10</b><br>8:00 Pickleball (A)<br>9:00 Indoor Walking<br>12:30 Pickleball (A)<br><b>12:30 Stain Glass-A</b><br>1:00 History Stories (H)<br>3:00 Roll Away Stress (H) | <b>11 Veterans Day</b><br>8:30 Core & More-H<br>9:00 Pickleball (A)<br>9:30 FUNfit-(H)<br>10:00 Yoga with Brienne (HC)<br><b>10:30 Lunch Bunch</b><br>11:00 Puzzle Exchange  | <b>12</b><br>8:00 Pickleball (A)<br>9:00 Indoor Walking<br>10:00 Sewing<br>12:30 Pickleball (A)<br><br><b>Office Closed</b>                         |
| <b>15</b><br>8:00 Pickleball (A)<br>9:30 FUNfit-(H)<br>9:30 Pegs & Jokers<br>11:00 Warblers<br>12:30 Pickleball (A)<br>1:00 Canasta<br>1:00 Mah Jongg<br><b>1:00 Nature Writing</b>       | <b>16</b><br><b>8:30 Breakfast and Discussion</b><br>9:00 Pickleball (A)<br>10:00 Yoga with Brienne (HC)<br>12:30 Sheepshead   | <b>17</b><br>8:00 Pickleball (A)<br>9:00 Indoor Walking<br>12:30 Pickleball (A)<br>3:00 Roll Away Stress (H)   | <b>18</b><br><b>8:15 Breakfast Bunch</b><br>8:30 Core & More-H<br>9:00 Pickleball (A)<br>9:30 FUNfit-(H)<br>10:00 Yoga with Brienne (HC)   | <b>19</b><br>8:00 Pickleball (A)<br>9:00 Indoor Walking<br>10:00 Sewing<br>12:30 Pickleball (A)<br><b>4:00 Fish Fry</b><br><br><b>Office Closed</b> |
| <b>22</b><br>8:00 Pickleball (A)<br>9:30 FUNfit-(H)<br>11:00 Warblers<br>12:30 Pickleball (A)<br>1:00 Mah Jongg   | <b>23</b><br>9:00 Pickleball (A)<br>9:30 Rockin' Respite<br><b>9:30 Blood Pressure</b><br>10:00 City Bingo<br>10:00 Yoga with Brienne (HC)<br>12:30 Sheepshead<br>1:00 Movie "Home for the Holidays" | <b>24</b><br>8:00 Pickleball (A)<br>9:00 Indoor Walking<br>12:30 Pickleball (A)<br><br><b>Office Closed</b>  | <b>25</b><br>  | <b>26</b><br>8:00 Pickleball (A)<br>12:30 Pickleball (A)<br><br><b>Office Closed</b>  |
| <b>29 Hanukkah</b><br>8:00 Pickleball (A)<br>9:30 FUNfit-(H)<br>11:00 Warblers<br>12:30 Pickleball (A)<br>1:00 Canasta<br>1:00 Mah Jongg  | <b>30</b><br>9:00 Pickleball (A)<br>9:30 Rockin' Respite<br>10:00 City Bingo<br>10:00 Yoga with Brienne (HC)<br>12:30 Sheepshead<br>1:00 Movie: "Dream Horse"  |   | Activities take place at the Starin Park Community Building unless otherwise noted.<br><br>AQ=Whitewater Aquatic Center<br>A=Downtown Armory, 146 W North St<br>C=Cravath Lakefront Ctr<br>H=Hybrid (In Person & Virtual)<br>V=Virtual |   |

## 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 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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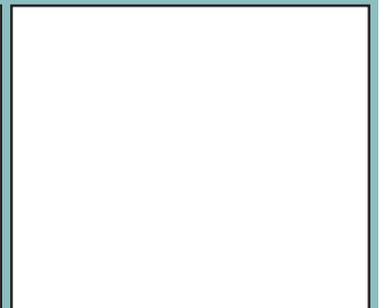
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## FROM THE COORDINATOR

Fall brings a season of change, the next six months there will be a lot of change or maybe it won't seem like it. We're still fighting the virus and hopefully we will be able to stay open and provide programming unlike last winter. I appreciate people wearing masks and getting vaccinated to help protect everyone who comes here. I'm looking forward to the transition to being a participant. Before that can happen, I really would appreciate people attending the Breakfast Discussion above. This center belongs to you all and your input is crucial to its forward progress and potential growth. Seniors aren't going away. Our numbers are only going to increase as the biggest year of the baby boom turns 65 next year.

Enjoy this month of Thanksgiving. I hope you can find many things to be grateful for. ~Deb



**Breakfast Servers** are needed at our Breakfast and Discussion on Tuesday, November 16 from 8—8:45.

**Set-up for the breakfast discussion** on Monday, November 15 at 3:30 pm. Should take 30—60 minutes.

## ACCREDITATION GOALS

These are not complete or all goals, but will give you an idea of discussions at the Breakfast.

### Elected Advisory Group

Per our annual survey 2020, people are interested in serving. Research how other senior centers do elections, what their purpose is and how they find willing participants. Make decision to move ahead or not

### Facility

Some activities have outgrown the available space at the center. Work with city staff and seniors to address need for a larger center or find space somewhere within the city for groups to meet.

### Rebranding Seniors in the Park

Hold focus groups in 2021, assess how we are perceived in the community and possible need for a name change

**Renaming Seniors in the Park (part of the rebranding process)**

### Programming

**Transition to new Senior Coordinator in 2022**

**Continue supporting the Whitewater Dementia Friendly Community Initiative and the Rockin' Respite.**

### THANKS TO:

**Ginny Coburn** for leading our monthly hikes  
**Pat Metz** for compiling a dementia resource  
**Debbie Andrus** for keeping everything running smoothly while I was gone.

**Romelle Koch** for sitting in on a training for a new process for creating and submitting our newsletter.

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**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.

## COCHLEAR IMPLANTS: WHAT TO KNOW

Cochlear implants treat severe to profound hearing loss in patients with sensorineural (inner ear-related) hearing loss. A trained physician surgically implants the devices, which bypass the problematic areas in the ear by directly stimulating the auditory nerve and sending signals straight to the brain.

### How does it work?

A cochlear implant works differently than a hearing aid. Hearing aids amplify sounds so that a person with nerve damage can hear more clearly. Cochlear implants generate an electrical signal that the brain interprets as sound. While a cochlear implant does not cure deafness or restore normal hearing, it does allow a patient to perceive sound and can help them converse again.

### Who can get cochlear implants?

To determine whether you are a candidate for cochlear implants, you'll have to meet a specific list of criteria. If you are experiencing severe to profound sensorineural hearing loss (the result of nerve damage to the inner ear) and can't benefit from conventional hearing aids, you are a prime candidate for cochlear implants.

### What are the benefits?

Although these implants are most helpful in patients with solid language and communication skills and a hearing loss that occurs later in life, younger children (typically between the ages of one and six) also benefit, as a cochlear implant exposes them to sounds during their formative learning years while they are developing speech and language skills. Post-implantation therapy is a crucial component in the success of cochlear implants; learning to use them correctly takes time and effort.

If you are interested in finding out if you're a candidate for cochlear implants, ask your PCP for a referral.

Contact an audiologist at Fort HealthCare Audiology at 920.563.6667 in Fort Atkinson or 262.473.8920 in Whitewater to learn more about cochlear implants, get help with your hearing 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).
- **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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## SENIORS IN THE PARK

504 W Starin Rd, PO Box 178  
Whitewater WI 53190

Phone 262-473-0535  
Hours Monday—Thursday  
9:00 am—3:00 pm  
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)

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