



The Park Bench

March 2019

Seniors in the Park Newsletter

SHARE A RAPTOR EXPERIENCE WITH HOO'S WOODS



Tuesday March 19, 1:00 pm

During this one-hour education program you will meet several of our live raptors that will include our bald eagle, Victory. An indoor free flight demonstration is also planned with one of our trained owls. Participants will learn about their natural history, breeding, habitat and behaviors. These raptors are some of the most beautiful and fascinating birds in the world. Hoo's Woods program will leave you spellbound and anxious to learn more about these fascinating birds and others.

We appreciate advance registration for the program.

SCHOLARLY SCOOP: BEYOND BOUNDARIES: 3D PRINTING AND SCIENCE EDUCATION



Friday, March 1 10:30 am

This talk provides an introduction to 3D printing and how it can be used to create objects that are useful for teaching and learning science ideas. 3D printing is the process of creating or designing an object on a computer and then using a desktop printing device that produces thin layers of plastic to construct a real, three-dimensional physical version of that object. These objects are especially helpful for students with visual disabilities and can help them understand concepts that would otherwise be difficult to learn from a picture.

Dr. Steven Sahyun is an Associate Professor in Physics at UW-Whitewater.

We appreciate advance registration for the presentation.

Volume XIX Issue 3

WHAT'S INSIDE

- 2-7 *Activities*
- 5 *Support our Sponsors*
- 8 *Dementia Friendly*
- 9-10 *Travel*
- 11 & 13.... *Support Our Sponsors, Services & Meals*
- 12 *Activity Calendar*
- 14-15 *Volunteers, Info & Community*
- Back *ADDRESS, Phone Numbers, Staff and Subscription info*

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



Membership for 2019 is due. For more information see page 7

UKRANIAN EGGS

Thursday, March 28 1:00 pm



Pat Hall makes pysanky, sometimes called Ukrainian Easter Eggs. Pat will

demonstrate how this centuries-old method of decorating eggs is done, and discuss some of the symbolism and customs surrounding them. She will display several sizes of decorated eggs — ostrich, emu, rhea, goose and chicken.

If you are interested, Pat will have goose-sized eggs for sale for \$40 the day of the demonstration. Many of you may know Pat, as she is a vender at the city market selling her award-winning, independently-published children's books, which she will also have on hand. Please register in advance.

PUZZLE EXCHANGE

Friday, March 15
9:30-10:00 am

Are you ready to trade your 500/1000-piece puzzles for different



ones at no cost? Bring 3 to 10 bagged-in-the-box puzzles to the Starin Park Community Building. The exchange will take no longer than a half hour. If you are unable to make this one, others will be held on the third Friday of the month through the winter. If you have questions, call Louise, 262-473-2548.

BASIC YOGA

Tuesdays, March 5—April 30 (8 weeks)*

Thursdays, March 7—May 2 (8 weeks)*

10:30 am, Cravath Lakefront Center

This 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. Students should bring a yoga mat and wear loose or flexible clothing.

Instructor: Brienne Brown, RYT

Fee: \$32 members for 8-week session; \$42 non-members

Payment/Deadline: Thursday, February 28

*Note: No class Tuesday, March 26 because of Spring Break

*Note: No class Thursday, March 28 because of Spring Break



STEPPING ON - BUILDING CONFIDENCE AND REDUCING FALLS

Tuesdays: March 5 thru April 16 1:30-3:30 (corrected time)

Blackhawk Manor, 1155 Blackhawk Drive, Whitewater

Have you fallen in the past year? Do you have a fear of Falling? Why should I be concerned about falling?

In Wisconsin, falls are the leading cause of injury in older adults and WI ranks in the top 5 states for the number of deaths due to falls. Of those that fall, about 50% of all seniors do not resume independent living.

Topics include: Simple and fun balance and strength training. How your vision plays a role in keeping your balance. How medication can contribute to falls. Ways to stay safe when out and about in your community. What to look for in safe footwear. How to check your home for safety.

Fee: \$10.00 Deadline is March 1

Questions or to register: Call 262-741-3309

Walworth County Aging and Disability Resource Center Must be 60 years or older to attend this class.

VOLUNTEER APPRECIATION

Tuesday April 16, Noon

“Thanks for being our Pardners!” Thank you all for being the BEST volunteers. We couldn't do it without you. We are starting with a BBQ lunch at High Noon, words of appreciation and thanks, and then entertainment by Karen Wickham, Patsy Cline Tribute Artist. She will thrill you with her wonderful sounds and take you to the country with her songs. She has been singing since the tender age of nine. Her songs and style are inspired by women like Patsy Cline, the Judds and Tammy Wynette. People close their eyes and remember good times, when things were simpler.

Please RSVP by Thursday, April 11

Fee: Volunteers FREE Guests: \$5.00



SIP & SWIPE®

Want to stay in contact with children and grandchildren, play games or learn how to fix something? An easy way to step into the digital age is to learn to use a tablet. They are inexpensive and not difficult to learn. Take this FREE 4-part class, one-on-one, with a coach.

A tablet is not required, as we have tablets to use during the program. Call for a class!

Coaches are still needed for assistance with Android tablets. Let Deb know if you are interested.

We also have tablets that you can use during the day, thanks to Generations Online, Bader Foundation and the Sip & Swipe® program.



NEW! GADGET GURUS

First Friday, March 1 10:00—11:00
Third Tuesday March 19 3:30—4:30 pm

Pairs of UW-W Sociology students will be available to assist you with your technology and gadget questions or issues. They can also assist

with Facebook, Twitter, Instagram, photo uploading & storage, email, documents and more. Plus, the students can take some tech requests as an on-call basis. They have been going to Fairhaven for two semesters now and have so many students wanting to help, they are branching out to us. Please let us know if you will be stopping in for help. You can also drop-in.

IPAD ASSISTANCE

Do you have an iPad or iPhone and just want a little more information? Mark is willing to work one-on-one with you to troubleshoot issues or just learn what you can do with this technology. Please bring your iPad/iPhone to work on and passwords to get into what you want to work on. Please call to set up an appointment with Mark.

NEW!! ANDROID GROUP

Monday, March 18, 2:30 pm

Bring your Android tablet or Kindle Fire and tackle the monthly topic. Tom Fick will facilitate the group.

This month's topic is Using the Web ... browser options, privacy, search, history, bookmarks, and favorites.

April 15: Email ... which one to choose, having more than one account, blocking spam, setting up folders, vacation/out of office settings, notifications



WHITEWATER DEMENTIA FRIENDLY COMMUNITY FACEBOOK PAGE

Check out our new Facebook page at <https://www.facebook.com/Whitewater-Dementia-Friendly-Community-2043061225984979/>



Whitewater Parks and Recreation and the Whitewater Aquatic and Fitness Center are on Facebook. Please friend us.

HOW TO REGISTER AND PAY ONLINE

Register and pay for trips, classes and membership online at home: schedulesplus.com/wwtr (you need to be registered with us, including your phone number and birth date). We have printed directions at the center, if you need help. **OR** Pay for classes (No trips) at www.wwparks.org. (You must create an account.) Checks for activities, classes and trips are made out to: City of Whitewater, unless indicated otherwise.



WHAT IS A HIPAA AUTHORIZATION & WHY SHOULD YOU HAVE ONE?

Thursday, March 14, 1:00pm

In 2003, the HIPAA Privacy Rule was put in effect introducing new standards regarding disclosure of health information. In 2013, further changes were made to this rule. These new standards include the persons to whom and circumstances under which protected health information may be disclosed.



The HIPAA Privacy Rule allows sharing of protected health information by health care providers to authorized persons, including those designated as Health Care Agents under a Health Care Power of Attorney document. Without a signed HIPAA Authorization, disclosure of protected health information would violate HIPAA rules, and could cause health care providers to face financial penalties, as well as possible criminal charges.

When an individual signs a HIPAA Authorization, you give consent to your health care provider releasing pertinent information about your medical history, medication, and diagnoses to selected individuals. The Authorization must be specific in language, and include the information allowed to be disclosed, identify the person(s) given authority to access the information, include the purpose for which the disclosure is being made, a provision stating the individual's right to revoke the Authorization, as well as how that right may be exercised. The Authorization must be signed by the individual giving authorization, and dated.

HIPAA Authorizations have not been commonplace to include in Health Care documents, but they have now become a standard, and are highly recommended.

Please register in advance for this informational presentation by Attorney Gretchen Burgess.

STAINED GLASS CLASS

April 9 & 10, 12:30 –3:30 pm

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.

Instructor: Caroline Britton

Fee: \$15.00 members; \$20.00 non-members

Deadline: Friday, April 5

No March class



AARP TAX ASSISTANCE

Wednesdays

AARP is offering free tax preparation to **low and moderate income** taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal taxes. Call 262-473-0535 to set up an appointment. One tax return per hour. If you have more than one return, you must make an appointment for each. Donations for this service are accepted and support programming at Seniors in the Park.

You must arrive 15 minutes early and bring:

- Photo ID and Social Security Card (both are required)
- Copy of 2017 tax returns
- Proof of 2018 income
- Blank check for electronic refund deposit

If you are filing jointly, both spouses must sign 3 forms at intake time and the taxes. No exceptions.

If you are filing Wisconsin Homestead Credit, you will need either a 2018 real estate tax bill OR Certificate of Rent form signed by your landlord. 2018 taxes do not have to be paid to file Homestead Credit.

IMPORTANT NOTE: Preparers will not do returns for people who are married, but file separately, or who become divorced in 2018; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs and child investment income tax.



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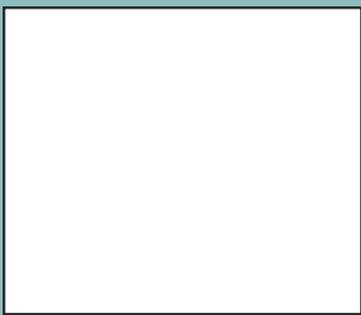
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ACTIVITIES AT A GLANCE

'FUN'ctional Fitness—Mondays & Thursdays 9:30 am; \$1.00 per class Members; \$2.00 non-member

Core & More—Mondays & Thursdays 8:30 am; \$1.00 per class Members; \$2.00 non-member

Pickleball—Mondays, Wednesdays and Fridays 12:30-2:30, Tuesdays and Thursdays 9:00-11:00 am at the Downtown Armory

Let's Walk! (indoors)—Wednesdays and Fridays 9:00 am

Whitewater Warblers (singing) – Mondays 11:00 am

Open Sewing—Second Friday 10 am—3 pm

Book Worms—First Monday 10:30; Books available at Starin Park

Potluck—First Tuesday 11:15 am

Bingo—First, Second & Fourth Tuesdays 10:00 am

Canasta—First, third and fifth Mondays 1:00 pm

Dominoes—First Tuesday 12:00 pm

Mah Jongg – Mondays, 1:00 pm

Pegs and Jokers –Third Tuesday 9:30

Sheepshead—Tuesdays 1:00 pm

Puzzle Exchange—Third Friday 9:30 am thru March

MOVIES: SPONSORED BY MULBERRY GLEN

“The Old Man and the Gun”

(Comedy/Drama/Crime Story)

Friday March 1, 12:30 pm

Rated PG-13; 1 hour, 33 minutes (2018)



“Bohemian Rhapsody”

(Biography/Drama/Musical)

Tuesday, March 12, 12:30 pm

Rated PG-13; 2 hours, 14 minutes

The story of the legacy rock band, Queen, and its infamous lead singer, Freddy Mercury, and his struggles, from immigrant origins and sexual orientation, to eventual legendary rock status. Nominated for 5 Oscars, including

Best Picture and Actor (Rami Malek).



“The Green Book”

(Biography/Drama/Comedy/History/Music)

Tuesday, March 26, 12:30 pm

Rated PG-13; 2 hours, 10 minutes

A working-class Italian American bodyguard/bouncer (Viggo Mortensen) becomes the driver of an African American classical pianist (Mahershala Ali) on a 1962 concert tour through the segregated Deep South, using The Negro Motorist Green Book, a travel guide for safe travel.

Nominated for 5 Oscars, including Best Picture, Actor (Mortensen), and Supporting Actor (Ali).

SCHOLARLY SCOOP: PROHIBITION—A PERFECT STORM

Friday, April 12 (Please note the date change) 10:30 am

Although the hatchet-wielding Carrie Nation and the WCTU often get much of the blame for Prohibition, the actual story is far more complex. The Volstead Act came about as a result of not only women's temperance movements, but also a “perfect storm” of other causes, namely lobbying groups, taxation reform, and anti-immigrant sentiment in the early twentieth century. The history of Prohibition is both complex and, more importantly, very relevant to contemporary conversations about the legalization or criminalization of marijuana and other drugs. Please let us now if you will be attending. We'll have the coffee on.

Dr. Karl Brown teaches Modern European History at the UW-W.



All Seniors in the Park activities are held at the Starin Park Community Building, 504 W. Starin Rd, unless stated otherwise.

MEMBERSHIP 2019

MEMBERSHIP

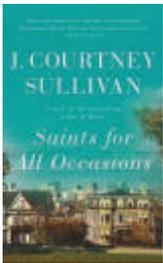


Thanks to everyone who joined last year! A quick reminder that membership dues for 2019 should be paid soon. Dues paid by February 20 will be eligible for drawing prizes from local businesses.

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. In 2018, the 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 into the office and let us know. We are trying to keep this affordable for everyone.

BOOK WORMS



Monday, March 4, 10:30 am

The Book Club will discuss *Destiny of the Republic: a Tale of Madness, Medicine and the Murder of a President* by Candice Millard. The book for April will be *Saints for All Occasions* by Courtney J. Sullivan.

This novel covers five decades in the lives of a pair of Irish sisters, Nora and Theresa Flynn. Told in parallel narratives that eventually converge, the novel begins twice. Its first opening occurs in 2009 with the death of Nora's oldest son, Patrick, a middle-aged bar owner, in a car accident. A few pages later, we've traveled back to 1957, watching as Nora and Theresa are leaving the Irish village of Miltown Malbay to join Nora's fiancé, Charlie Rafferty, in Boston. Predictably, their experiences in Boston diverge as soon as they take up residence in a Dorchester boardinghouse. While Nora settles into her traces as a seamstress, Theresa falls for the black-haired, Clark Gable-ish Lothario she meets at a dance. "That one looks like trouble," Nora observes the instant she spots him, and, no surprise, she isn't proved wrong.



Tuesdays, 10:00 am

Mar. 5: Mulberry Glen

Mar. 12: Culvers

Mar. 26: City Bingo

WHITEWATER WARBLERS

The Whitewater Warblers will not meet on Mondays, April 8 & 15.

PEGS AND JOKERS

Pegs and Jokers will not meet in March.

SENIOR FORUM

Monday, March 11, 11:30 am

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. Give your input on membership, fundraising, trips, activities and classes.



You can now get your copy of *The Park Bench* online by clicking on or

going to the following link: our-seniorcenter.com/find/seniors-in-the-park. You can also check out our supporter advertisers here too!

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WE NEED YOU!

JOIN the Whitewater Dementia Friendly Community Initiative (WDFCI), as we work to create community awareness, provide training and support care partners and those with dementia, by calling Deb at 262-473-0535 or email dweberpal@whitewater-wi.gov.

DEMENTIA FRIENDLY BUSINESSES, CHURCHES AND ORGANIZATIONS

Would you like your business, church or group to be recognized as Dementia Friendly? We will be doing more training after the first of the year. Our goal is all businesses in Whitewater! Wouldn't that be amazing? It will take time, but will benefit so many and bring awareness about dementia. Please call if your business or organization is interested in the training.



Businesses and organizations with the purple angel are recognized as being Dementia and Aging Friendly. Look for this symbol.

MEMORY CAFÉ

Monday, March 11, 10:30 am

The Irvin L. Young Memorial Library, in partnership with the Alzheimer's Association, hosts a monthly Memory Café for individuals who are living with Mild Cognitive Impairment (MCI), early-stage Alzheimer's or other dementia, and their care partners. This free social event is held on the second Monday of the month in the Library Community Room at 431 W. Center St. The theme will be Welcoming Birds Back, with a focus on bird migration and related art.

The Memory Café offers a safe and fun way to share stories and socialize with others who have similar experiences. Staying physically, socially and mentally active is good for the brain. If you are attending for the first time please call 800-272-3900.

2019 FAMILY CAREGIVER EDUCATION PROGRAMS

Learn about topics of interest to families and friends of those with Alzheimer's or other dementias. Free. No registration needed. Programs are hosted at the Agrace Hospice Center, 2901 Wright Rd, Janesville (off Hwy 14 east of Janesville). If you need assistance or have questions about the programs, contact the Alzheimer's & Dementia Alliance of Wisconsin Rock County office, 608.313.3335.

Family Dynamics in the Dementia Journey

Tuesday, March 19 1:00—2:30 pm

Discover ways dementia impacts families and the value of recognizing and accepting each person's strengths and weaknesses as caregivers.

Is It Time For Facility Care?

Tuesday, April 16 1:00—2:30 pm

Review things to consider when making the decision to move to facility care.

WHAT'S IN A WORD?

I recently stumbled across a wonderful blog full of practical information about dementia (myalzheimersstory.com). The author, Susan Macaulay, discusses trendy "therapies" for Alzheimer's Disease – art therapy, music therapy, pet therapy – and wonders if meals will soon be "food therapy", rest "sleep therapy". It made me pause and think about the word therapy. By labeling activities as therapy, it implies one is weakened or deficient and needs to be "fixed". We need to re-think the use of stigmatizing, dehumanizing words.

So, as I get old, I hope to continue to engage in exercise, art, music, socializing and pet care. These are activities I enjoy and probably always will. They are part of who I am. Please choose your words thoughtfully.
~Submitted by an Alzheimer's Advocate

RESPITE DONATION WISH LIST

Construction paper or colored card stock, small cans of coffee, hand wipes

AGING ADVOCACY DAY

May 14

Park Hotel and WI State Capitol Join advocates from around the state to help educate state legislators about issues affecting older adults & caregivers. No experience necessary, training provided. Questions or to register <https://gwaar.org/agingadvocacyday> or your ADRC. Deadline is April 30. **Make a difference and let your voice be heard!**

LUNCH BUNCH

Thursday, March 14 10:30 am

Enjoy lunch at O'Riley & Conways in Janesville. A good month for an Irish meal.



Fee: \$3.00 members,
\$6.00 non-members

RSVP by Wednesday, March 13

FISH FRY FRIDAY

Friday, March 22

Join us for a fish fry at the Real McCoys.

Depart at 4:15 pm.

RSVP by Wednesday, March 20

Fee: \$3.00 members,
\$6.00 non-members

Minimum of 7 people

BREAKFAST BUNCH

Thursday, March 28, 8:15 am

We will head to the Blue Gillies in Newville, a favorite place.

Fee: \$3.00 members,
\$6.00 non-members

RSVP by Tuesday, March 26

FORT ATKINSON SHOPPING

NEW DATE!

Wednesday, March 13, 9:30 am

Get picked up where you live and shop in Fort Atkinson. There are grocery stores, GoodWill, Dollar Store and more. Participants choose where to shop.

Fee: \$3.00

RSVP by Monday, March 11

We could use one more Van Driver to round out our complement of drivers. Let Deb know if you are interested.

UW BAND CONCERT



Thursday, April 18

Band Director Mike Lecrone will be retiring this year. If you haven't seen this concert in person, it's a must see. You will have an evening of fun...great sounds... and exciting Badger spirit. Dinner is on your own at the Coliseum Bar.

Fee: \$32.00 members \$42.00 non-members Deadline: March 29

Seats limited!!!

Depart Starin Park: 3:45 pm; Return approx 11:30 pm

IKEA



Friday, March 22

Check out the Ikea store in Oak Creek, where you can also enjoy a Swedish lunch. Fee: \$9 (transportation and Driver)

Depart Starin Park 9:00 am; Return: 2:00 pm

Deadline is Thursday, March 14



UPCOMING VAN TRIPS

As I continue to plan trips for the warmer months, here are some ideas and set dates.

Alpacas

Rotary Gardens summer tour

Mallards Baseball June 12

River Valley Ranch

If you have any interesting sites you want to visit, please let me know.

Wisconsin State Fair

Ikea

Galena

Volo Auto Museum

POP-UP VAN TRIP LIST

Occasionally we have van trips that come to our attention after the newsletter deadline. If you would like to be on an email contact list for trips that don't make the newsletter or last minute opportunities, please call the center and let us know.

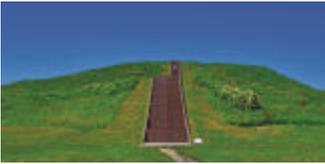
Seniors in the Park welcomes Seniors, Boomers and Adults of all ages on trips and to our programs.

Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in at the Starin Park Community Building.

THE BIG TRIP: LINCOLN, CAHOKIA & WORLD'S LARGEST

May 29—31, 2019

The tour begins in Springfield IL at the Lincoln Presidential Library and Museum. An absolute must see if you've never been there. We will also visit the Illinois State Museum, with world renowned natural history exhibits including those on regional Native Americans.



Thursday we are off to the highlight of the trip, Cahokia Mounds. There will be a 17 minute video and time to tour the fascinating and fabulous interpretive center. For those who wish, you can walk to and/or climb Monk's Mound, the largest man-made earthen mound in the North American continent. We'll end the day in Effingham visiting Hodgson Mills. A wine tasting and dinner is also included.

Friday we are off to Casey IL home of the World's Largest! We will wander through this quaint community to ogle several of the World's Largest items including a mailbox you can climb up into and mail a letter.

Trip includes: coach transportation, escort, 2 breakfasts, 2 lunches and 2 dinners, and all entrance fees.

Fee: \$369 double or \$469 single (fee is approximate and hopefully will not change)

A \$50 deposit is due with your reservation and final payment is due by April 27 with check or cash.



PERU: ANCIENT LAND OF MYSTERIES

November 2—12, 2019

Explore the most spectacular sight on the South American continent. You will tour the historic city center of Lima. Visit the spectacular



Ollantaytambo ruins, the only Incan settlement that has been continually inhabited since its inception. Travel through the Andes by Vistadome train to Machu Picchu and explore the ruins. Explore Cuzco and the sacred Incan ruins of Sacsayhuaman Fortress. On Lake Titicaca, cruise to the floating islands and experience walking on the spongy surface made from compacted beds of tortora reeds. There will be many opportunities to experience the culture and interact with locals. For more information, visit this website <https://gateway.gocollette.com/link/898506> or brochures at the Starin Park Community Center. Fees are \$4599 double, \$5499 single and \$4549 triple. Deposit of \$500 due with reservation. Includes airfare from O'Hare, all in-country air, 16 meals and transfers.

TORONTO AND NIAGARA-ON-THE-LAKE WINE TRAIL

September 16-20, 2019

Tour Toronto, including Casa Loma Castle, the view from the top of the CNN Tower and dinner. Stop at the peninsula's original winery and have lunch with a wine pairing at Jackson-Trigg's winery. Take a boat ride to the foot of the falls, visit a Butterfly Conservatory and laugh at the hilarious *Oh Canada, Eh?* dinner show.

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CHAIR MASSAGE

Wednesday, March 20, 1:00 pm

Chair Massage is for stress and tension relief, relaxation and just to feel good!

Stuart is a certified massage therapist and has ten years of experience and is excited to be able to provide this service monthly, on the first Wednesday. Ten-minute chair massages are \$12.00. Please call for an appointment.



TOENAIL CLINIC

Thursday, March 7

Beginning at 9:30 am

This service is by Appointment only. Deb Scullin, RN, provides the service. Please bring a towel. Fee is \$15.00.

Next Clinic: Thursday, April 4



GREETING CARDS

NEW cards are here! We have a great selection of Fravessi cards, including St. Patrick's Day, Birthday (including 60-90 year-old cards), Thank You, Wedding, Anniversary, Pet Sympathy, Serious Illness and much more! Most cards are priced from \$1.00 to \$2.95. Stop in and check out our selection.



OTHER SERVICES

- Free wifi access
- A document shredder is available (1-inch stack of documents or less to shred)
- There are books, magazines and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

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Activity Calendar

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>A=Downtown Armory 146 W North St HB = Hawk Bowl I = ILYM Library L=Cravath Lakefront</p>			<p>1</p> <p>9:00 Let's Walk! 10:00 Gadget Gurus 10:30 Scholarly Scoop 12:30 Mulberry Glen Movie "The Old Man & the Gun" 12:30 Pickleball (A)</p>	
<p>4</p> <p>8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>5</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 10:30 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead</p>	<p>6</p> <p>9:00 Let's Walk! 9:00 Tax Prep 9:30 Bowling (HB) 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>7</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 9:30 Toenail Clinic 10:30 Basic Yoga—L 1:00 Watercolor</p>	<p>8</p> <p>9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A)</p>
<p>11</p> <p>8:30 Core & More 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCl meeting</p>	<p>12</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Bohemian Rhapsody" 1:00 Sheepshead</p>	<p>13</p> <p>9:00 Let's Walk! 9:00 Tax Prep 9:30 Fort Atkinson Shop 9:30 Bowling (HB) 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>14</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:30 Lunch Bunch 1:00 HIPPA Presentation</p>	<p>15</p> <p>9:00 Let's Walk! 9:30 Puzzle Exchange 12:30 Pickleball (A)</p>
<p>18</p> <p>8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 2:30 Android Group</p>	<p>19</p> <p>9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 1:00 Sheepshead 1:00 Hoo's Wood Raptors 3:30 Gadget Gurus</p>	<p>20</p> <p>9:00 Let's Walk! 9:00 Tax Prep 9:30 Bowling (HB) 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 1:00 Chair Massage</p>	<p>21</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L</p>	<p>22</p> <p>9:00 Ikea trip departs 9:00 Let's Walk! 12:30 Pickleball (A) 4:15 Fish Fry</p>
<p>25</p> <p>8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>26</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "The Green Book" 1:00 Sheepshead</p>	<p>27</p> <p>9:00 Let's Walk! 9:00 Tax Prep 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A</p>	<p>28</p> <p>8:15 Breakfast Bunch 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit</p>	<p>29</p> <p>9:00 Let's Walk! 12:30 Pickleball-A</p>

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 1-800-365-1587, ext 3333 to make a reservation by noon a day previous. Call the 800 number to cancel meals day of no later than 8:00 am day of. Reservations are required. 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.



March 5

Parm. Crusted Pork Loin
Au Gratin Potatoes
Carrots; Wheat Bread
Mandarin Oranges
Vanilla Pudding

March 12

Beef Chili
Corn
Creamed Spinach
Cornbread Muffin
Vanilla Pudding

March 26

Beef Noodle Soup
Carrots
Tossed Salad
Cornbread
Pumpkin Bar

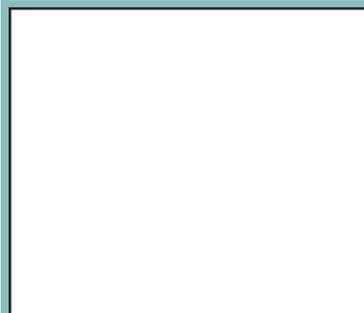
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THANK YOU!!

Rita Oehrke for helping at the Valentine event.

Bonnie Wagner for leading the snowshoeing.

Larry Hasterock for fixing the reception wind beak.

We appreciate donation, but we have very limited storage. All donations must be approved by the coordinator before being left in the building. Thanks!



BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word), program cancellations will be online on the Whitewater Banner and the City of Whitewater websites. **If school is cancelled we will not be open.** If there is a delay, we will be open, but some early classes may not meet.



Cherry Brown
Sharron McCarthy
Nancy Flanders
Romelle Koch
Donna Wilson

If you want to be on our birthday list, let Deb know your birth month you can be in the newsletter, too!

(For confidentiality and identity theft reasons, we will not longer include dates.)

VOLUNTEER OPPORTUNITIES

2020 brings the **40th Anniversary of Seniors in the Park!** Looking for people interested in helping plan events and research some history. Let Deb know if you would like to help.

2020 also brings our state re-accreditation. An accreditation meeting will be scheduled with information and a timeline. If you are interested, let Deb know in advance or come to the meeting.

SOCIAL SECURITY SCAM CALLS

Crooks are clever. They may say your card has been linked to a crime or used to apply for a credit card and you could lose your benefits. **LIES!**

ALL of these calls are SCAMS! Here's what you need to know:

- The SSA will never (*ever*) call and ask for your Social Security number. It won't ask you to pay anything. And it won't call to threaten your benefits.
- **Don't believe your caller ID!** Your caller ID might show the SSA's real phone number (1-800-772-1213), but that's not the real SSA calling. It's a trick! Scammers can use electronic tools on their cell phones to show any number when they call you - even SSAs! **HANG UP!**
- Never give your Social Security number to anyone who contacts you. Don't confirm the last 4 digits. And don't give a bank account or credit card number – ever – to anybody who contacts you asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is a scammer. **Always.** No matter who they say they are. You will **LOSE** your money and probably **NEVER** get it back. It's Gone! **HANG UP!**
- If you're worried about a call from someone who claims to be from the Social Security Administration, **HANG UP!** Then call the **real** SSA at 1-800-772-1213.

If you've spotted a scam, you can also contact the FTC at ftc.gov/complaint.

UW-W & FAIRHAVEN LECTURE SERIES A WORLD AT WAR: TAKING A CLOSER LOOK AT WWII

Mondays 3:00 pm @ Fairhaven
435 W. Starin Rd.

The Second World War impacted millions of people from dozens of countries across the globe. From the horrors of genocide and nuclear weapons to the emergence of super powers and a baby boom, the stories from the war are formative and profound. Lectures are free.

Mar. 4 American Politics in the Shadow of World War II: Re-examining the Presidential Elections of 1940 and 1944

Louis Fucilla, Asst Prof, Political Science

Mar. 11 American Hegemony: The World the Greatest Generation Built

F. Peter Wamer, Assoc Prof, Political Science

Mar. 18 Women of the Air: American Women Pilots in World War II

Elizabeth Jozwiak, Assoc Prof, History

Mar. 25 Understanding the Soviet Experience in World War II

POOR HEALTH CAN LEAD TO HEARING LOSS

If you don't watch what you eat and fail to exercise regularly, poor cardiovascular health is only one risk you'll face. New evidence shows a link between poor heart health and hearing loss. The reason for this surprising correlation? The inner ear is extremely sensitive to blood flow, so obstructions in the arteries and veins – symptoms of impaired cardiovascular health – can impact the peripheral and central auditory systems, leading to hearing impairment. Conversely, when the heart is healthy and the flow of blood is unimpeded, hearing problems are fewer.

Maintaining a healthy lifestyle will not only add years to your lifespan, but will reduce your odds of developing hearing loss. People diagnosed with heart disease should consider a hearing evaluation by an audiologist. Call 920-563-6667 to schedule an appointment at Fort Healthcare and get your hearing checked today!

LEAGUE OF WOMEN VOTERS

Thursday, March 21 6:30 pm
City Hall Council Chambers

Jenny Rule has started a local chapter of Moms Demand Action here in Whitewater. Moms Demand Action for Gun Sense in America is a grassroots movement of Americans fighting for public safety measures that can protect people from gun violence. Jenny will speak about local actions that her group is undertaking.

Saturday, March 9, 10—11:30 am City Hall Council Chambers

A **Common Council Candidate Forum** will be held. Five candidates are in play with one contested race in District Three.

The League is also planning a **School Board Candidate Forum** Saturday March 9th, 1:00PM-2:30PM, same venue. Check out confirmation on their website and social media. <http://www.lwvwhitewater.org>

Three candidates are running for two available seats on the WUSD School Board.

WISCONSIN MAKERS

Wisconsin Makers, 200 E Clay Street

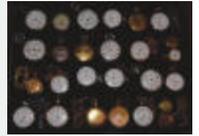
March 5 - Come to the MakerSpace, wearing your green from 3-5 pm. We'll use a poem generator to create 5-line poems called Limericks. We will be here with other makers from 6-8 pm, sharing knowledge and perhaps building a birdhouse or two.

March 19 - Work on projects from 3-5 pm. We will also be giving tours of the MakerSpace. From 6-8 pm, create and share knowledge with other makers. All of our equipment will be available for use.

For more information, email WisconsinMakers@gmail.com, or visit <https://www.facebook.com/wisconsinmakers/> or <https://www.meetup.com/WisconsinMakers/>.

WHITEWATER COLLECTS

The Whitewater Historical Society invites you to our 8th Annual Whitewater Collects event on Saturday, **March 16, from 1—4 pm**. See collections of various items shared by your neighbors at the Cravath Lakefront Center.



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.

HANDS2HELPU

This free service for elderly and disabled adults living within 15 miles of LaGrange (includes Whitewater) is sponsored by the LaGrange United Methodist Church. Two adults (one male, one female) will assist with small jobs at your home. Call Judy Seip at 608-843-7143 to schedule assistance. No donations will be accepted for their service.



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SENIORS IN THE PARK

504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Hours.... Mon-Thurs 8:00 am-4:00 pm
..... Friday various days/hours

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Parks & Recreation Director

Eric Boettcher

Websites: schedulesplus.com/wwtr
www.wwparks.org
www.whitewater-wi.gov

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



THE COMMUNITY SPACE IS OPEN!

Have you heard of the Community Space? It's a new community-driven re-use and sharing site that offers clothes, toiletries, household items, furniture, food, and more. It's also a fully accessible gathering place, with books, games, free WiFi, and comfortable places to relax. It's for everyone — whether you have clothes to donate, you need some food or toiletries to tide you over, or you want a convivial place to knit or crochet — or all of the above. All are welcome — no residency or income requirements. We're located at 834 E. Milwaukee St. in Whitewater (the old Coburn Company building) and we're open Tuesdays 8:30-11 am, Wednesdays 3:30-7 pm, Thursdays 8:30-11 am, and Saturdays 8:30 am to 2 pm. Volunteers are heartily welcome. For more information, to donate items, to volunteer, or just ask what the heck this is all about, contact Kristine at kristine@zaballos.com. Or visit our Facebook page: facebook.com/WhitewaterCommunitySpace.

