



The Park Bench

May 2020

Seniors in the Park Newsletter

“MAKE YOUR MARK”

This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year’s theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

OLDER AMERICANS MONTH



MAKE YOUR MARK: MAY 2020

Volume XX Issue 5

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

I hope this newsletter finds you well and ready to find your way back to normal. I miss you all! Below is information, as I know it, as of press time.

The most important is that most of our communication is through email. Please check your junk/spam mail and add **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.



If we open mid-June, it will be a soft opening with few classes or activities. Because most of you are in the most vulnerable category, it could also be longer before we open. Special events, trips and presentations have been postponed until at least July, if not August. The June newsletter will have information on how we will be handling social distancing, virtual classes, and anything else needed to keep you safe.

If AARP decides to restart tax appointments, we will call you to reschedule your appointment. The same for the Foot Clinic.

If a class was cancelled which you paid for, the unused portion of your payment was refunded to your account. You can check your account balance, make payments, add funds to your prepay account, and register for classes online at <https://schedulesplus.com/wwtr/kiosk/> This will be our preferred method of payment going forward, so we have less contact with money.

A shout out to:

- Patrea who made many, many phone calls during the past month, cancelling, rescheduling and updating.
- The Accreditation Committee that reviewed and is helping to finish our accreditation booklet.
- Pat Metz, keeping the caregivers who use respite, informed with opportunities for online resources.

Monday Musings Newsletter

If you have asked to receive the Park Bench newsletter by email, you are on the list to receive my weekly newsletter, Monday Musings, with timely information, things to do, fun stuff and other tidbits. If you would like to receive it, please email me, dweberpal@whitewater-wi.gov, and I will add you to the email list.

Stay well, take care and I hope to see you as soon as possible! ~Deb



IMPORTANT REMINDERS

EMAIL COMMUNICATION



Most of our communication is through email. Please check your junk/spam mail and add:

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.

IT IS NO FUN BEING ISOLATED

With the Covid-19 situation Generations on Line has created a shortcut on the homepage of their app to help seniors new to video-calling walk through an interactive tutorial on how to use various video-calling methods. The training now includes step-by-step training on Zoom as well as (Skype or FaceTime).



Help yourself or others learn to video-chat! Same great program, (Sip & Swipe) two ways to access:

FREE APP: *Easy Tablet Help For Seniors* available on Apple and Amazon App Stores & Google Play. With NEW shortcut to video chat information.

WEBSITE: type in the tablet or laptop search bar: www.generationsonline.org/gol4ipad (iPad) or www.generationsonline.org/gol4android (Android), or www.generationsonline.org/gol4kindle (Amazon Fire tablet)

Have someone else add it to their own device so they can answer your questions.

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

PAYING FOR CLASSES ONLINE— PLEASE REMEMBER!

If you pay for a class online with PayPal, please remember or write down the payment. People have been denying charges they have made for classes online, which creates headaches for all involved. Thanks for your help!



Go to <https://schedulesplus.com/wwtr/kiosk> and click on register. You must be in our system with phone number and birthdate and not be pre-registered for the class or trip. When you get to the payment area you may have to scroll down to use a credit or debit card, unless you want to use PayPal. Credit cards cannot be used once past the event deadline.

PARK BENCH ONLINE!

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



SELF CARE TIPS FROM NCOA

Check out these tips on the National Council on Aging (NCOA) website. Great ideas along with information on economic security, healthy living, an informational blog, and up-to-date info related to Covid-19 [HERE](#).

STAY AT HOME TIPS

U-W Extension now has tip sheets available for three key groups: Those living alone; Family/friends of someone living alone and Family caregivers, here at "Stay at Home Tips Wisconsin Extension": <https://fyi.extension.wisc.edu/covid19/category/topics/families/stay-at-home-tips/>

LIFETIME CONNECTIONS WITHOUT WALLS

Lifetime Connections Without Walls is a telephone activities program offering social and educational sessions, friendly conversation and support groups for adults to connect with others across the country. There is a \$10 quarterly fee. <https://www.familyeldercare.org/wp-content/uploads/2020/03/LCWW-Spring-2020-Catalog.pdf>

WELL CONNECTED

Well Connected is a phone and online program offering activities, education, friendly conversation and an assortment of classes and support groups to older adults across the country. The service is free: <https://covia.org/services/well-connected/>

RESILIENT WISCONSIN

We are in a stressful time for Wisconsin, and we recognize that stress is heightened for our parents and caregivers, people living with mental and behavioral health concerns, and mental and behavioral health providers.

This is why Resilient Wisconsin also provides tools, resources, and trauma-informed practices specific to these communities. Staying Safer at Home is important, but we know it is not easy. Resilient Wisconsin offers us a way forward as we all work towards a healthier Wisconsin. For more information, please visit resilient.wisconsin.gov. and follow DHS on [Facebook](#), [Twitter](#), and [Instagram](#).

Remember, it is OK to ask for help, and it builds resilience to reach out and connect. We are committed to building a healthier and more resilient Wisconsin.

FORT HEALTHCARE TELE-CARE PROGRAM

Tele-Care is a free service that provides a daily phone contact for persons who may benefit from such a service. Fort HealthCare volunteers call subscribers each Monday through Friday mornings between 9:00 and 10:00 a.m.; weekends and holidays excluded. If a Tele-Care subscriber can not be reached, a neighbor or relative is asked to check on the individual to make sure that they are well. For more information visit their website at www.forthhealthcare.com/telecare

MENTAL HEALTH RESOURCES

There is an increased awareness of mental health needs during this pandemic. The Milwaukee Neighborhood News Service has compiled a wonderful list of mental health resources that cover a wide array of topics from credible sources about mental health. You will find articles, tip sheets and podcasts with information about medication access, FAQs, mental health while working from home, online support groups, warm-lines and hotlines, etc. Click [HERE](#).

FRIENDSHIP LINE

The Institute on Aging has a FREE 24/7 Friendship Line for people 60 years of age and older and for adults with disabilities and for caregivers. They will also make ongoing outreach calls to lonely adults, if needed. They can assist with providing emotional support, elder abuse reporting, well-being checks, grief support through assistance and reassurance, active suicide intervention and information and referrals for isolated older adults and adults with disabilities. Institute on Aging Friendship Line 24/7 1-800-971-0016. More info click [HERE](#).

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Attorney Julie H. Nommensen

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

I am working with activity and class leaders to decide when classes will begin, if they will be virtual or in-person and protocols for attending classes. Thanks for your patience and understanding as we try to protect our most vulnerable population, YOU!

WALKING A LABYRINTH

Wednesday, June 24
1:00 pm or 2:30 pm

The workshop on Walking The Labyrinth will offer creative ways to walk the Labyrinth, instruction, and possible outcomes for the participants who choose to walk. It is a path that can be used for meditation. The Labyrinth can bring stress relief and relaxation to support our health. The portable cloth Labyrinth is 18' x 18' in size. It can be a calming, thoughtful, transformational experience. The invitation to walk this circular pattern may assist with clearing the mind and giving insight. Instrumental music and flameless candles will help create a peaceful, calming experience to the workshop.

Registration payment due: June 16

Fee: \$5.00 members
\$10 non-members

With low numbers we will be able to social distance. Masks are encouraged.



WHITEWATER SENIOR CYCLISTS

We are organizing a “virtual group ride.” Not online, but during the first week of June, participants, plan a personal route and go out alone, or with a friend or two. You enjoy the ride, come home, write up a ‘report’ with highlights of the ride, a basic route, optional photos and/or selfies, and submit it to your virtual leader, Patrea. All the reports will be shared with the group and can help you build a great repertoire of interesting rides.



Registration deadline is Friday May 29. Those registered for the ride will receive an email confirmation with information on how to ‘report’ your ride. Register at <https://schedulesplus.com/wwtr/kiosk>. Call or email with registration questions.

New participants, call 262-473-0535 to register. We will email you a participation waiver.

BASIC YOGA

10:00 am at Cravath Lakefront Center

Please know you have \$ in your account, if you were in the previous session.

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

Instructor is Brienne Brown, RYT

Fee: Members:

Fee: Non-members:

Payment/Deadline: Prior to class starting

Note: Class fees will be prorated for those in the previous session.



T'AI CHI CH'UAN

Downtown Armory Dance Studio

Tai Chi may be held outdoors as an option for social distancing. More info in the June newsletter.



The principles of Tai Chi include deep relaxation, correct posture, proper breathing and integration of the whole mind and body to accomplish even simple movements. The slow, flowing and intentional movements encourage the mind and body to be calm and relaxed for the energy to flow freely. Tai Chi requires no special equipment and can be practiced by people in nearly any condition. Practice the Yang-style short form as taught by Ben Lo.

May 1, 1941: Directed and starring Orson Welles, "Citizen Kane" premiered in New York.

May 2, 1885: The magazine "Good Housekeeping" was first published.

May 3, 1937: Margaret Mitchell won a Pulitzer Prize for "Gone with the Wind."

May 4, 1970: The Ohio National Guardsmen opened fire on students during an anti-Vietnam war protest at Kent State University, where four students were killed.

May 5, 1865: The Thirteenth Amendment was ratified, abolishing slavery in the U.S.

May 6, 1941: Bob Hope gave his first USO show at California's March Field.

May 7, 1915. The British ocean liner *Lusitania* was sunk by a German submarine, killing 1,201 civilians.

May 8, 1958: U.S. President Eisenhower ordered the National Guard out of Little Rock as Ernest Green became the first black to graduate from an Arkansas public school.

May 9, 1958: Richard Burton made his network television debut in the presentation of "Wuthering Heights" on CBS-TV.

May 10, 1994: Nelson Mandela was sworn in as South Africa's first black president.

May 11, 1910: Glacier National Park in Montana was established.

May 12, 1978: The National Oceanic and Atmospheric Administration announced that they would no longer exclusively name hurricanes after women.

May 13, 1989: Thousands of students began a hunger strike on Tiananmen Square in Beijing.

May 14, 1878: The name Vaseline was registered by Robert A. Chesebrough.

May 15, 1964: The Smothers Brothers, Dick and Tom, gave their first concert in Carnegie Hall in New York City.

May 16, 1929: The first Academy Awards were held in Hollywood.

May 17, 1985: Bobby Ewing died on the season finale of "Dallas." He returned the following season.

May 18, 1953: Jacqueline Cochran, the first woman to fly faster than the speed of sound, piloted an F-86 Sabre jet over California at an average speed of

652.337 mph.

May 19, 1536: Anne Boleyn, the second wife of England's King Henry VIII, was beheaded after she was convicted of adultery.

May 20, 1873: Levi Strauss began marketing blue jeans with copper rivets.

May 21, 1980: The movie "The Empire Strikes Back" was released.

May 22, 1967: "Mister Rogers' Neighborhood" premiered on PBS.

May 23, 1934: Bonnie Parker and Clyde Barrow were ambushed and killed by Texas Rangers in Bienville Parish, Louisiana.

May 24, 1844: Samuel F.B. Morse formally opened America's first telegraph line. The first message was sent from Washington, D.C., to Baltimore, Maryland with the message, "What hath God wrought?"

May 25, 1992: Jay Leno debuted as the new permanent host of NBC's "The Tonight Show."

May 26, 1896: The Dow Jones Industrial Average appeared for the first time in the "Wall Street Journal."

May 27, 1995: Christopher Reeve was paralyzed after being thrown from his horse during a jumping event in Charlottesville, Virginia.

May 28, 1957: National League club owners voted to allow the Brooklyn Dodgers to move to Los Angeles and that the New York Giants could move to San Francisco.

May 29, 1945: Bing Crosby makes his first recording of Irving Berlin's "White Christmas."

May 30, 1431: Joan of Arc was burned at the stake in Rouen, France, at the age of 19.

May 31, 1927: Ford Motor Company produced the last Tin Lizzie in order to begin production of the Model A.

©LPi



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.

WI ALZHEIMER'S ASSOCIATION CAREGIVER SUPPORT GROUPS

Access to support groups is by phone or online.

For Persons Living with Mild Cognitive Impairment (MCI):
2nd Wednesday, 10:00-11:00 am

General Family Caregivers:
1st & 3rd Tuesdays, 5:30-7:00 pm
2nd & 4th Thursdays, 1:00-2:30 pm

Family Caregivers for Loved One with Dementia Living at a Facility:
Fridays, 10:00-11:30 am

Male Family Caregivers:
2nd Wednesday, 6:30-8:00 pm
3rd Wednesday, 5:30-6:30 pm
3rd Thursday, 10:00-11:00 am
4th Thursday, 1:00-2:30 pm

Family Caregivers for a Loved One with Dementia in the Early Stages:
2nd Tuesday, 9:30-11:00 am
2nd Wednesday, 3:00-4:30 pm
4th Tuesday, 10:00-11:30 am

Spanish Speaking Family Caregivers: Grupo de Apoyo en Español:
2nd Tuesday, 10:00-11:30 am 2do Martes de cada mes,
10:00-11:30 a.m.
Llame a Virginia Zerpa 414-431-8811

Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD):
3rd Wednesday, 6:00-7:30 pm

To attend any of our Support Groups, please verify your attendance by calling 800.272.3900. You will receive connection information after you register.

www.alz.org/wi 24/7 Helpline 800.272.3900
Hablamos Español, 414.431.8811



THANK YOU

We'd like to take a moment to thank our extraordinary volunteers at Rockin' Respite. They show up with smiles and assist our guests. They have committed to the program and are contributing wonderful ideas and specially selected supplies for "their" guest. They exude caring and acceptance, resulting in a safe, warm environment where we all thrive. Thank you for making Rockin' Respite a success beyond our wildest expectations. You ROCK!

Thank You. 

FYI:

Respite Volunteers were over one fourth of the volunteer hours in 2019 with over 1300 hours! You all are amazing!!



WISCONSIN'S NORTHWOODS

August 16—19, 2020

Experience the essence of the Northwoods that delivers friendly people, quaint small towns, clean lakes and the smell of pine trees. Cruise on the Chain O' Lakes, tour ginseng and cranberry farms, Amish lunch, snowshoe baseball game, personal visits with Jim Harris and the Canoe Guys, the geographic marker halfway between the Equator and the North Pole. dinner at Little Bohemia and more! Trip organized by Country Travel Discoveries (formerly Taste of Home). This 4 day coach bus trip offers 8 meals; fees, tips and bag handling included. \$997 pp/dbl

I have not heard the status of this trip.

MOTORCYCLE RIDES

Friday, June 15 (dependent on weather and what's open)

Depart at 10:00 am and ride to Hartford WI. Have lunch at the Mine Shaft and then tour the Wisconsin Auto Museum. Adults 62+ \$9.00 or adults <62 \$10.00. A potential stop in Theresa for chocolate, ice cream or cheese on the way home. Rain Date is Friday, June 22.

Riders must arrive prior to departure to show proof of insurance (card you should be carrying) if this is your first ride with us in 2020. You can scan and email your insurance info or drop it off in advance, too. A participation form is needed if you have not ridden with us before. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.

Upcoming Rides will be rescheduled

Fish Fry in New Glarus

Rockton Chicken BBQ

Galena

Dubuque: one day or overnight

Taps and Tires Cruise night in Shopiere



Van trips will be rescheduled when social distancing has been removed.

LUNCH BUNCH

Fee: \$3.00 members, \$6.00 non-members
(Minimum 7 people)

BREAKFAST BUNCH

Fee: \$3.00 members, \$6.00 non-members
(Minimum of 7 people)

FISH FRY FRIDAYS

Fee: \$3.00 members; \$6.00 non-members
(Minimum of 7 people)

JANESVILLE SHOPPING

Get picked up where you live and shop on the north side of Janesville. Participants choose where to shop.

Fee: \$3.00
(Minimum of 5 people)



DREAM BIG, TRAVEL FAR

Since we are housebound, what a great time to research a trip! Think about where in the world you would like to travel to. Plan your trip, what to see, and what to do. Even if it's somewhere you'll never make it to, planning is half the fun.

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, or stop in at the Starin Park Community Building.

TRAVEL PREVIEW of Mayflower Tours on June 18 2:30 pm.
Please RSVP in advance and let us know which trips you are interested in previewing.
Hoping it can be a virtual meeting



AMAZING THAILAND

February 11-20, 2021

Immerse yourself in Thai culture with this small group adventure and see temples, the Grand palace, a floating market, ride a tuk-tuk and prepare traditional dishes, a tea plantation and more! An optional 3 day extension to Cambodia is available. \$4019 pp/dbl

SENSATIONS OF LYON & PROVENCE CRUISE

May 28—June 8, 2021

Free airfare if booked by May 31, 2020

This tour includes a 3-night stay in Nice on the French Riviera. Cruise the Saone and Rhone rivers through France, visiting the Burgundy wine region, castles, cathedrals and more! Emerald cruises also offers options daily; you can choose from active, hikes, bikes and canoeing to wine tasting and additional touring. Gratuities included on the cruise and free wine, beer and soft drinks with meals. Spend three days in Nice visiting Monte Carlo and touring the Cote d'Azur. Optional visit to St Paul de Vence (one of Deb's favorite places). Cabins start at \$4549 pp/dbl

GREECE

October 11—19, 2021

This tour features Athens, Santorini and Mykonos. See the highlights of Athens, including the Acropolis and the Parthenon. Island hop to Mykonos by high speed ferry. Enjoy Greek tavernas, beaches and the small quaint towns of the island. Santorini is known as the "Black Pearl of the Aegean." It is the most breathtaking of all the islands where history and nature combine in this paradise. Tour includes home or local pick up, 11 meals, air transfers and tours per the itinerary and a local guide. \$3699 pp/dbl



NINE COUNTRIES WITHOUT A PASSPORT

September 30—October 4, 2020

Enjoy this cultural experience with German, Ukrainian, Polish, Irish, French, Lithuanian, Greek, South American and Mexican tours, food and entertainment. Trip includes motorcoach transportation, home or local pickup, tour guide and 10 meals. \$1259 per person/dbl.

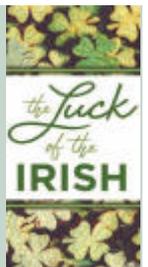


IRISH DISCOVERY

October 20—27, 2020

Visit beautiful, green Ireland with an optional extension to Belfast and the Giants Causeway.

Highlights: Dublin City Tour, Christchurch Cathedral, Flying Boat Museum, Cliffs of Moher, Trinity College, Ring of Derry, Dingle Peninsula, Jaunting Car Ride, Guinness Storehouse, Kilkenny, Killarney and Limerick City Tour. Optional 3 day excursion to Belfast & the Giant's Causeway
 Fee is \$3199 pp dbl, includes air, accommodations and attractions per the itinerary. Premier World Discovery.



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Fun Events Calendar

May 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>You can click on an event each day to find out about it or you can click on <u>National Calendar Day</u> to see everything going on in May. Enjoy!</p>				<p>1 <u>May Day!</u></p> <p>2 <u>Free Comic Book Day</u> <u>Brothers & Sisters Day</u></p> <p>3 <u>Paranormal Day</u></p>
<p>4</p> <p><u>Star Wars Day!</u></p> <p>May the fourth be with you!</p>	<p>5</p> <p><u>Cinco de Mayo</u></p> <p><u>Nat'l Hoagie Day</u></p> <p><u>Nat'l Teacher Day</u></p>	<p>6</p> <p><u>Nat'l Nurses Day</u></p> <p><u>Nat'l Tourist Appreciation Day</u></p>	<p>7</p> <p><u>Nat'l Day of Prayer</u></p> <p><u>Nat'l Tourism Day</u></p> <p><u>Vesak</u></p> <p><u>World Password Day</u></p>	<p>8 <u>Have Coke Day</u></p> <p>9 <u>Moscato Day</u> <u>World Migratory Bird Day</u></p> <p>10 <u>Mother's Day</u> <u>Clean Your Room</u> <u>Shrimp Day</u></p>
<p>11</p> <p><u>National Eat What You Want Day</u></p> <p>National Women's Health Week</p>	<p>12</p> <p><u>National Limerick Day</u></p>	<p>13</p> <p><u>Receptionists Day</u></p> <p><u>Fair Trade Day</u></p> <p><u>Hummus Day</u></p> <p><u>Apple Pie Day</u></p> <p><u>Fruit Cocktail Day</u></p>	<p>14</p> <p><u>National Buttermilk Biscuit Day</u></p>	<p>15 <u>Day of Families</u> <u>Chocolate Chip Day</u> <u>Pizza Party Day</u></p> <p>16 <u>Armed Forces Day</u> <u>Mimosa Day</u></p> <p>17 <u>Walnut Day</u></p>
<p>18</p> <p><u>EMS Week</u></p> <p><u>No Dirty dishes Day</u></p>	<p>19</p> <p><u>Devil's Food Cake Day</u></p> <p><u>Endangered Species Day</u></p>	<p>20</p> <p><u>Be a Millionaire Day</u></p>	<p>21</p> <p><u>Waitstaff Day</u></p>	<p>22 <u>Harvey Milk Day</u> <u>Day for Biological Diversity</u> <u>Maritime Day</u></p> <p>23 <u>Taffy Day</u> <u>Indianapolis 500</u></p> <p>24 <u>Brother's Day</u> <u>Scavenger Hunt Day</u></p>
<p>25</p> <p><u>Memorial Day</u></p> <p><u>Nat'l Wine Day</u></p> <p><u>Towel Day</u></p> 	<p>26</p> <p><u>Paper Airplane Day</u></p>	<p>27</p> <p><u>Sunscreen Day</u></p>	<p>28</p> <p><u>Brisket Day</u></p> <p><u>Hamburger Day</u></p> <p><u>Shavout</u></p>	<p>29 <u>Learn About Composting Day</u></p> <p>30 <u>Mint Julep Day</u></p> <p>31 <u>Macaroon Day</u> <u>No Tobacco Day</u></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 site is at Brookdale Manor Monday, Wednesday, Thursday and Friday and at Blackhawk Manor on the third Tuesday of the month, serving at 11:30 am.

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

MEALS ON WHEELS:

For information on or to order meals contact Sally Blackwell at 262-473-1277. Meals only delivered in the city. Currently only delivering on Mondays and Thursdays.



WHITEWATER FOOD PANTRY:

At the Downtown Armory, 146 W. North St, Open Wednesdays and Thursdays 8:30 am—12:30 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. Number of people in facility limited to 8. Please wash your hands, practice social distancing, and stay home if you are sick.

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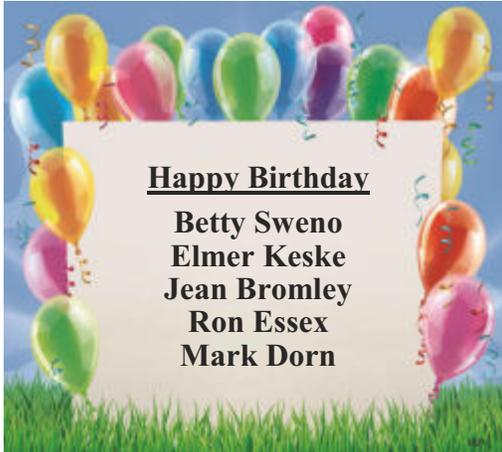
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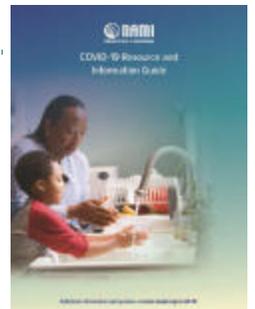
Showcases: Our showcases could be promotions or seasonal, information or highlights. Looking for someone to bring in fresh ideas and make them a highlight! Can be done twice a year, quarterly or seasonally, your choice

Please call if you are interested. Thanks for your help!

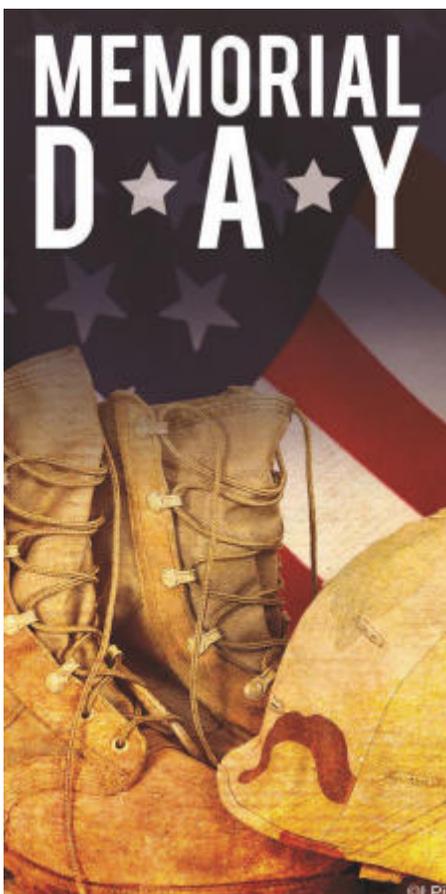


NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. They have created a comprehensive resource guide which contains information and resources related to COVID-19 and mental illness. In addition to providing general information on COVID-19, they address issues such as how to manage anxiety or stress because of COVID-19, staying connected with others and maintaining your social networks, how to get medication while quarantined, assistance with accessing food, and homelessness and more. Find it here: www.nami.org/covid-19-guide



Please visit page 2 or 3 for information on getting email information and updates from Seniors in the Park, as ours often go to your junk mail.



TIP OF THE MONTH

Federal Trade Commission Information on Current Scams

Fear of Internet scams stops some older adults from using the Internet. Unfortunately, scams are everywhere—door-to-door, phone, email, USPS mail. Folks need to be informed and cautious in all of these situations.

Stay up-to-date, the Federal Trade Commission provides a free website filled with information on current scams. Users can sign up to receive email updates to stay on top of information. More information can be found at <https://www.consumer.ftc.gov/features/scam-alerts>

Please note: Opening emails about Covid-19/Corona Virus or stimulus checks can give your computer a virus! If someone calls you wanting any personal information for the stimulus check, census or anything . Do not tell them anything. Scammers are very active right now.

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**City of Whitewater
Electronic Recycling Event
Saturday, May 23, 2020
9:00 am to 1:00 pm
City Hall Parking Lot
312 W. Whitewater Street**



Items we charge for:

- All TV's -\$20.00
- Old Tube CRT Computer Monitors -\$10.00
- Microwaves -\$5.00
- Exercise Equipment -\$5.00
- Items we accept: Computers, Laptops, Monitors, Printers, Circuit Boards, Servers, Modems, Scanners, Hard Drives, Cables, Keyboards, Mice, Power Cords/Wires and much more....
- All Electronics, TV's, Stereos, VCR's, DVD's, Power Tools, Small Appliances, Gaming Systems, Cameras, Exercise Equipment, Telephones and much more....

Cash Only –No Credit Cards!

(Items we do not accept: Household Batteries, Light Bulbs, Large Appliances and anything with Freon)

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



NEWSLETTER SUBSCRIPTION

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

VIDEO CAMERAS

For your information cameras have been installed in the Starin Park Community Building to monitor access at all entry points to the building.



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As I was looking for pictures for the newsletter, I found these.....



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SENIORS IN THE PARK

504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535

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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*



LAUGHTER IS THE BEST MEDICINE

Illegal Turn

In a hurry taking his 8-year-old son to school, a man made a right turn at a red light where it was prohibited.

"Uh-oh, I just made an illegal turn," the man said when he realized his mistake.

"Aw, Dad, it's okay," the son said. "The police car right behind us did the same thing."

A Feline Find

An art collector was walking through the city one day. He did a double take when he noticed a mangy cat lapping milk from a saucer in the doorway of a store.

Knowing that the saucer was extremely old and very valuable, he walked casually into the store and offered to buy the cat for two dollars.

The store owner replied, "I'm sorry, but the cat isn't for sale."

The collector said, "Please, I need a hungry cat around the house to catch mice. I'll pay \$20 for that cat."

The owner said, "Sold!" and handed over the cat.

The collector continued, "Now, I wonder if you could throw in that old saucer for the \$20. The cat's used to it, and it'll save me from having to get a dish."

To which the owner said, "Sorry, buddy, but that's my lucky saucer. So far this week, I've sold 68 cats!"

The Most Dangerous Food

A dietitian was once addressing a group at the local senior center.

"Many things we eat aren't good for us," she said. "Red meat is awful. Soft drinks erode your stomach lining. Processed foods are loaded with MSG.

"But there is one thing that is the most dangerous of all and most of us have eaten it," she continued. "Can anyone tell me what food causes the most grief and suffering for years after eating it?"

An elderly gentleman in the front row stood up and said, "Wedding cake."

Can You Hear Me?

An old man was wondering if his wife had a hearing problem. So one night, he stood behind her while she was sitting in her lounge chair. He spoke softly to her, "Honey, can you hear me?"

There was no response.

He moved a little closer and said again, "Honey, can you hear me?"

Still, there was no response.

Finally he moved right behind her and said, "Honey, can you hear me?"

She replied, "For the third time, Yes!"

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