



The Park Bench

June 2020

Seniors in the Park Newsletter

JUNE IS BRAIN HEALTH AWARENESS MONTH

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits. Check out page 8 for ideas!



Break a sweat: Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Hit the books: Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

Butt out: Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

Follow your heart: Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

Heads up! Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

Fuel up right: Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

(Continued on Page 8)

Volume XX Issue 6

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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 and Seniors in the Park. 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-July, 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 end of August or September. This newsletter will have information on how we will be handling social distancing, virtual classes, and anything else needed to keep you safe.

Some activities are going virtual. So far, Functional Fitness and Yoga will be on Zoom in June. Sign Language figured out how to do virtual on their own. Way to go ladies! Tai Chi will be meeting in the Park with physical distancing. Check out the rest of the newsletter for more information.

AARP Volunteer Tax Preparers will not be back this year.

Many people were very happy that we could resume **toenail clinic** as an essential service. Check out page 11.

If a class was cancelled which you paid for, the unused portion of your payment was refunded to your account. You will have to contact the center to check on your balance or use these funds. You can see what classes are available, register, and pay 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.

****Monday Musings Weekly Update****

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. Please note any UWW addresses often reject this email.

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

PINK LEMONADE DESSERT

2 cups crushed butter-flavored crackers
 1/4 cup confectioners' sugar
 1/2 cup butter, melted
 1 can (14 ounces) sweetened condensed milk
 3/4 cup thawed pink lemonade concentrate
 1 carton (12 ounces) frozen whipped topping, thawed
 2 to 3 teaspoons red food coloring, optional

In a bowl, combine cracker crumbs and sugar. Stir in butter. Press into a greased 13-in. x 9-in. dish; set aside.

In a blender or mixer, combine milk and lemonade concentrate; process until well blended. Fold in the whipped topping and food coloring if desired. Spread evenly over crust. Cover and refrigerate for 2 hours or until firm. Really yummy on a hot summer day!

VIRTUAL “FUN”CTIONAL FITNESS

Monday and Wednesday 9:30-10:30 am

Open the door to greater independence and a healthier life with “fun”ctional fitness. Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. A link to Zoom will be sent to you after registration payment is made; by June 11 at the latest.

Session 1: June 15—July 1 Fee: \$6.00

Please call the center to register, Monday, June 8 or Tuesday June 9 from 9 am—11:30 am if you want to use your prepaid account.



VIRTUAL YOGA

Tuesdays, June 16—July 28

Thursdays, June 18—July 30

10:00—11:00 am

If you were in the previous session you have funds in your account. Please call the center to register, Monday, June 8 or Tuesday June 9 from 9 am—11:30 am. It’s the only way to use these funds.

This one-hour class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. A link to Zoom will be sent to you after registration payment is made; by June 11 at the latest.

Instructor is Brienne Brown, RYT

Fee: Members: \$35.00 Fee: Non-members: \$45.00

Registration Payment/Deadline: Thursday June 11 by 2:00 pm

WHITewater SENIOR CYCLISTS

We are organizing a “virtual group ride.” Not online, but during the first week of July, 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 Monday June 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.

ZOOM PRACTICE

Not sure how to use Zoom? Register for this ‘how to’ class on Friday, June 12 at 10 am. Deadline to register is Wednesday, June 10 and you will be sent a link to Zoom Practice. The first week of classes someone will be on Zoom, a half hour prior to class starting, to help, also.



IMPORTANT REMINDERS

SENIORS IN THE PARK 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.

EASY, ONLINE TUTORIALS FOR TABLETS & VIDEO CALLING



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 a friend or family member 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!



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WALKING A LABYRINTH

Tuesday August 18
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: Monday August 10

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

Only 5 people per session unless we are in phase 3.

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

CREATING A ONE COLOR WATERCOLOR PAINTING

Artists, let's get together (virtually) to do some painting in July. Beginning Thursday July 9th for 4 weeks, I will be offering a monochrome watercolor class. The cost is \$10 per class. We will use Zoom as our virtual platform. Zoom is easy to get set up with, and there will be help available for logging in and all such other technical stuff. As long as you have a laptop, tablet, or smart phone, you should be set.

I don't know about you, but with all the craziness in the world, I have had a hard time painting. I can make things, been making a bunch of simple, fun stuff with clay...the paint is hard, I think perhaps because you have to think more to paint maybe? Anyway, the whole purpose of the class is to just have fun, and get back into the swing of painting.

You will need to choose one color of paint that you want to work with, and any reference material that interests you. For this class, you can paint whatever size you want. If you have taken my classes before, you know I push folks to paint big-going to let that slide this time around. You do need still to have Arches paper! I recommend painting something simple, a subject that gives you joy. Still life, landscape, portrait. It's really fun to use old family photos.

Instructor: Jan Crowley. Call or email with questions: 262.441.0324, briarhillstudio@gmail.com. Anyone is welcome!

Register at <https://schedulesplus.com/wwtr/kiosk>. Options for entire session or individual classes. If you have not participated at Seniors in the Park previously, you will have to call to register, 262-473-0535

T'AI CHI CH'UAN

10:30—Noon
Outside @ Starin Park
(weather permitting)



This is for students who have previously been in Ken's class. 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.

MOTORCYCLE RIDES

The group will be riding on their own. If you would like to join one of the informal rides, please contact Bruce Parker 262-903-443 or Tim Otterbacher 262-409-0300 and they will let you know if rides are planned.



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](#).

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/>

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 s 24/7 1-800-971-0016. More info click [HERE](#).

Thank You. 

Thanks go out to :

- * **Hope Linholm** who has been facilitating the Book Club. She is moving to be closer to grandchildren.
- * **Kathy Ross** for helping with the book Loans
- * **Bonnie and Dave Wagner** for videotaping a pickleball short for Wisconsin Parks and Recreation. #WPRAOpeningDay
- * **Val Vesely** for the beautiful seasonal decorations for the center and dining tables.
- * **The Sewing Group** that was meeting here on Fridays donated face masks.
- * **Anonymous donor** gave a \$%0 gift card to buy prizes and treats for bingo.

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

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.

CAREGIVER SUPPORT GROUPS

Access to support groups is by phone or online.

New! Virtual Event Listing for Caregivers

This is a one-stop-shop website for all caregiving support groups, virtual events, memory cafes, etc. at the wisconsin caregiver.org website. If the link doesn't take you to the correct page, click on Family Caregiver Support, then Virtual Events for Caregivers.

WOMEN'S ALZHEIMER'S MOVEMENT

Women are more at risk for dementia than men. Two thirds of all diagnoses are women. The Women's Alzheimer's Movement is a great resource you might want to check out. Discussions with doctors, recipes, ways to maintain a healthy lifestyle, stress reduction and so much more. You can sign up on their home page to get monthly emails or check out the 'Tips and Tools'.

BORED—TRY MAKING A 'ZINE'

Just click on this NPR link <https://www.npr.org/2020/05/28/863068957/how-to-make-a-mini-zine-about-life-during-the-pandemic> or go to #quaranzine to see how to do this fun and easy idea for respite from your tv or tech screens. Get your mind moving and creating during Brain Awareness Month!

BRAIN FITNESS IDEAS

- Learn a dance
- Take a cooking class
- Learn to play an instrument
- Be Social! Friendships are important.
- Sing in a group
- Learn a new word each week and use it.
- Move! Keep the blood moving through the brain. Exercise is important!
- Take up a creative hobby especially one with fine motor skills like knitting, drawing or painting
- Do it differently—the way you drive home, use your opposite hand, pants on opposite leg first.
- Juggle
- Learn something complex
- Nutrition—eat healthy
- Learn a new language
- Read!

BRAIN HEALTH (CONT.)

Catch some Zzz's: Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health: Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Buddy up: Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.

Stump yourself: Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.



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 Value Tour on June 18 2:30 pm.

Please RSVP in advance

Let us know which trips you are interested in previewing in the future.

MUSICAL MYRTLE BEACH—VALUE TOUR

March 7—14, 2021

Highlights of the trip include 3 nights on the Grand Strand in Myrtle Beach, three Myrtle Beach shows, the South Carolina Maritime Museum, the Lowcountry rice plantations of Hopsewee, the Knoxville Sunsphere, and much more! \$1659 pp dbl

Virtual travel preview on June 28 at 2:30 pm. Call to register.



SENSATIONS OF LYON & PROVENCE CRUISE

May 28—June 8, 2021

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

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.



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



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

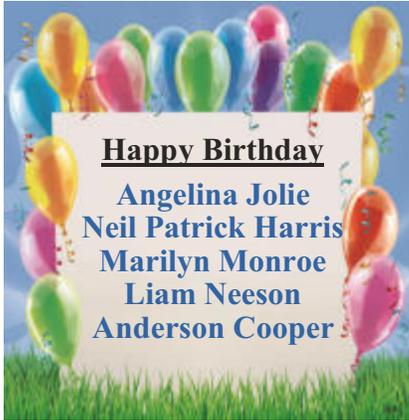


WISCONSIN'S NORTHWOODS

August 16—19, 2020

I have not heard the status of this trip.

Cruise on the Chain O' Lakes, tour ginseng and cranberry farms, Amish lunch, snowshoe baseball game, personal visits with the Canoe Guys, geographic marker halfway between the Equator and the North Pole. dinner at Little Bohemia and more! Trip organized by Country Travel Discoveries. This 4 day coach bus trip offers 8 meals; fees, tips and bag handling included. \$997 pp/dbl



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.

MONDAY MUSINGS WEEKLY UPDATE

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 everything still changing rapidly, it has 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.

SHARE!

Looking for people who want to share a collection or garden for videos that can be posted for people to watch in the Monday Musings. Call the center and leave a message if you are interested and what you have to share.



Virtual Discussions/Class

Can you share an interest, hobby, how-to or something for a single session, ongoing discussion group or one-time topic (this week in history, reminiscing on a topic, I was a rocket scientist and can talk about recent lift-off, etc). You would be surprised what people are interested in and what people who come to the center know. You are a wonderfully marvelous, diverse interesting group!

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.

Recipes

Send me your favorite recipe and I will feature one or two every week in the Monday Musings.

Book Club

We are in need of a facilitator. Meets Mondays at 10:30 when we reopen. Pick up and return bin of books to the library. Communicate with Librarian on books to read for the group.

Please call if you are interested in helping with any of the above. Thanks!

PARTICIPANTS NEEDED

All adults age 60 and older who use or want to use technology are encouraged to participate.

A student project assistant from UW-Whitewater, Malayna Oswald, would like to learn more about adults age 60 and older residing in Walworth, Rock, and Jefferson counties. Specifically about their use of technology and certain needs they have regarding technology. Individuals will be referred by local senior centers, Aging and Disability Resource Centers (ADRCs), and senior service organizations.

Malayna is looking for volunteers to participate in a phone interview (about 45 minutes), where she will ask questions about use of technology, needs around technology, and interest in using technology to communicate with others. If interested, please let your senior center director know, and you will be contacted by Malayna Oswald (student researcher) who is being supervised by Dr. Jeannine Rowe.

Contact me (Deb) with your interest and what if any technology you currently use. I hope some of you are willing to help. The campus is really pushing adding aging to it's curriculum. Dr. Rowe and colleagues have started Project Gray on campus. This is very exciting for all of us in the aging industry.



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.

TOENAIL CLINIC

Thursday, June 11

Morning only appointments. See below for details. Please call.



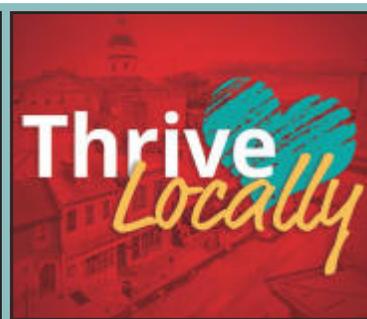
Thursday, July 9

Beginning at 8:30

This service is by Appointment only. Please call the center at 262-473-0535 to make an appointment. Deb Scullin, RN, provides the service. Please bring a towel, correct change or check made out to Deb Scullin. Fee is \$15.00. Please wear a mask unless you are medically unable to.

Next Clinic: Thursday, August 6

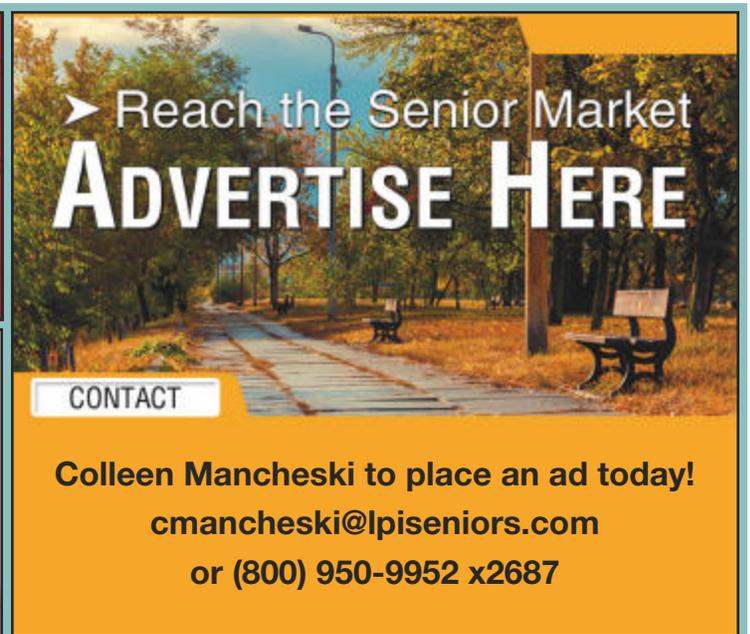




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Activity Calendar

June 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1	2	3 12:30—2 Fitness Equipment Check-out	4 8:30—3:00 Toenail Clinic	5 10—11 Drive-up Puzzle Exchange & Book Loan 12:30—2 Fitness Equipment Check -out
8 8:30—11:30 call-in signups for fitness & yoga	9 8:30—11:30 call-in signups for fitness & yoga	10 Registration deadline for virtual classes	11 9:00 Toenail Appointments	12 10:00 Zoom Practice —must preregister by June 10
15 9:00 Zoom Fitness assist 9:30 Virtual FUNctional Fitness 1:00 Zoom assistance for Yoga classes	16 10:00 Virtual Yoga with Brienne	17 9:30 Virtual FUNctional Fitness	18 10:00 Virtual Yoga with Brienne 2:30 Mayflower Value Tour Travel Preview (virtual)	19 21 
22 9:30 Virtual FUNctional Fitness	23 10:00 Virtual Yoga with Brienne	24 9:30 Virtual FUNctional Fitness	25 10:00 Virtual Yoga with Brienne	26
29 9:30 Virtual FUNctional Fitness	30 10:00 Virtual Yoga with Brienne	1 9:30 Virtual FUNctional Fitness	2 10:00 Virtual Yoga with Brienne	

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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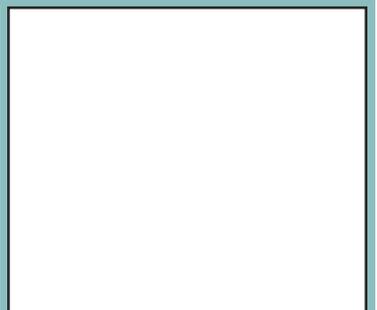
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THANK YOU!

To the person who Bow Bombed my mailbox. It was beautiful, thoughtful, and fun! Maybe an idea for someone else who is crafty.



WHITEWATER ARTS ALLIANCE PRESENTS THE WRAP SHOW IN JUNE

The Whitewater Arts Alliance will be hosting the Wisconsin Regional Art Program (WRAP) exhibit that features the works of non-professional Wisconsin artists at Whitewater's Cultural Arts Center, 402 West Main Street, from June 7 through June 27. Visitors will be asked to participate in health and safety measures in light of COVID-19, to include wearing a mask at all times (masks will be provided), entering via the elevator and exiting via the front door (unless they require the elevator), and keeping six feet apart. There will be a ten-person maximum in the building at all times.

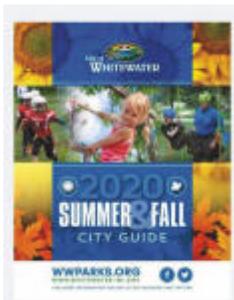


Artists from Wisconsin will be exhibiting art in a variety of media including 3 D and photography. Artists and art-advocates alike are invited to view the exhibit free of charge. The exhibit will run from 2 to 4 p.m. beginning June 7th and running through June 27 on the following days: Fridays (for at risk individuals only – age 65 and over or with immunocompromised health conditions), and Saturdays and Sundays for all others.

A FREE reception to meet the artists will be Sunday, June 7 from 2 - 4 p.m. and will take place outside (the reception will be cancelled if it rains). There will be no food. Individuals who would like to attend should RSVP to this free reception only by e-mailing wwartsalliance@gmail.com or calling 262-374-2499. A maximum of 45 people will be able to attend in order to keep six feet apart.

SUMMER/FALL PARKS AND RECREATION BROCHURE

The brochure is now available online at wwparks.org



AMPHITHEATER

The structure has arrived. Tentative deadline for completions is July 17, dependent on Mother Nature! There is a possibility of fall concerts in the park.



BADGER TALKS LIVE

Tuesday, June 9 at Noon

Safety and Security Online is the topic. Dorothea Salo, a Distinguished Faculty Associate in Library and Information Studies, teaches about digital information in the iSchool at UW-Madison: everything from online privacy and security to relational-database design. She has also built "Recover Analog and Digital Data" (RADD) to save personal, family, and community history in Wisconsin from decaying 20th-century media such as VHS tapes and floppy disks. Her professional interests include copyright, scholarly communication, and digital preservation.

For more information or to register go to <https://badgertalks.wisc.edu/badger-talks-live/>. You can also catch up on previous talks.



TIPS FOR MANAGING TINNITUS AT HOME

Tinnitus can't be cured, but there are treatments that make it less of a distraction. The approach taken depends on the underlying condition responsible for the ringing in your ears. Here are some tips for managing your tinnitus:



Determine what worsens your tinnitus. For some people, drinking alcohol or caffeinated beverages, eating salty or spicy foods, or taking various drugs like Aspirin may contribute to tinnitus symptoms. One way to figure out what causes your tinnitus is to keep a log of your activities, tracking when you experience symptoms and how severe they are.

Stop smoking. Smoking affects blood flow to the sensitive nerve cells in your inner ear and acts as a stimulant in your body, which leads to tinnitus for many.

Play relaxing or distracting sounds. While white noise machines can help distract from tinnitus, you don't need to purchase an electronic device created solely for this purpose. Many people are able to mask their tinnitus and find relief by playing music or using a fan, air conditioner or humidifier.

Get a good night's sleep. Fatigue worsens tinnitus for many people. This problem can become cyclical if your tinnitus worsens to the point where it prevents you from falling asleep at night. Establish a regular nighttime routine and try to go to bed at the same time; this helps "train" your body into relaxing.

Try relaxation techniques such as yoga and meditation. Stress and anxiety can cause tinnitus as well as worsen existing tinnitus. Even 15 minutes a day of relaxation can help.

Call Fort HealthCare Audiology at 920-563-6667 to schedule a hearing evaluation or complimentary hearing screening.

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.

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504 W Starin Rd, PO Box 178
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Phone 262-473-0535

Hours Mon-Thurs 8:00 am-4:00 pm
Friday various days/hours

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Front Desk

Patrea Wilson

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: QUARANTINE HUMOR

For the second part of this quarantine do we have to stay with the same family or will they relocate us? Asking for myself...

Coronavirus has turned us all into dogs. We wander around the house looking for food. We get told "No!" if we get too close to strangers. We get really excited about going for walks and car rides.

I was in a long line at 7:45 am today at the grocery store that opened at 8:00 for *seniors only*. A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane. He returned and tried to cut in again, but an old man punched him in the gut, then kicked him to the ground and rolled him away. As he approached the line for the 3rd time he said, "If you people don't let me unlock the door, none of you will ever get in to shop."