



The Park Bench

October 2020

Seniors in the Park Newsletter

METTA MEDITATION

Monday, October 12, 1:30 pm

Metta means 'Universal Loving Kindness' and is one of the primary qualities behind nearly every spiritual tradition in the world. Learn to develop and grow Metta for the benefit of yourself and others. Class is virtual and can be accessed by phone, also. You can sit in a chair or on the floor.

Join virtual presenter Jim Bayer, a 25-year Taiji instructor and meditator, for a one-hour, informational and lovely meditation. It is one of my favorites.

Registration deadline is Thursday, October 8. Call, email or register online at <https://schedulesplus.com/wwtr/kiosk>



WISCONSIN HISTORY STORIES

Wednesdays, 1:00 pm

Join Dr. Haney for interesting presentations on Wisconsin. Thanks to the UW-W Continuing Education Department for sponsoring the talks.

- Oct. 7 Wisconsin's Natural Disasters: Tornado, Flood, Fire and Ice
- Oct. 14 Blackhawk: American Nations and New Settlers
- Oct. 21 Wisconsin: Immigrant Mecca
- Oct. 28 Wisconsin: An International Ethnic Melting Pot



Masks are required, and you must register for a seat or to view the presentation virtually, by calling, emailing or going online at <https://schedulesplus.com/wwtr/kiosk> by the Monday prior to the talk you will be attending. There will be a limit of 12 people. No walk-ins.

Volume XX Issue 10

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

SCHOLARLY SCOOP

Friday, October 2, 10:30 am

“Nanoscience and Nanotechnology: Hype or Hope” will be the

topic by Jalal Nawash, Associate professor, Physics Department and Director of the Undergraduate Research Program. The last time I attended the Materials Research Conference in Boston, I found that almost half of the attendees and participants are interested in or authored something in nanoscience. This conference, which is attended by thousands, is held twice a year and is a sign of where materials science is heading. In biology and chemistry, the feeling is the same. Now “Nano” has found its way to all applied sciences, such as medicine, dentistry and engineering. Today, cleaning, dyes, paints and many other products use nano particles. Have you seen those shoes that never get wet or these pants which never get dirty? Where is “nano” heading? Are we about to witness a new type of an industrial revolution? Is this a new era? I hope I can answer some of these questions in this talk.



Masks are required, and you must register for a seat either by calling, emailing or going online at <https://schedulesplus.com/wwtr/kiosk>. There will be a limit of 10-12 people. A Zoom link will be sent to anyone who can or would rather Zoom.

HOW TO PROTECT YOUR ‘STUFF’ FROM LONG-TERM CARE COSTS

Monday, October 26, 2:00 pm

Join us on for a virtual workshop with Elder Life Group to discuss “*How to Protect your “stuff” from devastating long-term care costs.*” An Elder Life Advisor will discuss the reality of the Long-term care crisis we face as we age and the exceptions to the “rules” that are laid out for us. We will also identify planning options available to you that you may not be aware of! The first step in planning for long-term health care costs is education! Register online or calling by October 22. Option to watch the presentation at the center is available.

WALKING A LABYRINTH

Tuesday, October 20

1:00 pm or 2:30 pm

Cravath Lakefront Building

This free workshop on *Walking The Labyrinth* will offer creative ways to walk a 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. This workshop is free!

Registration due: Tuesday October 13

Only 4 people per session.

With low numbers we will be able to physically distance.

Masks are required.



BOOSTING YOUR IMMUNITY & PROJECT RECOVERY

Wednesday, September 30, 11:00 am

With the cold and flu season upon us, there are multiple things you can do to help prevent becoming sick and/or lessening the severity of your symptoms. This program will discuss preventive measures you can take to prepare yourself for the cold and flu season with a focus on boosting your immune system naturally.

Prior to the Immunity talk Brain T. will be with us for a couple of minutes to talk about Project Recovery (see page 15 for more info).

Presenter is Tracie Wilson, RDN, CD, Fort Healthcare

Register by Monday September 28, online, email or call for this virtual presentation. A link to the program will be sent on Tuesday, September 29. (Remember to check your junk mail)





VIRTUAL “FUN”CTIONAL FITNESS

Mondays and Wednesdays
9:00-10:00 am *New Time*

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 payment is made.

Session 5: October 5-28

Fee: \$8.00 Member \$13 Non-member

Register, pay online or add money to your prepay at <https://schedulesplus.com/wwtr/kiosk/> or call to use your prepay.

Deadline for the October session is October 1.

VIRTUAL CORE AND MORE

Mondays & Wednesdays
10:15—10:45 am *New Time*

Learn how to work your entire core while releasing the neck and shoulders in this 40-minute class. End the class with stretching and more releasing. This class has floor and chair work. A link to Zoom will be sent to you after payment is made.

Session 1: October 5-28

Fee: \$8.00 Member
\$13.00 Non-member

Register, pay online or add money to your prepay at <https://schedulesplus.com/wwtr/kiosk/> or call to use your prepay.

Deadline is October 1.

CORE & FITNESS EQUIPMENT

If you need a yoga block, a strap, a bar or a ball, you can pick any of these items up during our open hours.

VIRTUAL CHAIR YOGA

Tuesdays in October, 1:00 pm

We work towards strengthening and stretching the body in a way that is safe and accessible to all. By focusing on correct alignment, breath work, and listening to the body, everyone can experience the benefits of yoga. We will use a chair throughout our practice for seated work and for standing balance support. Please be sure to have a sturdy chair available, preferably without arms. Beginner friendly!

Lorelei is a 200-hour Registered Yoga Teacher through Yoga Alliance and is a certified YogaFit teacher in: Yoga Levels 1-5, YogaProps, Yoga for Seniors, Yogafit Kids, Anatomy and Alignment I, Anatomy and Alignment II, Yoga for PTSD, Yoga for Healing Emotional and Physical Trauma, Yoga for Balancing the Chakras and Yoga for Back Health.

Register by calling the Whitewater Aquatic Center at 262-473-4900 or email Lorelei at lbowen@whitewater-wi.gov

Fee: \$20 per month and you will have access to all virtual fitness programs they offer including chair yoga. Class is free for WAFC members.



VIRTUAL YOGA

Tuesdays, Nov. 10-Dec. 22
Thursdays, Nov. 5-Dec. 17
10:00—11:00 am

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

Instructor is Brienne Brown, RYT

Tuesday or Thursday fee: \$35 members
\$45 non-members

Register and pay online at <https://schedulesplus.com/wwtr/kiosk/> If you were in the March/April session, and have not previously used the funds, please call the center to register and use the funds.

Registration Payment/Deadline: Tue., Nov. 3



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

CAR SHOW

Thanks to everyone that brought a car to our Car Show the end of August. We couldn't do it without all of you willing to bring and share your vehicles. It was a lot of fun! Thanks!!



CONGRATULATIONS HOMETOWN HEROES!

Congratulations to Lyn Wolfe and Pat Metz for being Hometown Heroes!

Their work with the Whitewater Dementia Friendly Community Initiative (DFCI), Rockin' Respite and the Memory Café were what prompted Suzanne Haselow, ILY Memorial Library and Memory Café leader to nominate them. I chimed in with a letter about DFCI, Rockin' Respite and the leadership roles they took on. Their perseverance, dedication and the time they committed to all these projects, have been invaluable to our efforts. Thanks so much ladies! Check out the Whitewater Banner beginning September 28, for the entire article on their accomplishments.



'LAUGH YOUR SOCKS OFF' VOLUNTEER APPRECIATION

Thanks to the 37 volunteers who came to celebrate the service of our 124 volunteers in 2019. Our volunteers racked up 4,074 hours of leading and facilitating classes and activities, helping with facility set up, take down, and decorating, opening and closing the building, assisting with accreditation, friending the guests at the respite site, as



well as, making it fun, heling at the front desk and so much more! The value of your time came to \$61,100! You all are amazing and our center wouldn't be what it is without all of you! Thank you!!

If you volunteered in 2019, call or drop in and pick up your thank you gift. Thanks!

THANK YOU TO:

- ◆ **Ron and Sylvia Essex:** Puzzles for respite
- ◆ **Cindy Dean, Janet Nell, Karen & David Strauss and Carol Holford:** Newer books for our loan library
- ◆ **Lisa Dawsey Smith:** "The 36 Hour Day" dementia caregiver book
- ◆ **Anonymous:** Cash Donation

thank you

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LEARN TO ZOOM!

We will be holding in-person classes of 4 maximum, in October, to learn how to Zoom. There will be a class for laptops, Android tablets & smart phones, and iPads & iPhones, because each is slightly different in how they work and where important 'buttons' are. If you're interested in learning, please call with your name, phone number and what type of technology you will be learning on.

When days and times are set up you will be notified.

For iPads and iPhones a class will be held on Tuesday, October 20 at 11:00 am. Registration deadline for this class will be October 16.



TECHNOLOGY SURVEY

Still looking for six people. Surveys are due October 15. Pick up a survey at Starin Park.

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

A student project assistant from UW-W, Malayna Oswald, would like to learn more about adults age 60+, their use of technology and certain needs they have regarding technology.

The survey takes about 15 minutes to complete. Questions include use of technology, needs around technology and interest in participating in a technology training program. Survey is available at Starin Park.

“Irresistible”

(Comedy/Drama)

Tuesday, October 13,
10 am or 1 pm

Rated R (Language)

1 hour, 41 minutes (2020)

In a small northern Wisconsin town, retired Marine Colonel/farmer Jack Hastings (Chris Cooper) becomes a national star when a YouTube video of his protest for undocumented migrant farm workers' rights goes viral.

Wanting to capitalize on this moment of liberal support in a Purple state, Democratic strategist Gary Zimmer (Steve Carrell) taps him for the Democratic Party, to win back the district. One problem, Hastings is actually a Republican. Political fun in America's Dairyland ensues. Written and directed by former “Daily Show” host Jon Stewart.



“The House with a Clock in Its Walls”

(Family/Comedy/Fantasy)

Tuesday, October 27 10 am or 1 pm

Rated PG (2018)

1 hour, 45 minutes

Our annual Halloween film offering is a fun blend of fantasy, horror, humor and whimsy. A young orphan boy aids his weird and wacky uncle (Jack Black), who's not only a mad magician, but also a warlock, in locating a magical clock that is counting down to Doomsday, within the walls of his haunted house. Also stars Cate Blanchett.

Masks are required and you must register for a seat either by calling, emailing or going online at <https://schedulesplus.com/wwtr/>

TECHNOLOGY—WHAT DO YOU NEED?

Please call or email the office with what you need to help you get online for virtual presentations and classes. It's difficult for me to know what you need to make this happen if I don't hear from you. I'm working with cable TV to get some tech trainings filmed and out there for you to learn. What other resources do you have for learning?



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

BOOK WORMS

Monday, October 5, 11:00 am

The Book Club will discuss *The Nightingale* by Kristin Hannah. The book for October is "*Eleanor Oliphant is Completely Fine* by Gail Honeyman.

This novel focuses on 29-year-old *Eleanor Oliphant*, a social misfit with a traumatic past who becomes enamored of a singer, whom she believes she is destined to be with. It is a smart, warm, and uplifting story of an out-of-the-ordinary heroine whose deadpan weirdness and unconscious wit make for an irresistible journey as she realizes. . . The only way to survive is to open your heart.

Discussion is in person, by phone or virtual. Please let us know when registering which you prefer. Books available for pickup at the Center.



PUZZLE AND BOOK LOAN

Friday, October 9, 1-2 pm

Wednesday, October 28, 1:30-2:30 pm

You can drive up, and we'll give you puzzles or don a mask and check out what we have. If you have puzzles to exchange, great! If not, feel free to take one or two. Kathy Ross will be available to help you with book selections or, if you don't see a book you would like, she will check inside. In case of inclement weather, tables will be inside the building adequately spaced.



BOOK DONATIONS

We will take donations of books in good condition and published within the past three years. Thanks!

TOENAIL CLINIC

Thursday, October 1 (wait list)

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. Masks are required unless you are medically unable to do so.

Next Clinic: Thursday, November 5



COMING IN NOVEMBER

Journaling, Healthy presentations from Fort Healthcare, Gut Health and Zumba Gold. Hoping to make these happen! As always, what do you want to learn or do?

CARD PLAYER & MAH JONGG REMINDERS

You will need to wear a mask and sanitize hands.

You can wear gloves if you want. Bring your own beverage and snacks, no sharing. Please call, email or sign up online at <https://schedulesplus.com/wwtr/kiosk>. We no longer are allowing walk-ins so you must register, if you will be attending. This allows us to implement physical distancing. Thanks so much!



MAH JONGG

Mondays, 1:00 pm

Register to play online, email or call the office to reserve your seat at the table. Your 2020 cards are here! Bring in correct change (\$8 for regular, \$9 for large print) or a check for the correct amount made out to the City of Whitewater.

SHEEPSHEAD

Tuesdays, 12:30 pm

Register to play online, email or call the office to reserve your seat at the table. Please note the time change.



WATERCOLOR BASICS AND BEYOND—AUTUMN

October 8 and 15, 1:00—3:30 pm

This two-week watercolor class with Rita Carpenter will focus on a Fall theme of Sunflowers and Birch Trees. We will paint fall birch trees and some sunflower scenes. Supplies: Wax paper, scissors, salt, gauze (very stringy, it's in roll form), Watercolor paper Arches cold press 140 lb., Watercolor paints and brushes, water containers, Fine mister spray bottle, Watercolor pencils and sanding paper, Paper towel and tissue, Blue painters tape, Board to paint on, Covering to protect table

Fee: \$15 per class or \$25 for both. Class is in-person or virtual. Questions: artonthefly2018@gmail.com
Deadline: Friday, October 2



WATERCOLOR BASICS AND BEYOND - HOLIDAY

October 22 and 29, 1:00—3:30 pm

This two-week watercolor class with Rita Carpenter will focus on a Holiday theme. We will paint a poinsettia and Christmas ornaments. You could use your painting as a holiday card.

Supplies: Watercolor paper 140lb cold press (maybe 15x15 or can be any size), Watercolor paints and brushes, water containers, Fine mist spray bottle, Unryu paper for texture or any other, Watercolor pencils and sanding paper, Paper towel and tissue, Music paper, collage paper, napkins



Fee: \$15 per class or \$25 for both. Class is in-person or virtual. Questions: artonthefly2018@gmail.com
Deadline: Friday, October 16



ACRYLIC TECHNIQUES

Nov. 5 & 12, 1:00—3:00 pm

Sample the many techniques you can do with acrylics: wash, graffito, texture, layering, saw dust or sand, palette knife impasto, masking, stippling, dribbling, splattering, sponging, stamping, stenciling, detailing, iridescent medium, and dry brush.

Use 1—3 of these techniques of your choice, in a finished painting at the second class. (canvas needed). A supply list will be provided.

Instructor: Katie Swanson
Fee: \$35

Deadline is October 30.

The class can be in-person or virtual depending on your preference. Class can also be recorded if you will miss a session. Call email or register online: <https://schedulesplus.com/wwtr/kiosk>.

Supply list: water container, #3 round brush, 1 inch flat brush, 3 colors of acrylic, black & white paint, heavy paper suitable for painting—size 18 x 24 or two smaller ones, a comb, small piece of bubble wrap, handful of saw dust or sand, palette knife or butter knife, masking tape, water dropper, toothbrush, sponge, empty toilet roll, piece of copy paper, scissors, iridescent acrylic medium, pencil, ruler and palette. Canvas needed for second class and an idea for a picture.



Technique samples

Picture using wash, layering & detailing



VOTER REGISTRATION AND ABSENTEE BALLOT REQUEST FORMS

Thanks to the City Clerk and the League of Women voters, we have forms for both Voter Registration and Absentee Ballot requests here at the Community Building. Pick one up, along with a stamped envelope, to send it in or return it to the Municipal Building, second floor.



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 PREVIEWS of **Mayflower Value Tours** are available virtually. Let Deb know what you are interested in.

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. Air is currently \$399 per person.



AMAZING THAILAND

This tour is being moved to 2022.

Keep it in your thoughts.

Should be an amazing trip! 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.

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

MUSICAL MYRTLE BEACH—VALUE TOUR

April 11—18, 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 Sun-sphere and much more! \$1659 pp dbl

Virtual travel presentation available. Contact the office.

GREECE

October 11—19, 2021

Join Deb on this fun, historical island-hopping tour, which 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

Virtual travel presentation available. Contact the office.

PREMIER WORLD DISCOVERY TOURS FOR 2021

Watch for information on an **Idaho Adventure**, including three resorts in September and **Explore Santa Fe and The Land of Enchantment**, with a one hotel stay in October. Both will have ‘NO Risk’ deposits that can be refunded up until final payment, if booked by December 31.



What else do you want to do, see or learn in October? Find out about Learning to Zoom on page 6. Suggestions always welcome!

DEMENTIA BASICS—VIRTUAL

Tuesday, October 13, 2020 9:00 a.m.– 10:00 a.m.

Join the Dementia Care Specialist with the ADRC of Jefferson County and learn:

- ⇒ What dementia is
- ⇒ How to support caregivers
- ⇒ Review the different stages of dementia
- ⇒ Communication tips
- ⇒ Available local resources

Register by calling : 920-675-4035

DEMENTIA MATTERS PODCASTS

Dementia Matters is a podcast about Alzheimer's disease from the Wisconsin Alzheimer's Disease Research Center. Host Dr. Nathaniel Chin interviews national experts on the latest research findings and caregiver resources. New episodes are posted twice a month. Find Dementia Matters wherever you get your podcasts or listen online: go.wisc.edu/i2k2jc.



COVID-19 DEMENTIA MATTERS PODCASTS

Listen to the Dementia Matters COVID-19 Special Series to learn how the coronavirus has affected research, caregiving and the daily lives of those living with dementia. Host Dr. Nathaniel Chin and our experts share tips on how to stay safe and live well during a pandemic. Find episodes here: go.wisc.edu/4kvs43

DEMENTIA NEWSLETTER

“Headlines” is a monthly e-newsletter from the Alzheimer's Disease Research Center that delivers research news, brain health tips and upcoming events straight to your inbox. Subscribe online: www.adrc.wisc.edu/newsletter

FINDING HAPPINESS DURING DIFFICULT TIMES

Tuesday, October 13 1:00 - 2:00 pm

FREE Zoom Webinar (advance registration required)
By Tina Hallis, Ph.D.

It's easy to get stuck, focused on all the stresses and challenges in our lives and in our world, especially now. Take a break with Tina Hallis and learn how you can find more happiness despite the uncertainty and chaos. Tina brings the science of Positive Psychology to our everyday lives so you can spend more time in gratitude, peace and happiness. For more information go to <https://www.mononaterrace.com/event-group/health-wellness-presentation/>

MY MEDICARE MATTERS

In anticipation of **Medicare Open Enrollment** beginning Oct. 15, NCOA has released a modernized version of the My Medicare Matters, an online tool that simplifies the often-confusing process of choosing a Medicare plan. Check it out at: <https://www.mymedicarematters.org/>



The October 5 Monday Musing will have exciting news on Open Enrollment from Jean Linos

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



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Whitewater Dementia Friendly, Whitewater

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

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.

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October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			1 9:30—4:00 Toenail Clinic 10:00 Virtual Yoga with Brienne 1:00 Watercolor Class	2 10:30 Scholarly Scoop : Nano technology
5 9:00 FUNctional Fitness-Virtual 10:15 Core & More -Virtual 11:00 Book Worms 1:00 Mah Jongg	6 10:00 Virtual Yoga with Brienne 12:30 Sheepshead 1:00 Chair Yoga	7 9:00 FUNctional Fitness-Virtual 10:15 Core & More -Virtual 10:30 Tai Chi 1:00 Wisconsin History Stories	8 10:00 Virtual Yoga with Brienne 1:00 Watercolor Class—Fall	9 1:00 Drive up Puzzle Exchange and Book Loan
12 9:00 FUNctional Fitness-Virtual 10:15 Core & More -Virtual 1:00 Mah Jongg 1:30 Metta Meditation	13 10:00 Movie: “Irresistible” 10:00 Virtual Yoga with Brienne 12:30 Sheepshead 1:00 Movie: See 10 am 1:00 Chair Yoga	14 9:00 FUNctional Fitness-Virtual 10:15 Core & More -Virtual 10:30 Tai Chi 1:00 Wisconsin History Stories	15 10:00 Virtual Yoga with Brienne 1:00 Watercolor Class—Fall	16 
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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 Marguerite Willman, 708-822-0539. Meals only delivered in the city. Currently delivering three meals on Mondays and two on Thursdays.



WHITEWATER FOOD PANTRY:

At the Downtown Armory, 146 W. North St, Open Wednesdays and Thursdays 8:30 am-12:30 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. Please wash your hands, practice social distancing and stay home if you are sick.

HARD ROCK
SAWING & DRILLING SPECIALIST CO.
CONCRETE • ASPHALT • MASONRY
ELKHORN 262-723-3333 MADISON 608-250-5005
KESHENA 715-799-3823

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THE *Community*

For advertising info call:
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SUPPORT OUR ADVERTISERS

CAREGIVER SUPPORT GROUPS

Access to support groups is by phone or online.

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.

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!



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.

CLEAN SWEEP

Friday, October 2 3:00 p.m. - 5:00 p.m.
Public Works Complex, 150 East Starin Road

What is household hazardous waste? It is the unusable portion of a household product containing volatile chemicals that are flammable, corrosive, explosive, reactive, toxic or radioactive. These products are identified by looking at labels, which are generally marked **CAUSTIC, ACID, DANGER, FLAMMABLE, WARNING, or POISON.**

For more information on items to bring or they do not accept and how to transport to the site please contact: Walworth County Public Works Department, Solid Waste Division (262) 741-3116 or E-mail: walcosw@co.walworth.wi.us

SCAM ALERTS!

Covid—19 and other scams are frequent and these people are persistent and sound real. Please do not give out any information over the phone if someone calls you, including Medicare numbers.

Contact Tracing Scams: contact Tracing is finding people who may have been exposed by an infected person. A contract Tracer will not ask you for any personal information. They will also not send you a link to download. These are often viruses so they can get at your personal information. For more information on staying safe: <https://www.consumer.ftc.gov/blog/2020/05/covid-19-contact-tracing-text-message-scams>

Medicare Durable Equipment: People are calling to get your Medicare number and offering to give you equipment free. Never give out any information over the phone, if someone calls you. Go to <https://www.smpresource.org/>. The Senior Medicare Patrol exists to keep you informed of fraud, and you can also report fraud to them if you suspect fraudulent charges to your Medicare.

PLEASE TAKE A MOMENT.....

To look at the advertisers in our newsletter. They make it possible! Please try to support them.

Thanks so much to those that are still advertising in these difficult times.

- Fairhaven Senior Services
- American Wholesale Furniture—Fort Atkinson
- First Citizens Bank
- My Choice Family Care
- Tincher Realty
- Nommensen Law Offices
- Health Markets—Jean Linos
- Hard Rock
- Brown Cab
- Aumann's Service
- Visiting Angels



FAIRHAVEN LECTURE SERIES ELECTION 2020:

Election 2020: Candidates, Campaigns and Crises
Mondays, 3:00 pm, Live-streamed on Facebook or Pre-recorded

The 2020 election season will be like no other in U.S. history. An unconventional incumbent president, an international pandemic and social and economic unrest will be on voters' minds this fall. How will these people and events shape campaign messages? What can we learn from past elections in trying times? What will the results mean for 2021 and beyond?

Lectures in the Fall 2020 series will be held virtually. Lectures may be held live via WebEx or pre-recorded and videos of all lectures will be posted to this page <https://www.uww.edu/ce/fairhaven/fall-2020>. Check the individual title for information. Videos of lectures can be accessed for free any time after they are posted.

Sept. 28: COVID on the Campaign Trail: The Role of COVID19 in 2020 U.S. Presidential Campaign Communication

Corey Davis, Prof., Communication

Who Owns the Central Bank? Monetary Policy, Government and Elections

Eylem Ersal, Assoc. Prof., Economic

Supreme Court Appointees from Bush to Trump: The More Things Change, the More Things Change

Jolly Emrey, Assoc. Prof. and Chair., Political Science

Natural Disasters, Man-made Calamities & the Economy: Making or Breaking the Incumbent President in an Election

PROJECT RECOVERY



Social isolation presented a challenge for many aging individuals prior to COVID.

Project Recovery is a community-based program designed to meet the emotional needs of the community. We are here for support, offering an open ear to process your emotions and discuss challenges. Although we are called counselors, much of what we do is listen, talk and build connection. The service is free and anonymous, with no obligation to anyone.

If you have been emotionally impacted by Covid -19 or just need someone to talk to, you can connect by dialing 2-1-1 on any telephone. ***Callers must ask for "Project Recovery" by name in order to be properly routed to us!

Counselors can help with Compassionate and nonjudgmental emotional support, Organizing and prioritizing tasks, Information and resource referral, Problem solving, Coping Skills, Better understanding of your current situation and reactions, Stress management, and Developing plans to address unmet needs.

Project Recovery is a service made possible by through partnerships between FEMA, Wisconsin Department of Health Services, WISCAP and your local Community Action Agency.

OFFICE HOURS

Most days the office will be open 9:00 am – 3:00 pm. Doors are open Monday, Tuesday and Thursday. Knock and wait on Wednesday and Friday to be let in, unless there is scheduled programming.

SENIORS IN THE PARK 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.



Please cut out this "Thank You Coupon" and present it the next time you Patronize one of our Advertisers/Supporters

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SENIORS IN THE PARK

504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Hours Mon/Tues/Thurs
9:00 am—3:00 pm
Closed Wed. and Fri.

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

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*



UW-W THEATER AND MUSIC

We are excited to announce a full list of our virtual events for the Fall Semester!

For the safety of our audiences, students, faculty and staff, all events put on by the departments of Music and Theatre/Dance will be held virtually. Tickets can be purchased through tickets.uww.edu (*Vanity Fair* tickets sold separately at <https://www.showtix4u.com/event-details/39368>), or by phone at (262) 472-2222. The box office is holding limited face-to-face hours from 10:30 - 3:30 pm.

UW-W YOUNG AUDITORIUM SCHEDULE

With the health and safety of our patrons, staff

and volunteers in mind, Young Auditorium has made significant changes to their plans for the fall 2020 events season. Young Auditorium will be presenting the first half of our season (fall 2020) in a digital-only format. With a wide variety of entertainment offerings available, arts lovers will have no shortage of opportunities to view amazing virtual concerts, theatrical presentations and interactive performances. For information on the schedule and tickets for the virtual events go to <https://www.uww.edu/youngauditorium/season>

Young Auditorium
UNIVERSITY OF WISCONSIN-WHITewater