



The Park Bench

November 2020

Seniors in the Park Newsletter



THANK YOU!

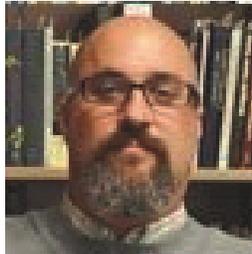
Patrea has resigned her front desk position, which she has held since January 2018. Her smile and bright personality will be missed. She took the time to chat and often laugh with each person she interacted with. She got to know so many people and is very grateful for her time here. In her letter of resignation she said, "I already miss you and all the talented, dedicated and truly nice people who make

Seniors in the Park the remarkable service that it is." We will miss the truly remarkable Patrea!

SCHOLARLY SCOOP

Friday, November 6 10:30 am

Dr. Paul Gregory, Associate Professor, Department of Sociology, Criminology and Anthropology will present "Mindfulness and Meditation in the Criminal Justice System."



Meditation and mindfulness have become popular in the United States. Research has demonstrated that consistent meditation and mindfulness practice can lower anxiety, depression, pain, as well as improve mental focus and memory. More recently, meditation and mindfulness have been introduced to criminal justice offenders in jails and prisons. Initial results are promising, as consistent meditation and mindfulness practice help these individuals cope with their incarceration and adjustment back into society. Dr. Paul Gregory, a certified meditation teacher, will share his experiences teaching meditation to criminal justice inmates.

This virtual presentation is available online or watch at the center. Call, email or go online to register.

Sign up for the virtual presentation online, <https://schedulesplus.com/wwtr/kiosk/>, watch the presentation at Starin Park, or check out a tablet. There will be a limit of 8 people in person.

Volume XX Issue 11

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BackADDRESS, Phone Numbers and Staff Info, Project Recovery

Sunday, November 1



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

THE PHARM REPORT

Monday, November 9
1:00 pm

Kent Marsden has taught the Pharmacology Prep course at Blackhawk Technical College for the last thirteen years. This session is an educational and entertaining look at the medicines we take. He will be talking about the uses and effects of drugs. Have your questions ready. He is a science educator, not a medical professional. The session is informational only - it is not medical advice.

This presentation is in-person or virtual. Phone and email registration deadline is Friday November 6. Registration through the kiosk ends at noon on Monday, November 9.



SCHOLARLY SCOOP

Friday, December 4, 10:30
am

Dr. Eric Loopp, Assistant Professor, Department of Political Science, presents: **“Now What? How The 2020 Presidential Election Will Shape American Politics in 2021.”**



The recent presidential election was perhaps the most consequential event of what has proved to be an incredibly consequential year. For most of 2020, we focused on what would happen in November. Now it is time to focus on January and what 2021 may bring in the world of politics. What policies have a shot at becoming law next year? Will current policies be repealed? Join us online for a lively, interactive and civil conversation about what the next presidential term will bring, and what it means for Wisconsin, the country and the world.

Sign up for the virtual presentation online, watch the presentation at Starin Park, or check out a tablet. There will be a limit of 8 people in person.

GUT HEALTH

Wednesday November 18, 1:00 pm

Acid Reflux * Indigestion * Bloating * Constipation

When was the last time you were able to really enjoy a nice meal? When you don't feel good before, during or after eating, there's a problem! Does heartburn wake you up in the middle of the night? Are you "cranky-pated?" (Most of us can get pretty cranky when we're constipated.) Do you get so bloated you just want to pop your belly with a big ol pin?



Understanding the cause of the problem puts you in a better position to fix it. There are safe, effective, natural ways to heal these digestion woes! The solution is NOT a lifetime of medications. Learn how the digestive system works and how to fix it when there's a problem.

An unhealthy gut can also lead to inflammation in the body which can affect arthritis, Alzheimer's, allergies and much more, as scientists are discovering links to inflammation and diseases in the body.

Presenter is Dr. Carrie Kaiser, Bachelors degree in Biology, Graduate of the National University of Naturopathic Medicine, and has been in naturopathic practice for 19 years.

Sign up for the virtual presentation, watch the presentation at Starin Park, or check out a tablet. Registrations due by Nov 16.

JOURNALING GROUP

Would you be interested in a journaling group? Journaling can take a plethora of forms: day-to-day events, how you are feeling, bucket list, tracking daily habits, recording sleep or dreams, a place to set down goals, try some poetry, or just have fun. Entries can be as simple or expressive as you desire that day. Journaling can be cathartic and can increase your immune response.



In November, a month of Gratitude, journaling is another way to bring peace, calm and happiness into your life. Something we may all need through a long, quarantined winter.

When or how often has not been set until there are people interested, so please call or email. We won't share what is in our journals (unless you want to), but be a support group for maintaining a daily practice, ideas, etc.

VIRTUAL “FUN”CTIONAL FITNESS

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

Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome.

Session 6: November 2-December 2
Fee: \$10.00 Member; \$13 Non-member
Register or add money to your prepay at <https://schedulesplus.com/wwtr/kiosk/> or call to use your prepay.
Deadline is Wednesday, October 28.



VIRTUAL CORE AND MORE

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

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.

Session 6: November 2-December 2
Fee: \$10.00 Member
\$13.00 Non-member
Register, or add money to your prepay at <https://schedulesplus.com/wwtr/kiosk/> or call to use your prepay.

Deadline is Wednesday, October 28

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 YOGA

**Tuesdays, Nov. 10-Dec. 22 10:00—11:00 am
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.

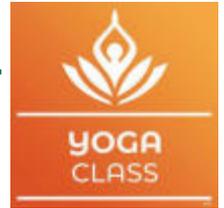
Instructor is Brienne Brown, RYT

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

Thursday fee: \$30 members \$40 non-members

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

Registration Payment/Deadline: Tue., Nov. 3



VIRTUAL CHAIR YOGA

Tuesdays in November, 1:00 pm

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.

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 ZUMBA GOLD

A fun, dance inspired workout specifically for older adults, with Lynette Brown. Get ready to shake your groove thing and whoop it up!

Classes are at 1:30 pm on Monday Nov. 2, Wednesday Nov. 11, Monday Nov. 16 and Wednesday Nov. 18.

Fee is \$10 for the 4 classes. Register online at <https://schedulesplus.com/wwtr/kiosk/> or call or email to use your prepay. Free for Aquatic members.



WHITEWATER AQUATIC & FITNESS CENTER (WAFC)

The WAFC has several virtual fitness classes you can attend for one low fee per month, \$20. Classes include: Yoga, chair Yoga, Barre, Functional Fitness, Zumba, Strong, and Tabata. To register call 262-473-4900 or email Lorelei at lbowen@whitewater-wi.gov.

BEGINNING ACRYLIC POURING CLASS



Friday, November 13 at 1:00

Acrylic pouring is a fun and creative way to make an abstract painting.

Instructor: Rita Carpenter,
artonthefly2018@gmail.com

Fee: \$30 per person and includes all supplies. If you would like to do a second canvas, the cost is \$5 extra and YOU supply canvas.

Register by Friday, Nov. 6 either online at

<https://schedulesplus.com/wwtr/kiosk/>, call or email

Minimum – 5 people; Maximum – 10 people

WATERCOLOR—BASICS AND BEYOND

Thursdays, Dec 3—17 1:00—3:30 pm



The first week Rita will show you how to paint a winter watercolor wreath. This wreath can be painted on a special holiday card for someone, framed, or whatever you choose.

Weeks 2 & 3, we will do some fun winter scenes. Please join Rita Carpenter,

artonthefly2018@gmail.com, for

some fun holiday and winter painting. Missing a class? We record all classes and they are available for you to watch online.

Fee: \$37.50

Register by November 26, online at <https://schedulesplus.com/wwtr/kiosk/>, call or email.

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 plus black & white, 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



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

TABLET LOAN PROGRAM

Often people have access to WIFI, but can't afford the technology to use it. We are starting a tablet loan program. You may check out a tablet, that has zoom preloaded, and take it home to watch one of our presentations or take a class. You must be a member of Seniors in the Park and abide by our lending rules. We currently have two tablets and I am writing a grant to get two more. Call or email with questions.



LEARN TO ZOOM!

We are working with a UW-W class to formulate written and YouTube directions on how to zoom on your specific technology. For those of you still concerned with security, Zoom has done some serious upgrades to their security and now requires passwords or a waiting room to approve people to enter the meeting.

As of press time, I am still waiting to hear when the information will be ready. Please call if you are interested in learning more.



“The Way Back”
(Drama/Sports)
Tuesday, November 10 1:00 pm
Rated R (Language)
1 hour, 48 minutes (2020)

Ben Affleck portrays an alcoholic, former Catholic high school basketball star, who returns to his alma mater to coach its losing team. In one of Affleck's best performances ever, this true-to-life sports drama manages to buck expectations, avoid formulaic sports hokum and deliver a gripping and realistic narrative on addiction, failure and recovery. You will be humbled and cheering from the stands. A powerful film with an exceptional cast.

“Give Me Liberty”
(Comedy/Drama)
Tuesday, November 24 1:00 pm
Rated PG 1 hour, 50 minutes (2019)

An Independent film to be thankful for!
Vic, a young Russian American, drives a handicapped van in Milwaukee, where he shares an apartment with his grandfather. Already running late on a day when street protests break out, Vic reluctantly agrees to ferry his grandfather and a dozen elderly Russians to a funeral, but they're upset when he stops first in a Black Milwaukee neighborhood to pick up Tracy, a Black woman with ALS. On the verge of being fired, Vic's hectic day goes from bad to worse. Filmed entirely in Milwaukee, this film was the winner of the prestigious 2020 John Cassavetes Award/ Independent Spirit Award, presented to a creative team of a film budgeted at less than \$500,000.



BOOK WORMS

Monday, November 2, 11:00 am

The Book Club will discuss *Eleanor Oliphant is Completely Fine* by Gail Honeyman. The book for November is *The Alice Network* by Kate Quinn.



In this enthralling novel from New York Times bestselling author Kate Quinn, two women—a female spy recruited to the real-life *Alice Network* in France during World War I and an unconventional American socialite searching for her cousin in 1947—are brought together in a mesmerizing story of courage and redemption.

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

Thursday, November 12, 10-11 am

Wednesday, December 2, 1:00-2:00 pm

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. Tables will be inside the building, adequately spaced. If you prefer to drive up, please call and we will have items ready for curbside pick up.



We received two anonymous donations and may use them to purchase some new puzzles.

BOOK DONATIONS

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

TOENAIL CLINIC

Thursday, November 5

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, December 3



FROM THE COORDINATOR



Facility Upgrades:

I have some exciting news about the facility. In October, we had ion filters installed into our HVAC system. Now our air filtration is in line with some of the best medical facilities, like the Mayo Clinic. Touchless faucets have been installed in the bathrooms. All of our high touch surfaces in the building received a treatment to keep them germ free for up to one year! Wow, I didn't know anything like that even existed, but am so grateful that it does. This pandemic has been a real learning curve.

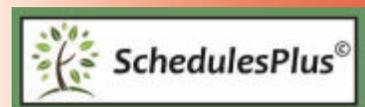
On Demand:

There is a cool feature in our Kiosk. It's called On Demand and under this button you will find recordings of classes and presentations. Missed the Wisconsin History Stories series? It will be there for you to see & hear at the click of a button. Not all presentations will be available. This only applies to presentations that speakers give us permission to record.

Fitness, Yoga and Art class participants, miss a class during a session you paid for? You will be able to go to On Demand and participate in a recorded class, free. If you didn't sign up for a class, for example Autumn Watercolor, but want to take it later, it will be available for a comparable class fee.

As we go forward, Brienne (yoga) and I (fitness and core) will be recording some of our classes and labeling them as to general content. This also gives someone new a chance to try a class for a small fee, before investing in an entire session.

As of press time, I am just starting to populate this area. It takes a long time to upload these classes and presentations. This should happen over the next two weeks. Keep checking back and I will also give updates in the Monday Musings. The link to the kiosk is <https://schedulesplus.com.wwtr/kiosk/>.



CAREGIVING IN CRISIS

November is National Family Caregivers Month (NFC) and this year's theme addresses the new realities family caregivers face with their loved ones during these uncertain times. Family caregivers manage health emergencies, juggle priorities, and suffer isolation—and all that was before COVID. Celebrating National Caregivers Month gives us a time to recognize and honor family caregivers across the country. It also raises awareness of family caregiver issues and educates family caregivers about self identification.

A caregiver—sometimes called an informal caregiver—is an unpaid individual involved in assisting others with activities of daily living and/or medical tasks. The average age of a caregiver is 49.2 meaning many are caring for their parents and their children at the same time. About 41 million unpaid family caregivers provided an estimated 34 billion hours of care, worth \$470 billion, to their parents, spouses, partners, and friends in 2017, according to a new report from AARP's Public Policy Institute (PPI).



ALZHEIMER'S & DEMENTIA CAREGIVERS CONFERENCE

Thursday, November 5 9:00—11:30 am

This informative, virtual program is for families, friends and caregivers of persons with Alzheimer's disease or related dementia. It is designed to enhance your understanding of the disease; how it affects those who have it; and how to effectively deal with it day-to-day.

Registration deadline is November 2, 2020. Register by emailing teena.monk-gerber@alz.wisc.org or by calling 608-843-3544. Free and open to the public.

FACEBOOK CAMPAIGN FOR FAMILY CAREGIVER MONTH

Please watch the Wisconsin Family Caregiver Support Programs Facebook page (<https://www.facebook.com/WisconsinFamilyCaregiver>) for our *November is Family Caregiver Month Campaign*. Each week we will focus on different segments of family caregiving:

- Week 1: Kinship Care/Relatives as Parents Program
- Week 2: Employed Family Caregivers
- Week 3: Caregivers Across the Lifespan: From teenagers and young adults to seniors in their 80's & 90's.
- Week 4: Long Distance Family Caregivers

Each week will also have its own events page and action items with prizes for responses. Respite Care Association of Wisconsin is providing eight \$25.00 Amazon Gift Cards – two will be awarded each week.

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 wisconsincaregiver.org website. If the link doesn't take you to the correct page, click on Family Caregiver Support, then Virtual Events for Caregivers.

LOCAL CAREGIVER INFO ON FACEBOOK

Search for, check out and like Whitewater Dementia Friendly, Living Well with Dementia in Jefferson County, and Dementia Friendly Community—Walworth County for great info on Facebook.



ARE YOU A CAREGIVER?

Deb gets a lot of caregiver information, virtual meetings and trainings. Not all goes into the newsletter. Please call or email to be added to our caregiver list for up-to-date info. Thanks to Pat Metz for being the person who shares this info with the group. She takes the time to sift through and share what is most important.

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

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.



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 Sunsphere

and much more! \$1659 pp/dbl

Virtual travel presentation available. Contact the office.

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.

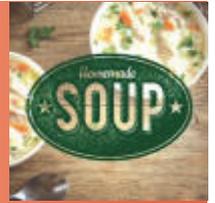


Van trips will be rescheduled when physical distancing has been removed.

FIESTA SOUP

- 1—28 oz can diced tomatoes
- 1—11 oz can whole kernel corn
- 1—15 oz can black beans
- 1—4 oz can green chilies (optional, but green chilies are not spicy)
- 2 tablespoons jalapeno juice, optional
- 1 cup diced ham, optional
- Shredded cheddar cheese
- Sour cream

Combine in a saucepan, tomatoes, corn, beans, jalapeno juice and chilis, undrained and ham. If desired, add 1 cup water to increase juice. Heat through. Garnish servings with cheese, sour cream or toppings of your choice, if desired.



GINGERED PUMPKIN-PEAR SOUP

- 1/2 cup sweet onion chopped
- 2 tsp. grated fresh ginger
- 1 Tbsp. margarine or butter
- 3 pears peeled, cored and sliced
- 1 (15 oz.) can pumpkin
- 1 1/2 cups vegetable broth
- 1 cup milk
- 1/4 cup sour cream
- 1/2 tsp finely shredded lime peel
- 1 Tbsp. lime juice

1. In a large sauce pan, cook onion and ginger in hot butter until onion is tender. Stir in pears, cook 1 minute more. Stir in pumpkin and vegetable broth; heat to boiling. Reduce heat and simmer, covered about 5 minutes more or until pears are tender. Cool slightly.
2. In a blender or food processor, cover and blend or process half of the pumpkin mixture at a time until smooth, about 1 minute. Return mixture to saucepan, stir in milk. Heat through. Season to taste with salt and pepper.
3. Meanwhile in a small bowl, stir together sour cream, the 1/2 tsp lime peel and lime juice. Top each serving of soup with a drizzle of the sour cream mixture.

Makes 6 side dish servings

BEHAVIORAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA

Friday, November 6 9:00 am – 10:30 am

Dr. Kohlenberg will review the presenting symptoms of the various common types of dementia. He will help distinguish the various forms of dementia and highlight behavioral symptoms that often accompany progressive dementias. He will also discuss both behavioral and medication approaches to help minimize behavioral symptoms. The Dementia Care Network is hosting Dr. Cary Kohlenberg via Zoom.

Registration required by calling the Aging and Disability Resource Center of Racine County @ **262-833-8777**.

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

BOOST YOUR BRAIN—VIRTUAL

November 11 from 12—1:00 pm

Join the ADRC of Dodge County for a Boost Your Brain event with Dr. Michelle Braun. Learn 5 science-backed steps to sharpen your memory and dramatically reduce your risk of Alzheimer's. Given that there is no direct genetic cause for 99% of cases of Alzheimer's and that Alzheimer's can develop more than 30 years prior to diagnosis, identifying protective factors has become increasingly important. Lifestyle factors have shown unique ability not only in reducing the risk of Alzheimer's and/or delaying its onset, but also in boosting daily cognitive functioning and enhancing quality of life.

Unfortunately, although several science-backed strategies significantly reduce the risk of Alzheimer's, consumers are often misled by myths, misinformation and pseudoscience to spend time and money on strategies that are not scientifically supported—such as playing online brain games, taking memory supplements, following “brain health” diets and getting unnecessary brain scans—or to develop a false sense of security by engaging in tasks that are minimally helpful on their own, such as crosswords. By learning the top five science-backed strategies that have been shown to sharpen memory and dramatically reduce the risk of Alzheimer's, we can boost not only our own brain functioning, but we can also guide our loved ones to do so.

Call the ADRC at 920-386-3580 to register.



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.

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

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Activity Calendar

November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 9:00 FUNctional Fitness-(V) 10:15 Core & More -Virtual 11:00 Book Worms 1:00 Mah Jongg 1:30 Zumba Gold (V)	3 VOTE! 1:00 Chair Yoga (V) 	4 9:00 FUNctional Fitness-(V) 10:15 Core & More (V) 10:30 Tai Chi @ Starin	5 9:30—4:00 Toenail Clinic 10:00 Yoga with Brienne (V) 1:00 Acrylics Class	6 10:30 Scholarly Scoop (V)
9 9:00 FUNctional Fitness-(V) 10:15 Core & More -Virtual 1:00 THE Pharm Report 1:00 Mah Jongg	10 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "The Way Back" 1:00 Chair Yoga	11 9:00 FUNctional Fitness (V) 10:15 Core & More (V) 10:30 Tai Chi (A) 1:30 Zumba Gold (V)	12 10:00 Puzzle Exchange & Book Loan 10:00 Yoga with Brienne (V) 1:00 Acrylics Class	13 1:00 Acrylic Pour OFFICE CLOSED
16 9:00 FUNctional Fitness (V) 9:30 Pegs & Jokers 1:00 Mah Jongg 1:30 Zumba Gold (V) OFFICE CLOSED	17 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Chair Yoga	18 9:00 FUNctional Fitness (V) 10:15 Core & More (V) 10:30 Tai Chi (A) 1:00 Gut Health (V) 1:30 Zumba Gold (V)	19 10:00 Yoga with Brienne (V)	20 
23 9:00 FUNctional Fitness-(V) 10:15 Core & More (V) 1:00 Mah Jongg	24 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "Give Me Liberty" 1:00 Chair Yoga	25 9:00 FUNctional Fitness-(V) 10:15 Core & More (V) 10:30 Tai Chi (A)	26 CLOSED 	27 CLOSED Small Business Saturday 
30 9:00 FUNctional Fitness-(V) 10:15 Core & More (V) 1:00 Mah Jongg	1 Giving Tuesday 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Chair Yoga	2 9:00 FUNctional Fitness-(V) 10:15 Core & More (V) 10:30 Tai Chi (A) 1:00 Puzzle Exchange & Book Loan	3 10:00 Yoga with Brienne (V) 1:00 Wreath Watercolor Class	4 10:30 Scholarly Scoop (V)

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.

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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.

FRUIT & VEGETABLE GUIDE AND TOOLKIT

It's easy to eat more fruit and vegetables with the American Heart Association Fruit and Vegetable Guide. It offers practical tips, recipes, storage, and seasonal guides, and more. There is even a Fruit and Vegetable Weekly Challenge on page 25 of the guide you can use as a contest for nutrition program participants. Click on the link to download the 2 meg PDF: https://www.heart.org/-/media/healthy-living-files/add-color/add-color-fruit_vegetable_toolkit.pdf?la=en

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.

Open Enrollment: Medicare's Open Enrollment Period (OEP), which happens annually between October 15 and December 7. While this time allows Medicare beneficiaries to change their coverage plans, it also provides opportunities for insurance companies and agents to share misleading information and utilize high pressure sales tactics. This [Fraud Alert](#) outlines the marketing guidelines that have been established for insurance companies/agents and highlights some examples of agent misconduct for beneficiaries to be aware of. The Wisconsin SMP wants to make sure that Medicare beneficiaries make informed decisions about their Medicare coverage, based on what is best for their specific situation. The Benefit Specialist at the Walworth Co ADRC provides free, unbiased assistance. Call 262-741-3400.

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
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- Brown Cab
- Visiting Angels
- American Wholesale Furniture—Fort Atkinson
- My Choice Family Care
- Nommensen Law Offices
- Hard Rock
- Aumann's Service

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.

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

Krastina Dzhambova, Assist. Prof., Economics

One Week Left: The Final Days of the 2020 Campaign, and What to Look for on Election Night

Eric Loopp, Assist. Prof., Political Science

Presidential Elections in Times of Crises

Dick Haven, Prof. emeritus, Communications

Election Results: Winners, Losers, and What Happens Next

Political Science Panel

Presidential Transitions: Understanding the Period between Campaigning and Governing

Louis Fucilla, Assist. Prof., Political Science

Fiscal and Monetary Policy Responses to Covid-19 and its Implication on Presidential Elections

Narendra Regmi, Assist. Prof., Economics

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>

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



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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*



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.