



# The Park Bench

December 2020

Seniors in the Park Newsletter

## COCOA AND COOKIE CELEBRATION

Wednesday, December 9, 1:00—2:00 pm

Drive through and pick up a cup of hot chocolate and a Christmas cookie between 1:00 and 2:00 pm on Wednesday, December 9. Enjoy a sweet treat to celebrate the Holidays from Senior in the Park to you! We miss you all and wish you the happiest of holidays!

In case of inclement weather, the event will happen on Friday December 11 from 1:00—2:00 pm. Cookies and hot chocolate available until we run out.



Volume XX Issue 12

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## CHRISTMAS CAROLING

Tuesday, December 15, 1:00 pm

Join our Warblers' leader, Lori Heidenreich, in singing familiar holiday carols. Even if you're not a Frank Sinatra or Debbie Reynolds, enjoy some festive fun with your zoom muted. Singing can

bring joy to an otherwise dreary, pandemic holiday season. Zoom works online or over the phone, so call or log in and put a smile on your face singing along. Lori often has interesting tidbits about songs and some holiday funnies.

Registration deadline is Monday, December 14, at noon. Call, email or go online with your preferred form of joining the sing (phone or online).

## SHARE SOME HOLIDAY CHEER

Take photos of your holiday decorations either inside or outside and send them to [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov). If you have a short story or memory to go with it, please



send that also. I will start sharing in the Monday Musings the first week in December and possibly on the Parks and Recreation Facebook page, so if you've had the bug to get your decorations out, take those photos! You will be anonymous unless you want me to share your identity.



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

**40th**  
**Anniversary**  
*Seniors in the Park*  
**June 2021**

## 40<sup>TH</sup> ANNIVERSARY OF SENIORS IN THE PARK

June 2021 is the 40<sup>th</sup> Anniversary of the opening of the Seniors in the Park program. I would love for people to share any memories of years ago here at the center. Volunteers are also needed to plan some type(s) of celebrations. If you are interested in helping in any way, please let Deb know. Thanks!

## REBRANDING

As part of the Accreditation process, which was pushed into next year, we were looking at rebranding the center with a new logo, catch phrase and possibly a new name, all to be unveiled along with our 40<sup>th</sup> Anniversary. We will be having community focus groups to discuss this both virtually and in-person, after the first of the year. If you would be interested in being part of this process or participating in a focus group, please email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov) or call 262-473-0535. Help and input are always greatly appreciated.

## SCHOLARLY SCOOP

Friday, December 4, 10:30 am

Dr. Eric Loepf, 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.

This virtual presentation is available online or watch at the center. Call, email or go online (page 6 for info) to register.

## HISTORY IN YOUR BACK YARD

Join Dr. Haney for interesting presentations on Wednesdays at 1:00 pm. Thanks to the UW-W Continuing Education Department for sponsoring the talks.

- January 6 -- The Ku Klux Klan in Whitewater in the 1920's
- January 13 -- Who Were They? The People for whom UW-W Buildings are Named
- January 20 -- More People for whom UW-W Buildings and Facilities are Named
- January 27 -- Remember Where You Were ... When ...?!?

Pre-registration required to view the presentation in-person, virtually or check out a tablet.

## FUN STOCKINGS FROM PARKS & RECREATION

Your grandchild's face will light up with joy when a special contactless delivery is hung on their door. Holiday stockings will be tailored by age and gender to provide a fun surprise of crafts, treats, recipes, and even a special toy to top off the experience. Stocking styles will vary. Each filled stocking is \$20.00. Delivery will take place on Wednesday, December 16th from 9am-4pm.

To register visit <http://www.wwparks.org>

Class # 2020.00 General Stocking

Class# 2021.11 Girls Ages 3-6

Class# 2021.13 Boys Ages 3-6

Class# 2021.12 Girls Ages 6 & Above

Class# 2021.14 Boys Ages 6 & Above



## 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 7: December 7-30

Fee: \$8.00 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 Thursday, December 3**



## 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 4: December 7-30

Fee: \$8.00 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 Thursday, December 3**

## CORE, ROLLING & FITNESS EQUIPMENT

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

## ROLL AWAY STRESS

**Wednesdays, 11:15 am  
January 6 –February 24**

Using soft, foam rollers you will find those spots of tension and roll them away. Participation is limited to those who have had rolling with Deb previously. Rollers are available to check out.

Fee: \$28 members; \$38 nonmembers

Deadline to register is January 4. Register online at the kiosk.



## VIRTUAL CHAIR YOGA

**This class is on hiatus until January due to lack of numbers. If you are interested in a chair yoga class, please let me know along with times you would be available for a class.**

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.

## 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](mailto:lbowen@whitewater-wi.gov).

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## 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. Due to potential jury duty, the class on the 17th may be rescheduled.

Fee: \$37.50

Register by November 26, on the kiosk, call, or email.

## T-SHIRT NECKLACE CLASS

January 2021

Make one or both of these fun, unique necklaces. Please have one t-shirt for every scarf that you would like to make. Generally larger sizes are best, color of your choice and they can be plain or colorful logos work, too. Have sewing or sharper scissors. This class is virtual. Sign up at the kiosk. (info on page 6)

Fee: \$5.00 members

\$8.00 non-members



### “The Good Liar”

(Crime/Drama/Mystery)

**Tuesday, December 8, 1 pm**

Rated R (Language, Violence)

1 hour, 49 minutes (2019)

A career con man (Ian McKellen) sets his sights on his latest mark: a recently widowed woman (Helen Mirren), worth millions. He means to take it all. But as they draw closer, what should have been another simple swindle takes on the ultimate stakes. A chilling thriller!

### “Love Actually”

(Romance/Comedy/Holiday)

**Tuesday, December 22, 1 pm**

Rated R (Sex/Language)

2 hours, 15 minutes (2003)

Back by Popular Demand, our favorite holiday “rom/com”!

Romance and relationships in an all-star ensemble comedy that tells 10 separate but intertwining love stories from London to Milwaukee (yes, that is correct), leading up to a spirited climax on Christmas Eve.

We’ll all be singing Mariah Carey’s “All I Want for Christmas is You,” made even more popular by this film! Starring Hugh Grant, Liam Neeson, Laura Linney, Colin Firth, Emma Thompson and Bill Nighy.

### “Knives Out”

(Crime/Drama/Mystery)

**Tuesday, December 29, 1 pm**

Rated PG-13

2 hours, 10 minutes (2019)

An unconventional detective investigates the death of the patriarch of an eccentric, dysfunctional, combative family. A real whodunnit with many plot twists, turns and MacGuffins. Murder mystery fans will love this clever film!

Stars Daniel Craig, Christopher Plummer, Chris Evans, Jamie Lee Curtis and Don Johnson.

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## 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 will be getting two tablets to begin with. 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.



## REGISTRATION KIOSK AND ON DEMAND INFORMATION

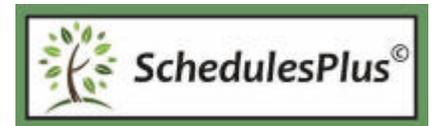
**Bookmark/save this registration link:**

<https://schedulesplus.com/wwtr/kiosk/>

The kiosk is your go-to place to register, join your activity, presentation, or class and now check out On Demand classes and presentations.

### On Demand Classes & Presentations uploaded to-date:

- Yoga classes
- Wisconsin History Stories
- How to Protect your Stuff from Long Term Care Costs
- Autumn Watercolor
- Funfit and Core classes



### Coming Soon:

Scholarly Scoops

**On Demand:** It is also a place where you can go to watch recorded presentations and classes. Missed the History lecture series? It will be here. Want to take an Art Class? It will be available for a fee. Did you take an art class and want to review what you learned? It will be free for you. Taking a fitness or yoga class but have to miss one? There will be recorded classes online for you for free. Hoping also to add Zoom tutorials. This area will evolve and we'll keep you up-to-date through these weekly emails.

The cool part is that once you register for a virtual class, you can now go to the kiosk, sign in, click on MY Calendar and a button will be there to take you directly to the class/activity. No searching for a link in an email. You can also register up until a half hour before the first class or the session, and, if you want, save classes to your calendar for a reminder. This works for all virtual classes. I can share a YouTube tutorial or send a 'how to' document, if you need it.

**The same features (signup and calendar) work for in-person activities and appointments.** You don't go into the Virtual Center, but choose one of the other 'buttons'. You can sign up for lecture presentations, toenail appointments or activities you will be attending, like Mah Jongg or Sheephead.

**Register/Log In Issues:** The biggest issue people run into is logging in/registering. When it asks for phone number and birth day & month (no year), please enter only numbers. No dashes, slashes, spaces or hyphens. If you participate here, you should be in our system. Give Deb a call, if you need assistance troubleshooting.

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

## BOOK WORMS



**Monday, November 2, 11:00 am**

The Book Club will discuss *The Alice Network* by Kate Quinn. The book for December is *The Great Alone* by Kristin Hannah.

*The Great Alone* is a daring, beautiful, stay-up-all-night story about love and loss, the fight for survival and the wildness that lives in both man and nature

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

**Wednesday, December 2, 1—2:00 pm**

**Friday, December 18, 10-11 am**

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!

## FROM THE COORDINATOR

### Membership

Due to being shut down for several months in 2020, we will be extending your membership through April of 2021. Membership will be due May 1. Thank you all for bearing with us through this unusual year.

### Holiday Memories

If you get the Monday Musings, you have seen my request to share your holiday memories or your holiday décor, inside or out. Telling our stories and reminiscing is fun and heartwarming. Photos are welcome! Email to me and I will share what I can. You will be anonymous unless you choose to be identified. Thanks for sharing! January is a bleak month and your stories and photos should make it just a tad brighter.

I'll start with sharing a few of mine.



We went to my grandparent's house during my younger years, and they had a bar in the basement, where we all played and celebrated. My grandfather had a 'Charlie Weaver' (I think was the name) and he poured a drink, drank it and smoke came out his ears. We loved it! The b/w photo is my dad (right) and uncles at the bar with my grandfather tending bar.

The year before my mom got this dishwasher for Christmas, she was pregnant with the little one in the picture. That year, the day after Christmas, I came downstairs to my mom packing away our Christmas presents! Were we that bad?? Come to find out she was going to the

hospital to have my sister and she was packing us up to be shipped off to relatives. You can barely see our tree, but it always had lots of tinsel on it and the beautiful shiny glass ornaments.

The year of the great lesson. I found my mom's stash of Christmas presents and knew what everyone was getting, including me. What a let down on Christmas Day. The joys of surprise and delight weren't there. To this day, I don't like know what I'm getting for Christmas, even though it's helpful to my family.

Our most fun tradition is frosting cut out cookies. Flavored frostings, all kinds of sprinkles, how fancy and creative we can get. I even collected cookie cutters. One year, it was my two daughters and me frosting cookies. There was wine involved.... I thought coconut would be a fun decoration on a snowman cookie. As I was walking to the kitchen, I was dive tackled by my youngest, who hates coconut. Yes, wine was involved!



May you all have a joyous, safe and blessed holiday season. ~Deb

## CELEBRATE SAFELY DURING THE HOLIDAYS

### SAFE

#### Celebrate at home



Prepare food with people in your house



Host a virtual dinner and share recipes with family and friends



Shop for gifts online instead of in stores



Put up decorations and share photos with friends



Watch parades, sports, and movies at home

### LESS SAFE

#### If you gather, be wise



Keep it small, short, and local; don't share food or utensils



Stay outside if possible (maybe try a bonfire!)



Ensure proper ventilation if indoors



Wear masks and social distance



Wash or sanitize hands regularly



Quarantine for 14 days before and after gathering

### UNSAFE

#### Avoid...



Avoid large gatherings, especially indoors



Avoid potlucks, buffets, or sharing food and utensils



Avoid places with crowds, such as stores, parades, running events, and sports



Avoid contact with anyone who is sick or may have been exposed to COVID-19

# Extended Travel & Info

9

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.



## HOLIDAY OFFICE HOURS

Office will be closed  
Thursday December 24  
Friday December 25  
Friday January 1

## PAST HOLIDAYS



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

## LAKESHORE VIRTUAL MEMORY CAFES

A virtual Memory Café is a place where persons with MCI (Mild Cognitive Impairment), early-stage Alzheimer's, or related dementias, can join with their care partners to socialize and have fun with other people going through similar things. This provides everyone a great time connecting with each other and creating new friendships, rather than focusing on the diagnosis, in the comfort of their own home. The Lakeshore Virtual Memory Cafés are held on the 2<sup>nd</sup> Wednesday of the month from 1-2pm. To register, please contact the ADRC of Walworth County by phone: (262) 741-3273 or email: walcoADRC@co.walworth.wi.us. On January 13, the topic is 'Explore the 60's'.

## 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](http://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.

## DEMENTIA CARE & THE HOLIDAYS



**December 9, 1—2:00 pm**

Curious how the holidays will look this year? Join Dementia Expert, **Teepa Snow** and Senior Helpers, for a session designed to help learners better understand the impact of dementia on traditional celebrations, holiday festivities, family gatherings, and special events. The goal is to help everyone enjoy these times while minimizing stress and maximizing positive and joyful moments. The session will help learners appreciate the changes that dementia is causing, what the person can still do and enjoy, and ways to cope with challenges or frustrations to improve interactions for all.

Register at: <https://register.gotowebinar.com/register/2326114016203596559>

Or call Senior Helpers of Madison 608-729-5365.

## DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

**Monday, January 11 at 1:30 pm**

The committee will begin meeting virtually again in January. With a vaccine on the horizon, we need to begin planning how to reopen the respite site. We also need to make plans for education and training in the community, assisting caregivers and revisit our goals. If you are interested in helping in any way or joining us, please call the center at 262-473-0535. Your caring, compassion, knowledge and skills are needed.



## STRESS GOT YOU DOWN?

**December 9, 9—10 am**

Learn some coping techniques and meet others who are dealing with some of the same things! Originally part of a class for caregivers, this session will help anyone learn ways to deal with stress. The virtual class is being presented by the ADRC's of Dodge and Jefferson Counties (you don't have to live there to participate). To register call the ADRC at 920-386-3580 to get the link or instructions for calling in.



## 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.

## 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](http://wwparks.org), [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [ourseniorcenter.com/find/seniors-in-the-park](http://ourseniorcenter.com/find/seniors-in-the-park).

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



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

# SHOP SMALL &

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# Activity Calendar

## December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted. V=Virtual A=Downtown Armory 146 W North St B=In person &amp; Virtual</p>	<p><b>1</b> 10:00 Yoga with Brienne (V) 12:30 Sheepshead</p>	<p><b>2</b> 9:00 FUNctional Fitness-(V) 10:15 Core &amp; More (V) 10:30 Tai Chi (A) 1:00 Puzzle Exchange &amp; Book Loan</p>	<p><b>3</b> 8:30—3:00 Toenail Clinic 10:00 Yoga with Brienne (V) 1:00 Watercolor Wreath (B)</p>	<p><b>4</b> <b>10:30 Scholarly Scoop (B)</b></p>
<p><b>7</b> 9:00 FUNctional Fitness-(V) 10:15 Core &amp; More -Virtual 11:00 Book Worms (B) 1:00 Mah Jongg</p>	<p><b>8</b> 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "The Good Liar"</p>	<p><b>9</b> 9:00 FUNctional Fitness (V) 10:15 Core &amp; More (V) 10:30 Tai Chi (A) <b>1:00—2:00 Cocoa and Cookies</b></p>	<p><b>10 Hanukkah</b> 10:00 Puzzle Exchange &amp; Book Loan 10:00 Yoga with Brienne (V) 1:00 Watercolor Winter Scenes (B)</p>	<p><b>11</b></p>
<p><b>14</b> 9:00 FUNctional Fitness (V) 1:00 Mah Jongg</p>	<p><b>15</b> 10:00 Yoga with Brienne (V) 12:30 Sheepshead <b>1:00 Christmas Carols with Lori (V)</b></p>	<p><b>16</b> 9:00 FUNctional Fitness (V) 10:15 Core &amp; More (V) 10:30 Tai Chi (A)</p>	<p><b>17</b> 10:00 Yoga with Brienne (V) 1:00 Watercolor Winter Scenes (B)</p>	<p><b>18</b> 10:00 Puzzle Exchange &amp; Book Loan</p>
<p><b>21</b> 9:00 FUNctional Fitness-(V) 9:30 Pegs &amp; Jokers 10:15 Core &amp; More (V) 1:00 Mah Jongg</p>	<p><b>22</b> 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "Love Actually"</p>	<p><b>23</b> 9:00 FUNctional Fitness-(V) 10:15 Core &amp; More (V) 10:30 Tai Chi (A)</p>	<p><b>24 CLOSED</b></p> 	<p><b>25 CLOSED</b></p> 
<p><b>28</b> 9:00 FUNctional Fitness-(V) 10:15 Core &amp; More (V) 1:00 Mah Jongg</p>	<p><b>29</b> 12:30 Sheepshead 1:00 Movie: "Knives Out" 1:00 Chair Yoga</p>	<p><b>30</b> 9:00 FUNctional Fitness-(V) 10:15 Core &amp; More (V) 10:30 Tai Chi (A)</p>	<p><b>31</b></p> 	<p><b>1 CLOSED</b></p> 

## WALWORTH COUNTY NUTRITION SITE

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-262-741-3333 to make a reservation by noon, one business day in advance. Reservations are required. **Call 1-262-741-3333 to CANCEL your meal no later than 8:00 am day of your reservation.** Please leave your name and dining center when calling. Meal site is at Brookdale Manor Monday, Wednesday, Thursday and Friday and at Blackhawk Manor on the third Tuesday of the month, serving at 11:30 am.

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

## MEALS ON WHEELS:

For information on or to order meals, contact 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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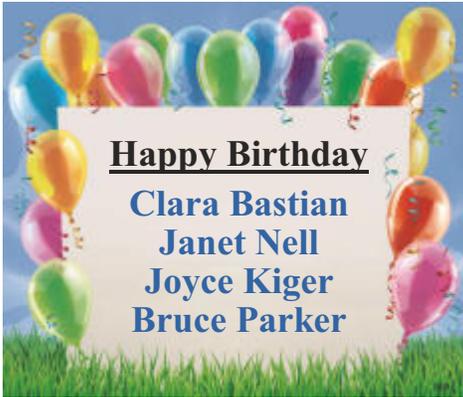
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## PARK BENCH ONLINE!

You can now get your copy of *The Park Bench* online by clicking on or going to the following link



[ourseniorcenter.com](http://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](mailto:dweberpal@whitewater-wi.gov), and, I will add you to the email list.

## TOENAIL CLINIC

**Thursday, December 3**

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.

**Next Clinic:** Thursday, January 7



## HEARING AIDS IN THE WIRELESS ERA

Hearing aids have become very sophisticated over the years, with features undreamt of just a generation ago. Nowhere is this more apparent than in the advent of wireless connectivity. Thanks to the proliferation of Bluetooth technology, today's hearing devices are more versatile than ever and feature unparalleled sound quality and convenience.



Bluetooth is a wireless communications system that allows various electronic devices—computers, smartphones, etc.—to communicate with one another. When paired with hearing aids, Bluetooth allows the user to stream signals from those devices directly to the hearing aids. The result is clearer, more natural sound.

Wireless connectivity does come with a price: increased power demand. Most hearing aid batteries are tiny and unable to supply enough power for a steady Bluetooth connection. To get around this, assistive listening devices called streamers have been developed.

Usually worn around the neck, streamers provide a communication link between devices, picking up Bluetooth signals and transmitting them to and from hearing aids via an FM signal or electromagnetic field. The streamer works as a personal remote control for your hearing aids, enabling you to change the hearing program, tweak the volume and mute the streaming sound—all with the push of a button.

Meanwhile, certain situations require a little extra boost. In public places where large groups congregate—e.g., meetings, lectures, churches, movie theaters, conference rooms and museums—background noise can make it difficult to pick up speech. One solution is to use a wireless FM system.

This portable device comes with a microphone that is placed near the speaker for transmitting sounds over radio frequencies, and a receiver that attaches directly to the hearing aids, helping the user decipher speech in noisy environments.

Call Fort HealthCare Audiology at 920.563.6667 to schedule a hearing evaluation or complimentary hearing screening.



**Frank Stekel**—Cash  
**Caregivers** that bring friends and family to the Toenail Clinic are deeply appreciated  
**Poll Workers**—Michelle Smith and her staff



## ONE DAY UNIVERSITY

Watch live or recorded lectures by over 200 remarkable professors chosen from 150 top-tier schools. New talks posted daily. Interact with professors during live streams and an opportunity for small group discussions. Go to [onedayu.com](http://onedayu.com). You can see available lectures and there is a free trial period. After that \$7.95 per month.

## AARP FRIENDLY VOICES: CONNECTING PEOPLE TO PEOPLE

We may be isolated, but we don't have to be alone. Sometimes, just hearing a friendly voice on the other end of the line can help in challenging times. Trained AARP Friendly Voice volunteers will provide a call to say hello.



**Two ways to request a call for you or a loved one:**  
Call us directly at **1-888-281-0145**, leave your information, and we will call you back. You can also check out the website and use the registration form online at:  
<https://aarpcommunityconnections.org/friendly-voices/>

## FAIRHAVEN LECTURE SERIES ELECTION 2020

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

Lectures in the Fall 2020 series will be held virtually. 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.

**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*

## 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](mailto: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.



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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](http://schedulesplus.com/wwtr)  
[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://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.