

## Shorewood Senior Resource Center

### Shorewood Village Center

2010 E. Shorewood Blvd.  
Shorewood, WI 53211



Shorewood  
SENIOR RESOURCE  
CENTER

## KEEP IN TOUCH WITH THE SRC

Please join, like, and follow our Facebook group!

@shorewoodSRC.

Facebook page link: [facebook.com/shorewoodSRC/](https://facebook.com/shorewoodSRC/).

As always, you can call/email the SRC at

414-847-2727 or [src@villageofshorewood.org](mailto:src@villageofshorewood.org).

For more details on any of our programs or to receive a newsletter contact the SRC directly or visit us online at

[villageofshorewood.org/168/Senior-Resource-Center](http://villageofshorewood.org/168/Senior-Resource-Center)

**Shorewood Senior Resource Center**  
*Safer at home, but not alone*



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# SRC NEWS NOW

## Winter 2020 - 21

### Dear Friends,

Our beautiful fall weather was a welcome gift in the midst of the pandemic. We've sure faced many challenges. I have often said that what I admire most about our SRC members is your resiliency and remarkable ability to take on whatever comes next. You've proven that this year. You've learned to play by the new rules, discovered new ways to live your lives and learned to connect in different ways such as our Zoom offerings, which will continue. I invite more of you to take advantage of these opportunities. Please read more about them in this newsletter.

On the good *SRC News Now* side, our dear assistant Natalie gave birth to a healthy baby boy, Adam, on Friday, November 13. The family are settling into their new home in Grafton. Sadly, we will no longer have Natalie as our program assistant. We wish her and her family well!

In the meantime, we are together in spirit.

With warmth and friendship,  
Elizabeth

# SRC WINTER OFFICE HOURS

Mon. - Thurs. 10 am – 2 pm

available by telephone, email or by appointment

## GRAB & GO DRIVE-THROUGH DINING EVENTS WILL RESUME IN APRIL

Our popular **Grab & Go** dining events were created to enable Shorewood's older adults to stay safe while having some fun! But because of the spike in Coronavirus cases and unpredictable winter weather, we are delaying further events until spring. Watch for news of what's coming and when in future SRC newsletters.

## COMING SOON ... RIGHT TO YOUR DOOR

### Seasonal Bags

Every Third Wednesday, December through March

This is sure to be a favorite. So we encourage you to call by noon on the second Thursday of each month to reserve a seasonal bag filled with select goodies from local businesses, and fun surprises compliments of the SRC. Bags will be dropped at your home between 11 am – 1 pm on the 3<sup>rd</sup> Wednesday of each month. Free. One bag per person while supplies last. You must be 60 or older and be a Shorewood resident to participate.

### Add a Box Lunch to Your Seasonal Bag for Just \$10

Enjoy a delicious box lunch from a local restaurant. Please send check no later than the second Thursday of each month.

*\*In the event of inclement weather, we will reschedule the drop off day.*



## SHOREWOOD CONNECTS NEIGHBORS

Shorewood Connects Neighbors is the community-building piece of the Senior Resource Center. Best known for recruiting families and neighbors for the biannual yard clean-up day, Shorewood Connects Neighbors is also responsible for the Shorewood Memory Café, Caregiver Support Group and Dementia Education Series in the fall. Behind the scenes, Shorewood Connect Neighbors is an advocate for better snow removal in the business district and safer sidewalks.

## Shorewood Connects Winter Zoom Offerings

### Zoom Coffee & Conversations with Caregivers Support Group

Coffee & Conversations with Caregivers is a monthly support group for our friends who are caring for a loved one with dementia. This group meets virtually on the first Tuesday of each month from 10:30 am – 12 pm. Please contact the SRC for more information and details on how to join. You can help others by sharing your experience and help yourself in the process!

## Toe Nail Trimming Clinics

### Mondays, January 11, February 8, March 8.....Available by Appointment

Take this opportunity to schedule your next toe nail trim at the Village Center. A foot care specialist RN with Toe Nail Trimmers, LLC will be available by appointment. Toe Nail Trimmers is a mobile company that provides safe, cost effective foot and toe nail care. Precautions to keep you safe are their primary concern. Masks are required. The cost is \$29 for toe nail trim, foot assessment, massage, and moisturizer. Tips are encouraged and appreciated. Contact the SRC office to schedule your appointment and receive instructions.

## ZOOM TIME WITH KELLY



# HELPFUL INFORMATION AND SERVICES

If you, or someone you know, needs assistance, these are a few of the services available. If you need other help, please contact the Shorewood Senior Resource Center.

## Transportation, Groceries, Errands and check-in calls and more

### **EAST SIDE SENIOR SERVICES**

**414-210-5881** [essmilw@gmail.com](mailto:essmilw@gmail.com)

Any older adult (60+) living within the upper or lower East Side of Milwaukee and Shorewood is eligible for assistance with transportation, groceries and check-in calls.

### **ERAS SENIOR NETWORK**

**414-488-6500** [eraswi.org](http://eraswi.org)

Older adults throughout Milwaukee County are eligible for these free services.

**Medical Appointment Transportation** to essential medical appointments through volunteer drivers. If a volunteer cannot be found, Eras will coordinate and pay for a cab to transport the client.

**Reassurance Check-in Calls to seniors:** Eras staff is continuing to place weekly wellness check-in calls to clients to ensure they have what they need, and to provide a welcome respite from social isolation.

### **STATE OF WISCONSIN MEDIGAP HELPLINE**

**1-800-242-1060**

The State of Wisconsin Board of Aging and Long Term Care provides benefit counselors to help you sort out options for Medicare, supplementary insurance, prescription drug programs and long term care insurance. Please leave a detailed message when calling. Counselors will return calls but it may take a week or more.

### **REPORT FRAUD/SCAMS**

[ReportFraud.ftc.gov](http://ReportFraud.ftc.gov) is the federal government's website where you can report fraud, scams, and bad business practices. The new website makes it easy for people to report fraud, scams, and bad business practices.

If you're not able to use [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov) to file a report, you can call the FTC's Consumer Response Center at 877-382-4357.

## Technology Support & Resources

### **SENIOR PLANET TECHNOLOGY SUPPORT**

**National Senior Planet Hotline: 920-666-1959**

The National Tech Hotline is monitored from 10 am – 6 pm, Monday through Friday. They will help you with whatever technological issues you're experiencing.

Internet Access: Find up-to-date information on low-cost and free internet access

**[seniorplanet.org/stuck-at-home-guide-get-online/](http://seniorplanet.org/stuck-at-home-guide-get-online/)**

Access to Electronic Devices: Find a list of recommended and low-cost devices

**[seniorplanet.org/best-devices/](http://seniorplanet.org/best-devices/)**

### **VOLUNTEER FROM YOUR HOME**

Don't get out much anymore? You can help right from your home with [Eldera](http://Eldera). This free video chat platform pairs kids with vetted mentors for virtual story time, help with schoolwork or just a friendly conversation. Go to [www.eldera.ai](http://www.eldera.ai) for more information.

## **Program Registration Information**

### **Free Programs:**

Call 414-847-2727 or email  
[src@villageofshorewood.org](mailto:src@villageofshorewood.org)

### **Fee-Based Programs and Donations:**

Mail a check payable to **SRC**  
2010 E Shorewood Boulevard  
Shorewood, WI 53211

You may also use the Village drop box in the parking lot behind Village Hall. Please include your name, telephone number and email address when registering for a program

*Visit our website for a link to secure online payments*

# ZOOM OFFERINGS FROM THE SRC

## **Zoom Qi Gong** with Sherrod Milewski of the Milwaukee T’Ai Chi Ch’uan Center..... **10 am Mondays**

This class focuses on reducing stress, improving balance, general coordination and lively awareness with relaxing, energizing and beautiful movements. The class is ongoing and designed so participants can join at any time. Donations encouraged.

## **Zoom Gentle Yoga** with Meredith Watts of the Milwaukee Yoga Center ..... **10 am Tuesdays**

We practice yoga together in a systematic way that works with all muscle groups and helps maintain flexibility of the spine and joints. “Gentle” yoga incorporates breath work and relaxation elements. Everyone can do some version of the exercises! Classes are ongoing and designed that participants may join at any time. Donations encouraged.

## **Zoom Time with Kelly** ..... **Thursday Mornings – call for session time**

While we can’t physically be together at this time, we CAN CONNECT virtually! Join Kelly Schroeder-Strong, our resident Bingo caller and Let’s Dance instructor, each week for some Zoom fun! The one hour meeting will consist of a variety of activities including time to catch up with each other (have your coffee or tea ready), a group activity, guided meditations and an opportunity for you to share a picture or story with fellow Zoomers.

## **Zoom A Date with History** With amateur historian Kathleen Smith..... **1 – 2:30 pm 3rd Monday**

Dec. 21 - **Michelle Obama:** The first African American first lady. Her autobiography *Becoming* will be discussed at this meeting

Jan. 18 - **Frederick Douglass:** Learn about this iconic abolitionist. Book: *Frederick Douglass: Prophet of Freedom* by David Blight

Feb. 15 - **Lizzie Kander:** Learn about the author of *The Settlement Cookbook* and her efforts to help poor immigrants in the City of Milwaukee.

Book: *A Recipe for Success: Lizzie Kander and her Cookbook* by Bob Kann

Mar. 15 - **Daniel Hoan:** First Socialist Mayor of Milwaukee.

## **Black Lives Matter**

### **Four Part Zoom Lecture Series Tuesdays, January 19, 26, February 2, 9 ..... 6 – 8 pm**

These two hour-long presentations provided by Reggie Jackson of Nurturing Diversity will examine the hot topic of Black Lives Matter by asking the question: *Have black lives mattered in our society historically?* The sessions are designed to provide historical context for the present day dilemma facing blacks in America. We recommend that you plan to attend all four Zoom lectures. *Please contact the SRC to receive links to register.*

## **Recharge Brain Health and Wellness Series**

### **Wednesdays, January. 20, 27 & February. 3 ..... 1:30 – 3 pm**

It is never too early or late to start a brain fitness program! Presented by Dana Rubin-Winkelman, MSW and Dawn Adler, R.T. of Ovation Communities. This interactive, three - part Zoom series, consists of two educational sessions and Recharge, an interactive brain fitness class.

**Cost is for series is \$15.**

## **Tasty Bytes – A Zoom Circle for Foodies**

### **First Monday of the month starting February 1st ..... 1 – 2 pm**

If talking food turns you on, explore a variety of food-related topics with folks who share your passion and wish to expand their culinary horizons. Tasty Bytes is facilitated by May Klisch, a Shorewood resident, gourmet cook, artist and contributor to the Milwaukee Journal Sentinel Food Section facilitates this discussion. Get new recipes, reveal family food secrets, pick up new techniques and learn to conquer your cooking fears. But mostly just have fun. There may even be a guest chef or cooking demonstration along the way.

## **Poetry Share facilitated by Barbara Collignon**

### **Mondays, March 15, 22 & 29 ..... 11:30 am – 12:30 pm**

Attention, Poets and Poetry Lovers! ZOOM over with those poems you’d like to share. Bring your own or something by one of your favorite poets. We’ll critique if you wish, otherwise we’ll just enjoy sharing creative efforts.

## **Cyber Sillies – A Comedy of Our Own Creation**

### **Tuesdays, March 16, 23, 30..... 1 – 2:30 pm**

A ComedySportz professional is here to help in this three-part virtual series where we join together to practice comedy techniques and hopefully share some laughs.

We strongly encourage participation in all three sessions. **Cost is \$15 for the series.**

## **Fitting the Pieces Together - Medicare and Supplementary Insurance Made Easy**

### **Wednesday, March 24..... 10 – 11:30 am**

A counselor from the State of Wisconsin Medigap Helpline joins us on Zoom to help unravel the many choices to be faced by Medicare eligible individuals when choosing insurance coverage. We will look at Medicare & Supplementary policies, Medicare Advantage plans, Prescription Drug Coverage options like SeniorCare and Medicare Part D plans, Employer/Retiree Group Health plans and Medical Assistance Programs. Free. Please pre-register by calling or emailing the SRC office.

*All you need is an email address and the Zoom application on your device. We can help you download and use Zoom so you can join the millions of “Baby Zoomers” already online!*