

## Shorewood Senior Resource Center

### Shorewood Village Center

2010 E. Shorewood Blvd.  
Shorewood, WI 53211



## 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@shorewoodwi.gov](mailto:src@shorewoodwi.gov)

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)

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# SRC NEWS NOW

## Spring 2022

### Dear Friends,

The past two years have been a long journey. Along the way, we've had bumps in the road and detours, but we never lost hope in the future. I believe we are stronger for having taken the journey together.

As you energized and encouraged one another, your reputation for resilience was put to the test with fast changes and new technology. Congratulations. You met every challenge.

Your support during these difficult times continues to be very important to me. Thank you.

Many SRC participants have expressed their readiness to return to activities now on hold. Safety, space needs and staff availability will guide our decisions as we reintroduce more in-person activities.

One new program we are pleased to introduce is an exercise series designed to prevent falls. (This newsletter will tell you more about it and the many other excellent activities currently available.)

Looking forward to seeing you soon.

With warmth and friendship,  
Elizabeth

## SRC SPRING OFFICE HOURS

Monday – Thursday, 9:30 a.m. – 1:30 p.m. or by appointment. Please stop by and say hello!

## IN-PERSON EVENTS

Unless otherwise specified all programs are held in the Shorewood Village Center (Lower-Level Library). Pre-registration is required for all in-person events. **Call or [email](#) the SRC office to register.**

### ONE-TO-ONE TECH SUPPORT BY APPOINTMENT

**FRIDAYS THROUGH JUNE 24, 10 AM – 1 PM**

Schedule a 50-minute appointment with our tech tutors. Bring your portable technology and get help learning how to make better use of your cell phone, laptop, iPad, Kindle, camera, etc. We are here every Friday to help. *FREE!*

### \*NEW\* FALL RISK REDUCTION SERIES

**THURS, APRIL 7 – JUNE 30, 9:30 – 10:15 AM**

#### WITH PHYSICAL THERAPIST TRINA WORBY, P.T.

We will explore an evidence-based approach to improve mobility, balance, and strength with the goal of reducing fall risk and fear of falling. Pay \$25 for the series and attend as many as you like in this ongoing class. Class size will be limited. Register with payment and reserve your space through June 30.

### SHOREWOOD READS 2022 COMMUNITY BOOK DISCUSSION

**THE COYOTES OF CARTHAGE BY STEVEN WRIGHT**

**WEDS, APRIL 13, 10-11 AM**

*Shorewood Reads* is a community-wide event centered on everyone reading the same book. The goal is to unite Shorewood through a shared reading experience. Join us for this facilitated discussion with Community and Adult Services Librarian, Hayley Johnson. Free. Preregistration required.

### PICK-UP BOX LUNCHES

**WEDS, APRIL 20, MAY 18, JUNE 15, 11:30 AM-12:30 PM**

**April 20**

**Bev's Catering – Take and reheat Beef Tips Meal**

**May 18**

**Corner Bakery - Roast Turkey on Harvest Bread**

**June 15**

**City Market - Strawberry Gorgonzola Salad & Roll**

*Vegetarian/Gluten-free options and delivery available on request.*

**\$10/person per event**

*Payment due one week prior to each event. If you plan on attending all three events, please consider making one payment of \$30.*

### WALKING SHOREWOOD HISTORY

**WEDS, MAY 4 AND JUNE 1, 10-11:30 AM**

Come along with Shorewood Historical Society volunteers for guided walks as we imagine the sights and sounds of early Shorewood.

**May 4**

**Estabrook Park**

Learn how the Civilian Conservation Corps transformed the site of former cement factories into an urban jewel: Estabrook Park

**June 1**

**Atwater Park and the Northern "Gold Coast"**

Since the 1880's, Atwater Park has served as an urban escape, and its neighborhood a showcase for architectural styles.

### NATIVE PLANTS MEET-UP WITH HORTICULTURIST BEN HABANEK

**WEDNESDAY, JUNE 22, 9 – 10 AM**

Shorewood Village Horticulturist, Ben Habanek will share his suggestions for plants that work well in Shorewood gardens and will answer questions specific to your garden situation. Go native and support pollinating insects! Preregistration required. We will meet outdoors. The location will be given at time of registration.

# ZOOM OFFERINGS FROM THE SRC

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

Qi Gong focuses on reducing stress, improving balance and general coordination. Classes are ongoing and participants may join at any time.

**Gentle Yoga** with DeWitt Clinton Substituting for Meredith Watts ..... **Tuesdays 10 AM**

Yoga helps maintain flexibility of the spine and joints. Classes are ongoing and designed that you may join at any time.

**Virtual Bingo with Kelly** ..... **Mondays, April 11, May 9, June 13, 11:30 AM – 12:30 PM**

Get out your lucky bingo chips, magic beans or anything else that feels lucky and get ready to play! We'll provide the bingo cards. On game day, simply click on the Zoom link OR call the Zoom number to hear the calls and interact with others.

**A Date with History** ..... **Mondays, April 18, May 16, June 20, 11:30 AM – 12:30 PM**

Discussions led by amateur historian Kathleen Smith give us a closer look at people who made history.

**April 18**            *The La Follettes of Wisconsin: Love and Politics in Progressive America* by Bernard A. Weisberger

**May 16**            *J. Edgar Hoover - Puppetmaster: The Secret Life of J. Edgar Hoover* by Richard Hack

**June 20**           *The Day Wall Street Exploded: A Story of America in Its First Age of Terror* By Beverly Gage

**Brain Health and Wellness Programs** ..... **Mondays, April 25 & May 23, June 27, 2 – 3 PM**

**April 25**            **Body Language: Tricks to Fill in Memory Gaps and Communication Breakdowns** - Presented by Susan Carneol, MS, CCC-SLP Speech-Language Pathologist.

**May 23**            **Textures of Nature: Draw with Success Using a Special Drawing Technique** - Developed and led by Artist Angela Shelstad of "Project Hue". Presented in conjunction with Dawn Adler, R.T., Director of Ovation Adult Day Services.

**June 27**           **The Blessings of Self-Care** – Presented by Dana Rubin- Winkelman, MSW, CAPSW Adult Day Services Social Worker, Ovation Communities.

**Zoom Classes are FREE. Contact the [SRC](#) to Preregister. All you need is an email address and the Zoom application on your device.**



## SHOREWOOD CONNECTS NEIGHBORS

Shorewood Connects Neighbors is the community-building arm of the Senior Resource Center and includes the Spring and Fall Yard Cleanup events along with all Age-Friendly and Dementia-Friendly initiatives. Look for us advocating for better snow removal, safer sidewalks, more housing options, and for an all-around friendly welcoming community for people of all ages and backgrounds. Contact facilitator, Vashti Lozier, at [shorewoodconnects@gmail.com](mailto:shorewoodconnects@gmail.com) or 414-378-6073.

**Shorewood Memory Cafe** ..... **April 21 & May 13 at 10:30 AM**

The Memory Cafe is a relaxed social event for people living with mild memory loss and their care partners. This group meets in the cafe area of Metro Market at 4075 N Oakland Avenue. If you're new to the cafe, please contact the SRC to register.

**Virtual Coffee & Conversation Support Group** ..... **First Thursday of each month at 10:30 AM**

Coffee & Conversation is a support group for caregivers of people living with dementia. Professionally facilitated, this group meets on Zoom.

*Special thanks to Miriam Oliensis Torres, Debbie Eder and Dr. Evelyn Burdick for facilitating the caregiver support group.*

*Please contact the [SRC](#) for more information and details on how to join.*

## Toe Nail Trimming Clinics

**Mondays, April 18, May 16, June 20 - Available by Appointment**

[Toe Nail Trimmers](#) is a mobile company that provides safe, cost-effective foot and toenail care. The cost is \$31 for toenail trim, foot assessment, massage, and moisturizer. Tips are encouraged and appreciated. Contact Toenail Trimmers LLC 262-719-0336 to schedule your appointment.

# 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 Elizabeth Price, Shorewood Senior Resource Center.

## EAST SIDE SENIOR SERVICES

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

Offers *free* services such as transportation, companionship, shopping, light chores, minor home repairs, outdoor chores, and more. All of this is done through the generosity of our volunteers. Any older adult (60+) living within the upper or lower East Side of Milwaukee and Shorewood is eligible for these services.

## ERAS SENIOR NETWORK

414-488-6500, [ErasWi.org](http://ErasWi.org)

Older adults throughout Milwaukee County are eligible for transportation to essential medical appointments through volunteer drivers and Reassurance Check-in Calls to seniors from caring volunteers.

## MILWAUKEE COUNTY AGING RESOURCE CENTER

414-289-6874

Social workers answer questions and connect you with a wide array of resources by phone. Referrals for services such as counseling for long-term support, caregiver respite, transportation, Meals on Wheels and other Community-Based services provided.

## STATE OF WISCONSIN MEDIGAP HELPLINE

1-800-242-1060

Benefit counselors help you sort out options for Medicare, supplementary insurance, prescription drug programs and long-term care insurance.

## CHECK-OUT FREE INTERNET "HOT SPOTS" AVAILABLE AT THE SHOREWOOD LIBRARY

This is a great, simple way to connect to the internet and experience what it would be like to have internet at home. Consider checking out a Wi-Fi hotspot for three weeks with your library card. Just plug in this wallet-size device to an electric outlet and it creates a free wireless internet connection for you. You'll need a smartphone, tablet or laptop computer to use with the hotspot. Call or stop by the library to learn more. 414-847-2670.



***A special Thanks to our staff and volunteers.  
We could not have done it without you!***

### **Program Registration Information**

#### **Registration for Free Programs:**

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

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

Mail a check payable to **SRC**

2010 E Shorewood Boulevard, Shorewood, WI 53211

**Or** place in Village drop box in the parking lot behind Village Hall.

Please include your name, address, telephone number and email address when registering for a program.

Visit our website for a link to secure online payments.

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

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