

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/.

As always, you can call/email the SRC at

414-847-2727 or 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

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



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src@villageofshorewood.org
www.villageofshorewood.org/src

SRC NEWS NOW

Summer 2020

Welcome to SRC NEWS NOW, a newsletter to keep you informed and updated on community efforts and services available as we pull together during the COVID 19 crisis.

Shorewood's longstanding reputation as a caring, intergenerational community has been put to the test by the pandemic. But from the onset, the spirit of Shorewood has beamed brightly: Throughout the Village, positive and supportive messages of solidarity have popped up in windows, on funny yard signs and children's sidewalk art. Countless volunteers have reached out to the

SRC asking what they could do to help older adults follow the recommendation that those over 60, or with serious underlying health concerns shelter-in-place.

On March 13, the Shorewood Senior Resource Center closed until further notice. While all facilities, in-person programs and events have been suspended, you can, as always, call/email the SRC at 414-847-2727 or src@villageofshorewood.org. SRC Coordinator Elizabeth Price and the staff are working from home, serving as the key resource for older adults who need any assistance --and as a central referral point for volunteers.

GRAB AND GO SUMMER FUN

Got those I'm so lonesome blues? Our community recognizes how isolating COVID 19 is for our older friends. While it's important to stay safe, Grab & Go events enable you to do that- and enjoy some Sumer fun!!

And who says there is no such thing as a FREE LUNCH. The SRC, Elder Services Advisory Board, Shorewood Connects, Stowell & Associates, Thompsons ServU Pharmacy and HarborChase Assisted Living will distribute smiles, waves and FREE box lunches (while supplies last) at the Hubbard Park lower circle drive.

Grab & Go Lunches will be held monthly on Wednesdays, 12 – 1 pm

June 17 – Registration June 8 - 15

July 15 – Registration July 1 – July 9

August 19 – Registration August 1 – 13

Please call the SRC office to register. **Include your name, telephone number and email address if you have one. Pre-registration is required and is limited.**

As with all things, there are limitations. Unfortunately, at this time in the Coronavirus recovery, we cannot safely accommodate pedestrians. These events are strictly for motorists. However, Shorewood pedestrians may contact the SRC office to let us know your interest. We will see if we can accommodate you. Also, please note that no carpooling is allowed, unless it is with someone with whom you already share physical space. Masks are required for participation.

ZOOM OFFERINGS FROM THE SENIOR RESOURCE CENTER

Zoom is here

You've heard of Baby Boomers? Well, how about "Baby Zoomers". That's what we call our SRC members using the Zoom online videoconferencing application for social interaction and learning.

Most home computers have a built-in webcam and microphone that can be utilized for Zoom classes. It's a great tool to stay in face to face contact during the pandemic.

Contact the SRC for directions on how to download and use Zoom and join the millions of "Baby Zoomers" already online!

The SRC is using Zoom technology to bring you Yoga, Qi Gong and Zoom Time with Kelly. We can set up Zoom on your device, talk you through using this virtual environment and provide technical support.

Here are the Zoom classes currently being offered by the SRC:

Zoom Qi Gong with Sherrod Milewski of the Milwaukee T'Ai Chi Ch'uan Center.

(10 am Mondays until further notice)

This class will focus on reducing stress, improving balance, general coordination and lively awareness with relaxing, energizing and beautiful movements.

Zoom Gentle Yoga with Meredith Watts of the Milwaukee Yoga Center

10 am Tuesdays, (June 16 – August 25)

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 more breath work and relaxation elements than Friday yoga. Everyone can do some version of the exercises!

Zoom Time with Kelly

10 – 11 am Thursdays, June 18 – August 27

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.

Please contact the SRC to join our Zoom classes and join the legions of Baby Zoomers online.

HELPFUL RESOURCES

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. Remember Shorewood is a village that cares. You are never alone.

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

EAST SIDE SENIOR SERVICES

414-210-5881 essmilw@gmail.com

A neighborhood outreach program that provides caring volunteers to connect older adults, families and friends with community services, Any older adult (60+) living within the upper or lower East Side of Milwaukee and Shorewood is eligible for assistance:

ERAS SENIOR NETWORK

414-488-6500 ErasWi.org

Eras Senior Network is a nonprofit organization whose mission is to engage and help seniors, adults with disabilities and family caregivers maintain their independence and lead meaningful lives with the support of volunteers of all ages.

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.

Alzheimer's Association of Wisconsin Services Continue

Alzheimer's Association programs and services, including caregiver support, are available online or by phone. A 24/7 Helpline is staffed by trained professionals: Call: 800.272.3900 or visit: <https://www.alz.org/wi>.

Zoom Conversations with Caregivers Support Group

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!

Information on COVID-19 Testing

The Wisconsin National Guard is hosting community COVID 19 testing sites in the City of Milwaukee. These sites are open to the public and operate 8 a.m. to 8 p.m.

Mon-Sat., Locations are:

- Midtown Center - 5825 W. Hope Avenue
- UMOS parking lot - 2701 S. Chase Avenue

Here's what you need to know:

- You can walk-up or drive-up to the site.
- No appointment is needed.
- There is no cost.
- You do not need to have symptoms.
- U.S. citizenship is not required for testing.

Results take about three days to come in. In addition to these sites, testing continues to be available through community health centers and other long-term testing locations. Call 2-1-1 to find the testing location nearest to you.

Senior Dining Sites – Take Out or Meal Delivery

Most Milwaukee County Senior Dining sites are now offering takeout meals on a drive through basis. Meal delivery is available for those who cannot get to a site. Contact the SRC for more information.

SHOREWOOD CARE NETWORK

The Shorewood Care Network is volunteer neighbors helping neighbors during a short-term or emergency situation with help with needs such as grocery shopping, meal deliveries and temporary, fill-in snow shoveling or lawn mowing. Meals are provided on a designated day, may be homemade, store bought or even pickup/delivery. Contact Elizabeth Price at the SRC.

A Personal note from Elizabeth Price, SRC Coordinator

Dear Friends,



When I began my career at the Senior Resource Center 20 years ago I became part of a family. We shared good times and bad, laughter and tears, successes and setbacks. I recall the lessons taught and the love you have shared. It is you, our older friends, who teach us resilience. Thank you for that gift. I have always respected and admired your strength and ability to bounce back from challenges or adversity to move on to what's next in life. I'm sure this will be true again in today's difficult times.

I miss you all and I'm looking forward to seeing you again soon. When we meet, while there may not yet be handshakes or hugs, I am sure there will be big warm smiles behind our masks.

Until we meet again, stay well and safe.

Love,
Elizabeth

Join the Shorewood Monarch Project!

You may be surprised at what good company a monarch butterfly can be. Join the growing group of Shorewood folks raising a monarch caterpillar and witnessing its miraculous transformation to a butterfly. Access to milkweed to feed your caterpillar is required for participation. If you already have access to milkweed, or if you would like to plant milkweed in your garden to support monarch butterflies and other pollinators, we will deliver a free milkweed plant to you (while our supplies last.). Monarch time is here. Please contact Elizabeth Price at 414-847-2727 or src@villageofshorewood.org for more information or to be added to our egg distribution list. To stay updated, follow us at [facebook.com/shorewoodmonarchproject/](https://www.facebook.com/shorewoodmonarchproject/).



We would like to take a moment to acknowledge some of the Shorewood folks who love our community and who have stepped up to the challenges presented by these difficult and often confusing times.

SPECIAL THANKS GO OUT TO:

Pat Mikkelsen, JoAnn Macken and volunteers from **Bring Your Bag Shorewood** for making beautiful, handmade cloth masks for residents, and **Mary Agnew** for distributing them to the residents of River Park Apartments. Residents should talk with Mary in building A if they need a mask. Other villagers should contact the SRC to have a mask delivered to their Shorewood residence.

Beth Sutherland, Edna Hiltner and **Mary Ellen DeHaven** for each putting together 700 disposable, no-sew masks for health care and essential service workers as part of the United Way MaskUp MKE project - and thank you to the many other Shorewood residents involved in this project.

A huge thanks to **Central Standard Distillery, Mollie Boutell, Sadie Carlson, Heidi Frenzel, Karen Haug, Susan Hersh, Sarah McEneaney** and **Susan Richeime** for timely donations of hand sanitizer, disinfecting wipes and spray for police and election workers.

Vashti Lozier Coordinator for **Shorewood Connects** for recruiting over 200 Shorewood residents—grownups and kids -- for our May 2nd yard clean-up day. Vashti took great care in organizing the event to keep everyone safe, with family groups divided between front and backyards in two shifts of volunteers. Extra hands were deployed with trash bags and gloves to clean up parks and areas in the business district. Thank you, Vashti and **all the volunteers** who participated!

Sue Kelley who has prepared and submitted an application on behalf of the **Shorewood Connects Dementia Awareness Work Group (DAWG)**, to Dementia Friendly America for consideration as a Dementia Friendly Community. This application is the culmination of a six-year effort by the committee. Their significant accomplishments deserve special recognition: they created a Memory Café, Caregiver Support Group, provided community trainings for businesses, and established an annual education series. Great work Sue, Memory Café Facilitators and DAWG for taking the "bite" out of dementia!

Special thanks to **Anjum Alden, Shorewood Community Care Network** for her ongoing efforts recruiting volunteers to run errands and keep our older residents safe during shelter-in-place. The Shorewood Community Care Network is a great group of Shorewood residents who help the community in many ways. For more information contact the SRC.

Finally, thank you **Justine Leonard** for skilled copywriting, proofing and helping to develop this newsletter.

We are grateful to all of you, and to many others too numerous to name individually, for all you have done to make our community a safer, kinder and better place.