

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/.

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

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SRC NEWS NOW

Fall 2021

Dear Friends,

The one thing that hasn't changed during the Pandemic is change itself. Just when we think we're heading in the right direction, along comes another curve. This time it's the Delta variant surge. Because your safety and wellbeing are our top concerns, we have taken a few steps back and for now have suspended plans to bring back in-person programs. Many excellent Zoom options are available. On the good news side, Friday One-to-One tech support is back-- by appointment.

Beyond programs, our commitment is to provide you the opportunity to meet old friends, make new ones and enjoy a true sense of community. Our monthly to-go box lunches in the Village Center will give us a chance to do just that as we reconnect and share a laugh or two over the next few months. For those who are unable to join us, lunches can also be delivered to your home upon request.

I am very proud, as I'm sure you are, to be part of a leading intergenerational community. Right now, for example, the Elder Services Advisory Board (ESAB) and the Senior Resource Center (SRC) are exploring the possibility of instituting a Home Sharing Program that matches older Shorewood residents and UW-Milwaukee graduate students. The program offers many benefits to both residents and students.

You'll find more information on all of the programs I've mentioned in this newsletter.

This is a very challenging time for all of us in Shorewood, but also a very exciting one.

With warmth and friendship,
Elizabeth

SRC FALL OFFICE HOURS

Monday – Thursday 9:30 am – 12 pm or by appointment.
Please stop by and say hello!

Pick-up Box Lunches

SHOREWOOD VILLAGE CENTER (LOWER LEVEL LIBRARY)

Meet new friends and greet old ones at our fall Grab & Go Luncheons.

October 20:	Panera Steak and Arugula Sandwich
November 17:	Bev's Catering Take & Reheat Thanksgiving Special
December 15:	Irene's Catering Roast Beef Sandwich on Croissant

Pick-up times are scheduled by last name:

A-L: 11:30 am pick up **M-Z:** 12:15 pm pick up

\$10/person per event.

Vegetarian/Gluten-free options available by request.

Please consider making one payment of \$30 if you plan on attending all three events. Payment due one week prior to each event.

(Oct. 13, Nov. 10 & Dec. 8)

Masks required. Delivery available upon request.

WALKING SHOREWOOD HISTORY WED., OCT. 6, 10 -11 AM DON'T MISS THE TRAIN



Join us as Shorewood Historical Society volunteers lead a short, guided walk along the Oak Leaf Trail. This trail was once a busy railroad bed that carried both freight and passenger trains (including the iconic "400" that still "haunts" Shorewood.).

*Free. Pre-registration required. Registrants will be given meeting location before the event.
Call or email the SRC office to register.*

In Person One-to-One Tech Support by Appointment

Fridays through Dec. 17, 10 am – 2 pm

Schedule a 50-minute appointment with our tech tutor Leila Maani. Bring your portable technology and get help learning how to make better use of your cell phone, laptop, iPad, Kindle, camera, etc. Leila will be here every Friday to help you. FREE! (Appointments and masks required.)

Shorewood Senior Center COVID-19 Safety Protocols

*All staff and presenters are fully vaccinated. We have added new virus filtering air purifiers and a hand sanitizing station to our meeting rooms.
Masks are required for on-site participation.*

Program Registration Information

Registration for Free Programs:

Call 414-847-2727 or email src@villageofshorewood.org

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 or click [here](#) for a link to secure online payments.

Website: villageofshorewood.org/168/Senior-Resource-Center

ZOOM OFFERINGS FROM THE SRC

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

Qi Gong focuses on reducing stress, improving balance and general coordination. The class is ongoing and designed so Shorewood residents may join at any time

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

Yoga works with all muscle groups and helps maintain flexibility of the spine and joints. Classes are ongoing and designed that Shorewood residents may join at any time.

Virtual Bingo with Kelly **Mondays Oct. 11, Nov. 8, and Dec. 13. *11:30 am – 12:30 pm**

We provide you three hard copy Bingo cards, you provide your favorite Bingo chips-- pennies, Hershey kisses or magic beans-anything that feels lucky! On game day, simply click on the Zoom link OR call the Zoom number to hear the calls and interact with others. Prizes can be picked up at the SRC.

A Date with History **Third Monday of each month, *11:30 am – 12:30 pm**

October 18 **Isa B. Wells**- African American reporter and activist in Chicago at turn of the 20th century. Book:
The Queen: The Extraordinary Life and Legacy of Ida B. Wells by Michelle Duster

November 15 **Clarence Darrow** – A renowned Chicago lawyer - defender of many controversial people Book:
Clarence Darrow: American Iconoclast by Andrew Edmund Kersten

Medicare and Supplementary Insurance Made Easy **Wednesday, Oct. 6, 10:30 am – 12 pm**

This free workshop with a Social Security Public Affairs Specialist will include discussion of eligibility, disability, survivors and spousal benefits and how to get the most from your benefit.

Prescription Drug Coverage Options **Wednesday, Oct. 6, 1 – 2:30 pm**

A benefit specialist from the WI Board of Aging and Long Term Care Medigap Helpline will discuss options to cover prescription drugs for persons 65 and older. This program is intended to help you make informed choices for Prescription Drug Plans and Advantage Health Plans.

Brain Health and Wellness Programs **Mondays, Oct. 25 & Nov. 22, 2 – 3 pm**

October 25 The Brain Benefits of Writing - Presented Susan Carneol, MS, CCC-SLP Speech-Language Pathologist.

Nov. 22 The Power of Gratitude and Positive Thinking. Presented by Dana Rubin- Winkelman, MSW, CAPSW Adult Day Services
Social Worker, Ovation Communities.

**Please note the new meeting time*

Contact the SRC to Preregister for ALL Zoom sessions.

All you need is an email address and the Zoom application on your device.

TOE NAIL TRIMMING CLINIC - November 15 & 16, December 20 & 21

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. The cost is \$29 for toe nail trim, foot assessment, massage, and moisturizer. Tips are encouraged and appreciated. Contact Toenail Trimmers LLC 262-719-0336 to schedule your appointment.

SHOREWOOD CONNECTS NEIGHBORS

Fall Yard Cleanup - Saturday, Nov. 6th, 9 am- noon

This annual event links neighbors to help other neighbors with fall leaf raking. To request help, email or call the Senior Resource Center by October 20th.



Zoom Coffee & Conversation for Caregivers Support Group

First Thursday of each month, 10:30-11:30 am

This group is for our friends who are caring for a loved one with dementia. In October we'll meet in the Estabrook Beer Garden and November, the group will resume on Zoom.

Memory Cafe - Friday October 15, 10-11 am

Please contact the SRC for more information and details on how to join any of these programs.

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.



EAST SIDE SENIOR SERVICES

414-210-5881 essmilw@gmail.com

www.essmilw.org

Offers *free* services such as transportation, companionship, shopping, light chores, minor home repairs, outdoor chores, and more provided by our volunteers.

EAST SIDE SENIOR SERVICES NEEDS VOLUNTEERS!

Volunteers are needed to provide rides to community members 60 and older to medical appointments, grocery store trips, and other necessary errands. Volunteers are also needed for companionship, light chores/repairs, and more. We help adults 60 and older remain independent in their own homes through offering these free services.

ERAS SENIOR NETWORK

414-488-6500 eraswi.org

Older adults throughout Milwaukee County are eligible for free 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 insurances.

TECHNOLOGY SUPPORT AND RESOURCES

SENIOR PLANET TECHNOLOGY SUPPORT

National Senior Planet Hotline: 1-888-713-3495

FREE ONLINE COMPUTER CLASSES

Getsetup.io - More than 300 online computer classes that are taught by retired educators.

SeniorPlanet.org - A variety of computer and other topics provided by older adults online and some by phone.

A WIN / WIN OLDER ADULT / GRAD STUDENT HOME SHARING PROGRAM FOR SHOREWOOD IN THE WORKS

The Elder Services Advisory Board (ESAB) and the Senior Resource Center (SRC) are exploring the possibility of instituting a new program in Shorewood. The Home Sharing Program matches older Shorewood residents and UW-Milwaukee graduate students.

A successful home share match provides benefits to an older resident by allowing them to receive income (rent), companionship, and help with simple tasks and repairs. For the student, the benefits could include reduced rent, mentorship, intergenerational connections, and the enhanced safety and proximity to UWM offered by a Shorewood location.

The ESAB and the SRC hope to have a pilot program in place by the summer of 2022. If this sounds like something that could benefit you, or someone you know, please contact the SRC to let us know of your interest. We welcome suggestions that may make you more likely to participate.