

FALL 2020

FOREVER YOUNG

A Quarterly Publication of the West Allis Senior Center

WEST ALLIS SENIOR CENTER

Dear Friends,

On Friday, March 13, 2020 the West Allis Senior Center staff was informed the Senior Center would have to close programs and activities due to the COVID-19 Pandemic. We were shocked and dismayed. Our staff immediately contacted Milwaukee County Department on Aging's Senior Dining Program, which had already begun collaborating with its meal distribution partners to keep the Senior Meal program going. Curbside dining replaced the regular congregate dining. Cold, carryout meals replaced the regular hot meals. It was a safer option and still ensured that seniors would have their nutritional needs met while senior centers across Milwaukee County closed. The curbside meals became were designated second tier essential services and are continuing at the present time.

We were one of the first centers to get onboard with the curb-side delivery of meals. The program has exceeded expectations in West Allis. It's evident when we compare last year's statistics of 9,962 meals served to this year's number, which is 16,866, for a 69.3% increase!

The need for nutritious meals in our community continues to grow. We've also seen a spike in Hunger Task Force Stockbox distributions. Please see page 18 of this newsletter for upcoming fall distribution dates. Since COVID-19, Stockbox distribution has increased 29% over last year. Over 200 seniors are now receiving a monthly box of approximately 30 pounds of perishable food items. With the outpouring of community support both locally and statewide, extras - fresh produce, dairy and often frozen meats are also included.

When COVID-19 shut down the Senior Center's other programs, Susie Melott, Owner of Yoga Is Served and our volunteer Yoga Instructor here, offered her morning Chair Yoga Class virtually on YouTube. Her class remained free for our members, but the virtual sessions fell short. Too many of our members did not have the technology to access the virtual sessions. Susie in her infinite wisdom, decided to offer the chair yoga classes outdoors and has doing so at Veteran's Park, kitty-corner from the Senior Center. Members meet for class every Thursday morning from 10:30 - 11 a.m. except during inclement weather. Thank you Susie for making this possible!

MEMBERSHIP INFORMATION

COVID-19 brought our world as we knew it to a screeching halt. Like us, we're sure you're wondering if things will ever go back to normal. While our regular classes and activities are still on hold, we are offering new Take & Make Craft Kits. Details can be found on page 7 of this newsletter.

Many of you continue to ask when we'll fully reopen. While we still don't have an answer, we're anxiously awaiting information on when we can safely welcome everyone back. Please know that our staff is available Monday - Friday to answer your phone calls, connect you with community resources and provide moral support. We also have over 40 dedicated volunteers working in our Social Connection Program, relaying important information and providing phone calls/emails to keep members informed. We extend a huge shout out with our sincere thanks for all their help! Sharon Roy also has an uplifting daily email of Interesting Facts & Random Jokes. To get in on the chuckles, please contact her by phone or email.

Some of you have called regarding annual membership dues, others have already sent in payments. We can't thank you enough for your continued support of the West Allis Senior Center during these difficult times! Membership dues remains the same, \$20 for West Allis/West Milwaukee residents; \$25 for nonresidents. We fully understand that some of you may not be able to financially make a commitment at this time. To those of you who can, we welcome your financial support! Although we don't have a reopening date at this time, we continue to have hope for the future. We're working hard planning for 2021 and we're looking forward to the day when we can safely reopen.

We thank you for your loyalty. We thank you for your dedication. In times like this, we're reminded of how interconnected we all are. Thank you for being part of our West Allis Senior Center community. Without you, none of it is possible. May you stay safe and well.

Missing you and sending our virtual hugs,

Denise, Sharon & West Allis Commission on Aging Members

MILWAUKEE DEPARTMENT ON AGING SENIOR DINING PROGRAM



CURBSIDE DINING

Enjoy delicious, nutritious, balanced curbside lunches at the West Allis Senior Center.

Anyone 60 and over is welcome to participate regardless of income along with his/her spouse of any age. The suggested contribution per meal is \$3 for diners 60; \$8 is the cost for guests under 60.

Curbside meals are served Monday through Friday beginning at 11:30 a.m. You will need to pre register for a diner card and then make reservations at least 24 hours in advance by calling 414-302-8703.

Download the registration form from the West Allis Senior Center's web page: <https://www.westalliswi.gov/204/Senior-Center> or call 414-302-8703 to arrange to pick one up.

Return the completed form to the Senior Center during the curbside meal distribution from 11:30 a.m. - Noon, or mail it to Senior Dining Program, 7001 W. National Avenue, West Allis, WI 53214.

Call 414-302-8703 for more information. If you no longer drive, ask about getting your meals delivered through Able Transport.

IMPORTANT INFORMATION

DRIVE THRU FLU SHOTS

The West Allis Health Department is sponsoring three drive thru flu clinics open to all West Allis and West Milwaukee residents. The only insurances accepted are Medicare, Medicare Advantage and Forward Health. Any insurance coverage outside of the ones listed above will have to pay by cash or check. Limited supply of free vaccine for children 3 years – 18 years old.

**Wednesday, October 14
2 - 6 p.m.**

**Farmers Market
6501 W. National Avenue**

**Saturday October 17
10 a.m. - 3 p.m.
Nathan Hale High School
11601 W Lincoln Avenue**

**Monday, October 19
9 a.m. - 1 p.m.
Farmers Market
6501 W National Avenue**

COMMISSION ON AGING

The West Allis Commission on Aging generally meets on the fourth Monday of each month at 3:45 p.m. No meetings in July or December. The public is invited to attend and observe these meetings. Members include: Patricia Wikenhauser, Chair; Deborah Tiegs, Assistant Chair; Margee Maydak; Dave Rymaszewski; Judith Schmidt; Linda Timm; John Zentgraf and Sophia Franklin, Eras Representative. We extend a warm welcome to our newest Commissioner, Diane Langford. Welcome!

FREE FACE MASKS

Senior Center members and volunteers can pick up complimentary cloth face masks on the following afternoons:

**Wednesday, Oct. 28 from 1 - 1:30 p.m.
Thursday, Oct. 29 from 1 - 1:30 p.m.**

The masks are made of soft cotton infused with a combination of silver and copper to make them more antibacterial. They can be machine washed up to 15 times before discarding. Tumble dry high. Do not use bleach, chemicals or disinfectants to wash them. For more information on caring for your masks, visit www.PHE.gov/facecovering.

Anyone can be a carrier of COVID-19 and not even know it. These face coverings will help reduce the likelihood of you spreading the virus to others. While the face coverings are one way to combat the virus, social distancing, handwashing and other CDC recommendations should also be followed.

WELLNESS FOR MIND, BODY & SPIRIT

CHAIR YOGA CLASS

Instructor Susie Melott guides participants through a 30 minute chair yoga class for circulation. Breathing techniques are included, as well as a brief meditation at the end of the class. Visit yogaisserved.com for the link to Susie's YouTube video and for a full list of other available yoga classes offered through Zoom.

Susie Melott RYT-200, Studio Co-Founder

"Every time you step on your mat, you are offering yourself a chance to heal". Formally trained at Kanyakumari Ayurveda and Yoga Wellness Center in 2015, Susie hasn't stopped educating

herself in other forms of yoga, nutrition, brain health, mental health and Northern Thai Massage.

Considering herself living proof as to the healing powers of yoga, Susie provides a safe environment to breathe, move and find space in each class she teaches.

We extend our special thanks to Suzie for offering Chair Yoga at Veteran's Park during COVID-19. Classes will continue this fall weather permitting. Make sure to wear warm layers of clothing. Thank you Suzie!

<https://www.yogaisserved.com>



FUN FLORAL CRAFTY THINGS TO DO THIS FALL

MAKE & TAKE KITS

Looking for something to brighten up your walls or your apartment door? Sign up for Cookie Burgert's Take & Make Wreath kits. Each kit contains a mesh-wrapped wire wreath, an assortment of fall or holiday flowers for decorating your wreath and easy instructions. A limited number of kits are available on a first come, first serve basis.

Contact Denise or Sharon at 414-302-8700 to register for the Fall, Holiday or both Make & Take Floral Wreath kits. The Fall Floral Make & Take kit is available now, while supplies last. The Holiday Floral Make & Take Wreath Kit will be available for pick-up the first week in November. Once registered, you'll need to arrange a pick-up time with staff.

Cost for each Make & Take Wreath is \$5 for members; \$7 for nonmembers. Payment can be in cash or check. If paying by cash, you'll need to have the exact amount. Make checks payable to 'City of West Allis'.

Note the Holiday Floral Wreath will feature poinsettias as the focal flowers and will vary from the one photographed.

Special thanks to Cookie for making these two craft programs possible.



WHETHER FURRY, FEATHERED, OR FINNED PETS PROVIDE AWESOME



Linda Timm, Holliie, Skeeter & Gus



Colleen Roberts & Louie



Margee Maydak & Lucy Goosey



Jenice Kling & Mega-Mia Lou

COMPANIONSHIP DURING COVID



Roger Koelsch, Chris Mattke & Fluffy



Ann Monroe & Yippie



Mike McFarland & Hachi



Bob Petroski & Ramsey

PETS LEAVE PAW PRINTS



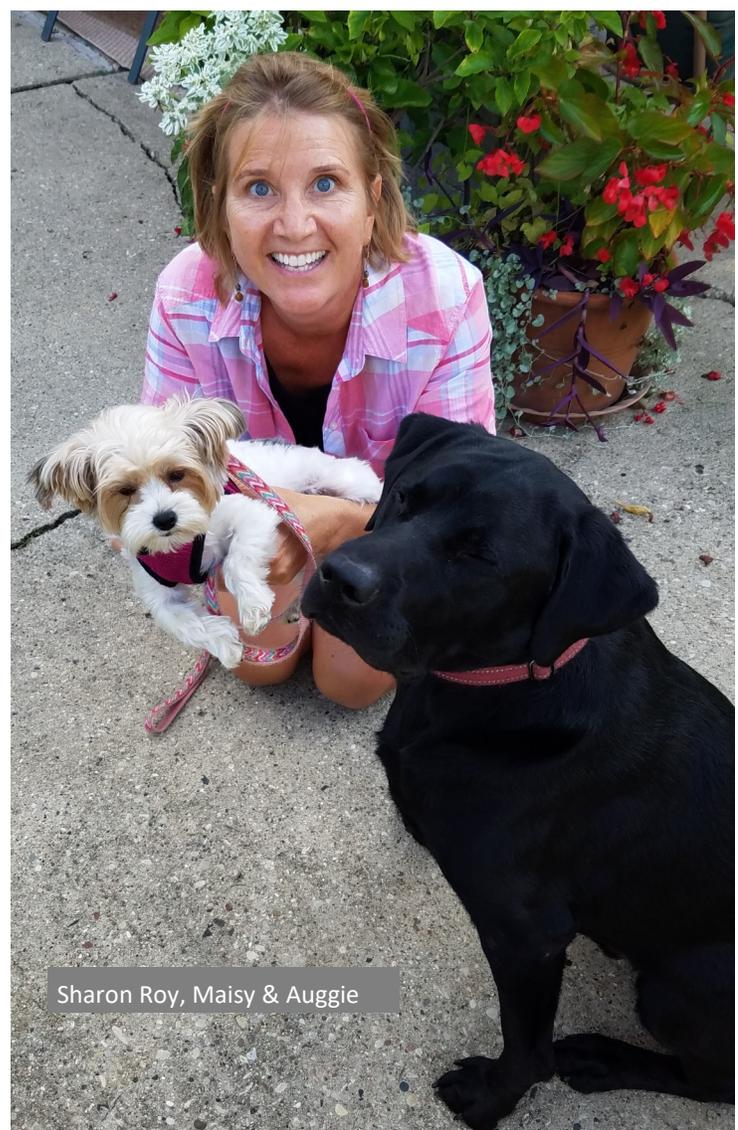
Marlene Redmerski & Baby



Rodney Lang & Sophia



Blake & Cookie Burgert, Minnie Priss & Martin



Sharon Roy, Maisy & Auggie



ALL OVER OUR HEARTS

THE POWER OF PETS

From the onset of the COVID-19 Pandemic, many of us have been limited to connecting to others remotely. However, we still connect to our pets in person. They help us combat social isolation and loneliness. They offer us non-judgmental emotional support. They help us tap into our senses, especially the sense of touch. Pets also provide distraction from our current situation, boost our mood and contribute to our mental health and well-being. Pets can also contribute to our physical health. It's estimated that dog owners walk 22 minutes more per day than those who do not own dogs.

According to the Centers for Disease Control and Prevention (CDC), along with the enjoyment they provide, pets offer a variety of health benefits, including:

- ◆ Decreased blood pressure
- ◆ Lowered cholesterol levels
- ◆ Decreased levels of triglycerides, a type of fat in your body
- ◆ Reduced feelings of loneliness
- ◆ Increased opportunities for exercise and outdoor activities
- ◆ Improved opportunities for social connection

There's no question that having a pet in your home during the best of times can bring joy. In more trying times, as we're experiencing now during the COVID-19 pandemic, pets can offer more than just a slobbery greeting or good-natured nuzzle.

Here are five ways you can turn to your pets, whatever the species, to help you during the COVID-19 pandemic published by Health News Team

Talk to the hound (or hare, hamster or hermit crab). Many pets are able to pick up on your emotions and can sense stress or sadness. They are great listeners — no unwelcome advice is given — and sometimes, just saying things aloud can offer relief or help you work through troubling thoughts.

Look to them for comedy relief. Pets are funny, often without any effort at all. Whether chasing their tail, hiding their toys, falling off their exercise wheel or swimming in circles, pets are often good for a chuckle, and laughter relieves stress.

Take Fido, Fluffy or Feathers for a walk. Whether on a leash, in a stroller or on your shoulder, some pets are more than happy to accompany you on a walk. Breathe some fresh air and greet your neighbors from afar.

Settle in for a snuggle. While we're encouraged to social distance ourselves from each other, our pets are safe to cuddle. Hugging your pet feels great, reduces depression and releases feel-good hormones.

Share the sweetness. You can text, email, video chat or use your social media platform. There's nothing like a pet picture to bring a smile to others faces.

OUR FUR BABIES PROVIDING



Carol Graham, Cinnamon & T.T.



Carol Dunn & Musch



Sandy Steckler & Jax



Mary Devitt & Brie

COMFORT DURING COVID-19



Trish Wikenhauser & Missy



Robert Darnell & Betsy



Kathy Karth & Roger



Sandy King, Scooby & Bebe

HANDMADE GIFTS OF WARMTH

THANK YOU VOLUNTEERS!

Special thanks to our Gifts of Warmth volunteers pictured below from left to right. Front row, Cathie Werle, Mary Forrest, Sandy King, Kathy Braun, and JoAnn Eversdyk. Back row, Shirley Olson, Dorothy Franson, Lydia Russ, Debbie Tiegs, Phyllis Griffin, Judy Bonney, Barb Forster, Mary Burke, Diane Langford and June Trehus. Not pictured: Linn Deuchars, Gloria Dohearty, June Killips, Janice Lang, Carol Lowrie, Nancy Olson, Nancy Patterson, Lois Rohleder, Grace Ellen Tilidetzke, Linda Timm, Carol Wood, and Phyllis Ziegweid.



CREATED WITH LOVE & CARE

CALLING ALL KNITTERS, CROCHETERS & LOOMERS

Please consider joining our Gifts of Warmth (GOW) group. Members work at their leisure to create hand-made mittens, scarfs, hats and afghans. These wonderfully warm and colorful items are collected and then donated to area schools and agencies. The Senior Center accepts donations of 4-ply and specialty yarns throughout the year for the GOW projects. Completed items may be dropped off anytime. Please call Denise or Sharon to notify them when you'd like to pick up yarn or drop off your completed items.

TO VOLUNTEER

To become a part of this rewarding group of volunteers. Call Denise or Sharon at 414-302-8700. Volunteer work at their leisure from home. Applications for new volunteers are available on the city's website. Go to <https://www.westalliswi.gov/204/Senior-Center>.



JUST FOR THE FUN OF IT LEISURE ACTIVITIES



JIGSAW PUZZLES

Puzzled about what to do with all your time these days? If you love doing jigsaws but don't want to pay expensive prices to buy one, or don't have the room to store them, we have a solution. Keep your brain engaged and check out a puzzle from our lending library.

To pick up a puzzle, call the Senior Center's main number 414-302-8700 during business hours. Give us your name and your puzzle preference - scenic, animals, difficult, easy, etc. We'll put together a couple of selections for you to choose from. We'll then schedule a time for you to pick it up. Keep it for three weeks and then return it to us.

RANDOM JOKES & INTERESTING FACTS

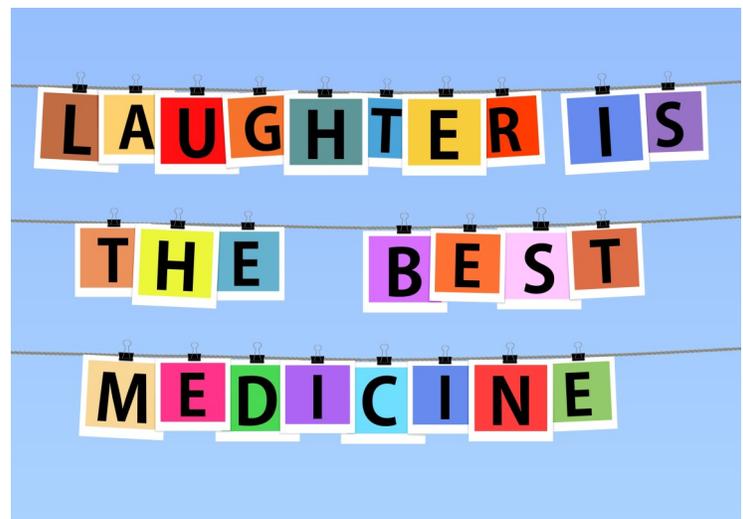
Start your day by learning, laughing and even guessing.

Sign up for our Random Information and Jokes, it's one of your Senior Center perks.

Daily history lessons and facts you have long left behind,
You'll be so much brighter, impress your friends, and help humankind.

Call the office at 414-302-8700 or email Sharon at sroy@westalliswi.gov

We'll add your name to receive our daily email. It's sure to brighten your day, bring on a smile or maybe even make you laugh out loud.



BE IN THE KNOW IMPORTANT INFORMATION

MEDIGAP HELPLINE

Confused, frustrated? Unsure about your Medicare Drug Plan coverage? Help is available if you need to review or change your drug coverage. Insurance companies can change their formularies, so you should check your medication and service coverage annually. Contact the Medigap Helpline, A Part of The Wisconsin SHIP (State Health Insurance & Assistance Program).

- On Medicare?
- Disabled?
- Unsure about a health insurance decision you made?
- Concerned with Long-Term Care costs?
- Want to apply for extra help with Medicare prescription drug plan costs?
- Want to find out if you're eligible for programs that will pay your Medicare Part B premium and possibly other Medicare out of pocket costs?

Call us, we can help you make informed insurance decisions.

Medigap Helpline

1-800-242-1060

Language translation services available.

ENERGY ASSISTANCE

The Energy Assistance Program provides qualifies Milwaukee County residents with a onetime annual payment to make energy (heating and electric) bill more affordable. The funding pays a portion of energy costs, but the payment varies depending on a variety of factors, including the household's size, income and energy costs. In most cases the energy assistance benefit is paid directly to the household's energy supplier. Who is eligible to apply: Milwaukee County household with a utility burden and are under 60% of the State Median income may be eligible for the program. Application Period: Oct 1 - May 15. Contact by phone: 414-270-4653 or schedule an appointment at www.ca-apps.org/MilwaukeeHeat.

OUTREACH & SUPPORT

Andrew 'Andy' Bethke, MSW,APSW, Human Service Worker for Milwaukee County Department on Aging is available by phone to answer questions about aging issues and link people to support services in the community. If you have a question or concern, please call him at 414-289-6848.

ASSISTANCE PROGRAMS

HELP WHEN YOU NEED IT

ERAS SENIOR NETWORK

Eras Senior Network provides seniors in Milwaukee County with rides to medical appointments and grocery stores. Adults age 60 and over who need rides or seasonal yard clean-up, should call Eras at 414-488-6500. The organization is also seeking volunteer drivers and helpers. Visit www.eraswi.org.

HUNGER TASK FORCE SENIOR STOCKBOX

This Commodity Supplemental Food Program run by Hunger Task Force, provides healthy and nutritious supplementary food to low-income seniors who meet the following requirements:

- ◆ 60 years or older
- ◆ Milwaukee County residents
- ◆ Monthly income:
 - ◆ 1 person household—\$1,383
 - ◆ 2 person household—\$1,868

Stockboxes generally include cereal, milk, canned veggies and fruits, pasta or rice, protein, fruit juice, canned meats

and two pounds of fresh Wisconsin cheese.

Currently, Hunger Task Force is distributing the Stockboxes at Pick 'n Save's parking lot located at 68th and National Avenue in West Allis. For information on additional sites, call Impact at '211'. Seniors meeting the requirements can pick up a Stockbox between 1pm and 3pm on the following Tuesdays:

- ◆ October 13
- ◆ November 10
- ◆ December 8
- ◆ January 12

Those with last names starting with the letter A - L pick up between 1 - 2 p.m. Last names starting with M - Z pick up between 2 - 3 p.m.

You will need to provide a photo ID with your name and current address. Your Stockbox will be loaded into your vehicle.



IMPORTANT DEADLINES

VOTER REGISTRATION



Voter Registration Deadlines:

October 14, 2020 - The deadline to register to vote online (by 11:59 p.m.) or by-mail (postmarked).

October 30, 2020 at 5 p.m. - The deadline to register to vote at your clerk's office or other designated location.

You can register at your polling place on Election Day (November 3, 2020).

Absentee By-Mail Deadlines:

October 29, 2020 at 5 p.m. - The deadline to request an absentee ballot by-mail for regular and overseas voters.

October 30, 2020 at 5 p.m. - The deadline to request an absentee ballot by-mail for indefinitely confined voters and military voters (not on active duty).

Please request your absentee ballot as soon as possible by visiting <https://myvote.wi.gov>

Now's the time to prepare for the November Election. Request your absentee/vote by mail ballots early. They'll start to be mailed in mid-September so you have plenty of time to return them.

Voting this way means:

1. Your ballot will be on time, no matter what.
2. You'll reduce your risk and the risk to poll workers in transmitting the corona virus.
3. You'll exercise your right to vote efficiently and safely!

Here's how to do it:

1. Request your ballot in minutes at www.myvote.wi.gov
2. Complete your ballot, including getting a witness signature per the enclosed instructions.
3. Mail it back or drop it off in the secure 24/7 drop box located on the exterior of City Hall.



West Allis Senior Center
7001 W. National Ave.
West Allis WI 53214



Curbside Meals

Our special thanks to the Senior Dining Program staff and volunteers for their tireless teamwork and dedication during COVID-19. Thanks to each one of them for lending a helping hand to keep the curbside meal program running smoothly - DeLois Taylor, Site Supervisor, along with Carol Dunn, Marty Hernandez, Roberto Molla, Colleen Roberts, and Ray Zahn.

