

# SEPTEMBER NEWSLETTER 2024



**Shorehaven**  
Trusted for Generations

## The Center for Life Enrichment

1306 W. Wisconsin Ave. Oconomowoc, WI, 53066

262-354-1375

[shorehavenliving.org](http://shorehavenliving.org)

### Intellectual growth should commence at birth and cease at death ~Albert Einstein

September is a great time for learning. We have packed this month with many topics of interest. We start the month out with *Getting to know Medicare*, this gives those new to the process of Medicare insight and guidance through the maze. TED Talks are back on the regular schedule introducing Heroes for Heroes to our community. Carroll University Professor, Scott Hendrix will be back to discuss *Information/Disinformation* and Scott will also shed light on the history of the Dark Ages later on in the month. With Bank Five, Nine discussion on funeral trusts, virtual trips to Tanzania, alcohol ink art class, and beer and cheese tasting, there is certainly something for you to find of interest this month.

**PARKING** – Please be reminded when attending LE programs to park in the parking area just outside the LE entrance and NOT in front of the Café Labelle entrance. This keeps parking clear for those dining at the Café. Thank you.

**FITNESS CENTER** – The Fitness Center is open to classes and gym memberships. The pool will remain closed until further notice.

\*Most events will be held in the 1<sup>st</sup> floor Roehl Auditorium, unless otherwise indicated.

#### **TO REGISTER FOR A CLASS OR TO SEND PAYMENT**

Center for Life Enrichment, 1306 W. Wisconsin Ave., Oconomowoc, WI 53066

Please include names of attendees and contact phone number. For more information or to receive our e-newsletter, call Jill Halliburton at 262-354-1375 or email [jjhalliburton@lho.org](mailto:jjhalliburton@lho.org)



A place where you belong

#### **FITNESS CLASSES**

##### **Land Dancin'**

Mondays – 5:15 to 6 p.m.  
Wed. – 4:30 to 5:15 p.m.  
Saturdays – 9 to 10:30 a.m.

##### **SilverSneakers**

**Instructor: Trish Sargent**  
**\$2 classes**

##### **SS Cardio**

Mondays, Wednesdays,  
& Fridays,  
8 to 8:45 a.m.  
Mondays & Wednesdays,  
1 to 1:45 p.m.

##### **SS Timed Stations**

Tuesdays – 1 to 1:45 p.m.  
Thursdays – 8 to 8:45 a.m.

##### **SS Balance, Strength**

Mondays & Wednesdays  
3 to 3:45 p.m.  
Tuesdays – 10:30 to 11:15 a.m.

##### **SS Balance, Strength**

**SEATED**  
Thursdays – 10:30 to 11:15 a.m.

##### **Land Aerobics \$2 SEATED**

Tuesdays, 2 to 2:45 p.m.  
Wednesdays, 2 to 2:45 p.m.  
Thursdays, 9:30 to 10:15 a.m.

##### **Line Dancing \$2**

Mondays – 2 to 2:45 p.m.

##### **Shorehaven Fitness**

##### **Strength & Conditioning \$5**

**Active Senior Class**

**Instructor: Jill Halliburton**  
**\$45 for 10 classes**

Can be used on all Shorehaven  
Fitness Classes  
Mondays & Fridays  
9 to 9:45 a.m. & 10:45 to 11:30 a.m.

For fitness information call Kira  
Grosenick at 262-354-1180

## Founders' Gallery Presents: Photographer Marci Lanois

September 1 through October 31

For Marci Lanois, photography is a spiritual connection to this wonderful world of ours. Marci finds herself in complete awe of the beauty and uniqueness of nature that she sees through her lens! Photography piques Marci's curiosity, fills her with joy and makes her feel alive! Even as a child, Marci felt a strong connection to nature, as well as exhibiting an interest in photography. Marci and her sister would play in a prairie not far from home. Marci noticed (and often brought home) some of the gorgeous insects found there. When Marci's father brought home an old Kodak camera, she was the only one interested in using it. As such, she became the unofficial photographer on every family vacation. After retiring from the Waukesha School District in 2007, Marci began to reacquaint herself with her love of photography. She bought her first DSLR in 2012. In 2013, a friend convinced Marci to enter a local photo contest. Winning first place gave her confidence and motivation a huge boost. Next, she decided to try her hand at the Wisconsin State Fair Photography Contest. Her first year entering garnered a third place ribbon, further motivating Marci to continue this hobby. Entries in future years brought several more first, second, third and fourth place ribbons. Marci was once again hooked on photography! In 2015, Marci moved to La Valle, a small town in the beautiful driftless area of Wisconsin. There, she connected with another photographer in this area and has traveled all around our state photographing large and small wildlife, natural landscapes in all seasons, wildflowers and night skies. Marci also expanded her interest in photography into creative photography. She began entering other photo contests, winning first place in 2021 in The Nature Conservancy of Wisconsin's contest, and first place in 2022 in The Natural Resources of Wisconsin's photo contest. In 2023, Marci was asked to be a guest judge for the Natural Resources of Wisconsin's 10th Anniversary photo contest. Marci's photography travels have taken her to many Midwest states, to national parks and to Africa.



**All art is for sale and 20% of the sales support Life Enrichment Programming. Founders Gallery is located in the foyer and back hallway of the Center for Life Enrichment.**

### TED Talk Tuesday

TED Talks are an online tool—presented by experts—to engage your mind in learning. Most TED Talks run between nine and 20 minutes in length. After viewing the TED Talk, participants will be led in a group discussion, providing a fun and interactive way to share your views on the subject.

**See next page for schedule.**



**Shorehaven Yoga \$5**  
Mobility required. Mat Class.  
**NEW TIME**  
Wednesdays - 9 to 10 a.m. &  
10:45 to 11:45 a.m.

**Late Afternoon Yoga**  
**NEW DAY**  
Tuesdays - 4:15 to 5:15 p.m.  
\$45/10 class punch card  
purchase for public  
Free for Shorehaven staff

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### **MONTHLY MEETINGS & SUPPORT OPPORTUNITIES**

#### **Morning Alzheimer's Support Group**

**Led by Jamie Milaegeer,**  
**Life@Home Coordinator**

First and Third Tuesday  
of the month (Sept. 3 and 17),  
10 to 11:30 a.m.

Meetings are open to caregivers or family members whose loved one has been diagnosed with dementia, no registration is required.

**For additional information,**  
**call Jamie at 262-560-6960.**

#### **Grief Support Group,** **Led by Wes Werner**

This meeting is free and meets from 10 to 11:30 a.m. on the second Monday of every month (Sept. 9).

If you have questions, send a note to Wes Werner at

[wespfhmail@gmail.com](mailto:wespfhmail@gmail.com).

#### **Kiwanis Group**

This group meets from 7:30 to 9 a.m. every first

and third Wednesday  
of the month (Sept. 4 and 18).

Breakfast can be ordered when you arrive.

[schneider726@wi.rr.com](mailto:schneider726@wi.rr.com)

#### **Community Bible Study**

This weekly Bible study will begin Tuesday, Sept. 10 at 10 a.m. This year's study is the New Testament book of Matthew and will run from September through May of 2025. Class fee is \$35. The class will be held in the first floor Life Enrichment Community Conference Room. Call Terri Stone with any questions 262-434-0320.

## September Schedule

- Sept. 3 – ET is probably out there – get ready – Seth Shostak
- Sept. 10 – Live TED – Hereos to Hereos - Local therapy animals
- Sept. 17 – Tackling diabetes with a bold new dietary approach - Neal Bernard
- Sept. 24 – Where are all the aliens? Stephen Webb

Please note: Topics listed may change at the discretion of the presenter. This event will be held in the Roehl Auditorium on the first floor of the Center for Life Enrichment. No Registration is required.

## Getting to Know Medicare

Wednesday, Sept. 4

1 to 2:30 p.m. and Thursday,

Sept. 5 from 6 to 7:30 p.m

Free Event

This seminar will educate current and future Medicare beneficiaries about Medicare. Instructor and insurance broker, John Leis, will answer: What are the differences between Medicare Parts A, B, C, D? What are your options for enrolling in Medicare, and when? What are the differences between Medicare Supplement and Medicare Advantage plans? How do I determine the best prescription drug plan? Please register by Sept. 3. Last minute walk-ins will be welcome. This event will be held in the first floor Community Conference Room located in the Life Enrichment Building.



## Meet Shorehaven Therapy Team

Thursday, Sept. 5 from 1 to 2 p.m.

Free Event

Stand Tall!

Learn about "Aging Safely at Home", the benefits of in the home therapy services, while taking advantage of a **Free Balance and Falls Screening!**

- Assess your risk of falls.
- Learn exercises to improve balance and stability.
- Receive recommendations to help support your safety at home

Don't miss this opportunity to learn more about how therapy services can benefit you and to take **PROACTIVE** steps towards better health and safety.

Registration is required.



## GriefShare - A Grief Support Group

Hosted by: Pagenkopf Funeral Home

Monday, Sept. 9

10 to 11:30 a.m.

Free Event – Meeting in second floor

LaBelle Room

See next page for details



## Oconomowoc Rotary Club

This group meets the first three Mondays of each month in the **Roehl Auditorium in the Life Enrichment**, 1306 W. Wisconsin Ave., beginning at 12 p.m. til 1:15 p.m.

Prospective Rotarians are welcome to join the luncheon meeting. Meals run \$14 and are billed after joining Rotary.

For more information about the Rotary Club, please contact Sarah Williams-Berg at 262-560-6907 or [swberg@lho.org](mailto:swberg@lho.org).

Consider hosting a meeting or social event on our campus.

Please inquire about room availability at the Center for Life Enrichment.

**CENTER FOR LIFE ENRICHMENT  
AND CAFÉ HOURS OF  
OPERATION**

Please note, if a class has low interest or registration, we may need to cancel it. Please register early if you plan to attend to reduce the chance a class may be canceled.

## Center for Life Enrichment Administrative Office Hours

Monday through Thursday

8 a.m. to 3:30 p.m.,

Fridays 8 a.m. to 1 p.m.

We are not available on the weekends.

**CAFÉ LABELLE** is open every day from 8 a.m. to 2 p.m.

**NEW HOURS**

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Center for Life Enrichment,

1306 W. Wisconsin Ave.,

Oconomowoc, WI 53066

Please include names of attendees and contact phone number. For more information or to receive our e-newsletter, call Jill Halliburton at

262-354-1375 or email

[jhalliburton@lho.org](mailto:jhalliburton@lho.org)

Like us on Facebook!

[shorehavenliving.org](http://shorehavenliving.org)

Loss comes in many forms. Whether you have experienced the loss of a loved one or have lost your way, it is essential that you find support and encouragement as you return to life's daily routines. Grief Share provides participants the opportunity to experience their journey from grief to healing in a Christ-centered small group. Join Wes Werner of Pagenkopf Funeral Home as he leads the monthly session. Meetings will include a DVD video as well as group conversations on a variety of grief-related topics that blend biblical instruction and practical guidance. **Everyone is welcome.**

### Live TED Talk

#### Heroes For Heroes

Tuesday, Sept. 10

1 to 2 p.m.

#### Free Event

#### Empowering our Nation's Heroes

Meet local Coordinator of Heroes For Heroes, Karen Lanser and learn how dogs are making the difference in the lives of our veterans locally. Heroes for Heroes is dedicated to stepping up their efforts in advocating for PTSD. Advocacy is by no means an easy feat, but through cooperation and community empowerment they believe they can make progress in this area. They are always striving to make a difference, and invite you to lend your support. They also, strive to find new opportunities to raise much needed funds for service dogs. The Veterans receive the dog at no cost to them. Service dogs are making a significant, life-changing difference in the lives of veterans who are struggling due to the overwhelming effects of PTSD and other injuries. **Registration is required.**



### Parkinson's Monthly Meeting

Meetings are open to all individuals whose lives have been touched by Parkinson's Disease. Aside from providing a supportive community, various educational topics and speakers will be featured.

This meeting is free and meets on the **second Wednesday of each month (Sept. 11)** from 10:30 a.m. to 12 p.m. in the Roehl Auditorium. Please contact Kira Grosenick [kgrosenick@Lho.org](mailto:kgrosenick@Lho.org) or 262-354-1180 for more information.



### Life Enrichment Book Club

Thursday, Sept. 12

Noon to 1 p.m.

1<sup>st</sup> floor Conference Room

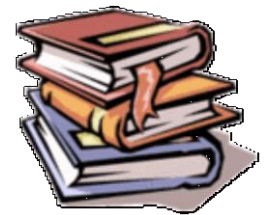
#### Free Event

Sisters Under the Rising Sun By: Heather Morris

In the midst of World War II, an English musician, Norah Chambers, places her eight-year-old daughter Sally on a ship leaving Singapore, desperate to keep her safe from the Japanese army as they move down through the Pacific. Norah remains to care for her husband and elderly parents, knowing she may never see her child again.

Sister Nesta James, a Welsh Australian nurse, has enlisted to tend to Allied troops. But as Singapore falls to the Japanese she joins the terrified cargo of people, including the heartbroken Norah, crammed aboard the *Vyner Brook* merchant ship. Only two days later, they are bombarded from the air off the coast of Indonesia, and in a matter of hours, the *Vyner Brook* lies broken on the seabed.

After surviving a brutal 24 hours in the sea, Nesta and Norah reach the beaches of a remote island, only to be captured by the Japanese and held in one of their notorious POW camps. The camps are places of starvation and brutality, where disease runs rampant. Sisters in arms, Norah and Nesta fight side by side every day, helping whoever they can, and discovering in themselves and each other extraordinary reserves of



courage, resourcefulness and determination. *Sisters under the Rising Sun* is a story of women in war: a novel of sisterhood, bravery and friendship in the darkest of circumstances, from the multimillion-copy bestselling author of *The Tattooist of Auschwitz*, *Cilka's Journey* and *Three Sisters*.

Books are available at Books and Company in Oconomowoc. You may be eligible for a 15% Book Club discount when you mention the Life Enrichment Book Club. Registration is no longer required.

### Information, Disinformation

#### Where Do We Go From Here?

Thursday, Sept. 12

1 to 2 p.m.

\$5 attendance fee

With the presidential election around the corner, it's more important than ever to understand how to sort good from bad information. In this discussion, we'll discuss how to recognize biases, false information, and disinformation from bad actors who try to fool us.

Join Carroll University Professor Scott Hendrix. Scott E. Hendrix is a native of Alabama who spent time in the U.S. Army before earning his Ph.D. from the University of Tennessee in 2007, specializing in the history of science. Scott started teaching at Carroll University in Waukesha, Wisconsin, where he is currently the Chair of the Department of History, Political Science, and Religious Studies. Scott is the author of seven books and more than a dozen articles and book chapters on a variety of topics relating to western and world history. **Registration and payment are required.**



### Big 5 Tanzania Presents:

#### Life in Tanzania

Wednesday, Sept. 18

1 to 2:30 p.m.

Free Event

Jambo ("hello" in Kiswahili)! Travel with Laura Baird and Paula Seffrood to Africa through images and stories. Tanzania borders the Indian Ocean and is home to Africa's highest mountain, Mt Kilimanjaro. It is the most populous country south of the equator, and 43% of its people live in poverty. Learn about their culture, food, language, resources, challenges, education, and opportunities. Let their joy, faith, and resourcefulness inspire you. Pack your bags, and travel with us to Tanzania. **Registration is required.**



### Bank Five Nine Presents: Who Needs Funeral

#### Pre-Planning? Simply Put, We All Do!

Thursday, Sept. 19

1 to 2 p.m.

Free Event

You have worked hard and saved for your retirement, but have you considered the costs that occur at the end of life? Although it's a topic no one wants to discuss, it's a reality for all of us. Topics covered during this discussion are: Why the titling of your assets matter, Power of Attorney, What is an Irrevocable Funeral Expense Trust and why consider funding one. Join Gwendelyn Hood in this all important discussion. Gwendelyn has been in the financial services industry for more than 31 years. She joined Bank Five Nine in 2007 and holds a Life and Health license. Gwendelyn is enthusiastic about the products and planning services she can offer and appreciates being able to educate and be a resource to new and existing clients. She loves being able to provide seniors with the peace of mind that they can get relief from the financial burden in front of them.



Gwendelyn genuinely believes funeral trusts represent more than just a vehicle for asset preservation. They represent a level of care for the consumer and their families. After all, planning for the inevitable is a vital step in the asset preservation process, but it also ensures your wishes are recognized upon your passing while alleviating the burden on your loved ones.

"Helping customers find the best solutions to meet their needs and make their lives better is my favorite part of the job," said Gwendelyn. **Registration is required.**

### Were the Dark Ages Really so Dark?

Monday, Sept. 23

1 to 2 p.m.

\$5 Attendance Fee

Let's get back to learning!

Europe in the Middle Ages is frequently seen as a barbarous time, but how accurate is that characterization? By exploring topics such as philosophy, education, art, and Europe's connections with the wider world we'll see that the history of this period is far more complicated and interesting than usually imagined.

Professor Scott E. Hendrix, Ph.D. will begin a four part monthly series on history and religion. Scott is a Professor of History at Carroll University and Chair of the Department of History, Political Science, and Religious Studies.

**Registration and payment are required. This event will be held in the second floor Board room.**



### What is Senior Living?

Wednesday, Sept. 25

1 to 2:30 p.m.

Free Event

Shorehaven Housing Manager Jaime Jaeger and Life@Home Coordinator Jamie Milaeger will address all aspects of senior living, including the following topics: How to be proactive vs reactive; What is a wait list and strategies to navigate one;

Different levels of senior living; What level of care is most appropriate for you and what to expect from each care level. "We hope to educate you on your next big step in your journey," said Jaeger. "We're providing information on how to take advantage of one of the biggest opportunities in your life."



### Alcohol Ink Fall Landscape

Thursday, Sept. 26

1 to 3 p.m.

\$30 includes all materials

Class size 12 students

Join Julie Wold, of Sunset Studio in creating a colorful landscape painting.

Participants will use alcohol ink to paint on dura-lar film. The polyester film is preprinted with trees and a fence line as you can see from the first photo. You will add color with a variety of tools like brushes, q-tips, stampers, Posca pens, and spray bottles. The special translucent film measures 9" x 12" and you will receive a mat to frame your finished artwork.

Class is suitable for all levels. All materials will be provided. It is recommended that you bring a smock or wear old clothes. If you like, bring photographs of landscapes for inspiration.

Instructor: Julie Wold, Sunset Studio. **Registration and payment are required.**



## Beer and Cheese Tasting

Monday, Sept. 30

2 to 3 p.m.

\$20 Tasting Cost - 20 spots available

During Octoberfest let's learn about the different styles of beer, the process in which they achieve the right taste and consistency and how best to pair the beers with just the right cheese. Join Brent West as he shares his passion for beer.

Registration and payment are required.



## 4 Rivers Center for Well Being

Foundations of Wellness – Sept. Events

To find out more about 4 Rivers Center for Well Being and to register for classes, please contact Kathy at [Kathy@4riverscenter.com](mailto:Kathy@4riverscenter.com) or

[www.4riverscenter.com](http://www.4riverscenter.com) or 608-334-8592

[Serving the Dying – The role, responsibilities and purpose of an End of Life Care Doula](#) Death is having a rebirth! Death is not a medical experience – it is a human one. We all know we are living in challenging times with our current medical system. End of Life Doulas are non-medical professionals trained to care for the dying with a holistic model of care. As mainstream medical practitioners struggle to meet the needs of our ever-growing elder population, End of Life Doulas supply the needed time, which is often missing with this special population. Doulas are the bridge between hospitals and Hospice. EOL Doulas serve the dying and their loved ones before, during and after death. Trained in various end of life stages, a Doula is able to assist the family with understanding the natural process while providing comfort oriented touch, guidance, support and so much more, with no limits on time.

Kathy Ginn is the creative force behind 4Rivers. She is an End of Life Touch Therapist, Certified Grief Companion and Certified End of Life Care Doula. Please join Kathy as she shares with you how an End of Life Care Doula can serve you and your love one at this sacred threshold of one's life. Sept. 25<sup>th</sup> from 2 to 3:30 pm, Donation: \$5.



We send the Center for Life Enrichment monthly newsletter via e-mail ONLY. All e-mail addresses will be kept confidential and will not be sold to other organizations.

Thank you for helping us remain fiscally responsible.