

# The Chatterbox



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## WE CAN'T STOP NOW...

Heart disease and stroke patients among others are still vulnerable to Covid-19. They are counting on all of our cooperation to stay safe during this pandemic.

We are as anxious as everyone else to get back to being more active.

However, we are not opening our Community Room or Guest rooms back up yet. We are taking this slow and steady and will keep re-assessing all the information and guidelines and will update you as we go forward.

Unfortunately, our **age group** is considered the **most vulnerable** and therefore one of the last to have restrictions lifted from them.

We will be able to start granting very limited access to the Library and Exercise Rooms as of Monday, June 8. This will be under the condition that only one person (or couple) at a time in either of these rooms. We will be providing disposable gloves to wear while utilizing the rooms. If using exercise equipment please wipe down after using with the disinfectant wipes which will be provided.

Masks should still be worn in all common areas until further notice.

Thank you all for helping each other stay healthy and safe.

**HAPPY FATHER'S DAY** —whether you are an awesome dad, step-dad, grandpa, uncle, brother, mentor, coach, friend you are appreciated for making positive contributions in this world. **Sunday, June 14th** we celebrate Fathers day. It has been said that a Father doesn't tell you he loves you he shows you (although I have known many who do both). Enjoy the day!



## Fight Stress with Healthy Habits

1. Slow down. Plan ahead and allow enough time to get the most important things done without having to rush.
2. Snooze more. Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.
3. Let worry go. The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.
4. Laugh it up. Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.
5. Get connected. A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.
6. Get organized. Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.
7. Practice giving back. Volunteer your time or spend time helping out a friend. Helping others helps you.
8. Be active every day. Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.
9. Give up bad habits. Too much alcohol, tobacco, or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.
10. Lean into things you can change. Make time to learn a new skill, work towards a goal, or to love and help others.

Learn more at [heart.org/HealthyForGood](https://heart.org/HealthyForGood)

Hope you are all well!

I know this is a difficult time to be isolated from family and friends.

The weather is finally cooperating and I encourage you to spend as much time outside as you can, walking, biking, gardening, just sitting and listening. Practice some balance moves that you learned in yoga, sit quietly and meditate. Breathe in and breathe out.

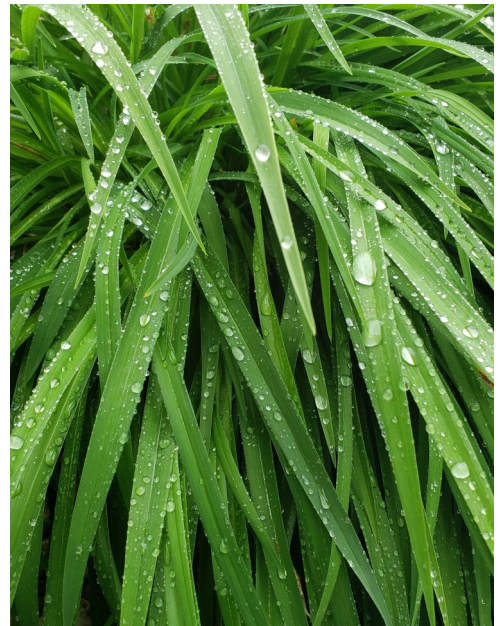
We are working on a plan to start yoga again, perhaps in July. Time will tell....

Until we meet again, stay healthy, keep moving!

Namaste,

Kim

xo





A huge thank you to Bill LeVitus for helping to keep us looking so nice around here. Bill has been painting our mailbox posts and his lovely lady Ann Hahn has been doing a fabulous job of supervising him. We appreciate your efforts!!



**Thank you to all my Parkside Friends.**

You changed a miserable, drizzly, even snowy day into a wonderful day for me.

The many, many cards, treats, music, gifts and visits made the day a highlight in my life.

**Unforgettable!**

Thank you to all.

Arlene Severson



**TURNING 100 NEVER LOOKED SO GOOD!!!**



## **Ice Cream Social-ly distanced:**

**Thursday, June 11th**

Our on-site Golf Cart will be transformed into a mini musical Ice cream truck. We will ride around the circle and make stops at the end of each ranch driveway with frosty treats. If you would like a cool treat be at the end of your driveway between 2-2:30 pm. We will then end at the Main parking lot of the Garden building (around 2:40 PM) to share treats along the sidewalk areas. Remember to practice social distancing. If inclement weather we will do it on Friday the 12th.



## William Schultz



MADISON, Wis. — William David “Bill” Schultz, 85, passed away after a brief illness on Monday, April 6, 2020, at Meriter Hospital in Madison.

He was born on Oct. 26, 1934, in Kingsford, to parents, George and Lillian (LeQuia) Schultz.

Bill graduated from Kingsford High School, class of 1953, then married his high school sweetheart, Sharon Dishaw in 1955. He served in the U.S. Coast Guard, stationed in Sault Ste Marie and Manistique. Bill enjoyed traveling the roads of Wisconsin and Upper Michigan while he worked as a sales representative for Hills Brothers Coffee/Nestles Corporation for 31 years, before retiring in 1995.

Upon retiring Bill and Sharon moved to Sun City West, Ariz. where he enjoyed playing softball and golfing. In 2004 they moved to Wisconsin to be closer to family and found a wonderful home and friends in Parkside Village, DeForest, Wis. Bill loved his family, the Detroit Lions, going on the Badger Honor Flight and the once-in-a-lifetime trip to Rome, Italy with his wife, son and daughter-in-law.

**Our deepest sympathies** go out to his sweet wife Sharon of 65 years and his family. Bill was a friend to many and always so warm and kind. We sure miss him around here.

### NEW FACES ON CAMPUS:

The last couple months have brought many changes here. We have some new residents that closed in May.

1) Mary Leonard in 6863

2) Mark and Jean Liddicoat in 7051

We also have a new GM named Laura Parrish and a new Maintenance man Dave Sandmire which you will see around the Village with Don. We had such good luck with a “Dave” before we figured let’s try that again!! We have been very lucky that Don likes us so much and has helped keep us up and running during this transition. It must be all you wonderful cookie makers out there keeping him happy!!

We also welcome resident, Dick Kessenich as our on-site (after-hours only) Maintenance. For all maintenance requests please remember to use the online request form or call Laura (even for after hour requests). Never ask the maintenance men directly this causes confusion, un-recorded requests and disrupts the work flow.

The online Resident Directory will be updated again this Fall.

**A big Parkside welcome to all the new folks!!**

**Thank you all for your patience.**