



# Sheboygan County Social Isolation Guide



## Caregiver Resources:

You are a caregiver if you....

- Help a loved one with medications
- Go grocery shopping for or with someone
- Are the primary caregiver for a person in a facility

### Caregiver Friends Support Group ~ A

general support group for family caregivers  
Co-facilitated by:

Aging & Disability Resource Center (ADRC) of  
Sheboygan County & UW– Madison Extension  
Sheboygan County / Human Development and  
Relationships

2<sup>nd</sup> Tuesday of each Month (No Dec. meeting)

1:30 p.m. – 3p.m. Online and / or phone call-in

Contact: [Lisa Hurley, Caregiver Coordinator](#)

[ADRC of Sheboygan County](#)

Phone: # (920) 467-4079 /

[Lisa.Hurley.SheboyganCounty.com](mailto:Lisa.Hurley.SheboyganCounty.com)

### Powerful Tools for Caregiver ~

Evidence-based 6-week workshop. Participants  
will learn to reduce stress, improve self-  
confidence, better communicate feelings,  
increase ability to make tough decisions and  
locate helpful resources.

Thursdays: April 15 – May 20, 2021 from 10:00  
AM – 11:30 AM

August / September (dates to be announced)

October / November (dates to be announced)

Online ~ Caregivers will need to have access to  
a laptop computer or tablet (with camera &  
microphone) and have internet access,

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[Lisa.Hurley.SheboyganCounty.com](mailto:Lisa.Hurley.SheboyganCounty.com)

- Check on a loved one's dietary needs
- Care for someone long distance
- Help with cleaning, laundry, or other home chores

### Caregivers Connect ~ Educational program

to learn practical tips on a variety of topics to  
assist caregivers to better meet the physical,  
emotional and financial challenges of  
caregiving.

Thursday, April 22, 2021

1:00 pm & 6 pm

Planning for the Future: What YOU Need to  
Know ~ Advance Care Planning

June, August & October (dates to be  
announced)

Virtual: Phone-in, Computer or tablet

Contact: [Lisa Hurley, Caregiver Coordinator](#)

[ADRC of Sheboygan County](#)

Phone: # (920) 467-4079 /

[Lisa.Hurley.SheboyganCounty.com](mailto:Lisa.Hurley.SheboyganCounty.com)

### TRUALTA Caregiver Program ~ An online

portal that helps caregivers develop skills and find  
local resources, all from the comfort and safety of  
home. It is easy to use on a computer, laptop or  
tablet and is available at no cost to Wisconsin  
caregivers thanks to the National Family Caregiver  
Support Program.

Contact: [Lisa Hurley, Caregiver Coordinator, ADRC of  
Sheboygan County](#)

Phone: # (920) 467-4079 /

[Lisa.Hurley.SheboyganCounty.com](mailto:Lisa.Hurley.SheboyganCounty.com)

- Provide care for a family member in their home or yours
- Take a loved one to doctor visits & help interpret a doctor's directions

### Caregiver Action Network (CAN) ~ The

nation's leading family caregiver organization  
working to improve the quality of life for the  
more than 90 million Americans who care for  
loved ones with chronic conditions, disabilities,  
disease, or the frailties of old age. CAN serves a  
broad spectrum of family caregivers ranging  
from the parents of children with significant  
health needs, to the families and friends of  
wounded soldiers; from a young couple dealing  
with a diagnosis of MS, to adult children caring  
for parents with Alzheimer's disease. CAN (the  
National Family Caregivers Association) is a non-  
profit organization providing education, peer  
support, and resources to family caregivers  
across the country free of charge.

[www.caregiveraction.org](http://www.caregiveraction.org)

Contact our Care Support Team, staffed by  
caregiving experts, to help you find the right  
information you need to help you navigate your  
complex caregiving challenges.

Caregiving experts are available 7:00 AM – 6:00  
PM CST.

Caregiver Help Desk Phone: # 855-227-3640

## Alzheimer's Disease & Dementia Resources:

**Alzheimer's Association Helpline:** 24/7 Helpline is staffed by trained professionals who provide confidential support/information to people living with the disease, caregivers, families, and the public. **Phone: # 800-272-3900**

**The Alzheimer's Association**-The Alzheimer's Association is still here for you! The Alzheimer's Association is following guidance from local public health agencies related to the COVID-19 outbreak. As a precaution, our staff and volunteers are working remotely. Despite this change, we want to reassure you that we are still working to support you and your loved ones. The Alzheimer's Association will continually reevaluate COVID-19 measures and resume in-person engagements as soon as we are able, based on public health guidelines. Until that time, please utilize our resources and know that the Alzheimer's Association is available to you 24/7 for around-the-clock care and support. **Ph.# 800.272.3900** <https://www.alz.org/wi> Aside from in-person meetings, virtually all Alzheimer's Association programs and services are available to all Wisconsin families. Meetings, events and participation, both in internal/external activities, will be conducted online or by phone whenever possible.

For details on Alzheimer's Association meetings and events please check <https://www.alz.org/wi>. Alzheimer's Association links to available programs and services—all free resources: Classes and training <https://training.alz.org/> Online tools <https://www.alz.org/help-support/resources/online-tools> Caregivers' forum and message board <https://www.alzconnected.org/> Roadmap for approaching Alzheimer's <https://www.alzheimersnavigator.org/> Virtual Support Groups <https://www.communityresourcefinder.org/> Virtual Education Programs <https://www.communityresourcefinder.org/>

**The Gathering Place & Memory Matters** ~ A social model day service dedicated exclusively to early-mid memory loss. This program offers a life-enriching program with activities designed around the six elements of wellness (physical, cognitive, social, emotional, spiritual and community) for individuals living with memory loss. We give you the peace of mind that your loved one will be well cared for while you catch up on chores, run errands, or just take some quiet time for yourself. Currently open four days a week, Mon./Tues./Wed./ Thur. 9:30am-3:30pm, (lunch provided). **Contact: Leah Zehel** [tgp@stpaulfalls.com](mailto:tgp@stpaulfalls.com) / [www.memorymattersmost.com](http://www.memorymattersmost.com) **Phone: # 920-627-6847**

**SPARK!** ~ A cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing stimulating conversations, peer support, and creativity through museum experiences, workshops and programs. SPARK! programs are FREE for families to attend together in a comfortable environment led by specially trained staff and volunteers.

(In light of the pandemic, the John Michael Kohler Arts Center is looking at ways to engage with our SPARK! participants virtually.) **Contact: Claire Carlson, Audience-Centered Program Coordinator, John Michael Kohler Arts Center** **Phone: # 262-930-5147 /** [CCarlson@jmkac.org](mailto:CCarlson@jmkac.org) / [www.jmkac.org/learn/spark](http://www.jmkac.org/learn/spark)

## Recreation:

### Wisconsin Department of Natural Resource (DNR)~

Call Center staff are available 7 Days a Week from 7 am-10pm. Call Center can provide information about all the State of WI outdoor recreation options, State Park volunteer opportunities, hunting/fishing opportunities and destinations throughout the entire State of Wisconsin Contact a Customer Service Representative for general questions. In light of COVID-19, the Wisconsin DNR has temporarily suspended counter services at all DNR service centers. Call for information and assistance or access information at the DNR website

Call Toll Free—Phone: # 1-888-WDNRINFO (1-888-936-7463)

Open a chat session available from 8 a.m. to 8:00 p.m.

Bilingual Services are available--May I help you? ¿Cómo puedo ayudarle? Kuv pab koj tau licas?

Phone: # 1-888-WDNRINFO (1-888-936-7463)

<https://dnr.wisconsin.gov/>

Plymouth DNR Satellite Center-Open Mondays-Fridays 11am-2pm.

Adell Wildlife Area: <https://dnr.wisconsin.gov/topic/Lands/WildlifeAreas/adell.html>

Kiel Marsh Wildlife Area: <https://dnr.wisconsin.gov/topic/Lands/WildlifeAreas/kiel.html>

Kohler-Andrae State Park: <https://dnr.wisconsin.gov/topic/parks/kohlerandrae>

Nichols Creek Wildlife Area: <https://dnr.wisconsin.gov/topic/Lands/WildlifeAreas/nichols.html>

North Branch Milwaukee River Wildlife and Farming Heritage Area: <https://dnr.wisconsin.gov/topic/Lands/WildlifeAreas/northbranch.html>

Sheboygan Marsh Wildlife Area: <https://dnr.wisconsin.gov/topic/Lands/WildlifeAreas/sheboygan.html>

1155 Pilgrim Road, Plymouth, WI 53073

phone: # (920) 892-8756

Fax: # (920) 892-6638

### City of Sheboygan Public Works~

Call or access information on the website about Sheboygan County's great outdoor destinations including trails, boat landings; parks, and campgrounds located in the county. For more information call Mondays-Fridays 7:30am-4pm, or visit the website.

MUNICIPAL SERVICE BUILDING, 2026 New Jersey Avenue, Sheboygan, WI 53081

Phone: # (920) 4593440

Fax: # (920) 459-3443

Sheboygan County Trails, Boat Landings, Parks& Campgrounds: <https://www.sheboygancounty.com/departments/departments-f-q/planning-and-conservation/facilities>

**Google Earth**~ Free on-line access to multiple National Parks tours.

<https://earth.google.com/web>

## Sheboygan County Health and Wellness Workshops:

Did you know the ADRC of Sheboygan County sponsors evidence-based programs that are proven to reduce problems performing daily activities, reduce pain interference, improve functional performance, and improve vitality and general overall health? And all of these workshops are offered on a donation basis making them affordable for all.

In **Stepping On** workshops, we take fall prevention step-by-step. You'll learn how to build and maintain the physical strength and balance you need to walk confidently. From footwear to prescriptions, you'll learn what increases your risk of a fall, how to avoid it, and make an individualized action plan to stay on your feet and living life the way you want.

What if you could feel better and do more? Sounds like a big goal - but **Living Well with Chronic Conditions** workshops help make it possible. Decades of research - and thousands of people - have found that Living Well lives up to its promise. With the simple skills and the new habits you build, you can take better control of your health - and get back to doing what matters most.

**Mind Over Matter: Healthy Bowels, Healthy Bladder** is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Learn strategies for preventing or lessening symptoms. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter most to you.

**PALS – Physical Activity for Lifelong Success** is targeted toward individuals who have been sedentary. Each session includes 40 minutes of a workout circuit with a different lifestyle topic and discussion afterward. Pre and post testing document your progress.

**Walk with Ease** follows guidelines from the American Arthritis Association and provides tips and guidance to increase your walking endurance. Most of each session is devoted to walking in an obstacle free environment.

**NEW! Stand Up Move More** is an evidence-based program designed to help older adults reduce sitting time by standing up and moving more. The program has been proven to decrease sedentary behavior by an average of 68 minutes per day.

The **Aging Mastery Program Starter Kit** is a self-directed version of the National Council on Aging's successful Aging Master Program® (AMP). This do-it-yourself version is a fun and hands-on experience that encourages people to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The AMP kit provides a guide to the philosophy of Aging Mastery with practical tips for aging well across six dimensions: Gratitude and Mindfulness, Health and Well-Being, Finances and Future Planning, Connections and Community, Learning and Creativity, and Legacy and Purpose.

Call the ADRC for more information, to register, or to be added to a waitlist to be the first to know of these opportunities.  
**Contact the ADRC at 920-467-4100 or 800-596-1919**  
**Email: [ADRC@sheboygancounty.com](mailto:ADRC@sheboygancounty.com) to register.**



## Exercise and Physical Activity:

### Staying active can help you:

- Keep and improve your strength so you can stay independent
- Have more energy to do the things you want to do
- Improve your balance and prevent falls
- Prevent or delay some diseases like heart disease, stroke, type 2 diabetes, osteoporosis; and certain types of cancer
- Perk up your mood and reduce feelings of depression
- Sleep better at night
- Reduce levels of stress and anxiety
- Reach or maintain a healthy weight

### Wisconsin Institute for Healthy Aging (WIHA)~

WIHA makes proven tools for healthy aging available for everyone. WIHA provides on-line access to physical activity and exercise resources that can be used to help support communities.

Physical activity is essential to Healthy Aging—even during a Pandemic! As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or improve many of the health problems that seem to come with age. It also helps strengthen your muscles so you can keep doing your day-to-day activities without becoming dependent on others.

Move more and sit Less—every day, including during this pandemic. It is never too late to start exercising! 150 minutes a week is the ideal goal, but 10 minutes per day is better than zero. Every bit of exercise and movement helps. How are YOU going to work on standing up and moving more during your day?

You can exercise at home with these great on-line videos:

7-Minute Yoga- from SilverSneakers (7/28/2020)

[https://www.silversneakers.com/blog/yoga-seniors-7-minute-flow-ease-stress-increase-flexibility/?utm\\_source=youtube&utm\\_medium=social&utm\\_campaign=edit\\_activity](https://www.silversneakers.com/blog/yoga-seniors-7-minute-flow-ease-stress-increase-flexibility/?utm_source=youtube&utm_medium=social&utm_campaign=edit_activity)

Active Older Adults Exercise Videos - from YMCA (7/14/2020)

<https://ymca360.org/on-demand/category/14>

StrongBodies Exercise Video - from UW-Extension (7/14/2020)

<https://pbswisconsin.org/watch/university-place/university-place-strong-women-strong-bones/>

Bring Yourself into the Present- from Tai Chi Health (4/21/2020)

<https://taichihealth.com/video/centering/>

Practice Tai Chi with a Chair (for balance support when needed) - from Tai Chi Health (4/21/2020)

<https://taichihealth.com/video/tai-chi-fundamentals-adapted-optional-side-support/>

Practice Tai Chi with a Walker- from Tai Chi Health (4/21/2020)

<https://taichihealth.com/video/tai-chi-fundamentals-adapted-optional-side-support/>

Practice Gentle Range of Motion Exercises- from Tai Chi Health (4/21/2020)

<https://taichihealth.com/video/rom-dance/>

Wisconsin Institute for Healthy Aging-WIHA

Phone: # (608) 243-5690

<https://wihealthyaging.org/about-us>

1414 MacArthur Road, Suite B, Madison, WI 53714

E-mail: [info@wihealthyaging.org](mailto:info@wihealthyaging.org)

## **Better Choices, Better Health • (CBH)~**

Better Choices, Better Health is an online chronic disease self-management program developed at Stanford University, is an internet-based group that focuses on chronic disease management, decision making, problem-solving, and action-planning for adults with arthritis, diabetes, or other chronic diseases. Better Choices, Better Health is a six-week workshop offered on a dedicated website. This is a fee-based on-line program for interested participants.

[Wisconsin Institute for Healthy Aging, 1414 MacArthur Road, Suite B, Madison, WI 53714](#)

Phone: # (608) 243-5690

Email: [info@wihealthyaging.org](mailto:info@wihealthyaging.org)

## **Mental Health America (MHA)-Sheboygan County~**

### **Outdoor Yoga for Mental Health:**

Visit <https://mhasheboygan.org/event?s=outdoor-yoga-for-mental-health> for the Fall 2020 MHA Yoga Programs and Winter Outdoor Yoga schedule updates.

An all levels class focused on yoga and other mind body fitness postures, movements, and stress reduction techniques to improve focus; strengthen, calm, and connect the mind, body, and heart; and enhance well-being. Join us at various locations for a rejuvenating outdoor socially distanced experience.

FOLLOWING COVID-19 GUIDELINES: Please bring your own equipment - suggested: yoga mat or blanket, cushion or pillow, strap, and block. Be aware of outdoor elements such as hot sun (dark yoga mats get hot!) and bugs (some students use bug spray). Masks are suggested, but not required due to class being outdoors. We will space students at least 6 feet apart.

PRE-REGISTRATION REQUIRED. LIMIT 12 STUDENTS FOR SOCIAL DISTANCE. In case of inclement weather, class may be held through ZOOM.

Email [rachael@mhasheboygan.org](mailto:rachael@mhasheboygan.org) for any questions

### **Mindfulness:**

Mindfulness is a research evidence-based practice that reduces stress, improves focus and sleep, decreases depression and anxiety, positively impacting one's overall health and well-being. People of any age, cultural background, fitness level, and/or economic status can benefit from learning mindfulness.

Please contact MHS at <https://mhasheboygan.org/contact> for current Mindfulness virtual opportunities.

## **National Institute on Aging (NIH)~**

The National Institute on Aging provides an online resource to news articles and research related to the latest information about how exercise and physical activity can help people stay healthy as they age. The NIH website also provides access to numerous exercise and physical activity guides for individuals to use to learn how to fit exercise into their daily lives safely while also helping to develop strategies to get motivated to get moving!

<https://www.nia.nih.gov/health/exercise-physical-activity>

## **Wisconsin Strong Bodies~**

The WI StrongBodies Program is based on the StrongWomen Program that was created by Rebecca Seguin (Texas A&M University) and Miriam Nelson (Hampshire College). StrongBodies will catalyze positive change in people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support. StrongBodies envisions a worldwide community of fit, strong, and healthy individuals; in turn, these empowered individuals will become positive agents of change for their families, communities, and beyond.

Email: [strongbodies@extension.wisc.edu](mailto:strongbodies@extension.wisc.edu)

<https://fyi.extension.wisc.edu/strongwomenwisconsin/>

## General Aging and Wellness Resources:

**The Friendship Line** ~ Any aging adult or person living with disabilities, who suffers from depression, loneliness, isolation, anxiousness, or may be thinking about death or suicide, can benefit from completely confidential phone calls with Friendship Line volunteers.

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults.

It is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Providing emotional support; Elder abuse reporting; Well-being checks; Grief support through assistance and reassurance; Active suicide intervention; Information and referrals for isolated older adults, and adults living with disabilities

In addition to receiving incoming calls, Friendship Line also offers outreach to eligible callers. We connect with people on a regular basis, and help monitor their physical and mental health concerns. The call-out services act as an intervention to prevent suicide in the long term by improving the quality of life and connectedness of isolated callers.

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>  
Phone: # (800) 971-0016

### Sheboygan County Public Health Department~

The Sheboygan County Public Health Department is a division of the Sheboygan County Department of Health and Human Services. The Public Health Department is a community-focused department that strives to provide quality customer and community service while actively listening and responding to community needs and expectations. The mission of Sheboygan County Public Health Department is to strengthen the community by encouraging healthy behaviors, preventing disease, and protecting the members of our community.

Please watch for local community updates through the Sheboygan County Public Health email, website, and Facebook page.

Sheboygan County Public Health Department Website: <https://www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/public-health>  
<https://www.facebook.com/SheboyganPublicHealth/>

Access to Sheboygan County Public Health Department COVID-19 updates:

<https://www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/public-health/communicable-disease/coronavirus-covid-19>

Phone: # (920) 459-3207 Mondays-Fridays 8am-5pm

Phone: # (920) 459-0529 for Public Health emergencies after business hours

Fax communicable disease reports day or night to Fax: # (920) 459-0529

Email: [public.health@sheboygancounty.com](mailto:public.health@sheboygancounty.com)

### Senior Activity Center of Sheboygan

Providing dynamic social opportunities which promote wellness, learning, and recreation for active seniors.

Phone: # (920) 459-3290

[www.sheboyganseniorcenter.com](http://www.sheboyganseniorcenter.com)

[www.facebook.com/SACSSheboygan](https://www.facebook.com/SACSSheboygan)

[SeniorCenter@sheboyganwi.gov](mailto:SeniorCenter@sheboyganwi.gov)



## **Generations Intergenerational Center~**

Generations Intergenerational Center houses six nonprofit organizations including the Plymouth Senior Center and Plymouth meal site. We offer a full range of fitness classes from high to low impact. We provide Silver Sneakers and Arthritis Foundation certified classes. Our classes are available in person or online through our YouTube Channel—

<https://www.youtube.com/channel/UC5DbyEjeMhg6LCeY41YktDA>.

We offer many activities from various card games, pickleball, Wii bowling, ceramics, Mah Jongg, watercolor painting, card making, Scrabble and so much more. We even provide one-on-one technical help with your electronic devices. Our restaurant Pic-a-Deli serves fantastic lunches and daily specials for very reasonable prices.

Menu: <https://uploads.weconnect.com/mce/26ced0b5ea2b6f3c8b1e5090a6cdbdfae5a6f853/PAD%20Menu%202020.pdf>.

Generations offers many events where you can interact with the children from Growing Generations to young adults from Plymouth's middle and high schools.

We are committed to bringing our Generations together to build a better community!

Phone: # (920) 892-4858

1500 Douglas Drive, Plymouth, WI 53073

Website: [generationsic.org](http://generationsic.org)

## **University of Wisconsin-Madison-Division of Extension/ Life Span~**

Online access to statewide information and resources related to COVID-19, stay at home tips, and ways to cope better with the associated losses and change in people's lives.

<https://aging.extension.wisc.edu/articles/moving-forward-during-covid-19/>

**UW Extension~** Stay Home, Stay Healthy--A Senior Newsletter.

<https://sheboygan.extension.wisc.edu/2020/07/28/stay-home-stay-healthy-a-senior-newsletter/>

**SAGE Connect~** A resource for LGBT elders that provides a way to connect with their broader community, reduce social isolation, and promote well-being; volunteers can sign up to help or LGBT elders can sign up for a month of weekly calls:

<https://www.sageusa.org/sageconnect/>

**Friendly Talk~** This company offers "Friendly Talk" a subscribed, live phone conversation service for individuals who live alone or would benefit from hearing a friendly voice on a regular basis. This is an affordable fee-based assistance to your membership.

[www.friendlytalk.net](http://www.friendlytalk.net)

Phone: # (414) 462-9900

**Well Connected by Covia~** A nationwide social call program provided by volunteers to reduce social isolation and loneliness for seniors on a one-to-one basis. Volunteers must pass a background check and attend an initial two-hour training program. Seniors can sign up for calls or to receive contact by mail, and volunteers can sign up to help.

<https://covia.org/services/well-connected/about/>

**Quarantine Chat~** Quarantine Chat is a free, new app called Quarantine Chat may help some people who are experiencing loneliness while in isolation during the COVID-19 outbreak.

<https://quarantinechat.com/>

## Aging and Disability Resource Center (ADRC) of Sheboygan County~

The Sheboygan County Aging and Disability Resource is open Mondays-Fridays 8am-5pm—currently by telephone or by scheduling appointments. The ADRC provides a one-stop shop for people who are 60 years of age or better and adults who have disabilities when they need information and guidance about available options, services, and programs.

**Information & Assistance:** Guidance from Information & Assistance about a wide variety of topics including Long-term care Options Counseling; Benefits Counseling; Youth-to-Adult Transitional Services; Prevention and Early Intervention Services; Access to Publicly Funded Long-term Care Programs and Services; Adult Protective Services; Referral to Chore Services; Reassurance Call program; Nutrition programs and information and/or referrals to other available programs.

**Telephone Reassurance Program:** Daily telephone calls to seniors to check in with them to ensure their safety and give them an opportunity to share a little bit about their day and any concerns they may have.

**Neighborhood Calling Tree:** Interested seniors sign up to have their name added to a list with other seniors who take turns providing a weekly ‘check-in’ call to their peers in the community on the list. Dining Site managers maintain the list and ensure participants adhere to program guidelines.

### **Handy-Helpers Chore Service:**

A list maintained by the ADRC that provides names of persons who are willing to do various types of chore services for seniors that could include the following tasks: lawn and yard work; snow shoveling; home maintenance; housekeeping; and companion services.

### **Senior Dining Program:**

Sheboygan County continues to offer the Home-delivered Meal program for eligible participants. Congregate Dining sites remain closed at this time, but Curbside Pick-up is available at most dining sites. Meal reservations are required in advance for Curbside Pick-up and must be made by 10:00am the previous business day. Please call for further information about these nutrition programs or to make a reservation.

Phone: # (920) 467-4100; Toll-Free Phone: # (800) 596-1919; TTY Phone: # (920) 467-4195

650 Forest Avenue, Sheboygan Falls, WI 53085

<https://www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/aging-and-disability-resource-center>

email: [ADRC@sheboygancounty.com](mailto:ADRC@sheboygancounty.com)



**The National Suicide Prevention Lifeline™** A program that provides an immediate connection for people in emotional distress or in need of added emotional support. Available 24 hours a day—7 days a week.

Phone: # (800) 273-TALK (8255)

**Family Eldercare: Lifetime Connections Without Walls™** A telephone conference call program that offers social and education sessions, support groups, and friendly conversation, all from the comfort of home.

<https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>

**WELL BEING™** Calm--an app that features guided meditations, nature sounds, and a step-by-step guide to finding peace of mind; a free trial is available:

<https://www.calm.com/>

**The Mighty™** The Mighty is a free social network for those looking to connect with others over their mental and physical health struggles. Like most social media apps, users can upload text and photo posts, and comment and like other people's posts. It allows you to search for content based on your topics of interest such as depression, anxiety, cancer, and more.

Website: <https://themighty.com/>

Download/Install the app at: [https://apps.apple.com/us/app/the-mighty/id1432324582?\\_branch\\_match\\_id=809753152866491887](https://apps.apple.com/us/app/the-mighty/id1432324582?_branch_match_id=809753152866491887)

**Prevea Behavioral Care in Sheboygan™** Prevea provides a wide range of counseling services for all ages. Prevea Behavioral Care is able to help by offering individual, couple, group, and family therapy with therapists who specialize in emotional, behavioral or relationship problems.

Prevea Behavioral Care in Sheboygan, 3425 Superior Avenue, Sheboygan, WI 53081

Phone: # (920) 458-5557

<https://www.prevea.com/Locations/Behavioral-Care-Sheboygan>

## **Mental Health America (MHA)-Sheboygan County™**

Mental Health America in Sheboygan County is a nonprofit mental health resource center serving our community since 1963. We promote mental wellness through prevention, education, advocacy, as well as increasing access to care and recovery, support services. Good mental health is fundamental to our overall well-being. We're glad you're interested in finding out more about us! Our website has information about Mental Health America and the work we do in prevention, education, access, support and recovery.

Good mental health is fundamental to the overall health and well-being of every person. It is what creates satisfaction in life, the ability to maintain good relationships with others, as well as productivity in school and the workplace. While healthy lifestyles and healthy environments contribute greatly to good mental health, mental disorders will affect 1 in 4 Americans each year. In fact, mental illnesses are more common than cancer, diabetes, or heart disease. The good news? Mental illness can be effectively treated. MHA believes in educating the public to help break the stigma that surrounds mental illness.

Together, we can make a difference in the lives of those who struggle with mental illness and promote good mental health for our whole community.

For immediate help with a mental health crisis, contact:

Mental Health Crisis Line Phone: (920) 459-3151—24 hours a day, 7 days a week.

MHA is open Mondays-Thursdays 8am-4pm--Please reach out by phone or email and allow 48 hours for a response.

915 N. 7th Street, Sheboygan, WI 53081

[info@mhasheboygan.org](mailto:info@mhasheboygan.org)

Phone: # (920) 458-3951

<https://mhasheboygan.org/contact>

## Sheboygan County Department of Health and Human Services—Behavioral Health Department~

The Behavioral Health Department provides a full range of mental health services with the goal to strive towards assuring that Sheboygan County citizens can access a comprehensive array of quality services that will help improve their quality of life and overall well-being. Services include:

- Serve persons who struggle with mental health and Alcohol or Other Drug Abuse (AODA) needs.
- Support individuals to remain or become more self-sufficient in their own home or community.
- Assure services are available in the most facilitative environment consistent with individual support, protection, and treatment needs.
- Promote greater community involvement, individual choice, and community acceptance for people who suffer from mental illness or addiction.
- Support existing government, voluntary, and private community resources as a vital part of the comprehensive array of quality services available to Sheboygan County residents.

Health & Human Services Building, 1011 North 8th Street, Sheboygan, WI 53081

Phone: # (920) 459-6405

Email: [Jaclyn.Moglowksy@SheboyganCounty.com](mailto:Jaclyn.Moglowksy@SheboyganCounty.com)

Fax: # (920) 459-6459

<https://www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/behavioral-health>

## Aurora Behavioral Health~

The Aurora Behavioral Health is open Mondays-Fridays 9am-5pm with extended hours available, and offers partial hospitalization and intensive outpatient treatment options for those struggling with depression, anxiety, trauma and other behavioral health issues. Work with compassionate, experienced mental health professionals through group-based therapy while learning practical, meaningful ways to deal with emotional distress. Clinics are available in multiple locations in Sheboygan County—call for more information.

Sheboygan Clinic Phone: # (920) 453-3900

<https://www.aurorahealthcare.org/locations/behavioral-health-center/aurora-behavioral-health-center-sheboygan>

**SAM App for Anxiety~** SAM provides a range of self-help techniques organized into several main well-being themes, together with tools for recording and monitoring changes in your well-being. The social cloud feature allows users to give and receive support from others. SAM App for Anxiety requires that participants are non-judgmental and sensitive in their interactions with other users. Available for android/ iOS phone users.

Website: <https://sam-app.org.uk/>

Install/download the app at: [https://play.google.com/store/apps/details?id=uk.co.mindgardentech.sam&hl=en\\_GB](https://play.google.com/store/apps/details?id=uk.co.mindgardentech.sam&hl=en_GB)

**Breathe2Relax~** The Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker. Available for android/ iOS phone users. Install/download the app at: [https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en_US&gl=US)

**What's Up? ~** What's Up? is a free mental health app that helps users learn therapeutic coping methods to help them live a healthier, happier life. The app is full of CBT and ACT techniques that are taught to users through various exercises to help cope with depression, anxiety, anger, stress, and additional challenges. It also includes a scale and a diary feature to help users track their progress. Available for android/ iOS phone users.

Install/download the app at: [https://play.google.com/store/apps/details?id=com.jacksontemptra.apps.whatsup&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.jacksontemptra.apps.whatsup&hl=en_US&gl=US)

# Public Transportation Options in Sheboygan:

## Shoreline Metro~

Welcome to Shoreline Metro, your destination for affordable, dependable, safe and courteous public transportation in the Sheboygan Metro Area. Fixed route public transit options are available six days a week. At Shoreline Metro, we are more than a transportation option. We are a way of life!

Website: <https://shorelinemetro.com/>

**Bus Buddy Travel Training Program~** Are you new to public transit? Recently lost your car or ability to drive? Shoreline Metro can help you gain back your independence with our Bus Buddy Travel Training Program. Let us help you get back out of the house and into the community. Best of all it's free!

Website: <https://shorelinemetro.com/rider-services/bus-buddy-program/>

## ADA Paratransit Service~

Paratransit is a demand-responsive service for customers of Shoreline Metro unable to use the fixed route public transit option. Service is available six days a week and is provided by Metro Connection, a division of Shoreline Metro. A disability doesn't have to prevent your mobility. With Metro Connection, affordable, dependable, safe and courteous transportation is just a phone call away.

Website: <https://shorelinemetro.com/metro-connection/>

## Elderly and Disabled Transportation Service~

This demand-responsive service is for customers not only living in the urban Sheboygan area but also in areas of rural Sheboygan County. Service is available weekdays and to select areas in Sheboygan County. Your location or disability doesn't have to prevent your mobility. With Metro Connection, affordable, dependable, safe and courteous transportation is just a phone call away.

This service is courtesy of Sheboygan County and Shoreline Metro.

Website: <https://shorelinemetro.com/metro-connection/>

Shoreline Metro Transfer Station Office & Customer Service is open Mondays-Fridays 8am-5pm.

828 Pennsylvania Avenue, Sheboygan, WI 53085

Phone: # (920) 459-3281

Fax: # (920) 459-6594

Email: [contact@shorelinemetro.com](mailto:contact@shorelinemetro.com)

## Gibbsville Go-fers~

Program manned by volunteers who will help people obtain groceries when they have transportation issues. The Gibbsville Go-fers have a strict policy that they will only pick-up orders that have been called into local groceries stores and then drop them off at a person's home. There will be no transportation provided to individuals.

Gibbsville Reformed Church, North 3145 State Road 32, Sheboygan Falls, WI 53085

Phone: # (920) 564-3434

## Brain Health:

### Sheboygan County Libraries:

#### Cedar Grove Public Library~

The Cedar Grove Public Library is Open Mondays-Thursdays 10 am-7pm, Fridays 10 am-5pm, and Saturdays 10 am-12 pm for Essential Services Including: Limited Public Computer Access; Browsing Materials; Checkout and Returns; Printing, photocopying and faxing. Never Ending Book sale and Puzzle Exchange are available.

Convenient Curbside Pickup is available.

Phone: # (920) 668-6834

131 Van Alton Ave. Cedar Grove WI 53013

<https://www.cedargrovelibrary.net/>

#### Elkhart Lake Public Library~

The Elkhart Lake Public Library is open Mondays-Thursdays 9am-7pm; Fridays 9am-5pm; and Saturdays 9am-2pm to the public for essential services that includes the following: Browsing; Checkout and return of library materials; Internet and wireless access; Printing, photocopying, and faxing.

The park-side entrance is being used for no-contact pickup and delivery only. Curbside Pickups are available by request at the park-side entrance. The Elkhart Lake Public Library offers help with selection of materials over the phone, and also offers a reader's advisory if individuals are unsure what book they would like to read next.

Phone: # (920) 876-2554

40 Pine Street, P.O. Box 387 Elkhart Lake, WI 53020

<https://www.elkhartlakepubliclibrary.org/introducing-library-to-go/>

#### Kohler Public Library~

The Kohler Public Library is open Mondays-Thursdays 8am-8:30pm, Fridays 8am-5pm, Sundays 1pm-4pm in Winter months; Mondays-Thursdays 9am-8:30pm, Fridays 9am-5pm, Sundays 1pm-4pm in Summer months.

The Kohler Public Library offers books, newspapers, magazines, consumer reports, scholastic items, and individuals with a library card can check out eBooks and read those books anywhere and on any device.

Phone: # (920) 459-2923

333 Upper Road, Kohler, WI 53044

<https://www.kohlerpubliclibrary.org/>

#### Lakeview Community Library~

The Lakeview Community Library is open Mondays-Thursday 10am-7pm, Fridays 10am-5pm, and Saturdays 10am-1pm for essential services such as materials and computer use only. Contactless services are available by ringing the doorbell or calling ahead of time.

Phone: # (920) 994-4825

112 Butler Street, Random Lake, WI 53075

<https://www.lakeviewcommunitylibrary.org/>

#### Mead Public Library~

The library is open from Mondays-Thursday 10 am- 6pm, Monday to Thursday; and Fridays& Saturdays 10 am- 5 pm. Library materials can be checked out inside the building. Curbside checkout of books, movies and other materials is available by calling ahead. Personalized recommendations from librarians is available for members who are unsure what to check out.

Phone: # (920) 459-3400

710 North 8<sup>th</sup> Street, Sheboygan, WI 53081

<https://www.meadpl.org/>

#### Oostburg Public Library~

The Oostburg Public Library is open Mondays-Thursday 10am-8pm, Fridays 10am-5pm, and Saturdays 10am-12pm for basic circulation services and essential computer use.

Phone: # (920)564-2934

213 North 8th Street, Oostburg, WI 53073

<https://www.oostburglibrary.org/>

#### Plymouth Public Library~

The Plymouth Public Library is open for essential services Mondays-Thursdays 9am-7pm, Fridays 9am-5pm, and Saturdays 9am-1pm for essential services including browsing for items; public computer/internet access; and copying, printing, and faxing. Express Checkout is available for those who want to be in and out of the building as quickly as possible—call ahead for further information/assistance.

Phone: # (920) 892-4416

Email: [plref@monarchlibraries.org](mailto:plref@monarchlibraries.org)

130 Division Street, Plymouth, WI 53073

<https://plymouthpubliclibrary.net/>

### **Sheboygan Falls Memorial Library~**

The Sheboygan Falls Memorial Library is open Mondays-Fridays 9am-6pm for essential services and contactless curbside pickup. Call or use the online system to request books, videos, and CDs. The WIFI remains available to the public and can be accessed just outside the building, or inside during business hours.

Phone: # (920) 467-7908

330 Buffalo Street, Sheboygan Falls, WI 53085

<https://www.sheboyganfallslibrary.org/>

### **Monarch Library System Bookmobile~**

Bookmobile services are available to all Sheboygan County residents. There are numerous Bookmobile stops throughout Sheboygan County, and materials can be returned to any public library in Ozaukee and Sheboygan county. Reference questions, requests for materials, and reserves can be made by calling or emailing. Curbside service is available at all stops—call ahead for more information. There have been many schedule changes to the September 2, 2020 – January 14, 2021 Bookmobile stop schedule, so be sure to email or call to make sure that your favorite stop is scheduled.

Phone: # (920) 208-4900 ext. 315

4632 South Taylor Drive, Sheboygan, WI 53081

<https://www.monarchlibraries.org/>

Email: [bkmref@monarchlibraries.org](mailto:bkmref@monarchlibraries.org)

**Open Culture~** 1,500 Free cultural and educational online courses and content.

<http://www.openculture.com/freeonlinecourses>

**Learn Out Loud~** Free audio and video learning.

<https://www.learnoutloud.com/Free-Audio-Video>

**Free Classic Audio Books~** Free online access to classic audio books.

<https://freeclassicaudiobooks.com/>

**LibriVox~** Free public domain audiobooks:

<https://freeclassicaudiobooks.com/>

**Mind Webs~** Provides an old-time radio dramatization for the classic science fiction short stories:

<https://bookriot.com/sites-we-like-150-science-fiction-stories-on-mind-webs/>

**Overdrive~**provides free access to the most eBook/audiobook content on the internet by partnering with local libraries:

<https://www.overdrive.com/>

**Digital Book~**free audio books and eBooks:

<https://www.digitalbook.io/>

**Scribl~**free podcasts and audiobooks with some read by the authors themselves:

[https://scribl.com/browse?page=1&bf=all:ebooks:audio\\_ebooks:podcasts&ac=0](https://scribl.com/browse?page=1&bf=all:ebooks:audio_ebooks:podcasts&ac=0)

**Project Gutenberg~** The classic site for free eBooks that are in the public domain:

<https://www.gutenberg.org/browse/categories/1>

**Texas Aging and Longevity Center~** Activities for Older Adults

During Shelter-in-Place

<https://liberalarts.utexas.edu/talc/covid-19-information/activities-during-shelter.php>

## **AARP 'I Learned How Podcast' Series~**

Now learning what you need to know is as easy with AARP's free 'I Learned How' podcast series. You'll find episodes covering everything from job search tips and retirement planning advice to support for family caregivers and how to avoid scams and fraud.

Upcoming podcasts that help people to learn new technologies:

--How to Listen & Subscribe on iTunes

How to Listen & Subscribe on SPOTIFY

Be sure to check back regularly for new episodes!

[https://learn.aarp.org/?cmp=RDRCT-TEK-ACADEMY-AUG\\_015](https://learn.aarp.org/?cmp=RDRCT-TEK-ACADEMY-AUG_015)

## **AARP Personal Technology Guide~**

An article and video that provides instructions for joining and hosting ZOOM meetings, muting audio tools, chatting, screen sharing with other participants, and more.

<https://www.aarp.org/home-family/personal-technology/info-2020/how-to-use-zoom.html>

**TechBoomers~** This website has access to over 100 free courses with thousands of step-by-step tutorials and informational articles that can help you learn anything and everything about the Internet's most popular websites and apps. TechBoomers has a full range of courses and a wide variety of content that may interest you including how to navigate social networks, internet safety course, shopping online, online entertainment, useful websites and apps, and technology basics.

<https://techboomers.com/courses>

## **Goodwill How to Use Email Tutorial~**

A free online tutorial designed to help people who are new to the internet to use email features and practice proper etiquette.

<https://edu.gcfglobal.org/en/email101/>

## **Senior Planet~**

Senior Planet is an organization that enables older adults and people of all ages to come together and find ways to learn, work, create, and thrive in today's digital age. Wherever you are in the world, you can subscribe to Senior Planet newsletters and participate online. More than anything, we have a lot of fun. Like how this sounds? Make sure you sign up for our newsletters, and consider becoming a Senior Planet member.

There are Fitness and Wellness events available both online and via telephone. To stay in the loop, make sure you subscribe to our newsletters!

<https://seniorplanet.org/get-involved/online/>

**Forum National Network~** A consortium of public television and radio stations offers live and on-demand lectures by some of the world's foremost scholars, authors, artists, scientists, policymakers and community leaders.

<https://forum-network.org/>





**Chess~** Chess Free is the best free Chess game on Android. For years it has been top ranked among the 600+ chess apps listed! Its first-class tutor makes it great for both developing Chess Strategy and improving your chess skills.

Install/download the Android app at: <https://play.google.com/store/apps/details?id=uk.co.aifactory.chessfree&hl=en>

Install/download the iOS app at: <https://play.google.com/store/apps/details?id=uk.co.aifactory.chessfree&hl=en>

**Checkers~** Checkers is another old-school board game that uses the same basic board as Chess. Each player is assigned a side of the board and begins with twelve game pieces. The pieces can move diagonally across the board towards the other player's side, with the goal of "jumping" the other's players game pieces until the other player has none remaining. You want one or more of your game pieces to be the last one(s) on the board.

Install/download the Android app at: <https://play.google.com/store/apps/details?id=uk.co.aifactory.checkersfree&hl=en>

Install/download the iOS app at: <https://apps.apple.com/us/app/checkers-free/id294664915>

**Battleship~** Battleship is an awesome guessing game designed to be played by two people. Each player has their own board which is hidden from the other player. Each has a fleet of "ships" they must place on their board. The board has labelled columns and rows, and using those labels each player has to guess at which coordinates the other player's ships are placed. Low-cost app.

Install/download the Android app at: <https://play.google.com/store/apps/details?id=de.smuttlewerk.fleetbattle&hl=en>

Install/download the iOS app at: <https://apps.apple.com/ca/app/battleship-ultra/id987163089>

## **Wisconsin Veteran's Museum~**

The Wisconsin Veteran's Museum encourages you to explore our state's veteran history at [www.WisVetsMuseum.com](http://www.WisVetsMuseum.com). The Wisconsin Veteran's Museum is still open for phone or email inquiries at [phone: 608-267-1799](tel:608-267-1799) or [visitor.curator@dva.wisconsin.gov](mailto:visitor.curator@dva.wisconsin.gov).

The Wisconsin Veteran's Museum Oral History Program-- The Wisconsin Veterans Museum Oral History Program contains the personal stories and military experiences of Wisconsin-connected veterans of World War I to the present day. There are currently over 2,161 interviews in the collection. These interviews complement and extend the archival, library, and artifact collections of the museum. For more information contact: Luke Sprague, Oral Historian Wisconsin Veteran's Museum. [Phone: 608-261-0537](tel:608-261-0537) or [Luke.Sprague@dva.wisconsin.gov](mailto:Luke.Sprague@dva.wisconsin.gov)



## Online Museums~

**The Louvre:** You don't have to book a ticket to Paris to check out some of the famous pieces in the world's largest art museum. The Louvre has free online tours of three famous exhibits, including Egyptian Antiquities.

<https://www.louvre.fr/en/visites-en-ligne#tabs>

**Solomon R. Guggenheim Museum:** The works of Pablo Picasso, Piet Mondrian, Jeff Koons, and Franz Marc are just some of the 625 artists whose work are a part of the Guggenheim's Collection Online.

<https://www.guggenheim.org/collection-online>

**Smithsonian National Museum of Natural History:** Move at your own pace through the 360-degree room-by-room tour of every exhibit in the museum.

<https://naturalhistory2.si.edu/vt3/NMNH/>

**Van Gogh Museum:** You can get up close and personal with the impressionist painter's most famous work thanks to Google Arts & Culture.

[https://artsandculture.google.com/streetview/van-gogh-museum-groundfloor/2QHwyv\\_Y6gueAw?hl=en&sv\\_lng=4.8808198&sv\\_lat=52.3585336&sv\\_h=334.2976684570312&sv\\_p=0&sv\\_pid=T4EwMNBRYOHcEPF8T1I8xw&sv\\_z=0.03215902266277326](https://artsandculture.google.com/streetview/van-gogh-museum-groundfloor/2QHwyv_Y6gueAw?hl=en&sv_lng=4.8808198&sv_lat=52.3585336&sv_h=334.2976684570312&sv_p=0&sv_pid=T4EwMNBRYOHcEPF8T1I8xw&sv_z=0.03215902266277326)

**Getty Museum:** Los Angeles's premiere gallery has two virtual tours, including "Eat, Drink, and Be Merry," which is a closer look at food in the Middle Ages and Renaissance.

<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

**The Vatican Museum:** The Sistine Chapel, St. Peter's Basilica, and Raphael's Room, are just some of the sites you can see on the Vatican's virtual tour.

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

**MoMA (The Museum of Modern Art):** New York's extensive collection is available for view online.

<https://artsandculture.google.com/exhibit/sophie-taeuber-arp/swKioHNhYqZoLw?hl=en>

**History Channel:** 10 Virtual History Museums and Experiences to Explore from Home

<https://www.history.com/news/10-best-virtual-museums-tours-history-from-home>

**Thyssen-Bornemisza Museum:** Madrid's must-see art museum has the works of some of the continent's most celebrated artists like Rembrandt and Dali available online.

<https://www.museothyssen.org/en/thyssenmultimedia>

**Georgia O'Keeffe Museum:** Six virtual exhibits are available online from this museum named for the "Mother of American modernism."

<https://artsandculture.google.com/partner/georgia-okeeffe-museum?hl=en>

**National Museum of Anthropology, Mexico City:** Dive into the pre-Hispanic history of Mexico with 23 exhibit rooms full of Mayan artifacts.

<https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>

**British Museum, London:** The Rosetta Stone and Egyptian mummies are just a couple of things that you're able to see on a virtual tour of the museum.

<https://britishmuseum.withgoogle.com/>

**NASA:** Both Virginia's Langley Research Center and Ohio's Glenn Research Center offer online tours for free.

<https://www.nasa.gov/glennvirtualtours> Also, you can try some "augmented reality experiences" via The Space Center Houston's app.

<https://spacecenter.org/app/>

**National Women's History Museum:** Celebrate late International Women's Day with online exhibits <https://www.womenshistory.org/womens-history/online-exhibits> and oral histories <https://www.womenshistory.org/resources/general/rosie-riveter-oral-histories> from the Virginia museum.

**Metropolitan Museum of Art:** Though the Met Gala was cancelled this year, you can still have a peak at the The Costume Institute Conversation Lab, which is one of the institution's 26 online exhibits.

[https://artsandculture.google.com/streetview/metropolitan-museum-of-art/KAFHmsOTE-4Xyw?hl=en&sv\\_lng=73.9624786&sv\\_lat=40.7803959&sv\\_h=335.0285349959785&sv\\_p=0.9453475127378823&sv\\_pid=KeFx8oXHzeuY8L5rfepHaA&sv\\_z=0.625322263183535](https://artsandculture.google.com/streetview/metropolitan-museum-of-art/KAFHmsOTE-4Xyw?hl=en&sv_lng=73.9624786&sv_lat=40.7803959&sv_h=335.0285349959785&sv_p=0.9453475127378823&sv_pid=KeFx8oXHzeuY8L5rfepHaA&sv_z=0.625322263183535)

**High Museum of Art, Atlanta:** This museum's popular online exhibits include "Civil Rights Photography" — photos that capture moments of social protest like the Freedom Rides and Rosa Park's arrest.

<https://artsandculture.google.com/exhibit/civil-rights-photography/9wISPkiyouv-Lw?hl=en>

**Detroit Institute of Arts:** Mexican art icon Frida Kahlo is the focal point of two of the four available online exhibits.

<https://artsandculture.google.com/partner/detroit-institute-of-arts?hl=en>

**Rijksmuseum, Amsterdam:** The Golden Age of Dutch art is highlighted in this museum which includes the work of Vermeer and Rembrandt.

[https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv\\_lng=4.885283712508563&sv\\_lat=52.35984312584405&sv\\_h=311.1699875145569&sv\\_p=5.924133903625474&sv\\_pid=fOVcUXQW2wpRf33iUmxEfg&sv\\_z=1.0000000000000004](https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv_lng=4.885283712508563&sv_lat=52.35984312584405&sv_h=311.1699875145569&sv_p=5.924133903625474&sv_pid=fOVcUXQW2wpRf33iUmxEfg&sv_z=1.0000000000000004)

**National Museum of the United States Air Force:** You can't take a ride in Franklin D. Roosevelt's presidential airplane, but you can check it out, in addition to other military weapons and aircraft, online in the Air Force's official museum.

<https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>

**Museum of Fine Arts, Boston:** The 16 virtual exhibits include a special section on 21st Century Designer Fashion.

<https://artsandculture.google.com/partner/museum-of-fine-arts-boston?hl=en>

## Online Zoos and Aquariums~

The Cincinnati Zoo: Check in around 2 p.m., because that's the time the Zoo holds a daily Home Safari on its Facebook Live Feed:  
<https://www.facebook.com/cincinnati-zoo/>

Atlanta Zoo: The Georgia zoo keeps a "Panda Cam" livestream on its website: <https://zoatlanta.org/panda-cam/>

Georgia Aquarium: Sea-dwellers like African penguins and Beluga Whales are the stars of this aquarium's live cam:  
<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Houston Zoo: There are plenty of different animals you can check in on with this zoo's live cam, but we highly recommend watching the playful elephants:  
<https://www.houstonzoo.org/explore/webcams/>

The Shedd Aquarium: This Chicago aquarium shares some pretty adorable behind-the-scenes footage of their residents on Facebook:  
<https://www.houstonzoo.org/explore/webcams/>

San Diego Zoo: With what may be the most live cam options, this zoo lets you switch between koalas, polar bears, and tigers in one sitting:  
<https://kids.sandiegozoo.org/videos>

Monterey Bay Aquarium: It can be Shark Week every week thanks to live online footage of Monterey Bay's Habitat exhibit:  
<https://www.montereybayaquarium.org/animals/live-cams>

National Aquarium: Walk through tropical waters to the icy tundra in this floor-by-floor tour of the famous, Baltimore-based aquarium:  
<https://aqua.org/media/virtualtours/baltimore/index.html>

## Theme Parks Online~

Walt Disney World: Set aside some time, because there's plenty to see here. Virtual tours you can take include Magic Kingdom, Animal Kingdom, and Epcot, just to name a few. <https://disney-parks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>

LEGOLAND Florida Resort: The Great Lego Race and Miniland USA are just two of the attractions you can check out in a virtual tour of the park.  
<https://www.legoland.dk/en/short-break/you-can-stay-here/hotel-legoland/>

**National Parks Virtual Tours~** Get up close and personal with parks through virtual tours. Learn more about the history of these legendary places and how essential their protection and preservation is in ensuring these sites are enjoyed for generations to come.

Take a Virtual Visit to a National Park: <https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>

## John Michael Kohler Arts Center~

### SKETCH WITH SPARK!

Coming in October 2020: FREE sketchbooks and colored pencils from the SPARK! program at the John Michael Kohler Arts Center. Photo prompts and thought-provoking questions make this book an interactive companion you can use at your leisure. Contact Program Coordinator Claire Carlson to arrange drop off, pick up, or free shipping.

Contact: Claire Carlson, Audience-Centered Program Coordinator

[ccarlson@jmkac.org](mailto:ccarlson@jmkac.org)

Phone: # (262) 930-5147

### SPARK!

Spark is a cultural program for people with early to mid-stage memory loss and their care partners. Programs keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support, and inspire creativity through museum experiences, workshops and programs. SPARK! programs are FREE for families to attend together in a comfortable environment led by specially trained staff and volunteers.

The John Michael Kohler Arts Center is looking ahead at ways to engage with SPARK! Participants virtually. We are eager to serve you in person once again, but in the meantime, we would love to include your feedback in our planning. Please take the short survey below, and let's stay connected about ways to continue offering meaningful, free enrichment for adults living with memory loss, as well as their devoted care partners. Thank you!

### TOUR ART GALLERIES FROM HOME

The John Michael Kohler Arts Center is now accessible from the comfort of home. Follow the links below to enjoy 360° virtual tours and photos of the current exhibitions: On Being Here (and There), Dr. Charles Smith: Aurora, Preschool Perspectives: Tending, and Collection Highlights: Purvis Young. For an in-person visit, please call 920-458-6144 to make your reservation.

<https://www.jmkac.org/exhibition/2020/on-being-here/vandertie-goodroad.html>

[https://www.jmkac.org/exhibition/2020/on-being-here/ai\\_tokens.html](https://www.jmkac.org/exhibition/2020/on-being-here/ai_tokens.html)

<https://www.jmkac.org/exhibition/2020/on-being-here/between-you-me.html>

<https://www.jmkac.org/exhibition/2020/on-being-here/inscriptions.html>

<https://www.jmkac.org/exhibition/2019/dr-charles-smith/dr-charles-smith>

<https://www.jmkac.org/exhibition/2020/preschool-perspectives/preschool-perspectives>

<https://www.jmkac.org/exhibition/2020/purvis-young/purvis-young>

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