



Team Time

Your **Shakespeare Quaranteam** is keeping up with our weekly meetings like much of the rest of the country, on Zoom.

We hope that everyone comes out of isolation with a new appreciation of the people in our lives.

Shakespeare on the Badger Bounce Back

[Watch Video Now](#)



Next Up:

Hike for Hope 2020

We hope you will join us for **Hope Street Ministry's 2nd Hike for Hope on June 20th!** Gather your family members, friends and dogs for a hike through beautiful Nashotah Park with us.

This year, **Shakespeare** is sponsoring the hike; and all proceeds will support

building **Shechem**, a 3-story community center for people living in Hope Street housing and the surrounding area (26th and Capitol Drive in Milwaukee). This is a very dangerous area of Milwaukee; in fact they had a bullet enter their building and strike a young member this week. Let's help make life better for the community in that neighborhood.

Learn more about [Hope Street Ministry](#) and all of the great things they are doing in a not-so-great area of Milwaukee.

Please hike with us. We really want to support an event that is accessible to more of our clients and friends (not a hard physical challenge). RSVP to let us know you [signed up online!](#)



Habitat for Humanity

We hope to be participating in a Waukesha Habitat for Humanity build date this year. If you've participated with us in the past, you know how much fun it is. If you haven't, you should find out this year.

While they have suspended construction during this pandemic, we are hoping for an early September volunteer day. More info to come as it becomes available.



Brain Teaser

I left my campsite and hiked south for 3 miles.

Then I turned east and hiked for 3 miles.

I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food.

What color was the bear?

Answer at the bottom of this newsletter!



Ryan's Tip of The Month: Long-Term Care Insurance and Alzheimer's

In recent months, some long-term care insurance carriers have changed their underwriting to reflect that if any one immediate family member (mother, father, siblings, children) of the person applying for coverage has/had been diagnosed with any form of dementia/Alzheimer's, then they

will no longer qualify for their top rating class. If they have/had two or more diagnosed with dementia/Alzheimer's, they will be denied coverage. It's possible that going forward this change may be enforced by other carriers as well. If needing care in the future is a concern of yours, it may be a good time to have a discussion sooner rather than later.

Health, Wealth & Happiness

Health, happiness and wealth depend on each other. To reach your goals of a happy retirement, do not overlook the value of a healthy retirement. More than 80% of today's retirees say health is the most important ingredient for a happy retirement (valuing good health even over financial security).

The World Economic Forum had an excellent article about Mental Health during these times.

May's Tip for a Happy Retirement -

3 ways to protect your mental health curing - and after - COVID-19

(from weforum.com)

- Understanding how the COVID-19 pandemic and measures to prevent the virus' transmission affect our mental health can help us adapt;
- From focusing on everyday boosts to mental health to empowering our communities, these recommendations can help.
- Improving our mental health hygiene now could help us create a “new normal” for mental well-being in the future.

How many of us right now are experiencing a heady cocktail of confusion, anxiety and even some surprising moments of respite from our pre-COVID-19, always-on-the-go culture?

An opportunity for a new normal for mental health

How can we boost [our mental health in the COVID-19 era](#) to minimize the impact of the virus and the “social distancing” in our lives, and to develop a healthier and more resilient “new normal” for the future? Will we finally pay serious attention to the link between stress regulation and our health and well-being?

Understand These Things:

There is virtually no disease, illness or injury that is not aided by good mental health. Why?

1. Our [brains and our immune system are deeply linked](#) to each other.
2. Stress is normal and can be healthy (and spur healthy behaviours: think of a zebra trying to escape a rapidly approaching lion), [but too much sustained stress is not.](#)
3. Physical exercise is an essential component of [improving both physical and mental health](#) and regular exercise has been linked to [changes in brain](#)

[connectivity](#), and [increases in brain growth factors \(e.g. brain-derived neurotrophic factor\)](#) and [decreases in oxidative stress which damages cells and tissue](#).

4. [Mindfulness and relaxation techniques](#) can improve mood and sleep quality through enhancing control over the body's arousal system and focus as well as managing anxiety and concerns.

5. Investing in mental health [pays long-lasting dividends](#). [Studies](#) have shown that future mental and physical health are related to previous investments in mental and physical health. The earlier the better – but it's never too late.

A healthier 'new normal': three habits for good mental hygiene to beat COVID-19

These five facts show the significant physical and mental health challenge at hand – and a substantial opportunity. So how do we put this all together?

1. Focus every day on what you can do and take action – no matter how small. Low-tech and even no-tech solutions matter, a lot. Go outside and appreciate nature (as allowed by your local guidelines) at a slower pace to get a daily dose of physical exercise, relaxation and vitamin D. Call that relative or friend you haven't spoken to in a while. Practice being in the moment, more mindful and supportive of those around you. We can all learn to be more flexible and have acceptance (which is not the same as acquiescence) of what we can do with the present rather than what we cannot do.

2. Put together your mental health toolkit. COVID-19 is bringing massive attention to the growing resources available online. Explore and master the opportunities for meaningful social connection, mindfulness, self-care, distance learning, telemedicine and beyond. Review your use of tech in general and mental health tech in particular. Apps won't magically grant wellness, sleep or an end to poor mental health, but we can learn to use these free online tools to spark more self-reflection and to develop better sleep, exercise and self-care habits.

3. Empower those around you. We can all take ownership of and be supportive and responsive to our communities – our families, neighborhoods, work, societies. [A recent US study](#) has shown that the most effective public

health messages in slowing the spread of COVID-19 are those that focus on considerations of duty and responsibility to family, friends, and fellow citizens, not just our own personal agenda. We have an opportunity before us to establish an even stronger and more resilient global community. Let's all try to shift to a healthier "new normal" for us all.

It's normal to feel sad, stressed, confused, scared or angry during a crisis; but talking to people you trust can help. In addition to your friends and family, we are here for you.

Brain Teaser Answer

TEASER:

I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food. What color was the bear?

ANSWER:

White. The only place you can hike 3 miles south, then east for 3 miles, then north for 3 miles and end up back at your starting point is the North Pole. Polar bears are the only bears that live at the North Pole... and they are WHITE!