



VILLAGE VIEWS

Village of Greendale Newsletter

November/December 2021

2021 Tax Bill Information

Village tax bills will be mailed out in early December. There are numerous ways to pay your property tax bill without having to come into Village Hall. They can be mailed in, left in the Village's drop box (gray box in the parking lot) or paid online. The online payment of property taxes by electronic check is available for a low fee of \$1.50 (\$10 if your payment is over \$10,000). If you pay online you can print a copy of your receipt after you make your payment.

The Village of Greendale tax bill comes with payment coupons for your convenience. Send only the appropriate coupon with your payment.

The Village Hall is open 7:30 am to 4:30 pm Monday through Friday. Please note Village Hall hours during the holidays:

Thursday December 23 –Closed

Friday December 24 —Closed

Monday January 3—Closed

For your convenience, a return envelope is included with the bill.

New Health Officer Appointed

Long-time Greendale Health Officer Sue Sheppard retired in October. Recently a new Health Officer was appointed, Ashley Haas. Ashley has been working at the Village of Greendale first as a Public Health Nurse and then as a Public Health Nurse Supervisor for almost 5 years. Prior to her time in Greendale she worked as a nurse in the private sector.

Ashley was serving as Interim Health Officer during the recruitment process for Sue Sheppard's replacement. She was officially appointment as Greendale's Health Officer beginning October 31st. Congratulations Ashley!



Over the past couple months the Village Board has been reviewing and finalizing the 2022 Budget. The Board decided to add in approximately \$5,000,000 to the Budget that will be paid for through a bond, on top of the \$1,000,000 of tax levy that was set aside for Capital projects in 2022. The additional funding will help the Village catch up on deferred maintenance for road rehabilitation, street lighting and pathways. In the past several years the Village has been spending approximately \$1,000,000 annually on road rehabilitation projects, which has allowed us to complete approximately 1 mile of roadway per year. The Village has over 62 miles of roadways. The Village Engineer is currently preparing drawings in order to bid the following streets in 2022: Bentwood Lane, Parkview Road (Fleetwood Court—Firwood Lane & 76th Street—just past Fulham Court), Gladstone Ln, Olympia Lane, Fielding Lane, Greenhill Lane, W. Edgerton (West Border to 84th Street), Thornapple Drive, Middleton Drive and Middleton Court South. It would also include water main replacements at Olympia, Bentwood and Garden Lane. There will also be some street lighting upgrades in the C section and upgrades to the pathways at the Community Center. A portion of the project would be bid out as an alternate in case the bids came in higher than anticipated. The project will be bid out in early 2022. Stay tuned for future newsletters to find out the final list of projects that will be completed in 2022.

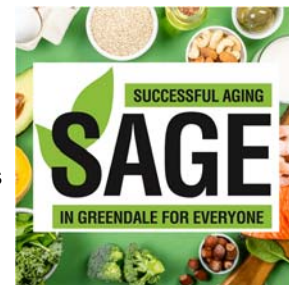
Even if your road is not on the list for potential replacement in 2022, the completion of these additional roads will move up all other roads to be replaced sooner. In 2022, the Public Works Director and Village Engineer will be reviewing all of the road ratings and will be presenting the Village Board a new 5 year Capital Plan.

The Village is still working hard on redevelopment efforts at Southridge Mall at the former Boston Store site. At this time, we are not able to make any public announcements on this project, but stay tuned for future newsletters for more information!



Live Longer Stronger

Did you know that around the world the average life span is 71 years? However, here in the **US the life expectancy exceeds the global life expectancy by more than 8 years**. And more than 75% of older Americans, according to a recent AARP Survey, expect to remain in their own homes. So, what are some practical things all of us can do to extend our life and stay in our homes?



According to financial advisor Suze Orman, the number one rule is to **embrace your age** – aches and pains and all and **celebrate the “right now”**. Below are some things you can control that can have a positive impact on your life expectancy, as well as your enjoyment of these later years. Today we’ll explore ways to **Live Longer Stronger**. While many of us love a great steak, a baked potato with sour cream and cherry pie for dessert, we all know that a constant diet of these kinds of foods can negatively impact our life expectancy and perhaps even the quality of our life. While it’s OK to enjoy these indulgences one in a while, we know this kind of diet can lead to high cholesterol and heart disease. Instead eat more of a Mediterranean-style diet. That means more fresh **fruits and veggies, whole grains, lean proteins including seafood, healthy fats and nuts and seeds**. Also avoid processed and sugary foods. Learn more about this diet at <https://www.healthline.com/nutrition/mediterranean-diet-meal-plan>.

It’s no surprise that **exercise is right up there with eating a healthy diet**. But did you know that **moving more can also positively impact your mental sharpness and your immune system**. In addition, exercise can offset the negative effects of isolation and stress and can help you stay active longer. You can get started by adding exercise into your day by walking along the paths that are found around our Greendale’s downtown area. These walking paths have benches with arms, updated brochures and maps. You can also walk around Scout Lake or consider joining the **Greendale Senior Social Club that offers a variety of ways to exercise (and a lot more)**. To learn more about this group or other exercise classes or activities for older adults check out the Greendale Park and Rec catalogue at <https://webtrac.greendaleschools.org/wbws/wbtrac.wsc/Splash.html> or stop in the Greendale library and pick one up at the Park and Rec Department’s front desk.

One of the outcomes of the pandemic is that there are many more ways to stay at home and participate in exercise classes online. Check out Senior Planet recommended by AARP at <https://seniorplanet.org/virtual-fitness-wellness-events/> to learn more about on-line classes. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible. Try to get at least 150 minutes per week of physical activity.

While exercising, moving around your home or going up and down the stairs or curbs, **it’s very important to watch your footing**. More than one in three people age 65 years or older fall each year. Here are a few ways to help you prevent a fall. First, get rid of the clutter – less is more as they say! Add hooks or pegs to hang up your clothes, coats, purse, keys or items in your bathroom or any where in your house or apartment. Ask a family member or call a local carpenter to add flexible hook options or a peg board.

Better lighting can also help prevent a fall! You can purchase small, inexpensive plug-in lights or lights that turn on and off with a motion sensor on-line at Amazon or at most big box stores. They can brighten a dim corner, the steps into your house or any closet. Or add a hand rail to help support you when going up or down stairs or at the entry to your home. Call the Greendale Health Department at 414-423-2110 to learn about an evidenced-based fall prevention class called Stepping On. The classes are free and have received great reviews from attendees!

With the holidays just around the corner, **be sure to limit the amount of alcohol you drink**. Even a small amount of alcohol can affect your balance. Studies show that the rate of hip fractures in older adults increase with alcohol use. Also check with your doctor about the medications you take as some of them may make you sleepy or dizzy. If your doctor tells you to use a cane or walker, make sure you get the right size and fit. Call Independence First at 414-291-7520 or 414-226-8385. They offer a wide array of resources for older adults can help you figure out what piece of equipment might work best for you. They also have an equipment loan program so you can try it out before purchasing.

While living through the pandemic for the past 18 months, many of us may be experiencing feelings of loneliness as a result of being homebound and isolated. New research has shown that loneliness can often be bad for our health, and is associated with depression, a weakened immune system, heart disease and dementia. Here are several ways to stay connected. First keep in touch with family, friends, and neighbors either in person, online, by phone or mail. Volunteer, you’ll feel better by helping others. Consider adopting a pet, animals can be a source of comfort and may also lower stress and blood pressure. Find an activity you enjoy, restart an old hobby, or take a class and learn something new. Be sure to talk with people you trust and share your feelings. If you’re are experiencing sadness or depression, contact your physician or the Health Department for a referral to a professional with whom you can share your feelings.

The source of this information includes Harvard Health Guide to Healthy Living, AARP, Time Magazine and the National Institute on Aging at NIH. To learn more about SAGE please fill out the form on page 3 to receive information from the Health Department!

Library Updates

Butternut Badger wants children ages 0-5 to read 1,000 Books Before Kindergarten!

1,000 Books Before Kindergarten is an early literacy program that promotes bonding between child and caregiver and helps create good reading habits early in a child's life. The program is free, self-paced, and easy to do. Stop by the Greendale Public Library or visit our website to get started.



Celebrate Dickens of a Village inside the CLC

Visit for games, stories and holiday merriment on Friday December 3rd! Regular Library and Park and Rec services will end at 4 pm when the celebration officially begins.

Monday Movie Matinee, 2-5 pm, December 13th

Grab some popcorn and join us for a free showing of *Call of the Wild* (2020) featuring Harrison Ford. Every 2nd Monday of the month.

Color Me Calm, 6-7:30 pm, Tuesdays December 7th & January 4th

Enjoy a stress-free evening of coloring just for adults. We provide the materials, you provide the creativity. Registration not needed, just drop in. Every 1st Tuesday of the month.

Book a Librarian, 3-5:00pm, Thursday November 25th & December 9th

Reserve a 30 minute one-on-one session for library and basic technology help. Every 2nd & 4th Thursday of the month. Please register.

Teen Mental Health Monday, 3-4:30pm, Monday December 6th

Time to focus on your mental health. Join us at the library for some destress time and activities to make the holidays a little less stressful. This event is for teens age 13-18. Registration is required.

Teen Holiday Craft, 3-4:30 pm, Thursday December 16th

Ready to get crafty? Join us for a fun wintery craft! This event is for teens age 13-18. Registration is Required.

K9 Nova Retirement

Nova was sworn in as the Village's first K9 on May 22, 2013. He was assigned to work with Officer Fitzgerald. They attended training together in North Carolina. On November 8th Nova turned 10 years old and he will be retiring at the end of November. The Police Department plans to swear in a new K9 Officer in the spring of 2022. The Police Department will be celebrating Nova's retirement, please stay tuned to the Police Department facebook page for more information.



Thank you for your years of service Nova and we hope you enjoy your retirement with lots of doggy treats and naps!

Garbage/Recycling Pickup Reminders

Please do not place your garbage/recycling out prior to 6 pm the night before pickup and have it out no later than 7 am the day of pickup.

- **Friday December 24 and Friday December 31:** Those who normally have their garbage and/or recycling picked up on Fridays will be delayed and have their garbage and/or recycling picked up Monday. *No other routes will be impacted by the holidays.*

Interested in learning more about SAGE – also known as Successful Aging for Everyone (please see article on page 2 of this newsletter)? Simply complete the brief form below and drop it off at the Greendale Health Department at 5650 Parking Street. Also, let us know what you think SAGE can do to make Greendale a more livable community for older adults and everyone.

- Yes, please contact me with information about SAGE.
- I'm interested in learning more about joining the SAGE Workgroup.
- I would like to be added to the SAGE mailing list.

What other topics would you like to learn about in the SAGE Page?

Name _____ Email _____
 Phone Number _____ Address _____

- **Dicken's of a Village:** Greendale's Annual Dicken's of a Village Holiday Event on Friday December 3rd from 5-9pm transforms the Village into a scene a Hallmark Holiday Movie! Shops are open late with holiday entertainment by carolers & live musicians, visits with Santa, along with live reindeer photos, horse-drawn wagon rides, and Santa's sleigh hayride. Kids can write their letters to Santa or meet Anna, Elsa & Kristoff from Frozen, while adults can stroll through the Village with a Hot Mulled Wine in a Commemorative Dickens tin mug. Additional holiday drinks and food vendors along with special sales and activities inside the shops make for plenty of indoor and outdoor fun, sure to put you in the Holiday Spirit!



- **New this Winter! Broad Street Steak & BBQ Cook Off:** The Steak Cookoff Association is coming to Greendale on February 26th! SCA is a national competition that focuses on the trimming, seasoning and cooking the perfect steak. Each team will cook 2 steaks and an appetizer to be judged. First place for each steak will receive \$1,000 and a "Golden Ticket" that will allow them to compete at the World Championship in Fort Worth, Texas! This competition is open to ANYONE! Grills and smokers will line up on Broad Street and over 30 BBQ teams will compete for the grand prize in downtown Greendale! Join in the fun, compete along with them or grab a sample and watch this nationally renowned competition! BBQ vendors & beer tent along with restaurant & store specials make for a fun way to heat up this winter! Additional information will be posted at Barbeque Supply Company or check Steakcookoffs.com for registration and details.

VILLAGE BOARD OF TRUSTEES

- **Village President Jason Cyborowski**
Phone 406-3589 E-mail: jcyborowski@greendale.org
- **Trustee: Ronald Barbian**
Phone: 525-1999 E-mail: rbarbian@greedale.org
- **Trustee Colleen Fechtmeyer**
Phone: 421-2056 E-mail: cfechtmeyer@greendale.org
- **Trustee Robby McFaul**
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- **Trustee Donna Ouellette**
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- **Trustee Matt Sell**
Phone: 698-9835 E-mail: msell@greendale.org
- **Trustee Elaine Unger**
Phone: 423-6292 E-mail: eunger@greendale.org

VILLAGE DEPARTMENTS

- VILLAGE HALL:** (414) 423-2100
- POLICE:** (414) 423-2121 (non-emergency)
- FIRE:** (414) 423-2131 (non-emergency)
- PUBLIC WORKS:** (414) 423-2133
- LIBRARY:** (414) 423-2136
- HEALTH:** (414) 423-2110
- PARK & REC:** (414) 423-2790
- MUNICIPAL COURT:** (414) 423-2127

For after hours public works emergencies (i.e. water main break, sewer backup, flooded street, etc.), please contact the Police non-emergency phone number.

VILLAGE OF GREENDALE
6500 Northway
Greendale, Wisconsin 53129

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