

EAU CLAIRE APRIL 2018

FREE
COMMUNITY PAPER

Review

APRIL IS NATIONAL
**PUBLIC
HEALTH
MONTH**

**DISPOSING
OF UNWANTED
PRESCRIPTIONS**

**PREVENTING
EYE INFECTIONS**

**MAYBERRY
FRONT PORCH
MEMORIES...KEN ANDERSON**

**COOKING
FOR 2...NAOMI SMITH**

**VOLUNTEER
POWER IN THE
CHIPPEWA VALLEY**

**ADRC SPRING
WORK SHOPS**



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Income Guidelines for the 2017-2018 Home Energy Plus Program Year
60 Percent of State Median Income Guidelines

Household Size	Three Month Income	Annual Income
1	6,650.25	26,601
2	8,696.25	34,785
3	10,742.50	42,970
4	12,788.75	51,155
5	14,835.00	59,340
6	16,881.25	67,525
7	17,264.75	69,059
8	17,648.50	70,594

How to Apply for WHEAP: Eau Claire county residents: call Western Dairyland at 715-836-7511 or send an email to energy@wdeoc.org to schedule a phone or a face-to-face appointment. This agency is an equal opportunity provider.

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STROKE PREVENTION

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National Prescription Drug Take Back Day April 28, 2018

Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. That's why it was great to see thousands of folks from across the country clean out their medicine cabinets and turn in - safely and anonymously - a record amount of prescription drugs

How to Dispose of Unused Prescription Medications

There are five permanent medication drop-boxes located throughout Eau Claire County that accept medications year-round.

How to Dispose: www.bit.ly/RxDropOff

Locate them here! <http://doseofrealitywi.gov/drug-takeback/find-a-take-back-location/>

Take medications to one of the locations below for proper disposal

Altoona Emergency Services Building
1904 Spooner Avenue
Hours M-F, 7:30 am - 4 pm
(715) 839-6090

Fall Creek Village Hall
122 E. Lincoln Avenue
Hours M-F, 8 am - 4:30 pm
(715) 877-2177

Eau Claire County Jail
Lobby
Enter from 2nd Avenue
Hours M-F, 8 am - 4:30 pm
(715) 839-4709

Augusta City Hall
145 W. Lincoln Street
Hours M-F, 8 am - 4 pm
(715) 286-2555

Eau Claire County Courthouse
Law Enforcement Center
721 Oxford Avenue
Hours M-F, 8 am - 5 pm
(715) 839-4709



For more information about medication disposal, please call 715-839-4718. To view "how-to" videos for each of the drop-off locations, please visit our website: www.getinvolvedASAP.org.



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Postcards from the Past

Then & Now Pictures of Eau Claire, Wisconsin
by David Tank



Publisher unknown

What's There Today?



Photo by David Tank

Harding Ave. was referred to as Plank Hill because in 1860 it was paved with planks. A notice at the time said: "The big hill has long been sort of a horse killer and if horses do not actually laugh at it now, they ought to exhibit horse sense and be pleased. It is arranged with a good track to come down and a plank road to go up, and one is nearly as accomplished as easily as the other."

Items in this column are from the book "Postcards from the Past: Then & Now Pictures of Eau Claire, Wisconsin" by David Tank. Complete information can be found at www.postcardsfromthepast.net.



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PREVENTING EYE INFECTIONS



BE WELL

By Rachel Keniston

I would like to call your attention to an article I just read in the new March/April issue of Eating Well titled Live Healthier & Save Money. It reports that in 2016 Americans spent \$3.3 trillion on health care. In a country where there is no shortage of educational information it would seem that we just aren't paying attention. I don't know about you, but I like feeling well and if there are changes I can make that can help make that happen I want to and need to pay attention. Here are some simple things that each of us has control over and can make happen.

- Get a good nights sleep of at least 7 hours. This means turning off electronic devices, so no beeps to interrupt sleep. The world will get by without our help for a few hours!
- Watch for sugars hidden in the food we eat and make serious efforts to take them out of our diets. It is estimated 1 out of every 3 children living in our country will be diabetic. Can we help children learn habits to avoid this alarming statistic?
- The New England Journal of Medicine sites a savings of \$7 billion in treatment for high blood pressure if Americans would cut 400 mg of sodium from their daily intake- that is the amount in a half a large slice of pepperoni pizza
- Maintain a healthy Body Mass Index (BMI)
- Eat 25 grams of fiber each day- this means healthy grains, fruits and vegetables
- Get physical activity daily.
- Find friends, family and community committed to helping one make these choices.

I can't make anyone but myself implement these important health habits but I hope that I can encourage you to act on them. Be as well as you can possibly be and enjoy your life to its fullest!

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Check with your health insurance program about a rebate or incentive for participation in CSA programs.

<https://www.cdc.gov/contactlenses/socialmedia-library.html>

- Wash your hands with soap and water and dry them with a clean cloth before touching contact lenses.
- Don't sleep in your contact lenses unless prescribed by your eye doctor
- Keep water away from your contact lenses.
- Rub and rinse your contacts with solution before storing overnight.
- Never rinse your contacts with water or saliva!
- Prevent eye infections! Rub and rinse your contact lens case after each use.
- Don't get eye infections! Replace your contact lens case every three months.
- Keep your eyes infection-free: Only use fresh solution in your contact lens case.
- Water and contacts don't mix! Keep water away
- Replace your contacts as regularly as the eye doctor tells you
- Prevent eye infections! Ask your eye doctor if you have questions about how to care for your contact lenses and case
- Only use the contact lens solution your eye doctor recommends for you. Healthy habits = healthy eyes.
- Get an eye exam every year to keep those peepers healthy. Healthy habits = healthy eyes.
- If you wear contacts, have a pair of glasses with a current prescription, too—just in case
- Your contacts should feel good and allow you to see well. If not, make an appointment with your eye doctor today.
- Buyer beware! Contacts that can be bought without a prescription are not legal. Don't take chances with your eyes.
- If you have eye infection symptoms, remove your contacts and call your eye doc. You only have one pair of eyes
- Do you wear contact lenses? Learn how to avoid eye infections
- Don't get an eye infection! You only have one pair of eyes, so take care of them! Healthy habits = healthy eyes
- Healthy habits = healthy eyes. Follow these tips for safe contact lens wear and care
- Contact lenses are like underwear: don't over-wear, avoid that sketchy pair, and carry a spare (pair of glasses)
- Keep your eyes healthy with contacts. Check out this podcast for more info:

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For more information, or to make a referral, contact us at:
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An Important UPDATE

On Medicare

Medicare has made many changes in the last few years — like adding new wellness visits and preventive benefits. With all you've heard, you may have questions.

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Check out the website for current issues of Senior Publications.

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HOME DELIVERY SERVICE: The L.E. Phillips Memorial Public Library in Eau Claire offers a library delivery service to qualified individuals. Books & materials may be delivered to your door by a library volunteer. Call 715-839-4857 or e-mail homedeliveryservice@eauclaire.lib.wi.us

ALZHEIMER'S ASSOCIATION OFFERS TELEPHONE SUPPORT GROUP by phone, the last Tues of every month at 10:00 am.---connect with other families, answer questions and provide support to each other. Persons participating will receive the monthly phone number a few days prior to the scheduled telephone support group meeting. Open to local area families/caregivers. No charge. Pre-registration required. Call 1.800.272.3900.


GRANDPARENTS AND OTHERS AS PARENTS (GAP) meet the 3rd Tues of each month. 6-7:30 pm. River Pines Long Term Concierge Care & Prairie Pointe Rehabilitation Suites, 206 N. Wilson Dr, Altoona, WI . Community Room #3 in center of building and accessed from either wing. Childcare available. Sponsored by the ADRC. Contact rae.tipler@yahoo.com for more info or 715-225-0404

PEO - Chapter BF - Stamping and Scrap Booking Expo. To benefit women's education. Saturday, March 17, 2018. 10:00 am - 3:30 pm. Eagles Club in Hallie across from Shopko. \$4.00 at the door. For more information go to face book.

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GENEALOGICAL RESEARCH SOCIETY OF EAU CLAIRE will meet at 10 a.m. Saturday, April 14, 2018 at the Chippewa Valley Museum in Carson Park. A short business meeting will be followed with a program by Pat Mattson on the New

Veterans Tribute Park and Trail in Eau Claire, north of Phoenix Park along Forest Street. The trail will be a place to educate visitors about the sacrifices made by those that came before them, historical documentation and actual stories from our local Veterans that experienced the wars firsthand. Most importantly, the tribute offers a gathering place to hold Veteran and community events alike. A place to rest, reflect and pay tribute to our Veterans, past, present and future.

The meeting is open to the public, refreshments are served. For more information call 715 874-6678 or check the website, <grsec.ORG>



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On the LOOKOUT for information that fits our calendar. email by the 1st of month mary@seniorreview.com

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BEWARE OF SCAMS



If you get a call from someone identifying themselves as a federal agent (sometimes going by the name Danny Foster) requiring that you call him immediately upon getting his message or within 48 hours or a criminal investigation will be initiated by the IRS, IGNORE IT. This is a scam. The IRS would not make this type of phone call to a taxpayer. The IRS would send a letter if there were any issue affecting your income taxes.

Any phone call requesting that you send money, verify a bank account or social security number, or from any source where you did not initiate the contact, ignore it. Some scams that have been in this area before include requests for money for a grandchild in trouble, bank examiners wanting to verify information, winning prizes or money where you have to pay the income taxes on the winning ahead of time should all be ignored. If you have any question about whether a request is a scam, call the local NON-EMERGENCY number for the police department. Chances are you are not the first to receive such messages..

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Review



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FRONT PORCH MEMORIES

By Ken Anderson

I was shopping one day recently when I struck up a conversation with a man I did not know. After a few minutes we discovered we were neighbors living just three houses apart for more than twenty years. I wondered why we had never met.

The answer came to me a few nights later while I was watching an Andy Griffith Show DVD. There was a very touching scene where Aunt Bee, Opie, and Andy were sitting on the front porch talking about why Aunt Bee should get married.

The good folks of Mayberry spent much of their time on their porches. The Taylor family could be seen sitting on their porch on Sunday mornings watching their neighbors walking to church. Those who were "courting" in Mayberry often spent time on a front porch swing before saying goodnight.

On hot summer days Aunt Bee could be found on the porch snipping beans or making home-made ice cream.

There was a time when many homes had a front porch. In years past people spent more time outdoors as homes did not have air conditioners or satellite television. If they were outdoors, there was a good chance they were sitting on their front porch. In the past people enjoyed visiting with neighbors as they walked past. They enjoyed relaxing together on the front porch enjoying a cold drink.



Families today tend to gather behind their homes on patios where they are separated from their neighbors by a fence. With most married couples both working, today's family seems to prefer the solitude of a back patio where interaction with others isn't necessary. So is it any wonder why today's neighbors



often have no contact except for an occasional wave? Front porches can hold memories. Memories of a young girl getting her first good night kiss. Memories of a mother receiving news of a fallen soldier, or memories of an elderly couple sitting on their porch reminiscing about the joys and struggles of their life together.

I know I have memories of my childhood home's front porch. How about you?
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APRIL NATIONAL GARDEN MONTH Benefits of Garden Therapy—which garden are you?

by Kelly Rohwedder, Milestone Senior Living



Gardening is fast becoming an old passion with new found benefits. Aside from those “old” benefits like fresh air, reduced stress, and increased mobility seniors are finding that there is also new physical and emotional benefits they are enjoying simply through a few hours of gardening!

The physical benefits are an increase in bone density because of the vitamin D absorbed during limited sun exposure and improvements with sleep cycles and attention spans. They have also found they have less falls and chronic pain seems to be limited both most likely to the increased mobility!

The emotional benefits to garden therapy has always been decreasing anxieties and depression as well as decreased agitation and frustration in those afflicted with Alzheimer's and Dementia. Gardening also releases feelings of happiness and excitement as you work to create a garden that reflects your personality.

So with all of these benefits, why not start a garden of your own? Here's 5 questions to help you find your Garden Personality!

Q. You have just won a one week all-expense paid vacation to anywhere in the world, you choose:

- A. A cozy mountain cabin for two
- B. A tropical resort on a Caribbean beach
- C. A cottage in the English countryside.
- D. A 5-star hotel in the heart of Paris.

Q. Your favorite garden center is having a sale! You have \$50 to spend you choose:

- A. A shrub that attracts birds and butterflies
- B. Ornamental grasses
- C. A mixture of multi-colored, multi-height flowers because you love mismatched things
- D. Two identical pots with matching flowers for either side of your front door

Q. You have a relaxing weekend coming up, you choose:

- A. To pack a picnic lunch with food you created
- B. Go out to a local ethnic restaurant, you've been wanting to try
- C. Hang out at home, enjoying a rerun of your favorite movie and popcorn
- D. To attend the new Art Gallery's grand opening

Q. You have unlimited funds to redecorate your living room, you choose:

- A. To make it comfy and cozy for anyone stopping by
- B. Minimalist look—a few items with clean lines and no clutter
- C. Eclectic—different patterns, styles and

textures thrown together

D. Open a celebrity magazine and copy their style

Q. You are heading to a housewarming party to your best friends dream house, you choose to bring:

- A. Re-purposed ottoman that you created from old pillows you found at a flea market
- B. A coffee table book about modern architecture
- C. A large bowl filled with orbs
- D. Designer sheets and pillow cases

MOSTLY A'S:

Nature Lovers Garden

You love nature and all it has to offer! You know when to stop and “smell the roses” so to speak. You are a naturalistic person so you will most likely think of a theme and run with it! A garden that has water features? Attractive to birds and butterflies? Or maybe woodland meadows? You will most likely have a natural bench or sitting area amongst your garden as you tend to enjoy being surrounded by nature.

MOSTLY B'S:

Modern Garden

Modern garden tend to know what they want and how they want it to look! They tend to believe “less is more” so simplicity in your garden will make you quite happy. You will most likely choose texture over color as you tend to enjoy plants more so than flowers.

You may have a chair on the outer parameter of your garden as you enjoy looking at it for your tranquility.

MOSTLY C'S:

Country Garden

You enjoy informal and historical components in your garden. You tend to mix and match several different plants and flowers and stick to one or two colors in your garden.

You love the feel of unity and harmony and everything just working together. You enjoy a small table and chairs in the midst of your garden so you can sip iced tea and visit with others.

MOSTLY D'S:

Formal Garden

You are all about the luxurious formal garden that has straight lines, paths and typically rectangular in shape. You enjoy the symmetry and preciseness of the edges. You like well-groomed hedges and statues within your garden area and often will have a large water fountain in the center. You would tend to have a small gazebo or tent on a terrace overlooking your garden.



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(reprinted by popular demand)
MY BEST VACATION

By Bert Moritz, O.D.

When Dad was hired as a telegrapher for the Rock Island Railroad, one of the union benefits was a week of vacation. With five young kids, we spent that time in the family station wagon driving to visit the relatives. A hot summer drive to either South Dakota or Kansas in a crowded old car without air conditioning was quite an ordeal! Add in that we never stopped at a restaurant or bought cold pop at a gas station. Mom put butter and bologna sandwiches in a plastic bag, and she passed around water in a fruit jar.

A few years later, with the family growing up, we switched to a new vacation style. Dad rented a pop-up camper that we towed. The kids were still fighting over the back seat of the station wagon and ate Mom's sandwiches, but we got out to see the beautiful country that we lived in. The best trip we ever had was when we went to Yellowstone National Park. Dad and I caught a bunch of cutthroat trout, and Mom fried them over a fire. I will never forget that, but it was not my favorite vacation — my best vacation was when I went alone.

I was discharged from the Army in June 1973, and my plans were to go to college in September. I spent a week at my parents' house in Iowa. It was great to see the folks, but I had this crazy feeling I was out of place and had to get out on the road, so I bought a used motorcycle and decided to head west. My brother, Dave, was going to be discharged from the Air Force in Montana in August, and I set my sights on meeting up with him.

Now don't jump to any conclusions about my trip. I did not buy black leather gear, a big Harley Davidson motorcycle or join a gang. I spent all of \$300 buying an old Honda 350 motorbike. I put one change of old Army fatigues into a backpack along with an old canvas tarp and a jar of Vaseline. With \$400 in my pocket and an Army field jacket on my back, I kick-started that baby and waved goodbye! I may not have looked "bad to the bone," but in my mind I was "king of the road."

Riding thousands of miles on a Honda 350 was nothing short of brutal! The vibration and the wind were always buffeting me. A gust of wind blew me into a ditch in South Dakota. My leg ended up against the hot exhaust pipe. I had a helmet with a visor that helped with the insects. Still, an occasional large bug would smack into my chin. Riding towards Bozeman, Mont., a cold front came through with a thunderstorm. I stopped to put on a light rain suit, but the wind tore it off me, and I got completely soaked. I usually slept along the road in a ditch using the canvas tarp and the bike to make a lean-to, but I was so cold that I decided to spend some money and stay in a campground. When I got to my campsite, I was shivering so hard I couldn't start a fire or change out of my wet clothes. A couple of hippies in a Volkswagen minivan near me noticed my plight. They invited me over to their fire and gave me a bowl of hot soup. That was a lifesaver.

My tour of the West brought me to Shoshone National Forest. I pulled into a free campsite and set up. I was right next to a fast-moving mountain river. Soon a pair of guys with motorcycles pulled up next to me. They had big bikes and wore black leather. As they unpacked their gear, I couldn't help hearing that they were mad at each other. Apparently, their tent was covered with Vaseline. You see, in those days, a biker mixed old engine oil with some Vaseline and used it as grease for the engine chain. They must have done a poor packing job and their bottle broke. I watched them struggle



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to get their tent up. Then one guy decided to get firewood and headed straight for the water. He must have thought the wood on the other side was better, and he plunged right into white-water rapids. Getting out no more than three feet, he was knocked over and began to yell for help. His partner and I hauled him out looking like a half-frozen trout.

My neighbors turned out to be two brothers from New York City — that explained why they were such lousy campers. We agreed to ride together, although they were concerned my little Honda could not keep up with them. After a couple of weeks, they went farther west, and I turned north into Yellowstone Park. One morning, I woke up in my lean-to with a moose head poking in at my feet. Another day, I was stopped on the road and a grizzly bear walked so close that he almost hit my front tire. I sure could have used doors and windows just then.

It was time to meet my brother in Great Falls. I got up very early on my last day in Yellowstone. My New York buddies suggested my bike would not make it over the continental divide, so I wanted to start early before the traffic picked up. Sure enough, part way up that mountain road my Honda started sputtering and died. I didn't have enough air, so I had to get off and push. Being "over the hill" never felt as good as when I headed down toward Montana.

I sold my motorcycle for \$100 to an Air Force captain at the Great Falls Air Base. Dave and I jumped into his '67 Mustang and drove straight to Iowa. I took off my field jacket and felt much better. I was finally home and ready to get back into civilian life. That Honda 350 was my first and last motorcycle. I can't imagine another vacation as good as that one.

THE LONGEST DAY EVENT:

WHAT IS THE LONGEST DAY? On the summer solstice, June 21, 2018, people across the world will join the Alzheimer's Association to do an activity they love – or an activity loved by those affected – to help end Alzheimer's. Together, we will raise funds and awareness for care and support while advancing research toward the first survivor of Alzheimer's.

HOW DO I PARTICIPATE? Select an activity you love: Visit alz.org/thelongestday to sign up and select an activity! Do something you love – or honor a caregiver, someone living with Alzheimer's, or someone you've lost by selecting his or her favorite hobby.

Start or join a team, host an event, or register as an individual. Chose the way that works best for you to raise money. Share your photos, stories and fundraising successes on Facebook, Twitter and Instagram to show your love across the world. Use #TheLongestDay and #ENDALZ.

To learn more, visit alz.org/thelongestday or call 800.272.3900

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60 DAYS BEFORE LISTING YOUR HOME

Last month we featured a large discussion about the decision to move and the steps involved in the process. This month we will bite off the first step; 60 days before listing your home. Here are the step:

1. Is everyone on board? Have a discussion with relevant family members. Don't exclude anyone,
2. Talk to your tax professional or financial advisor to see how a home sale will affect your finances.
3. Get all legal documents in place if an adult child will be acting on behalf of a parent.
4. It is best to have one family member take the lead. Decide who this will be.
5. Take inventory of what needs to be fixed and make a detailed schedule for repairs.
6. Collect all of your important documents on your home for when you meet with your Real Estate Professional.
7. De-Clutter, to get your home show ready. Decide what will be going to your new home.

If you would like to receive this and the entire process in detail, please contact our office.

Next month we will talk about, "30 days before listing, How to choose a Real Estate Professional "



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VOLUNTEERS POWER THE CHIPPEWA VALLEY

Whether it's reading to a child, helping serve a meal, working at a community event or providing guidance as a board member, volunteers play diverse and valuable roles in the Chippewa Valley. The fact is, without volunteer support, many of our community events and programs would be far less effective, or nonexistent.

Just as the roles they play in supporting our communities differ, the residents who lend a helping hand begin volunteering for varying reasons. Some volunteers in the Chippewa Valley are retired and looking for a new way to keep busy, others are youth getting involved for the first time, some volunteer with the company they work for and yet others give to an organization who once helped them. No matter why one lends a hand, the communities where we live, work and play are stronger because of this combined effort.

April 15-21 is National Volunteer Week. This week is a chance to celebrate the collective impact of volunteer service and the power of community members joining together to tackle tough challenges, and build a stronger, more vibrant Chippewa Valley. It also serves as a time to rally additional support and fill needed volunteer roles.

In an effort to help drive volunteerism, United Way of the Greater Chippewa Valley produces an annual volunteer guide. Available at the United Way office or online at www.uwgcgv.org/volunteer, this guide helps residents find volunteer opportunities that are a good fit for themselves, their families or groups they are a part of. The guide is categorized by interest areas and provides some basic information about volunteering with each organization listed.

This year, the guide features over 80 local non-profits that are seeking additional help. Whatever your skills and talents are, there truly is something for everyone to help out with. Check out United Way of the Greater Chippewa Valley's Volunteer Guide to find your perfect fit www.uwgcgv.org/volunteer.

Rebecca Baader, Director of Marketing and Communications for United Way of the Greater Chippewa Valley



ALZHEIMER'S FAMILY & COMMUNITY EDUCATION PROGRAMS

Offered by the Alzheimer's Association Greater WI Chapter

For more information or to schedule programs please call: 800.272.3900. -No Charge-

DEMENTIA CONVERSATIONS: This program facilitates discussion about convincing a family member to see a physician for cognitive screening or medical care, deciding when to stop driving, and legal and financial plans for future care needs.

- Thursday April 26th, 2018 at the Lake Hallie Memory Care, 4407 124th Street, Chippewa Falls WI 54729. 12:30 pm to 1:30 pm

THE BASICS: MEMORY LOSS, DEMENTIA AND ALZHEIMER'S DISEASE: Designed to help participants understand the difference between normal age-related memory changes and more serious memory problems that should be evaluated by a medical professional.

- Tuesday April 10th, 2018 at 10:00 am to 11:00 am at Lake Street United Methodist Church, 337 Lake Street, Eau Claire WI 54701. The Lounge Room

HEALTHY LIVING FOR YOUR BRAIN & BODY: TIPS FROM THE LATEST RESEARCH Learn the latest research on diet, exercise, cognitive activity and social engagement and how to incorporate these recommendations into a plan for healthy aging.

- Tuesday April 24th, 2018 at 4:00 pm to 5:30 pm at The Classic at Hillcrest Greens, 2455 Sawgrass Place, Altoona, WI 54720 .
- Thursday April 19th, 2018 at 1:00 pm to 2:30 pm Rutledge Charities Building 404 North Bridge Street, Chippewa Falls, WI 54729.

In case of inclement weather to call 715.720.7611 - Programs are cancelled is areas schools are.



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KNIT CLUB - WEDNESDAY EVENING

Join us at Blue Boxer Arts every Wednesday evening from 6-8 pm for Knit Club! Chat with friends, share tips and tricks, and show off your projects. Free of charge. For questions, contact Kelsey at blueboxerarts@gmail.com or at 715 577 3199. *Knit Club does not discriminate against crocheters!

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HEY, MOMS, DADS, GRANDMAS & GRANDPAS NEED EXTRA FOOD?

Don't forget to COME TO RUBY'S PANTRY THE FIRST THURSDAY of every month at Lutheran Church of the Good Shepherd in Eau Claire!

For just \$20 YOU CAN GET TWO LARGE BASKETS OF FOOD TO TAKE HOME. This great program can help you feed your families each month. If you need directions or more information, CALL THE CHURCH AT 715-834-2959

GUEST REGISTRATION 2-6

- Distribution begins at 4pm.
- No Checks accepted
- Everyone is welcome
- No qualifications
- Bring your own containers: laundry baskets or rubbermaid type containers



Ruby's Pantry is a ministry of Lutheran Church of the Good Shepherd, 1120 Cedar St., Eau Claire, WI www.goodshepherd-ec.org

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Receive 12 clothing items per family; 3 underwear, 3 pair of socks per family, shoes,

books, puzzles, toothbrushes and toothpaste. When the kids outgrow them, donate them back to the closet. Call 715-834-2959.

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DUSTING OFF SOME LOCAL HISTORY:

**Dusting off Some Local History:
Our DAR @ 100**

Greg Kocken Archivist, UW-Eau Claire
Kockeng@uwec.edu

In 1796, delivering his farewell address to our young nation, President George Washington declared the need to, “promote... institutions for the diffusion of knowledge,” to enlighten public opinion. Washington sought to preserve the memory of the American Revolution so future generations would understand the principles that guided revolutionaries and established the United States. The National Society Daughters of the American Revolution (DAR), founded in 1890, invested in this idea and embarked upon a mission to foster and share history that is central to our national identity. This mission has not been without controversy, notably the organization’s exclusion of African-American women for much of the 20th century. Today, as the organization approaches the admission of its one-millionth member, it is atoning for past mistakes and recruiting the next generation of members from diverse backgrounds that represent the full spectrum of American History.



Several members of the Eau Claire Chapter of the DAR, including many of the founding members, pose alongside a marker erected by the organization on September 19, 1927. This marker identifies the steamboat landing where local soldiers departed for the civil war on September 6, 1861. It stands today along the bank of the Chippewa River near the intersection of Gray Street and Graham Avenue. Courtesy Chippewa Valley Museum.

Next month, the Eau Claire Chapter of the Daughters of the American Revolution (DAR) will celebrate its 100th anniversary. The local chapter, founded in May 1918, maintains an active presence in the Eau Claire community with accomplishments spanning 100 years that are worth celebrating. In the early 20th century, the local organization promoted local history through the creation of historical markers, and during World War II they raised funds, sold war bonds, and assisted the Red Cross with blood drives. Today, the local chapter continues this legacy of engagement with displays at local libraries and public buildings recognizing holidays such as Constitution Day (September 17th), supporting veterans and their families, sponsoring history-writing contests, and encouraging the development of positive citizenship among students.

Any woman, 18 or older, can join the DAR if they can prove a lineal descent from a patriot of the American Revolution. With many of the free, online genealogy tools available today this research is far less daunting than it may have been for past generations. It is an exciting opportunity to identify the intersection of family history and American History. I suspect many people in our community are eligible for membership and simply may not know just how deep their own American roots may extend!

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MOM WAS RIGHT

- Ginger does ease nausea. It helps the stomach empty a also breaks up and release gas. So sip on giger ale, ginger tea or slowly eat a few candies made from ginger. So simple you are going to wonder why you didn’t think of it?
- Queasy while riding in a car...suck a lemon to ease up on the nausea from motion sickness. Pretty easy to do though you will be teased for making a sour puss.
- Have you suffered from cracked heels long enough? (that is a dumb question, I know) Put Crazy Glue on them. Soak your feet in water for a few minutes, then apply moisturizer and dab the Glue on re-maining cracks. Just one treatment should do it. But be careful, this stuff is wicked to use as you will get it over your hands.
- DIY sage tea: Tame a sore throat by pouring 1 cup almost boiling water over 2 tablespoons fresh sage or 1 tablespoon dried. Cover and steep 10-15 minutes, strain and drink this instead of that tea-honey thing you have been using. It is so easy and it works.
- Chase that nasty migraine with ice to your temples or the back of your neck (10-15 minutes).It numbs the nerve that’s sending pain signal and constricts blood vessels. This is better for you than OTC painkillers that could be hard on your kidneys.
- Gargle with good old fashion water at the first sign of a respiratory tract infection. If you think it might be your tonsils, add some salt water. Swish often and watch it work.
- Conquer Swimmer’s Ear with a little white vinegar diluted with equal amounts of distilled water. Using an eye dropper put 3 drops in the affected ear 3x’s daily. You may need a buddy to get the drops in the ear.
- Chase the stress with a whiff of peppermint essential oil. When feeling a bit over whelmed ,just take a sniff and feel the anxiety go down.
- DIY aspirin shampoo can eliminate embarrassing flakes on your scalp. Add 2 tblsp. Of crushed aspirin to your regular shampoo, suds up and wait 5-10 minutes. Rinse. Your new flake busting shampoo is fabulous. You may need a mortar and pestle to crunch up the aspirin.
- Do you suffer from nasty cuticle infections that won’t clear up? Soak your hands in white wine vinegar and warm water for 15 minutes daily. The antibacterial properties of vinegar can eliminate infections caused by manicurist or you...picking at your nails.

Annotated from preventioncom, May 2015

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THE SHADOWS OF WAR

Part 2

by Bruce Gardow,
Volunteer Dunn Cty Historical Society



In the first part of this article we focused on the Chippewa Valley's efforts to prepare for World War 1. This portion of the article will continue to examine our war preparation efforts starting with the selective service.

Soon the selective service act was in place and Wisconsin, including the Chippewa Valley became shining examples to the rest of the country. It was with great pride that the State of Wisconsin paid for its own selective service system, while other states had the federal government pay for this activity. The Valley's bankers, our merchants, our manufacturers, and in many cases the professional man, had turned their attention to the money needs of the war. Thus, making it possible for Wisconsin to pay for its own way regarding the draft. These people desperately wanted the opportunity to help win the war. Other Midwestern states took notice and followed Wisconsin's plan. The people of the Chippewa Valley were very proud of the efforts they made helping the state paying it's own way.

The Chippewa Valley neglected few opportunities to thoroughly prepare itself for the war in 1917. This included paying proper attention to the conditions at home. One of the most practical laws that the Wisconsin legislature passed during this time was that of providing relief for the dependents of soldiers and sailors while they were in the service of the United States. Once again, the residents of the state of Wisconsin, including the Chippewa Valley took great pride in paying for part of this relief effort. This was not so in other states.

The pioneer spirit was also present in the people of the valley as they rose to serve on many, many committees whose sole purpose was to support the war effort. These committees were formed by Wisconsin's Council on Defense and included Finance Agricultural, Labor, Manufacturers and General Business, Transportation and Communication, Press, Recruiting and Patriotic Organization, Women's Organizations and the Red Cross and Medical and Sanitation. All of these committees existed in every county of the State. Many people gave a great deal of time to these committees and all worked without compensation.

This area of the Chippewa Valley is entitled to some very sincere "Thank you's" for some rarely heard about women from our area. These women were the nurses from this area who volunteered their skills during the war so that more men might return home. These women came from our communities, educated in part by small town values. Then to be thrust on to the world stage with all the horrors of war, must have been an overwhelming experience. Here are the names and home towns of our amazing women:

Anna M. Cosgrove, Eau Claire. Irene M. Corbet, Menomonie. Elizabeth May Linsdau, Eau Claire. Ruth J Myhre, Chippewa Falls. Margaret Thomas, Eau Claire. Adele Wang, Eau Claire. Margaret C. Wang, Eau Claire. Lenna S. Ahlstrom, Eau Claire. Ruth E. Daub, Eau Claire. Clara G. Lewis, Eau Claire. Carrie A. Monate, Chippewa Falls. Marie Matson, Eau Claire. Mary Margaret Powers, Eau Claire. Wanda Dreger Kurth, Chippewa Falls. Florence J. Ramstead, Eau Claire. Anna B. Fox, Eau Claire. Paula Kluempfen, Eau Claire. Susan B Lucia, Eau Claire.



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CITY OF EAU CLAIRE HOUSING REHABILITATION LOAN PROGRAM

The City of Eau Claire Housing Division is taking applications for its Housing Rehabilitation Loan Program. The Rehabilitation Loan Program is Federally funded and offers loans up to \$20,000. This program is for homes in need of repair, not for extensions or cosmetic renovations.

Types of Eligible Work:

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- City of Eau Claire resident
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EQUAL HOUSING OPPORTUNITY

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FOR A
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WE'RE LISTENING

mary@seniorreview.com

TABLE TALK

by Naomi Hackel Smith, farmlandrecipesnaomi@charter.net

Have you been looking for recipes that are perfectly proportioned when cooking for one or two? Today's recipes are smaller servings that don't require sacrificing full flavor. If you will be having more people around your table, double or triple the ingredients accordingly. Enjoy!

PEPPER STEAK

- 1/2 pound round steak (3/4 inch thick), trimmed
- 1 Tbsp. vegetable oil
- 1/4 cup chopped onion
- 1 garlic clove, minced
- 1 beef bouillon cube
- 3/4 cup boiling water
- 1/8 tsp. pepper
- 1 can (14-1/2 ounces) stewed tomatoes
- 1 medium green pepper, cut into rings
- 1/4 cup cold water
- 2 Tbsp. cornstarch
- 2 Tbsp. soy sauce
- Hot cooked noodles, optional

Cut meat into 2-in. x 1-in. strips; brown in a skillet in oil for 10 minutes. Add onion and garlic; cook for 3-4 minutes. Dissolve bouillon in boiling water; pour into skillet. Sprinkle meat with pepper. Cover and simmer for 35-40 minutes or until meat is tender. Add tomatoes and green pepper; cover and simmer for 10 minutes. Combine cold water, cornstarch and soy sauce; stir into broth. Bring to a boil; cook and stir for 2 minutes. Serve over noodles if desired. Yield: 2 servings.

CRISPY PARMESAN CHICKEN

- 2 boneless skinless chicken breast halves
- 1 egg
- 3 Tbsp. grated Parmesan cheese
- 3 Tbsp. finely crushed saltine or butter-flavored cracker crumbs
- 1 Tbsp. vegetable oil

Flatten chicken breasts to 1/4-in. thickness. Beat egg in a shallow bowl. Combine Parmesan cheese and cracker crumbs in another bowl. Dip chicken in egg, then coat with the crumb mixture. Heat oil in a skillet; cook chicken for 2-3 minutes per side or until juices run clear. Yield: 2 servings.



TUNA FISH SPECIAL

- 1 can (6 ounces) tuna, drained and flaked
- 1 cup frozen peas, thawed
- 1/2 cup chopped celery
- 1/4 cup sliced green onions
- 1/3 cup mayonnaise
- 1 tsp. lemon juice
- 1/2 tsp. soy sauce
- 1/8 tsp. curry powder
- Dash garlic powder
- 2 Tbsp. slivered almonds, toasted
- 1 cup chow mein noodles
- Lettuce leaves, optional

In a bowl, combine tuna, peas, celery and onions. In another bowl, combine mayonnaise, lemon juice, soy sauce, curry and garlic powder; stir into tuna mixture. Stir in almonds; top with noodles. Serve on lettuce if desired. Yields: 2 servings.

LIME DELIGHT

- 1 can (8 ounces) crushed pineapple, undrained
- 1/4 cup lime gelatin powder
- 1 cup whipped topping
- 1/2 cup cream-style cottage cheese

In a small saucepan, bring pineapple to a boil over medium heat. Remove from the heat; stir in gelatin until dissolved. Chill until slightly thickened, about 30 minutes. Stir in the cottage cheese and whipped topping. Refrigerate. Yield: 2 servings.

CHEESY BAKED ONIONS

- 1 medium onion
- 1 Tbsp. butter or margarine
- 1 Tbsp. all-purpose flour
- 1/4 tsp. salt
- 1/2 cup milk
- 1/3 cup shredded cheddar cheese

Slice onion and separate into rings; place in a greased 1-quart baking dish and set aside. In a small saucepan over low heat, melt the butter. Stir in flour and salt until smooth. Gradually add milk; bring to a boil over medium heat. Cook and stir for 2 minutes. Remove from the heat; stir in cheese until melted. Pour over onions. Bake, uncovered, at 350 degrees for 45-50 minutes or until onions are tender and cheese is browned. Yield: 2 servings.

PECAN SANDIES

- 1/2 cup butter or margarine, softened
- 1/4 cup sugar
- 1 tsp. vanilla extract
- 1 cup cake flour
- 1/2 cup finely chopped pecans

In a mixing bowl, cream butter and sugar; stir in vanilla. Add flour; mix on low until well blended. Stir in pecans; mix well. Chill 30 minutes. Roll into 1-in. balls; place on a greased baking sheet. Bake at 350 degrees for 15-18 minutes or until bottom edges are golden brown. Cool on wire rack. Yield: about 1-1/2 dozen.

MOIST CHOCOLATE CAKE

- 1-1/2 cups all-purpose flour
- 1 cup sugar
- 3 Tbsp. baking cocoa
- 1 tsp. baking soda
- 1/2 tsp. salt
- 6 Tbsp. vegetable oil
- 1 Tbsp. vinegar
- 1 tsp. vanilla extract
- 1 cup cold water
- Confectioners' sugar

In a mixing bowl, combine dry ingredients. Using a spoon, make three wells in the dry ingredients. Pour oil into one, vinegar into another and vanilla into the third. Slowly pour water over all. Mix on low speed until thoroughly combined (batter will be thin). Pour into a greased and floured 8-in. square baking pan. Bake at 375 degrees for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool. Dust with confectioners' sugar. Yield: 6-8 servings.

From my kitchen to yours:

HAPPY EASTER!

HAPPY SPRING!

TIP OF THE MONTH: Pour or spoon extra lime or lemon juice, wine, tomato paste, pesto or broth into ice cube trays. When cubes are frozen, place in a resealable, freezer-safe bag. Each cube will yield about 1 Tbsp.



Thursdays, 3:00 - 5:30 pm
 May 3 - June 7, 2018
 Grace Lutheran Communities - River Pines &
 Prairie Pointe, 206 N. Willson Drive, Altoona

Wednesdays, 5:00 - 7:30 pm
 August 8 - September 12, 2018
 The Wellness Shack
 505 S. Dewey Street-Suite 101, Eau Claire

Cost: No fee

Registration

Please register at least one week in advance by calling 715-839-4735 or online at www.adrcevents.org.



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

If you provide assistance to someone who is ill, disabled, or needs help with daily activities...you are a caregiver!

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase ability to make tough decisions
- Locate helpful resources

WHEN: Tuesdays
 April 3rd thru May 8th, 2018

WHERE: Eau Claire County Courthouse
 721 Oxford Ave, Room 1273
 Eau Claire, WI 54703

TIME: 9:30 AM - 11:00 AM

COST: \$10.00
 Scholarships available
 Includes materials, refreshments and **The Caregiver Helpbook**

Registration

Class size is limited and registration is required. Please register by Monday, March 22nd, 2018 by contacting the Aging & Disability Resource Center at 715-839-4735 or online at www.adrcevents.org.

Start spring with a workshop! MOST are FREE!
 Contact the ADRC for more information and to sign up!
 Register online at www.adrcevents.org,



Strong Bones - Information Sessions

WHEN:

Thursday, March 29, 2018
 9:00 - 10:15 am

WHERE:

Grace Lutheran Church
 202 W Grand Avenue, Eau Claire

Workshops: M&W, April 2 - June 11, 2018

10 am, 11:30 am, 5 pm or
 T&TH, April 3 - June 7, 2018 at 9:15 am

Complete workshop schedule listed on back.

COST:

No fee for new participants.
 \$20 for individuals repeating.
 Scholarships available.



Mondays, 4:00 - 6:30 pm
 March 26 - April 30, 2018
 (plus Certified Diabetes Educator on May 7)
 L.E. Phillips Memorial Public Library
 400 Eau Claire Street, Eau Claire

Wednesdays, 1:00 - 3:30 pm
 May 2 - June 6, 2018
 (plus Certified Diabetes Educator on June 13)
 UW Extension/Ag & Resource Center
 227 1st Street West, Altoona

Mondays, 1:00 - 3:30 pm
 November 5 - December 10, 2018
 (plus Certified Diabetes Educator on Dec 17)
 UW Extension/Ag & Resource Center
 227 1st Street West, Altoona

Registration

Please register at least one week in advance by calling 715-839-4735 or online at www.adrcevents.org.



7-Week Fall Prevention Workshops

Tues, Mar 13 - Apr 24, 2018 - 9:00 - 11:00 a.m.
 Wed, Apr 18 - May 30, 2018 - 1:30 - 3:30 p.m.
 Wed, July 25 - Sept 5, 2018 - 9:00 - 11:00 a.m.
 Tues, Sept 11 - Oct 23, 2018 - 9:00 - 11:00 a.m.
 Wed, Oct 17 - Dec 5, 2018 - 9:00 - 11:00 a.m.

Complete schedule and locations listed on back.

COST: No fee

Registration

Class size is limited and registration is required. Please register at least one week prior by calling 715-839-4735 or online at www.adrcevents.org.

Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703

715.839.4735 1.888.338.4636 tty: use Relay (711) www.eauclaireadrc.org adrc@co.eau-claire.wi.us

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The next day is kind of a blur as my mom had just died. What is clear is that every staff member was respectful willing to do whatever they could to help my dad and my family. Helen checked in immediately with coffee and hugs and stories of mom. Assuring us that she would watch out for dad and would find him someone to eat with so he would not be at a table alone.

My sister and I had left for a short time. We return to find Brandi sitting next to and talking with my dad. Her obvious concern for dad was palpable.

...not sure if any words can express what a wonderful staff and facility you have built. You should feel proud and know that everyday lives are touched by your staff in the most tender way and often at the most difficult of times." – Maureen (Eckes) Kharasch

IMMEDIATE OPENING

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 3515 E. Hamilton Avenue, Eau Claire, WI

Assisted Living is 715-831-9118 - Memory Care is 715-831-8200

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HOW DO YOU CHOOSE A HOSPICE PROGRAM



Author: Dr. Hamblin
Prevea Health Family Medicine

Your family member has been diagnosed with end stage lung, heart or kidney disease or cancer. When is it time for hospice care? Hospice can provide care for people facing an end of life illness. Hospice involves an inter-professional team of nurses; care manager; social worker; chaplain; aides; volunteers; physical, occupational and speech therapists; dietician and physician who provide expert medical care, pain management, durable medical equipment and emotional and spiritual support tailored to the patient's needs and wishes. Support is also provided to the person's family and caregivers including bereavement services for 13 months after a death.

Hospice, established as a Medicare benefit in 1982, provides care in your home or in institutional settings, such as nursing and group homes or assisted living facilities. Hospice is supported by Medicare, Medicaid, VA and most insurance plans. Referrals can be made by your physician, the dying person, family members and even friends.

Choosing which hospice program can be difficult. Consumer report (October 2014) suggested that you consider six following features when choosing a hospice program:

- Not-for-profit status and 20 or more years of experience
- Hospice-certified nurses and doctors on staff and available 24 hours per day
- Palliative-care consultants who can begin care if you're not yet ready for hospice
- An inpatient unit, where patients can go if symptoms can't be managed at home
- Ability to provide care in nursing homes and assisted living residences
- Medicare approval

One can also check out Medicare's hospice brochure by going to www.medicare.gov and entering "Medicare hospice benefits" in the search bar.

Using these guides, you can choose hospice care wisely.

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Farm to Table

Growing Clean...Growing Fresh...Growing Local Food
Presenter: *Suzy Sivertson, Haaken Hill Farm*

Our area is increasingly adopting sustainable food growing practices in order to create
a healthier community. At Eau Claire county's Haaken Hill Farm, the culture is one of
having a positive impact on our environment and surrounding ecosystems. The staff at
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the principles of natural systems. Hear firsthand from Suzy how the Chippewa Valley is
undergoing a culture change with regard to how food is produced and consumed.

All presentations are FREE and held the 1st Wednesday of the month at:
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Registration is required, please call 715-839-0200.

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