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OCTOBER 2018

FREE
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Review

VETERAN'S SERVICES HAS MOVED

**BREAST AND CERVICAL
CANCER SCREENINGS AT
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TO YOU**

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YOUR MEDICARE PLAN**

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**FLU FACTS
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65 YEARS AND OLDER**

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HURTING
THE ELDERLY**



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- You do not have health insurance, your insurance does not cover screening exams, or you cannot pay the deductible or co-payment; and
- Your annual household income meets our guidelines – up to \$30,350 for one person, \$41,150 for two people.

Covered, at no cost to you:

- Breast cancer screenings
 - Clinical Breast Exam
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- Cervical cancer screenings
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 - Pap test



For information about services in Chippewa, Dunn, Eau Claire, Jackson, Pepin, Pierce, St Croix and Trempealeau Counties, call:

Jackie Krumenauer, RN, Public Health Nurse
Eau Claire City-County Health Department
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BREAST AND CERVICAL CANCER

SCREENINGS AT NO CHARGE TO YOU

By: Jackie Krumenauer, RN, Public Health Nurse (715) 839-4718

Eau Claire City-County Health Department

WWWP Coordinator for Chippewa, Dunn, Eau Claire, Jackson, Pepin, Pierce, St. Croix and Trempealeau Counties

Information about our current health care system is in the news every day. There are thoughts about changes which may occur, but few changes have happened to this time. The Affordable Care Act(also known as Obama Care) brought changes to our health care system. One of those changes that remains in place is that most health insurance companies are required to offer preventative breast and cervical cancer screenings(Clinical breast exam, Mammogram, Pelvic exam and Pap test), according to recommendations, at no cost to the insured. If you have private insurance, I encourage you to call your insurance company to make sure they offer these services without application of your deductible. Then call your medical provider to make an appointment for your screenings.

The Wisconsin Well Woman Program(WWWP) is also available to assist women to get their recommended breast and cervical cancer screenings. If you are a woman 45-64 years old, your income meets our guidelines, you do not have health insurance, your insurance does not cover screening exams, or you cannot pay the deductible or co-pay, The Wisconsin Well Woman program may be of assistance to you. It is recommended for women over 40 to get screened for breast cancer every year. The WWWP connects qualified women to one of our participating providers in the area and pays for the visit. Diagnostic testing is also covered, if cancer is suspected.

As a coordinator for WWWP I determine eligibility, enroll women in the program, assist them as needed to make their screening appointments, talk to them about what to say, and provide education on the current recommendations related to cancer screenings. Enrollment lasts 12 months and you can enroll year after year. I also assist women who are diagnosed with breast or cervical cancer to apply for a Medicaid program that covers the cost of cancer treatment.

Call me and ask any questions. I would love to assist in any way I can. For more information, give me a call. And remember, early detection is the best protection!





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DeFatta ENT & Facial Plastic Surgery



Tuesday, October 16 6:00–7:00 pm Upcoming Talks



**What's New in Hip Arthroscopy?
Labral vs. Reconstruction**

Brent Carlson, MD
Chippewa Valley Orthopedics & Sports Medicine

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Talks are Free. Call 715.839.9833

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A LESSON IN HUMILITY

By Bert Moritz,



Don't you wish you were a bit more quick witted? You know, always saying just the right thing at just the right time? Years ago I was standing beside Vice President Hubert Humphrey when he was running for president. A man came up and yelled, "Why are there so many fools in Congress?" Without drawing a breath, Humphrey shouted back, "Because this is a country of equal representation!" Now that was a good come back. The only time I nearly equaled that was when a one-eyed patient came into the office. As he seated himself in my examination room chair, he said, "I have only one eye. Can you cut your fee in half?" "No," I retorted, "The one you have is twice as valuable." I did, however, reduce my charges accordingly.

Unfortunately, it has not been my habit to quickly say the right thing at the right time. Instead, when I have spoken in haste, the result has usually been disastrous, at best.

My mother once suggested I was "popping the clutch to my mouth before putting my brain in gear." I'm better now. Experience has taught me to calm down and think a bit before I speak. Let me tell you about a time when I embarrassed myself by running off at the mouth.

After I had earned my bachelor's degree, I headed off to optometry school in Chicago. It was pretty expensive and my G.I. bill was running out. I needed money, and I needed a lot of it. I heard the Chicago Transit Authority (the city bus line) had a program to hire graduate students, like me, for summer

replacement bus drivers. I hired on, was trained and began driving big buses up and down the crowded streets of the Windy City. Talk about a kid out of his element. Remember, I was born in a town of 20 people out in South Dakota and grew up in small Iowa towns. My first summer of driving was pure torture. I was so nervous; I had bus driving nightmares every night. I actually started to wonder if I was awake or asleep. Every day I would report to my central station and get assigned to a street.

There were 17 different streets I had to randomly drive. Each street had its own personality and problems. One night I was driving on Lawrence Avenue. This street snaked its way past dilapidated storefronts and rundown row houses. It was known for crazy people who seemed attracted to the bus and the bus drivers. The run ended at Lake Michigan where the bus turned around and headed right down Lawrence Avenue again. In an eight-hour shift, I made about 10 runs, so there was plenty of opportunity to interact with the locals.

It was a Saturday night and my bus was jammed with characters of all sorts. One guy smelled so bad I had to breathe through my mouth. Several passengers got off early and yelled at me for letting him on. There was the usual assortment of bag ladies, homeless men and noisy drunks when someone in the back of the bus pulled the chain. I slid the bus against the curb at the next stop and opened the back door to let them off.

I glanced up at the mirror and saw four or five people shuffling their way toward the exit. After what seemed like an eternity, only one of them managed to get down the steps, and the rest looked like they were bumping into each other. I got impatient. I had a schedule to keep and figured they were all drunk or something. Hardly looking up, I opened my mouth and yelled, "Come on! Get off the bus!" The bus went dead silent. Everybody on stared at me. A guy in the seat closest to me leaned over and said, "Hey man, they're blind." I looked back and saw their white canes.

If a hole had opened up in the earth at that moment, I would have jumped right in. There I was, a student studying to help people with visual disabilities, and I had shot my big mouth off at those who needed the most understanding of all. Talk about feeling terrible. I got up out of my seat and walked to the back of the bus. After helping them off, I returned to driving the bus. I know that my face stayed beet red, and I was sweating as I drove to the end of the line.

Years later, I was golfing with my Uncle Chuck. He hit an especially bad shot and said, "Life is one long lesson in humility." Nobody knows that more than I do. We all have to learn to think before we speak. When we do, we all get along a lot better.



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American Association of University Women
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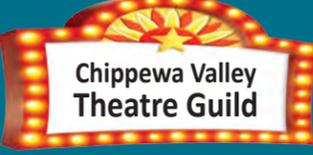
Have I Gained a Smartphone & Lost My Mind? How to Embrace Technology & Save Your Brain
Presenter: Bob Pecor
Storyteller & Trainer

Everybody knows that technology and smartphones have seriously impacted our lives. Few have taken the time to process how that has changed what we do, how we think, and how that affects our brain. Bob has researched this topic and is prepared to answer questions and tell you why you might have some concerns...or maybe why you should not.

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.
Each session includes light refreshments and door prize drawings.



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Did you know you may be able to meet with your VA DR. over the computer?

It's called Telemed/Telehealth. The VA is growing their services to make them more convenient for veterans. Imagine not having to drive to Minneapolis VA for an appointment! Nobody likes to deal with that traffic! Ask your primary DR. if some of your care can be done this way.

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All-women Choirs honor the ancient tradition of singing at the bedsides of people who are struggling: some with living & dying. The voice, is a true and gracious vehicle for compassion and comfort. The choirs provide opportunities for women to share the sacred gifts of their voices at life's thresholds. To make a referral for singing in the EC area or join contact thresholdec@gmail.com

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 families 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/care-givers. No charge. Pre-registration required.

THE GENEALOGICAL RESEARCH SOCIETY OF EAU CLAIRE will meet at 10 a.m. Saturday, October 13, 2018 at the Chippewa Valley Museum in Carson Park. A short business meeting will be followed with a program by member, Todd Johnson, about his European research trip this summer. The meeting is open to the public, refreshments are served. For more information call 715 874-6678 or check the website, <grsec.org>

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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Basket Weaving 101 Make a wood base oval or round basket made with reed and raffia. The finished basket is 8-10 inches in diameter. Supplies needed: Small plastic dishpan, small screwdriver, old hand towel, spray bottle, scissors and 10 clothes pins. Tuesday and Thursdays, Oct. 9-16 10:30am-12pm

Computer Level II General topics covered: Start Menu, Desktop, Control Panel, Windows Features, Saving and Organizing Files and Folders, Safely Using the Internet, and Internet Security. This class does not cover Email. Prerequisites: Level I Class or experience using the mouse, keyboard & internet on a Windows computer. Thursdays, Oct. 11-Nov. 15 1:30-3:30pm

***Healthy Nutrition and Gastroenterology**
A MD, Gastroenterology from Mayo Clinic Health System and Assistant Professor of Medicine at Mayo Clinic College of Medicine, will present on healthy nutrition and gastroenterology facts and myths. Tues., Oct. 23 5pm
Presenter: Dr. Jamie Zigelboim, MD Mayo Clinic

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Review



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DUSTING OFF SOME LOCAL HISTORY: “FURNITURE DISTRICT.”

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

THE FOLLOWING A RE-PRINT OF A PREVIOUS ARTICLE THAT DID NOT APPEAR IN ITS ENTIRETY

The Cannery District, a location roughly encompassing the area adjacent to the west bank of the Chippewa River north of Madison Street up to the High Bridge, is currently under redevelopment. Plans include developing a mix of residential, park, office, and retail space. Some of this plan utilizes existing historic structures to create an urban aesthetic that blends the new and the old. Let's look at the interesting history of this district. The large Lange Canning Company (hence “Cannery District”) was the dominant industry in this area during the first half of the 1900s. The plant ceased operations in 1953 when the company went out of business. Presto industries moved in briefly, only to use the buildings for storage, and for a while an A&P grocery store was located north of Madison Street on the west side of the river. The story of the district, however, goes back many years prior to the Lange Canning Company.

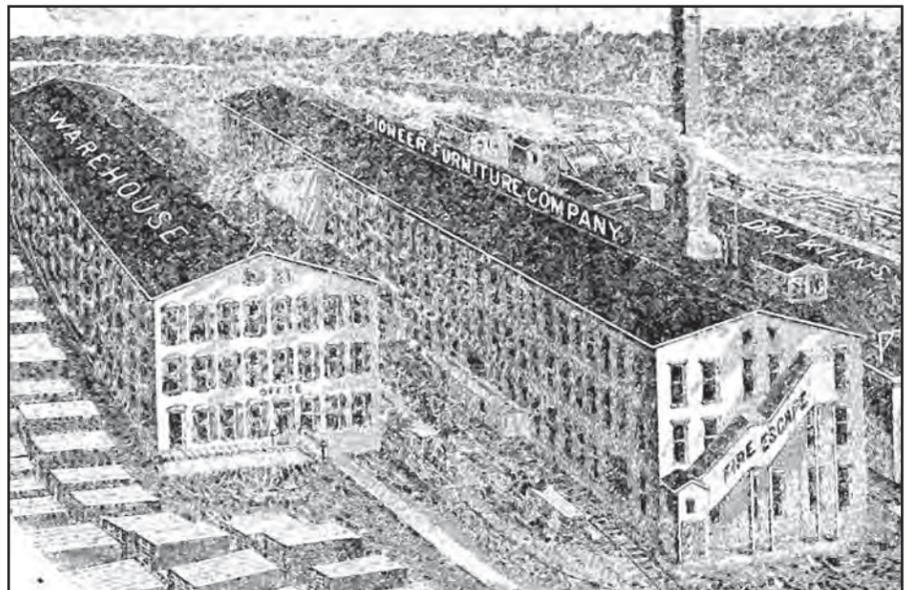
During the late 1800s and early 1900s, the “Cannery District” could have been more accurately described as the “Furniture District.” The Pioneer Furniture Company operated out of several large brick buildings in the area. According to an 1892 description of Eau Claire, “the main factory is 256x60 feet, three stories high; the second building, used as a warehouse for shipping is 100x60 feet. Besides these are the immense dry kilns and other buildings.



Lange Canning maintained an active presence in the Eau Claire community. A company sponsored junior basketball team wore uniforms, with unfortunate monikers like “Pork & Beans” and “Pickles” in this 1923 image. Kodak Yearbook, 1923.

The shipping facilities of the company are unsurpassed. Railroad tracks run through the yards direct to the doors of the warehouses...” Established in 1888, the company quickly grew to become an important industry in the city, especially at a time when the lumber industry was in rapid decline. At its height, it employed several hundred workers and specialized in the manufacture of bedroom furniture.

Is there a local history mystery or topic you want to know more about? Do you have a suggestion for an upcoming column of “Dusting Off?” Please contact Greg at the UW-Eau Claire archives. He would love to hear from you.



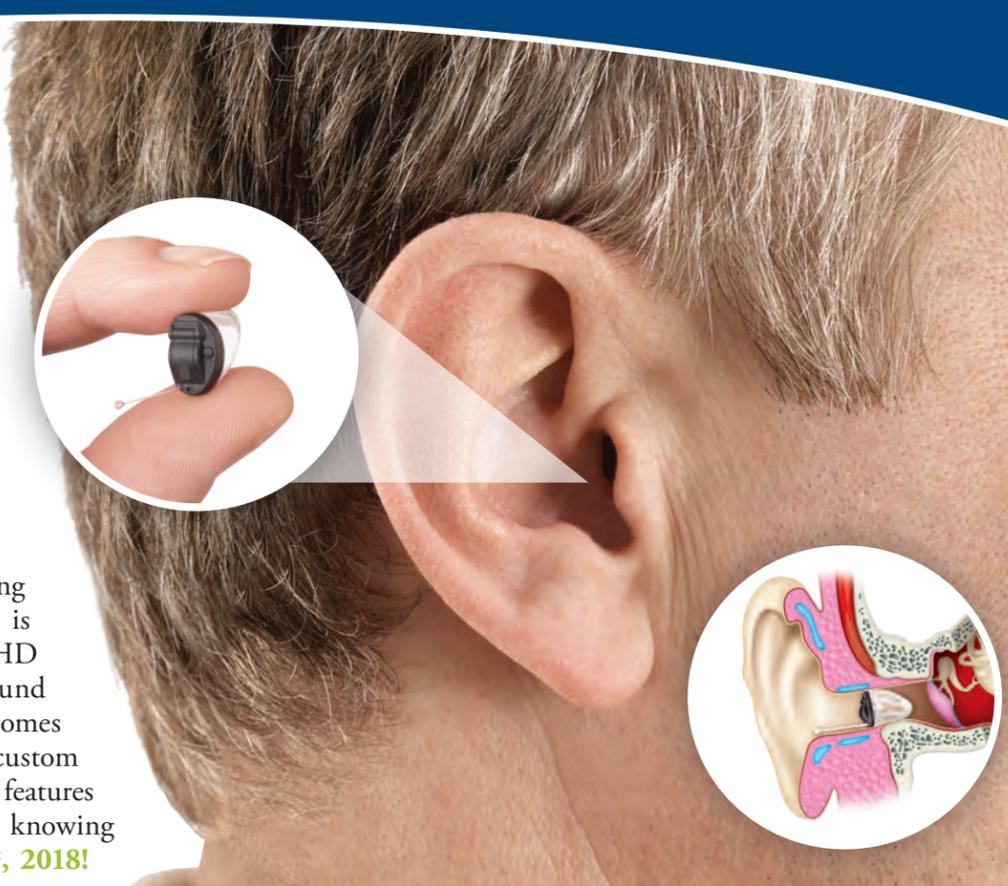
Pioneer Furniture was the dominate industry in the “Cannery District” in the early 1900s. You can still find some of the fine pieces of furniture manufactured by Pioneer for sale on eBay and other websites.

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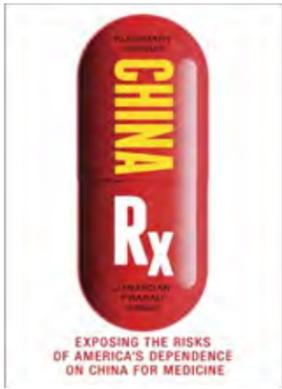
www.accuquest.com

GREAT READS FROM PROMETHEUS BOOKS

Susan Krahn, MS, RDN, CD, CLC
Public Health Nutritionist, Eau Claire City-County Health Department

China Rx: Exposing the Risks of America's Dependence on China for Medicine

Rosemary Gibson, Janardan Prasad Singh
9781633883819, 1633883817



Millions of Americans are taking prescription drugs made in China and don't know it—and pharmaceutical companies are not eager to tell them. This is a disturbing, well-researched wake-up call for improving the current system of drug supply and manufacturing.

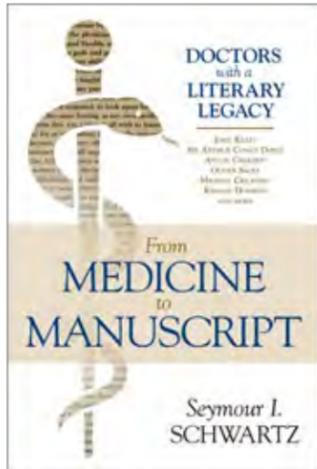
Several decades ago, penicillin, vitamin C, and many other prescription and over-the-counter products were manufactured in the United States. But now are made in China and sold in the United States.

The authors convincingly argue that there are at least two major problems with this scenario. First,

it is inherently risky for the United States to become dependent on any one country. Second, lapses in safety standards and quality control in Chinese manufacturing are a risk. This probing book examines the implications of our reliance on China on the quality and availability of vital medicines.

From Medicine to Manuscript: Doctors with a Literary Legacy

Seymour I. Schwartz



9781633884335, 1633884333

An eminent surgeon, who has written books on the history of medicine and cartography, profiles physicians past and present who have also published works in the humanities.

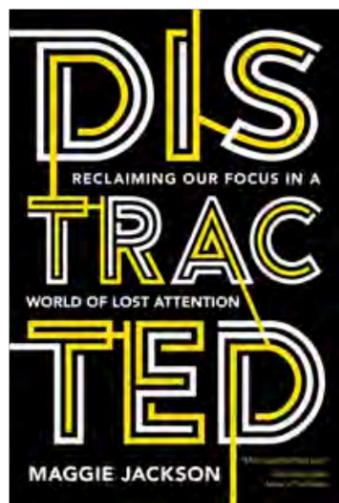
Throughout history doctors have felt the need to express themselves in prose and poetry, often on subjects far removed from their medical interests. Renowned surgeon Seymour I. Schwartz felt this same compulsion to write and eventually decided to investigate other authors with a background in medicine. The result is this informative and entertaining compilation of biographical profiles spanning the Middle Ages to the present era.

In many cases, literary fame has eclipsed memory of these authors' medical expertise: Most

people today talk about Maimonides, Rabelais, Locke, Schiller, Keats, Conan Doyle, and Chekhov because of their literary works, not because they practiced medicine. But the lesser-known individuals are just as interesting. Enjoy the profiles of contemporary doctors who are also respected authors, this diverse collection shows that, despite increasing specialization, medicine and the humanities continue to complement each other to enrich our lives.

Distracted: Reclaiming Our Focus in a World of Lost Attention

Maggie Jackson



9781633884625, 1633884627

This visionary book details the steep costs of our deepening crisis of distraction and reveals remarkable scientific discoveries that can help us rekindle our powers of focus and sustained attention.

In the first edition of this groundbreaking book, Maggie Jackson sounded a prescient warning of a looming crisis: the fragmentation of attention that is eroding our abilities to problem-solve, innovate, and care for one another. Now in this updated edition with an incisive new preface, she offers both a renewed wake-up call and a path forward as we reckon with one of the most pressing problems of our time.

How can we harness the technological marvels of our age more wisely and turn data into

knowledge and distraction into skillful attention? How can we reset human bonds in a time of deep disconnection? We must, she argues, curb technological excess by cultivating the full gamut of our attentional capabilities. We must look first to the human behind the device.

Jackson is our expert guide in exploring the historic roots of distraction, the perils we face in melding human and machine, and the cutting-edge science that reveals the attentional skills most needed in an age of overload. Timely and unforgettable, Distracted offers a harrowing yet hopeful account of the fate of our highest human capacity

HELP CREATE A SAFER, HAPPIER HALLOWEEN FOR ALL

Halloween can be a scary time for millions of families across the country managing food allergies. One in 13 children in the U.S. has a food allergy – that's about two children in every classroom. For these children, a tiny amount of their allergen has the potential to cause a severe, even life-threatening, reaction. Chances are that a child in your neighborhood has a food allergy.

Many popular candies include the most common food allergens: peanuts, tree nuts, milk, eggs, wheat, and soy. Even candy that does not include an allergen may not be safe if it is made on the same equipment with allergens. Many small candies may not have labels so it is hard to know if these treats are safe for someone with food allergies.

The annual, nation-wide Teal Pumpkin Project aims to keep all trick-or-treaters safe and healthy. A teal pumpkin on a doorstep is a sign that there are non-food treats or "treasures" available.

Participating in the Teal Pumpkin Project is easy!

You can help keep all children safe with these simple steps:

1) Pick up low-cost toys or treasures for trick-or-treaters. Non-food treat ideas include bubbles, glow sticks, stickers, stencils, or bouncy balls. This also gives all children in your neighborhood a healthier, fun option! Keep your food treats and non-food treats in separate bowls.

2) Put a teal pumpkin – the color of food allergy awareness – in front of your home or business. No time to paint a pumpkin? Use a free printable sign from FARE (www.tealpumpkinproject.org).

For more information, visit www.foodallergy.org. The TEAL PUMPKIN PROJECT and the Teal Pumpkin Image are trademarks of Food Allergy Research & Education (FARE).



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EAT YOURSELF HEALTHY



By Rachel Keniston

Consumer Report September 2018 issue is about Eating Yourself Healthy! There is a lot of good information about the importance of vegetables to our health. I'm also really excited because they have a small piece about CSA (Community Supported Agriculture) subscriptions. They state that by having a subscription you are likely to

spend less than you would if you bought the same vegetables in the store. People often worry that they will have too many vegetables each week but our Solheim Market Garden CSA customers have told us they are finding ways to use their vegetables without any problems. It really excites me to learn more and more that research supports the benefits of eating fresh vegetables!

In August Solheim Market Gardens through sponsorship by Dr. Brent Jensen MD was able to provide over 200 pounds of fresh produce for The Community Table's Celebrity Cooking Event for elementary school age children. Participants got to learn about fresh vegetables, how to prepare them and got vegetables to take home to share with families.

I challenge you to keep thinking and evaluating how you eat and view food, especially vegetables! Eat your way healthy!



IS IT TRASH OR TREASURE?

It Worth?" antique appraisal event in Eau Claire. "What's It Worth?" will be held Saturday, November 17 from 10:15 a.m. to 1:15 p.m. in the Eau Claire Room on the library's lower level. Observers are welcome at any time, but appraisals are by appointment only and reservations must be made in advance. Registration starts Monday, October 1. To schedule an appointment, call 715-839-4834.

Appraisals will be conducted by Mark Moran. Moran is the former senior editor of the Antiques and Collectibles series of books for Krause Publications in Iola, Wisconsin. He has served as a contributing editor for Antique Trader magazine, as editor of Antique Review East, and as producer of Atlantic City's antique show "Atlantique City." Mark bought and sold antiques for more than 30 years, specializing in vintage folk art, Americana, and fine art. He has been active as an appraiser of antiques and fine art for more than 20 years.

Unlike for-profit ventures which seek to purchase valuables for resale, this appraisal event is independent and for the benefit of the community.

Categories of objects for appraisal may include folk and fine art, furniture (usually smaller pieces are best), ceramics, glassware, vintage photographs, advertising, toys, clocks, and costume jewelry. Excluded items include weapons, coins and paper money, Beanie Babies, fine jewelry (including precious gems and watches), most musical instruments, and Nazi memorabilia.

YESTERDAY'S MOM AND POP GROCERY STORES



by Ken Aderson

Whenever I go grocery shopping I can't help remembering the small "Mom and Pop" stores that were once an icon of every small town. My hometown of Dorchester had a population of 486 with four grocery stores in 1960, when The Andy Griffith Show first aired.

Meals were simple in 1960 and the grocery stores were not stocked with ethnic foods that are common today. Neither did they carry coolers full of frozen pizzas and other

ready-made foods. Delis and fresh seafood items were not to be found and soda pop displays were small and liquor departments were nonexistent.

Mayberry also had a very small grocery store – Foleys Market. Mr. Foley was a laid back friendly man who catered to his customer's simple needs with a smile on his face and a big heart.

Aunt Bee once bought 150 pounds of beef from a new market that opened in Mayberry. However, her freezer broke down, so she decided to ask Mr. Foley if he would store the meat for her. Of course being the man that he was, he readily agreed.

Yet Andy refused to take advantage of Mr. Foley's kindness so he bought Aunt Bee a new freezer.

The owners of these small mom and pop stores were more than businessmen. They were your friends and your neighbors. They knew every customer by name. Shopping for groceries was a leisurely social activity. It meant visiting with friends. It was not intended to be a fast paced in and out experience.

Barney once gave Opie a penny and told him to go buy a lico-rice whip. The little stores in Dorchester and Mayberry were perfect for finding great penny candy. I recall taking forever to decide what I should buy with my nickel. These stores were also great for returning found pop bottles as we would

get two cents for each one returned. Some even allowed us to "cash in" cents off coupons that we clipped from magazines.

Somehow, grocery shopping just is not a relaxing experience any more. It is just one more thing that has gone by the wayside in our fast paced impersonal world.

www.themayberryguru.com themayberryguru@gmail.com



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Flu Shot Clinics 2018

The Eau Claire City-County Health Department will offer flu shots on the following dates at the listed locations.

October 8	3:00 – 7:00	Eau Claire Indoor Sports Center
October 10	1:00 – 5:00	Eau Claire Northstar Middle School
October 16	4:00 – 5:30	Altoona High School
October 17	1:00 – 5:00	Eau Claire DeLong Middle School
October 23	9:00 – 12:00	Fall Creek Elementary School
October 23	2:00 – 5:00	Augusta High School
October 24	1:00 – 5:00	Eau Claire South Middle School
October 26	10:00 – 10:30	Fairchild Senior Apartments

Flu shots only – no nasal FluMist available

Adults: \$44 (cash or check only)
Medicare and/or Medicare Advantage plans will be accepted. Must show card.
Limited adult Medicaid plans accepted.

ALL CHILDREN up to 19 years: No cost

Flu shots also available by appointment at the Health Department per standard eligibility requirements. Call 715-839-4718 for appointment.



TIME TO REVIEW YOUR MEDICARE PLAN

By the GWAAR Legal Services Team (for reprint)

Medicare's Annual Open Enrollment Period is coming soon. Be sure to add this to your fall checklist if you have a Medicare Part D plan or a Medicare Advantage Plan.

Every year insurance companies can change their list of covered drugs and their pricing structure, known as the plan formulary. This means that even if you are taking the same medications, the amount you pay for your medications may change next year. The plans' premiums, deductibles, and copays can also change each year.

What can people do about this? All Medicare beneficiaries should review their current coverage during Medicare's annual Open Enrollment Period, which runs October 15 through December 7th. Find out what your plan's costs and coverage will be next year and compare it with other options based on **your** prescription medications and other needs or preferences. You may decide you're happy with your plan's costs and coverage details for 2019. In that case, you won't need to do anything. Or, you may find a plan that is better suited to your needs and your budget.

Shopping around to find what's best for you is always a good idea, but you don't have to do it alone. Free, unbiased assistance with plan comparisons is available from the Elder Benefit Specialists at the ADRC office in Eau Claire County.

Don't let this opportunity pass you by! The Elder Benefit Specialists can also check to see if you are eligible for any programs or benefits that can save you money. For further information and assistance call the ADRC office in Eau Claire, WI

MEDICARE PART D FINDER DIRECTIONS USING WWW.MEDICARE.GOV

It is time to think about your prescription coverage for 2019. From Oct 15 to Dec 7 you can compare plans and make changes. It is important to do so each year as plans can change. Last year's plan may not be your best choice for this year.

One of easiest ways to check out your options is to go online to www.medicare.gov. This site can walk you through a step by step process to compare your current plans to those available.

1. Log onto www.medicare.gov
2. Click on the green tab saying "Find health & drug plans."
3. Select a 'Personalized Search' or 'General Search'.

As you continue through the process answering the questions You will refine the results of your search allowing you to make comparisons to best serve your needs for next year.

TIME FOR A FLU SHOT



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FLU FACTS FOR PEOPLE 65 YEARS AND OLDER

Influenza (the flu) is a serious illness, especially for older adults.

FACT: People 65 years and older are at high risk of serious flu-related complications.

People's immune systems become weaker with age. While flu seasons can vary in severity, people 65 years and older are hit the hardest by the flu most seasons. Between 70 and 85 percent of flu-related deaths in the United States occur among people 65 years and older. For flu-related hospitalizations, this number is between 50 and 70 percent.

Long-term medical conditions also can put you at high risk for serious flu complications.

FACT: The flu can make long-term health problems worse, even if they are well managed.

Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common medical conditions that place people at high risk of serious flu complications. It is particularly important that all adults

with these or other chronic medical conditions get a flu vaccine every year.

FACT: There are prescription drugs that can treat influenza virus infections. People 65 and older should be treated with influenza antiviral drugs if they get the flu.

If you have flu symptoms – even if you have already had a flu shot – call your healthcare provider. Healthcare providers can prescribe medicine to treat the flu and lessen the chance of serious illness. These medicines work better the sooner you start taking them. If you have any or all of the following symptoms, you might have the flu and should call your healthcare provider:

- Fever or feeling feverish/chills
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue (tiredness)
- Sometimes diarrhea and vomiting

It's very important that people who are very sick with flu get these antiviral medicines early in the illness.

An annual flu shot is the best protection against the flu.

FACT: While flu vaccine can vary in how well it works, vaccination is the first and best step in protecting against the flu.

Annual flu vaccination is recommended for all people 6 months and older. Vaccination is especially important for people 65 years and older because of their high-risk status. Studies have shown that flu vaccination can prevent flu illness and flu hospitalization. Also, vaccination can make your illness milder if you do get sick.



**PLEASE CHECK THE
FLU SHOT CLINIC SCHEDULE
ON PAGE 10 TO FIND A SITE NEAR YOU.**

**GETTING A FLU SHOT COULD BE THE BEST
THING YOU DO FOR YOURSELF THIS FALL!**

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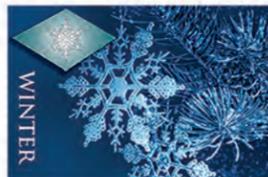
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GUEST REGISTRATION 2-6

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

\$1 extra to register online. Time slots are limited. Go to rubyspantry.org

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CHIPPEWA VALLEY EDUCATIONAL PROGRAMS

The Alzheimer's Association's Family and Community Education programs are designed to meet the needs of family caregivers, employee groups and members of the general community seeking information about Alzheimer's disease and other dementias.

All programs are free of charge and available across the Greater Wisconsin Service area. Here are some local programs in our area. For more information or to schedule programs please call: Alzheimer's Association Greater Wisconsin Chapter 800.272.3900.

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 October 9th, 2018 at Lake Street Methodist Church, 337 Lake Street, Eau Claire, 54703. Time: 10:00 am to 11:30 am.

Understanding Alzheimer's and Dementia: This program covers the basics of Alzheimer's and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed. The program will:

- Explore the relationship between Alzheimer's disease and dementia.
- Examines what happens in a brain affected by Alzheimer's.
- Details the risk factors for and three general stages of the disease.
- Identifies FDA-approved treatments available to treat some symptoms.
- Looks ahead to what's on the horizon for Alzheimer's research.
- Offers helpful Alzheimer's Association resources.

This program will be held on Tuesday October 23, 2018, at Mayo Clinic Health System, Courtyard Conference Room 3, (take elevator V to lower level), 1221 Whipple Street, Eau Claire, WI 54701. Time 11:00 am to 12:00 pm.

Know the 10 Signs: Early Detection Matters: The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. This training shares the 10 Warning Signs of Alzheimer's disease, separates myth from reality and addresses commonly-held fears.

Thursday October 18, 2018 at the Rutledge Charities Building, 404 North Bridge Street, Chippewa Falls WI 54729. Time: 1:00 pm. to 2:00 pm in the community room.



Classic Movies for Halloween

Great old fashioned Halloween fun for the entire family.

IT'S THE GREAT PUMPKIN, CHARLIE BROWN (1966)

Join Charlie Brown and the Peanuts gang attempt to prove that the legend of the Great Pumpkin is real. Watch Linus and Sally and the gang celebrate the traditions of Halloween. Great for ages 4 and up. 25 minutes. Available on DVD.

HOCUS POCUS (1993)

Imagine being 17th century witches conjured up to a present day Salem by a prankster. What follows is utter havoc, including kids, a talking cat, and great hilarity. Love to laugh at Bette Midler, Kathy Najimy, and Sarah Jessica Parker. Great Halloween treat. For ages 8 and up. Rated PG. 96 minutes. DVD.

CASPER (1995)

This Steven Spielberg produced computer-generated imagery revolving around three nasty ghosts, a greedy heiress and a ghost names Casper. Considered a must see for kids 3 and up.. Rated PG 100 min. Released on

Read more at http://www.theholidayspot.com/halloween/10_great_movies.htm#aB2LflqzZWFwHm3t.99

Celebrate the Chippewa River

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Raj Shukla, Executive Director
River Alliance of Wisconsin

Saturday, October 27
9:00 a.m. - 3:30 p.m.
Davies Center, UWEC

Topics Will Include

- Aquatic Invasive Species
- History of the Chippewa River
- Citizen Science Projects
- Connect with local conservation organizations

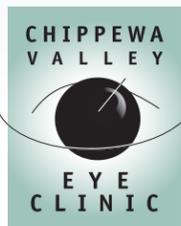
Visit beavercreekreserve.org/events for more information and to register

Got an idea for a story... Let's chat! mary@seniorreview.com

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MAN CAVE

...a just a bit of fun for the reader!

by Mary & Brad Dale, Editors,
 Senior Review, Senior Times, Senior Hi-Lites



I could see it in his steely eyes. Every year about this time he takes a notion to try his luck with a rod.

So far for his efforts, he brings home more stories than fish. But then it has been said that bad day fishing is better than a good day doing anything else.

His buds were alerted. His snacks were packed and he was good to go. I put on my best wife like face and asked him how I would get along without him for four entire days?

I walked him to the truck, handed him a sack lunch and a cold pop and told him I would miss him dearly.

As I watched the truck drive off in the distance he would see me standing and waving in the rear view mirror. The toot at the end the long drive said the final bye.

What lay before me was a golden opportunity for four days and three nights of pure heaven.

I was giddy with the opportunities before me for personal pleasure. In no particular order I could do:

- Eating what I wanted when I wanted. The heck with the food pyramid. I was thinking of a heavy grade chocolate and lots of it.
- Hogging the middle of the bed. With so much real estate in a king size bed, I fancied plopping myself in the middle of a mound of pillows, reading until the wee hours with the “crappy music” of my choice to keep the mood going.
- Getting up when I wanted and not a minute before.
- Commandeering the remote while wandering aimlessly from Netflix to Amazon Prime with no one whining about the sappy plot lines, people dancing or lack of a decent body count via car explosions..
- Binging with the gals on Downton Abbey while knitting up a storm. (the holidays are upon us)

The way I figure it I had 96 hours to myself. Each of was a gift. So I went into the house, turned off all the lights, shut the drapes and hunkered down for the time of my life.

Who needs Travelocity.com?

TODAY, WHY NOT GET BEGIN TO GET RID OF YOUR TRASH?



I am not talking about the coffee grounds, banana peel and dirty napkin left from breakfast.

I am talking about a much bigger ‘recycling’ problem, your personal bucket you carry from room to room, that holds all the garbage you continually toss at yourself.

When the ‘trash’ voices in your head tell you that you are dumb, fat, stupid, clumsy, and my favorite....boring, you take it seriously and soon believe it. You replay it; own it and little by little you become it. You take it home with you. You have it with your dinner. You share it with your family. You put it on the couch next to the remote. You even offer it a pillow at bedtime.

And one day, you realize you are invisible. You don’t get the job. You don’t get the promotion. You don’t get the relationship. You don’t get the life you wanted. And all because you listened to the trash.

Why? More than likely it’s a habit.

It started long ago, maybe when you were a young girl with no skills, or a bit overweight (school girls can be so cruel), or lousy at ball or interested in cool ‘science’ stuff that got you teased with no mercy. It is life. But isn’t it time to move on?

It ends today.

Take a deep breath and start to clean out the trash.

Replace all negative ‘junk’ with positive messages. Every time you think a negative thought, replace it with a positive one.

Happiness works from the inside out. Ask yourself where the trash came from and why you continue to keep it?

It will be hard work, tossing out old monstrous trash, but in about 30 days, you will feel positive and soon less invisible. It will show and you will love owning that!

What do you have to lose?

DEFEND YOUR HOME EQUITY



by Kevin Escher, SENIORS REAL ESTATE SPECIALIST Escher Real Estate

In August we asked the question of who, other than you, defend your home equity.

If you own a home, the amount of equity in your home comes to mind for you throughout your home ownership.

Most people ultimately realize and receive the equity in their home when they finally sell. There are many questions about when to sell, how it will happen and for what price, how to manage the process and what do I do with all of my possessions? The answers to many of these questions is WHO will help you. This is where your local SRES (Seniors Real Estate Specialist) can help you. Your first step is to make a call to schedule a time to meet with me or a Real Estate professional of your choice, to answer your questions and walk you through the process. It does not matter if you are one week, month or year away from considering a move. We as Real Estate Professionals stand ready to help you put the pieces of the puzzle together by providing resources and expertise to plan your home sale.



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STIX THAT CLICK

Fall is in the air. Do join the ladies that come to Acoutics on Mondays from 10 - 12 to knit, crochet or just chat. There are no rules, divas, or dues. And it is time to get started on your holiday gifts. If this group sounds like just what you have been looking to join, please join us. We welcome anyone at any level. So grab a cup of coffee and get your 'fiber' on. Hope to see ya.

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.

INDIANHEAD CHAPTER AMERICAN SEWING GUILD MEETING

Join the only national organization dedicated to Advancing Sewing as an Art and Life Skill.

Location: Trinity Lutheran Church, 1314 E. Lexington Blvd., Eau Claire, WI 54701

Time(s) Thu.

Thu. Oct. 25 10am-noon

Thu. Nov. 15 10am-noon Thu. Oct. 25 10am-noon Thu. Nov. 15 10am-noon

EASY WEIGHT LOSS TRICK

Leave fruit and veggies on the counters of your home in the direct walk paths

to the door. If it is in sight, it will be picked up and eaten.

TAKE CONTROL OF YOUR INNER VOICE

Scientists have discovered with the change of a word, you change the power. And if it is over what you eat, it matters.

So instead of saying 'I can't' change the narrative to 'I don't'.

The difference is between a diet plan telling you what to do and you making a decision over what to do. By taking charge of the narrative, here is a higher outcome for success.

TAKE A MINDFUL CHALLENGE

Over the next few days do the following every time you eat:

1. Keep your eyes on your food and other people when you eat. (turn off the screens)
2. After each bite, put down your utensil.
3. Enjoy each bite.
4. Focus on one other sensation besides taste.
 - What does it look like?
 - Is there a special texture?
 - How about the smell?

BEFORE YOU BUY!



Sure we all love a deal. But before you buy it, ask yourself the following questions. Be honest with yourself and don't over think the answer. Your first answer will be most likely be the correct one.

- Do you need it? Or just want it?
- Can you afford it? Test: if you can pay cash, more than likely yes.
- Will you use it? And more than once?
- Can it wait? You can't have everything today.
- Does it fit as is? Or require a hem, zipper or button?
- Can you get it free? Look for it on a website!
- Can you get a better deal? Use that Smartphone to do some shopping and coupon hunting!

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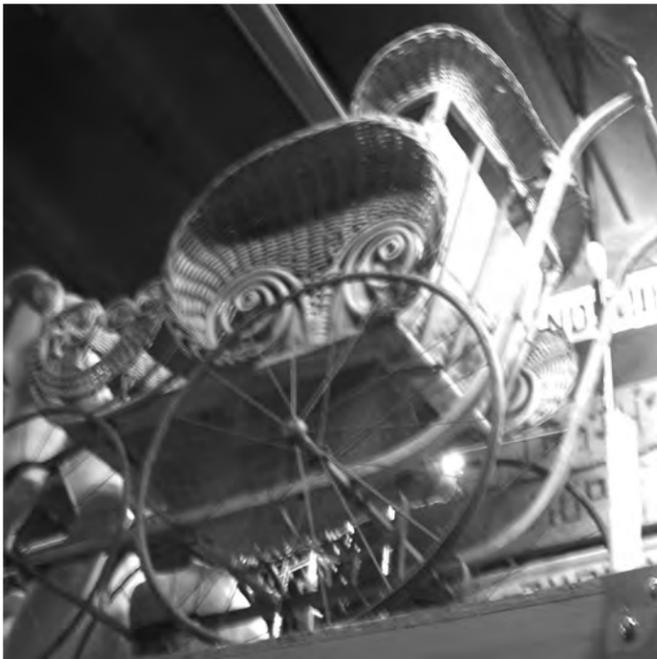
IN THE MUSEUM VICTORIAN ERA BABY STROLLERS.



By Bruce Gardow, Archivist
Dunn Cty Historical Society

Because of the immense amount of wealth concentrated in the Menomonie area, The Victorian age and everything associated with it greatly flourished, including baby carriages. Carriages of the wealthy were opulent as well as elegant. Ornate wicker was the construction material of choice. The wicker was held in place by embellished highly polished brass fixtures.

The golden age of these carriages was from 1880's – 1890's with its conception taking place during the Civil War. The carriage was kept quiet at first to capture the Victorian heart. However, by the 1870's the demand for baby carriages was climbing. Several manufactures of hand woven wicker products added carriages to their product line. A major player in the carriage trade was Heywood Brothers & Company of Gardner Massachusetts. The Company was turning out quality, embellished carriages in large numbers to meet the ever increasing demand.



The fascination of the Victorian woman of the late 1800's over the wicker carriage owes partial to the times and a mother's influence. With gentle, but unflinching control over the Victorian lifestyle. Mother Nature surrounded and invited time for contemplation of everyday life. Strolling in the fresh air was considered a joy and necessary for good health and motherhood. The Victorian woman was ardently concerned for proper ventilation and hygiene. Societal norms stressed that one should rejoice with nature. This obsessive passion for nature and the outdoors visibly enhanced the quest for carriages.

Each year as Spring arrived, Victorian women anxiously awaited the arrival of the companies' carriage catalogs offering the latest carriage styles. Wicker offered the Victorian woman durability and was considered very light weight making moving the carriage from indoor to outdoor and vice versa. Its airy appearance increased a feeling of union with nature. Plus, the wicker carriage was easy to clean. Wicker seemed to satisfy the Victorian concerns.

Wicker companies abounded in the 1880's. With so many companies competing for the carriage business, prices were kept low and thousands were provided employment. To complete a carriage required three days of 12-14 hours per day. The hand process was slow and tedious, however, it enabled carriages from the golden era to survive today. The choices during this golden period of time seemed endless.

With the great success of the wicker carriage, manufacturers began to manufacture a variety of different types of carriages for instance the sleeper carts provided a device for lowering and adjusting the back into a comfortable reclining position, with the footrest raising automatically. Other carriages were built on spring frames that provided a gentle ride and allowed the carriage to rock a fussy baby to sleep. Then there was the go cart carriage. Go carts were strong runabouts suitable for a baby eight months or older. Rolled arms and roomy interiors with a push handle were hallmarks of this carriage. The Haywood Brothers produced the twin carriage. Twins would sit at each end, facing each other. You could order them with matching parasols or runners. When installed the runners would turn a carriage into a baby sleigh. Some companies offered a variety of stain or varnish – cherry, oak, mahogany or clear. Gold leaf could be richly applied to the carriage body and gears for an additional fee.

The early carriages were made of willow although reed was preferred as it had the capability to take stain. Interior upholstery was made available in soft silk, tapestry, damask, velour or broadcloth in lush colors of sapphire, cardinal, golden brown, myrtle and more. Parasols were even more elaborate being offered in silk or satin; ruffles, lace edging bows and ribbons.

As the turn of the century drew near, the golden age of Carriage embellishment was beginning to disappear. Sadly it was the end of the Victorian era. With the new century came new ideas and styles. Carriage fanciers now considered the Victorian era carriages to garish and overdone. The modest straight lines of the arts and crafts movement was in vogue. Carriages by the thousands were simply thrown away or burned, no reminder of such vulgar taste was considered proper. The golden age had ended.

WATCH FOR BAMBI

(..and his relatives)

With the changing of the season, the days get shorter, the leaves are on the ground, romance is in the air and the does leads the buck on a merry chase....through your back yard, front yard, drive way, field, forest, ditch and highway. Not paying any attention at all to where they are going.

It is true that deer move in all seasons. If you have deer in your neighborhood, you know it.

However, toward the end of October thru the first part of November, they are more than likely to travel far and faster with little attention to what may be going on around them.

Consequently, you may turn the same corner you have all year to find an 8 point or Bambi's mama standing in the road. If your reflexes are super, you may avoid an accident. If your reflexes are just not that good, not only will your evening be ruined, you will have to deal with a police report, a body shop report and/or an insurance company.

If you hit a deer, you need to get the proper report to your insurance company so they know the vehicle claim was due to an animal hitting your vehicle and not through an accident. It makes all the difference in the world to the insurance company and your rates.

So please remember to watch for deer. Pay attention not only to the road but what is going on at the side of the road and in the ditches. At night, your headlights won't let you see the deer far off the road. If the deer are looking at you, you will see their eyes shine in your headlights, but not always soon enough to avoid a collision.



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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:

- Roof and window replacement
- Plumbing repairs or upgrading
- Accessibility Modifications
- Electrical repairs or upgrading
- Carpentry repairs
- Heating system replacement
- Energy saving repairs
- Siding repairs or replacement

Applicant Eligibility Requirements:

- City of Eau Claire resident
- The Assessed Value of the Property May Not Exceed \$146,500
- Property Must be a minimum of 25 years old
- Owner Occupied (at least 1 year)
- Good Credit History
- HUD Income Guidelines Apply: Not to Exceed 80% of Area Median Income



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TODAY'S ECONOMY HURTING ELDERLY

By Peter E. Grosskopf

Recently, in one news cycle, there were several stories that should be of concern to any of our senior readers, or those who may be facing retirement any time in the near future. Further, if this trend holds true, the future seems bleaker, even for those younger folks.

The date of the articles all came out on August 6, 2018. The first article was from the New York Times, and documented that the bankruptcy rate for those people over age 65 is presently three times the rate from what it had been in 1991. Further, that same group accounted for a far greater share of all filers, or in other words, the bankruptcy rate is disproportionately affecting those age 65 and over. According to the Times author, Tara Siegel Bernard, there were three main factors causing this surge:

- First, citing the consumer bankruptcy report, there has been a three decade shift of financial risk away from government and employers, onto individuals.
- Individuals are now bearing an ever greater and increasing portion of their financial well-being as the various social safety nets shrink. For example, healthcare is now rarely offered by employers, and if it is, there is greater amount of deductibility, greater amount of sharing of cost of premiums, and lesser continued coverage, post retirement.
- Another factor is that people are waiting longer and longer to take full social security benefits, and accordingly, start to deplete their own other retirement accounts, such as 401k accounts and IRA's, to pay more and more of out of pocket spending on health care.
- Finally, declining incomes, both in retirement and leading up to it, compared to the rising costs of goods and services, compounds all of the above problems.

The second article in New York Magazine, author Frank Rich offered his opinion that "America has stopped believing in the American dream". He goes on to argue that the Great Recession of 2007-2010, has proved to be a more lasting threat to the economy than the terrorists attacks of 9/11. To support his argument, he states that since 9/11 there have been no subsequent major terrorist attacks in America. There are no additional American troops now than there were on 9/11. The country is enjoying a healthy 4% unemployment rate. The investment class and 401k holders alike are beneficiaries of a rising GDP and booming stock market.

However, on the contrary, the mood in America is arguably as dark as it has ever been. The birth rate is at a record low. The suicide rate is at a record high; mass shootings and opioid overdoses are everywhere.

The third article was in the Wall Street Journal by Thomas Gryta. He notes that the economy, for the investment class is booming. In support of that he shows:

- Profits at the S&P 500 companies jumped an estimated 23.5% in the three months through June 2018. This rate was more than twice the revenue growth during the same period.
- These profit gains, which stretch across all of the S&P sectors, from energy to health care, have sustained a stock market rally that sent major indexes to near records.
- He also states that a cut in the US corporate tax rate from 35% to 21% are driving a big piece of the profit gains.

However, ominously, these profit gains are not going to the average Americans, but rather being enjoyed by wealthy investors, big corporations, and stock holders.

The conclusions seem, unfortunately, obvious. The United States has suffered a dramatic gap in income inequality between the highest earners and the lowest earners. These three reports seem to indicate that this is not getting better, but in fact, it is getting dramatically worse and is hitting retirees and the elderly more than any other age group.



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CHOLESTEROL: PART 2



Dr. Hamblin
Prevea Health Family Medicine

In last month's article I covered that cholesterol is fat produced by the liver, the difference between good cholesterol (HDL) and bad cholesterol (LDL), and that the first step toward improving your heart health is to have your cholesterol levels measured by your doctor.

This month, I'll discuss health risks factors as they relate to cholesterol levels in order to determine what, if any, treatment is recommended.

In the past, the goal for total cholesterol was to be less than 200mg/dL, with LDL levels measuring less than 100 mg/dL. For men, HDL was to be more than 40mg/dL and for women, more than 50 mg/dL. Those with high cholesterol were instructed to lower their levels through proper exercise, a healthy diet, medicine or a combination of all three efforts.

Physicians no longer look at cholesterol levels alone when determining treatment. Instead, people are divided into two risk groups to determine the best treatment plan.

1. High risk group. These individuals have risk factors for heart disease or stroke, such as diabetes, high blood pressure, gender or smoking. If your cholesterol level and risk factors total a risk level higher than 7.5 percent for heart attack or stroke in the next 10 years, the recommendation is to start cholesterol medication.

2. Low risk group. The second group is made of up individuals who have a low risk for heart disease or stroke, less than 7.5 percent in the next 10 years, when combined with their cholesterol levels.

Your doctor can calculate your risk level, or you can calculate your level online if you know your total cholesterol level, systolic blood pressure and other lifestyle questions. If you would like to know if you are at high or low risk level and don't have a primary care provider, call Prevea Health Family Medicine at (715) 839-5175.

MYTH ABOUT POWER OF ATTORNEY DOCUMENTS AND MARRIAGE



Power of attorney documents allow someone else to make decisions on your behalf should assistance in making decisions becomes necessary. There are two documents; one is the Durable Power of Attorney, the other is the Power of Attorney for Health Care. If you are unable to make decisions for yourself and you do not have power of attorney documents in place, a court guardianship proceeding may be necessary. You need both a durable power of attorney and a power of attorney for health care to avoid the guardianship proceeding in most cases. This is true even with married couples. This is not an automatic right because of your marriage. If you do not have documents in place, a court proceeding may be needed to make decisions. Power of attorney documents give authorities to another to make decisions only during lifetime. The power of attorney documents cease to have legal affect at date of death. If you wish to control who would make decisions on your behalf, the extent to which they make decisions and eliminate the potential of a court proceeding, power of attorney documents are necessary.

Mary Beth Gardner - Attorney at Law
2411 N. Hillcrest Parkway, Suite 9, Altoona, WI 54720
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**YOUR AD CAN BE HERE...CONTACT
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Prevea Health Family Medicine



Prevea Health is a multi-specialty medical group partnered with HSHS Sacred Heart Hospital in Eau Claire and HSHS St. Joseph's Hospital in Chippewa Falls.

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FARMERS MARKET WINDING DOWN FOR THE SEASON

The summer has been winding down, the days are getting shorter and the growing season is coming to an end. The Eau Claire Downtown Farmers Market has brought us a bounty of fresh, local products from the gardens starting in May with greens and asparagus and will finish in October with apples, squash, pumpkins and root vegetables. It's been a wonderful season for all the produce in-between, not to mention the other quality products our vendors bring, from meats and cheese to honey, maple syrup and so much more. It's always local and produced by the vendors behind the tables.



This was the 7th year of our Token Program (4th for Market Match) and we again had a very successful season. Final totals aren't in however, it looks like we've given out over \$10,000 of free tokens for our FoodShare customers. We couldn't do this without our sponsors and volunteers. Much thanks to: Group Health Cooperative, Jamf, UnitedHealthcare, City of Eau Claire, UW-Extension, 4-H Youth, JO-NAH, HMAA and WI Dept. of Health Services. Without them this program wouldn't be possible.

There is still an abundance of local produce and products available at the Market.

D O W N T O W N

FARMERS MARKET

Saturdays in May

7:30 – 1:00 June – October

Saturdays and Wednesdays 7:30 – 1:00

Thursdays 12:00 – 5:00

Saturdays June - October

Live Music, Art and Token Program

Phoenix Park Eau Claire, WI
eacdowntownfarmersmarket.com

Don't miss the chance to get everything that this season brings. We are open Saturday and Wednesday 7:30 – 1:00 and Thursday 12:00 – 5:00 until October 31st.

Don't forget that there is an opportunity to get great products from many of your favorite vendors all year round. The Winter Farmers Market takes place the second Saturday of the month November thru April (9:00 – 12:30) at the L.E. Phillips Senior Center on Bellinger Street.

Lastly we want to thank you for your continued support of our local farmers and producers. Without you we wouldn't have the success we have at the Downtown Farmers Market. We strive to bring the highest quality, local products to the Chippewa Valley. Thank you and we look forward to serving you next season!

SHOULD YOU EAT IT RAW OR COOKED?

Some produce is better uncooked. Others taste better with a bit of cooking. You decide.

Crunch it:

- Beets lose more than 25% of their folate when cooked; eat them raw
- Broccoli, when heated, deactivates myrosinase, an enzyme that helps clean the liver
- Onions are best sliced and eaten. Cooking changes the phytonutrient allicin.
- Red peppers: Vitamin C breaks down when roasted fried or grilled about 375 degrees

Cook it:

- Asparagus, when steamed, ignites cancer fighting potential.
- Mushrooms that are heated bring out more muscle building potassium
- Spinach when cooked, allows you to absorb more calcium, iron and magnesium.
- Tomatoes, when cooked, allow your body to absorb more lycopene a cancer fighting property.

Making New Friends: 101



Have you ever gotten up with a burning desire to go out and have coffee or lunch with someone....only to discover that your circle of friends has changed, maybe become almost non existence. The folks that you saw when your kids were going to school, or working or running all the fund raisers for your church.....have moved on, left town, or passed away.

The realization comes over you like a 90% off acrylic sweater; it fits poorly, has no particular shape and isn't at all comfortable.

But it happens.

No use fretting about it. We all need people in our lives. It is a proven fact that friends will keep you healthier, happier, which will make you live longer. So go out and find some new ones. Here are a few ideas to consider:

- Say yes when invited; to a party, a picnic, a wedding, a fund raiser. Smile as you enter the room and say hi to those that smile back.
- Join a group. Figure out something that interests you and then find the group that knits, plays bridge, turns wood or does bird watching. Lost for ideas; call the local senior center for their newsletter. Then show up, join in.
- Start your own group. It just takes three to technically call it a group. Have a plan. Invite a few folks. Start a book club, cooking club, craft club, etc.
- Put on a positive "game face" and always say positive things about others. If you say negative things, you are perceived as negative, making it more difficult to develop new relationships.
- Set a goal. As scheming as this sounds, having a goal gives you the visualization. Once you can see it, you have an easier time achieving it. Sounds weird, for sure... but it is true, so start with an end game in sight and work back from there.

TRY SOMETHING NEW

- Pick up a fruit or vegetable you have never tried.
- Sprinkle a different spice on a piece of chicken or pork chop. Open yourself up to new 'eating' adventures.
- Before bed, reflect on your eating for the day. How did you feel about the food and the experience.

annotated from Dr. Oz's new book **FOOD CAN FIX IT**

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TABLE TALK

by Naomi Hackel Smith

Are you looking forward to cooler weather? Autumn is on its way which means it's also apple harvest time. Simple differences in taste and texture of apples means it matters which apple you choose for your dish. Most can fill in for another variety. All of today's recipes feature apples. Enjoy!

FRENCH APPLE PIE

- 1 (9-inch) unbaked pastry shell
- Filling:
- 6 cups thinly-sliced pared apples
- 3/4 cup granulated sugar
- 4 Tbsp. flour
- 1/2 tsp. cinnamon

Mix apples, sugar, flour, and cinnamon together. Place into the unbaked pastry shell.

CRUMB TOPPING:

- 1 cup flour
- 1 cup butter or margarine
- 1/4 cup granulated sugar
- 1/4 cup brown sugar
- 1/2 tsp. nutmeg

Combine topping ingredients.

Sprinkle over apple mixture. Bake at 425 degrees for 15 minutes. Reduce heat; bake at 350 degrees for 30-35 minutes. Serves. 6.

TAFFY APPLE SALAD

- 1 (7-oz) can crushed pineapple
- 1/2 cup granulated sugar
- 1 egg
- 1 Tbsp. flour
- 2 Tbsp. vinegar

In a heavy saucepan, combine ingredients. Cook until thickened over medium heat. Refrigerate.

- 1 (8-oz.) ctn. whipped topping
- 4 chopped Granny Smith apples
- 1 cup dry roasted peanuts, chopped

Fold whipped topping into the cooled pineapple mixture. Add the chopped apples and 1/2 cup peanuts. Sprinkle remaining peanuts on apple salad. Refrigerate. Serves 10-12.

SPINACH ALMOND SALAD

- 1 pkg. (6-oz.) fresh baby spinach
- 2 large tart apples, thinly sliced
- 10 bacon strips, cooked and crumbled
- 1 cup dried cranberries
- 3/4 cup slivered almonds, toasted
- Vinaigrette:
- 1/4 cup sugar
- 3 Tbsp. cider vinegar
- 2 tsp. finely chopped onion
- 1/4 tsp. salt
- 1/3 cup olive oil

In a large bowl, combine the first five ingredients. In a blender, combine the sugar, vinegar, onion and salt; cover and process until



blended. While processing, gradually add oil in a steady stream. Pour over salad; toss to coat. Serve immediately. Serves 8.

APPLE BREAD

- 1 cup granulated sugar
- 2 eggs
- 1 tsp. baking soda
- 1/4 cup sour milk
- 1 stick margarine, melted
- 1/2 tsp. salt
- 1 tsp. vanilla
- 2 cups flour
- 2 cups chopped apples

Cream sugar and eggs until light and fluffy. Dissolve baking soda in sour milk. Add to sugar and eggs. Stir in melted margarine, vanilla, and salt. Add flour and chopped apples. Stir only until flour is moistened. Pour into a 9x5x3-inch greased and floured pan.

TOPPING:

- 2 Tbsp. margarine, melted
- 2 Tbsp. granulated sugar
- 2 Tbsp. flour
- 1 tsp. cinnamon

Mix topping ingredients together and sprinkle on bread before baking. Bake at 350 degrees for 1 hour.

Note: The topping gives the apple bread a professional look.

APPLE SQUARES

- 2-1/2 cups flour
- 1 cup Crisco shortening
- 1/2 tsp. salt
- 1 Tbsp. granulated sugar
- 1 egg, add enough milk to equal 2/3 cup liquid

Mix all ingredients together.

Shape and divide into two balls. Roll one ball of dough to fit the bottom of a 15x10-inch pan, Reserve remaining dough for top crust.

FILLING:

- 5 cups peeled and sliced apples
- 1 tsp. cinnamon
- 1 cup granulated sugar
- 2 Tbsp. quick-cooking tapioca
- 2 Tbsp. lemon juice

Mix apples, cinnamon, sugar, and tapioca together. Spread apples on bottom crust (1-inch from edge). Sprinkle with 2 tablespoons lemon juice. Roll out remaining dough. Place over apples and seal. Before baking, sprinkle 2 tablespoons sugar over crust or frost when cool. Bake at 350 degrees for 1 hour.

Note: Purchased pie crusts work well when making this dessert. Pinch the edges together to seal.

CHICKEN AND APPLE SALAD WITH GREENS

- 1/4 cup balsamic vinegar
- 1/4 cup orange juice
- 1/4 cup olive oil
- 2 Tbsp. lemon juice
- 2 Tbsp, reduced-sodium soy sauce
- 1 Tbsp. brown sugar
- 1 Tbsp. Dijon mustard
- 1/2 tsp. curry powder, optional
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. ground ginger

SALAD:

- 2 cups shredded cooked chicken
- 2 medium apples, chopped
- 1/2 cup thinly-sliced red onion
- 10 cups torn mixed salad greens
- 1/2 cup chopped walnuts, toasted

In a large bowl, whisk vinaigrette ingredients until blended.

Add chicken, apples and onion; toss to coat. Just before serving, place greens on a large serving plate; top with chicken mixture. Sprinkle with walnuts. Serves: 10.

*To toast nuts: Spread in a 15x10x1-inch baking pan. Bake at 350 degrees for 5-10 minutes or until lightly browned, stirring occasionally. Or, spread in a dry nonstick skillet and heat over low heat until lightly browned, stirring occasionally.



From my kitchen to yours...
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