

**EAU CLAIRE**

**NOVEMBER 2018**

**FREE**  
COMMUNITY PAPER

# Review



**THE MAN WITH  
THE \$20 MILLION  
DOLLAR AUTOGRAPH**

**NOVEMBER IS HOMECARE,  
HOSPICE AND ALZHEIMER'S  
AWARENESS MONTH**

**THE HISTORY OF THE HOUSE**

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SMALL STORES  
NEAR YOU**

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WASTING - OK?**

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LOOK LIKE?**

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## The Man With The \$20 Million Autograph

By Tim Anderson

Learning how to sign your name is an important right of passage from youth to adulthood. A signature can pay for groceries, buy a house, or say goodbye in letter. But signatures are so much more valuable than just that.

During his term in office, President Herbert Hoover received a letter from a young autograph collector requesting two of Mr. Hoover's signatures. "You see," wrote the youngster, "I want to trade them for a Babe Ruth autograph, and it takes two of yours to get one of his." Friends say Hoover obligingly forwarded the two autographs and chuckled over the letter for years. One wonders if his sense of humor would still be so keen if he knew that it now takes seven or eight Hoover autographs to get one of the Babe's. Hoover's ink signatures are worth around \$100, while Ruth's signature can sell for \$800 or more.

Signed letters, documents and photographs are normally worth more than simple signatures on cards or autograph album pages. But this doesn't mean a simple signature has little value. Dark ink signatures in excellent condition like that of Walt Disney, Charles Lindbergh, Betsy Ross, or Dr. Martin Luther King, Jr. can sell for \$500 to \$1,000. And those of Indian fighter George Armstrong Custer, ballplayer "Shoeless" Joe Jackson, Sigmund Freud, and Apache legend Geronimo are worth even more!

Wild West figures are valuable too: Annie Oakley, James "Wild Bill" Hickok, Bat Masterson, Wyatt Earp, and "Buffalo Bill" Cody have all left signatures on letters and documents that can now sell for thousands of dollars.

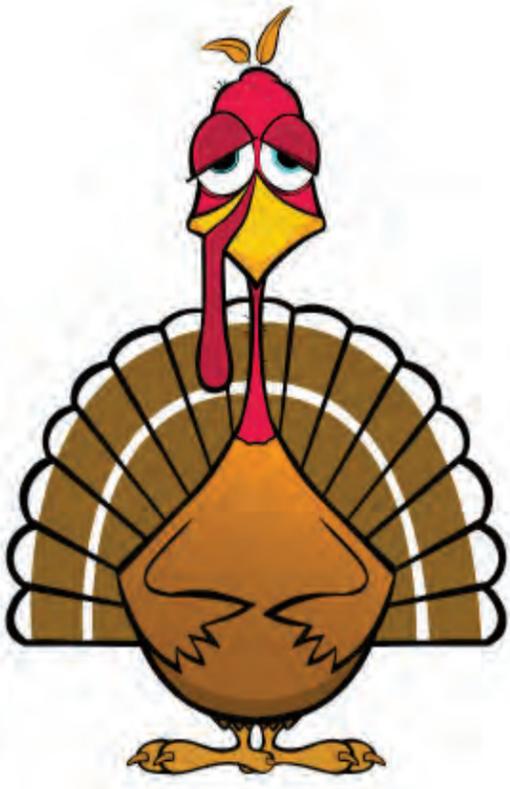
Today autographs of Hollywood's great film stars of the 1930's and 1940's are highest in the demand. Signed photos of Greta Garbo, Jean Harlow, Stan Laurel, Oliver Hardy, or Marilyn Monroe are among the most valuable and will cost a collector \$1,000 and higher. In fact, Marilyn's signed 8 x 10" photos are now worth a whopping \$5,000.

However, if you want a signature of William Shakespeare you'll have to dig a bit deeper in the pockets. The English playwright has the most valuable existing autograph in the world. Only six of his signatures are known to exist. If one of the six autographs were to be sold today, experts predict it could sell for as much as 20 million dollars! Ironically, if you were to see an actual William Shakespeare signature, you might not be able to read it. Same goes for Napoleon Bonaparte, artist Salvador Dali, ballet legend Rudolf Nureyev, and King Henry III. All had a tendency to scribble when signing their names.

On the other hand, if awards were to be given for autographs that were simple, clear, and easy-to-read, then American Wild West figures Jim Bridger and Calamity Jane would win hands down. Each signed with an "X."

Tim Anderson is happy to answer any questions by email at: [Autograph-Questions@Yahoo.com](mailto:Autograph-Questions@Yahoo.com)

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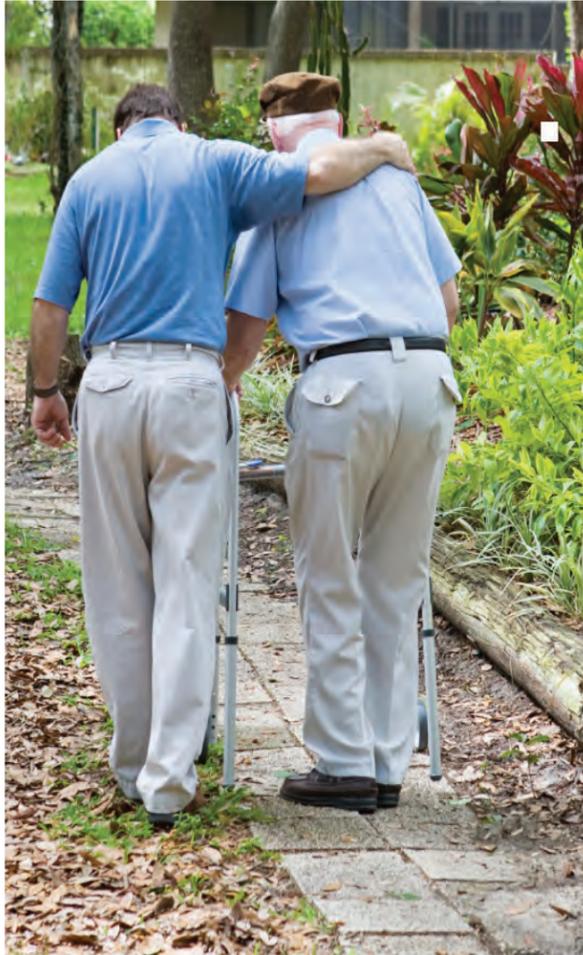
# WHAT CAN I DO TO HELP MY DAD?

by Bert Moritz



With the realization that my father had actually just been given the diagnosis of Alzheimer's disease, I wanted to know how I could help him. This was the first thing that came into my mind when we were in the neurologist's office at Mayo Clinic. A wonderful part of being human is that family members will often put aside their differences to rally around a stricken parent. This is the way it should be. Being able to help someone who has been told that they have a terrible disease makes the bad news easier for each of us to accept.

Here is some of the advice that the neurologist gave me. First, he said that we should take Dad to a psychiatrist to see if treatment for depression might be in order. Next, we needed to understand that driving a car, operating machinery and making financial decisions should be done carefully and only with close supervision. The neurologist then said that a general guideline for us would be to try to keep Dad's environment stable. Keep him in a daily routine with his surroundings as stable as possible. Finally, the doctor talked to me about Dad's long-term care needs. For now, he could stay home with my mother but eventually he would need to be in a long-term care facility.



We left Mayo Clinic with a heavy hearts but with hope that we could do something positive to make things better. But now my family had a big problem. Mom and Dad lived in a trailer house in a South Dakota town of only 100 people, and none of us kids lived closer than an eight-hour drive! Furthermore there were no hospitals or nursing homes nearby with facilities for Alzheimer's patients. And finally, Mom had her own serious illness to contend with – advanced emphysema. So all of this called for some serious action. The five of us kids decided to get together and have a "pow wow." We each came in from a different state for a meeting in a hotel room in Iowa. Mom and Dad were there. We each brought our own ideas about where our parents should live and how they should be cared for. After a lot of discussion, here is what we decided to do: The oldest sibling, Bobbie, lived across the street from a good nursing home and she was a nurse. Plus she was a nursing home inspector, so she knew a lot about Alzheimer care units. We agreed to have Mom and Dad move to her town and live there until Dad needed nursing home care. The rest of us kids would

visit and we would send money to Bobbie each month to help with extra expenses. My mother liked this plan except for one thing. She turned to me and said, "Bert, the doctor at Mayo Clinic said that we should keep everything the same for Norb. It'll be hard on him if we move him so maybe we shouldn't go anywhere." I understood Mom's fear. After all, my sister lived in Boise, Idaho and that's a long way from South Dakota! So what was our solution to help Mom feel better and to keep Dad's environment as stable as possible? The rest of us decided that we'd move their trailer house to Boise and have it ready when they got there. And that, my friends, is exactly what we did! When Dad got out of my car, he walked right into the trailer house thinking he was still in South Dakota.

He settled right in and never seemed at all concerned. Meeting the short term and the long term needs of a seriously ill person is not easy. But with the good advice of a doctor and with the help of friends and family, we can make the best of a difficult situation. For us, moving a house to Idaho was not easy, but having the piece of mind that we helped our dad was well worth it!

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**DUSTING OFF SOME LOCAL HISTORY:  
RESEARCH THE HISTORY OF THE HOUSE**



Greg Kocken Archivist, UW-Eau Claire [Kockeng@uwec.edu](mailto:Kockeng@uwec.edu)

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.

Every year I spend dozens of hours working with researchers studying the history of houses and buildings in the Chippewa Valley. It is a fascinating process and remains the most enjoyable research I conduct on a regular basis. As we travel through communities in the Chippewa Valley, we often pause to

 <p>Colonial Revival 1880-1980</p>	<ul style="list-style-type: none"> <li>• Symmetrically balanced</li> <li>• Multi-pane windows</li> <li>• Paired windows</li> <li>• Accentuated front doors/entranceways</li> <li>• Side gabled (the side enclosing a pitched roof)</li> </ul>
 <p>Craftsman 1905-1950</p>	<ul style="list-style-type: none"> <li>• Gently pitched roof</li> <li>• Simplistic porches with square supports</li> <li>• Double-hung windows</li> <li>• Overhanging eaves with exposed rafters</li> </ul>
 <p>American Foursquare 1900-1930</p>	<ul style="list-style-type: none"> <li>• Hipped roof</li> <li>• Often two and ½ stories</li> <li>• Boxlike design</li> <li>• 4x4 room pattern (4 rooms on 1<sup>st</sup> floor, 4 rooms on 2<sup>nd</sup> floor)</li> <li>• Large front porches</li> </ul>
 <p>Upright and Wing 1850-1950</p>	<ul style="list-style-type: none"> <li>• Prominent front facing gable with a wing</li> <li>• L floor plan</li> <li>• 1 ½ to 2 stories</li> <li>• Porches often accompany the wing</li> </ul>
 <p>Ranch 1945-1985</p>	<ul style="list-style-type: none"> <li>• Low pitched roof</li> <li>• One story design reflects larger post WWII lot sizes</li> <li>• Prominent chimneys</li> <li>• Later examples feature attached garages</li> </ul>

admire some of the magnificent structures that dot our landscape. Much has been written about these grand structures, especially those listed on the National Register of Historic Places. Every house and building, however, has its own unique history. Sometimes that history can amaze us! Recently, I worked on a house history and discovered that one of the previous occupants was an embalmer and at least one funeral was held in the house. I imagine that led to some spooky ghost stories during this past Halloween season.

For my column this month, I want to explore the house history research process and discuss the tools and resources available to everyone to study the history of a building in the region. There are five key resources that are important to this study: maps, city/county assessor information, city directories, newspapers, and architecture guides. Among maps, Sanborn Fire Insurance maps are an excellent way to review the outline of a property and determine if there were any structural changes along the way. City assessor offices can provide great details about a house, including when it may have been constructed. City directories, often available through local public libraries, can provide details about the individuals who resided in houses. Newspapers can provide additional details about the occupants of these houses and can help us to better understand the neighborhoods around houses. Genealogy resources like Ancestry.com can further supplement this information with even more details about the individuals who lived within a property. Finally, architecture guides help us to pinpoint specific styles. My go-to guide for local architecture is *A Field Guide to American Houses* by Virginia McAlester. If you are interested in researching the history of a house, please do not hesitate to contact me. I have also created a guide, available online, that can provide some helpful step-by-step instructions:  
<https://libguides.uwec.edu/HouseHistory>.

Common architectural styles of homes present in the Chippewa Valley.

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## IT'S ALL ABOUT THE JOURNEY

---not the Destination  
by Becky Mauch, local traveler,  
teacher & word worker

### WHAT TASTES GOOD VS GOOD TASTE

There is a fine line between what tastes good and “good taste.” In this usage, “good taste” means eating sensibly. During winter and holiday celebrations, and

football-game watching; there are many opportunities to eat ...turkey, ham, marshmallow-topped sweet potatoes, brats, chips, chili, and decadent desserts. A grandmother I knew and loved adhered strictly to the principle of hospitality and would rarely let guests leave without something to eat or drink. She was brought up to offer food to show friendship. And, after visiting her home for many years, my family and I knew that if we loved her, we wouldn't leave without eating something. She lived to be 101 ½, always grew her own garden, and never was overweight. She grew up knowing how to work.....and how to have one cookie instead of one handful.

There are people who adhere to the philosophy of “never eating all that is on their plate” (at a restaurant or a neighbor's potluck.) And, there are those who were taught to clean their plates because someone was/is starving somewhere. My own mother grew up baking great pies and being a delicious potato-salad maker. I remember relatives organizing picnics and saying, “Be sure to ask Pearl to make the potato salad.” She also grew up with lots of brothers and sisters on a small, struggling Missouri farm, and there was rarely a need to worry about leftovers....or over-eating. Their family canned in every season and “put up” everything edible from their garden to make it through the winter.

What's the point? As a person who has watched youth eating during cafeteria duty and gone to parties, civic dinners, and even community fundraisers for people in need; it has been an eye-opener to see the quantities of food taken or offered on serving plates as well as what is scraped in the trash or left behind. Recently, I saw entire buffet serving dishes of chips, chili, and beautifully decorated cakes being thrown away as a Happy Hour was ending at a well-known hotel chain that offers goodies for guests. Did I need to eat more? No, but, there has to be a better way to deal with the waste of food that is going on.

We know that a serving of protein for an adult is 3-ounces so why are restaurants offering such large portions? We hear about food insecurity and hunger amid all this over-serving. Some restaurants and grocery stores deliver excess items to food pantries when it can be accepted. Even deer hunters donate meat to various lockers to have it processed for people in need. Maybe part of the key to reducing waste should be a reality check about what people need. It may not be ordering a currently popular double burger topped with cheese and 6 slices of bacon or dinners at all-you-can-eat locations. Eating establishments offer items and quantities because people order them. Does it need to continue?

Happy holidays and a New Year's Resolution challenge: Let's adjust our eating habits to reduce our waste and waists.

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

## LOOK FOR HEALTHIER FOODS IN SMALL STORES NEAR YOU

### Healthy Retail Initiative in the Chippewa Valley

**How often do you stop at a small store for a few groceries?**

**Do you ever walk out with soda or candy that you didn't plan on buying?**

Typical gas station or small store food environments can make choosing healthy food hard. These nine stores in the Chippewa Valley are working with local health coalition members to help residents make a healthy food choice, the easy choice:

#### Chippewa County

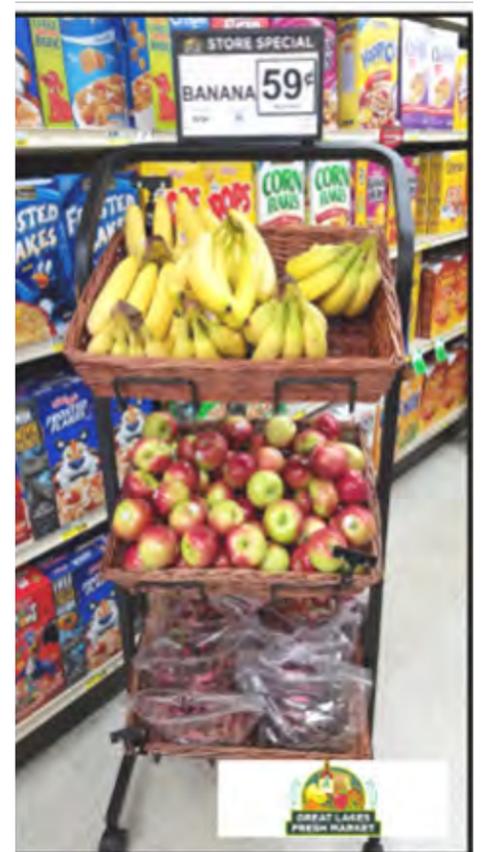
- Bridge Stop, 330 W Main St, New Auburn

#### Dunn County

- Bridge Stop, 101 State Road 25, Wheeler
- Cenex Convenience Store, 318 Railroad Ave, Boyceville
- Bob & Steve's BP Amoco Shop, 1501 9th St, Menomonie
- Bob & Steve's BP Gas Station, 506 Hwy 12 W, Knapp
- Ray's Market, 102 Tonnar South St, Ridgeland

#### Eau Claire County

- Direct Stores, 317 N. Barstow St, Eau Claire
- Korner Store, 309 E Lincoln Ave, Fall Creek
- Great Lakes Fresh Market, 155 W Lincoln Ave, Augusta



Most participating stores are located in areas of low access to healthy and affordable food. Limited food and transportation options make it harder for residents living in low-income or rural areas to eat a healthy diet. Partnering stores are trying strategies to increase the availability and sales of fruits and vegetables. The goal of this project was to increase access to healthy food in targeted neighborhoods.

This work was funded by the Department of Health Services Chronic Disease Prevention Unit Coalition Healthy Retail grant. Members from Eau Claire, Chippewa, and Dunn County coalitions have joined to form the Healthy Food Marketing Collaborative. Partners include: Chippewa County Health Department, Eau Claire City-County Health Department, HSHS St. Joseph's/Sacred Heart Hospitals, Mayo Clinic Health System, and UW-Extension FoodWise Program: Chippewa, Dunn, Eau Claire counties.

To get involved with Eau Claire Healthy Communities and their efforts, please visit [www.echealthycommunities.org](http://www.echealthycommunities.org) or call 715-839-2869.

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

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

\$1 extra to register online. Time slots are limited. Go to [rubyspantry.org](http://rubyspantry.org)



Ruby's Pantry is a ministry of Lutheran Church of the Good Shepherd. 1120 Cedar St., Eau Claire, WI [www.goodshepherd-ec.org](http://www.goodshepherd-ec.org)

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--Call for more information--



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Held monthly to discuss ACC mission goals and operational needs  
5:30 pm – 6:30 pm  
2245 Hayden Ave, Altoona, WI  
Fellowship Hall of Bethlehem Lutheran Church



**COMMUNITY MEAL**  
Open to All | Free of Charge  
November 8  
December 13  
5 pm – 6:30 pm  
2245 Hayden Ave, Altoona, WI  
Fellowship Hall of Bethlehem Lutheran Church



**FOOD PANTRY**  
For individuals and families residing within the boundaries of the School District of Altoona  
November 8  
December 13  
4:30 pm – 6 pm  
2211 S Hastings Way, Altoona, WI  
Salvation Army building



**MANNA MEAL**  
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December 22  
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# GIVE THANKS FOR THE FOOD... BUT QUIT WASTING, OK?

By Rachel Keniston



Bumper crops of vegetables were harvested from my family's Solheim Market Garden this past season, consumed by happy, thankful eaters. CSA (Community Supported Agriculture) subscribers who purchased weekly bags shared reports of satisfaction in trying new vegetables and new recipes. They told us how happy they were with the variety and amount of vegetables they received which made us happy to know food wasn't going to waste.

But- a report from the National Resources

Defense Council states that 40% of all the food produced in the USA ends up being tossed! I did some checking and learned that households throw out more food than grocery stores and restaurants combined, you can find out more information by checking out Rethink Food Waste Through Economics and Data (ReFED).

The September/October 2018 issue of Eating Well has an excellent article on what we can do about food waste, instead of making the reader feel guilty, it gives some positive things to do to cut household food waste. Here are a couple of things I took away from the article:

- Plan meals and shop more often. When we shop once a week we tend to overbuy.
- Vegetables and fruit are two of the foods we most waste. Aged produce, often thrown can be used in dishes like stir fries, omelets or soups.
- If you tend to overcook or forget leftovers in the fridge, pack them in single serve portions, label them and freeze for later use.
- If you like to buy bulk or bargains on fresh produce but it is too much and you end up throwing it, it isn't a bargain! Share part with

## MEALS ON WHEELS OF EAU CLAIRE COUNTY

provides one hot noon meal to homebound Senior citizens.

January 2018 the program opened their own kitchen in Fall Creek.

From that kitchen we can make nutritious and delicious meals from scratch daily including homemade breads and desserts. Having our own kitchen allows us to use fresh produce from local family gardens and farmers markets. Since opening the kitchen have processed and frozen berries and vegetables that we can use later this winter.

For more information on Meals on Wheels call Eau Claire County Aging & Disability Resource Center at 715-839-4886

another family or friend.

I would add that eating locally as much as possible is another good idea. The Leopold Center for Sustainable Agriculture in Iowa did a study called "Food, Fuel and Freeways" that reports food on our plate travels about 1,500 miles from farm to fork. It doesn't need to, there are local options available. You can shop at the Farmers Market, grow your own garden, or join a CSA (Community Supported Agriculture) by purchasing a subscription.

Folks who know me have teased that I can't let food go to waste. This year food that didn't go to CSA (Community Supported Agriculture) subscribers or market sales was donated to The Community Table or to the ADRC for Meals on Wheels. I'm thankful that it wasn't wasted.

If you want information about one CSA option, visit our web page [www.solheimwi.com](http://www.solheimwi.com) You can also watch for the Farm Atlas which gives many local options.





## MAN CAVE

...a just a bit of fun for the reader!  
by Mary & Brad Dale, Editors,  
Senior Review, Senior Times, Senior Hi-Lites



The man in the cave wanted to go out for breakfast last week. I immediately agreed as cooking is not my thing.

We went to a charming tiny café that catered to folks liking 'made from scratch' food and lots of it. It had 20 tables with flannel backed clothes boasting of farm prints and life in the 50's ; the feature of the day was printed on a chalkboard. You get the picture.

As my eyes wandered the room I saw huge plates of mouth watering breakfast food on empty tables strewn with napkins, dirty plates and no people. It was the leftover and forgotten bits of lunch abandoned by the breakfast crowd.

So much food in fact, it gave me a crazy notion; why not eat from the leftovers? If we moved quickly who would notice two old people navigating between the pancakes swimming in butter and the sausage links. What a glorious feast--- scrambled eggs, slabs of Texas toast covered in strawberry jam and gorgeous ham smothered in creamy gravy.

Cave man looked at a Belgium Waffle covered with whip cream missing but one tiny bite. There were tears in his eyes. He hadn't had a waffle in twenty years.

A waitress caught my eye and asked if we wanted a booth or a table.

Heck I wanted a commercial bin and permission to move amongst the leftovers with a zip lock or two.

It was not going to happen. We took our seats and ordered.

I had a waffle with sugar free syrup.

He had 3 sausage and 2 scrambled eggs with coffee.

The U.S. Department of Agriculture estimates food waste in the United States to be about 30 to 40 percent of the food supply.

An estimated 133 billion pounds of food from stores, restaurants and homes was wasted in 2010, according to the USDA. The amount of uneaten food from homes and restaurants in 2008 was valued at \$390 per consumer. (FYI: statistics are old as it takes a long time for accurate compilation)

Most food that's thrown away ends up in landfills, where it can have negative environmental impacts. Wasted food also can hurt a restaurant's bottom line.

A 2012 report from the National Resources Defense Council (NRDC) revealed a long list of statistics that show just how big the food waste problem is in America, and some of the statistics are likely to shock you like they shocked me.

## SHOCKING STATISTICS

To give you an idea of just how big the problem is, take a look at 10 of the most shocking statistics:

1. Americans throw away \$165 billion of food each year.
2. 40% of food is wasted in the United States every year.
3. 35 million tons of food are wasted in the United States each year.
4. The average American household throws away \$2,200 of food each year.
5. More than 20 lbs. of food is wasted per person every month in the United States.
6. 90% of food is thrown away too soon.
7. Food waste in American has grown by 204% since 1960 and 50% since 1990.
8. Reducing food waste by just 15% would be enough to feed more than 25 million Americans every year.

<http://www.restaurant.org/advocacy/Food-Waste>

# NOVEMBER IS HOMECARE, HOSPICE MONTH AND ALZHEIMER'S AWARENESS MONTH

## HOSPICE VOLUNTEERS OFFER COMPASSION, SUPPORT

By HSHS St. Joseph's Hospital staff

Years ago, a man on HSHS St. Joseph's Hospice was, for the most part, unresponsive.

Knowing that he was a former church choir director, a hospice volunteer brought a guitar and played some older tunes that the man might recognize.

The dying man sang along and tapped his foot. He moved his hand like he was directing the choir.

Kris Slattery, a hospice nurse for the hospital, tells the story to remind families with loved ones on hospice that asking for a hospice volunteer is a unique opportunity for the patient and family.

"I can't even tell you how valuable our volunteers are," she said. "There is story after story like that."

Jennifer Binczak, HSHS St. Joseph's Hospital bereavement and volunteer coordinator, said she's always on the hunt for amazing hospice volunteers, but she also wants to make sure families know the benefits of the service and then take advantage of it.

"Hospice volunteers will come into your home, or a home-like setting such as a nursing facility, and they will provide companionship, friendship and support," Binczak said. "They also provide a break for the caregiver."

November is National Home Care and Hospice Month, and is an opportunity to honor the millions of nurses, home care aides, therapists, social workers and volunteers who make a remarkable difference for the patients and families they serve.

It's also an opportunity for education about hospice and the volunteers available to help.

"We all know that death is a part of life," Binczak said. "Why not make that experience as comfortable as possible. Why not invite someone in who can give the caregivers an hour or two to run errands or just take a much needed break.

"Volunteers come into the home and follow the patient's lead. They can provide a quiet presence and sense of security while their primary caregivers are not present."

Slattery said it's common for people to believe that nurses are solely there for pain management, but if someone is having spiritual pain, or the pain that comes with loneliness, "that's not something a pill can take care of," she said. "If a volunteer can come in and talk to my patient, does that help me manage pain? In every which-way."

- To schedule a hospice volunteer or to be a hospice volunteer, call Jennifer Binczak, HSHS St. Joseph's Hospital Bereavement and Volunteer Coordinator, at 715-717-7581 or email [Jennifer.binczak@hshs.org](mailto:Jennifer.binczak@hshs.org).



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## WHAT DOES HOME CARE LOOK LIKE?

Submitted by Andy Hoff, seniors Helping Seniors

In-home care is really about maintaining or even improving your loved one's quality of life in their home – keeping them safe and comfortable.

First, we should differentiate home care from home healthcare.

What you get from home care:

- Personal grooming like bathing OR getting dressed
- Moving around: getting in and out of the bed/shower
- Medication reminders
- Helping a person with Alzheimer's or Dementia
- Errands like grocery shopping and picking up prescriptions
- Light housekeeping or Meal preparation

What you get from home healthcare:

- Skilled nursing
- At-home physical therapy
- Pain Management
- Caring for wounds
- Prescription management

Home healthcare is skilled care to help someone get healthy while at home. It comes after a doctor's visit OR a hospital stay and is provided by medical professionals.

What does a typical home care plan look like?

It can help make aging at home possible, by running routine errands, light housekeeping, and providing a helping hand with the everyday tasks



that often become more difficult for the elderly. Staying at home does not have to result in isolation and loneliness. In fact, In-home care services often bring caring companionship, an opportunity for relationship building and sharing humor, and a sense of purpose back into the lives of those choosing to stay in their home.

The in-home caregiving team builds a care plan based upon the senior's and family's needs and wants. The hours and days requested will be accommodated to meet specific scheduling needs. In-home services provide the extra help with meal planning and preparation to help you maintain a healthy and independent lifestyle. Services can also be provided round-the-clock by regularly scheduled caregivers to provide a continuous care solution for your loved one's safety and security.

In-home care can provide meaningful companionship for people who have limited social engagement due to health problems. Studies show that feelings of loneliness can lead to depression and even dementia. Matching the right caregiver creates a mutually beneficial relationship with a senior in their home. Transportation to church and other outings with old friends can also provide needed social interaction.

Maintaining good health is part of preventative care, which may be the difference between staying at home and going to the hospital. For those who are recovering from a hospital stay, caregivers can help with a physical therapy regimen, giving reminders about properly taking medications, and reviewing potential falls hazards in the home in order to reduce the possibility of a hospital readmission.

In-home care plans can make caregivers available on shifts that cover day and night for all kinds of personal needs—specialized care related to immobility, toileting, bathing, and support through the end of life and grief process.

Home Care is what you want it to be - a way to stay in your own home. It can be a matter of convenience like someone giving a ride to an appointment. It can be necessary support with housekeeping and other daily activities. It could involve a detailed care plan supported by your physician, home health and hospice, and an In-home care provider. Home care is simply a good first step toward aging in place.

## Caring for Older Parents



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## “But... I wanna go home.”

I don't know the exact number of times she said, “But...I wanna go home.” It was a lot. The guilt, shame and disgrace of being ‘the daughter who put me here’ hurt like heck. But it eventually faded as days, months and years went by.

I felt comfort, along with her, knowing that even if she wanted to go to her childhood home, she was safe there in the temporary home. That was what mattered to both of us. I know it had to be hard on her. It's scary to feel alone. She was brave as she looked for what she wanted. It was her courage that gave us both strength to carry on each time she talked of going home.

And then one day the feeling of ‘home’ happened.

While I'd love to say it happened as fast as the day I had to make the decision to move her into memory care, it didn't. It was a slow process. With each visit I noticed how she had settled into the place. She received and gave more hugs with the staff. She knew where her room was. She knew who didn't belong in there when they wandered about the place. She knew where the meals were served. And, yes! – she even made a couple of friends. Friends to eat and chat with. The special kind of friends, the ones she could complain to because they were in the same “Have I told you that my kids put me here?” boat.

In all of her navigating moments of the day, she had found her ‘home’ in the human connection and that is when it happened—the moment she started calling the temporary place “her home”.

The day I found out how real her home was to her was at the end of one of her visits to our home. After a nice visit, she told me she was ready to go back ‘home’. I choked a bit as I gulped back tears and felt my heart skip a beat. We smiled together in the car as I drove her back ‘home’. She couldn't wait to tell someone about her visit to her daughter's house. As we walked into the door, she was greeted by staff with big smiles and hugs and she said, cheerfully with arms spread out gathering every hug as they appeared, “I'm HOME!”

My heart melted. I smiled at the staff as the greatest sense of relief overwhelmed me.

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Even a person with dementia, who can't remember where their home is, can tap into the power of the brain through the connected feelings shared with other human beings. That is how the feeling of ‘home’ forms for them. And, in those moments, it is wonderful to hear, “I wanna go home.”

From all of us at Lake Hallie Memory Care – “We're happy to share ‘I wanna go home’ moments with your loved ones!”

By: Shelley Krupa, Business Operations Coordinator, Lake Hallie Memory Care

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**ALMOST 2/3 OF AMERICANS WITH ALZHEIMERS ARE WOMEN**

## 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, November 13, 2018 at Lake Street Methodist Church, 337 Lake Street, Eau Claire, 54703. Time: 10:00 am to 11:30 am.

**Healthy Living for Your Brain and 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.

- Thursday November 15, 2018 at 1:00 pm to 2:30 pm at the Rutledge Charities Building, 404 North Bridge Street, Chippewa Falls, WI 54729

**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 November 27, 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 November 2, 2018 at the at Shirley Doane Senior Center, 1412 6th Street, Menomonie, WI 54751. Time 10:00 am to 11:30 am.

### ALZHEIMER'S ASSOCIATION OFFERS SUPPORT GROUP

by phone, the last Tuesday of every month at 10:00 am.---connect with other families, answer questions and provide support to each other. Persons participating in this phone support group will receive the monthly phone number a few days prior to the scheduled telephone support group meeting. It is open to local area families and caregivers. No charge. Pre-registration required. Persons interested call Alzheimer's Association at 1.800.272.3900.

## CHIPPEWA VALLEY FREE CLINIC FINDS NEW HOME

Contact person: Maribeth Woodford, Director, 715-839-8477 Ext: 202

The Chippewa Valley Free Clinic (CVFC) is announcing its purchase of a new facility to become its permanent medical home! The Clinic is currently making plans to move from its current downtown location at the Syverson Lutheran Home, 816 Porter Avenue, to a new location-1030 Oak Ridge Dr., located in the professional medical area off Clairemont Ave in Eau Claire.

The building was constructed in 1972 for Drs. Kristo and Nyberg. The clinic will be making light renovations before moving into the vacant 5,500sq ft on the top floor of the building. The tenants in the building's ground level will not be displaced. In its new home, the clinic will grow from 5 exam rooms to 6 exam rooms, from 2 dental chairs to 3 dental chairs, improve the workflow for the Clinic's staff and volunteers and offer the patients a more traditional clinic experience.

The clinic, which provides basic health care to those who have no reasonable alternative, will conduct business as usual in its current location through mid-November.

Pablo Properties, Commonweal Development Corporation and Market Family Investments are the purchasers of the Syverson Lutheran Home property and have generously assisted CVFC in its search for a new, permanent home and are among several generous donors working to provide a more secure future for the free clinic.

Maribeth Woodford, Executive Director of CVFC, said that the clinic is hoping to make the move to the new facility sometime shortly after the official launch of the capital campaign needed to purchase the new building.

## MEMORY TREE LIGHTING FOR ALZHEIMER'S

The tree will be lit  
Thursday, November 15<sup>th</sup>  
at Azura Memory Care  
3712 Damon Street,  
Eau Claire

Reserve a light in honor or memory of a loved one by making a donation of \$5. Checks should be made out to the Alzheimer's Association and sent to Azura Memory Care, Attn: Vigil, 3712 Damon St., Eau Claire, WI 54701.

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MEMORY CARE

## DEMENTIA: MORE LITIGATION

Respectfully submitted by: Attorney Peter E. Grosskopf, 1324 W. Clairemont Ave., Suite 10, Eau Claire, WI 54701 (715) 835-6196

The numbers and statistics are unmistakable. In the year 1900, there were approximately three million people in the United States who were 65 years or older. That was about 4% of the population. By 2010, those numbers had increased to more than 40 million people, and more than 13% of the population, and the projections simply go upward.



In 2010, there were about five million people suffering from Alzheimer's disease; it is projected that within 40 years that number will increase to nearly 20 million.

There are treatments that have been approved by the USFDA for Alzheimer's; however these drugs simply manage symptoms, and there is still no cure for the disease. Further, numerous studies have clearly indicated that people suffering from dementia are more likely to be victims of elder financial abuse or financial exploitation. A June, 2018 report by the Federal Government looked at the scope of elder financial exploitation. Reported cases of financial exploitation range from about 3% to 7% of the population, but the report cautions that nearly 50% of instances of financial exploitation are probably never reported. The report also links cognitive decline as one of the primary reasons behind financial exploitation, as well as the fact that the elderly, tend to have significant wealth or assets.

We have heard much discussion about the medical and social consequences of dementia. However, there is an increasing consensus among attorneys that there will also be a significant increase in estate litigation. The factors for this can be described as:

- People in their 80's and 90's are transferring substantial wealth.
- Baby boomers are starting to turn 70 years of age.
- The number of retired people in this country has never been greater.
- Because of blended marriages (divorce, second and third marriages)

there are more and more families with step-children which and lead to tensions within some families.

• More people now own their own retirement accounts, like IRA's, with the opportunity to name beneficiaries, rather than company pension accounts, which did not pass on to survivors.

There will be many instances where this will simply lead to litigation. Whether it is litigation concerning one spouse's right to transfer assets to his or her own children, or capacity to transfer assets, based upon dementia or other illnesses, cases of undue influence, or elder abuse, the warnings are unmistakable, that there will almost certainly be a massive increase in litigation over these issues in the coming years.

There are things that you can do. It will be increasingly important to do advance planning, including such things as Powers of Attorney, Trusts, Marital Property Agreements and the like. The failure to do such planning could be disastrous.



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Eau Claire – Flu season will soon be underway, and Prevea Health is encouraging community members to get a flu shot, as it is the most important step in preventing the disease.

The flu shot fights a different group of flu viruses each year; therefore, it's important to be vaccinated yearly. Flu shots are especially important for young children, pregnant women, people age 65 and older, and people with chronic health conditions like asthma, diabetes, or heart and lung disease. Yearly flu shots should begin soon after the flu vaccine is available, ideally by October. However, getting vaccinated later in the season can still be beneficial, as flu viruses may still be circulating.

Prevea Health is now offering flu vaccines at locations across Western Wisconsin, including in Eau Claire, Arcadia, Cornell, Chippewa Falls, Augusta, Rice Lake, Ladysmith, Mondovi and Menomonie. Click here for locations and hours, or visit: [www.prevea.com](http://www.prevea.com)

Call (888) 277-3832 to schedule an appointment.

To further prevent the spread of the flu and in addition to receiving the flu shot:

- Cover nose and mouth with a tissue when you cough or sneeze.
- Wash hands with hot water and soap often, especially before you eat. Or, use alcohol-based sanitizer.
- Avoid touching the eyes, nose and mouth.
- Clean and disinfect surfaces that may harbor flu germs.
- Eat a balanced diet to keep your immune system healthy.
- Get enough exercise.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue, diarrhea and vomiting. If you or someone you know may have the flu, stay home, treat the fever and contact your health care provider if necessary.

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**THINK YOU HAVE A  
PENICILLIN ALLERGY?**

**Odds are you're wrong**

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

Penicillin is the most common drug allergy reported in the United States. Approximately 10-percent of the population believes it is allergic to the antibiotic. However, 90-percent of those people can safely take the drug. Why the misunderstanding?

**INACCURATE OR OUTDATED DIAGNOSES** In many cases, a person's penicillin allergy diagnosis happened years ago. It's common for people to forget when and why it even took place. Either way, there's a chance the diagnosis was wrong.

"The most common allergic reaction to penicillin is a rash," says Dr. Ashleigh Olson, an allergist with SSM Health. "But rashes can be the result of so many things, including viral infections that are often treated with a drug from the penicillin family. Doctors can sometimes mistakenly assume the rash came from the penicillin, rather than the infection." Even if your allergy diagnosis was correct, you may have "outgrown" it. Penicillin sensitivities lessen over time. So it may be safe for you to take penicillin even if you have a history of severe reaction, such as anaphylaxis.

**WHY DOES IT MATTER?** Knowing if you're truly allergic to penicillin can save you money. Research shows antibiotic costs for patients reporting penicillin allergies are up to 63-percent higher than those who do not report being allergic. That's because doctors are forced to prescribe second-choice antibiotics that often carry higher price tags. Those second-choice antibiotics could also impact your health and well-being.

"Penicillin has been around since the 1920s and remains a trustworthy, first-line antibiotic," says Dr. Olson. "If we have to go to the second option, it will often be a stronger, broader spectrum antibiotic. That means it could lead to more side effects while also killing off beneficial bacteria."

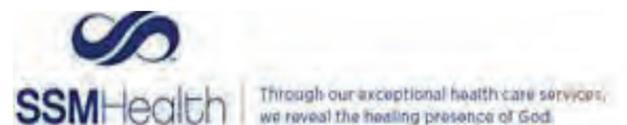
If you have an upcoming surgery and are reporting a penicillin allergy, statistics show your hospital stay could be a little longer. In addition, patients labeled penicillin-allergic have a higher risk of infections like C. diff and MRSA.

Dr. Olson says if you have a surgery scheduled and were told of a penicillin allergy more than ten years ago, it's a great time to get tested.

**HOW TO GET TESTED** Testing is done in the allergy department of your clinic. It's not painful or dangerous, but patients should expect to be there for a couple hours. "First the allergist will talk with you about your history", says Dr. Olson. "We'll want to know the details of the allergic reaction, such as when it occurred, what happened, and how severe it was. Depending on that information and if we feel that you are a good candidate, we move on to the testing phase."

The first test is a skin test. Your skin will be scratched with two forms of penicillin. If you're allergic, these scratch tests should indicate that with a hive or what looks like a mosquito bite. If nothing turns up, you'll move on to an intradermal injection of penicillin just under your skin. If that's negative, you'll move on to the third and final step. That's when you'll ingest a penicillin drug, usually amoxicillin. Staff will keep an eye on you in the clinic to ensure that there's no adverse reaction.

"All in all, it's an easy testing process that does take a bit of time," concludes Dr. Olson. "But it could end up protecting your health and ensuring that you're getting the most appropriate, and affordable, antibiotics possible."



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**\*\*Tai Chi 8 Form Class** Tai Chi appears to be slow-moving and effortless, but it actually provides many of the physical benefits of other types of exercise including strength, flexibility, and balance. This low impact exercise requires mental focus, provides regular, deep breathing and its slow, flowing movements make it one of the best stress relievers available. This class is meant for people with little to no experience with Tai Chi. Tues., Nov. 6-27 1:30-2:30pm

**\*\*ebay Class** Learn how to buy or sell on ebay and do it safely. Pre-requisites for class are basic computer skills, some experience with internet and have an email account. Tues., Nov. 13-27 9:30-11am

**\*\*All About Email** This 3 session class covers all aspects of Web-based email (using Windows computers): Mailboxes, Folders, Sending, Receiving, Attachments, Contacts and Settings. Prerequisites: Must have a current email address (Yahoo, Gmail, Charter, AT&T, etc.) and know your email password before coming \*Family Habits and Holidays Discuss managing difficult situations with family & friends around the holiday season. Learn how to respond rather than react to stressful situations & people in our lives, use different behaviors & initiate new coping strategies. Thurs., Nov. 8 11am Presenter: Jean Jirovec

**\*Arlington: Field of Honor** Arlington National Cemetery has become a national shrine and treasury of American history. Learn how this revered site came to be, and how it serves as the final resting place for both the famous and the obscure, from John F. Kennedy to the Unknown Soldiers, through this DVD by National Geographic. Wed., Nov. 14 1pm

**\*Music Carries Power to Heal**

Come and discover how to harness the power of music to bring improvement in your daily life. This time together will bring live musical examples and practical guides to use music in your own life in a mindful way." the beauty, the strength and the wellness from within. Wed., Nov. 28 1-2:30pm

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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:**

- 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



**For eligibility information and application call Chris at (715) 839-8294**

The Hearing impaired may contact this office by TDD at (715) 839-4943. If there are other specialized needs due to handicap, i.e. sign language interpreter, wheelchair accessibility, reader, please contact this office.

Z:\city of eau claire housing\revised for size Rehab Ad\_2.doc Updated 03/09

**VETERANS SALUTE TO BE HELD AT  
 CHIPPEWA MANOR**

Celebration to highlight local veterans and pilots who perform "Missing Man" flyover

A special celebration of the lives of American men and women who have served in the Armed Forces will take place on Thursday, November 8 at Chippewa Manor Residential Living. This Veterans Salute, which is open to the public, will take place from 8 to 10 a.m. at Chippewa Manor Residential Living, located at 756 Irvine Street (next to Walgreens) in Chippewa Falls. A free breakfast for all veterans and their families will be served from 8 a.m. to 9 a.m.

**VETERANS SALUTE**  
**Thursday, Nov. 9**  
 (From 8:00 to 10:00 a.m.)  
**Free Breakfast for Veterans & Families**  
 Military Gun Salute & Color Guard Video Tributes  
 "Missing Man Formation" Aircraft Flyover  
 Live Music Veteran Stories and More!  
**Chippewa Manor Residential Living**  
 756 Irvine Street, Chippewa Falls | 715.723.4437  
 www.chippewamanor.com

The Veterans Day Salute will feature a "Missing Man" formation airplane flyover, an Honor Guard presentation with a traditional "Gun Salute" by the Chippewa Falls Patriotic Council, live musical performances, a video profiling the local pilots who perform the "Missing Man" flyover, as well as special presentations of stories of local veterans that detail their time in service.

For the past eight years, Chippewa Manor has concluded its Veterans Salute with a ceremonial "Missing Man" flyover. This flyover features a quartet of planes that approach the Chippewa Manor campus at low altitude. As the planes pass over the top of the facility, a single plane peels off in dramatic fashion (to the west) as a solemn reminder of those who did not return.

The pilots who deliver this moving performance are local men who have a common passion for flying and aviation in general. They come from diverse backgrounds and experiences. They choose to be part of this emotional performance every year as a way of remembering the sacrifices of those who have served... and to say thank you in their own unique way.

Among those who perform the flyover are, Mike Pope, a certified financial planner who lives on Lake Wissota. Joe Bowe, owner of Bowe Motors, who lives on his family's century-old farm in the Town of Eagle Point. Hal Wighton, a retired physician, who lives in Bloomer. And Rick Frederick, an excavating and grading contractor, who lives on Frederick Creek in the Township of Lafayette.

Chippewa Manor is grateful for the time and commitment that these four pilots have given to Chippewa Manor's Veterans Salute. The missing man flyover is truly a fitting tribute to all who have served.

**ENERGY ASSISTANCE AVAILABLE**

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance to low-income families and individuals for heating costs, electric costs, and energy crisis situations

WHEAP assistance is a one-time payment during the heating season which runs from October 1st to May 15th. The amount of the energy assistance benefit varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the household energy supplier.

**Income Guidelines for the 2018-2019 Home Energy Plus Program Year**  
 60 Percent of State Median Income Guidelines

Household Size	3 Month	Annual Income
1	6,870.00	27,480
2	8,983.75	35,935
3	11,097.75	44,391
4	13,211.50	52,846
5	15,325.25	61,301
6	17,439.25	69,757
7	17,835.50	71,342
8	18,231.75	72,927

**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.

Anyone who receives WHEAP benefits is automatically eligible for the Western Dairyland Weatherization Program. For more information about the application process, please call Western Dairyland at 715-985-2391 or go to www.WesternDairyland.org. This agency is an equal opportunity provider.

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### VOLUNTEER DRIVERS NEEDED

Eau Claire County Veteran Services is currently looking for volunteer drivers to drive our DAV van to the Minneapolis, MN VA. It can be **1 day a month or 1 day a week**, we just need drivers. It will require a couple trips to the VA to become certified. Please contact our office for more details. Adam Kohls, Assistant, Veteran Services | Director 721 Oxford Avenue, Suite 1130, E.C., WI 54703

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Expires: 11-30-2018

### Join us for our AFTER WALK CELEBRATION

Thursday November 1st, 2018  
6:00pm - 8:30pm  
The Eagles Club  
2588 Hwy 53 - Chippewa Falls

Our gathering will include awards, recognition, meat raffle and food & beverage specials from The Eagles Club.

Please RSVP to Sarah Seeger at 920-260-4532 to help us plan accordingly.

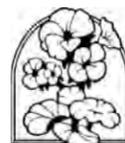


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# THE GREAT AMERICAN SMOKEOUT

Dr. Hamblin, Prevea Health Family Medicine



The Great American Smokeout is Nov. 15, 2018. This event is sponsored by the American Cancer Society (ACS) encouraging smokers to quit. Tobacco use is the largest preventable cause of disease and premature death in the US. According to the Center for Disease Control (CDC), the number of Americans who smoked cigarettes is down to 37.8 million (2016), but the number of Americans who use e-cigarettes, especially young people, has markedly increased. In 2015, only 2.1 percent of Wisconsin adults vaped and in 2017 11.6 percent of Wisconsin high school students used e-cigarettes.

Half the people who continue to smoke will die from illnesses related to tobacco use. Quitting any form of tobacco is difficult, but support is available. The ACS provides resources and support that can increase your chances of quitting. You can also find free tips and tools at their website, [cancer.org/smokeout](http://cancer.org/smokeout), or call the ACS Hotline 1-800 227-2345. You can download the "Quit For Life" mobile app from Alere Wellbeing, available for iPhone and Android.

There is no one right way to quit, but here are some helpful tips from the ACS and other resources:

- Spend as much free time in public places where smoking is not allowed
- Don't smoke inside, or at the very least, make the bedroom and car off limits for smoking.
- No smoking around children or pregnant women.
- Don't plan trips to casinos where indoor smoking is allowed.
- Eat healthy, exercise and get adequate sleep to prevent extra stress.
- Avoid alcohol, coffee or other food that you consume while smoking
- Hold something else in your hand, such as a pencil, paper clip, marble, etc.
- Start activities that require both hands, such as knitting, bicycling or video games, to name a few.
- Try toothpicks, cinnamon sticks, sugarless gum, celery or carrots.
- Avoid being around people while they smoke.
- Keep a list of reasons to quit with you at all times.
- Place 50 cents in a jar for every cigarette you don't smoke for a special treat.

Many people have quit smoking. We now have more former smokers than current smokers. Any way you can cut back or quit smoking today and tomorrow is a success.

## UNDERSTANDING POWER OF ATTORNEY AND GUARDIANSHIP



Power of attorney documents allow someone else to make decisions for you in the event that assistance is needed. A Power of Attorney for Health Care ONLY deals with health related decision making. A Durable Power of Attorney for finances ONLY deals with money related decision making. The two documents together can avoid the need for a Court guardianship proceeding should you ever lose the ability to make decisions for yourself. If you only have one or the other power of attorney document in place and you lose the ability to make your own decisions, a Court guardianship proceeding will be necessary to allow someone to make decisions for you. If you do not have the Power of Attorney for Health Care, a guardianship of the person may be necessary. If you do not have Durable Power of Attorney for finances, a guardianship of the estate may be necessary. It is important to have both documents in place and to have the rights being transferred to someone else explained.

**Mary Beth Gardner - Attorney at Law**  
 2411 N. Hillcrest Parkway, Suite 9, Altoona, WI 54720  
 715-832-4444

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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.

Prevea Health Family Medicine is a residency program with doctors and staff who provide high-quality family medicine services to community members in Eau Claire and Augusta.

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## DEALING WITH THE HOLIDAYS AND ALZHEIMER'S



The holidays are often filled with opportunities for togetherness, sharing, laughter and memories.

But they can also bring stress, disappointment and sadness. A person living with Alzheimer's may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed maintaining traditions while providing care.

In the early stage, a person with Alzheimer's may experience minor changes. Some may withdraw and be less comfortable socializing, while others may relish seeing family and friends as before. The key is to check in with each other and discuss options. A simple "How are you doing?" or "How are you coping with everything?" may be appreciated. Plan the holidays together, focusing on the things that bring happiness and letting go of activities that seem overwhelming or stressful.

As the disease progresses into the middle and late stages, consider rethinking your holiday plans. Everyone is unique and finding a plan that works can involve trial and error. The following tips may help you make the holidays easier and happier occasions:

Adjust expectations.

Call a face-to-face meeting or arrange for a group discussion via telephone, video chat or email for family and friends to discuss holiday celebrations. Make sure that everyone understands your caregiving situation and has realistic expectations about what you can and cannot do. No one should expect you to maintain every holiday tradition or event.

Give yourself permission to do only what you can reasonably manage. If you've always invited 15 to 20 people to your home, consider inviting five for a simpler meal. Think about having a potluck dinner, asking someone to order and bring dinner, or asking others to host.

Involve the person living with Alzheimer's.

Involve the person in safe, manageable holiday preparation activities that he or she enjoys. Ask him or her to help you prepare food, wrap packages, help decorate or set the table. (Avoid using candies, artificial fruits and vegetables as decorations because a person with dementia might confuse them with real food. Blinking lights may also confuse the person.)

Maintain the person's normal routine as much as possible, so that holiday preparations don't become disruptive or confusing. Taking on too many tasks can wear on both of you.

Build on traditions and memories. Your family member may find comfort in singing holiday songs, but you may also experiment with new traditions that might be less stressful or a better fit with your caregiving responsibilities, such as watching seasonal movies.

Adapt gift giving.

Provide people with suggestions for useful and enjoyable gifts for the person, such as an identification bracelet (available through MedicAlert® + Alzheimer's Association Safe Return®); comfortable, easy-to-remove clothing; CDs of favorite music; photo albums of family and friends; or favorite treats.

Advise people not to give gifts such as dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment or pets.

Depending on his or her abilities and preferences, involve the person in gift giving. For example, someone who once enjoyed baking may enjoy helping to make cookies and pack them in tins or boxes. Or you may want to buy the gift so that the person can wrap it.

If friends or family members ask you what you'd like for a gift, you may want to suggest a gift certificate or something that will help make things easier, like housecleaning; lawn, handyman or laundry services; restaurant gift cards; or even volunteer to visit with the person for an afternoon so you can have some time off.

Try to be flexible.

Celebrate over lunch or brunch, rather than an evening meal, so you can work around the evening confusion, or sundowning, if it sometimes affects the person with Alzheimer's.

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## A MAYBERRY VISIT WITH JAMES BEST

By Ken Anderson

Perhaps the most enduring quality of Mayberry is its peacefulness. So it should come as no surprise that on occasion Sheriff Taylor or Deputy Fife would have the unpleasant experience of arresting one of its fine citizens for disturbing the peace. One such occurrence was when Jim Lindsey, a rather laid back young man with little ambition, decided to play his guitar for some of his

friends in front of the Monroe Funeral Home, which in Sheriff Taylor's mind, was totally unacceptable.

Jim Lindsey, played by actor James Best, appeared in two episodes of The Andy Griffith Show. However, Best is most remembered in his role as Sheriff Rosco P. Coltrane of The Dukes of Hazzard. Best was a very prolific actor in television and film as well as a successful director.

My wife and I had the pleasure of spending time with James Best at the Taylor Home Inn B&B in Clear Lake. Best was in Wisconsin

on a tour of county fairs and was also here to do some fishing. The owners of the B&B were good friends of ours so they invited us for the weekend that Best was booked to stay.

Now it just happened to be Best's 80th birthday that weekend, so unbeknownst to him, we planned a little surprise birthday party for him. What a wonderful day that turned out to be. We found Best to be a very congenial and down to earth person. He shared many stories



about his acting days with such stars as Jimmy Stewart and Jerry Lewis.

Located in the basement of the Taylor Home Inn is an exact replica of the Mayberry Courthouse. When Best appeared on the Andy Griffith Show he was arrested and jailed by Deputy Barney Fife. Best was good enough to reenact several of the scenes with me placing him in jail just as Barney had done.

The Andy Griffith Show had many well-known guest stars play various characters over the years, but none were remembered with more fondness than James Best. After spending time with him, it was also obvious that Best held a fondness for his time in Mayberry.

Please stop at my website [www.themayberryguru.com](http://www.themayberryguru.com) and say hello.

# TABLE TALK

by Naomi Hackel Smith

What will you be thankful for this Thanksgiving? If family and friends come to mind it would be a perfect time to enjoy a meal together. Today's recipes are some of my favorites. Enjoy!

## SWEET POTATO BAKE

- 5-6 cups sweet potatoes, cooked and mashed
- 3 eggs, beaten
- 1/4 cup margarine, melted
- 1 tsp. vanilla
- 1/2 cup brown sugar
- 1/3 cup flour
- 1/3 cup margarine, melted
- 1/2 cup walnuts or pecans, chopped

Mix sweet potato, eggs, melted margarine, and vanilla together. Place into a greased 2-quart casserole. Mix the brown sugar, flour, margarine, and nuts. Sprinkle on top. Bake at 350 degrees for 30 minutes. Serves 10.

## BUTTERNUT SQUASH BAKE

- 1 butternut squash, peeled, seeded, cubed
- 1 tsp. sugar
- 1/2 cup mayonnaise
- 1/2 cup finely chopped onion
- 1 egg, slightly beaten
- Salt and pepper to taste
- 2 Tbsp. grated Parmesan cheese
- 1/4 cup crushed saltines
- 1 Tbsp. margarine, melted

Place squash in a saucepan. Cover with water. Simmer until tender. Drain well and mash. In another bowl combine mayonnaise, egg, onion, salt and pepper. Combine with squash. Pour into a greased casserole. Combine cheese, crushed saltines and margarine. Sprinkle over top. Bake uncovered 30-40 minutes at 350 degrees. Serves 6-8.

## MASHED POTATO CASSEROLE

- 10-12 medium potatoes
- 1 (8-oz.) pkg. cream cheese
- 1/2 stick margarine
- 2 Tbsp. grated onion
- 1-1/2 cups milk, heated

Cook and mash potatoes, add all ingredients. Beat with an electric mixer at high speed until smooth and light. Place in a casserole. Bake at 350 degrees for 30-40 minutes. Serves 10.



## SWISSVEGETABLE MEDLEY

- 1 (16-oz.) pkg. frozen mixed vegetables
- 1 (10 3/4 oz.) can cream of mushroom soup
- 1 cup shredded Swiss cheese
- 1/4 tsp. pepper
- 1/3 cup sour cream
- 1 (4-oz.) jar pimentos, drained
- 1 (3 1/2-oz.) can French-fried onions

Combine thawed vegetables, soup, 1/2 cup cheese, sour cream, pepper, pimento, and 1/2 of the French-fried onions. Pour into a 1 1/2 -quart casserole dish. Bake at 350 degrees for 30 minutes. Top with remaining cheese and onions. Bake uncovered 5 min. more. Serves 6.

## RAMEN COLESLAW

- 1/2 medium head green cabbage, coarsely chopped (see note below)
- 1 pkg. chicken flavor Ramen noodles
- 1 Tbsp. margarine
- 1/3 cup sliced almonds
- 1/3 cup each of granulated sugar, oil, and vinegar
- 1 Tbsp. soy sauce

Brown noodles and almonds in margarine, stirring constantly, refrigerate. In a small bowl; mix sugar, oil, vinegar, soy sauce, and seasoning packet (from Ramen noodle package) together. In a large bowl, combine cabbage with dressing. Add Ramen noodles and almonds just before serving. Serves 6.

NOTE: Ready mixed coleslaw may be used. Sliced green onions, including tops, may be added for flavor and color.

## PRETZEL DESSERT

- 2 cups crushed pretzels, divided
- 3/4 cup sugar
- 3/4 cup butter, melted
- 1 pkg. (8-oz.) cream cheese, softened
- 1 cup confectioners' sugar
- 1 carton (8-oz.) frozen whipped topping, thawed
- 1 can (21-oz.) cherry pie filling

In a large bowl, toss 1-1/2 cups pretzels with sugar and melted butter. Press into a ungreased 13 x 9-inch dish.

In a large bowl, beat cream cheese and confectioners' sugar until smooth. Fold in whipped topping.

Spread half the mixture on pretzels. Top with pie filling; spread on remaining cream cheese mixture. Sprinkle with remaining pretzels. Refrigerate, covered, overnight before serving.

## HERSHEY'S TORTE PIE

- 1 (8-oz.) baked pastry shell
- 18 large marshmallows
- 1 large Hershey's bar with almonds
- 1/2 cup milk
- 1 (8-oz.) Cool Whip

Combine marshmallows, Hershey's bar, and milk in a heavy saucepan or in microwave. Heat and stir until marshmallows are almost melted. Remove from heat, stirring often. Put in cold water to cool. Fold in 8 ounces of whipped topping. Pour into a baked pastry shell. Refrigerate. Serves 6.

**TIP OF THE MONTH:** Thanksgiving wouldn't be complete without tangy cranberry sauce. Storebought brands of this sweet-tart sauce can be loaded in sugar or salt, though, and it's simple to make at home by boiling fresh cranberries with water, simmering, and sweetening with sugar, honey, or agave nectar.

Adding orange zest or toasted walnuts is a nice variation.

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**CONTACT**  
[mary@seniorreview.com](mailto:mary@seniorreview.com)