

FREE
COMMUNITY PAPER

Review

**VOLUNTEER
DRIVERS
NEEDED FOR VETS**

**ALTOONA RIVER
PRAIRIE P10
FESTIVAL**

**CLEAN SWEEP:
GET RID OF
HAZARDOUS WASTE**

**SPOT A
STROKE**

**RUBY'S PANTRY:
NEED EXTRA
FOOD?**

**FEED FAMILY OF FOUR
FOR \$4 DAY
PER PERSON**

**DOWNTOWN
FARMERS MARKET
OPENS**

**DIRTIEST
THINGS
YOU TOUCH DAILY -
UGH!**



**OLDER
AMERICANS
MONTH**



ENGAGE AT EVERY AGE: MAY 2018

THE REVIEW OFFERS A 'GOOD READ' TO FOLKS THAT WANT TO 'FEEL THE PAPER'.

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SPACE IS LIMITED

THURSDAY, MAY 17
THERAPY DOGS IN THE CHIPPEWA VALLEY
Heather Mishefske, Owner/Certified Professional Dog Trainer, emBARK
Therapy dogs are calm, well-mannered dogs who volunteer with their handlers in hospitals, nursing homes, schools, reading programs, dog education events and many other areas. These dogs go through a certification process to earn privileges to be in these environments. Learn how and why therapy dogs are a huge benefit to our community, and meet some of the dogs who are using their **skills in the Chippewa Valley**.



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P10 FESTIVAL

MAY 12, 2018



RIVER PRAIRIE
ALTOONA, WISCONSIN

ALTOONA RIVER PRAIRIE P10 FESTIVAL

“The City of Altoona is excited to announce the River Prairie P10 Festival, an event celebrating all the things we love about living in the Chippewa Valley! The P10 Festival will take place in River Prairie on Saturday, May 12, 2018 from 6:30AM – 10PM.

“P10” refers to the “Power of 10.” This language was created by an organization called the Project for Public Spaces. The Project for Public Spaces promotes active and engaging public spaces around the world and educate people on the importance of such spaces. River Prairie Park was built using Project for Public Spaces place making principles. Power of 10 means that in order to activate a public space, you need to fill it with a wide variety of activities and points of interest appealing to a diverse demographic. The P10 Festival, following suit, will celebrate those things that people in the Chippewa Valley are passionate about.

Confirmed activities at the P10 Festival include: live music, artisan makers market, educational presentations, literary readings, dance demonstrations, comedy show, dog contest, Plein Air Quick Paint, food trucks, photography contest, cribbage tournament, badminton tournament, kubb tournament, exercise classes, birding walks, scavenger hunt for kids, beer and wine tasting, and a family fishing event. More event details will be announced soon.

You can learn more about this event by visiting www.P10Fest.com or else by visiting the P10 Fest Facebook page @P10Fest.

If you have any questions, please contact Altoona City Hall at cityhall@ci.altoona.wi.us or 715-839-6092.”





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An Important UPDATE On Medicare

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

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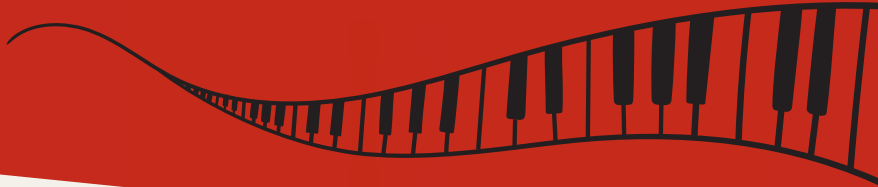
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SATURDAY, MAY 12TH
7:30 PM | UWEC GANTNER HALL

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Elgar: Variations on an Original Theme ‘Enigma’, op. 36
Mussorgsky-Ravel: Pictures at an Exhibition





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THE ROOSTER

By Bert Moritz



The wedding bells had hardly stopped ringing when my parents moved into the back of a Standard Oil filling station in St. Charles, South Dakota. Not the usual place to start a family but it had to do for them. My father quickly learned pumping gasoline and fuel oil in a town of 20 people wasn't going to pay the bills for his growing family. He also sold Pioneer Seed corn, crop-dusted and repaired cars, trucks, radios and even an occasional television set. Five years into the business, the state came along and moved the highway, eliminating the customers we had.

In May of 1955 we moved to the farm. Both Mom and Dad had grown up on small farms and they knew this wasn't going to be an easy life. Let me tell you what our place was like.

The out buildings were pretty common. I can remember the barn, hog house, corn crib, chicken coop, tool shed, windmill, cave/cellar and, of course, the outhouse. Now the house was not typical for the era. Actually the house was originally built as a sanatorium for tuberculosis patients. It was a large, white wooden structure with an excessive number of small bedrooms and no indoor toilet. We used thunder pots. The floors were wooden while both walls and ceilings were papered.

The farmyard, bare ground, was either too dusty or too muddy depending on the weather. A variety of odors accompanied this old time farm life. The hog pen, cattle stall and chicken coop each had their unique olfactory signature. However, none compared to the riot of mixed smells found in the milking parlor. We milked only three cows but the odoriferous blend of cow and hog excrement, sour milk, rotten eggs and bleach was as overpowering as it was nauseating.

Typical for a Dakota farm, about one third of what we produced was for the family to eat and two thirds went to sell in town on the commodity markets. Production included a mix of cash crops (corn and wheat), feed crops for the livestock and we had a vegetable garden. Dad worked the fields with a one-cylinder John Deere tractor fitted with manual controls. He had a two-row corn picker he attached during harvest.



The cool fall weather heralded animal butchering. Mom and Grandma Rust snatched hens up from the yard and neatly lopped their heads off with sharp butcher knives. Watching those bleeding chickens scamper around was a sight I have not forgotten. Then it was time to butcher the hogs. I must admit some feelings happiness when Dad got out his .22 rifle and put three bullets into each of those mammoth animals. My mother thought the big hogs would roll on the kids and kill us, so she said the hogs would eat each of us for a meal. It worked. I gave them a wide birth.

My brother Dave and I were five and three years old respectively when we moved to the farm. It took a while for us to venture very far from the house and explore the farmstead. By mid-Summer we managed to do so but not without a hitch. A particularly mean rooster hung around the coop and he took to chasing us back into the house. That darn bird would put its head down, point its menacing beak at us and then accelerate to a blinding speed instantaneously. We were absolutely terrified of those encounters.

My luck ran out on a hot day in July. It seems that Shep, our collie-mix farm dog, got into a tussle with the rooster. The bird came high-tailing it from behind the coop with Shep in hot pursuit. They were on us instantly and, before we could react, the rooster executed a sharp dodge and slipped right in between my legs! Shep was only a few steps behind and he tried to follow the same path. The big dog's momentum propelled me into the air and then down I came onto the hard, dusty ground. The back of my head hit the sharp edge of an old concrete slab. You should have seen the blood!

A car ride into town and some stitches from Doc Sweet quickly followed my accident. Dave still remembers eating a Hershey's chocolate bar on the way home. It wasn't too long afterward when Dad took it upon himself to put an end to that tormenting rooster with a bullet from his rifle. What a relief!

Our farm life ended years later when poor rains got the best of us. We had a sale and moved on. But the good memories are still with me and I stop back to see the place when whenever we are passing through.

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CLEAN SWEEP EVENT

May 12th, 8:00am-12:00pm

WRR Environmental Services, 5200 Ryder Road, Eau Claire, WI 54703

Do you have any hazardous household waste at home you would like to get rid of? You can do just that at the Clean Sweep Event! Clean Sweep is a program supported by Eau Claire County for the safe disposal of hazardous household waste.

What kind of hazardous waste is accepted?

No Fee Materials

Oil, solvent-based, and heavy metal-based paints
Paint related material

- Thinners
- Turpentine
- Strippers
- Shellac
- Stains
- Varnish
- Corrosives
- Photographic chemicals
- Pool chemicals
- Solvents
- Pesticides
- Herbicides
- Insecticides
- Fungicides
- Old fuels
- Cleaners
- Polishes
- Lead acid batteries
- Aerosol cans (not empty)
- Anti-freeze

Materials Accepted for a Fee

Latex Paint

- Quart can - \$1.00
- Gallon can - \$4.00
- Five gallon pail - \$20.00
- Batteries: \$0.85 pound

Light Bulbs

- 4 foot lamps and shorter: \$0.35 each
- Circular Lamps: \$0.35 each
- U-Shaped Lamps: \$0.35 each
- CFL Lamps: \$0.50 each
- LED Lamps: \$1.50 each
- 8 foot lamps: \$0.50 each
- High Intensity Discharge lamps: \$1.35 each
- 20 pound propane cylinders: \$10.00

* Rusted cylinders will not be accepted

What kind of hazardous waste won't be accepted?

- Biological and infectious wastes
- Radioactive materials
- Pressurized cylinders other than propane cylinders (1 lb and 20 lb) and fire extinguishers
- Explosive and shock sensitive materials
- Commercial, industrial, institutional and agricultural generated waste

What do I need to know about the Clean Sweep Event?

- Waste has to be from a home in Eau Claire County or the City of Eau Claire
- Home-based businesses cannot participate on the day of the event
- If you have a home business you can register as VSQG (Very Small Quantity Generator) and will be able to get rid of your materials before this event
 - On day of event , all who participate will need to show proof of residency
- Staff will unload the waste from your car
- Payment will be made after waste is accounted for (Cash or check only)

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POD VERSUS JOINT OWNERSHIP



A payable on death designation (POD) identifies who receives a particular asset at the time the owners passes without probate. It a probate avoidance tool. This works well if the estate distribution is simple.

Joint ownership is just that, ownership. If you make someone a joint owner of an asset, they or their creditors can take the entire asset. They are not acting as an agent for you.

A power of attorney (POA) appoints someone to act as an agent for you but does not give ownership rights to that agent. The power of attorney document will allow the agent to access accounts for such things as bill paying but does not allow them to use the account for their own purposes like joint ownership does.

If you want to give someone access to a checking account for example to allow for someone to assist you in bill paying, the safer way to do this is to add a POA on the account. You can also add the POD if you want the agent or others to receive the asset after a passing.

The public is invited to register for a **FREE Workshop** on Wednesday, June 6th from 3:45 to 5pm (see ad p. 16)
UNDERSTANDING THE POWER OF ATTORNEY
at The Classic at Hillcrest Greens, Altoona. Call 715-839-0200

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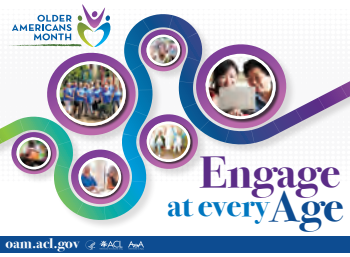


IT'S ALL ABOUT THE JOURNEY

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

"Lifestyles of the Rich and Famous" was once a television show. For those who braved April snows to vote because it is a civic duty, it may not mean one is rich or famous....just concerned about community services, representation, current issues, and being part of what is going on. Participation is the key factor here....whether one participates by watching what's on TV, Youtube, Facebook, CNN or Netflix or participates by filling in spaces at a ballot box, standing up for what's on your mind, or just opening your eyes and getting out of bed and out of your door, it's all positive.

As one of many older Americans, I try to review materials that encourage my mobility and health. Every source encourages exercising and social interaction as keys to continued physical and mental health. Even though



it is obvious, on snowy days it might be hard to walk around a block or take a trip to the mall or a Y swimming pool for a lap or two. And, on single-digit temperature days, staying warm and toasty in a bed may be equally if not more appealing than meeting with friends for coffee or volunteer work.

So how about another approach? Think of ways to enrich your life....like reading a book that is not your usual grab, or attending a program on gardening or astronomy. Tackle a closet full of "I've been meaning to sort this stuff out" clothes or storage items....and put it in your car so it will be delivered to the appropriate group. If necessary, take a picture of old favorites....and finally let them go! Try a Sudoku or a crossword puzzle...or check a website for the joke or poem or word of the day. Call an out-of-town friend and set up a time to visit in person. Crack open one of the cookbooks on your shelf and try a different recipe....one with more vegetables or more beans or seafood that is supposed to be better for us all. Pick up some family photos albums and enjoy a chairside jaunt through the past. Then close the book, take out your calendar, and make some plans for new memories and more pictures.

We are all happy about good results on health tests. And the words, "it is in remission" offer a reason to make future plans. So, join me as I remember my riches and my goal to live the philosophy I found in a souvenir shop that says, "Today I will be happier than a bird with a French fry."



CHIPPEWA MUSEUM VALLEY

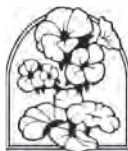
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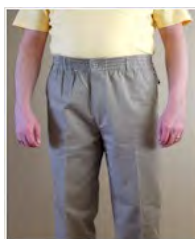
The gift of song

Threshold Singers provide songs for people who are seriously ill, dying or grieving.

This **FREE** service is for Eau Claire, Chippewa Falls, Menomonie, and Mondovi areas.For more information, or to make a referral, contact us at:
thresholdec@gmail.com
thresholdchoir.org/eau-claire

Threshold Singers

Inviting women who would like to share their voice to sing healing and palliative songs for people who are seriously ill, dying or grieving. Volunteers gather in groups of 3-5 to sing at bedsides.

This **FREE** service is for Eau Claire, Chippewa Falls, Menomonie, and Mondovi areas. Contact us if you are interested.**thresholdec@gmail.com**
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The meeting is open to the public, refreshments are served. Reminder: we do not meet June - August. For more information call 715 874-6678 or check the website, <GR-SEC.ORG>

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****ALL ABOUT EMAIL**

This 3 session class covers all aspects of Web-based email (using Windows computers) Prerequisites: Must have a current email address (Yahoo, Gmail, Charter, AT&T, etc.) and know your email password before coming to class. Note – does not cover Microsoft Outlook. Thursdays, May 3-17 1:30-3:30pm

***A POSITIVE OUTLOOK LEADS TO RESILIENCY**

It is important to understand your motivations and expectations of self and others. Learn the characteristics of resilient people. Thurs., May 3 11am Presenter: Jean Jirovec

***WHAT IS NORMAL SLEEP?** Join us for a discussion on normal sleep and how to get it? Mon., May 14 11am Presenter: Kelly Schmidt, Sleep Technologist, HSHS

***MONARCHS AND MILKWEED 101**

Discover how easy it is to raise Monarch butterflies with simple, inexpensive supplies and milkweed leaves. Be prepared for tons of fun in this informative and energetic presentation. Wed., May 23 12:30-2pm Presenter: Ellen Wynkoop

STRENGTH CLASS M-W-F 9:35–10:35am M 8:15-9:15am and W 7:15-8:15am Use dumbbells, barbells and your own body weight as resistance to get stronger and fit. Yoga; Moving With Mindfulness W 4:30-5:45pm Strengthen the core.

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THE VELOCIPEDE

by Bruce Gardow,
Archivist - Dunn Cty Historical Society



Under my name you will see that I am an archivist at the Dunn County Historical Museum. An archivist is someone who works with the museums artifacts. My job is to research them, to find out what they really are, what they really do, or where they came from. We have some very interesting items and I would like to share them with you.

We have a Velocipede at the museum. It's not some hairy insect with lots of legs; nor is it some new strange disease. In our situation here, It is a type of tri-cycle from the 1890's. The word Velocipede is derived-ed from the Latin words “velox” which translates to swift. Plus “pes” meaning foot.



Our Velocipede is a very rare piece of history. It has a small, single front wheel that is made out of metal, with no rubber on it at all. Steering is done by a long metal rod with a small wooden handle attached to it. This metal rod runs from the front fork back to the wooden seat. The peddles are attached to long metal rods that are attached to the front fork and run back to the crankshaft style rear axle. This crankshaft style rear axle powers the two large rear wheels. Unlike the front wheel, the rear wheels are made with hard rubber tires attached to the rims.

There are no chains or gears on the velocipede because they had not been invented yet. That's just a very small part of the history of this trike. Here is the rest of the history:

Traveling all of the way back to 1655 A three wheeled wheel chair was built by a disabled German named Stephan Farffler, who wanted to be able to maintain his mobility. Since he was a watchmaker, he was able to create a vehicle that was powered by hand cranks connected to the front wheel.

Moving forward to 1789, two French inventors developed a three wheeled vehicle powered by pedals; They called it the tricycle.

The year 1818, saw British inventor David Johnson patent his approach to designing tricycles, In 1876 James Starley developed the Coventry Rotary, which was one of the first rotary chain drive tricycles. Starley's inventions started a tricycling craze in Britain; by 1879, there were 20 types of tricycles and multi-wheel cycles ... produced in Coventry, England and by 1884, there were over 120 different models produced by 20 manufacturers. The first front steering tricycle was manufactured in 1881 by the Leicester Safety Tricycle of Leicester, England. This model of tricycle was brought to the market in 1882. They also developed a folding tricycle at the same time both of which enjoyed considerable success.

Even with this rich history added you can not fully appreciate the uniqueness of this three wheeled wonder until you see it in person. With that in mind, if you come to they museum and say “I'm here to see the velocipede,” your admission will be free. This offer is good through May. Come and pay us a visit. You will be glad you did!

Review



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MAY FLOWERS

by Kelly Rohwedder, Milestone Senior Living

The month of May is Gardening Month, it's the month we all start to think about what we want in our gardens. Gardens are quite versatile and give us all a chance to show off our personalities. There are gardens with green plants & grasses, fruits & vegetables and of course flower gardens.

Today lets talk about flowers and how their colors and smells excite us all this time of year! Each of us has flowers that we're drawn to, but do you know what your favorite flower actually says about you? Look at this list of popular flowers and see how accurate it is.....

ROSES

Roses are one of those flowers, that has many different meanings all tied to the color of the flower. If you are a rose lover, which one of these having meaning in your life?

- Bright red--love and desire
- Dark red--unconscious beauty
- Pink--grace, happiness and gentleness
- White--purity, innocence, and silence
- Yellow--new beginnings, joy and friendship
- Orange--desire and enthusiasm
- Coral---friendship, modesty and empathy
- Lavender--represent love at first sight

What they say about you: You tend to think with your heart. You're classic, timeless and are always in style. You know how to make an entrance and you make things in life seem effortless

TULIPS

Tulips just like roses, can have different meanings depending on their color. Overall, tulips are a sign of perfect true love, and a sign of fame

- Red--Declaration of love
- Yellow---Sunshine in your smile
- Purple---Royalty
- White--Worthiness and forgiveness
- Variegated---You have beautiful eyes

What they say about you: You're a thoughtful and confident person. Your sense of style changes with your moods but is always consistent and coordinated.

DAISIES

These flowers seem to be everyone's favorite! They signify summer to most all of us. Standard daisies represent innocence, hope and purity. If you are a Gerbera daisy fan because of their bright colors it's probably because the signify cheerfulness.

What they say about you: You tend to be optimistic, always finding the silver lining. You have a knack for making others miles and you most likely like to wake up to see the sun rise.

LILACS

Those who love the fragrant lilac, did you know they symbolize youthful innocence. These like roses and tulips, can have different meaning based on your color preference.

- Purple---love and devotion

White--humility and innocence.

What they say about you: You tend to be nostalgic, you enjoy looking at old photos, collecting antiques and may even enjoy old tv shows from your childhood.

DAFFODILS

The daffodil is one of the top 3 most popular flowers as it signifies friendship and dedication.

What they say about you: That you put friends and family first in your life. You have a flair for parties especially when planning one for someone you are close to.

ORCHIDS

Orchids represent rare beauty, maturity, thoughtfulness, and pride. These flowers can be temperamental and need extra TLC.

What they say about you: You can be sophisticated, elegant and mysterious. You can be in a large crowd and people tend to be drawn to you.

PEONIES

Peonies are a complex flower with complex meaning. To some they symbolize compassion, indignation, or shame. Though interestingly enough they can also state you enjoy a happy life, good health and prosperity.

What they say about you: You tend to look at the glass as half full. You think about your future though do not forget about the present. These flowers also say, you are quite thoughtful and empathetic towards others.

LILIES

These tend to be everyone's favorite! The signify purity and refined beauty, though like many flowers, their meanings depend on their color and type.

- White--Modesty and virginity
- Yellow---Cheerfulness
- Orange---Passion.
- Calla lilies---Magnificence, beauty, purity and innocence, thus a perfect choice for a wedding!
- Lilies of the valley----Sweetness and purity of heart

What they say about you: You tend to be a happy worker that has a passion for your work and it shows in everything you do. You are proud of your accomplishments and enjoy compliments from others.

ZINNIAS

Zinnias are cousins to the Daisy family, they tend to be used when you are thinking about absent friends or family.

What they say about you: You have an intense passion for people and love. You are the type to wear your heart on your sleeve, which makes you vulnerable. At times you can get stuck in your past.

So now that you send your favorite flower and what it may say about you, what will you plant in your garden this year? I know I will be planting lots of Daffodils! Happy Gardening!



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CAREGIVING PROCRASTINATIONS
CAN HAVE CONSEQUENCES

by Katie Fennell, Director of Community Relations, Azura Memory Care. katie.fennell@azuramemory.com

Procrastination is something that most people associate with occurring at work, but in reality it is any task that is put off because it is hard, frustrating, scary or takes a lot of time. Many duties on the journey of caregiving fall under these subheadings, so it is no wonder that medical appointments and procedures, legal paperwork and numerous other issues get put off for another day or until a crisis occurs.

As caregivers it is important to be aware of specific items that cannot and should not be put off for another day. Studies show that if they are these simple issues could have severe consequences for yourself, your loved ones and for the person for whom you are giving care. Below are few key items that should take top priority:

Health – your health and the health of those around you must always come first. Do not bypass your doctor appointments because you are too busy taking care of someone else. The simple question is... what happens to them, if something happens to you? In addition, if you feel that your loved one needs to see a physician get them there as soon as possible. You are their advocate and they need you to speak and sometimes push them to see to prioritizing their own health too.

Legal Rights – as a caregiver for an older adult it is important that you and your loved one have Powers of Attorney for Health and Finances put in place immediately. After age 18 if you are found to be incompetent due to accident, illness etc...only a person’s Power of Attorney may act on their behalf.

The reality is that there will probably come a time when you will need to make decisions for your loved one’s care, services and financial future. This paperwork, allows you the legal rights to do so without having to pay legal fees to acquire guardianship. Health care power of attorney documents can be obtained by talking with your physician or go to your counties Aging and Disability Resource Center for assistance.

Plan B – all of us must always have a Plan B or an alternative way to make sure our loved one is cared for in the event that we can no longer be there for them. If your loved one is living alone or with family, determine where they might go should they become ill, need more assistance or if something happens to their primary caregiver. Talk with their physician to determine if or when this type of move or assistance might be necessary. Also, determine who could step in to help in the interim or other services that could benefit them now or in the future.

It is said that procrastination is an art form, but as caregivers our canvas is the life of someone we love and cherish. In short, not doing anything is doing something...and it could be painting a landscape of severe consequences for ourselves and for those for whom we care.

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STROKE SIGNS AND SYMPTOMS

Sudden severe headache with no known cause is a stroke sign in men and women.

During a stroke, every minute counts! Fast treatment can lessen the brain damage that stroke can cause.

By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

Signs of Stroke in Men and Women

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or difficulty understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination
- Sudden severe headache with no known cause

Call 9-1-1 right away if you or someone else has any of these symptoms.

Acting F.A.S.T. Is Key for Stroke

RECOGNIZE THE SIGNS AND SYMPTOMS OF STROKE

When someone is having a stroke, every minute counts. Just as putting out a fire quickly can stop it from spreading, treating a stroke quickly can reduce damage to the brain. If you learn how to recognize the telltale signs of a stroke, you can act quickly and save a life—maybe even your own.

Acting F.A.S.T. can help stroke patients get the treatments they desperately need. The stroke treatments that work best are available only if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Stroke patients may not be eligible for these if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

- F—Face: Ask the person to smile. Does one side of the face droop?
A—Arms: Ask the person to raise both arms. Does one arm drift downward?
S—Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?
T—Time: If you see any of these signs, call 9-1-1 right away.
Note the time when any symptoms first appear. This information helps health care providers determine the best treatment for each person. Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room. https://www.cdc.gov/stroke/signs_symptoms.htm

SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST



B

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F

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FACE
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ARMS
ARM OR LEG
WEAKNESS

SPEECH
SPEECH DIFFICULTY

TIME
TIME TO CALL
FOR AMBULANCE
IMMEDIATELY

CALL 911 IMMEDIATELY

Last month we talked about, “60 days before listing” - the steps in getting your home ready to sell.

Now let's talk about “30 days Before listing”

CHOOSING A REAL ESTATE PROFESSIONAL

- Invite your real estate professional over to meet and ask questions. Your agent wants to understand the challenges and present available options.

- Don't be afraid to interview more than one real estate agent as this will be your advocate throughout the process.

- Don't assume that the agent suggesting the highest price is the one to work with. Base your decision on what is important to you. The agent can give you a Comparative Market Analysis (CMA) of the property and an estimate of selling costs, to help you determine how much you will net from the sale.

You can ask the agent questions such as:

- What is your experience in selling homes?
- What is your marketing plan for my home? Do you have a selling system, i.e. a step by step process you follow for selling a home?

- How will you communicate with me-- by phone or email/text and how often? Communication is a very important part of the listing of your home.

Choose a Real Estate professional that has the necessary resources and will be your partner in helping sell your home. After you have chosen a Real Estate Professional to work with, you will sign a listing contract, set a timeline and talk about all of the details of the listing. Your Real Estate Professional will take the lead and guide you through the process of your home sale.

Next month we will talk about preparing for showings.



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

- Tuesday May 29, 2018 at 4:00 pm to 5:30 pm at The Classics at Hillcrest Greens, 2455 Sawgrass Place, Altoona WI 54720

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.

- Friday May 4, 2018 at 10:00 am to 11:30 am at the Shirley Doane Senior Center, 1412 Sixth Street E, Menomonie, WI 54751
- Thursday May 17th, 2018 at 1:00 pm. to 2:00 pm at the Rutledge Charities Building, 404 North Bridge Street, Chippewa Falls WI 54729

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 May 8, 2018 at 10:00 am to 11:00 am at United Methodist Church Lounge Room, 337 Lake Street, Eau Claire WI 54703
- Thursday May 24th 2018 a Lunch and Learn at 12:30 pm to 1:30 pm at Lake Hallie Memory Care Assisted Living, 4407 124th Street, Chippewa Falls, WI 54729



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DUSTING OFF SOME LOCAL HISTORY:
UNRAVELING PAUL
BUNYAN YARN

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

“So great was his lung capacity that he called his men to dinner by blowing thru a hollow tree a blast so strong that it blew down the timber on a tract of sixty acres...” Bernice Stewart, an early chronicler of Paul Bunyan tales, published this account of Paul Bunyan in her essay “Legends of Paul Bunyan, Lumberjack,” an excerpt of which was published in the Eau Claire Leader on April 15, 1917. In the Chippewa Valley, we are all familiar with stories of Paul Bunyan. These stories are shared through books and films, and the presence of the Paul Bunyan Logging Camp Museum solidifies a place for this legend in our community.

Throughout the 19th and early 20th century, lumberjacks would often share stories of lumberjack lore. Outside of lumber camps, however, these stories were largely unknown. Enter William Laughead. As a public relations manager for Red River Lumber Company in Minneapolis, Laughead published a brochure for customers titled, Introducing Mr. Paul Bunyan, of Westwood, California. Although Laughead’s first brochure, published in 1914, resulted in little public recognition of Bunyan, his continued efforts slowly gained traction resulting in a second publication of stories in 1916.



Paul Bunyan presence in Eau Claire is steadfast through his statue, and that of his companion Babe the Blue Ox, standing outside the Paul Bunyan Logging Camp Museum in Carson Park. Image Courtesy Paul Bunyan Logging Camp Museum

While Laughead was busy using tales of Bunyan to market his company, Bernice Stewart, a student at the University of Wisconsin-Madison, was quietly documenting Bunyan stories through meetings with lumberjacks. Stewart’s work, published in The Transactions of the Wisconsin Academy in 1916, provide us with one of the earliest efforts by a folklorist to document Bunyan stories across Wisconsin and other parts of the Upper Midwest. It should come as no surprise, given our community’s deep roots with the lumber history, that The Eau Claire Leader would publish an excerpt from Stewart’s work as part of its own series on lumbering in the region. Paul Bunyan’s character was introduced to our community years before public fascination with Bunyan emerged in the 1920s.

While there is evidence of Paul Bunyan stories published prior to Laughead, he is often credited with bringing these stories to the public’s imagination. While Laughead’s work is commendable, ultimately more credit is due to Bernice Stewart. Stewart’s efforts resulted in gathering stories, absent the embellishment added by Laughead, and providing us with greater context. These stories live on in our community today, and the best way to experience them is by stepping back into the 1890s through a visit to the Paul Bunyan Logging Camp Museum.

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MAN CAVE

...a just a bit of fun...
by Mary & Brad Dale, Editors,
Senior Review, Senior Times, and Senior Hi-Lites

I was up a creek.

Standing at the kitchen sink, I was clearly in a “face off” with a 2 inch plastic bottle that ruled my life. It held the tiny white pill that controlled my world. I was in for a lousy morning.

Not being able to get things open had become a way of life as of late. I could hear the giggles at my knitting group as they lament my daily drama of “the battle with a safety lid.”

It was time for me to call in for reinforcements. I screamed into the cave for an assist. He slogged across the yard into the kitchen, rolled up his sleeves and gave the pill bottle a mighty crank with his beefy fingers. It was rather like watching a bear cub with boxing gloves!

While he twisted the lid this way and that he began yet another of his infernal lectures on life. This one would be titled the benefits of “mechanical advantage.” The long and short of it is the jar is too small to get a handle on while prying the lid off.

As he continued wrestling with the bottle, he went on to list items with metal lids that would not come off. I stopped listening after he got to mayonnaise, pickles and jelly. Our kitchen frequently becomes a battleground of man over metal. In a world where the winner gets the jar open and gets to have lunch, we frequently come out on the short end.

He paused a second to catch his second wind, and started in yammering about boxes with perforated cut lines for easy access. When stabbing doesn’t work, you grab whatever object may get you into the jello, pudding or crackers. Often you have a sloppy mess on the counter and frequently a nasty red scratch for your effort.

Finally, without notice, the lid on the pill bottle let loose, my last white pill flew across the room, bounced off the toaster, careened through the air cascaded down the cupboard and landed with a mighty plop... *in the garbage.*

Yup, it was sure turning out to be a lousy day.



LOSING GRACEFULLY

By Ken Anderson



“I didn’t win. They don’t give you no medals for trying.”
“Opie, it’s more important knowing how not to win”
“I know how to do that real good.”
“Winning ain’t no problem, Opie. It don’t take courage to be a winner. It does take courage to be a good loser. You should congratulate your friends and be happy for them.”
“They ain’t my friends. They beat me and they got my medal.”

Andy and Opie had this conversation about sportsmanship shortly after Opie failed to win a medal in a Mayberry track and field contest. Andy was very disappointed in Opie’s behavior.

Like Opie, I was not a gifted athlete, and Like Opie I too had to learn about sportsmanship at a young age. When I was in seventh grade, our basketball coach, Jim Eiden, took us to Athens to play our first game. We were excited and we expected great things.

Despite giving it our best shot, we lost the game 88-0. However, the final score was not the “big story” of the game. The score was 88-0 at the end of the third quarter, so the game was suspended. But I did score two points – for Athens.

On the way home Mr. Eiden was encouraging us and it was then that we started to laugh. This was in 1958 and you have to realize that back then basketball was just a game. We didn’t think about trophies or tournaments. We played for fun. No one put any real pressure on us to win. We were kids and it was important that we had fun.



I learned two things from that game. I learned how to laugh at myself and I learned how to lose gracefully.

Every summer I enter my squad car in shows. Trophies are awarded and many car owners take the competition very seriously. Some would definitely benefit by watching Opie and Andy talking

about sportsmanship. It is amazing to see grown men pout and swear when they do not win trophies. They certainly could learn a few things from Opie. Visit my website at www.themayberryguru.com

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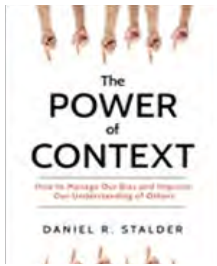
Got an idea for a story... but wonder if it might
be a “dog?” Let’s chat! mary@seniorreview.com

-BOOK REVIEW-

THE POWER OF CONTEXT:

How to Manage Our Bias and Improve Our Understanding of Others

Daniel R. Stalder,
Prometheusbooks.com-
Also available at Amazon.



A social psychologist
focuses on a very common
yet rarely discussed bias
called the “fundamental
attribution error,” showing
how being aware of this

bias can improve our day-to-day understanding
of others.

Social life involves making judgments
about other people. Often these snap judgments
turn out to be wrong when we overlook con-
text. Social psychologists call this pervasive
bias the “fundamental attribution error.” This
book explores the many ways in which this er-
ror creeps into our social interactions, frequent-
ly causing misunderstanding, hurt feelings, and
negative treatment of others.

Psychologist Daniel R. Stalder examines
common examples of this error, from road
rage and misinterpreting facial expressions to
“gaydar,” victim blaming, and prejudice. The
common denominator in these diverse exam-
ples is that we falsely assume inherent traits or
intentions while overlooking situational factors
that might explain a person’s behavior.



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- Roof and window replacement
- Plumbing repairs or upgrading
- Accessibility Modifications
- Electrical repairs or upgrading
- Carpentry repairs
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- 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.

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Updated 03/09

DOWNTOWN FARMERS MARKET SEASON OPENS

DOWNTOWN

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

ecdowntownfarmersmarket.com



The start of April didn’t look much like spring, but we are in Wisconsin and we know it will finally get here. The Eau Claire Downtown Farmers Market will be opening May 5th for the start of the 2018 season. The Market will be open Saturdays in May 7:30 – 1:00, June thru October, Wednesdays and Saturdays 7:30 – 1:00 and Thursdays 12:00 – 5:00.

We are looking forward to a wonderful season with your favorite vendors and a few new ones. We’ll start out having meats, eggs, honey, syrup, bakery, dressing, hummus and chips, popcorn, berry toppings, coffee, fresh cut flowers and whatever fresh vegetables will be ready and brought to Market. You’ll be seeing hanging flower baskets and bedding plants just in time for Mother’s Day.

You’ll again find live music and local art on Saturdays. We are happy to have our Token/Market Match Program (Saturdays 8:30 – 12:30, starting on June 2nd) available for our customers with credit/debit/SNAP cards. Just swipe your card to purchase \$1 tokens that can be spent at any vendor stall any day the Market is open. We are very happy to be able to offer our Market Match Program again to all FoodShare participants. Swipe your SNAP/Quest cards to get a 1:1 match up to \$10. per week. Make your food dollars stretch and purchase fresh, local, healthy food.

Wednesdays and Thursdays the Art Mobile will again be set-up under the clock tower. Bring the kids for fun art projects they can take home. Also, the BookBike from the library will be coming to the Market on Wednesday and Saturdays.

Remember, you will always get fresh, local products at the Downtown Farmers Market. We are a “producers only” Market. This gives you an opportunity to talk directly to the people that raise or produce your food. Come join us for a wonderful 2018 season!

Solheim Market Garden recently received Grown Naturally Certification.

CSA SUBSCRIPTIONS AVAILABLE NOW FOR 2018

Check our website: Solheimwi.com

Facebook page: Solheim, Eleva WI

715-559-9319

Solheim Market Garden

Ryan Howard,

Luke Howard,

Allen & Rachel Keniston

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Eleva, WI 54738

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

Subscribe to receive a healthy supply of fresh produce weekly through the 2018 growing season

- CSA shares \$720 for a full share, enough for a family of 4
- \$360 for a half share
- Get weekly produce for 20 weeks starting the 2nd Saturday in June
- Be able to choose Thursday or Saturday pick up at The Coffee Grounds in Eau Claire
- Receive a weekly e-mail telling what to expect in the produce bag along with occasional recipes
- CSA Members will be invited to a celebration day at the farm
- Members can make a produce donation to The Community Table. 900 pounds of produce donated in 2017



TABLE TALK

by Naomi Hackel Smith

BAKED EGG DISH

- 10-oz. frozen shredded hash browns
- 8-9 eggs
- Salt and pepper to taste
- 8-oz. shredded cheddar cheese
- 1/2 pt. half-and-half
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 1 lb. cooked sausage, bacon or ham

Spray bottom and sides of a 9 x 13-inch pan. Line the bottom of the pan with hash browns. Crack eggs on top of hash browns and crack yolks. Sprinkle with salt, pepper, and half of the cheese. Pour half-and-half over all. Sprinkle with onion, green pepper, cooked meat, and remaining cheese. Cover, refrigerate overnight. Bake at 350 degrees for 45 to 50 minutes. Serves: 6-8.

BAKED CARAMEL FRENCH TOAST

Topping:

- 1 cup firmly-packed brown sugar
- 6 Tbsp. margarine or butter
- 1/3 cup whipping cream
- 1 Tbsp. light corn syrup

French toast:

- 3 eggs
- 1/2 cup milk
- 1 tsp. vanilla

- 1/4 tsp. salt
- 8 (3/4-inch-thick) diagonal slices French bread

Spray 9 x 13-inch glass baking dish with nonstick cooking spray. In medium saucepan, combine all topping ingredients; mix well. Cook over medium heat until smooth, stirring constantly. DO NOT BOIL. Spread topping in sprayed baking dish.

Beat eggs in shallow bowl. Add milk, vanilla and salt; beat well. Dip each bread slice in egg mixture, making sure all egg mixture is absorbed. Place bread slices over topping in sprayed baking dish. Cover; refrigerate 8 hours or overnight.

To serve, heat oven to 400 degrees. Uncover baking dish; bake 20 to 25 minutes or until bubbly and toast is golden brown. Let stand 3 minutes. Invert onto large serving platter, scraping any extra caramel topping from baking dish onto toast. Serve immediately. 4 servings.



Postcards from the Past

Then & Now Pictures of Eau Claire, Wisconsin

by David Tank



What's There Today?



The Eau Claire Post office no longer has its own building, but its 1909 home, on the corner of Lake and Barstow streets, is now the Federal Building and U.S. Courthouse. It's listed on the national Register of Historic Places. Current tenants include the U.S. District Court, Bankruptcy Court, Probation, the Small Business Administration and U.S. Marshals.

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

THE LONGEST DAY EVENT:

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

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

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

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

DIRTIEST THINGS YOU TOUCH EVERY DAY—EWE

So you survived the cold and flu season, but that doesn’t mean you did not contribute to the body of germs flying around the planet for what you touched and passed on.

This list will gross you out and at a minimum shudder. But it is worth it if you stop and think a second before you touch everything in your personal space. So read the list, become aware and think before you touch everything is site and then put your finger in your mouth or your eye. Grab your ‘wet and wash’ and go for it.

- 1. SPONGES AND DISHCLOTHS
Don’t fret about the germs on the toilet seat, kitchen sponges offer up to 10 million bacteria per square inch. Towels were the most contaminated contact surfaces tested. Dishcloths are full of filth.
- 2. SINKS, FAUCETS, AND HANDLES
From kitchen thru bathroom one can find all kinds of ‘yecchy’ bacteria.
Research tested found 45% both Salmonella & E. coli in some kitchens.



- 3. TOOTHBRUSHES AND TOOTHBRUSH HOLDERS
Your tooth brush has more germs than your doggies mouth. The reason isn’t what’s on your choppers but wet bristles are perfect for nasty stuff to settle and grow. As toothbrushes are often near toilets, flushing with the lid up is good for up to a 6 ft radial spray of bonified nasty.

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Lunch & Learn in our Bistro May 24th 12:30 – 1:30 - The Basics: Memory Loss, Dementia and Alzheimer’s Disease – complimentary light lunch and tour available to those who join us. Check out our calendar of events at: <http://www.lakehalliememorycare.com/calendars/>

- 4. REFRIGERATOR HANDLES
Beware, the handle to refrigerator holding your next snack could host foul germs, yeast and mold.
 - 5. CUTTING BOARDS
Your kitchen chopping surface is a smorgasboard of bacteria. And when you wash it with your dirty washcloth the opportunities for yukk grow exponentially.
 - 6. REMOTE CONTROLS
If you knew of the germs on the remote, you may not be so quick to grab it.—Coliform bacteria, mold, and Staphylococcus aureus, can be found on household remotes. Hotel remotes are worse. (maybe get some gloves).
 - 7. PHONES
Touching your phone may be hazards to your health. Some studies liken your phone to the pocket petri dish.
 - 8. PURSES
You might want to clean out the bag to rid it of bacteria lurking in it, about the handle and bottom. You know where it has been. At a minimum do not put it on the kitchen counter when you come in from work.
 - 9. GROCERY CARTS
Start grabbing and using the wipes in the grocers. Supermarket carts have E. coli because of the frequent food contamination. Washing is good.
 - 10. KEYBOARDS
Your keyboard hosts great gobs of Staph, Coliform, yeast, and mold, to mention the favorites lurking among the keys. And if you share a keyboard, you are sharing the mess. Wash your hands often. Wipe down the surface often.
- Annotated from <http://mentalfloss.com/article/93485/10-dirtiest-thingsyou-touch-every-day>

OUTDOOR ACTIVITIES! BUT WAIT..... DO YOU SUFFER WITH ALLERGIES?

Now is a great time to call your local Health Mart Pharmacist and make an appointment to go over your medications to ensure your health and safety needs are being met. Your pharmacist will make sure that you are compliant with your medications and will also advise you on over-the-counter products for allergies to take or avoid for adverse interactions.

KEEPING A PULSE ON YOUR GOOD HEALTH!

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HAND WASHING: THE FIRST STEP TO GOOD HEALTH

Author: Dr. Hamblin
Prevea Health Family Medicine

We hear a lot about vaccines and medicines to control infections; however, according to the US Centers for Disease Control, hand washing is the single most important means of preventing the spread of infection.

We expose ourselves to bacteria and viruses with our own hands, causing diseases such as colds, flu and food borne illness. Mom gave excellent advice to “wash your hands.” Although mom is always right, we often forget to heed her advice according to these dismal statistics:

- Only 2/3 of adults in the US wash hands after using the bathroom.
- 1 in 4 adults don’t wash their hands after changing diapers.
- Less than 1/2 of Americans wash hands after cleaning up after pets.
- Only 1 in 3 wash hands after sneezing/coughing.
- Less than 1 in 5 wash hands after touching money.
- 1 in 3 E-coli infections is caused from not washing hands before handling food.

Germs are everywhere – even if you can’t see them. You can prevent the spread of germs if you refrain from putting your fingers in your eyes, nose or mouth, and avoid touching people and surfaces with unclean hands. It’s also a good reminder to clean cell phone screens and computer keyboards frequently.

Washing your hands is especially important:

- After coughing or sneezing (if you covered your nose or mouth with your hand).
- Before, during, and after you prepare food.
- Before you eat.
- After you use the bathroom or change diapers.
- After cleaning up after pets.
- After handling money.

When your hands are dirty.

How should one wash hands properly?

1. Wet hands with warm water (not hot) and use soap.
2. Rub your hands together, making sure to scrub all areas.
3. Rub for a minimum of 15 seconds (soap combined with scrubbing dislodges and removes germs).

4. Rinse thoroughly, then dry hands on a clean towel.
5. Turn faucet off with the towel, not hands, to keep away from recontamination.

If you are feeling ill and would like to schedule an appointment, call your primary care doctor or a Prevea Health Center near you.

Prevea Augusta Health Center: (715) 286-2270

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**Does waiting for the bathroom
make you worry
that you will not get there in time?**



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For more information about urinary incontinence, please visit our website,

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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
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Understanding Power of Attorney

What's is this Whole P.O.A. Thing About Anyway?

Presenter: Mary Beth Gardner, Attorney at Law

Older adults are more susceptible to age-related conditions that may inhibit their ability to make important health and financial decisions. What delegations of authority can be put in place that allow someone else to "call the shots," if you are unable to do so? Perhaps you've heard about Durable Power of Attorney for Finance, Healthcare Power of Attorney, and Guardianship? What do these terms mean and what are the advantages or disadvantages, if any, that are associated with these legal designations? With nearly 30 years of experience in the areas of estate planning, probate, medical assistance planning, and guardianship, Attorney at Law Gardner will share her insights about the various options available that can assure your affairs are handled properly.

All presentations are FREE and held the 1st Wednesday of the month at:
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