

# senior review

FREE

June 2024

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## June is Alzheimer's & Brain Awareness Month

A Senior Magazine for Living a Healthier, Smarter and More Active Life in Eau Claire

## Time - Friend or Foe?

By Ken Anderson, The Mayberry Guru, [themayberryguru@gmail.com](mailto:themayberryguru@gmail.com)

I recently read Mitch Albom's novel *The Time Keeper*. In this beautiful work of fiction, the inventor of the world's first clock is punished for trying to measure God's greatest gift. He is banished to a cave for centuries and forced to listen to the voices of all who come after him, seeking more days, more years.

At 77 years old, you may wonder why I would read a book about seeking more days and years when this goal is primarily out of my control. The best I can do is live a healthy life and avoid things that may hasten my demise. However, the main character in this book, Father Time, got me to think about all the clocks that are a part of my daily life, and how time sometimes takes control of me. This became apparent when I had to set them all ahead for daylight savings time.

I started in the kitchen by changing the wall, stove, and microwave clocks. Then I moved throughout the house, changing the two chiming wall clocks, the two alarm clocks in our bedroom, and my wall clock in our den. I then moved to our two bathrooms and changed the time twice. Thinking I was finished with this twice-a-year task, I then remembered there were clocks in our car and DVD

player that needed changing. Everywhere I went there were clocks to remind me of the time.



When I was a young boy, I thought time moved so slowly. It seemed to take forever for anticipated events to arrive. The wait to grow up to the age to attend high school seemed to take forever. Then, when I did get into high school, the two years of waiting to get my driver's license seemed like an eternity. The final two years of waiting until graduation took forever. Time just would not move fast enough for me when I was young. After all, I had so many years ahead of me and many things to do that it was easy to become impatient with time.

Now that I am in my life's twilight, time seems to pass at warp speed. I measure time by events such as attending monthly breakfasts with friends and filling my pill container each Saturday night. It is incredible how quickly these events keep coming up. I had the misconception that retirement would be a time when I would have more time to do the things I enjoy. I did not realize that all this extra time would pass by me so quickly. So, I have decided that time is out of my control and that I must simply enjoy each moment I have left.





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## Living with Alzheimer's



Alzheimer's begins 20 years or more before memory loss and other symptoms develop

► **Prevalence:** An estimated 6.9 million Americans are living with Alzheimer's dementia.

► **Mortality and Morbidity:** Among people age 70, 61% of those with Alzheimer's dementia are expected to die before age 80 compared with 30% of people without Alzheimer's dementia.

► **Workforce:** More than 1 million additional direct care workers will be needed between 2021 and 2031 — more new workers than in any other single occupation in the United States.

► **Use and Costs of Long-Term Care and Hospice:** In 2024, health and long-term care costs for people living with Alzheimer's and other dementias are projected to reach \$360 billion.

► **Caregiving:** More than 11 million Americans provide unpaid care for a family member or friend with dementia, a contribution to the nation valued at nearly \$350 billion.



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# Nourishing Your Mind: Health Foods to Enhance Brain Health and Prevent Memory Loss

In our fast-paced world, maintaining optimal brain health is essential for overall well-being and cognitive function. As we age, many individuals become increasingly concerned about memory loss and cognitive decline, including the development of conditions like Alzheimer's disease. While genetics and other factors play a role, incorporating certain healthy foods into your diet can support brain health and potentially reduce the risk of memory loss. Here are some nutrient-rich foods that have been shown to promote cognitive function and enhance brain health:

**1. Fatty Fish:** Fatty fish such as salmon, mackerel, and sardines are rich in omega-3 fatty acids, particularly EPA and DHA. These essential fatty acids are crucial for brain health, as they contribute to the structure of brain cell membranes and support neuronal communication. Studies have suggested that omega-3 fatty acids may help improve memory, reduce inflammation, and lower the risk of cognitive decline.

**2. Berries:** Berries, including blueberries, strawberries, and blackberries, are packed with antioxidants, including flavonoids and anthocyanins, which have been linked to improved cognitive function and delayed age-related memory decline. These antioxidants help combat oxidative stress and inflammation in the brain, protecting against damage to brain cells and promoting brain health.

**3. Leafy Greens:** Leafy green vegetables like spinach, kale, and collard greens are excellent sources of nutrients such as vitamin K, folate, and lutein, all of which are associated with improved cognitive function and brain health. Vitamin K plays a role in brain cell growth and development, while folate helps regulate homocysteine levels, which, when elevated, have been linked to an increased risk of cognitive decline. Lutein, a carotenoid antioxidant found in leafy greens, may help preserve cognitive function and protect against age-related cognitive decline.



**4. Nuts and Seeds:** Nuts and seeds, including walnuts, almonds, flaxseeds, and chia seeds, are rich in nutrients such as vitamin E, antioxidants, and omega-3 fatty acids, all of which support brain health. Vitamin E is a powerful antioxidant that helps protect brain cells from oxidative damage, while omega-3 fatty acids promote neuronal communication and reduce inflammation in the brain. Consuming nuts and seeds as part of a balanced diet may help improve memory and cognitive function.



**5. Whole Grains:** Whole grains like oats, quinoa, brown rice, and barley are rich in complex carbohydrates, fiber, and B vitamins, all of which support brain health and cognitive function. Fiber helps regulate blood sugar levels, preventing spikes and crashes that can negatively impact brain function. B vitamins, including thiamine, riboflavin, and niacin, are essential for energy production in the brain and play a role in neurotransmitter synthesis.



Incorporating these healthy foods into your diet as part of a balanced and varied eating plan can help nourish your mind and support optimal brain health. While no single food or nutrient can prevent memory loss or cognitive decline, adopting a brain-healthy diet rich in nutrient-dense foods can contribute to overall well-being and cognitive function.

Combined with other lifestyle factors such as regular exercise, mental stimulation, adequate sleep, and stress management, a brain-healthy diet can help protect against age-related cognitive decline and promote lifelong brain health.



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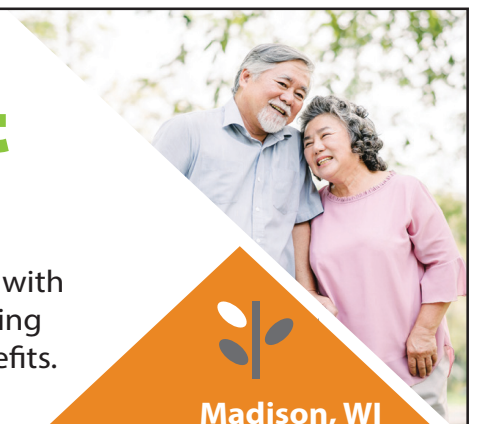
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# Understanding Alzheimer's Disease and Strategies for Brain Health

**A**lzheimer's disease, a progressive neurodegenerative disorder, poses a significant challenge to both individuals and society as a whole. Characterized by memory loss, cognitive decline, and changes in behavior, Alzheimer's gradually impairs a person's ability to perform daily tasks and ultimately leads to a loss of independence. While there is currently no cure for Alzheimer's, there are steps individuals can take to promote brain health and reduce the risk of cognitive decline.

Maintaining brain health is essential throughout life, not just in older age. Research suggests that lifestyle factors play a significant role in influencing brain health and may contribute to the development or prevention of Alzheimer's disease. Engaging in regular physical exercise, eating a balanced diet, staying mentally and socially active, managing stress, and getting quality sleep are all crucial components of brain health.

Physical exercise has been shown to have numerous benefits for brain health. Regular aerobic exercise increases blood flow to the brain, stimulates the growth of new neurons, and improves cognitive function. Additionally, exercise reduces the risk of cardiovascular disease, hypertension, and diabetes—conditions that are associated with an increased risk of Alzheimer's.

A healthy diet is also essential for brain health. Consuming a diet rich in fruits, vegetables, whole grains, and lean proteins provides essential nutrients and antioxidants that support brain function and protect against cognitive decline. Foods high in omega-3 fatty acids, such as fatty fish, nuts, and seeds, have been linked to a reduced risk of Alzheimer's disease.

Staying mentally and socially active is critical for maintaining cognitive function. Engaging in activities that challenge the brain, such as puzzles, games, reading, or learning a new skill, helps build cognitive reserve

and strengthens neural connections. Social interaction stimulates areas of the brain involved in communication and emotional regulation, contributing to overall brain health.



Managing stress and getting quality sleep are also important factors in promoting brain health. Chronic stress can have a detrimental effect on the brain, leading to inflammation and cognitive decline. Establishing healthy coping mechanisms and practicing relaxation techniques can help reduce stress levels and support brain function. Quality sleep is essential for memory consolidation, cognitive processing, and overall brain health.

While there is no guaranteed way to prevent Alzheimer's disease, adopting a brain-healthy lifestyle can help reduce the risk of cognitive decline and promote overall well-being. By prioritizing physical exercise, healthy eating, mental stimulation, social engagement, stress management, and sleep hygiene, individuals can take proactive steps to support brain health and reduce their risk of Alzheimer's disease.



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# 10 Ways to Stay Mentally Sharp

by Shelley Krupa, Business Operations Coordinator Lake Hallie Memory Care

**S**taying cognitively healthy involves engaging in activities that challenge and stimulate the brain. Here are some specific brain exercises and activities that can help maintain cognitive function and promote brain health:

**1. Puzzles and Brain Games:** Activities like crossword puzzles, Sudoku, and word searches are excellent for stimulating different areas of the brain, including memory, problem-solving, and attention. These games encourage mental flexibility and help maintain cognitive function.

**2. Learning a New Skill:** Whether it's playing a musical instrument, mastering a new language, or taking up a hobby like painting or knitting, learning something new creates new neural connections and enhances cognitive reserve. The process of acquiring a new skill challenges the brain and promotes neuroplasticity.

**3. Memory Exercises:** Practice memorization techniques such as mnemonics or visualization exercises to improve memory retention. You can also challenge your memory by trying to recall lists of items, phone numbers, or people's names without referring to notes.

**4. Reading and Mental Stimulation:** Reading books, articles, or engaging in intellectually stimulating conversations can help keep the brain active and engaged. Choose topics that interest you and challenge your thinking to promote cognitive function.

**5. Physical Exercise:** Regular physical activity not only benefits the body but also has a positive impact on brain health. Aerobic exercises like walking, jogging, or swimming increase blood flow to the brain, promoting the growth of new neurons and improving cognitive function.

**6. Mindfulness Meditation:** Practicing mindfulness meditation can help reduce stress, improve focus and attention, and enhance cognitive performance. Mindfulness exercises involve paying attention to the present moment without judgment, which can help improve overall brain function.

**7. Brain Training Apps:** There are many smartphone apps and online programs specifically designed to train and exercise the brain. These apps offer a variety of games and activities targeting different



cognitive skills such as memory, attention, and problem-solving.

**8. Social Interaction:** Engaging in social activities and maintaining strong social connections can help preserve cognitive function. Regular social interaction stimulates areas of the brain involved in communication and emotional regulation, promoting overall brain health.

**9. Music Therapy:** Listening to music or learning to play a musical instrument can have beneficial effects on cognitive function. Music

has been shown to stimulate various regions of the brain associated with memory, emotion, and learning.

**10. Brain-Boosting Foods:** Incorporating brain-healthy foods into your diet, such as fatty fish, nuts, berries, leafy greens, and whole grains, can support cognitive function and promote brain health. Avoiding processed foods and excessive sugar can also help maintain brain health.

By incorporating these brain exercises and activities into your daily routine, you can help keep your mind sharp, improve cognitive function, and reduce the risk of cognitive decline as you age. Remember to challenge yourself regularly and maintain a balanced lifestyle to support overall brain health.

## 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 & 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 \$165,750
- Property must be a minimum of 25 years old
- Owner occupied (at least one year)
- Good credit history
- HUD income guidelines apply: not to exceed 80% of area median income



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at 8:30 am, 11:15 am (virtual), 7:30 am (in person Chapel Heights UMC) or 5:00 pm (in person- Dove Healthcare West)
- Tuesdays & Thursdays, **July 9 - September 12, 2024** at 8:30 am (virtual)
- Repeat participants must complete a Re-enrollment Consent Form to sign up by June 24.
- Suggested contribution \$20 for repeat participants.
- Download form at [www.adrcevents.org](http://www.adrcevents.org), email [adrc@eauclairecounty.gov](mailto:adrc@eauclairecounty.gov) or call the Aging & Disability Resource Center at 715-839-4735 to request a form by mail.

### Walk With Ease

Looking to get motivation to be active and relief from arthritis pain? The Arthritis Foundation's Walk With Ease program can show you how to safely make physical activity part of your everyday life. Walk With Ease is designed to help people living with arthritis better manage their pain, but it is also ideal for people without arthritis who want to make walking a regular habit. Classes are one-hour, three times per week for six weeks. Must have ability to be on your feet for at least 10 minutes without increased pain. \$10 suggested contribution. Participants receive the Arthritis Foundation Walk With Ease guidebook.

- Mondays, Wednesdays, Thursdays, 9:30 - 10:30 am/  
**July 15 - August 22, 2024**
- Carson Park, Eau Claire



### Mind Over Matter: Healthy Bowels, Healthy Bladder

Three-session workshop designed to give women the tools they need to take control of symptoms. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you do not have leakage symptoms now, it is never too early or too late to think about bladder and bowel health.

- Tuesdays, 9:30 - 11:30 am/ **July 16, 30 & August 13, 2024**
- Agriculture & Resource Center, 227 1st Street West, Altoona



### Mark your calendars for these workshops starting in September:

- **Stepping On** fall prevention Tuesdays, 10:00 am - 12:00 pm  
September 10 - October 22, 2024
- **Healthy Living with Diabetes** Tuesdays, 1:00 - 3:30 pm  
September 17 - October 29, 2024

.....  
**Must be living independently and cognitively intact.**

**REGISTER at least one  
week prior:**

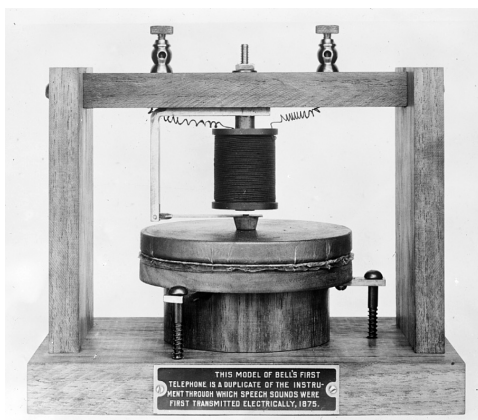
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*By Greg Kocken, Archivist, UW-Eau Claire, [Kockeng@uwec.edu](mailto:Kockeng@uwec.edu)*

A few weeks ago a student at UW-Eau Claire approached me holding an Eau Claire City Directory from the mid-20th century. The student was perplexed by a symbol they had never seen before in a city directory, a small image of a bell with a series of numbers written next to it. I explained to the student that the bell signified the presence of a telephone at that address and the numbers identified the telephone number. Since that encounter, I have thought a lot about landline telephones. A 2023 article published in the Washington Post suggested that around 30% of U.S. homes maintain landline telephones, a significant decline over the past several decades. My own family is represented in that cultural shift. Recently, while playing catch with my daughter, I glanced at my childhood baseball glove and saw my parent's old landline telephone number written along the edge. My parents abandoned that landline number several years ago in favor of simply using their cellphones.



*A model of Alexander Graham Bell's  
telephone, ca. 1875.*

*Credit: Library of Congress.*

Alexander Graham Bell, often credited with inventing the telephone, was awarded the first U.S. patent for a telephone in 1876. In the following years, adoption of the telephone took place at a rapid pace. The first telephone line in Eau Claire was installed in March 1878.

described in local newspapers as an experimental line running between the American Express Company and the Eau Claire Lumber Company. According to the news blurb appearing in the Daily Free Press on Friday, March 29, 1878, "...the machine works satisfactorily to all who have had a word to say through it." Local newspapers espoused the benefits of the telephone, often sharing anecdotes about the speed with which messages could be shared about medical emergencies, fires, and other breaking news. Companies were among the earliest adopters of the technology, using it to greatly improve communication between offices. By 1880, there were well over 100 telephone receivers throughout the area, and by the mid-1880s local telephone books were being produced and distributed.

In 1879, the Chippewa Valley Telegraph and Telephone Company formed and soon opened the first telephone exchange in the Chippewa Valley. The exchange provided the infrastructure for a robust network of connections to soon emerge.

Lines laid to Chippewa Falls and other communities across Northwestern Wisconsin allowed for the rapid exchange of information. By 1890 the exchange connected over 15 communities in Western Wisconsin. Early on, exchange opened “hello,” but by 1890 “number please” simplicity of the information with today maintain late 19th century life across



*Often an overlooked feature of our landscape, the telephone lines and poles seen in this 1913 image of downtown Eau Claire are unmistakable.*

*Credit: Chippewa Valley Museum.*



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# Aging Well: A Guide to Living Like a Fine Wine

By Carl A. Trapani, MA, MS, LPC, Chippewa Manor Campus Chaplain

Welcome, all you experienced life-warriors, to a friendly guide on how to age like a champ! Whether you're already past the fabulous fifty mark, nearing it, or if that's well in the rearview mirror, don't fret! You are on a journey that becomes ever more interesting with each passing day. Back in 1978-1981, the actor Orson Welles, did a series of commercials for Paul Masson wine. Each ad ended with the tagline, "We will sell no wine before its time." This implied that quality wine only comes by aging. The same could be said about life, "the process of time brings out the best in us." Here are some ideas on how you can age like the finest of wines.

## Laugh Often, Laugh Loudly

Laughter, the Best Anti-Aging Medicine (besides your prescriptions). Laughter truly is the best medicine, and luckily, it's in abundant supply! Make humor your daily vitamin. Surround yourself with people who make you giggle until your sides ache or your dentures nearly fall out. Watch funny movies, read witty books, and find joy in life's little absurdities. Look for them, laugh, and move on. Find humor in the little things, like forgetting where you put your glasses (they're probably on your head) or mistaking the TV remote for your phone. Life's too short not to laugh at all the funny things you see, including yourself. Gossip columnist Elsa Maxwell gave this advice, "Laugh at yourself first, before anyone else can." Never underestimate the power of a well-timed joke. Laughter not only makes you feel good, but it also can-do wonders for the soul. Here is a good example:

*Immediately after brain surgery, the doctor was checking the patient's reflexes, "Mr. Smith, show me your teeth." He shook his head. "I can't, the nurse has them."*

## Stay Active, But Don't Run Too Fast

Ah, yes, the joys of aging—where every ache and pain comes with its own ominous soundtrack. Let's get real—those joints aren't getting any younger. But fear not! While we know that exercise is the key to staying spry, don't get carried away. Regular exercise doesn't have to involve running marathons or bench pressing your weight (unless you're into that sort of thing). Maybe it's a leisurely stroll, a gentle yoga class, or chasing your grandkids around. Find something you enjoy and stick to it. Whatever it is, just keep moving—it's nature's WD-40 for creaky joints. Your body will thank you, and you'll be strutting your stuff well into your golden years.



## Eat Well, Sleep Well

Sure, a slice of pizza and a pint of ice cream may seem like the ultimate comfort food, but your body deserves better. Load up on fruits, veggies, whole grains, and lean proteins. And don't forget to hydrate—water is your best friend (sorry, wine).

Sleep is your key to superpower. Remember when you were younger, and you could pull an all-nighter and bounce back the next day? Yeah, those days are over. Your body needs sleep now more than ever to recharge and repair itself. So, put down the remote, turn off Netflix, and hit the hay at a reasonable hour. Your future self will thank you.

## Nourish Your Body and Soul

Last but certainly not least, let's talk faith and spirituality. Whether you find solace in organized religion, the wonders of the universe, or the magical healing powers of chocolate, having faith can be a guiding light through life's darkest tunnels. So, keep the faith and trust in something bigger than yourself—it's the ultimate GPS for the soul. Sure, getting proper food and rest are important, but so is feeding your soul. Whether it's through prayer, meditation, music, art or communing with nature, take time to nourish your spirit. It's like fertilizer for the soul garden—you'll bloom beautifully.

So there you have it, folks—the secrets to aging well—your guide to aging like fine wine. Life may throw a few curveballs your way, but with humor, wit, wisdom, and a dose of faith and spirituality, you'll navigate the journey with style and grace. As we say goodbye to our youth and embrace the wisdom of age, let us remember that getting older is a privilege denied to many. So let's savor each moment, cherish each memory, and embrace the adventure of aging with grace, humor, and a twinkle in our eyes. Here's to aging like fine wine—complex, nuanced, and utterly delightful. Here's to growing older, but never growing old! Cheers!

*Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. He has more than 50 years of pastoral service and professional counseling experience. For more information please call (715) 723-4437 or email him at [carl.trapani@chippewamanor.com](mailto:carl.trapani@chippewamanor.com).*

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# The Crucial Importance of Updating Beneficiaries: Securing Your Legacy

By Cole Bruner, President of Buska Wealth Management

In the realm of estate planning, one often overlooked yet crucial aspect is updating beneficiaries. While drafting a will might seem like the final step in ensuring your assets are distributed according to your wishes, failing to regularly review and update beneficiary designations can lead to unintended consequences and unnecessary complications for your loved ones. Here's why keeping your beneficiaries up to date is of paramount importance.

First and foremost, life is unpredictable. Major life events such as marriage, divorce, births, and deaths can significantly alter your familial landscape. Failing to update beneficiaries to reflect these changes can result in assets being distributed contrary to your current wishes. For instance, forgetting to remove an ex-spouse as a beneficiary could mean they receive assets intended for your current spouse or children, leading to legal battles and emotional turmoil.

Moreover, beneficiary designations often supersede instructions outlined in a will. This means that even if your will specifies different beneficiaries, assets with designated beneficiaries will be distributed according to those designations. Therefore, ensuring consistency between your will and beneficiary designations is crucial to avoid discrepancies and uphold your true intentions.

Additionally, keeping beneficiaries updated is essential for ensuring the financial security of your loved ones. Life insurance policies, retirement accounts, and investment accounts typically require you to name beneficiaries to receive the proceeds upon your passing. Failing to designate beneficiaries or keeping outdated designations can result

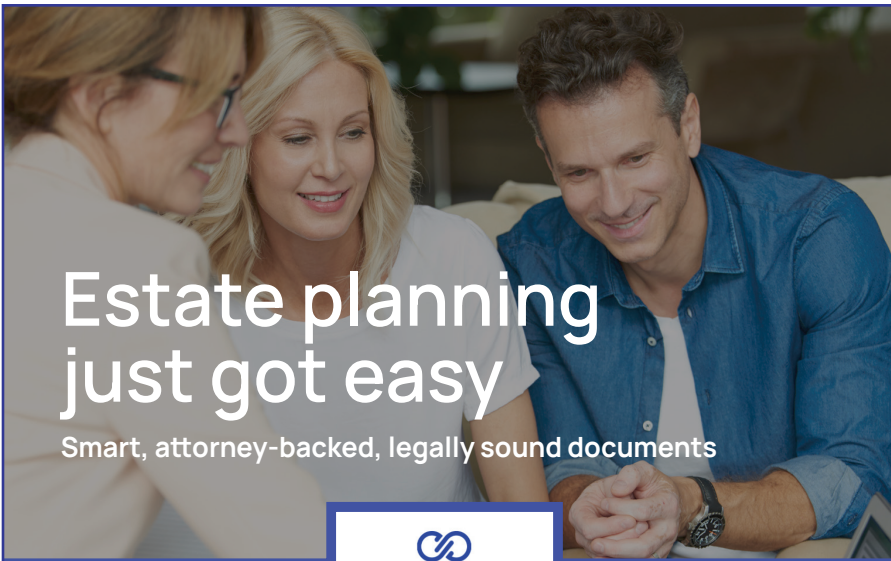


in delays in the distribution of funds, leaving your beneficiaries financially vulnerable during an already difficult time.

Furthermore, updating beneficiaries can also have significant tax implications. Certain assets, such as retirement accounts, pass directly to beneficiaries without going through probate. However, if beneficiary designations are outdated or unclear, these assets may be subject to unnecessary taxes or penalties. By regularly reviewing and updating beneficiaries, you can ensure that your assets are transferred efficiently and tax-effectively to your chosen beneficiaries.


Another crucial reason to update beneficiaries is to account for changes in relationships and dynamics within your family. As relationships evolve over time, so too may your preferences regarding who should inherit your assets. Regularly reviewing and updating beneficiaries allows you to reflect these changes and ensure that your assets are distributed in a manner that aligns with your current familial circumstances and values.

As you can see, updating beneficiaries is a vital component of effective estate planning. By regularly reviewing and updating beneficiary designations to reflect life changes, maintaining consistency with your will, ensuring financial security for your loved ones, minimizing tax implications, and accounting for evolving family dynamics, you can secure your legacy and provide peace of mind for yourself and your beneficiaries. Don't underestimate the importance of this seemingly small task—it can make all the difference in safeguarding your wishes and protecting your loved ones' futures.



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