

# senior review

March 2024

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

FREE



## The Girl Scout Cookie Program | Unbox the Future

The annual Girl Scout Cookie Program isn't just about delicious treats; it's about empowering Girl Scouts with essential life skills and shaping their futures. This year's theme, "Unbox the Future," resonates deeply, highlighting the program's transformative impact on Girl Scouts and their communities. As Girl Scouts participate in this highly anticipated event, they embark on a journey of entrepreneurship and honing skills like goal setting, decision making, and money management, which are crucial for their personal and professional growth.

The Girl Scout Cookie Program is a platform for Girl Scouts to flex their entrepreneurial muscles. It allows them to fully break free from societal constraints and explore their potential. By selling cookies, they not only learn the basics of business but also challenge social barriers that often confine them. They emerge as bold, goal-oriented individuals, paving the way for a more equitable future for themselves and society.

The Girl Scout Cookie Program is pivotal in shaping the next generation of leaders. Through this initiative, girls acquire invaluable skills that transcend beyond cookie sales. From earning badges



in financial literacy to developing entrepreneurial understanding, they build courage, confidence, and character, preparing them for success in various aspects of life.

Furthermore, the proceeds from cookie sales directly benefit the local council and troops, fueling a plethora of enriching experiences for local Girl Scouts. These funds support service projects, troop travel, and summer camps, providing Girl Scouts opportunities for personal and collective growth.

The 2024 lineup includes fan favorites such as Thin Mints, Caramel deLites, Peanut Butter Patties, Adventurefuls, Toast-Yay, Lemonades, Peanut Butter Sandwich, and Trefoils.

Buying Girl Scout Cookies is more than just a transaction; it's an investment in the future. Each purchase contributes to the empowerment of Girl Scouts, enabling them to make tangible contributions to their communities and beyond. By supporting the Girl Scout Cookie Program, communities uphold the values of inclusivity and empowerment, fostering an environment where Girl Scouts can thrive and realize their potential.

*continued on page 3...*



MESSING WITH YOUR MEDS

WATCH OUT - THESE FOODS COULD BE CAUSING HIDDING DAMAGE.

TRIGGER FOODS	WHAT THEY DISRUPT	HOW IT HAPPENS
Activated charcoal-enhanced foods (think trendy black breads, juices and ice creams)	Prescription meds	The charcoal attracts the medicine, interfering with the body's absorbtion of it
Potassium-rich foods like bananas, oranges & green leafy vegetables	ACE inhibitors & some diurectics	The meds make it harder for the body to release potassium, and too much of the mineral may cause heart problems
Foods loaded with vitamin K like broccoli, brussel sprouts, cabbage and leafy vegetables	Some anticoagulants	Vitamin K helps form blood clots, which can be problematic for someone taking a blood thinner
Soybean flour, walnuts and high-fiber foods	Thyroid medications	They can interfere with the body's ability to absorb the medicine
Aged cheese, cured meats, pickled foods and sourdough bread, which contain tyramine	Monoamine oxidase inhibitors (MAOIs)	Tyramine can cause and abrupt & dangerous increase in blood pressure

Source: Family Circle, December 2017



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SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

girl scouts

of the northwestern great lakes

Unbox the Future





[GirlScoutCookies.org](http://GirlScoutCookies.org)



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Scouts, supporting them in their entrepreneurial endeavors. Together, we can pave the way for a brighter, more equitable future—one cookie at a time.

### How to Purchase Girl Scout Cookies This Year

If you know a registered Girl Scout, reach out to them to find out how they are selling cookies. If you don't know a Girl Scout, visit [girlscoutcookies.org](http://girlscoutcookies.org) and use the Girl Scout Cookie Finder to find a local cookie booth and purchase cookies.

Customers who do not know a Girl Scout can purchase cookies to be shipped directly to their homes by entering their zip code into the Girl Scout Cookie Finder. At [girlscoutcookies.org](http://girlscoutcookies.org), you can find a local booth, purchase cookies, and/or donate cookies for local community causes.

Text COOKIES to 59618 to stay informed about how to purchase Girl Scout Cookies and other exciting Girl Scout news.

A beacon of empowerment, the Girl Scout Cookie Program continues to offer Girl Scouts the tools they need to unlock boundless opportunities. Embrace this year's "Unbox the Future" theme and rally behind our local Girl

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# Dusting Off Some Local History: "Training Nurses"

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

The recent news announcing the exit of Hospital Sisters Health System (HSHS) from western Wisconsin sent shockwaves through our community. Both Sacred Heart Hospital in Eau Claire and St. Joseph's Hospital in Chippewa Falls possess rich histories dating back to the 1880s. These hospitals, along with others in our area, have helped to make Eau Claire a regional hub for the healthcare industry. More than just supporting community healthcare, these hospitals also played a critical role in helping to train and prepare nurses and other healthcare professionals. Nationally, hospitals and health care systems are grappling with a shortage of nurses and other medical staff. These shortages have only grown worse since the Covid-19 pandemic. For this edition of the column, I want to take a moment to explore the history of nursing education in the Chippewa Valley.

In 1907, Luther Hospital established the first nurse training program in the Eau Claire area. Sacred Heart soon followed establishing a program in 1917. While the Luther program would continue to grow throughout the first half of the 20th century, the program at



*Luther Hospital nursing students celebrate the first National Hospital Day, May 12, 1921.*

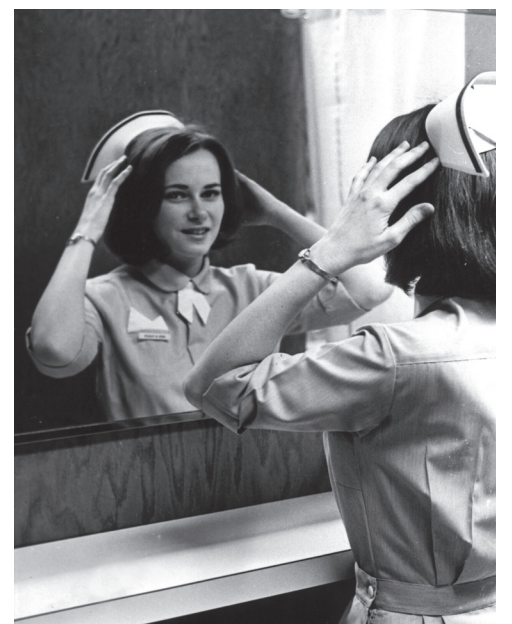
Image courtesy Chippewa Valley Museum.

Sacred Heart would ultimately be discontinued in 1937 in favor of expanding the hospital's services in other technical areas. In the late 1940s the nurse training program at Luther enrolled over 100 students. By this time, however, the costs for hospitals to operate nurse training programs were rising in order to meet the rigor of meeting accreditation standards.

In the early 1940s, UW-Eau Claire (then known as the Eau Claire State Teachers College) engaged Luther

Hospital in conversations about partnering to expand healthcare education opportunities at the college. In the mid-1950s, the new Bachelor of Science program in Medical Technology at Wisconsin State College at Eau Claire (now UWEC) included a one-year internship at Luther. Alongside this collaboration, students in the Luther Hospital program at this time also received a year of academic training at the college. When Sacred Heart opened its current facility along Claremont Avenue in the 1960s, the University planned to align a new nurse training program with the hospital. The competition created by this new plan, along with other factors, prompted Luther Hospital to abandon its program in October 1965. Fortunately, this moment coincided with the first class to enter the Bachelor of Science in Nursing degree program at UW-Eau Claire. The university quickly moved to accept the students in the Luther program into the new UWEC program.

In the mid-1960s, University leaders did not know how strong demand would be for a Bachelor of Nursing program and were stunned when more than 200 students sought admission to the program. This led the program, which was granted temporary accreditation, to quickly expand. The original faculty of three in 1965 grew to 22 by the 1967-1968 school year! The nursing program at UW-Eau Claire remains in high demand and a critical pipeline helping to meet the nursing needs of hospitals across the Chippewa Valley.



*A student from UW-Eau Claire's first Bachelor of Nursing graduating class, 1968, adjusts their white cap prior to a graduation ceremony.*

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.



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# Join UW-Eau Claire Continuing Education for our 35th Annual Academy for Lifelong Learners!

Tuesday, June 4, 2024 | 7:00 a.m. – 3:00 p.m.  
Davies Student Center | UW-Eau Claire Campus

This “positively ageless” program, formerly known as Senior Americans Day, will once again provide a fun day of education, resources, and social interaction. You do not want to miss it! Experience a new season and new topics.

The registration fee for attendees is \$69 (early bird cost - register by April 30th) /  
\$79 (standard fee - registration close date is May 21st)

**Registration opens March 4th. Learn more and register online at [uwec.ly/ALLsignup24](https://uwec.ly/ALLsignup24)**

At our 35th annual event, enjoy a keynote address presented by Tom Kidd from Balanced Wellness Services. Tom speaks to a broad audience on nearly 100 different health, wellness, and life guidance topics. Attend three workshops, where you can learn about health and wellness; equity, diversity, inclusivity; nature; history; recreational activities, and more.

Take advantage of free wellness screenings and take home a keepsake photo from the free photo booth. Peruse dozens of sponsor exhibit booths, pick up valuable information, and register to win fun door prizes including the Get-a-Way Prize Package. Enjoy morning refreshments and lunch with your friends.

#### Scholarship Funds Information:

Thanks to the generosity of the UW-Eau Claire Foundation, scholarship funds are available. If you would like to request a scholarship, email

[ce@uwec.edu](mailto:ce@uwec.edu) or call UW-Eau Claire Continuing Education at 715-836-3636 (toll-free 866- 893-2423). A registration specialist will assist you.

Please Note: Do NOT register online if you are requesting a scholarship. If you register online before requesting a scholarship, you will forfeit any potential scholarship award.



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## Academy for Lifelong Learners Schedule at a Glance:

### 7-9 a.m. | Check-in

Arrive early and enjoy the following activities:

**Continental Breakfast** (Included with your registration fee)

**Sponsor Galleries:** open from 7 a.m.-1:35 p.m. Pick up valuable information from over 40 sponsor exhibit booths. Be sure to have the booth representatives mark your ALL Bingo Card to enter the drawing for the Get-a-Way Prize Package from On the Go Bus, as well as additional door prizes from area theater groups!

**Photo Booth:** Sponsored by Visiting Angels. The photo booth will be available from 7-11:30 a.m. and 12:20-1:35 p.m. Visit the photo booth to have your FREE photo taken and receive a fun keepsake.

**Fall Risk and Balance Screenings:** Sponsored by Marshfield Clinic Health Systems

**Brain Health Check-Ups:** provided by the Aging & Disability Resource Center of Eau Claire County. Each screening with results and recommendations will take approximately 10 minutes.

### 9-10 a.m. | Opening Session

**Welcome:** Cathy Reitz, Academy for Lifelong Learners emcee

**Opening Remarks:** AARP Wisconsin

**Keynote Address:** Tom Kidd-Balanced Wellness Services- Sponsored by AARP Wisconsin

### 10-10:15 a.m. | Break

### 10:15-11:05 a.m. | Session 1 Workshops

### 11:05-11:30 a.m. | Break | Sponsor Galleries and Photo Booth

### 11:30 a.m.-12:20 p.m. | Session 2 Workshops

### 12:20-1:35 p.m. | Lunch (Meal is included with the registration fee)

The sponsor galleries, fall risk and balance screenings, and photo booth will remain open until 1:35 p.m.

### 1:35-2:25 p.m. | Session 3 Workshops

### 2:25-2:40 p.m. | Break

### 2:40-3 p.m. | Closing Session

**Entertainment:** Performance by Eau Claire Children's Theatre

**Closing Remarks:** Cathy Reitz, Academy for Lifelong Learners emcee

**Winner Announcements:** Get-a-Way Prize Package and other door prizes

## Registration Information:

Registration opens March 4.

### Early Bird Cost:

\$69 per person — register by April 30.

### Standard Fee:

\$79 per person — registration close date is May 21.

The registration fee includes the opening session and keynote speaker, three workshops, closing session and entertainment, tote bag, handouts, continental breakfast and lunch.

**Register Online at**  
**[uwec.ly/ALLsignup24](http://uwec.ly/ALLsignup24)**  
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**Please Note:** UW-Eau Claire will not accept phone registrations for Academy for Lifelong Learners.





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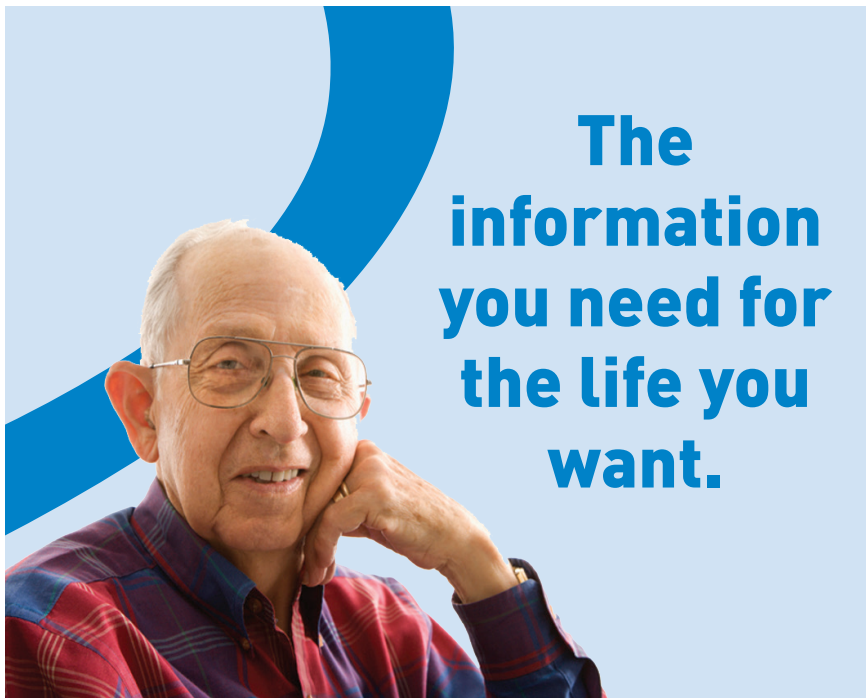
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March has always been my favorite month since I can remember, likely because it's my birthday month which was the most special day of any kid's life, from bringing cupcakes to share with your class, to a birthday party and games, to the best thing of all... PRESENTS! Now in my mid-forties birthdays are obviously a lot less exciting, but March is still my favorite month because it fully symbolizes NEW BEGINNINGS. The days are getting longer with more daylight, sometimes we're lucky enough to see tiny green buds or the first perennials that break through the frost. Baby animals are born, and things just seem BETTER.

The first day of spring and spring equinox is March 19 this year. I always thought it was March 21, but according to almanac.com, it changes year to year! The vernal equinox, which is when the Sun crosses the celestial equator which is an imaginary line in the sky above Earth's equator from south to north, happens at the same instant everyone on Earth. If you live in the Northern Hemisphere it's the spring equinox, and for those in the Southern Hemisphere it's the autumn equinox. Spring arrived on the 21st of March during most of the 20th century, but the event slides earlier and earlier during the 400-year Gregorian calendar cycle. The final March 21 equinox was in 2007.

How can "new beginnings" show up metaphorically in your life? There is the obvious "spring cleaning", opening windows and getting the dust out after a long, dark and (usually but not this year!) cold winter. Some people do the 30-Day Bag Challenge, taking one trash bag of stuff out per day to donate or throw away making decluttering less overwhelming. Maybe a new beginning for you might be getting more fresh air by starting a daily walk (even five minutes!). Maybe it's time to PLAN something - if you're looking around at people doing fun things and feeling sad that you're not - all it takes is someone to plan something! Plan a small garden and map it out! Plan a meal and invite a couple friends over (and get tulips!). Plan a game night. Plan a trip! It's very fun to have something to look forward to, but if you don't plan anything then nothing will ever happen!

Or new beginnings might mean getting involved in something you haven't tried before. The first day is the hardest, fumbling around with where to go and how to check in (for example, at a new class in watercolor painting at the community college). But if you can put on your BIG BOY/GIRL PANTS and get through that first day, you

won't regret it because you're doing something new. Even if it is something that you end up not enjoying, it's still new information and adventures to laugh about later! Think back to what you loved to do as a child or young adult: Photography? Dance? Art? Scrapbooking? Golf? Music (either playing or listening)? I once convinced my husband, a hunter/fisherman type, to enroll in a 6-week ballroom dancing course and then attend the Viennese Ball at UWEC just for something new and fun to do. If you're retired, THIS IS YOUR TIME. You've worked all of your life to be able to not work, so it is a disservice to yourself to sit home and do nothing but watch TV and nap. But even if you're still working, there is no reason you can't start something new and fun.



Mom, Uncle Brian and me learning pickleball in Florida in 2022

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### Benefits of Donor Advised Funds

One of the primary benefits of DAFs is their simplicity and efficiency. By consolidating charitable giving into a single account, donors can streamline the process of managing their philanthropy, reducing administrative burdens and paperwork. Additionally, DAFs offer donors the flexibility to contribute a wide range of assets, including appreciated securities and non-cash assets, which can result in significant tax savings.

### What Are Donor Advised Funds?

Donor advised funds are charitable giving accounts administered by public charities or financial institutions. Donors contribute assets—such as cash, securities, or real estate—to the fund, receive an immediate tax deduction, and then recommend grants to their favorite charitable organizations over time. While donors retain advisory privileges over the distribution of funds, the sponsoring organization legally controls the assets and ensures they are used for charitable purposes.

Moreover, DAFs provide donors with the opportunity to engage in strategic philanthropy. By taking a long-term view of their giving, donors can use DAFs to support causes that align with their values and make a meaningful impact over time. DAFs also enable donors to involve their families in philanthropic decision-making, fostering a spirit of generosity and shared purpose across generations.

### Impact and Criticisms

Despite their growing popularity, DAFs have faced criticism from some quarters. Critics argue that DAFs allow donors to receive an immediate tax benefit for contributions without necessarily directing those funds to charitable causes in a timely manner. They also point to the lack of transparency and accountability in some DAF programs, where donors may have little oversight or control over how their contributions are ultimately distributed.

However, proponents of DAFs counter that these criticisms overlook the significant positive impact that DAFs can have on charitable giving. By providing donors with a flexible and efficient way to support charitable causes, DAFs have the potential to mobilize resources and address pressing social challenges. Moreover, many DAF sponsors have implemented policies and practices to ensure transparency and accountability, such as requiring minimum annual distributions and providing regular reports on grantmaking activities.

### Looking Ahead

As philanthropy continues to evolve, donor advised funds are likely to play an increasingly important role in shaping the landscape of charitable giving. By empowering donors to leverage their resources for maximum impact and supporting a wide range of charitable organizations and initiatives, DAFs hold the promise of creating positive change in communities around the world.

In conclusion, donor advised funds offer a powerful and flexible vehicle for individuals and families to engage in strategic philanthropy and support causes they care about. While they are not without their challenges, the potential of DAFs to mobilize resources, drive innovation, and address pressing social issues makes them a valuable tool in the philanthropic toolbox. As we look to the future, DAFs are poised to continue making a meaningful difference in the world of charitable giving.

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### 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.

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**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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# A Matter of Perspective: The Parable of the Pothole

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

There once was a man who had a pothole in front of his house. It was left over from some work done on the gas lines done a few years earlier; right in the middle of the road. It started out small, but it quickly grew larger because it was hard to see until you were right on top of it. It seemed to the man that every car that went by his house hit it, and the noise shook the man's house and bothered him. The man was so bothered by the pothole that he called the city to request they repair it. They said they had a lot of other potholes and roadwork to do, but they would fix it as soon as they could.

Time passed, and the pothole remained unfixed. This upset the man. He called the city again and pleaded for a remedy, but was again told they were very busy fixing other roads all over the city and would repair it just as soon as they could.

A few weeks later, he was driving home from work and noticed road-repair crews working on the street next to his. He stopped his car, got out, and asked the road-repair foreman if he would please come to the spot in front of his house and fix the hole. He was told, "If we have any material left from fixing all the holes on this street, we will come over and fix yours." The man went home and waited hopefully on his front porch for the truck and workers to arrive.

Some time passed, and then the man saw the truck slowly coming up his street. He watched as it drove past his house. As it went by, the man ran off his porch to flag it down. Like so many other drivers, the repair crew had completely missed seeing the pothole and had passed right over it! The flustered man ran out to the pothole, stood beside it, and hollered pleadingly to the workers, waving his arms, "Hey, you missed it! You missed it! It's right here." The workers politely acknowledged him, and then backed up and repaired the hole in the road in front of his house. Almost the end of this story. . .

Well, you might say, "OK, what's the point?" Here it is: The pavement in front of this man's house was in really good condition except for that one spot; that one worrisome blemish that constantly



consumed this man's thoughts. Ninety-nine percent of the street in front of his house was perfectly fine! It was just that 1% that got his attention and rattled his nerves. He was focused on one small fault. He was looking at the molehill-sized pot-hole problem, not seeing the mountains of blessings in the miles of good roads all around him. This is a lesson for us all to learn. Don't dwell on negative things – look at all the positive things instead.

In light of the little parable above, Wisconsin's potholes are nothing compared to Florida's 27,000 sinkholes. Potholes can damage your car, but sinkholes can swallow you alive! Some sinkholes have swallowed houses, yards, roads, and even entire neighborhoods.

There's a Bible verse that can help you know what to focus on. Philippians 4:8 (MSG) "Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse."

The non-Christian Roman emperor, Marcus Aurelius, shared this wisdom. "Very little is needed to make a happy life; it is all within yourself, in your way of thinking. The happiness of your life depends upon the quality of your thoughts." He believed that happiness comes from within if we cultivate a positive and grateful mindset, and that our own thoughts and attitudes are more important than our external circumstances.

If you consider the thousands of miles of good pavement we have in Wisconsin compared to a few temporary potholes, our roads are wonderful. Focus on all the good things around you. Then be glad you don't live in Florida with its sinkholes and only have to contend with Wisconsin's winter potholes!

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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