

senior review

FREE

October 2026

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Beloit Senior Fair!

Tuesday, October 6th

See pages 5-11

A Senior Magazine for Living a Healthier, Smarter and More Active Life in Rock County

Fall Memories *By Dave Olson, Realtor®, SRES™ RE/MAX EXCEL*

This month's topics are prescriptions, preventing hearing loss and breast cancer awareness. One of the things I learned early on as a writer is to stick to topics you know something about. These topics are very important and touch the lives of many of us, especially as we and the people we know and love age. As a Real Estate professional, I don't have relevant expertise on ANY of these subjects, but what I tell people about Real Estate holds especially true here. Seek out professionals who have knowledge and skill in supporting you with those things – they are important, and a qualified professional resource when you need it is ALWAYS the best practice.

I'm going to write instead about October – the heart of our Fall season. It's something I DO know and love. October is the best Fall month! Our colors are peaked or peaking, our weather is crisp but not yet dismal. Cool but not yet arctic. My favorite things about Fall are the memories made. As a boy, I played football with my brothers and the neighbor boys every night in our front yard. We pounded the grass into dirt by the time winter came, scoring endless touchdowns, winning and losing hundreds of games and getting tackled time and time again. I still remember how it feels landing on big oak acorns when being tackled by one of the guys. As I got older, I played organized football at school, under bright lights, with people in the stands on crisp October Friday nights. Homecoming parades on main street and all the excitement that week brought in a very small town are very sweet memories.



Living on the edge of our small town, we had the best of both worlds. We walked to school every day and home each night. Because we were so close to the country, we learned to respect our first small weapon and hunted small game. I will always remember the smell of the October woods with the sun pouring through the brilliant leaf canopy as we walked the woods as young hunters. Brilliant reds and stunning yellow leaves filtering the sun in the beauty of a Wisconsin hardwoods forest.

How many of you remember coming home to the smell of pies fresh out of the oven? Cooler weather made baking more practical each Fall, and I can still remember how Mom's wonderful homemade pies filled our home with such delicious smells.

I began my love of Badger football in Octobers of my youth. I had a small "transistor radio" I bought at Woolco and listened faithfully each Saturday as the very BAD Badger football teams played. I still remember the few upset wins and how I began the lifelong hobby of tinkering on something with the Badgers on the radio.

Take a long walk and remember YOUR own treasures. Enjoy the colors and smells and reflect on what they bring back to you in your October memories. It will be worth it.

balanced living

Tips and ideas for a healthy and balanced life

October is breast cancer awareness month



TIPS FOR BREAST CANCER PREVENTION:

Avoid becoming overweight. Avoid gaining weight over time, and try to maintain a body-mass index under 25. 	Eat healthy to avoid tipping the scale. Embrace a diet high in vegetables & fruit and low in sugared drinks, refined carbohydrates & fatty foods. 	Keep physically active. Increased physical activity, even when begun later in life, reduces overall breast-cancer risk. 	Drink little or no alcohol. Women should limit intake to no more than one drink per day, regardless of the type of alcohol. 
Avoid hormone replacement therapy. Menopausal hormone therapy increases risk for breast cancer. 	Don't smoke. Long-term smoking is associated with increased risk of breast cancer in some women. 	Breast-feed your babies for as long as possible. Women who breast-feed their babies for at least a year in total have a reduced risk of developing breast cancer later. 	Get annual mammograms. Regular mammograms are recommended for women aged 40 and older to detect breast cancer early. 



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Editor/Publisher: Arwen Rasmussen
Layout Design: Brigit Olson
Staff Writers: Becky Streeter, Katy Hacksworthy

3315 Nimitz Street, Eau Claire, WI 54701

P: 715-831-0325
E: seniorreviewnewspapers@gmail.com

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Why Do Leaves Change Color?

Resourced from National Environmental Satellite, Data, and Information Service

In the fall, trees put on a pretty impressive fashion show. Leaves that were green all summer long start to turn bright red, orange, and yellow. But where do these colors come from?

It all starts inside the leaf. Leaves have color because of chemicals called pigments, and there are four main types of pigment in each leaf:

Leaves are green in the spring and summer because that's when they are making lots of chlorophyll. Chlorophyll is important because it helps plants make energy from sunlight—a process called photosynthesis.

The summer sunlight triggers the leaves to keep making more chlorophyll. But trees are very sensitive to changes in their environment.



As summer fades into fall, the days start getting shorter and there is less sunlight. This is a signal for the leaf to prepare for winter and to stop making chlorophyll. Once this happens, the green color starts to fade and the reds, oranges, and yellows become visible.

Weather is also an important part of the color change. In the fall, the temperatures get colder and there is also more rain and snow. Changes in these weather conditions can play a role in how early the leaves change and how long they keep their beautiful colors.

Extreme weather changes can also have an effect on the leaves. For example, a drought or an early frost could make the leaves fall off of the trees before they've had time to change colors.

So if you want to know how long the colors will last this fall, be sure to keep an eye on the weather!

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Why Talking About Your Prescriptions Matters

Taking a prescription medication can become such a routine part of daily life that it is easy to stop thinking about what is in the bottle, why you are taking it or whether it is still the right medication for you. That is why **October is recognized as Talk About Your Medicines Month**—a reminder that an open conversation with your doctor and pharmacist can be an important part of staying safe and healthy.

The observance dates back more than 35 years and was established to encourage better communication between patients and health care professionals about medications. The goal is simple: understand what you are taking, why you are taking it and how to take it safely. (NeedyMeds Blog)

Don't Be Afraid to Ask Questions

A prescription is not simply a bottle of pills. It comes with instructions, possible side effects, potential interactions and important considerations about how it fits with your other medications.

- When your doctor prescribes something new, ask:
- What is this medication for, and how will it help me?
- How much should I take, and what time of day should I take it?
- Should I take it with food or on an empty stomach?
- How long will I need to take it?
- What side effects should I watch for, and which ones require a call to my doctor?
- What should I do if I miss a dose?
- Will it interact with my other prescriptions, over-the-counter medicines, vitamins or supplements?
- Are there foods, beverages or activities I should avoid?
- How will we know whether the medication is working?
- Is there a less expensive alternative or another treatment option?

The FDA recommends keeping an updated list of every medication you take—including prescriptions, over-the-counter medicines, vitamins and supplements—and sharing that list with your health care providers. (U.S. Food and Drug Administration)

A Simple Question Can Prevent a Big Problem

Consider this composite example: A woman in her 70s was prescribed a new medication after a doctor's appointment. She understood that she needed to take it once a day but didn't ask whether it should be taken in

the morning or at bedtime. She also didn't mention that she occasionally took an over-the-counter sleep aid.

Within several days, she began feeling unusually tired and unsteady. Her family initially thought she was simply having a few "off days." When her doctor reviewed all of her medications, it became clear that the combination could contribute to increased drowsiness and dizziness.

The important lesson isn't that she did something wrong. **She didn't know what she didn't know.** A few additional questions—and a complete medication list—could have brought the potential problem to light sooner.

Medication side effects can sometimes look like other health problems. The FDA notes that some medications can contribute to symptoms such as dizziness, sleepiness and memory difficulties. (U.S. Food and Drug Administration)

Make Medication Conversations Routine

Medication reviews shouldn't happen only when something goes wrong. Ask your doctor periodically whether you still need each prescription, whether the dose remains appropriate and whether anything has changed that could affect how the medication works.

And remember, your pharmacist is an important resource, too. Pharmacists can answer questions about dosing, interactions, side effects and how to take medications correctly. (U.S. Food and Drug Administration)

This October, take a few minutes to **talk about your prescriptions**. Bring your medication list to your next appointment, ask questions and speak up about anything that doesn't seem right. When it comes to medications, there really is no such thing as a question that isn't worth asking.




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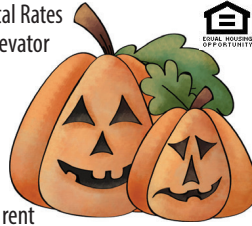
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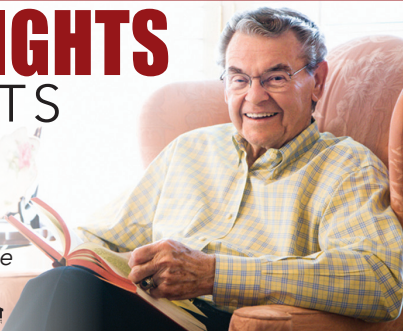
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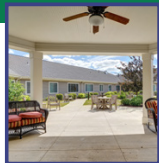
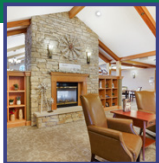
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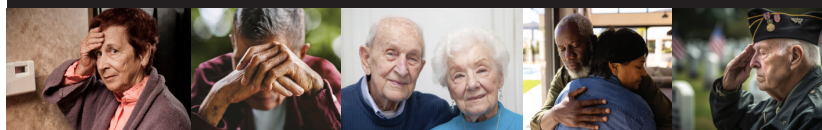
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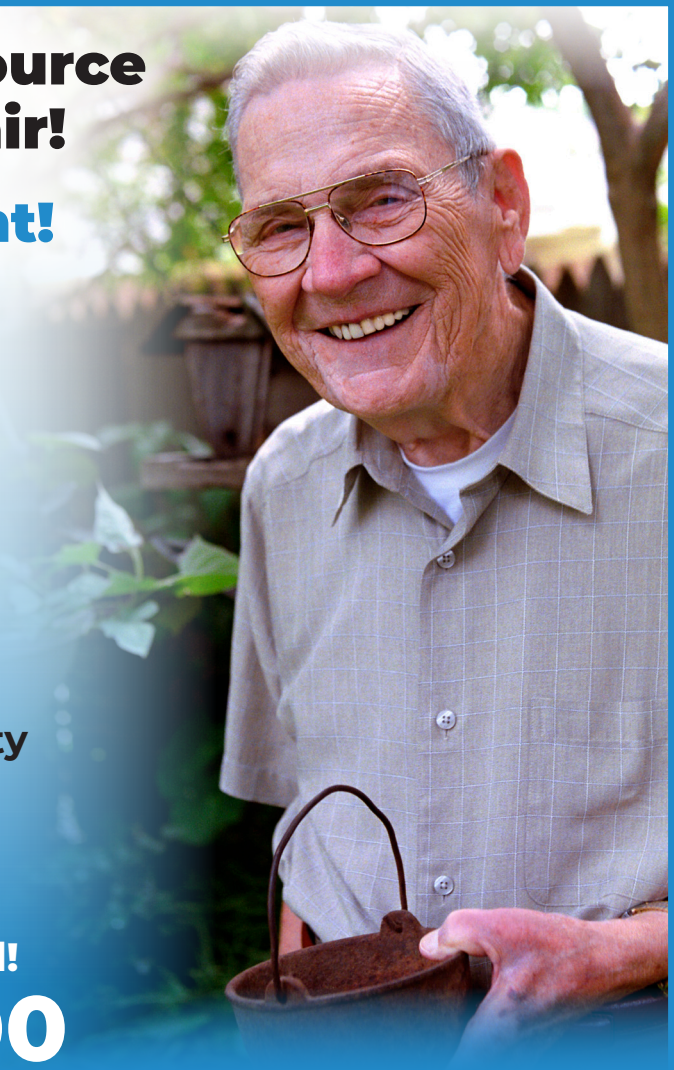
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Why You Should Attend a Senior Fair

A senior fair is more than an event filled with information—it's an opportunity to connect with people, discover helpful resources, and learn about services designed to make life easier, healthier, and more enjoyable.

One of the biggest benefits of attending a senior fair is the chance to meet local professionals and organizations in one convenient location. You may find representatives from health care providers, senior living communities, home care agencies, financial services, insurance companies, fitness programs, and community organizations. Instead of spending hours searching for information, you can ask questions and get answers directly from people who understand the needs of older adults.

Senior fairs are also a great way to learn about health and wellness. Many events offer health screenings, educational presentations, demonstrations, and information about nutrition, exercise, fall prevention, and managing everyday health concerns. Even if you feel healthy today, learning about ways to stay active and independent can benefit you in the years ahead.



Another important reason to attend is to discover activities and opportunities in your community. Local organizations may offer classes, volunteer programs, social clubs, recreational activities, transportation services, and other programs that can help you stay connected and engaged.

Bring a friend, family member, or caregiver and make a day of it. You'll have the opportunity to ask questions, collect useful information, and meet

others in your community.

Whether you are planning for your future, looking for ways to improve your current lifestyle, or simply curious about what resources are available, a senior fair can provide valuable information and connections—all in one place. Mark your calendar, bring your questions, and take advantage of everything the Beloit Senior Fair has to offer.



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Protecting Your Hearing: Small Steps Can Make a Big Difference

“I thought everyone was mumbling.”

That was how one woman described the first signs that her hearing was changing. She began asking her family to repeat themselves and turning up the television. At restaurants, conversations became especially difficult. She assumed it was simply part of getting older—until a hearing test revealed that years of exposure to loud noise had likely contributed to her hearing loss.

Her experience is a reminder that hearing loss does not always happen suddenly. Often, it develops gradually, and by the time we notice it, some damage may already be permanent.

October is National Protect Your Hearing Month, an annual observance that encourages people to recognize the causes of hearing loss and take steps to prevent noise-related damage.

Hearing loss is common as we age. The National Institute on Deafness and Other Communication Disorders reports that about **1 in 8 people in the United States age 12 and older has hearing loss in both ears**. Among adults, the numbers increase significantly with age: about 22% of adults ages 65 to 74 and 55% of those 75 and older have disabling hearing loss.

But getting older isn't the only factor.

Noise Can Take a Toll

Loud sounds can damage the delicate hair cells in the inner ear. Once these cells are damaged, they cannot be repaired or replaced. Noise-induced hearing loss can happen after one extremely loud exposure or after repeated exposure to loud sounds over many years.

And loud noise isn't limited to the workplace. Lawn mowers, leaf blowers, power tools, motorcycles, concerts, sporting events, fireworks and even headphones can expose our ears to potentially harmful sound levels.

As a general guideline, prolonged or repeated exposure to sounds at or above **85 decibels** can cause hearing damage. A lawn mower, for example, can produce roughly 80 to 100 decibels, while concerts and sporting events can reach 94 to 110 decibels.

Three Simple Ways to Protect Your Hearing

Turn it down. Lower the volume on televisions, radios and headphones. If you use earbuds, avoid listening at maximum volume.

Move away. The farther you are from a loud source, the less sound reaches your ears. At concerts, sporting events or other noisy gatherings, move away from speakers or other sources of intense noise when possible.



Wear hearing protection. Keep earplugs or protective earmuffs handy when mowing the lawn, using power tools, attending fireworks, working around machinery or participating in other noisy activities. Properly fitted hearing protection can significantly reduce the amount of sound reaching your ears.

Pay attention to warning signs, too. If your ears ring after being around loud noise, sounds seem muffled, you frequently ask people to repeat themselves, or you continually increase the television volume, it may be time for a hearing evaluation.

Protecting your hearing isn't about avoiding the activities you enjoy. It's about making simple changes so you can continue enjoying conversations, music, grandchildren, nature and all the other sounds that make life richer.

This October, give your ears some attention. **Turn it down, move away and protect your hearing. Your future self may thank you.**



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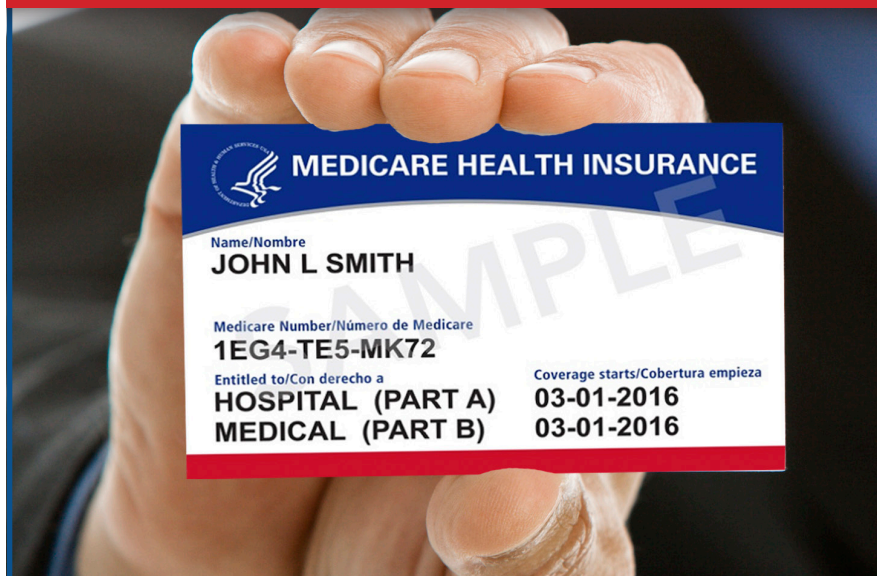
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Don't Wait for Winter: Give Your Furnace a Checkup Now

Wisconsin winters have a way of reminding us just how important a dependable furnace can be. Before the snow flies and temperatures begin to drop, fall is a good time for older adults to have their heating system checked.

A furnace inspection may not be at the top of your fall to-do list, but a little preventive maintenance now can save you from an unexpected breakdown on the coldest day of the year—and help keep your home safe.

For seniors, staying warm during the winter is particularly important. Cold indoor temperatures can be uncomfortable and may put additional stress on the body. Having the furnace inspected before winter arrives gives you time to address problems while heating companies are less likely to be dealing with emergency calls.

What can go wrong?

Furnaces work hard during a Wisconsin winter, and small problems can turn into expensive repairs if they are ignored. A dirty filter, worn-out part, electrical problem or blocked vent can cause a furnace to work harder, heat unevenly or stop working altogether.

For furnaces that burn natural gas, propane or oil, there is another important concern: carbon monoxide.

Carbon monoxide, or CO, is an invisible, odorless gas that can be produced when fuel-burning appliances do not operate or vent properly. Carbon monoxide poisoning can cause headache, dizziness, weakness, nausea, confusion and, in severe cases, death.

That is why furnace maintenance and working carbon monoxide detectors are so important.

Make the most of the service call

When the technician comes to inspect your furnace, don't simply ask, "Is everything OK?" Take the opportunity to ask a few questions:

- Is my furnace operating safely?
- Is it heating efficiently?
- Are any parts worn or likely to need replacement soon?
- Is the heat exchanger in good condition?
- Are the vents and flue clear and working properly?
- Is there any evidence of carbon monoxide or combustion problems?
- How often should I change the filter?
- Are there repairs that need to be made now?
- How many more years can I reasonably expect from this furnace?

If a major repair is recommended, ask the technician to explain the problem and give you a written estimate. It is also reasonable to ask whether the repair makes sense for the age and condition of the furnace or whether replacement should be considered.



Know the warning signs

Even a furnace that passes its annual inspection can develop problems later. Pay attention if you notice unusual noises, strange odors, rooms that aren't getting warm, frequent cycling on and off, cold air coming from the vents or an unexplained increase in your heating bill.

Never ignore a carbon monoxide detector. If it sounds, leave the house immediately and get into fresh air. Call 911 or seek medical attention if anyone is experiencing symptoms. Do not go back inside until emergency personnel or a qualified professional says it is safe.

It is also important to have working carbon monoxide detectors near sleeping areas and on every level of your home. Test them regularly and replace batteries as recommended.

And throughout the winter, keep outdoor furnace vents clear of snow and ice.

A little prevention goes a long way

For older adults, a furnace inspection is about more than keeping the house comfortable. It is about being prepared.

Schedule the checkup before winter arrives, ask questions and take care of small problems before they become emergencies. When the first Wisconsin cold snap arrives, you'll have one less thing to worry about—and you can settle in knowing your furnace is ready for winter.

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