

senior review

May 2025

FREE

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



Mosquito Repellent Via Landscaping *By Becky Streeter*

After the cold and snowy winter we've had, we're all looking forward to spring and summer, and so are the mosquitoes and bugs. Most of us don't care for choking on the fog from traditional spray repellents, or the scent it leaves on our skin and clothes. Thankfully, there's an easier way to keep those pesky pests at bay: natural landscaping. Whether you plant them in the ground all around your home, or keep them in pots, the following are six plants mosquitoes and other bugs tend to avoid.

1. Citronella - Citronella is actually a grass that can be planted in your yard. It grows up to 6 feet tall by 6 feet wide, so plan accordingly. It also prefers partial shade or dappled sun.

2. Lavender - Mosquitoes detest the scent of lavender, and on the flip side, pollinators love it. It's a win-win! Deer also tend to avoid this plant. Sow 2-3 feet apart in direct sunlight and water twice a week.

3. Marigolds - Easy to plant and maintain, this is a fan favorite as it repels many different types of bugs. Plus they look pretty all summer long and into the fall.

4. Nasturtiums - These cute, fragrant and colorful little flowers draw pests away from other flowers and vegetables while simultaneously



enticing pollinators. They are also edible, with a peppery or mustard-like taste. They prefer full sun.

5. Basil - A few scientific studies have found basil to be highly toxic to certain varieties of mosquitoes. It's an easy addition to your garden, or pots, and is great to toss in meals while cooking.

6. Mint - Mint contains menthol, an active insect-fighting ingredient. The plant grows quickly and spreads even quicker, so keep it in a pot if you want to control it. Mint, like basil, is also a great herb to have handy for cooking.

Additionally, if you are looking for a natural, topical mosquito repellent, studies have shown clove oil to be a great option. The tropical clove tree isn't suited to the midwest growing season, therefore oil is your best bet. Lab tests have continually shown a 100% efficiency rating with clove oil for over a decade. Large doses can be irritating to the skin, but it is safe to use topically in a concentration of 0.5% or less.

Source: • Ball, Jessica M.S., RD. "7 Plants that Repel Bugs and Mosquitos." Eating Well. 17 February 2022. <https://www.eatingwell.com/article/7947914/plants-that-repel-bugs-and-mosquitos>. • "How to Plant, Grow, and Care for Nasturtiums." Farmers Almanac. 10 February 2023. <https://www.almanac.com/plant/nasturtiums>. • "Plants & Herbs as Mosquito Repellents." Mosquito Reviews. <https://mosquitoreviews.com/mosquito-repellents/plants>.

May is National Stroke Awareness Month

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F

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S

SPEECH: Speech problems. Ask the person to repeat a simple sentence or phrase. Is their speech slurred or strange?

A

ARMS: Arm Weakness. Ask the person to raise both arms in front of them. Does one arm drift down?

T

TIME: If the person shows any of these symptoms, time is important. Call 9-1-1 immediately. Brain cells are dying.

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For more information on the application process, or to make a monetary donation to this 501(c)3 non-profit organization, please visit www.helpfulheartswi.org.



**Helpful Hearts
Foundation**



How to Support a Veteran Facing Mental Health Challenges

by Stokes, Prock & Mundt Funeral Chapel

Veterans sacrifice so much in service to their country, but many return home facing battles that are not as visible as those fought on the battlefield. Mental health struggles, including post-traumatic stress disorder (PTSD), depression, and anxiety, are common among veterans. If you have a friend or relative who is a veteran dealing with these issues, your support can make a significant difference. There are some practical and compassionate ways to help them through their journey to healing.

Understanding the mental health challenges veterans face is a crucial first step. PTSD, depression, and anxiety can manifest in various ways, including nightmares, flashbacks, withdrawal from social interactions, mood swings, or difficulty maintaining employment. By learning more about these conditions, you can better understand what your loved one is going through and offer more effective support.

There are many resources available online from organizations such as the U.S. Department of Veterans Affairs (VA), the National Alliance on Mental Illness (NAMI), and the Wounded Warrior Project. These organizations provide valuable information about symptoms, treatments, and coping strategies.

Many veterans struggle with opening up about their emotions, either due to stigma or a sense of duty to remain strong. Let them know you are there to listen without judgment. When they do choose to talk, listen actively—avoid offering immediate solutions or minimizing their feelings. Sometimes, just being present and acknowledging their experiences can be incredibly healing.



You can start a conversation by saying something like, “I’ve noticed you’ve been struggling lately. I just want you to know I’m here for you if you ever want to talk.” Keep the conversation open-ended and allow them to share at their own pace.

While your support is invaluable, professional help is often necessary for long-term healing. Encourage your loved one to seek therapy, counseling, or medical treatment. The VA offers a range of mental health services, and there are numerous veteran-focused organizations that provide free or low-cost care.

Sometimes, taking the first step is the hardest part. Offer to help them find a therapist, accompany them to an appointment, or assist with navigating VA benefits. If they resist seeking help, gently remind them that professional support does not mean weakness—it means taking control of their well-being.

Healing from mental health issues is not a linear process. There will be good days and bad days. Be patient and understand that your loved one may not always respond to support in the way you expect.

Respect their boundaries. If they need space, give it to them, but also reassure them that you are available when they are ready. Avoid pushing them too hard to open up or participate in activities they are not comfortable with.

Encourage activities that promote mental and physical well-being. Exercise, proper nutrition, and sleep can have a significant impact on mental health. Invite your loved one to join you in physical activities such as hiking, yoga, or even simple walks. Engaging in shared activities can provide a sense of normalcy and comfort.

Additionally, be mindful of their substance use. Many veterans turn to alcohol or drugs as a coping mechanism. If you notice unhealthy behaviors, express your concern with kindness and offer alternatives for managing stress and emotions.

Veteran peer support groups can be incredibly beneficial. Talking with others who have had similar experiences can reduce feelings of isolation and provide valuable coping strategies. Organizations like the VA, Veterans of Foreign Wars (VFW), and Team RWB offer support groups, community events, and counseling services specifically for veterans.

Supporting a veteran with mental health challenges is not a one-time effort—it requires ongoing commitment. Continue checking in, even when they seem to be doing better. Let them know they are not alone and that you are in their corner for the long run.

Your support, patience, and compassion can help a veteran navigate their mental health journey. By being a reliable and understanding presence in their life, you can make a profound difference and remind them that they are valued, appreciated, and never alone.

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Poppy Day - Honor and Support Our Veterans



Each year on the Friday before Memorial Day in the United States, members of the American Legion Family hand out small paper or silk poppies for people to wear in honor of our past, current and future veterans. It's celebrated as Poppy Day, and this year it falls on Friday, May 23, 2025.

The origins of Poppy Day come from World War I, specifically starting in France and Belgium. It is believed that the rubble left by the war there enriched the soil with lime, and the poppy flourished during and after the war. Shortly after seeing the beautiful, bright red flowers on the front line, Lieutenant Colonel John McCrae, M.D. penned the haunting poem "In Flanders Fields." The poppy soon became a symbol for all the blood shed during the war.

On September 27, 1920, the American Legion began to use the poppy as the official flower to memorialize soldiers from WWI, and then began nationally distributing them in 1924.



Today, the flower honors all the living and those who have fallen in service to our country. Your donation helps support the medical and financial needs of all veterans, active-duty military personnel and their families.

Ways to participate in honoring our veterans on Poppy Day:

- Wear a red poppy and explain it to people who ask
- Distribute poppies (see website below for details)
- If you accept a poppy from someone, make a donation
- Collect donations for the Poppy Program (see website below for details)
- Share on social media

Source: American Legion Auxiliary.
"National Poppy Day." <https://www.legion-aux.org/national-poppy-day>



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Butch Nehring: A Vietnam Veteran Story

By Kristi Gay, Freelance Writer

“We have a better future when we remember the past, learn from it, and move forward together.” - John McCain, Vietnam POW

On May 26 we will celebrate Memorial Day this year, and partially inspired by the Advanced World History quizzes I'm helping my high school daughter prepare for weekly, I was inspired to write an article about our servicemen in the Vietnam War. A family friend was kind enough to talk to me about his time in the service. Butch Nehring, a resident of Bloomer, Wisconsin, served our country after being drafted in 1967 as a 20-year-old UW-Stout college student studying social services and was deployed to Vietnam where he fought nearly two years in the Vietnam War.

The Vietnam War is a particularly difficult war for our veterans to talk about because of how they were treated by our country upon returning home and finding out Americans were so against it. Young men who are drafted into service agree to it because they believe in our country and are willing to sacrifice to protect it. However, they rarely know details about why wartime decisions are made by the president or generals, and they simply are trained to follow orders and protect each other. After World War II, which generally felt like a clear fight against evil, the Vietnam War seemed confusing and distant as the US and France were trying to gain control over South Vietnam. Also for the first time, the war was televised, and people could see the brutality of the war on the nightly news, horrifying the public and creating a credibility gap on how the government was saying the war was going. With massive civilian casualties suffering immensely from bombings and chemicals like Agent Orange, people started to see it as an unjust or even immoral war.

Butch did have some good memories from their down time with what he describes as “his brothers”. They would rotate on a schedule, either “recon” or surveying a region by foot or on the road for the enemy, or being on “stand-by” to be called in for backup if the other crew found the enemy. During this down time, they would take the large wooden boxes that the mortars, or short cannons, came in and they built a full porch with a roof for their bunker, along with some porch furniture. Butch recalled with mischievous giggle when they figured out how to tap into the communications station's 110V electricity to add porch lights to their otherwise completely dark living area until that caused radio issues and the lines were tested. They were meant to be limited to two beers per day, but their first sergeant would look the other way while they exceeded that while playing cards on their homemade porch. This type of bonding made it horrifically traumatizing when you see your buddies get blown to pieces in front of your eyes, as Butch got emotional multiple times recalling even the good times.

The estimates vary but the overall death toll is likely somewhere between 2.5-3.5 million people including civilians and soldiers from all sides, with nearly 60,000 of those being US military and hundreds of thousands of US military wounded.

Butch declined to re-up for \$8,000 and a promotion to Staff Sergeant when he returned home in December 1968, just a couple days before Christmas, and was greeted by his brother and girlfriend at the Minneapolis airport. He proceeded to return to college and earn a Bachelor's Degree in Speech Pathology while running the night shift for a food processing plant in Bloomer, resulting in him being eventually hired to be Plant Manager. He recently celebrated 50 years of marriage with his wife, a retired school teacher and current real estate agent, Sue Nehring, and they share three kids and many grandchildren. When asked if his kids or grandkids were interested in joining the military, even after struggling with PTSD and losing most of his friends in the war, Butch said he would support their dream. There are many benefits to being in the military: country pride, leadership training, wonderful benefits, and as Butch said, “there is risk in anything” so follow your dreams.

Thank you to all of our servicemen and women, regardless of what war you represented us in, and prayers and immense gratitude for all of those lost protecting our freedoms.



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Choosing the Perfect Monument

By Becky Streeter with Johnson Monument



Monuments are a great way to commemorate a life, and they should be chosen with care. Purchasing a monument is an investment of time and money, and it is your opportunity to express lasting sentiments for your loved one. With a wide variety of sizes and styles, the staff at Johnson Monument can help you create a beautiful memorial for generations to come.



everything from beginning to end.

There's no right or wrong time to pick a memorial. Some families are able to decide right after the loved one's passing, and others need some time. Additionally more and more people are planning ahead and choosing their own memorials. There are many benefits to doing so:

Johnson Monument is a trusted family-owned and operated business open since 1917. When you meet with the Johnson Monument staff, they will ask a series of questions to make sure you are getting exactly what you want:

- What cemetery will the monument be in?
- How many people on the memorial?
- How many grave spaces?
- Is there something you want to match from another family member?
- Are there any memorials you have seen that you like?
- Is there a color that you like?

Though most meetings with customers are located at their showroom in Chippewa Falls, they also provide an at-home consultation service where they bring sample tiles as well as a photo album of other memorials they previously created.

Johnson Monument uses high-quality domestic or international granite, precisely cut and made to last. With over 1000 in stock, they have the largest inventory of memorials and monuments in West Central Wisconsin. You can choose from markers, upright monuments, benches, specialty monuments, and cremation memorials. Johnson Monument will sandblast your chosen lettering or design using a pre-cut stencil. They also have an artist onsite who can use a diamond-tipped etching tool for creating scenes or portraits, providing a personal touch.

Every cemetery has their own set of rules and regulations regarding the types of memorials they allow. Johnson Monument installs throughout Wisconsin and can also ship to other states, and they can help you select a memorial that complies with the rules of the cemetery where the monument will be installed. Some cemeteries charge a fee to locate the grave for placement of the memorial, or for pouring the cement foundation, so it is also a good idea to check with the cemetery staff about this as well.

Once everything is decided for the memorial, the order moves into their on-site production plant. Depending on the time of year and the type of memorial it may take 3-9 months for delivery. Then the staff from Johnson Monument will set the foundation in the cemetery, ensure that everything is level, and then complete the installation process themselves. They also provide a warranty for the foundation as well as for the memorial. Johnson Monument personally takes care of

- You can make it what you want by selecting the size, style and color.
- You can personalize it to reflect what is meaningful to you.
- You can save money. Like everything else, it will cost less now than in years to come.
- You can save your family the stress of choosing a memorial during their time of grieving.

Johnson Monument is here to help ease and simplify the creation of a monument to celebrate your loved one. For more information, visit their website www.johnsonmonument.com or call 715-723-5576 to set up a free consultation.



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SIMPLY ELEGANT, SIMPLY TIMELESS, SIMPLY PRICED

Home Buying or Renovation for Veterans

By Dave Olson, Realtor®, RE/MAX EXCEL

I'm thankful that this month honors our Veterans here at Senior Review. For all you veterans or veteran's spouses out there, let me personally say: "Thank you for your service." There is not enough we can say or do to thank those who have chosen to step up and serve, protecting us all with selfless commitment to their honorable service to this great country.

As a Real Estate professional, I love to help our veterans, and their families find the right home. It's especially satisfying for me to give back just a little to our amazing veterans by serving them with the work that I do.

Most vets know about the amazing benefits of a VA home loan. Many of you have used them previously and know that costs are often rolled into the mortgage, and they normally don't even require a down payment. Veterans CAN use a VA loan multiple times in their lives, so for downsizing or later in life housing choices, VA lending is likely a good option. Senior veterans can use a VA loan program again as long as their prior VA loan is closed and that property is no longer owned by the veteran.

Surviving widows and widowers may also be eligible for VA home loans. Check with the VA to learn what applies specifically in your circumstances. VA is a great resource for both vets and their families. Their resources are there for your benefit, not just during your service, but throughout your lifetime.

Here's something you may not know! New VA home loans ARE available even when you are retired. If seniors who are veterans

meet VA service requirements and your lender credit and income requirements, you can still qualify to purchase a home with a VA mortgage. VA lenders can use your VA pensions, your social security benefits, work income if you are working, or other retirement income such as a pension or retirement from a private job, or retirement investment income. VA disability income is allowed as well. A child or spousal income for someone living in your home is allowed as well. VA loans do NOT require a down payment by the veteran, but savings or some retirement funds can be applied as a down payment to bring down your payments if you need to.

Here's another fact you may not know about. VA also offers home renovation or remodel loans! VA renovation loans can be provided for up to the valuation of the home AFTER the renovations. You can use these types of loans to improve safety and livability in your home, such as replacing a roof or new windows, or adding wheelchair accessibility or additional handrails. You can't use this type of VA loan for cosmetic or updating only.

VA loans make home ownership possible for thousands of veterans and their families every year and are a benefit you have earned with your service and deserve because of your patriotic commitment.



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Passion and Enthusiasm: The Keys to Successful Living

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

Wherever you are when you read this article, it will be the biggest room in your life: the room for improvement! You, like everyone else, have tasks you need to begin, to fulfill, and to improve upon. The keys to accomplishing them are being enthusiastic and passionate.

Enthusiasm is contagious and it quickly spreads. Passion is the fullest expression of desire and craving for what you love and want the most. Passion doesn't have an expiration date. We've all seen older people demonstrate that age is no barrier to living with enthusiasm, pursuing new endeavors, or sharing with the world. These folks inspire us to keep pursuing what we love no matter how many candles might be on our birthday cake. Passion and enthusiasm are timeless attributes, and they are key to productive living!

The road to a successful artistic career has never been easy. Many of the greatest artists faced opposition and severe hardships along the way. Their stories inspire us when we realize how they passionately struggled to create beautiful works for us to enjoy.

Michelangelo (1475-1564) never retired. He lived 89 years in an era when life expectancy was age 40. He began thinking about dying at age 40 when he developed kidney stones. For the next fifty years he continued to work despite pain, faltering vision, and loss of strength. At age 71, Michelangelo contemplated returning home to Florence to a well-deserved retirement. But he was called by the Pope to design and build St. Peter's in Rome. For the next seventeen years, from ages 71 to shortly before he died at 89, Michelangelo devoted himself to designing and building St. Peter's Cathedral. It gave him new purpose, and he came to believe that he was "put there by God to save St. Peter's." As an aging man, his faith seemed to become even stronger as he dedicated the remaining days of his life to constructing a church that he had no hope of seeing completed — he was too old; St. Peter's was too far from finished. But future generations would enjoy it on his behalf.

Claude Monet (1840–1926), the father of Impressionism painted until his eyes failed. Monet spent years perfecting his technique of capturing light and atmosphere on canvas. As he grew older, Monet faced struggles with his eyesight—yet he continued to paint with remarkable passion and dedication. Even though his vision deteriorated,



he never gave up on his love for painting. In fact, his later works - especially those in his Water Lilies series - are some of his most celebrated. Monet's story shows us that passion doesn't rely on perfect circumstances. His ability to create beautiful works despite his visual impairments proves that true enthusiasm for art comes from a deeper well. Until his death at the age of 86, Monet didn't stop, and because of that, his legacy lives on in every stroke of the brush.

Both Monet and Michaelangelo show us that by utilizing enthusiasm and passion, we can pursue a life that flourishes – regardless of age or circumstances. No matter how old you are or what obstacles you face; passion doesn't have to fade. Enthusiasm is the spark that fuels the human spirit. Pursue what you love with passionate enthusiasm, and you will thrive - no matter what your age or the hardships you face.

Life is simply too short to settle for anything less!

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.

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The Importance and Benefits of Life Insurance

By Cole Bruner, President of Buska Retirement Solutions and Buska Wealth Management

Life insurance is one of the most essential financial tools people can use to protect their loved ones and secure their future. While it's often seen as something that only applies in the distant future, the value of life insurance lies in its ability to offer peace of mind and a safety net for families, should the unexpected happen. Here's a closer look at why life insurance is important and the many benefits it provides.

Financial Protection for Loved Ones

The primary benefit of life insurance is its ability to provide financial protection for your family and dependents in the event of your death. For individuals who are the primary earners in a household, life insurance can replace lost income, helping loved ones maintain their standard of living and cover everyday expenses. This includes costs such as mortgage payments, utility bills, and childcare. Without life insurance, families might struggle to make ends meet during an already difficult time.

Debt and Financial Obligations

Another crucial aspect of life insurance is its role in covering outstanding debts and financial obligations. When a person passes away, there may be lingering debts like car loans, credit card bills, or student loans that could otherwise become a burden on surviving family members. A life insurance policy can help pay off these debts, ensuring that loved ones are not left with the financial strain of managing them on top of the emotional hardship of loss.

Funeral and Final Expenses

Funeral expenses can be a significant financial burden, often running into thousands of dollars. Life insurance policies can help cover these costs, relieving the family from the added pressure of paying for the funeral and related expenses during an already emotional time. Without life insurance, families may be forced to dip into savings, take out loans, or rely on other financial resources to pay for these costs.

Peace of Mind

One of the more intangible benefits of life insurance is the peace of mind it provides. Knowing that your loved ones will be financially secure if something happens to you can alleviate stress and worry, particularly for parents or those with significant financial responsibilities. Life insurance can help you rest easy, knowing that your family will be taken care of no matter what the future holds.

Building Cash Value

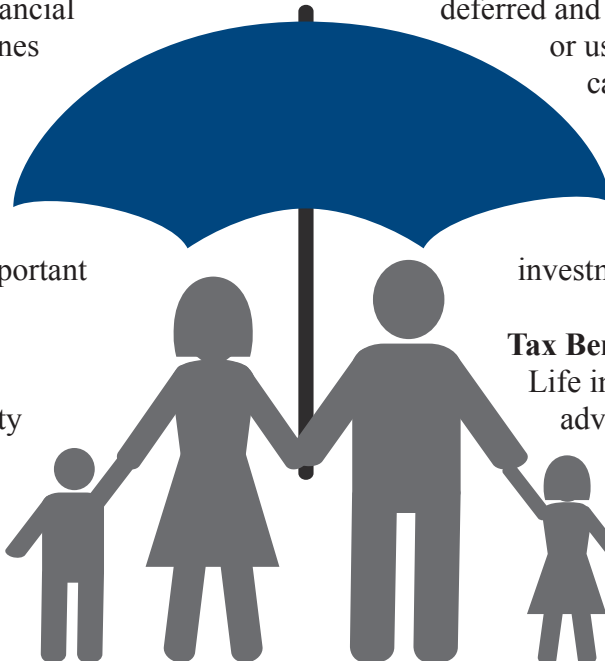
Certain types of life insurance, such as whole life or universal life insurance, offer the added benefit of accumulating cash value over time. A portion of your premium payments is invested, growing tax-

deferred and creating an asset that you can borrow against or use for other financial needs in the future. This cash value can be accessed in emergencies, for retirement planning, or to supplement other financial strategies. It's important to note that this is not a feature of all life insurance policies, but it can be a valuable long-term investment for policyholders.

Tax Benefits

Life insurance also provides important tax advantages. The death benefit, which is paid to your beneficiaries upon your death, is generally not subject to income tax. Additionally, as mentioned earlier, the cash value of certain types of life insurance grows tax-deferred, meaning you won't have to pay taxes on it as it accumulates. These tax benefits make life insurance a powerful tool for both financial protection and wealth management.

Life insurance is an essential part of a comprehensive financial plan. It provides critical financial protection, ensures that loved ones are taken care of in the event of unexpected loss, and offers additional benefits like tax advantages and cash value accumulation. Whether you're looking to replace lost income, cover debts, or prepare for future financial needs, life insurance is an investment that can provide peace of mind and security for both you and your family.



Live life fully protected!

Life insurance is designed to replace lost income or pay for special needs your family would have if you weren't around. And, although the primary purpose of life insurance is to provide financial stability for a family after the loss of a breadwinner or caregiver, it offers additional benefits at many other stages of life.

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What's to Eat?

By Christine Eggers, ATH

These are observations of 35 years in nursing and are not a scientific discovery.

When I took the Wound Care Certification course, I was surprised to learn that increased protein is not recommended. Carbohydrates are the wood for our metabolic fires. Replacing carbs with proteins causes our bodies to breakdown our skeletal muscles for fuel. This is the goal for weight loss or if you're an athlete, but for a person with a large wound, chronic or life-threatening disease, or advanced age, this diet is counterproductive.

The only fuel any cell can burn is glucose. Remember those commercials about being "hangry"? The combination of hungry and angry? We become more irritable, confused, forgetful, and anxious when our brain cells are hungry. We feel weak and shaky when our muscles are hungry. Muscles are then broken down to manufacture glucose. That action increases the nitrogen from urea, (BUN) in our bloodstream, which can affect our ability to think clearly. Muscle breakdown leads to "deconditioning," manifested in frailty and falls.

What I finally recognized through a sentinel event is that carbohydrates are beneficial for the elderly and infirm. From nursing home residents who lived several years on ice cream, to a live-at-home client who was near death from self-neglect and, months later, after eating mostly mass-produced baked goods, had regained 20+ lbs., the strength to transfer and soon was walking independently.

Food is tied to identity and culture. Which makes dietary changes very difficult. We've also tied food to health and morality. "Good" people take care of themselves through "healthy" eating, "bad" people don't. We judge food the same way we judge "medicine" vs. "drugs." Swiss chard is medicine, Swiss Rolls are drugs. After decades of virtuous eating, it is hard to abandon rice cakes for cupcakes.

I have used these observations with new clients who were "eating healthy" all the while their strength, mobility, memory, mood, and ability to remain at home declined. I switched them to "high-calorie" supplements or whole/chocolate milk. I encouraged calorie-dense baked goods, and the results have been positive.

Clients who have been unwilling or unable to make changes have not improved. They have not regained lost weight and have continued

to struggle with forgetfulness, confusion, weakness, and anxiety, even falls, and are on track to moving to residential care.

I have also noted rapid, short-term improvement when clients who are befuddled, anxious, or weak are provided high-calorie snacks, like milk and cookies.

We need different diets during different times of our lives. I encourage my clients to adopt a high-carb diet because I have seen improvement in the issues that are of the most concern to them. If your clothes are getting loose, if you're weak or unsteady, if you're more forgetful or anxious, give it a try. It isn't necessarily about extending an already long life, but extending physical and mental independence.

Christine Eggers RN is the owner of Appeal to Heaven LLC the Independent Nurses' Network, bringing assisted living services into private homes since 2014.



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Presented by:

Lisa Wells, MA
Dementia Care Specialist
Aging and Disability Resource Center of Eau Claire County



Start Seeing Bees By Becky Streeter

Between 70 and 80% of the world's crops are pollinated by bees. That's a lot! And yet bee populations have been in decline for almost two decades due to climate changes, bee-killing pesticides, parasites, and habitat loss. Accurate studies on bee populations are difficult to compile because they usually only take into account farmed bees. Below, however, are a few ways you can help researchers gather data and learn more about the wild bee populations hovering in your own backyard or neighborhood.



iNaturalist ([inaturalist.org](https://www.inaturalist.org))

iNaturalist is a joint initiative of the California Academy of Sciences and the National Geographic Society for everyday people to make observations and record them in a collective database. Scientists then used these submissions to help better understand organisms and work to protect their habitats. iNaturalist has many bee-related projects, such as the BeeWise Honey Bee Pollen & Nectar Map, where you can submit photos of the bees you find to help further the program's mission. They have also held a survey the past four years called Backyard Bumble Bee Count to track where certain bees are and help determine how they're doing and how to protect them in their natural environment. In 2022, 642 observations were received and included 19 different species. Keep an eye out for (hopefully) this year's count at backyardbbcount.wixsite.com/bumblebeecount, it should get rolling sometime in July.

Bumble Bee Watch ([bumblebeewatch.org](https://www.bumblebeewatch.org))

Working to track and conserve North America's bumble bees, this is another initiative where you can submit photos of the bees in your area. Scientists will help identify the species, and the overall collection of data will help researchers determine the status and conservation needs of bumble bees.

Bee Informed Partnership ([beeinformed.org](https://www.beeinformed.org))

If you own a bee farm or are thinking about starting one, research or become a member of the Bee Informed Partnership. They are a nonprofit national collaboration founded to better understand honey bee decline in the United States. Bee Informed encourages beekeepers to add health metrics and colony weight to their national database so they can observe "the relationship between forage, nectar flows and disease." They also provide emergency response kits for failing colonies. And each year they hold a citizen science collaboration called the Sentinel Apiary Program to help alert beekeepers of increases in the destructive Nosema bee parasite. You can register for this program on their website [beeinformed.org/citizen-science/sentinel-apiaries](https://www.beeinformed.org/citizen-science/sentinel-apiaries).

Other ways to help the bee population:

- Create a habitat in your own backyard! The Xerces Society for Invertebrate Conservation has a multitude of resources to get you started: [xerces.org/pollinator-conservation/habitat-restoration](https://www.xerces.org/pollinator-conservation/habitat-restoration)
- Buy local and/or organic produce from farmers that use little or no pesticides.
- Spread the word about how helpful bees are! Many people are afraid of bees and don't understand the importance they play in helping feed the world. There is also a fun children's book called Give Bees a Chance by Bethany Barton that can help get little ones in the right frame of mind from the get-go.

Source: Kendrick, Julie. "33% of Our Food Would Disappear Without Bees—Here Are 4 Simple Ways to Help." *Eating Well*. 15 March 2021. <https://www.eatingwell.com/article/7893191/resources-helping-bees>.



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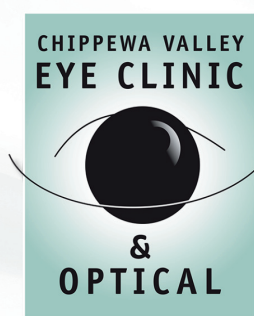


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Dusting Off Some Local History: “Letter Boxes at their Doors”

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

In the early 2000s, as I prepared to leave home for my first year in college, my mother worried about how she would contact me while away. I did not yet have a cell phone and told my mother that we could write and post letters to each other. She scoffed at the idea and promptly made me purchase a cell phone, denying me the opportunity to have my first pen pal. While I explored the age of e-mail in my previous month’s article, this month we will travel further back in time to explore the history of postal mail in the Eau Claire area.



The post office’s location changed frequently in the 1800s. By the 1880s it was in a cream-colored three-story brick building, seen here in a photograph from the Chippewa Valley Museum, and located on the southeast corner where Grand and Graham Avenues intersect.

The public library was in the rear of the building.

Courtesy Chippewa Valley Museum.

The post office of “Clear Water” was established on July 14, 1849 in what was, at that time, part of Chippewa County. Mail arrived in the community once each week along a route from Prairie du Chien to Hudson. By 1860, mail arrived three times each week and, as a sign of how quickly the area grew, mail arrived in Eau Claire twice each day by 1870. By the late 1870s, thanks to the arrival of the railroad in Western Wisconsin, Eau Claire became a hub for mail delivery to other points in Northwest Wisconsin.

Mail delivery to homes and businesses in the city commenced in the 1880s. An article appearing in the August 29, 1884 edition of The Leader instructed people on how the mail would be delivered. “Those who have no numbers on their houses or places of business need not look to have their letters delivered there, neither can they expect this accomodation if they don’t instruct their correspondents to address to numbers. Judicious people will also put up letter boxes at their doors for the receipt of incoming mail.” Around the same time that letter carriers began delivering mail to city residents and businesses, letter boxes were installed around the city to collect mail. This model, with daily mail deliver and collection, would continue largely unchanged throughout the 21st century.



Lamppost boxes, like this one from the collection of the National Postal Museum, were a common site on street corners in the late 1800s. 1985.0596.1

In our digital age, a piece of mail retains its tangible, personal elegance. Perhaps my mother and I missed this opportunity for a connection deeper than that which the telephone and e-mail enable. 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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The Brain-Body Connection by Judy Soborowicz, Active Health Chiropractic

Opportunities for movement abound—running, lifting weights, yoga, hiking, and biking—and we are so naturally drawn to build physical work into our lives that we continually invent new ways! For over 125 years, the chiropractic approach has been focused on optimal movement and improving the communication between the brain and the body. As the second largest healing profession in the world, this is the very concept the profession is founded on.

Fortunately for those who suffer, our medical system is beginning to look at the impact of the brain-body connection on overall wellness and well-being. A March 2016 article from Harvard Health Publishing, one of the highest ranked medical schools in the world, printed, “recent studies show that the connection between your brain and your body is a ‘two-way street’ and that means movement can change your brain, too!” This article further states, “Your mind and body are intimately connected. And while your brain is the master control system for your body’s movement, the way you move can also affect the way you think and feel” (1).

All organ systems, muscles, joints and tissues in the body rely on two-way communication with the brain—it is all connected. Signal inputs from movements affect brain processes that regulate mood, calmness, sleep, balance, posture, stability, alertness, digestion and overall wellness. Rapid and robust communication between the brain and body are observable through coordination and ease of movement. Changes in the brain are evident in movement and can be relied upon for identifying disease significantly prior to the first symptoms.

Because the way you move affects the way you think and feel, your brain function relies on you to maintain optimal movement. Movement issues can be caused by injuries such as slips, falls, auto accidents, poor sleep habits, stroke, and even the birth process. Your ‘bad’ knee, hip or shoulder may be persisting due to a movement problem that should not be ignored. Specific chiropractic adjustments can release injury on protected areas of the spine column and joints of the body, restoring healthy movement and optimizing brain-body communication. Intuitively and practically, we understand that maintaining stability and healthy movement throughout our lifetime is essential.



Healthy brain function is inseparably interrelated to the quality of movement. The effects of unhealthy movement cause most of the unwanted health conditions people suffer from every day. Chiropractors have a term for the intimate brain-body connection, for which the profession has been both celebrated and condemned: innate intelligence.

Millions of people have received the benefits of chiropractic, yet expert researchers have been unable to fully explain the complete reason for the significant health impacts. With technical advances, medical science continues to move toward greater understanding of our brain and body, and how overall healing occurs.

Chiropractic doctors focus on restoring the master control system of the body and optimizing the brain-body connection. Many experience chiropractic benefits for the physical body, and continue to benefit from mood lifting, improved memory and overall mental health and wellness.

1. <http://health.harvard.edu/blog/how-simply-moving-benefits-your-mental-health-201603289350>.



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