

senior review

September 2023

FREE

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Celebrate National Assisted Living Week!

Pages 14-20

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

Snake Oil and Other Unscrupulous Curealls By Ken Anderson, The Mayberry Guru

One of the reasons Mayberry was such a great town to live in was because there were few serious illnesses. While Floyd the barber and Howard Sprague had sinus problems and Opie had his tonsils removed, few others had any ailments. Of course, Emma Brandt sometimes got "a pain," which would travel up one arm, around her neck, and down the other arm.

However, just because Mayberry was a healthy place, this did not mean that con artists did not attempt to take advantage of Mayberry's good people. One such con artist was Colonel Harvey. He appeared on the streets of Mayberry one day, selling his Indian elixir. Colonel Harvey claimed his Indian elixir would purge the body and cleanse the spirit, making one feel young again. Unfortunately, Aunt Bee purchased two bottles and took them to her ladies' church gathering, only to discover the elixir was almost one hundred percent alcohol,

Opie and his friends once tried to win a pony by selling Miracle Salve. The salve was supposed to cure crow's feet and other problems. However, the boys soon discovered Miracle Salve was worthless and impossible to sell. But Barney and Gomer conceived a scheme to help Opie and his friends return the salve to the company that pawned it to the boys.

Fake cures have been around for centuries. One of the early "magical cures" was something called Snake Oil. In 19th century America, many people bought Snake Oil. The tonic, which contained oil extracted from rattlesnakes, was said to cure their ailments. While Snake Oil is no longer available, "snake oil" is often used to describe

peddlers who sell their worthless products.

People in the 19th century often turned to "quackery" products because traditional medical treatments were either unavailable or too expensive. By 1906 over 100 bills were introduced to control food and drug products to stop the sale of useless and harmful health products—however, none of the bills passed. In the late 1800s and early 1900s, cocaine and opium were used casually and often added to bottled medicines and beverages despite doctors knowing they were very addictive.

Although we no longer have to deal with medicine sold at sideshows, this does not mean we are exempt from unscrupulous tactics when it comes to healthcare products. The internet and social media sites contain all types of ads that promise miraculous cures for many ailments. The intent is the same as the snake oil con artists; only the methods have changed. Consumers need to be vigilant when reading all the claims that products make.



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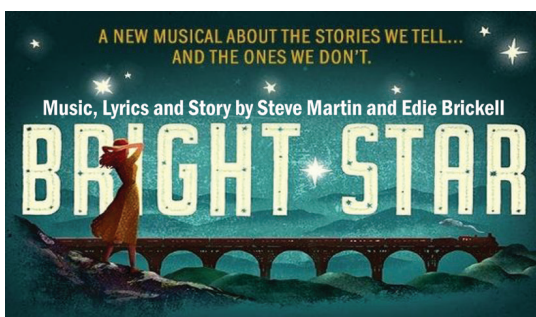
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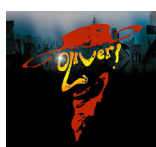
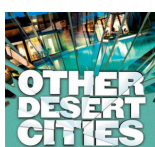


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Senior Center to Host Resource Fair in September

The L.E. Phillips Senior Center will hold a Resource Fair on Tuesday, Sept. 19, at the senior center, 1616 Bellinger Street.



"The fair coincides with National Senior Center Month," said Jackie Minor, senior center director. "We wanted to make this fair complete and interesting to appeal to as many people as possible."

The event, which is sponsored by the Celebration of Life Center at Chippewa Valley Cremation Services, begins at 8 a.m. and runs to 3:30 p.m. All ages are welcome, and admission is free.

The fair will feature over 35 vendor tables with representatives on hand to offer myriad products and services to attendees.

The fair also will include a craft fair, bake sale, treats for sale in the center's café, massages and tours of the center. T-shirts will be available for sale as well.

The non-profit senior center serves people 50 years and older. It has more than 2,000 members who pay yearly dues for access to programming and a fitness center. More information is available at <https://lep-sc.org/> or (715) 839-4909.



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Dusting Off Some Local History: "Eau Claire from the Air"

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

Recently, during a visit to the Chippewa Valley Museum to conduct research, I stumbled upon the fascinating story of Conrad "Connie" Johnson. While examining archival records documenting Eau Claire in the early 1900s, "Connie"

showed up everywhere I looked. It was perhaps coincidence, but I was intrigued to learn more. I turned to the museum's archivist and suggested "Connie" might end up being the next story I write for this column!

In April 1918, Conrad Johnson left Eau Claire and joined the 13th photography unit of the Army's Air Corps. An account of his exploits published in the Eau Claire Leader on December 29, 1918, noted that he took "pictures behind enemy lines from an airplane by day" and dropped bombs on the enemy from airplanes at night. Photography became increasingly important during World War I; with the information gathered in images used to plan engagements and direct artillery fire. Coordination between ground forces and aerial units became so commonplace that soldiers in the trenches quickly realized that the site of an enemy airplane often foretold enemy artillery strikes. Johnson's service during the war was short, but memorable. Along with detailing his experience, the December 1918 Leader article also published a letter from Johnson written after the conclusion of the war. Writing from a small community outside Metz, France, Johnson comments on how busy and noisy the

streets are but remarks that "...brass bands and celebrations of other kinds are much more pleasant than the fireworks on the front lines."

Johnson returned to Eau Claire in July 1919, and soon found that his skills as

an aerial photographer could be useful here too. In October 1921 Johnson took to the skies above Eau Claire and Chippewa Falls with a camera and captured what may be among the first images of the area taken from an airplane. A screening of Johnson's images premiered at the O'Klare Theatre in late 1921 and were subsequently published in the booklet "Eau Claire from the Air," by the Carl G. Johnson Company. Conrad Johnson continued to reside in Eau Claire until his death in 1965. He became known as an inventor and eventually opened the Johnson Ladder Shoe Company which specialized in manufacturing rubber footings for ladders, crutches, and other tools.

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.



In addition to flying in airplanes, Johnson would occasionally capture photographs from observation balloons. This image of Johnson, published in the Leader, was captured only a few days before the end of World War I.



This image of Eau Claire captured by Johnson shows the confluence of the Chippewa and Eau Claire Rivers at the bottom, with Dells Pond at the top. Courtesy of Chippewa Valley Museum.

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with Heather Masse &
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SEPT. 25 AT 7:30 P.M.

Best known for the public radio show "A Prairie Home Companion", Garrison Keillor at 80 is a show of music, stories, and stand-up on the theme of cheerfulness — happiness depends on circumstance but cheerfulness is a choice.



SEPT. 29 AT 7:30 P.M.

An American singer-songwriter and guitarist best known for his songs such as "American Pie", "Vincent (Starry Starry Night)", and "Castles in the Air".

SEE ALL UPCOMING EVENTS AT PABLOCENTER.ORG

People of Faith Live Longer

By Michael Brown

A recent study finds that people who regularly attend religious services live approximately 5.45 years longer than average. Researchers built a study suggesting that social interaction, volunteer work and healthy habits can lead to longer life. While one could point to gym memberships and service clubs as offering similar results, there are unique benefits to church attendance. Consistent engagement with a community of believers in God deepens faith, enriches the soul, and may be the real key to longevity. Researchers from Ohio State University conducted surveys after studying hundreds of obituaries from across the United States. The surveys showed that those with documented religious affiliation lived an average of 9.45 years longer than those who did not. This final figure dropped to 6.48 years when factors like gender and marital status were calculated.



Religious support can provide unique resources for people of faith, above and beyond those furnished by social support. Factors related to church going — like having an optimistic attitude, better self-control and a sense of purpose in life — may account for long life benefits. It is also the values drawn from religious traditions such as respect, compassion, gratitude, charity, humility, harmony, meditation, and preservation of health that seem to predict longevity of health. These three distinct subgroups of religious supports are identified as, support from the congregation, from church leadership, and from God.

All three of these categories lowered depression and increased life satisfaction. The tangible practice of going to church correlates to mortality. Spiritually healthy participation in a church means we become vulnerable and enter a relationship of mutuality with others, and that mentally reminds us that we are not alone, and it reminds us of our place in God's story.

Church activities like prayer, volunteer work meditation, and church attendance are evidence of a healthy integrated and balanced life. That's the way God intended for us to live. Religious people will continue to live longer by congregating with a like-minded community and by receiving the healing power and extended commitment offered by God.

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Generations United: The Power of Grandparents as Girl Scout Volunteers

by Girl Scouts of the Northwestern Great Lakes

As the saying goes, "Grandparents are a delightful blend of laughter, caring deeds, wonderful stories, and love." This rings true in Girl Scouts as grandparents play a vital role in enriching the Girl Scouts experience for girls, parents, and the Girl Scout Movement. Their unique blend of wisdom, patience, and enthusiasm makes them exceptional volunteers, leaving a lasting impact on everyone involved.

As a grandparent, what can YOU bring to the Girl Scout community?

Relatability and Wisdom | Grandparents are a bridge between generations, connecting their experiences from the past with the present. They have a wealth of wisdom to share, making them incredible mentors for young Girl Scouts. Their stories often carry cultural, historical, and personal significance, fostering understanding and appreciation for diverse perspectives.

Unwavering Support | Grandparents are genuinely interested in the well-being of their grandchildren. Their unconditional love and encouragement serve as a powerful motivator for Girl Scouts to pursue their goals and dreams. The emotional security that grandparents provide empowers girls to take on challenges with confidence and resilience.

Enhanced Parent-Grandparent Partnership | When grandparents actively participate in Girl Scout activities, it creates a beautiful synergy between generations and strengthens family bonds. Parents often find immense relief and support from grandparents, who share the responsibilities of organizing events, attending meetings, and supervising outings.

Rich Heritage | Girl Scouts is built on a strong foundation of traditions and values, and grandparents play a vital role in preserving and passing down these elements. Their involvement ensures that the rich heritage of Girl Scouts continues to inspire and guide future generations.

Diverse Skill Sets | Grandparents often bring a diverse range of skills and experiences to the table. From traditional crafts, storytelling, or outdoor survival skills, the expertise of grandparents adds depth to the Girl Scout program. Girls are exposed to diverse perspectives and learn valuable life lessons that inspire them to become well-rounded individuals.



Encouragement and Empowerment

| Grandparents, with their years of life experience, know the power of encouragement and empowerment. As Girl Scout volunteers, they provide a nurturing environment where girls feel supported in pursuing their interests and ambitions. The unwavering encouragement from grandparents fosters a sense of self-belief and resilience in the girls, helping them develop leadership skills and grow into confident young women.

Community Involvement | When grandparents volunteer for the Girl Scouts, it often inspires other community members to get involved. This ripple effect leads to a stronger, more engaged network of support for Girl Scouts, creating a positive impact on the community as a whole.

Grandparents make outstanding Girl Scout volunteers, bringing joy, wisdom, and an intergenerational connection to the organization. As they impart valuable life skills, instill a sense of tradition, and empower young girls to become strong, confident leaders, grandparents leave a lasting impact on everyone involved. Through this beautiful exchange of love and knowledge, Girl Scouts truly exemplifies the power of building bridges between generations and fostering a sense of community that stands the test of time.

Get in touch to learn more or to start your Girl Scout volunteer journey today - gsnwgl.org, info@gsnwgl.org, or 888.747.6945.

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DHS Approved 5/27/2021



Old Abes Preseason Preview: Old Abes look to instill several core values and improve upon previous seasons of progress to become conference contenders in the upcoming 2023-24 football season.

Written by Charles Strayer, MHS Junior of Eagle Eye Digital Productions. Edited by Ava Schultz

August 1, 2023 The sun was beating down relentlessly as I made my way to the Memorial field earlier today, but the omnipresence of the near-90 degree heat was anything but a deterrence for the Old Abe football team. On the contrary, the intensity of the August sun appeared to have an energizing effect on the sea of purple-clad players and coaches. The palpable excitement of the proceedings had an infectious effect, and I too began to feel the sense of optimistic apprehension that has set the tone for this preseason so far.

BUILDING A FAMILY

The Old Abes football program has undergone a significant transformation under the leadership of Rob Scott, who took up the mantle of the Abes' Varsity Football Head Coach ahead of the 2021-22 season. The twelve Marks of Excellence (among those being Love, Integrity, Poise, Self-Control, and Mental Toughness) have become pillars of the Old Abes football culture, as has the doctrine of L.E.O. (Love Each Other). As a result, a tangible sense of camaraderie and kinship has formed between players old and young, experienced and new. As a part of these new initiatives, community outreach has also become a fundamental aspect of the Abes football team, with events such as this past July's Old Abe Youth Football



Camp and the upcoming We Are ONE Camp seeing members of the football team giving back to the community through volunteering.

'OVER THE HUMP'

Although the inaugural seasons of Coach Scott's new team have come short of long sought-after conference titles, confidence is at an all-time high heading into the rapidly approaching 2023-24 season. Last year's season, for example, began with an impressive 3-0 start, with the Abes defeating both Lacrosse teams and boasting a solid 24-6 victory over their cross-town rival, the North Huskies. Memorial was also able to put up an impressive fight against the ever-dominant Menomonie Mustangs, ultimately being defeated 7-10 in a hard-fought showing. However, the season unfortunately ended with the Abes falling to 3-6 and out of playoff contention. Upon analysis, the Abes appeared to struggle on the road, only winning one out of their five away games. In addition, Memorial was a mere 1-4 in one-score games. The coaching staff has taken due notice, stressing the importance of mental toughness and perseverance in the offseason so as to come out victorious in the coming season's down-to-the-wire matchups.

TURNING THE CORNER

The coaches have also expressed great enthusiasm for the events of the 2022-23 season despite the record, praising the outgoing class of 2023 as "great kids that paved the way" for the incoming senior class. "They're the ones that... turned the corner." Coach Scott explained in an interview last May. Expressing immense confidence in both his senior veterans and his incoming upstarts, Coach Scott and his coaching staff firmly believe that the combined efforts of both their players and themselves will come to fruition in the months to come, making the Old Abes a formidable contender years in the making. It's certainly a great day to be an Old Abe. On, Memorial! **-C. Strayer**



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SEPTEMBER 1 @ EAU CLAIRE NORTH 	SEPTEMBER 22 HUDSON 	OCTOBER 13 MENOMONIE 

Avoid These 3 Big Mistakes During the New Home Boom

By Berkshire Hathaway HomeServices

As housing affordability improves and the shortage in existing homes continues, homebuyers are turning to new construction. As a homebuyer, you may be tempted to jump on the first available new home that suits your family, but before you do, there are three major mistakes you should be aware of.



Don't visit builders alone. If you visit builders on your own, they have no obligation to deal with your real estate agent, and you will have lost the opportunity to have an advocate. Make sure you sign the builder's visitor log and include your agent's name and contact information. Builders use their own contracts that limit their liabilities and may not be in your best interests. Your Berkshire Hathaway HomeServices network real estate professional can vet your builder for you, help you save money, and help you through the underwriting process to closing.

Don't skip the inspection. Just because a home is new, doesn't mean it's without problems. A recent news report found that some

homebuilders are "cutting corners" to produce homes faster. Protect yourself by demanding an inspection that covers all systems, fixtures and appliance in the home.

Don't buy the model home. Model homes feature the most luxurious features to tempt you into adding upgrades. If these upgrades are done during the building process, and not after the home is completed, you'll save a lot of money and prevent costly delays. Make sure the luxuries you get are in line with other homes being built or completed.

HOUSING TRENDS, HOMEBUYERS, SMART HOMES

Choose the Right Size for Your Next Home

Homebuyers are feeling the sticker shock of higher prices, but it's not just inflation. They



want bigger homes. In 1949, the average size of a new single-family home was 909 square feet, while homes grew to 2,480 square feet by 2021. Homebuyers want more than they had before, including more space, energy-efficient appliances, and smart home technologies, all of which is making homes more expensive.

But how much living space does a family really need? According to the National Association of REALTORS®, a typical home purchased recently is 1,800 square feet with three bedrooms and two bathrooms and was built in 1986, but that may not be enough space for some homebuyers. While it's totally subjective, a good rule of thumb is that each person should have 200 and 400 square feet of living space. So, a family of four would be comfortable with a home of about 2,400 square feet.

To help you choose the right-sized home, consider your family's needs. Small children can comfortably share a bedroom, but teenagers need more privacy. Aging parents are safer in single-level homes or a downstairs owner's suite, preferably with a separate entrance and living area. You may need more space if you're working from home and need a home office, a playroom for kids, a bigger kitchen, or an owner's suite with his and her baths.

Whatever you choose, make sure the layout and square footage also aligns with how much you want to maintain and pay for utilities.

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season of REFLECTION

NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 10-16, 2023



National Assisted Living Week acknowledges the importance of these facilities and the crucial role that they play in the lives of elderly people and people with disabilities. The week-long celebration recognizes everyone involved in assisted living facilities, including family members, residents, assisted living resident assistants, volunteers, and other staff.

Making the decision to enter assisted living can be emotional and stressful for everyone involved, but having a starting point for assessing options can help reduce any stress. If you and your loved ones are prepared with a list of questions, you will feel more prepared when moving day comes along. A in depth list of questions to ask when conducting your interviews can be found at the right.

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BASICS

- Distance from loved ones?

TRAINING FOR STAFF

- Type of training for staff?
- Certifications required before hiring staff?
- Staff trained to handle refusal to bath, eat, drink fluids, etc.?

SAFETY

- Cameras on the hallways and doorways?
- How is community security?
- Secure buildings/grounds?

RATE

- Monthly rate for housing/ care?
- What does the rate include?

THE FACILITY

- Private rooms?
- Memory care available?
- Are residents grouped by cognitive level?
- Ratio of staff to resident during day/night?
- Walking paths?
- How often are housekeeping and laundry

provided?

- Meals in dining area or in-room?

MEDICAL ASSISTANCE

- Level of personal assistance?
- Policy for handling medical emergencies?
- Nurse on duty 24/7?
- Visiting physician?
- Medical services available?
- Each resident have individual care plan?

RESIDENT'S WELL-BEING

- Programs offered (exercise, PT, social activities)?
- Therapy (physical, pet, music?)
- Communication w/ family about residents' well-being?
- Transition residents from assisted living to memory care to skilled nursing?

OTHER

- Transportation
- Discharge policy





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How to Have the “Assisted Living” Talk *By Becky Streeter*

There are many strong opinions regarding in-home care versus assisted living facilities. Regardless of your stance, there may come a day when a facility is the best option for your loved one, even if they don't believe it is. Many senior adults do not want to leave their homes, so a conversation about moving to an assisted living facility can be difficult. Below are some tips on how to approach that discussion.



1. Talk with your loved one about their wishes early on and often as they age. Make sure everyone is on the same page, and discuss the possibility of moving to an assisted living facility if you feel the care required cannot be provided physically or financially by remaining in their home. Often the burdens of maintaining a home (repairs, lawn care and snow removal, etc) become too difficult to keep up with, especially if there are physical limitations. By talking about assisted living early and often, you can normalize the conversation and concept.
2. Research some facilities ahead of time so you have options to look at together. Create a spreadsheet with amenities or ask for a mailed brochure. If possible, take a tour of the facility with your loved one and make sure to ask the staff many questions. If they cannot answer all your questions to your satisfaction, it might not be the right choice. Involving your loved one in the process as much as possible will help them retain their independence and autonomy. It is still their life, afterall.
3. Do not force the issue. If they refuse to even talk about it, revisit the topic at a later date, asking if they've had a chance to think about or review any information you provided. Unfortunate events such as hospitalization can also be an appropriate time to carefully bring up the conversation. Let them know you're glad things weren't worse, AND that they might receive better and more constant support in a facility to hopefully avoid dangerous situations going forward.
4. Acknowledge that change can be hard, but it can also be good. Life in an assisted living facility can be an enriching experience. Many facilities offer a wide range of activities and socialization, juxtaposed by remaining at home where seniors often become isolated. Some developments also have themes and focuses that might align well with your loved one's desires and lifestyle.

Source: “Talking About Assisted Living.” *Today's Caregiver*. 21 Sept 2022. <https://caregiver.com/articles/talking-assisted-living>.



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ASSISTED LIVING FACILITIES

Community Based Residential Facility (CBRF)

CBRF's are staffed group living arrangements that provide room, board, supervision and other supportive services to 5 or more unrelated adult residents. Typically, residents have either a private or shared sleeping room and bathroom, and share living and dining space with other residents of the facility. CBRFs are intended for people who cannot live independently, but are neither acutely ill nor need extensive amounts of skilled nursing care. Up to 3 hours of skilled nursing care per week may be provided. Unlimited amounts of supportive and personal care are provided. Facilities vary in size from 5 residents to over 100.

Residential Care Apartment Complex (RCAC)

An RCAC is a place where five or more adults reside. Apartments must each have a lockable entrance and exit; a kitchen, including a stove (or microwave oven); and individual bathroom, sleeping and living areas. This living option provides no more than 28 hours per week of supportive services, personal assistance and skilled nursing services.

Adult Family Homes Adult Family Homes—where 3 or 4 adults who are not related to the operator reside and receive care, treatment or services that are above the level of room and board. May include up to 7 hours per week of nursing care per resident.

Source: Eau Claire ADRC





CELEBRATE NATIONAL ASSISTED LIVING WEEK SEPTEMBER 10-16

A Breakdown of Assisted Living Facilities vs. In-Home Care

By Becky Streeter

It can be difficult to determine a path for long-term care. Assisted living and in-home care have various pros and cons, and seniors choose either option for different reasons. First make a list of how much help you or your loved one needs on a daily, weekly and monthly basis. Then assess how much of that can be accomplished by friends and family. Try thinking about this for your current situation, and also what it might look like a few years down the road. Then refer to the chart below for a brief breakdown of each living situation and what might work best for you or your loved one.

	ASSISTED LIVING FACILITY	IN-HOME CARE/HOME HEALTH CARE
Who is it typically better suited for?	Individuals ranging with all levels of needs from mobile and require very little daily care, to those with cognitive impairments or significant physical disabilities.	Individuals who want to remain in their homes and also need ongoing care that family members cannot provide. Can also be a good option for those with cognitive impairments to remain in familiar surroundings if it is within financial means.
What to expect	Residents live in their own private or semi-private apartment. There are usually options to add a dining plan, social activities and exercise classes.	Seniors can remain in the comfort of their own home, with services often combining non-medical care and skilled health care.
Level of care	Ranges from little-to-no daily assistance with the ability to add on services and help as needs increase over the long-term. Typical services offered may include housekeeping, health services, laundry, religious activities, and transportation. Many facilities offer a separate, locked memory care wing if that is or becomes a need.	Ranges from simple companionship to supervision and personal care. Services can include assistance with laundry, meal preparation, medication organization, shopping and running errands, light housekeeping, and transportation.
Pros	Can be more affordable when 24/7 care is required, depending on the situation.	Different types of care can be combined to lower overall costs. May be more affordable if 24/7 care is not needed.
	Ample opportunities to socialize with others.	Seniors and loved ones can choose the person who will be providing care.
	Family will not have to manage, schedule or hire caregivers.	One consistent caregiver rather than several.
	Level of care can easily be increased as necessary.	One-on-one care tailored to meet unique preferences and needs.
Cons	One-on-care won't be as consistent due to frequent staff turnover.	Can be very expensive if 24/7 care is required.
	Quality of care can differ depending on the staff member.	Managing caregivers and backup care requires family involvement and planning ahead.
	Residents may be asked to leave with little to no advanced notice.	Can also lead to social isolation.
	Living in a group environment, or unfamiliar space is not for everyone.	The home may need to be modified for wheelchair accessibility and safety.

Source: Harris, Spencer. "Home Care Versus Assisted Living - Breaking Down a Critical Decision." *Today's Caregiver*. 2020.
<https://caregiver.com/articles/home-care-versus-assisted-living>.



CELEBRATE NATIONAL ASSISTED LIVING WEEK SEPTEMBER 10-16

Current Housing Market Offers Unique Opportunities for Sellers

By Jill Gengler, Chippewa Manor Campus President

Are you playing your cards correctly when it comes to getting the most from your home's value? With the housing market experiencing all-time highs in valuations and many markets dealing with historical shortages in available homes, cashing in on your biggest investment and transitioning to a senior living community might be an option that offers more than just peace of mind living.

Across our region, home sellers are seeing windfall profits and quick sales. It's not uncommon for a home to receive multiple full-price offers and some even thousands of dollars over the asking price! This is happening with little or no preparation (fix-up work or improvements) to the house for sale. Inventory is limited and you may be surprised at what your home could sell for - even without those updates you think it needs.

Selling a house you've lived in for many years can be an emotional decision and seem like such a daunting task. The good news is there are a variety of resources available to help you navigate the process successfully. Many real estate agencies employ specialists that have additional training in assisting mature homeowners through the steps of selling and relocating. Financial advisors and estate planning attorneys can also offer valuable guidance in protecting your assets as you sell and transition to new living environments.

With home prices at historical highs and interest rates beginning to climb, reinvesting in another home may not be the most economically sound option. Renting, especially in a senior community, can offer all the freedom and independence you are looking for - but with so much more convenience.

Here are a few reasons to consider renting an apartment in a senior living community.

- **Controlled Costs:** All-inclusive pricing (rent, cable-TV, wifi, utilities, etc) is easy on the budget and makes it easier to manage your monthly expenses.
- **Flexibility:** If you are traveling for leisure, paying visits to out-of-town friends and family or spending winters in the south, there is no worry about who will check in on your house or any need to figure out what to do to cover your lawn work and snow removal.



- **Convenience:** Meals, housekeeping, beauty salon and shopping services are all readily available on-site when needed.
- **Social and recreational opportunities abound:** From gardening opportunities and casino trips, to on-site church services and book clubs - the options are varied and easily accessible for just about anything you enjoy participating in!

Many senior communities have age-in-place options which allow you to receive supportive care if and when needed. Some will even allow you to flex on or off assisted living services from month to month!

If you've been thinking about making the most of your home's value and transitioning to an environment that provides safety, peace of mind living, flexible convenience and independence, start a conversation now with a realtor and see what your options might be in this housing market. You might be surprised how much your home is worth!

Jill Gengler serves as Campus President at Chippewa Manor. She has more than 25 years of experience in long-term care and senior living environments. For more information please call (715) 723-4437 or email her at jill.gengler@chippewamanor.com.



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Yes, You Can Live Well with Dementia

by Shelley Krupa, Business Operations Coordinator at Lake Hallie Memory Care

It has been ten years since my mom passed away from vascular dementia. We would have been more prepared for what was ahead if only I knew what I know now. Mom received her diagnosis four years prior, and the hope of living well with dementia was missing from our discussions. Days were often filled with doom, gloom, and fear as we waited and watched her health decline.

Several years ago, my dad began exhibiting early signs of mild cognitive impairment. He took a memory test willingly and then embraced an approach to life with dementia different from my mom because of his underlying health conditions.

My mom had risk factors - diabetes, obesity, hypertension, and high cholesterol. My dad has a slight elevation in blood pressure and is approaching the pre-diabetic stages due to diet choices. He stays active, however, and is a living example to me that you can live well with dementia—yes, you can. Despite those challenges, he is a living example to me that you can live well with dementia—yes, you can.

A diagnosis of dementia is less likely to be revealed than a cancer diagnosis. People who learn of their diagnosis early in the stages of dementia are fortunate. The lack of early knowledge leaves many unaware of the options available to them and their loved ones. While an early diagnosis of Alzheimer's or related dementia may be scary to hear, think of it as your opportunity to live well with the disease.

Knowing early on allows you:

- Time to write down your wishes and plan for future care needs.
- Plan and talk with your physician about your concerns.
- To learn more about the disease and your risk factors.
- To learn about diet and the risks an unhealthy standard American diet has on your brain function.
- To learn how regular exercise helps your brain.
- To learn about vitamin deficiencies from the side effects of medications.
- To learn about your baseline memory skill measurements so you can monitor the effects of your lifestyle changes for the better.
- To learn about ways to cope with the changes.
- To find ways to continue enjoying activities.
- To learn about resources available to you.

In addition to support groups, keeping your brain active is one



way to slow the progression of the disease. It's wise to seek out socialization activities free from awkwardness and stigma to help you live well and enjoy life.

A Memory Café is a place to connect with others in a safe, comfortable, and engaging environment. Guests laugh, learn, and remain socially engaged with others traveling the same journey. The activities vary based on the participants' interests. Individuals worried about memory loss or who have Mild Cognitive Impairment, those with early to moderate Alzheimer's or related types of dementia, along with their family members or care partners are welcome to attend.

Contact your local Aging and Disability Resource Center (ADRC) for more information and the availability of Memory Café in your area.

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