

senior review

FREE

August 2026

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

Summer Breezes *By Dave Olson, Realtor®, SRES™ RE/MAX EXCEL*

August is our hot and humid month in Wisconsin. Nothing feels as nice as a summer breeze on hot sticky days. In our house, we like to make our own “summer breezes” when the Good Lord turns up the heat outside. I think he gives us hot muggy days specifically to teach us to slow down for a while and take in summer’s grand closing act. I’d like to invite YOU to make your own “summer breezes” to make the most of your summer’s “closing act”.

August is a great time to brew “sun tea” on the patio and enjoy it chilled over ice. When we were kids, we poured sugar in until it was so saturated the granules no longer dissolved but settled on the bottom! We took “sweet tea” to the extreme when Mom wasn’t looking. My wife likes her tea “Arnold Palmer” style mixed with lemonade and a hint of sugar. Nothing is more refreshing to us than a cool iced tea and a good novel on the porch on a hot summer afternoon. When it isn’t too hot, play a fun round of golf, or hit a bucket of balls. Get up early on these nice long days, grab a coffee at a local coffee shop and go for an early morning walk or hike with a friend before the heat of the day ushers in. Air-conditioned movie theaters or your family room are great settings for a blockbuster movie and a nice cool down on a hot evening.

Here in Wausau, August brings the Wisconsin Valley Fair held at Marathon Park. Head out for the stands of tasty fair food, take in an



act or two and see the exhibits. Young daredevils can enjoy the rides too!

Head to the lake or river where it’s always cooler for a paddle with canoes or kayaks, or a motorboat or pontoon ride. Younger people love tubing, water skiing or beach time with sandcastles, swimming and a picnic afterward with cool watermelon for dessert.

Vegetables ripen and many are ready for early harvests. Fresh veggies from our own gardens are so much better than from the supermarket, or if you’re not a gardener, farmers’ markets are laden with fresh and tasty treasures. A cool summer salad with fresh leaf lettuce as the base and your favorite veggies as accents makes an ideal summer meal. Who doesn’t look forward to the earliest (and sweetest) sweet corn hitting the stands!

Sports are in full swing as the Packers are back training for another season with family night and a few pre-season outings, while the Brewers head down the stretch toward the playoffs. I’m a big radio sports fan. In August I enjoy listening while I’m doing yard work or projects around the house, or between appointments while I work.

August really is the wonderful “closing act” of our annual summer play. Take time this year to fully enjoy and appreciate summer in Wisconsin. You’ll be glad you did.

The Truth Meter

TRUE

FALSE



Lemon Water Prevents Kidney Stones

Research shows that drinking 3 to 4 ounces (about 1/2 cup) of lemon juice with your water throughout the day has fairly similar effects to taking potassium citrate, a common medication for kidney stones.



Hibiscus Tea Lowers Blood Pressure

Hibiscus extract improves blood pressure in animals, and a handful of human studies show benefits of drinking the tea too. Promising, but research hasn't nailed down exactly how much to drink to reap the health perks.



Raw Broccoli Hurts Your Thyroid

Animal studies found that high intakes of cruciferous veggies—like broccoli—triggered thyroid problems. But most human studies suggest that only people who are iodine deficient (rare in the U.S.) need to be concerned.



Cinnamon Fights Diabetes

A review study found that consuming cinnamon (typically as supplements) didn't impact insulin, post-meal blood sugar or long-term blood sugar measures; and its effect on fasting blood sugar was "inconclusive." -J.W.

Source: EatingWell Magazine

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SUPERFOOD: Avocado

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Like you really need another reason to love avos. They're packed with healthy monounsaturated fats and vitamin E that help maintain skin's barrier function and prevent moisture loss.

Check back here for more superfoods to satisfy your skin's cravings!



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Did you know that mass produced EVOO has more pesticides in it than you would think? Try buying organic small batch, regional label olive oil.





Exercise for **30-60 minutes** a day and you may cut your risk of breast cancer by almost **80%**

HONEY INSTEAD

"A huge amount of water is required to produce regular table sugar," says Louisa Shafia, author of Lucid Food. Honey, on the other hand, is a perfectly renewable resource that requires little more than healthy bees, plants and flowers from which to pollinate. Try adapting your favorite recipe to use honey instead of dry sugar."



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There is No Place Like Home By Ken Anderson, themayberryguru@gmail.com

For many people, summer means vacations and travel to exciting places. However, for me, summer truly means appreciating home. Throughout our 56 years of marriage, my wife and I have taken several long trips, but we have always found ourselves eager to return home. We value the comfort and familiarity of being in our own surroundings and among friends. While we always enjoyed our travels, the best part was always coming home.

I have lived in six communities since my family moved to Dorchester in 1951, and all of them have been in Wisconsin. All but one of these communities had fewer than 1000 people. It was my choice to live in small towns and to always stay in Wisconsin. There is no other place in the world where I would rather live. To me, there truly is "No Place Like Home".

"There is no place like home" is a very familiar saying. It means your own home is the best and most comfortable place in the world. No matter how nice other places are, nothing beats the safety and familiarity of where you live.



On April 1, 1968, Andy Griffith left The Andy Griffith Show. As a result, the writers had Andy move to Raleigh, where he got a more important job. However, on April 13, 1986, Andy moved back to Mayberry in the movie Return to Mayberry. It was the heartwarming story of Andy returning to his beloved Mayberry after being gone for so many years.

Most people are very familiar with the classic movie The Wizard of Oz. Dorothy is caught up in a tornado and ends up in the magical land of Oz. All she wants to do is go back home to Kansas. After all her exciting exploits seeking her way home, she finally discovered that all she had to do was click her shoes together three times and say, "There is no place like home."

In 1989 the movie No Place Like Home told the story of a family who lost their house. The movie shows their struggles as they try to stay together while living in a homeless shelter. All they want to do is go back home again and have their lives the way they once were.

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Sweet Corn Spotlight

A Tasty Summer Favorite with Healthy Benefits

Nothing says summer quite like fresh sweet corn! Whether you enjoy it on the cob, in a salad, or added to soup, sweet corn is a delicious way to add flavor and nutrition to your meals.

Why Sweet Corn Is Good for You

Sweet corn is packed with nutrients that support healthy aging. One medium ear of sweet corn provides approximately:

- Calories: 90–100
- Carbohydrates: 21 grams
- Fiber: 2–3 grams
- Protein: 3 grams
- Fat: 1–2 grams

Important Nutrients

Fiber

- Supports healthy digestion.
- Helps you feel full longer.
- May help manage cholesterol levels.

Vitamin C

- Supports the immune system.
- Helps the body heal wounds.
- Acts as an antioxidant to protect cells.

Lutein & Zeaxanthin

- Natural plant compounds that help protect eye health.
- May reduce the risk of age-related vision problems.

Potassium

- Helps maintain healthy blood pressure.
- Supports muscle and nerve function.

B Vitamins

- Help your body turn food into energy.
- Support healthy brain and nervous system function.

Healthy Ways to Enjoy Sweet Corn

- Grill or boil corn without adding too much butter.
- Sprinkle with herbs, pepper, or a squeeze of lime.
- Add kernels to salads, soups, salsa, or whole-grain pasta dishes.
- Mix corn with black beans, tomatoes, and avocado for a colorful side dish.

Shopping & Storage Tips

- Choose ears with bright green husks and fresh-looking silk.
- Store corn in the refrigerator and enjoy within 1–2 days for the sweetest flavor.
- Fresh, frozen, and no-salt-added canned corn are all nutritious choices.



Did You Know?

Sweet corn is considered a whole grain when eaten as a fresh vegetable, making it a unique food that provides both vegetables and whole-grain nutrition.

Healthy Reminder

If you have diabetes, enjoy sweet corn as part of a balanced meal. Pair it with lean protein (such as chicken or fish) and plenty of non-starchy vegetables to help maintain steady blood sugar levels.

Recipe Idea: Fresh Summer Corn Salad

Ingredients

- 2 cups cooked sweet corn kernels
- 1 cup cherry tomatoes, halved
- ½ cucumber, diced
- 2 tablespoons chopped fresh basil
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Black pepper to taste



Directions:

Combine all ingredients, toss gently, and chill before serving. Enjoy as a refreshing side dish with grilled chicken or fish.


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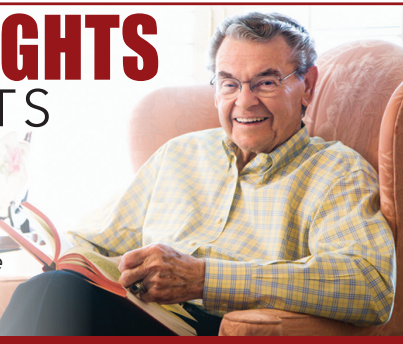
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Summer Heat Safety: Helping Older Adults Stay Safe This Summer

Summer brings sunshine, family gatherings, and time outdoors, but it also brings higher temperatures that can be dangerous, especially for older adults and individuals living with dementia.



A few simple steps can make a big difference:

- **Drink water throughout the day.** Many older adults don't feel thirsty even when they need fluids, so make hydration a daily habit.
- **Plan activities wisely.** Schedule walks, appointments, yard work, and errands during the cooler morning or evening hours. Limit time outdoors during the hottest part of the day, typically between 11 a.m. and 4 p.m.
- **Keep cool before you travel.** Start your vehicle a few minutes before leaving to allow the air conditioning to cool the vehicle.
- **Check on family, friends, and neighbors.** A quick phone call or visit can ensure they are staying cool, drinking enough water, and feeling well.
- **Know where to cool off.** If your home becomes too warm, consider spending time at an air-conditioned location such as a local library, community building, or other designated cooling center. During periods of extreme heat, locations like the Chippewa Falls YMCA may serve as cooling centers, and additional locations are often announced through Wisconsin 2-1-1. (211 Wisconsin)

Watch for signs of heat-related illness, including dizziness, confusion, headache, nausea, weakness, or excessive fatigue. If these symptoms occur, move to a cooler place, drink water if appropriate, and seek medical attention if symptoms worsen.

A little preparation goes a long way. By staying hydrated, avoiding peak afternoon heat, and checking in on one another, we can help everyone enjoy a safe and healthy summer.

Dementia Care Specialist Tip of the Month

Carry a reusable water bottle wherever you go. Taking a few sips every 15-20 minutes can help prevent dehydration before you even feel thirsty. Water fill up stations are typically available throughout Chippewa County in many parks, public buildings, libraries and community facilities, making it easy to stay hydrated while you're on the go.

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Tipping the Scales on Managing Your Weight

Do you ever wonder why the doctor checks your weight each time you visit the office? Or why you are asked if you have had any significant weight changes recently? Body weight is regularly used as a simple indicator to identify if there have possibly been changes to a person's health or nutrition status. Unplanned weight loss or gain can be a sign of a health problem. Unintentional weight loss can increase an older adult's risk for infection, depression, and malnutrition and weight gain can cause existing conditions to worsen.

There are several factors that impact a person's body shape and weight, including diet, activity, genetics, health conditions and age. It is important to work with your doctor to determine a healthy body weight, and also let him/her know if you have had noticeable changes in your weight in the past 6 months.

If you have noticed that in the last 6 months you have lost or gained 10 pounds without wanting to, and you have talked with your doctor about this change, the following are some tips to try to manage this weight change:

Gaining too much weight:

- Keep track of what and how much you are eating for 2 or 3 days by writing it down. Look to see if your plate at meal time is similar or different than MyPlate. Make adjustments to the foods and/or portions at meals to better reflect the USDA MyPlate recommendations.
- Identify how often fried, high-fat, and/or high sugar foods or beverages are a part of meals or snacks. If it is more than once

or twice per day, it is likely too much, so make small changes to reduce these foods.

- Fill your plate with fruits and vegetables; they are a colorful, flavorful, and nutritious ways to decrease the calories in your diet.
- Try simply cutting the portion you would normally eat in half.

Losing too much weight:

- Add 1-2 snacks to your day or a glass of milk between meals to increase calories.
- Add dried fruit and nuts to cereal or oatmeal
- Use high calorie condiments at meals: Cream cheese, jelly, or honey on toast; sour cream, salad dressings, or dipping sauces.
- Plan calorie dense grains at meals or as a snack: muffins, bagels, rice, granola
- Use high calorie dairy products: whole or 2% milk, yogurt and/or cottage cheese, sprinkle cheese vegetables, soups, casseroles



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August is National Eye Exam Month

In its honor we've decided to keep you informed as to why you should be getting regular eye exams. Many of us who don't have 20/20 vision already have regular appointments with our eye doctors, but even if you aren't having any trouble with your vision, there are plenty of reasons to get a regular eye exam. Here are a few of the most important reasons for you to regularly schedule an eye exam, regardless of your vision.

► High Blood Pressure

You might think that your physician would diagnose this, but not everyone sees his or her doctor regularly. Hypertension can be affecting your retina even when there are no symptoms, and this can be seen during an eye exam. So your eye doctor could actually be the first one to catch your high blood pressure.

► Diabetes

Diabetes is another illness that can be caught by an eye exam, even when there are no visible symptoms. It is estimated that one-third of Americans with diabetes don't know they have it, and diabetic retinopathy is the leading cause of blindness in adults in the U.S. Diabetic retinopathy refers to changes in the blood vessels of the retina. Diabetic retinopathy usually affects both eyes, and while it may not be noticeable at first, over time it can cause vision loss and blindness. Anyone with diabetes should get a comprehensive dilated exam once a year to check on this.

► Glaucoma

Even if your regular physician looks into your eyes with an ophthalmoscope, they won't be able to detect glaucoma unless it is already quite advanced. Glaucoma is a condition in which increased pressure on the optic nerve causes damage leading to vision loss. The biggest risk factor for glaucoma is age, as it usually develops in people over 40. Glaucoma develops slowly over time, and usually without any symptoms.

The only way to diagnosis it is with a comprehensive eye exam. Getting a regular exam is important, because you are still at risk for glaucoma even if you have 20/20 vision. Once vision is lost, it cannot be restored, so make sure you are getting your eyes checked regularly as you age.

► Macular Degeneration

Another condition that can be diagnosed through regular eye exams is macular degeneration. This is the deterioration of the central part of the retina, the macula, and it can cause blurred vision and blind spots. Macular degeneration does not cause blindness, but it can affect quality of life because of all the daily activities that require clear vision. This generally affects those 50 and older, and is more common in smokers, women, Caucasians, and the severely overweight.

This August, make it a point to schedule an eye exam for yourself or your loved ones. Even if you aren't having trouble with your vision, it doesn't mean that you aren't at risk. If you have any questions, please contact your vision specialists today.



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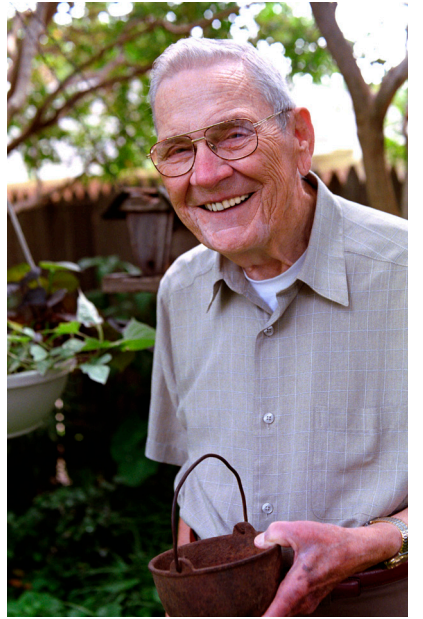
World Senior Citizen's Day

World Senior Citizen Day will be celebrated this year on Friday, August 21st

World Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone — he was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president, he was also the oldest when his term ended at 77 years and 349 days.



According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

Take a moment to celebrate yourself if you are a senior citizen on August 21st and recognize all that has been accomplished by those who fall into this category! We owe many thanks to this generation!

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SCAM SPOTLIGHT

Excessive or Unnecessary Tests and Services

MORE IS NOT ALWAYS BETTER



Medicare pays for services that are **medically necessary** to diagnose or treat a medical condition. When providers order excessive or unnecessary tests, services, or equipment, it can be Medicare fraud.

Examples of Unnecessary Services May Include:

- Ordering tests that are not needed
- Frequent visits without medical reason
- Providing equipment the patient did not need
- Unnecessary procedures or treatments
- Billing for therapy or home health visits that are not needed

REAL-LIFE EXAMPLES OF THIS FORM OF MEDICARE FRAUD



UNNECESSARY GENETIC TESTING

Beneficiaries are offered "free" genetic or cancer screening tests that are not medically necessary. Medicare is billed thousands of dollars for tests they did not need.



EXCESSIVE DURABLE MEDICAL EQUIPMENT (DME)

Suppliers send equipment or supplies you did not ask for or need—such as braces or catheters—and bill Medicare every month.



UNNECESSARY HOME HEALTH OR THERAPY

Providers may continue therapy or home health visits longer than needed and bill Medicare even when not medically justified.



FREQUENT DIAGNOSTIC TESTING

Clinics may order expensive tests—such as nerve tests, ultrasounds, or cardiac screenings—without a clear medical need.

WARNING SIGNS

Be cautious if:

- You are offered "free" tests or equipment
- A provider pressures you into services you do not understand
- You receive supplies you did not order
- Your Medicare Summary Notice lists services you don't recognize
- You are told Medicare "covers everything" without explanation
- A provider asks you to sign blank forms or paperwork

HOW TO PROTECT YOURSELF

- ✓ Review your Medicare Summary Notices (MSNs) regularly.
- ✓ Ask questions about tests, treatments, or equipment.
- ✓ Talk with your primary doctor before agreeing to unfamiliar services.
- ✓ Keep records of appointments and equipment received.
- ✓ Report suspicious billing or services.



If something doesn't seem right, trust your instincts and speak up.
Asking questions can help stop fraud and protect your health and Medicare benefits.



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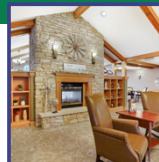
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The Dangers of Ignoring Cataract Symptoms Today's Caregiver

Delaying Treatment of Advanced Forms of the Common Eye Disease Can Increase Risk of Permanent Blindness and Injury

The American Academy of Ophthalmology urges seniors and their caregivers to be aware of the dangers of ignoring the symptoms of cataracts, a leading cause of visual impairment that will affect more than half of all Americans by the time they are 80 years old. Delaying diagnosis and treatment of age-related cataracts can increase seniors' risk of permanent blindness and can lead to both physical and psychological damage.

Cataracts are caused by the clouding of the lens of the eye and are most common among older adults as the condition develops as the eye ages. Many seniors cope with cataracts — accepting vision loss as an inevitable part of the aging process rather than seeking medical treatment. Due to the incapacitation caused by blurred vision, leaving cataracts undiagnosed and untreated can lead to physical danger such as injuries from falls or running into unseen objects, as well as psychological harm like depression and social isolation. In addition, the longer advanced forms of cataracts are left untreated, the more difficult it can be to successfully repair the damage caused to the eye.

Adults age 65 and older should have regular eye exams to monitor for the development of cataracts, in addition to other common eye



conditions and diseases, such as age-related macular degeneration (AMD) and glaucoma. People with diabetes, a family history of cataracts, and those who smoke tobacco are at an increased risk of developing cataracts. Common symptoms such as dull, blurry vision, colors appearing less vibrant, and halos around lights may begin to be noticeable as cataracts develop. This cataract simulator demonstrates how vision is affected by cataracts.

Cataracts are nearly always treatable with surgery, but it may not be necessary until performing daily activities becomes difficult. If daily life isn't disturbed, a change in a person's eyeglass prescription may be all that is necessary until visual impairment becomes more severe. If completing everyday tasks is challenging, cataract surgery should be discussed with an ophthalmologist — a medical doctor specializing in the diagnosis, medical and surgical treatment of eye diseases and conditions.

"Seniors who find themselves giving up normal tasks like reading, exercising or driving due to cataract symptoms should know that they do not need to suffer in silence," said Rebecca Taylor, M.D., spokesperson for the American Academy of Ophthalmology. "Cataract surgery can help these individuals regain their sight and their independence. It is one of the most common and safest procedures performed in medicine, so seniors should not resist seeking help. Getting treatment can vastly improve your quality of life."

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When Weariness Sets In

Why taking time to rest isn't being lazy – it's being smart

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

There comes a point every August when even the squirrels seem to move in slow motion. The lawn mower suddenly weighs twice as much, the grocery store parking lot feels three miles wide, and simply walking to the mailbox becomes "today's exercise." Summer heat has a remarkable way of reminding us that we're not twenty-five anymore. And August can be really hot – sort of a warm-weather spillover from July.

Of course, weariness isn't just about hot weather. Life itself can wear us down. We get tired from caring for others, running errands, keeping medical appointments, worrying about family, paying bills, solving problems, and trying to remember why we walked into the kitchen in the first place. (Usually the answer is, "I forgot.")

One of the funniest things about getting older is how differently we define a "busy day." Years ago, a busy day meant working eight hours, mowing the lawn, coaching Little League, fixing the sink, and still having energy to grill hamburgers. Today, a busy day might include getting dressed, finding your glasses—which were on your head the whole time—going to one doctor's appointment, and because of that limited activity, feeling like you've ran a marathon and climbed Mt. Everest by the time supper is served. Let me re-assure you that's perfectly okay.

Part of weariness comes from our culture that celebrates being constantly busy. The media promotes the admiration of people who are always rushing somewhere - burning their candle at both ends as well as the middle. Yet even rechargeable batteries eventually run down. Your cellphone reminds you to plug it in every night. Your car needs fuel. Even professional athletes schedule recovery days because muscles become stronger during rest—not during exercise. So why do we think people should be different? Sometimes the most productive thing you can do is...take a nap.

Ask almost any grandparent, and they'll tell you that a twenty-minute afternoon nap can accomplish what three cups of coffee never could. Somehow the world looks a little brighter afterward. Problems seem smaller, patience returns, and you stop wondering whether the television remote has secretly learned how to hide from you. Rest isn't just sleeping, either.

Rest can be sitting on the porch watching birds argue over the bird feeder. It can be reading a good mystery novel, listening to your favorite music, working a jigsaw puzzle, fishing without worrying whether anything bites, or enjoying a quiet conversation with a friend who doesn't mind comfortable silences.

Scientists have long known that regular periods of rest improve memory, lower stress, sharpen concentration, and even help the body heal. Our brains continue sorting information while we're relaxing, much like a computer installing updates in the background. No wonder we often think of solutions after we've stopped trying so hard. Have you ever noticed that your best ideas and answers to questions that have been puzzling you often arrive while you're



taking a shower, walking the dog, or sitting quietly with a cup of coffee? That's no accident. When you allow your brain a chance to rest up and slow down, it often finds ways to open up new neuronal pathways leading to solutions.

Many people feel guilty about slowing down, as though resting is somehow wasting time. But consider this: if you keep driving a car with the gas gauge on empty, sooner or later you'll end up sitting beside the road. People work much the same way. The goal isn't to see how long we can run without stopping. The goal is to enjoy the journey—and have enough energy left to appreciate it.

So, if you're feeling weary this summer, give yourself permission to slow down. Sit in the shade. Read another chapter. Watch the sunset. Call an old friend. Take that nap. The dishes will still be there. And if they aren't, someone else finally washed them. Now that is refreshing.

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. For more information please call (715) 723-4437 or email him at carl.trapani@chippewamanor.com.

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

National Farmer's Market Week

The first week in August is National Farmers' Market Week. Farmers' markets help preserve farmland, enhance rural livelihoods, promote sustainability and increase access to fresh and healthy foods. Here are just a few great reasons to get out and support your local Farmers' Markets:



1. Taste Real, Fresh Flavors

The fruits and vegetables you purchase at the farmers' markets are the freshest and tastiest available. The fruit is allowed to ripen fully in the field and brought directly to you. There is no long distance shipping, and this produce is not sitting for weeks in storage. This food is fresh from the farm!

2. Support Family Farmers

Family farmers need your support. Small family farms often have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return on their produce, and also gives them a fighting chance in today's globalized economy.

3. Protect the Environment

Food in the United States travels an average of 1,500 miles to get to your plate. All this shipping uses a large amount of natural resources, which contributes to pollution. The shipping process also requires an immense amount of packaging. Food at the farmers' market is transported shorter distances and is generally grown using methods that minimize the impact on the earth.

4. Discover the "Spice of Life" – Variety

At the farmers' market you typically find an amazing array of produce that you don't see in your average grocery store. Some examples include: red and purple carrots, a rainbow of heirloom tomatoes, purple cauliflower, green garlic, watermelon radishes, quail eggs, maitake mushrooms and much, much more. It is a wonderful opportunity to savor the biodiversity of our planet.

5. Know Where Your Food Comes From

A regular trip to a farmers' market is one of the best ways to connect with where your food comes from. Meeting and talking with farmers and food artisans is a great opportunity to learn more how and where food is produced.

August Farmers' Market Recipe: Balsamic Roasted Beets

Recipe from allrecipes.com

Ingredients:

- 3 beets peeled and diced (about 3 cups)
- 1 tbsp. olive oil
- ½ tsp sea salt
- 1 tbsp. balsamic vinegar
- 1 tbsp. honey



Directions:

1. Preheat oven to 425 degrees.
2. Grease baking sheet or dish, set aside.
3. Peel and cut 3 beets into 1 inch cubes.
4. Toss beets with 1 tablespoon olive oil and ½ teaspoon sea salt.
5. Spread onto greased baking dish in an even layer.
6. Bake in preheated oven for 15-20 minutes.
7. After 15-20 minutes, stir and bake for 10 minutes more or until beets feel soft to the touch.
8. Mix together balsamic vinegar and honey. Once beets are removed from the oven, add the honey vinegar mixture to the baking dish. Stir until the beets are evenly coated.
9. Return beets to the oven for an additional 10 minutes, stirring once halfway through. Roasting until the balsamic/honey mixture coats the beets and isn't runny.
10. Remove from the oven and serve warm or refrigerate and serve later over your favorite salads.



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What are Short-term and Long-term Disability and How Do I know if I Qualify?



Short-term and Long-term disability are income insurances intended to replace a significant portion of your earned income through periodic payments while you are disabled either from sickness or injury. These benefits provide either monthly or weekly payments of a specified amount during a period of disability.

There are two types of disability insurance benefits.

- **Short-term Disability** covers a portion of your income for a short period of time, typically from three to six months following a disability. The specific time period and percentage of replaced income vary by policy.
- **Long-term Disability** coverage typically begins after you have been disabled and unable to work for at least six months. It can extend for a specified number of years or until you retire or reach the age of 65, depending on the policy.

Some points to check are:

- What is the policies definition of disability? Does it cover both injury and sickness? Is it for partial or total disability? Is it defined as inability to perform your current occupation or as inability to perform any occupation of which you are capable?
- When does coverage begin? Is it different for injury and sickness?
- How long will benefits be paid? What is the weekly or monthly benefit?
- How much of your income will be replaced?
- Will it automatically renew or continue?

Disability insurance income policies may specify that income benefits will not be paid to a disabled person if the disability results from certain causes. Check the policy for any exclusions or limitations that might apply. If you have any questions, ask your human resources department.

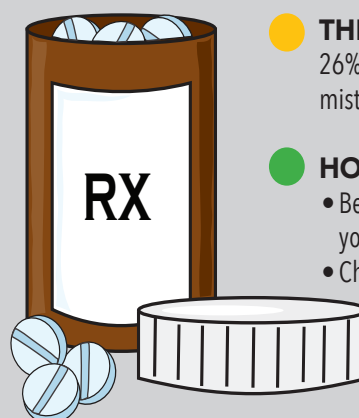
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SENIOR SAFETY TIPS



Staying healthy also means staying safe. Here are some of the top accident risks seniors face, and tips on how to prevent them.

MEDICATIONS



THE RISKS

26% of seniors make potentially serious mistakes when taking medications.

HOW TO STAY SAFE

- Be sure your doctor knows ALL medications you are taking.
- Check the expiration date of your medicines.
- Keep a Vial of Life kit in your home.

SLIPS & FALLS

THE RISKS

32% of seniors experience one or more falls per year and 57% of seniors who have fallen will fall again within the next 12 months.

HOW TO STAY SAFE

- Exercise regularly. Focus on leg strength and balance
- Ensure that steps and railings in your home are firmly fixed.
- Wear a medical alert button to get help quickly if you fall.



FIRES



THE RISKS

For seniors age 65+, the risk of dying in a fire is twice the national average. For seniors age 75+, the risk is 3 times greater.

HOW TO STAY SAFE

- Never smoke in bed
- Keep space heaters away from flammable material.
- Keep a working smoke, fire and CO2 monitors throughout your house.

SOURCE: BayAlarmMedical.com

Breathe Easier: Protect Yourself from Wildfire Smoke

Simple steps today can help protect your lungs and keep you safer when air quality is poor.

EVERYDAY STEPS TO PROTECT YOUR HEALTH



1. CHECK THE AIR QUALITY

Check your local Air Quality Index (AQI) daily at [AirNow.gov](https://airnow.gov) or in a weather app. Plan activities when air quality is good.



2. KEEP INDOORS WHEN SMOKE IS HIGH

Close windows and doors to keep smoky air out. Use air conditioning on recirculate and make sure filters are clean. Avoid using fireplaces, wood stoves, candles, or incense.



3. CLEAN THE AIR INSIDE

Use a portable HEPA air purifier in the room where you spend the most time. Change HVAC filters regularly.



4. WEAR THE RIGHT MASK OUTDOORS

If you must be outside during poor air quality, wear a properly fitted N95 or KN95 respirator. Cloth or surgical masks do not filter smoke particles.



5. STAY HYDRATED

Drink plenty of water. Smoke can dry and irritate your airways and make breathing more difficult.



6. KNOW THE WARNING SIGNS

Watch for persistent coughing, wheezing, shortness of breath, chest pain, dizziness, or unusual fatigue. Get to cleaner air and seek medical help if symptoms are severe or do not improve.

AIR QUALITY INDEX (AQI) AT-A-GLANCE

AQI	LEVEL	WHAT IT MEANS	WHAT YOU SHOULD DO
0-50 GOOD		Air quality is satisfactory and poses little or no risk.	Enjoy outdoor activities.
51-100 MODERATE		Air quality is acceptable. Some pollutants may be a concern for a very small number of people.	- Enjoy outdoor activities. - Watch for symptoms if you are unusually sensitive.
101-150 UNHEALTHY FOR SENSITIVE GROUPS		Members of sensitive groups may experience health effects. The general public is less likely to be affected.	- Sensitive groups should limit prolonged or heavy exertion outdoors. - Consider rescheduling strenuous outdoor activities.
151-200 UNHEALTHY		Everyone may begin to experience health effects; sensitive groups may experience more serious effects.	- Limit time outdoors. - Avoid heavy exertion. - Sensitive groups should stay indoors as much as possible.
201-300 VERY UNHEALTHY		Health alert: Everyone may experience more serious health effects.	- Stay indoors. - Keep windows and doors closed. - Use air purifiers. - Follow local guidance.
301+ HAZARDOUS		Health warnings of emergency conditions. The entire population is more likely to be affected.	- Avoid all outdoor activity. - Stay indoors with filtered air. - Follow emergency instructions from local officials.

AQI values are based on the EPA Air Quality Index for PM2.5 (fine particles). Levels may vary by location.

REDUCE EXPOSURE OUTDOORS



AVOID STRENUOUS ACTIVITY

Hard exercise increases the amount of smoke you breathe in.



LIMIT ADDITIONAL POLLUTION

Avoid idling vehicles and using gas-powered equipment.



DON'T ADD TO THE SMOKE

Avoid burning debris, leaves, or trash. Check local burn bans.



STAY INFORMED

Conditions can change quickly. Check AQI updates throughout the day.



BE PREPARED BEFORE SMOKE ARRIVES

- ✓ Keep extra HEPA filters and N95/KN95 masks on hand.
- ✓ Have a plan for pets and family members.
- ✓ Stock up on medications and medical supplies.
- ✓ Identify clean air locations (library, mall, community center) in your area.
- ✓ Sign up for local air quality alerts.



WHO IS MOST VULNERABLE?

These groups are at greater risk from wildfire smoke.



OLDER ADULTS



PEOPLE WITH HEART OR LUNG DISEASE (ASTHMA, COPD, HEART DISEASE)



PREGNANT WOMEN



CHILDREN



PEOPLE WITH WEAKENED IMMUNE SYSTEMS



If you have a medical condition, follow your healthcare provider's advice and keep your medications close by.

CLEANER AIR. STRONGER COMMUNITIES. SAFER TOGETHER.

For current air quality and health information, visit [AirNow.gov](https://airnow.gov)

Summer Caregiving Tips That Often Go Unspoken

Summer offers unique opportunities for caregivers and the people they support. While warmer weather brings challenges like heat and dehydration, it also creates meaningful moments that can brighten everyone's day.

Stay Ahead of Hydration

As we age, the sensation of thirst decreases, making dehydration more com-mon. According to the National Institute on Aging, older adults are at higher risk for heat-related illnesses in part because the body's ability to regulate temperature changes with age. Offer water and other fluids throughout the day instead of wait-ing until your loved one feels thirsty. Water-rich foods such as watermelon, cu-cumbers, berries, and oranges can also help keep them hydrated.

Enjoy the Outdoors—At the Right Time

Take advantage of cooler morning or evening temperatures for a walk, time on the porch, gardening, or simply enjoying fresh air. Or that may look like opening a win-dow and listening to the birds. Don't forget sunscreen, a hat, and plenty of water, and watch for uneven sidewalks or other trip hazards. It's not about restricting what can be done but is about making sure it is enjoyable and fun rather than ex-hausting.

Keep Your Home Comfortably Cool

Some older adults are reluctant to use air conditioning because they feel chilly or worry about energy costs. Some older adults resist turning the air conditioning on, even on genuinely hot days. For some, it's habit. For others, it makes them feel cold or uncomfortable in ways that are hard to articulate. And for a few, there's a cost concern they may not mention directly. Navigating this with care — finding a temperature that's safe without making someone feel like their comfort doesn't matter — is a small but real skill. It's also a good example of what summer caregiving teaches you more broadly: being help-ful isn't always the same as being right. Sometimes it's about listening, adjusting, and finding the



middle ground. Lightweight clothing, fans, closing blinds during the hottest part of the day, and finding a comfortable indoor temperature can help eve-ryone stay safe

Know the Warning Signs of Heat-Related Illness

Pay attention to increased confusion, unusual fatigue, dizziness, excessive sweat-ing, hot or dry skin, or dark-colored urine. If you notice symptoms, encourage your loved one to contact their healthcare provider promptly or seek medical attention if symptoms are severe.

The Hidden Gift of Summer

Beyond the practical tips, summer often brings something special. Longer days, sunshine, birds singing, visits with family, and quiet moments on the porch can encourage conversation, laughter, and connection. Even a short walk to the mail-box or sharing a glass of iced tea outside can lift spirits and create lasting memo-ries.

As a caregiver, remember that your presence matters. The simple moments you share listening, talking, and spending time together—are often the ones your loved one treasures most. This summer, make time to enjoy those moments while taking care of yourself, too.

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