

# senior review

August 2024

FREE

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

## A Puppet Comes to Mayberry By Ken Anderson, The Mayberry Guru, [themayberryguru@gmail.com](mailto:themayberryguru@gmail.com)

Ten years ago, my brother Nels my wife Linda, and I went to Dickieville to pick up my 1965 Ford Galaxie 500 replica Mayberry Squad Car, which I had just purchased. On our way home, I realized my life would become more fun. Cars passed us as we drove on the interstate, and cameras pointed at us. When we stopped for gas, strangers came over to look at the car and ask questions. There was no doubt that my new car was unique.

I always suspected that my family and friends thought I was somewhat strange when I donned my Mayberry uniform and walked around acting like Deputy Barney Fife. Now that I think back, they may not have admitted to knowing me. However, as time passed, they got used to my obsession with Mayberry and accepted me for who I was. They then came to car shows and parades to see me in action.

Now that my family and friends genuinely know what I am all about, I have decided to add a new bit of amusement to my Mayberry activities. So, now this 77-year-old retired teacher walks around with a puppet—not just any puppet, but a puppet dressed in a replica Mayberry deputy uniform that my wife Linda made. When we first married, I doubt she knew what I would ask her to do. But she enjoys it as much as I do. The smiles and interaction we experience when kids talk and hug my puppet make it all worthwhile.



My puppet's name is Chester, and he has spent the past 25 years in a plastic storage bin. A good friend's late wife had used Chester as part of a children's puppet ministry, but Chester was retired when puppet ministry went by the wayside. So my friend Roger was delighted when Chester was given a second chance to make kids laugh.

Puppets have been around for a very long time. Some historians believe that they originated about 4000 years ago. Puppets have been used since the earliest times to animate and communicate the ideas and needs of human societies. Some historians claim that they pre-date actors in theatre. As a child, I recall watching the puppet Howdy Doody when he

appeared with Buffalo Bob. Another very famous puppet show was the classic Punch and Judy performances.

I don't claim to be an expert puppeteer, nor do I attempt to be a ventriloquist. The kids are so engrained in looking at Chester that they never notice that my mouth may be moving when Chester speaks. And the smiles that come from the parents of these kids make my puppet efforts even more worthwhile. My wife now wonders what my next addition might be, but I don't think anything will ever top Chester.



BLOOD-PRESSURE-BLASTING SMOOTHIES

A slew of new research suggests that foods rich in anthocyanin antioxidants, dietary nitrates, potassium, and probiotics can significantly lower blood pressure. How to get all those nutrients in a single shot? With a smoothie, of course. Pick an ingredient\* from each category and get blending.

ANTHOCYANINS

- ½ c. frozen wild blueberries
- ½ c. frozen bing cherries
- ½ c. frozen strawberries
- 1 c. hibiscus tea

NITRATES

- 1 c. arugula
- 1 c. baby spinach
- ½ c. rhubarb, diced
- 1 c. beetroot juice



POTASSIUM

- 1 ripe banana
- ½ ripe avocado
- ½ c. mashed sweet potato
- 1 c. coconut water

PROBIOTICS

- ½ c. 2% Greek yogurt
- ½ c. cultured 2% cottage cheese
- 4 oz. tempeh, cooked and sliced
- 1 c. kombucha

\*Choose one liquid – but only one – per smoothie

GREEN TEA

Researchers for years have been linking green tea, and even white tea, to health perks. If you're drinking tea, choose the type you enjoy the most. Be sure to not overload your tea with sugar or artificial sweeteners or you could be voiding out, or diminishing, the tea's healthful effects.

Instead, sweeten with a tad of local raw honey for an extra antioxidant punch. If you prefer milk in your tea, go for it.

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# EZ Door Pull

Submitted by CIL Western Wisconsin

This month, CILWW is highlighting the EZ Door Pull - Acrylic Door Closer. This device allows for easy attachment without the need for tools. For individuals using wheelchairs, scooters, or walkers, closing doors behind themselves can be a challenge. The EZ Door Pull simplifies this task, offering a convenient solution. It is durable, flexible, and comes with an acrylic hook featuring adhesive backing for discreet storage when not in use. Please note that this product is not suitable for commercial door use.



The EZ Door Pull is available for purchase at Sportaid, an online retailer, for approximately \$18. Similar products can also be found on online platforms such as Amazon and Walmart.

CILWW offers the opportunity for individuals to borrow or try out items mentioned in our articles before making a purchase. To learn more about this assistive device or other devices that can improve your independence, please contact CILWW at 715-233-1070 or 800-228-3287. Our services are provided free of charge. However, we do not directly fund the purchase of assistive technology. Through the WisTech Assistive Technology Program, CILWW provides a variety of services, including information on alternative financing options like WisLoan, Telework, and TEPP, upon request.

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Like holiday promotions, election ads seem to start earlier every election cycle. If you're like most people, you may believe that your preferred candidate and political party will drive better economic results. But is that true? And either way, is there something you should be doing to your portfolio to prepare?

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# Live the Legacy You Want to Leave

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

Try answering these questions quickly. What do you value most? What are the two most important things in your life? What kind of legacy do you want to leave after you are gone? Is your legacy commonly known and understood by your family and friends? While these questions are simple, they might be hard for you to answer quickly, and might actually cause you some difficulty.

As we journey through life, each of us fills a unique space – leaving behind a legacy that defines our existence long after we are gone. Our impact on the world – our legacy – consists of unique memories that represent what we were all about, what we offered to this world, and how we touched and shaped others, whether it was in helpful or unhelpful ways.

What defines your legacy? Is it the impact of your career, the positions of leadership you held, the wisdom you shared with others, or the love, time, and energy, you generously gave to others? For seniors, pausing to reflect on your legacy is important, because it prompts us to think about what we value most and how we wish to be remembered by those whose lives we have touched. It also helps guide our actions as we seek to leave a lasting mark on the world.

The great leader of India, Mahatma Gandhi, can be looked upon as one of the greatest visionaries of all time. As a boy, Gandhi was very shy, had no unusual talents and was less than average in studies at school. To change his life, he transformed his thinking, which led to a much simpler and happier life for him. He felt that being true to oneself was better than living to please everyone else or trying to make others happy. Although he never held government office, the people of India regarded him as their country's supreme political and spiritual leader. Gandhi became an example of commitment to nonviolence and social justice. He was the principal force in India's achieving independence from British rule. Gandhi's legacy resonates through the principles of truth and compassion that guided his life's work. His steadfast resolve to walk his own path, despite opposition and adversity, underscores the power of personal conviction in shaping a meaningful legacy. His example inspired other social activists such as Dr. Martin Luther King Jr., Nelson Mandela, and the Tibetan leader, Dalai Lama to work for social justice around the world.

Albert Einstein's groundbreaking theories changed the world and reshaped our understanding of the universe. His genius led to the development of the atomic bomb and the harnessing of nuclear power, But his legacy also includes his role as a great humanitarian. In 1933 Einstein fled as a refugee from Nazi Germany. After safely moving to the United States, he worked to save others from Hitler's oppression. He and his wife made visa applications for other German Jews and personally vouched for refugees fleeing Nazi rule. While Einstein's life was built around scientific breakthroughs, he also tried to help others. His actions meant that his legacy includes many lives saved.

Throughout history, the world has often measured success simply by how much a person could acquire. Jesus taught that a person's life should consist of more than acquiring wealth and social status (Luke 12:15). He taught that everything we gain eventually goes to others – you can't take it with you. He declared it is better to live with our hearts full of love for others – living as a kind and loving person – and that living this way, is the greatest legacy you can have.



As you pause to ponder your imprint on life – your legacy, consider if your friends and loved ones really know your hopes, values and beliefs. Does your life reflect what you truly love and believe in? Are you making a positive impact on the lives of others through your example and encouragement? Remember that it is never too late to make a meaningful impact. Whether through acts of love, kindness, or generosity everything you do contributes to the tapestry of your legacy. Embrace the opportunity to leave a lasting imprint—a legacy that enriches the lives of others and inspires future generations to strive for greatness in every area of life.

Life is a mix of great contradictions, and our legacy will be shaped by:  
The painful and beautiful experiences we go through,  
The people who have loved and hurt us,  
The people we have liked and disliked,  
What we give to others and what we receive, ask for, and take,  
All these make life so challenging, losing so painful, and living so worthwhile.

So, take a moment to contemplate all the things that make you – you. Consider the good and the difficult. The happy and the heartache. Then resolve in yourself to be purposed daily – not on what you have – but on who you are and what you can do and then live the legacy you want to leave...

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. He has more than 50 years of pastoral service and professional counseling experience. For more information please call (715) 723-4437 or email him at [carl.trapani@chippewamanor.com](mailto:carl.trapani@chippewamanor.com).





# How to Get Your Affairs in Order *By Becky Streeter*

It's never too early to make a plan for your estate, finances, and end of life wishes. Though it's not something many of us enjoy thinking about, the more we have prepared now, the less we will have to do later. Also, being prepared now lets you have the ultimate amount of control over decisions, which is not necessarily guaranteed the longer you wait. Below is a guide to help you get your affairs organized.

1. **Create a will** that designates how your property, finances, dependants, pets, and funeral preferences should be taken care of.
2. **Create a living will** specifying your advanced care directives, including the extent of life-saving and preventative measures.
3. **Assign a power of attorney** to make financial and medical decisions if you become incapacitated.
4. **Create a living trust** and designate a trustee to control and distribute assets if you become unable.
5. **Give permission** to your doctor and lawyer to discuss sensitive information with your caregiver and/or loved ones should there be a need.
6. **Gather all important documents**, keep them together in ONE safe location such as a fireproof box, and tell your lawyer or someone you trust where these documents are held. Regularly review these documents and make changes as needed. The National Institute on Aging recommends the following documents:

- **Personal Information**

- Full legal name
- Social Security number
- Legal residence
- Date and place of birth
- Names and addresses of spouse and children
- Certificates of birth, marriage, divorce, citizenship, and adoption
- Employers and dates of employment
- Education and military records
- Names and phone numbers of religious contacts
- Memberships in groups and awards received
- Names and phone numbers of close friends, relatives, doctors, lawyers, and financial advisors

- **Financial information**

- Sources of income and assets (pensions, IRAs, 401(k)s, interest, etc.)
- Social Security information

- Insurance information (life, long-term care, home, car) with policy numbers and agents' names and phone numbers
- Names of your banks and account numbers (checking, savings, credit union)
- Investment income (stocks, bonds, property) and stockbrokers' names and phone numbers
- Copy of most recent income tax return
- Location of most up-to-date will with an original signature
- Liabilities, including property tax — what is owed, to whom, and when payments are due
- Mortgages and debts — how and when they are paid
- Location of original deed of trust for home
- Car title and registration
- Credit and debit card names and numbers
- Location of safe deposit box and key

- **Health Information**

- Health records
- Current prescriptions (be sure to update this regularly)
- Living will
- Durable power of attorney for health care
- Copies of medical orders or forms (i.e. DNR)
- Health insurance information with policy and phone numbers

Make sure you talk about your preferences with your loved ones. This can be especially helpful for future medical decisions needed to be made on your behalf, including life-saving measures and potential organ donation if that is possible and desired, as well as funeral arrangements when the time comes. Having everyone on the same page helps your loved ones be prepared for your preferences and expectations.

Source: "Getting Your Affairs in Order Checklist: Documents to Prepare for the Future." National Institute on Aging. <https://www.nia.nih.gov/health/advance-care-planning/getting-your-affairs-order-checklist-documents-prepare-future#important-papers>. 1 FEB 2023.



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# The “New” Tick in Town

By the Eau Claire City-County Health Department

It may be new to you, but the Lone Star tick (*Amblyomma americanum*) has actually been in North America going back to the late 1700's. Lone Star ticks are the main human-biting ticks in southeastern and southcentral regions of the United States, accounting for over 90% of tick bites in these areas. While you may be thinking that these ticks do not apply to us here in the Midwest, they have been expanding north & west. During our tick surveillance within our community, we do typically find a few of these ticks each year!

### The “New” Tick in Town

There are reports of the North American Lone Star tick (*Amblyomma americanum*) as far back as the late 1700s.

**EXPANDING!**

- Range includes Southeast, mid-Atlantic, and South-central states but expanding north and west.
- Lone Stars are aggressive biters and require forests with dense undergrowth.

**KNOWN DISEASES**

- Ehrlichia (can begin transmission within 6 hours), tularemia, southern tick-associated rash illness (STARI) – pathogen unknown, and Heartland virus (rare)

**EHRlichia transmission possible within 6 HOURS!**

**PREVENTION**

- Wear permethrin-treated shoes and clothing when in tick habitat.
- Tuck in shirts and socks.
- Perform careful tick checks.
- Remove any biting tick promptly with a pointy tweezer, save it for testing or take a photo.

**IDENTIFICATION**

- Adult female Lone Star ticks have a **bright yellowish-white dot at the base of their scutum**, light brown body.
- Males are light brown and their scutums are mottled with black and a few white streaks.
- Nymphs and sex-legged larvae are round with long, straight mouth parts.
- All change in appearance and size when they feed.

**RED MEAT ALLERGY**

**RED MEAT ALLERGY**

- Bites cause sensitivity to a carbohydrate on mammalian meat cells called alpha-gal
- Early symptoms: gastrointestinal upset (nausea, diarrhea, indigestion) but most commonly general itchiness.

**GASTROINTESTINAL UPSET GENERAL ITCHINESS**

- The allergy can take 1-3 months after the tick bite to appear. Allergic reactions occur 2-6 hours after ingestion of mammalian meat (e.g. pork, beef, lamb – not poultry or fish).
- Reaction can include hives and rashes or anaphylaxis
- You can be tested for the allergy after Lone Star bite exposure. Limited evidence has shown that the allergy can wane by avoiding additional tick bites.

**ADULTS (female/male)**  
Adults emerge in the early spring and remain active throughout the summer.

**LYNCHES (female/male)**  
Larvae July - October (Sometimes called “seed ticks”)

**Prevention**

- Wear permethrin-treated shoes and clothing when in tick habitat.
- Tuck in shirts and socks.
- Perform careful tick checks.
- Remove any biting tick promptly with a pointy tweezer, save it for testing or take a photo.

**TickSmart** <http://bit.ly/lonestarsalphagal>

Lone Star ticks are easily recognized by the single white dot in the center of their brown body. Lone Star ticks do not transmit the bacteria that causes Lyme disease; however, they do transmit bacteria for other diseases (Ehrlichiosis, Heartland virus disease, Southern tick-associated rash illness (STARI), Bourbon virus disease, and Tularemia). Unlike Lyme disease which is typically transmitted after a deer tick bite that has been attached for over 24 hours, Ehrlichia can be transmitted within as little as 6 hours!

Lone Star ticks are aggressive human biters, and their bite can also be associated with a red meat allergy (alpha-gal syndrome). This allergy can take 1-3 months for symptoms to appear after being bitten by a Lone Star tick. Early symptoms include nausea, diarrhea, indigestion and most commonly general itchiness. This allergic reaction is typically seen 2-6 hours after eating red meat (pork, beef or lamb – not poultry or fish). During peak grilling season in Wisconsin, this is a big deal!

It's important to remember proper tick prevention such as tucking in shirts and pants into socks and wearing permethrin-treated clothing and shoes when in tick habitat. Promptly remove attached tick(s) with a tweezer, pulling straight upward. Preventing tick bites & checking yourself and your family is the best way to also avoid the red meat allergy!

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# How Elections Impact Your Portfolio By Cole Bruner, President of Buska Wealth Management

**E**lections are pivotal moments that can profoundly influence financial markets and, by extension, individual investment portfolios. Understanding the mechanisms behind these impacts can help investors make informed decisions and potentially safeguard their investments from undue risk.

## Market Volatility and Uncertainty

Elections often introduce significant uncertainty into the markets. Leading up to an election, investors may face unpredictability regarding future policies, which can lead to heightened market volatility. This is particularly evident in the stock market, where prices can fluctuate based on the perceived likelihood of different candidates winning. Historical data shows that markets generally dislike uncertainty, and the period preceding an election can be marked by increased market turbulence as investors react to polling data and campaign developments.

## Policy Shifts and Sector Impacts

Different political parties and candidates have varying policy agendas that can affect specific sectors differently. For instance, a candidate advocating for increased infrastructure spending might boost stocks in construction and related industries, while a candidate pushing for more stringent environmental regulations could impact energy and industrial sectors. Investors often reposition their portfolios to align with the anticipated policy changes that could follow an election.

1. **Tax Policies:** Changes in tax policy can directly affect corporate profits and investor returns. Proposals to increase corporate taxes might lead to lower after-tax earnings for companies, potentially reducing their stock prices. Conversely, tax cuts can boost corporate profitability and investor sentiment.
2. **Regulation:** Regulatory changes can either help or hinder specific industries. For example, stricter financial regulations might impact banks and financial services firms, while deregulation could benefit them by reducing compliance costs.
3. **Healthcare:** Healthcare is another sector significantly influenced by election outcomes. Proposals for changes in healthcare funding, insurance, and drug pricing can lead to substantial shifts in the valuations of healthcare stocks.

## Interest Rates and Monetary Policy

Elections can also impact expectations around monetary policy and interest rates. While central banks like the Federal Reserve operate independently, their policy directions can be influenced by the broader economic policies of elected officials. For example, a government focused on economic stimulus and fiscal expansion might

prompt expectations of higher inflation, leading to anticipations of interest rate hikes, which can affect bond markets and interest-sensitive stocks.



## International Relations and Trade Policies

Elections, particularly in major economies like the United States, can influence global trade dynamics and international relations. A candidate with a protectionist trade stance might introduce tariffs and trade barriers, affecting companies with significant international exposure. Conversely, a candidate promoting free trade could ease market access and benefit multinational corporations. These shifts can lead to re-evaluations of stocks, especially those in sectors heavily reliant on international trade, such as technology and manufacturing.

## Investor Sentiment and Behavioral Finance

Elections also shape investor sentiment. Behavioral finance studies show that investor behavior can be influenced by political affiliations and expectations. For instance, investors might be more optimistic about the market's prospects if their preferred candidate wins, leading to increased buying activity. Conversely, the victory of an opposing candidate might lead to a more cautious approach, potentially increasing selling pressure.

## Portfolio Diversification and Risk Management

Given the various ways elections can impact markets, diversification remains a crucial strategy for managing election-related risks. By spreading investments across different asset classes, sectors, and geographies, investors can mitigate the impact of adverse policy changes or market volatility in any single area. Additionally, staying informed about potential policy changes and adjusting portfolio allocations accordingly can help manage risks and seize opportunities.

Elections are significant events that can cause shifts in market dynamics and investor behavior, impacting portfolios in multiple ways. By understanding these influences and employing strategies like diversification and informed decision-making, investors can better navigate the uncertainties and potential opportunities that elections bring to the financial markets.



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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).



## City of Eau Claire Housing Rehabilitation Loan Program

The City of Eau Claire Housing Division is taking applications for its Housing Rehabilitation Loan Program. The Rehabilitation Loan Program is Federally funded and offers loans up to \$20,000. This program is for homes in need of repair, not for extensions or cosmetic renovations.

### Types of Eligible Work:

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| - Roof & window replacement     | - Electrical repairs or upgrading |
| - Plumbing repairs or upgrading | - Carpentry repairs               |
| - Accessibility Modifications   | - Heating system replacement      |
|                                 | - Energy saving repairs           |
|                                 | - Siding repairs or replacement   |

### Applicant Eligibility Requirements:

- |   |  |
|---|--|
| - City of Eau Claire resident                                 | - Owner occupied (at least one year)                                   |
| - The assessed value of the property may not exceed \$165,750 | - Good credit history  |
| - Property must be a minimum of 25 years old                  | - HUD income guidelines apply: not to exceed 80% of area median income |



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# Dusting Off: “The Roots of Northern Thunder”

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

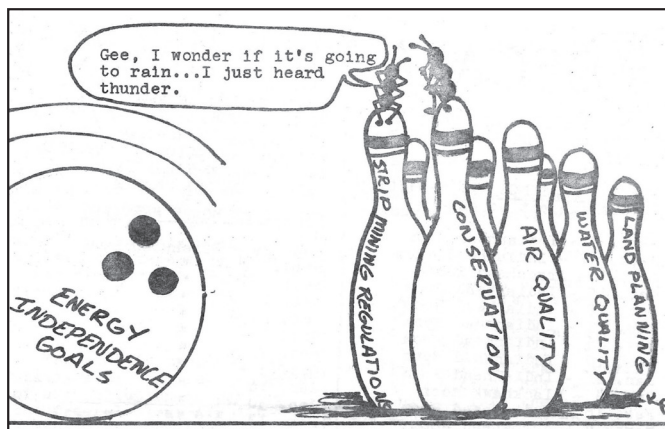
In late 1969, Wisconsin Senator Gaylord Nelson pitched the idea for a nationwide teach-in focused on the environment. The idea quickly picked up momentum. On April 22, 1970, UW-Eau Claire (then known as WSU-Eau Claire) joined with numerous universities across the nation hosting a teach-in. The event ushered in a decade of grassroots environmental activism across the country and helped establish April 22nd as Earth Day.

Following the successful teach-in at Eau Claire, a group of students, staff, and community members gathered to carry forward the momentum generated by the teach-in. This group would soon become known as Eau Claire Area Ecology Action (ECAEA). In the summer of 1970, the group began testing water samples from the Chippewa River and identified pollution which prompted action from the Wisconsin Department of Natural Resources and changes by local industries. Following these actions, ECAEA organized Eau Claire’s first public recycling center. The effort to establish a recycling center began in the spring of 1971 with a UW-Eau Claire focused recycling program. That program quickly expanded to the general Eau Claire community in 1971, and over the following years the program expanded, and the facilities moved several times.



At a 1976 press conference ECAEA announced its name change to Northern Thunder. ECAEA Records, Box 2, UWEC Archives.

ECAEA took the lead organizing another environmental teach-in at UW-Eau Claire in the spring of 1971. Although that event drew a substantially smaller audience compared to the event in 1970 it helped to sustain ECAEA’s momentum. Throughout the 1970s, the group would continue to organize Earth Day activities. At the same time, ECAEA established policy positions opposing mining activities and nuclear power development in the Chippewa Valley, advocated for clean water and air, and



ECAEA launched the newsletter, *Eco-News*, in 1973. The newsletter shared information about the organization’s activities, along with short feature articles, commentary, and cartoons such as the one seen here published in the August 1974 issue. ECAEA Records, Box 1, Folder 4, UWEC Archives.

continued evaluating solid waste disposal activities. As the group began to clearly develop policy positions on a wide variety of environmental issues, establish its political presence, and expand its reach geographically outside of the Eau Claire area, it became apparent that a new identity was necessary. Born of these discussions was a new organization, Northern Thunder, rooted in the grassroots activism of ECAEA. Northern Thunder remains active in the Chippewa Valley today continuing a long legacy of championing environmental activism. The organization also owns and operates WHYS 96.3 FM, an Eau Claire Community Radio station.

The records of Eau Claire Area Ecology Action, along with other citizen led environmental advocacy organizations, are

among the archival resources preserved and accessible through archives at UW-Eau Claire. 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.

20  
24  
SEASON

20  
25  
SEASON

  
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	<b>JANUARY 19</b> <b>Family &amp; Friends</b> <i>Harlem's Little Blackbird: The Story of Florence Mills</i> Music by Scott Joplin and H.T. Burleigh Mystery conductor	
	<b>MARCH 15</b> <b>Landscapes</b> F. Haydn: <i>Symphony No 59 in A major</i> with works by Wang, Mendelssohn, and Schumann Matthew Poon, conductor	
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