

senior review

FREE

October 2023

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

How to Become an Organ Donor in Wisconsin

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

Did you know that there are currently more than 120,000 people in the U.S. waiting for an organ transplant and that a new name is added to the waiting list every 9 minutes? Every day, an average of 17 people die in the U.S. waiting for transplants that cannot happen, due to a shortage of donated organs. By donating your organs after you die, you can save up to eight lives. In addition, being an organ donor can help your family cope with your loss by knowing that your organ(s) live on in other people and helped save lives.

Sometimes, people want to become organ donors, but they think they are too old to do it. Age does not matter, however; all that matters is the condition of the organs at the time of death. In fact, 1 out of 3 deceased donors is over the age of 50.



If you would like to become an organ donor in Wisconsin, here are the steps you should follow:

- Complete a Wisconsin Driver License Application, Form MV3001, or Wisconsin Identification Card (ID) Application, Form MV3004, and check the box indicating you wish to be a donor. You can check the box when renewing or first obtaining a license.
- Register your name with the Wisconsin Donor Registry <https://health.wisconsin.gov/donorRegistry/public/donate.html>
- Sign and keep a Donor Card in your wallet.
- Designate someone you trust to be your healthcare power of attorney (POA), and make sure that they are aware of your wishes. When filling out the healthcare POA form, be sure to check the relevant box under "Anatomical Gifts."

As an organ donor, you can make a difference through transplantation, therapy, education or research. If you are 18 years of age or older, your decision cannot be overridden by your family or any other person, so be sure to share your decision with your family. Registering to be a donor allows you to authorize the donation of your organs, tissues and/or eyes upon your death. You can change your mind at any time prior to your death, as well.

OCTOBER IS BREAST CANCER AWARENESS MONTH

TIPS FOR BREAST CANCER PREVENTION:

Avoid becoming overweight. Avoid gaining weight over time, and try to maintain a body-mass index under 25.

Eat healthy to avoid tipping the scale. Embrace a diet high in vegetables & fruit and low in sugared drinks, refined carbohydrates & fatty foods.

Keep physically active. Increased physical activity, even when begun later in life, reduces overall breast-cancer risk.

Drink little or no alcohol. Women should limit intake to no more than

one drink per day, regardless of the type of alcohol.

Avoid hormone replacement therapy. Menopausal hormone therapy increases risk for breast cancer.

Don't smoke. Long-term smoking is associated with increased risk of breast cancer in some women.

Breast-feed your babies for as long as possible. Women who breast-feed their babies for at least a year in total have a reduced risk of developing breast cancer later.

Get fit and support breast cancer research at the same time. Regular physical activity is associated with a reduced risk of breast cancer.

Source:
ohsonline.com



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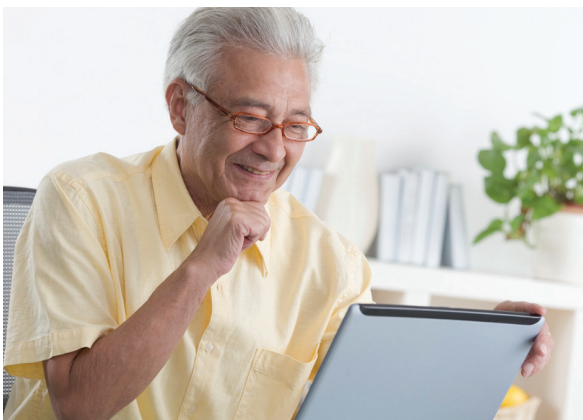
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Modern Estate Planning Tips for Handling Digital Assets By Hougum Law Firm

Are you aware of exactly what digital assets are? Digital assets refer to any form of content or information that exists in a digital format and holds value to individuals or businesses. These assets encompass a wide range of items, including online accounts, social media profiles, cryptocurrencies, digital photos and videos, intellectual property, and more. Do you have digital assets? Are they included in your Wisconsin estate plan? In fact, in this digital age, Wisconsin estate planning has become more complex due to the increasing presence of digital assets that need to be planned for.



applications to securely store and manage your login credentials. Under the guidance of your Wisconsin estate planning attorney, you may want to go a step further and provide your future decision maker with the necessary access credentials to this central password manager account. While this will include usernames and passwords, it may also include two-factor authentication methods.

Be sure to specify digital asset distribution. Clearly outline your wishes for the distribution or disposal of specific digital assets in your estate plan. This may include transferring ownership, deleting accounts, or preserving certain assets for sentimental or historical purposes.

You need to be aware that the value of digital assets can be both financial and sentimental. As you work with your experienced Wisconsin estate planning attorney you can include provisions for the management, distribution, or preservation of these assets in your Wisconsin estate plan to ensure that your digital legacy is properly created. Because of their unique nature, digital assets may require more strategic planning.

We highly recommend that you regularly review, update, and manage these accounts. Digital assets and online platforms evolve rapidly as opposed to the ownership and access to more traditional assets such as real property. Regularly review and update your estate plan to reflect any changes in your digital asset inventory, platforms, or preferences.

As digital assets continue to become both more complex and more prevalent, we want to provide some modern estate planning tips for managing digital assets that we give many of our clients.

By incorporating these tips, you can better manage and protect your digital assets, ensuring that your digital legacy is handled according to your wishes. Remember, working with your estate planning attorney in this area is critical to remain up-to-date with changing laws and technologies that could impact your goals for your digital assets.

Have a detailed inventory. You need to create an inventory of all your digital assets. This includes listing the platforms, accounts, and any associated login credentials. Keep this inventory updated and stored securely.

To learn more, schedule a complimentary estate planning consultation with Hougum Law Firm, LLC. We can be reached at (715) 843-5001 and we serve all of Wisconsin.

Be sure to review the terms of service for each asset. Be aware that this is a constantly evolving area and can be subject to change at any time, typically at the sole discretion of the company that created the digital asset. Familiarize yourself with the terms of service and user agreements of the platforms where your digital assets reside. Some platforms have specific provisions regarding the transfer or management of accounts upon the user's death or incapacity although this is not the norm.

Give authority to your agent, your personal representative, and your trustee. Be sure each of these three individuals, or one individual depending on the nature of your Wisconsin estate plan, has the specific written authority to manage and dispose of your digital assets.

You need to create a central password manager for digital assets that are in your Wisconsin estate plan. You could use password manager



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October's Beauty

By Ken Anderson, The Mayberry Guru, themayberryguru@gmail.com

Unlike many people, I rather enjoy the end of summer. I look forward to the changes that come in the fall, and I especially enjoy the month of October. In the ancient Roman calendar, October was the name of the eighth month of the year. When the Romans converted their calendar system to a 12-month calendar, they attempted to rename the month after Roman emperors. However, this attempt failed, and the name October remained.



A lot of daylight is lost during October. From October onwards, we lose about 3 minutes of sun per day. We lose approximately 50

minutes by the end of the month. This year, on October 31, sunset in Eau Claire will occur at 5:56p.m. Our average temperatures also see a considerable change during October. Our high temperatures in Wisconsin for October are in the 57°F to 62°F range. Our low temperatures range from 32°F to 45°F.

These changes in daylight and temperature result in very different scenery in Wisconsin. The tree leaves change to their brilliant fall colors, gardens wither and die, and corn fields have become golden brown. It is the perfect time for leisurely drives through Wisconsin's beautiful countryside. I feel sorry for people who do not experience the beautiful change of seasons that we have every year.

Last October, I was chatting online with a young man who lives in Ghana, Africa. My wife and I help support his educational expenses through our church. He saw several photos of our home and asked me why the leaves were all different colors. Apparently, he had never seen the beauty of fall colors. So I explained to him how our leaves change during the autumn season. He then asked about the pumpkins I had on our steps. He had never seen a pumpkin before, much less a jack-o-lantern. The concept of Halloween took a lot of work for him to understand.

Apple orchards, pumpkin patches, corn mazes, and cold frosty mornings are all part of the beautiful month of October. The sweet taste of caramel apples and the smell of burning leaves are nostalgic reminders of October when I was a child. I cannot imagine growing up without ever experiencing jumping into a massive pile of leaves or going for a hayride on a cold October night.

Sitting outside on a crisp October night is fun, drinking a hot coffee while a fire burns in our fire ring. The glow of Tiki torches adds to the atmosphere of the beautiful crisp fall evening. And I often send up a silent prayer giving thanks for living in Wisconsin.

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Dental Dramas by Kristi Gay, freelance writer

The month of October means crisp fall days with colorful leaves, cozy sweaters and tall boots, pumpkin-spiced candles and cappuccinos, and of course, **Halloween candy** at the stores and on every reception desk you may visit. With you as my avid readers of the Senior Review, I know my audience is likely dealing with “dental drama” that comes with age and a lifetime of chewing amazing food, drinking amazing drinks, and if you’re like me, telling the dental hygienist you floss about twice as much as you actually do, potentially leading to this dental drama.

That’s why I’m here with Uncle Tom to DISCUSS DENTURES and what that Halloween candy you’re currently reaching for could be swapped with so you can keep that beautiful smile, or at least be able to continue chewing!

To me, he’s Uncle Tom, but to most he’s actually **Dr. Thomas J. Ruffedt, DDS**, who practiced dentistry at Blue Diamond Family Dental on Main Street in Bloomer, Wisconsin for over 30 years, including my own teeth and all of our extended family’s teeth from birth to age 30. I didn’t realize he was THE BEST DENTIST EVER at the time because I had never visited anyone else, but since he retired and I’ve moved around and have seen a handful of other dentists, now I know, HE IS THE BEST. So listen up!

In general we know all sugary foods and candy are not great for our teeth so I’ll skip that since we need to live a little, folks, it’s not like we are going to give up sugar, right!?! So here are Uncle Tom’s, aka Dr. Ruffedt’s Denture Demands for this Halloween season to keep your dentures or if you’re one of the lucky ones, your natural teeth, not only in your mouth but also keep them as beautiful as you are inside and out!

Dr. Ruffedt’s Halloween Denture Demands

- 1) DROP THE TAFFY!**
I know those orange- and black-wrapped caramel peanut butter kisses are a once-a-year delicacy but they will stick to your dentures and send them flying! We don’t need them dislodged or uncomfortable, so have a Reese’s PB Cup instead.
- 2) JOLLY RANCHERS ARE NOT JOLLY TO YOU** (if you bite them) Biting down on hard foods can put too much pressure on crowns or bridges, leading to cracks or breaks. Try a soft Jolly Ranchers Bites candy instead!
- 3) STOP CHEWING WITCH NAILS** (or anything else non-food) Subconsciously chewing on non-food things like fingernails, pen caps or pencils can ruin any teeth, especially dentures. Try crocheting or doodling to keep your hands busy instead!



This holiday season that kicks off with Halloween candy and before we know it will be sailing right to candy canes has its potential gleeful moments, potential lonesome moments, or potential stressful moments. But one thing you WON’T be stressing about is your broken or missing teeth or dentures thanks to Dr. Tom Ruffedt. Enjoy the fall and find something that you appreciate about each and every day!



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Malnutrition Awareness

Have you gained or lost weight without even trying? Did you sleep well but you are still tired? Are you grumpy when you don't want to be?

If you answered YES to any of these questions then read on about possible reasons why.

Weight gain: Many people eat enough food but not the kind of food that is good for their bodies. A diet primarily made up of processed food does not give you the vitamins and minerals you need but it gives you plenty of calories. So, you could be gaining weight and not really eating very much. As often as possible try to eat food as mother nature produced them. If it comes in a bag with a list of ingredients you can't pronounce then think twice before eating it!

Weight loss: If you lose weight and you have not tried then something is going on. Do your teeth/dentures hurt? Did you start a new medication that makes your mouth too dry? Is it your body that doesn't want to get up to move to the kitchen or is it your mind that says "oh, not sure it is worth it to go eat now"? If these things are happening and continue, you could end up very weak and unable to heal if you get sick. Talk to your healthcare provider about this.

Still tired or grumpy after sleeping can be from physical or mental changes. A good sleep is defined differently for every person. Some people are up 3 times a night but go right back to sleep, some rarely wake up during the night. Has your pattern changed for no reason that you know of? Being tired and grumpy can mean you are hungry!! Or more accurately, your body needs more nutrients. If you are eating enough to stay healthy and you are still tired and grumpy then talk to your doctor about this change in your sleep and your mood. Call a friend/family member to talk. Sometimes we need to visit with others

to get out of our grumpiness... for the most part, we are social beings.

You've heard it said "You are what you eat" and there is truth in those words. What you eat affects your body and your mind. The older we get, the fewer calories we need and that means EVERY BITE COUNTS!

Sometimes the word malnutrition conjures up images of people starving in faraway countries.

However, malnutrition in its simplest definition means "poor nourishment." And when you think of it that way, it becomes a whole lot easier to believe that many older people in our communities are malnourished.

There are many possible causes of malnutrition...appetite changes, medication, depression, trouble chewing or swallowing, loss of ability to get around, alcoholism, lack of money to buy food, and restrictive diets are just a few. There are also many signs of malnutrition, including being sick often, slow healing, unplanned weight change, muscle weakness, falls, lack of energy, mouth sores, and more.

One great way to improve your nutritional health and overall health is by participating in a senior nutrition program. Dine with others if you are able to leave home, or consider Meals on Wheels. For more information contact your local ADRC.



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