

senior review

FREE

July 2023

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

Discovering Family Roots *By Ken Anderson, The Mayberry Guru, themayberryguru@gmail.com*

It was in 1929 when my 22-year-old father boarded the Gripsholm to embark on his voyage to America. It would be the last time he saw his homeland and his family. Sweden was behind him forever.

Through the years and up until my father died in 1961, he was able to communicate with his Swedish family through letters. However, because of the language barrier following his death, my family lost track of all our relatives in Sweden. We did not hear from any of them again.

I always felt an essential part of my life and heritage was missing. With the help of the internet, in 1999, I began a search for family members in Sweden. I was able to contact a Lutheran pastor who resided in Skane, Sweden, the area where my family lived. He was able to locate three first cousins, and he gave me their addresses. I wrote to one of my cousins, wondering if he could read English. Fortunately, my cousin Kjell was able to have my letter translated. It was shortly after that when I received a phone call from Sweden. Kjell had contacted another cousin who was



quite fluent in English, and he phoned me.

My wife and I decided we would make the trip to Sweden to meet my Swedish family. It was shortly before our scheduled departure date that my wife, Linda, was able to make contact with one of her cousins in Sweden. My wife's grandfather also emigrated to America. So our visit to Sweden would be very special to both of us as we met relatives for the first time.

Our visit to Sweden was very emotional. I met my three first cousins and their families for the first time. I saw the cottage where my

grandmother lived as a child, and we visited the church and school that my father attended as a child. We also spent time at my father's home, where he was living when he left Sweden.

We also spent time with Linda's cousin, who lived in another part of Sweden. She was able to walk on the farmland where her grandfather lived, and the members of the oldest wooden church in Sweden hosted a gathering for us.

During our two-week visit to Sweden, I had many memorable experiences. However, the most meaningful was our visit to my grandparent's graves. Before our trip, Linda suggested I take some soil from my father's grave in Dorchester to place on his parents' graves in Sweden. So I put that bit of dirt on my grandparents' graves. Then I took a small amount of soil from their graves, and when we returned to Dorchester, I placed that soil on my father's grave. It is a satisfying feeling knowing that, in a small way, my father and his parents in faraway Sweden are once again united.

JUICY NEWS

That purple pigment so deep and lush it's almost black? It comes courtesy of anthocyanins—phytonutrients that give blackberries their beautiful hue *and* some major healthy benefits. In a recent study published in the journal *Nutrients*, overweight men who ate about 4 cups of blackberries a day for a week had improved insulin function. Insulin is a hormone that regulates blood sugar, and when it's out of whack, it's linked to type 2 diabetes, heart disease, nonalcoholic fatty liver disease and even dementia. (Granted, you're probably not eating 4 servings of these fruits at a time, but it does make a compelling case for enjoying plenty of purples.) And balanced blood sugar may have skin-deep pluses too.

University of California, Davis researchers report that anthocyanins may help reduce moderate breakouts—because in-check insulin levels seem to decrease acne-promoting hormone production. Choose berries at their ripest. Studies show they have 43% more anthocyanins than their puckery counterparts. Sweet!

Source: Julia Westbrook, *Eatingwell* magazine



Mint Condition

Three unique benefits of mint:

- **HELPS YOU RUN LONGER** •
Adding a little peppermint oil to your water daily can help you run longer. One study showed adding a drop to about 2 cups of water helped men run on a treadmill about 15 minutes longer.
- **SOOTHES YOUR TUMMY** •
It's possible to ease tummy pains brought on by irritable bowel syndrome by taking peppermint oil supplements. The mint's cooling properties can calm nerves in the belly that trigger pain.
- **BOOSTS YOUR MEMORY** •
Sipping peppermint tea can keep your to-do lists at the top of your mind. One study shows that people who drank peppermint tea before a memory test scored better than those who drank water or chamomile tea.

The Way We Think Affects Our Health



Research has shown that people who have **POSITIVE** perceptions of aging live 7.5 years longer than those who don't. In addition, people who regard aging as a positive thing experience much higher rates of recovery from illness and injury. That's not to say that these folks don't get sick or they never fall. However, it does mean that they feel better and heal faster.

The research also showed improved memory and better brain performance. This doesn't mean that positive perceptions of aging will eliminate memory loss and dementia...if only it were that simple. Perhaps it's because the research also showed that people are more likely to participate

in activities and lifestyle choices that can reduce the risk of memory problems.

Positive perceptions of aging also lead to more conversations with doctors about health concerns. These folks are more likely invest in their future health by getting flu shots, preventive screening, blood pressure checks and participating in healthy living programs.

Probably what we see the most in the ADRC among people with a positive perception about aging is the overall greater sense of control over life. They live longer and it's not because their health is perfect. They experience aches and pains. They might not be able to drive or fix their meals or grocery shop. But still they have a sense of control and a greater will to live!

Think about your own perceptions of aging and challenge yourself to think positively...7.5 years might not seem like a lot but it is a lifetime for those loved ones that want those extra years with you!

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Scam Alerts—Medicaid Renewal and Foodshare

By the GWAAR Legal Services Team

The Wisconsin Department of Health Services (DHS) has been made aware of a scam targeting Medicaid members via two text messages. The first text message states that their case is



at risk of cancellation. The second text message states that benefits have been cancelled and requests that the member call 1-877-687-4221. If the member contacts this number, they are informed they have lost their health insurance coverage and need to pay to be reinstated. DHS does not send text messages with this type of language and does not charge a recertification fee.

The United States Department of Agriculture (USDA) has learned that criminals are using phony text messages that say a recipient's SNAP EBT Card (FoodShare Quest card) has been locked. The text message provides a phone number to call for help. This is known as a phishing scam and is a type of fraud. If you do not know if a request for information is real, contact your local Income Maintenance agency.

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Key Estate Planning Tips When You Have a Recent Cancer Diagnosis *By Hougum Law Firm*

Estate planning is critical for all of us. From being able to make the early choice of who will be able to care for you in a crisis to who should have legal authority to make decisions when you are incapacitated to, ultimately, deciding who should inherit from you at a time when you are no longer here, are each important conversations that take place when you work with your Wisconsin estate planning attorney. Although less than half of all Americans today have an estate plan, its importance in our daily lives cannot be diminished.

While we may choose to ignore the benefits of estate planning and what it can do for us when we are healthy, we have seen firsthand this concept change dramatically in light of a negative healthcare diagnosis. When we are facing a significant health care issue such as cancer, for example, we start to question what the next chapter of our lives will look like. We need to be able to answer questions such as:

- Who will pay my bills if I cannot?
- Who will make sure I have access to government benefits?
- Who will make my healthcare decisions if I am in a coma?
- Do I need a living will?
- Who should inherit from me at the time of my passing?
- Who will care for my pets?
- How can I ensure my business continues when I am not here?
- Who will be able to make sure my bills are paid on time?
- How can I make sure my family is provided for in my absence?

Estate planning answers these questions, and so many more, when it comes to caring for those you love, planning for your legacy, and providing for yourself.

Estate planning allows you to answer lifetime questions in advance. This could include, but is not limited to, choosing trusted decision makers to act for you in a crisis when you no longer have capacity to make your own decisions. You can give legal authority through estate planning tools, such as a power of attorney, to those you trust as well as name backups in the event they are not able to act for you when needed.

When you face a diagnosis such as cancer, careful Wisconsin estate planning can also work hand-in-hand with your health care plan. For example, what treatments do you want to receive? What treatments do you not want to receive? What do you wish to see happen in your business? How do you want your minor children to be cared for? How will you pay for this care? And, if you are unable to act for yourself, who should make these decisions for you?

Further, through your Wisconsin estate planning you can also create your legacy. This is more than just the concept of who should inherit from you at the time you pass away. This is your opportunity to share your dreams for those who will inherit from you and the goals for your legacy. Your experienced Wisconsin estate planning attorney can help you define what your legacy looks like and ensure you have a plan in place to reach it.

We know this article may raise more questions than it answers. We want to help you protect your aging relatives. We encourage you to contact an estate planning attorney today. Hougum Law Firm, LLC offers complimentary consultations and can be reached at (715) 843-5001.



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Anyone with a FoodShare or SNAP EBT card can gain free or reduced cost admission to participating museums, zoos, art museums, children's museums, aquariums, nature centers, and other adventures. Museums for All is a national access program that encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits.

The website Museums4All.org has a list of participating locations in every state with more than 1,000 museums throughout the United States. Wisconsin has 20 participating locations including:

- Above & Beyond Children's Museum in Sheboygan
- Atlas Science Center in Appleton
- Betty Brinn Children's Museum in Milwaukee
- The Building for Kids Children's Museum in Appleton
- Central Wisconsin Children's Museum in Stevens Point
- Charles Allis Art Museum in Milwaukee
- Children's Museum of Eau Claire in Eau Claire
- Children's Museum of Fond du Lac, Fond du Lac
- Children's Museum of La Crosse, La Crosse
- Door County Maritime Museum—Death's Door Maritime Museum, Ellison Bay
- Door County Maritime Museum—Sturgeon Bay Museum, Sturgeon Bay
- Ephraim Historical Foundation, Ephraim
- Explore Children's Museum of Sun Prairie, Sun Prairie
- Madison Children's Museum, Madison
- Manitowoc County Historical Society, Manitowoc
- Milwaukee Public Museum, Milwaukee

- The Mining & Rollo Jamison Museums, Platteville
- Northwoods Children's Museum, Eagle River
- Wausau Children's Museum, Wausau
- Wisconsin Maritime Museum, Manitowoc



There are also many great participating museums in Minnesota, Chicago, Illinois, including the Shedd Aquarium, Chicago Botanic Garden, the Museum of Contemporary Art, Chicago History Museum, Adler Planetarium, Abraham Lincoln Presidential Library and Museum, Lincoln Park Zoo, the National Veterans Art Museum, and many more.

Pre-registration is not required, and there is no limit to how many participating museums families can visit at the discounted admission rate. Simply show the EBT card and a photo identification upon admission and the museum will grant the discounted rate for up to four people per EBT card.

The Museums for All initiative was launched in 2015 by the Institute of Museum and Library Services, a federal agency based in Washington, D.C. Since 2015, more than five million visitors nationwide have been served through the program, allowing people of all income levels to feel welcome at cultural institutions.

If you truly wouldn't want to be seen in that outfit, now is the time to tell them!

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Hold With Both Hands... Each Precious, Glittering Moment of Your Life

By Sheila Dembowski, freelance writer

Back in late May we experienced one of life's milestones - the high school graduation of our only child. Michael's life has been momentous from the beginning. He was the product of a difficult, health-challenging pregnancy that was supported through knowledgeable medical staff and loving family and friends.

All along Michael's journey I have received help from a wide variety of people and resources - wonderful pediatricians, guidance counselors, the Birth to Three program, daycare providers, teachers from preschool through high school - all providing me with help along the way.

And then there were the many family and friends, giving their time, advice and love for the past 18 years. Our son's graduation party brought some of those people back into my life and reminded me of how fortunate I am to have them in my life.

Today I also missed those who have gone before me and I use this newsletter as a way to honor them by not only reflecting on the importance of their relationships to both myself and our son but also as an opportunity to promote the power of love and kindness which were attributes of all of them, each in their own unique way.

This past week also saw our local community go through the loss of two young high school students - victims of a car accident, with two additional students still hospitalized from their injuries.

As I went through the process this week of celebrating our son and his accomplishments, I also did take time to think about how those families and their lives were forever altered and how blessed each one of us are for every moment we live.

I kept my emotions in check this week and I was proud of myself for that. But at the end of the evening, as Michael and I went through his

gifts, I could tell how touched he was by each card and gift and the thoughtfulness behind them. We only had gotten through opening about half of them when we decided to finish up opening the rest in the morning, when we would be more refreshed (party planning is quite the experience!)



Michael then went to text a thank you for one of the gifts and he had me read it before he sent it. I was blown away by not only his writing but also the emotions and the beauty behind his words. It was a moment that reminded me what a wonderful young man he has grown up to become and how very blessed I am to be his mother.

I ended the evening sitting outside listening to the sounds of a cardinal chirping in a persistent yet reassuring way... The cardinal was a favorite of my mother and her absence was very noticeable today. But the gentle bird call was a sign and a symbol of the connection with the past and those whose love lives on in each and every precious, glittering moment of life. How fitting... how very fitting...

Sheila Dembowski is a free-lance writer trying to promote positive stories as often as possible. Her online newsletter entitled the Kindness Boomerang newsletter can be found at: <https://sheilademkowski.substack.com>

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Heat Stroke: The Heart of the Issue

Many of us Midwesterners crave the long, warm days of summer. When we've been cooped up for months during the bitter winter, all we want to do is spend every second in those beautiful golden rays. Have a care though as the summer spreads on, heat stroke in aging populations is a real threat.

Sweat is the body's defense against overheating. When you get warm, your heart pumps faster causing your skin to sweat which helps keep your core temperature regulated. As you age, your muscle-to-fat ratio changes (more fat in different places) and your arteries lose their elasticity and collect plaque, causing a slower pumping heart. With an aging or impaired heart, you produce less sweat, increasing your risk for heat stroke.

Many folks have additional predispositions to heat stroke beyond the simple aging heart. Those suffering from COPD, congestive heart failure, or heart disease have an increased risk. Certain medications such as calcium channel blockers, beta blockers and diuretics (water pills) can prohibit the body from cooling down. Gender also plays a roll:

in 2015, 71 percent of those who died from heat stroke were men.

The two precursors to heat stroke are heat cramps and heat exhaustion. Heat cramps are painful involuntary muscle spasms caused by overexposure to heat. Heat exhaustion is characterized by cool and moist skin, profuse sweating, dizziness, fatigue, irregular pulse, muscle cramps, nausea or headache. Cramps and exhaustion usually dissipate when attended to properly, but if they go unchecked, the body could easily go into heat stroke.



Symptoms of heat stroke:

- Temperature of 104 degrees Fahrenheit or higher
- Altered mental state such as confusion, agitation, slurred speech
- Dry skin from hot weather or moist skin from strenuous exercise
- Flushed cheeks
- Nausea or vomiting
- Racing heart
- Rapid shallow breathing
- Throbbing headache

Fortunately, there are a number of easy steps you can take to prevent heat stroke. Stay in the air conditioning during the warmest parts of the day (10am to 2pm). Wear light colored clothing as dark colors retain heat. If you live alone, make sure someone checks in on you daily, especially on the warmest days. Most importantly, keep yourself well-hydrated.

Be smart and stay cool this summer.

Source: Wiley, Dr. Frieda. "Heat Stroke Is Especially Dangerous, Even Deadly, in Older Adults." Next Avenue. July 10, 2017. <https://www.nextavenue.org/older-adults-vulnerable-heat-stroke/>

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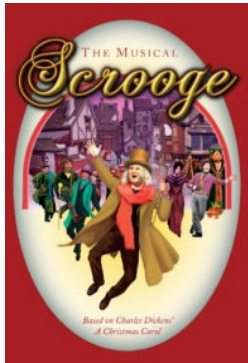
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