

senior review

FREE

March 2023

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

Why You Should Be Taking On Not So Sweet Goals

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

Hello Spring! Are we ready to avoid the sweet snacking and jump into Spring donning our warmer attire? If you're nodding yes, you're not alone and wise in thinking ditching the consumption of non-essential sweets is a goal to keep going for positive changes in your life and help your brain feel happy too.

Sadly, the total U.S. sugar consumption toppled to around 11.3 million metric tons between 2021 and 2022. Outstandingly, there were 181 million metric tons of sugar produced worldwide. 5.3 million metric tons more than was consumed in 2018/2019. That may be good for agricultural technology, but it is not so good news for sugar consumers and their brains.

The impacts of 2020 and 2021 kept us isolated safely at home. Some folks nibbled away on chocolate chip cookies dipped in that desperation to have contact with someone else drive-through vanilla latte in hand. A pining for and dabbling in sweet treats of comfort welcomed sugar-buzzed courage not to stop there. They ventured out, and down the middle of the store aisles where extra sweet, oh, so yummy, cookies grabbed their attention.

According to my mishmash Google search, sweet goals were high for 245 million Americans who consumed ready-to-eat cookies in 2020 & 2021. On average, we consume over 2 billion cookies/per year, 300 per person, or 35,000 in a lifetime. Astonishingly, 95.2 percent of households consume cookies. Perhaps the other 4.8 percenters who don't may be

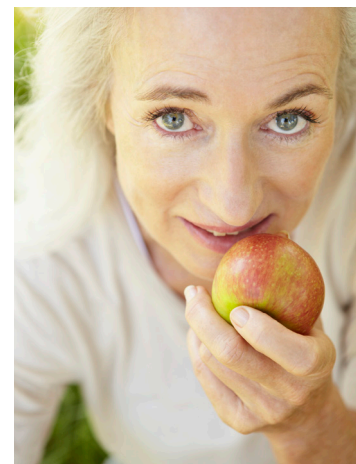
onto something important for us to consider.

Guess who consumes the most cookies? You'd think kids, right? Nope, you'd be wrong. The highest consumption of cookies is for the over-65s. Yes, you read that right - the over-65s munch on them the most. That age group is at the highest risk for other not-so-sweet things.

Our brain uses glucose for energy, but too much of the wrong energy source can be detrimental when the glucose comes from high fructose corn syrup-laden foods like cookies. Too much-processed sugar in our diet puts our brains at risk and our bodies at insulin-chaotic levels. And may lead us on a detour to diabetes and compromised immune systems that can't utilize Vitamin D. Making us susceptible for you guessed it - to the ever-lurking COVID-19 virus, small-vessel disease, vascular dementia, and Alzheimer's.

It's not that complex for our brains to process. Sugary cookies ditched from our diets will help us save more lives.

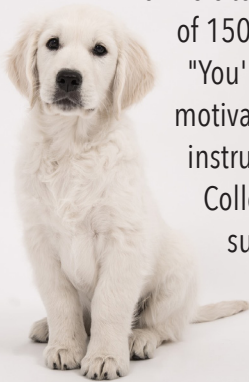
Set a sweet goal for 2023 and beyond - skip the cookies – grab an apple or avocado instead.



Heart Health Boosters ♥

A recent study has shown that dog owners are more likely than non-dog owners to reach the recommended physical-activity guidelines of 150 minutes of moderate-intensity activity per week. "You're walking for the pet, not just you. It gives that extra motivation." says Yvette Johnson-Walker, DVM, PhD, clinical instructor at the University of Illinois at Urbana-Champaign's College of Veterinary Medicine. In fact, some doctors suggest getting a dog to their patients with cardiovascular issues – moderate-intensity walking is as effective as running in lowering blood pressure and cholesterol.

Source: Health.com



Shrooms on the brain

A new study conducted by the National University of Singapore suggests that eating cooked mushrooms regularly may help preserve cognitive function later in life. The six-year-long study showed that those who ate more than two servings per week cut their risk of mild cognitive impairment in half. Scientists believe this may be related to a compound found in mushrooms called ergothioneine, which acts as an antioxidant and anti-inflammatory.

Source: Health.com



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1 in 3 Wisconsin Adults has Prediabetes. Do You?

Health Department recommends nutrition tips to reduce your risk for diabetes

By Janessa VandenBerge, MPH, CHES® and Cortney Nicholson, MS, CHES®, Eau Claire County Health Department

In honor of Diabetes Alert Day and National Nutrition Month, the Eau Claire City-County Health Department recommends that all adults take the one-minute Prediabetes Risk Test at PreventDiabetesWI.org to find out if they're at risk for developing type 2 diabetes.

In Wisconsin, one in three adults has prediabetes, but 90% of those people don't know they have it. If left untreated, prediabetes can turn into type 2 diabetes, which can increase your risk of other chronic diseases like heart disease and stroke. The good news? Prediabetes can be reversed if caught early! There aren't always signs and symptoms of prediabetes, which is why it's important to be screened regularly by taking the prediabetes risk test or talking to your doctor. If you find out you're at high risk (if you score 5 or higher on the risk test), making small changes to your diet can lower your risk of prediabetes or type 2 diabetes:

- ✓ **Make half of your plate fruits and vegetables.** Fruit in your oatmeal? A vegetable in your soup or pasta? Choose colorful fresh, frozen, canned, or dried fruits and veggies.
- ✓ **Balance the other half of your plate with whole grains and lean protein.** Try to make at least half of your grains whole grains! Add brown rice to your stir-fry, and go for lean protein like fish, skinless chicken breast, or beans.
- ✓ **Add a serving of low-fat Wisconsin dairy to your meal.** Enjoy a yogurt parfait for breakfast, add cheese to your sandwich, or make a smoothie with low-fat milk.
- ✓ **Sip healthy drinks.** Sweet coffee drinks, juice drinks, energy drinks, and soda are a major source of added sugar. Try switching them out for water, unsweetened tea, or sparkling water.



- ✓ **Cook at home.** Sodium is often hidden in fast foods and highly processed foods, which can include breads and rolls, cold cuts and cured meats, sandwiches, pizza, soup, and chicken.
- ✓ **Check serving sizes.** Follow recommended serving sizes on the nutrition facts label. Instead of eating out of the box or bag, use a plate.

Participating in a National Diabetes Prevention Program can decrease your risk of developing type 2 diabetes by half. Find out more about a free, local prevention program below.

Marshfield Clinic Health System

- What: Year-long, CDC-recognized lifestyle change program that helps prevent or delay the onset of type 2 diabetes.
- Who: People age 18+ who score 5 or higher on Prediabetes Risk Test and haven't been diagnosed with type 1 or type 2 diabetes.
- Where: Virtual, WebEx
- When: Virtual Information Session, Thursday, March 23, at 4 p.m. Class begins Thursday, March 30, at 4 p.m.
- Registration: Email wes.prediabetes@marshfieldclinic.org for screening, eligibility, and details on how to join the program. You do not need to be a current Marshfield Clinic Health System patient.



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When I first learned to drive, I learned to focus on the road ahead and take only quick glances in the rearview mirror. When driving a car, it is more important to see what is in front of you than behind. It is also more enjoyable to see the new places where you are headed rather than the places you are leaving behind. These same principles can often apply to life's journey. When young, a person looks forward with eagerness. There are so many exciting experiences that lie ahead. When one is young, life's experiences in the past are not nearly as meaningful as those experiences that lie ahead.

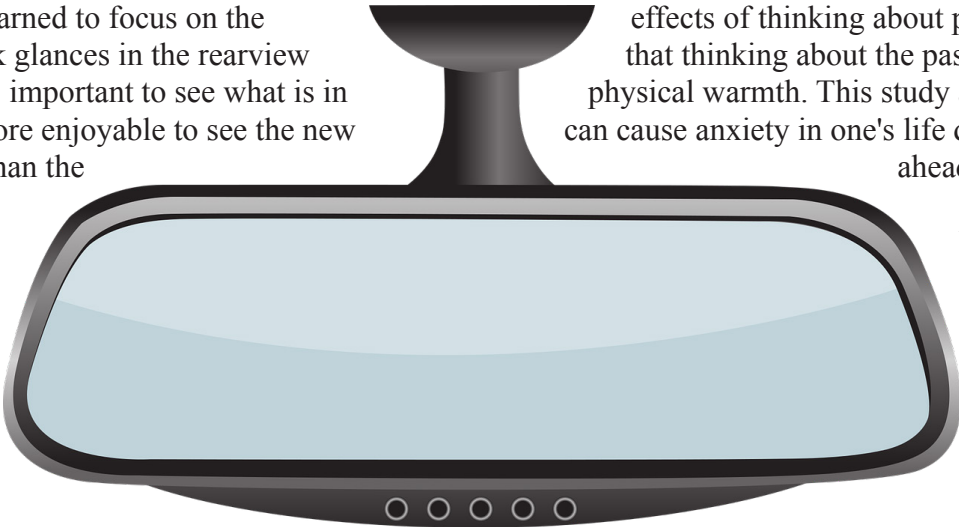
However, this can all change as the years quickly pass. The older I have become, the more memories I have. And as I focus on those memories, I realize how important they are. I am now well into my seventh decade of life. I have many more miles behind me than I do ahead of me. Unlike my early years of driving, I now spend less time looking forward and far more time looking in life's rearview mirror. I enjoy looking back at the experiences I have behind me rather than the uncertainties awaiting me.

Reliving one's past through memories can provide comfort and improve mental health. One recent medical study has looked at the physiological

effects of thinking about past 'good' memories. They found that thinking about the past 'fondly' increased perceptions of physical warmth. This study also found that looking to the future can cause anxiety in one's life due to the uncertainty of what lies ahead.

When I look in my rearview mirror, I see a much younger and healthier person. I see myself with endless energy, constantly on the go doing all sorts of fun and exciting activities. I can even see myself as a child growing up in the small village of Dorchester, where my life was much simpler and so safe. I look through that rearview mirror and see all the friends and family I once had but who are no longer a part of my life.

But now, as I look forward, I see declining health, passing friends, and uncertainty about where I may live. However, looking ahead is not all gloom and doom. While I understand that my health and mental facilities may decline in the coming years, some great times may await me. I am fortunate to have many friends, my wife, and varied interests to occupy my time in the coming years. So while I will continue to enjoy looking back through life's rearview mirror, I plan to also look ahead with anticipation and hope.



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Recipe: Baked Oatmeal with
Banana, Raisins & Walnuts



Directions:

- Preheat oven to 375 degrees. Coat an 8-inch square baking dish with cooking spray.
- Mix oats, walnuts, cinnamon, baking powder, salt allspice in a large bowl.
- Combine milk, yogurt, oil, brown sugar and vanilla in a medium bowl.
- Add the milk mixture to the dry ingredients; stir until completely incorporated.
- Stir in bananas and raisins. Pour the mixture into the prepared baking dish
- Bake until golden on top and firm to the touch, 45 to 50 minutes.
- Serve with a side of fresh fruit.

Ingredients:

- 2 cups rolled oats
- 1/3 cup walnuts, chopped
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon ground allspice
- 2 cups reduced-fat milk
- ¾ cup low-fat plain yogurt
- 2 tablespoons canola oil
- ¼ cup packed light brown sugar
- 1 teaspoon vanilla extract
- 1 large banana, halved lengthwise and sliced
- 1/3 cup raisins

Total Time: Prep: 15 minutes.
Cook: 45-50 minutes.
Yield: About 6 servings.

Recipe & photo from EatingWell.

Fun Facts About Color!

Think color doesn't count? Get a new perspective by reading some interesting findings and historical facts about color

1 COLOR SPECTRUM & PRISMS

Sir Isaac Newton, the English scientist, is credited with demonstrating the visible color spectrum of red, orange, yellow, green, blue, indigo, and violet while experimenting with sunlight shining through a prism in the late 1660s. Newton was home from college due to the bubonic plague.

2 NEWBORNS SEE IN BLACK & WHITE

Newborn babies see in black, white, and shades of gray because the nerve cells in their eyes and brain are not yet fully developed. In the first weeks of life, they start to distinguish the color red and are thought to have good color vision at around 5 months. About 8% of men and 0.5% of women suffer from color vision deficiency, most often due to genetics.

3 MANUFACTURING PURPLE

The color purple was once made by "milking" or crushing sea snails for a substance used to make dye. It was very expensive to produce and most often worn by royalty. That changed in 1856 when an 18-year-old English chemist trying to cure malaria discovered that coal tar left behind a residue of brilliant purple he called mauvine.

4 WATERCOLOR SETS

Board game pioneer Milton Bradley was fascinated by color and published four books about elementary art education. His company introduced the first standardized watercolor sets in the late 1890s, and developed a new version of the color wheel in 1895 designed for teachers.

5 FIESTA DINNERWARE

The Homer Laughlin China Company introduced Fiesta Dinnerware in 1936, using five vivid colors. The orange-red had uranium oxide in the glaze, making the dishes slightly radioactive. The color was discontinued in 1944 when natural uranium was needed by the U.S. government.

6 THE DODGE LA FEMME

The automobile industry responded to the prosperity of the 1950s by offering more color choices in vehicles. The Dodge La Femme was marketed to the new working woman in 1955-56. It came in two-tone shades of pink and white with accessories including a rain cape and umbrella.

7 THE CREATION OF CRAYONS

The first crayons were made from a mixture of charcoal and oil. Powered color pigments eventually replaced charcoal, and wax replaced oil. Crayola Crayons were invented in 1902 and named after the French word "craie," or stick of chalk, and "ola" from "oleaginous," or oily.

8 WARNING SIGNALS IN NATURE

University of Arizona researchers have found a link that may explain why bright colors are used as a sexual signal in some animals and a warning in others. Animals whose ancestors were primarily active during the day, like a songbird, use colors to attract. Animals whose ancestors were active at night, like a poison dart frog, use bright colors to warn away predator.

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March Dates in History

MARCH 2, 1904: Dr. Seuss Born Theodor Geisel, better known as author Dr. Seuss, was born in Springfield, Massachusetts. Geisel graduated from Dartmouth where he was editor of the school’s humor magazine. A cartoonist, Geisel’s first children’s book was rejected by over two dozen publishers. His bestselling “The Cat in the Hat,” was published in 1957. Many of his books, which feature rhymes and fun characters, have been made into movies. He published 48 in all.

MARCH 3, 1887: Helen Keller Meets Anne Sullivan Helen Keller was a young Alabama girl left unable to see or hear after an illness as a toddler. Alexander Graham Bell, an authority on the deaf, suggested her parents contact the Institute for the Blind. They sent teacher Anne Sullivan whose “touch teaching” techniques helped Keller learn to communicate. Keller went on to graduate from college, becoming an author and public speaker. Keller and Sullivan remained lifelong companions.

MARCH 9, 1959: First Barbie Doll Goes on Display The first doll to depict an adult woman went on display at the American Toy Fair in New York City. Ruth Handler, a co-founder of Mattel, Inc., got the idea after watching her daughter play with paper dolls of grown women instead of her baby dolls. Mattel was also the first toy company to broadcast commercials to children, featuring Barbie in their sponsorship of "The Mickey Mouse Club."

MARCH 12, 1933: FDR Makes First ‘Fireside Chat’ Eight days after his inauguration, President Franklin D. Roosevelt gave his first national radio address, or “fireside chat,” broadcast from the White House.

The U.S. was at the height of the Great Depression with unemployment between 25 and 33%. The president would deliver many more broadcasts, building support for his policies. It was an unprecedented step that reached many American households, 90% of which owned a radio.

MARCH 23, 1839: “OK” Published in National Paper The expression “O.K.” was first published in The Boston Morning Post, an abbreviation of the slang term “oll korrekt.” It was fashionable among youth at the time to deliberately misspell words then abbreviate them as a kind of coded slang. “KY” stood for “No use” or “know yuse.” It was published in a joke but quickly became popular after being used in a political campaign.

MARCH 30, 1981: President Reagan Wounded President Ronald Reagan was leaving a speech at a Washington hotel when he was shot in the chest by John Hinckley Jr. Three other men were wounded, one critically. Hinckley was captured and Reagan rushed to the hospital. The president, at 70, walked into the hospital with a collapsed lung and joked with his wife that he “forgot to duck.” Hinckley was found not guilty by reason of insanity



Successfully Aging Seminar Series (SASS)

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Thursday, April 20
Outdoor Gardening
Containers are wonderful for outdoor gardens and Brent D. Stelzer, owner of Brent Douglas Flowers, will show us ways to downsize and still use our green thumbs!

Thursday, May 18
When It Comes to Stroke: BE FAST
Did you know that stroke is the leading cause of preventable disability and the 5th leading cause of death in the United States? In order for the best chance of a more complete recovery from stroke, it is extremely important to recognize the signs and respond quickly. Join Annie Letkiewicz, HSHS Sacred Heart Hospital Stroke Coordinator, to learn how to decrease your chance of having a stroke and how to respond in the event you suspect one is occurring.

Thursday, June 15
Qigong
Join Carol Rudd, owner and massage therapist of Healing Choices Oasis, to

optimize energy within the body, mind, and spirit with the energy of Qigong.

Thursday, July 20
A Visit Back in the Past to a Much Slower and Simpler Time
We will take a trip back to the fictitious town of Mayberry, North Carolina, with historian Ken Anderson as a way to renew some old life values.

Thursday, August 17
Traveling As We Age
Learn some safety tips that are helpful if you're traveling across the state, the country, or the ocean, with Stephanie Homann, travel agent and owner of Intentional Journey's. Hear about companies that offer great services to make travel more accessible and obtainable if/when special assistance or accommodations are needed. Using a travel advisor can help make your bucket list, destination or activity possible for any senior!

Thursday, September 21
Earth Talk
Learn about the changes in Wisconsin's natural world as the leaves fall and the nights grow colder with Beaver Creek Reserve Naturalist, John Muetz. We will explore what many native plants and animals do to prepare for the harsh winters of Wisconsin, and what we can do to make this transition easier. From hibernation through migration, we will discuss how animals' behaviors change in the fall and discuss how trees and plants prepare themselves for the bitter cold.

2023 Presentations
2 - 3 p.m.

Add a little SASS in your life!

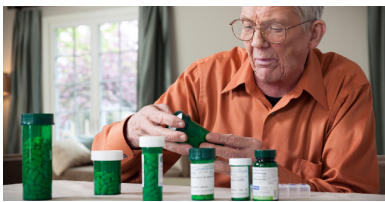
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Housing Outlook 2023

By Berkshire Hathaway HomeServices

What will the new year bring for homebuyers, homeowners and home sellers? Lower or higher home prices? Higher or lower mortgage interest rates? Or a continuation of the overheated pandemic-inspired housing market?

There’s no question that the blistering housing market of the past three years was hard on homebuyers. By October 2022, the average mortgage interest rate for a 30-year fixed is 7.24%, more than double the 3.22% level in January 2022.

According to Fannie Mae, the combination of high inflation, monetary policy tightening, and a slowing housing market is “likely to tip the economy into a modest recession in the first quarter of 2023.”

Many economic forecasters believe housing prices will decline, but that homebuyers shouldn’t fear buying during a declining market. Morgan Stanley predicts a 7% dip in home prices for 2023 that would return housing prices to where they were in January 2022 – 32% higher than prices were in March 2020 when the pandemic began. Economists



with Goldman Sachs and Moody Analytics are predicting 5% to 10% declines in home prices, based on lack of homebuyer affordability, slowing housing sales, fewer mortgage applications and a looming recession, however mild.

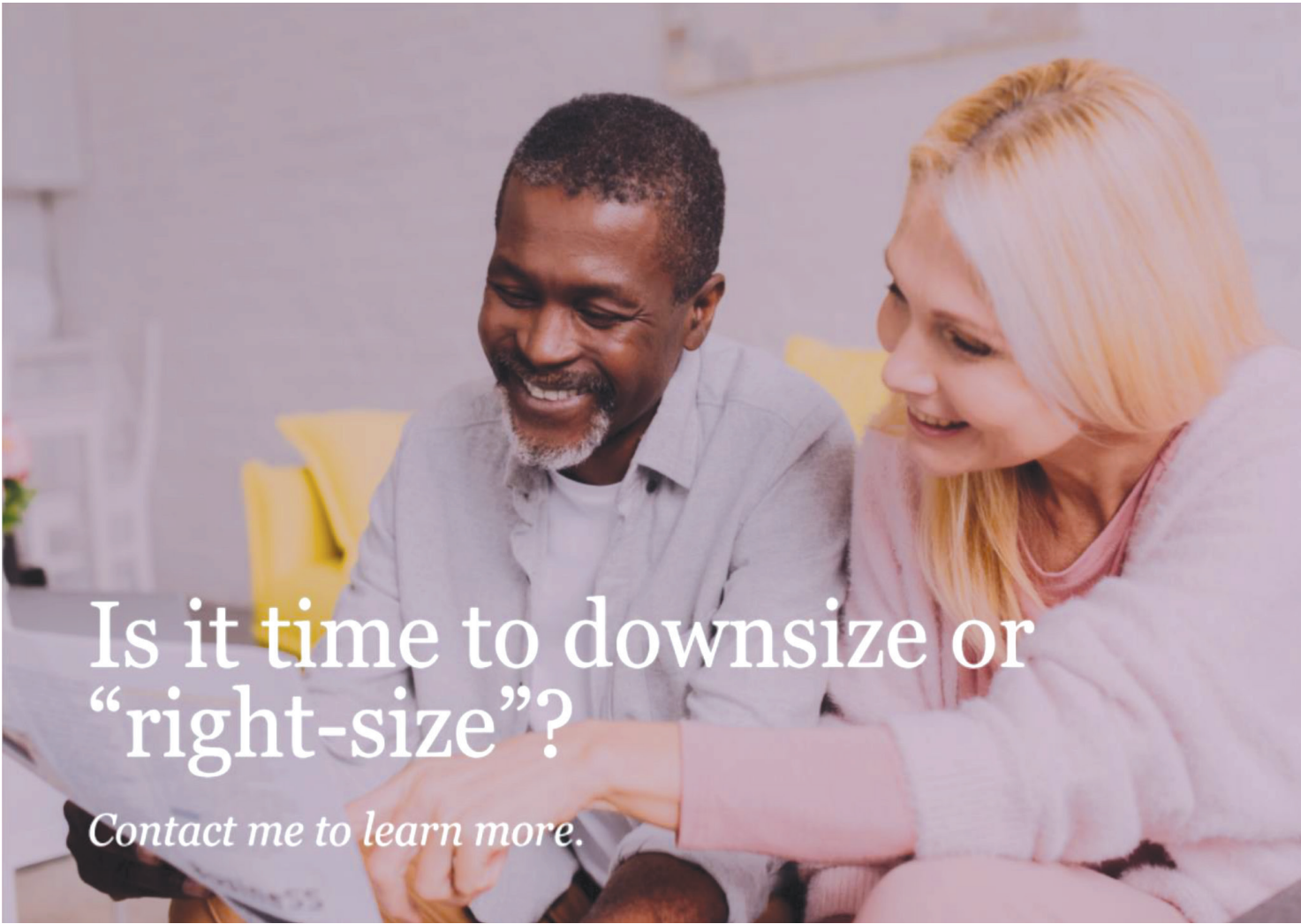
BusinessInsider.com reports that the Federal Reserve’s overnight rate hikes have raised mortgage interest rates, pushing affordability to new lows, but that a recession could bring interest rates down again. That combined with softer homebuying demand due to inflation and sellers lowering their prices would make spring and summer 2023 great times to buy a home.

Advice for First-time Homebuyers

First-time homebuyers are discouraged by high home prices, higher interest rates and continuing inflation. According to the National Association of REALTORS, by mid-2022, first-timers made up only 26% of all homebuyers, the lowest number in 41 years. The age of first-timers rose from 33 to 36, an all-time high, while their median household income slipped to \$71,000 from \$86,000 year-over-year.

To help you get into a home of your own and start building equity, Berkshire Hathaway HomeServices network professionals provide the following advice to first-timers:

1. Get educated. Freddie Mac and Fannie Mae offer no-cost learning modules that help first-timers qualify for some loans, pay lower down payments, qualify to buy with lower income or lower credit, get help with closing costs or down payment assistance, and more. Berkshire Hathaway agents are always available to help with any questions or guidance.



Is it time to downsize or “right-size”?

Contact me to learn more.

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Greg Swoboda
Real Estate Team Lead

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.....

2. Get into the market.

You can't build equity if you don't own a home, so it's better to purchase something now even if it isn't your forever home. There will always be a market for starter homes, so you would do well to buy a smaller, older home in a less expensive location. The most first-timers ever recorded purchased homes in small towns (29%) and rural areas (19%).



3. Get comfortable with compromises. Your first home doesn't need to be your dream home, so choose the one you can live with for the next five years or so, to make up closing costs, transaction fees, etc. You can always improve the features and condition of your home later on.

4. Contact a Berkshire Hathaway Real Estate Agent for more advice.

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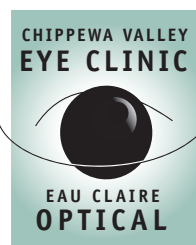
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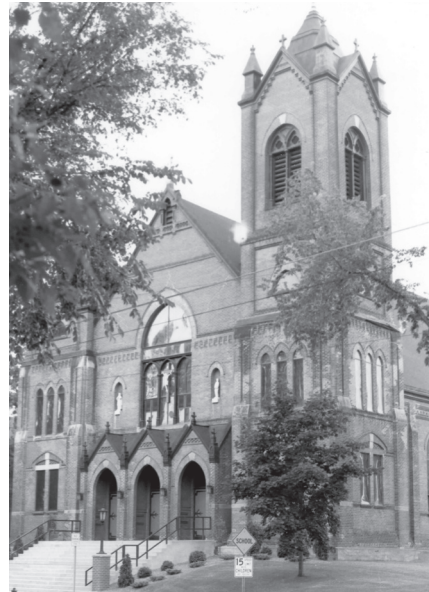
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Dusting Off Some Local History: “Eau Claire’s Oldest Church”

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

The following is a local history mystery which recently came my way, “What is the oldest church in Eau Claire?” I initially, and wrongly, suspected this would be rather simple to research. I turned to all my usual sources, including the wonderful Architecture and History Inventory from the Wisconsin Historical Society. While I thought I quickly found the answer to this question I found myself overanalyzing an image of another church, which led me down a fascinating path of discovery, and ultimately right back to the first answer I settled upon.



St. Patrick's Church was added to the National Register of Historic Places in 1983. This 1981 image of the church was included in the application to the National Register.

Significant church formation activities took place across Eau Claire in the 1850s and 1860s. Many of the earliest church services were performed in private houses or rented halls while funds were raised to construct churches. Many of the first churches, all now demolished, were constructed during these decades. First Congregational Church's first structure, described as “a building 16x24 feet of green, rough boards, with board roof...” was never

intended to serve as a church for a long period of time. Many of the churches whose spires currently rise in Eau Claire's skyline date to the early 1900s.

A mission was established among the Catholics of Eau Claire in the early 1850s. The first Catholic Church, St. Patrick's, was constructed along North Barstow Street, but a growing split between German and English-speaking Catholics led to the establishment of a new congregation, Sacred Heart. Both St. Patrick's and Sacred Heart constructed new churches in the 1880s. Sacred Heart built a towering brick church along Dewey Street which opened in 1880, while St. Patrick's dedicated a new brick structure at the corner of Fulton and Oxford in 1882. Neither of these two structures exist anymore. St. Patrick's burned down in 1884, before the structure was fully finished, and the congregation set out to quickly replace the building with the magnificent 1885 Romanesque/Gothic styled structure that now stands.



The spires on the original Sacred Heart Church, seen in this 1925 image published in the Eau Claire Leader, rose 105 feet into the sky and were frequently damaged by lightning.

The Sacred Heart Church building along Dewey Street lasted until the late-1920s when, due to problems with the foundation, the structure was razed and replaced with the current church building around 1928. The new church was constructed on the same spot as the previous structure. The nave of the current Sacred Heart Church and the previous structure are strikingly similar, a mystery that led me to overanalyze available images of the previous Sacred Heart Church and question whether part of that structure dated to 1880. Ultimately, sleuthing in local newspaper archives, and consulting with a colleague at the Chippewa Valley Museum, led me to realize that the entirety of the structure was razed and replaced with the current church building.

Although St. Patrick's Church (1885) lays claim to being the oldest church in Eau Claire, it is far from the oldest church still standing in the Chippewa Valley. Chippewa Falls boasts several existing churches that are older than St. Patrick's in 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.

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| | - Energy saving repairs |
| | - Siding repairs or replacement |

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| - 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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You're Invited to Our 7TH ANNUAL CSA FAIR

**Saturday, March 11th
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Join us at our Menomonie store from 11:00am-1:00pm on Saturday, March 11, 2023 for our 7th Annual Community Supported Agriculture (CSA) Fair!



CSAs are a fantastic way to purchase and enjoy delicious, in-season foods from local farms. Stop in to this event to meet local CSA farmers who offer pickups at one of our locations or on their farm, learn about their growing practices, and get a list of what they plan to grow this season. The fair is free and open to everyone to attend, and it's the perfect time to sign up for your 2023 shares, ask questions, and meet a few of our suppliers in person. Everyone who shops during the fair will receive an exclusive coupon to use on their shopping trip that day, and one lucky attendee will also win \$200 towards the CSA share of their choice from any of the farms!

More updates will be shared on social media about farms that will be in attendance at the event, but the following are confirmed:

- EB Ranch (Ridgeland, WI)
- Racing Heart Farm (Colfax, WI)
- Wagon Wheel Gardens (Woodville, WI)
- Mary Dirty Face Farm (Menomonie, WI)

ABOUT CSAS: Community-Supported Agriculture, called CSA for short and also known as crop-sharing, is a system that directly connects farms with customers by allowing them to subscribe to their harvest before the season begins.

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Brain Food – Brain Boosting Foods for Seniors

There is no doubt that a healthy diet contributes to a healthy body, but eating nutritious foods can also lower the risk of cognitive decline as we age. Recent research has found that elderly people who consumed the most nutritious food lowered their risk of cognitive decline by almost 25 percent, when compared to those with the least healthy diets.

Researchers believe that it is likely that a healthy diet has effects on cardiovascular risk factors and cardiovascular disease, and that this is an important mechanism for reducing the risk of cognitive decline.



So what foods make up a healthy “brain boosting” diet? Below is a list of some the top brain power foods. Incorporating these foods into your diet can improve mental health, especially for seniors who want to protect themselves from cognitive decline.

SALMON

Studies show that substituting salmon for beef or poultry a couple times per week can slow mental decline. Salmon, and other cold-water fish such as tuna, sardines and halibut, contain high levels of omega-3 fatty acids. Research suggests that omega-3s may help protect against Alzheimer’s disease and dementia, and have a positive effect on gradual memory loss linked to aging.

WALNUTS

Walnuts are rich in vitamin E, which works to trap free radicals that can damage brain cells, according to the Alzheimer’s Research Center. A recent study found that people who eat food with high levels of vitamin E had a lower risk of developing Alzheimer’s.

GREEN TEA

Green tea contains enzymes, amino acids and vitamins that can help improve mental fatigue and boost brain function. It also contains a plant compound called EGCG, which may reduce inflammation, aid weight loss, and help prevent heart and brain disease.

EGGS

Egg yolks are rich in choline, a nutrient that the brain uses to make a neurotransmitter that may be vital to maintain memory and communication among brain cells. A study by researchers at Boston University found that choline intake was associated with better performance on memory tests.

BLUEBERRIES

Animal studies have shown that blueberries help protect the brain from oxidative stress and may reduce the effects of dementia. A study by Tufts University and the USDA found that a diet rich in blueberries improved short term memory loss and reversed some loss of balance and coordination in aging rats.

AVOCADOS

Avocados are packed with monounsaturated fat, which contribute to healthy blood flow. Avocados also lower blood pressure and reduce the risk of high blood pressure.

SPINACH

Spinach is an excellent source of folic acid, and studies have shown that eating spinach helps prevent dementia. Spinach and other cruciferous vegetables such as broccoli, cabbage and dark, leafy greens can help improve memory.

March Recipe:

Baked Oatmeal with Banana, Raisins and Walnuts



Ingredients:

- 2 cups rolled oats
- 1/3 cup walnuts, chopped
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon ground allspice
- 2 cups reduced-fat milk
- ¾ cup low-fat plain yogurt
- 2 tablespoons canola oil
- ¼ cup packed light brown sugar
- 1 teaspoon vanilla extract
- 1 large banana, halved lengthwise and sliced
- 1/3 cup raisins

Directions:

1. Preheat oven to 375 degrees. Coat an 8-inch square baking dish with cooking spray.
2. Mix oats, walnuts, cinnamon, baking powder, salt allspice in a large bowl.
3. Combine milk, yogurt, oil, brown sugar and vanilla in a medium bowl.
4. Add the milk mixture to the dry ingredients; stir until completely incorporated.
5. Stir in bananas and raisins. Pour the mixture into the prepared baking dish
6. Bake until golden on top and firm to the touch, 45 to 50 minutes.
7. Serve with a side of fresh fruit.

Total Time: Prep: 15 minutes.

Cook: 45-50 minutes.

Yield: About 6 servings.

Recipe & photo from EatingWell.com

Happiness: It's What You Choose

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

Years ago, a man of 92 years, decided the time had come for him to move into assisted living. His wife of over 60 years had recently died, and he had no children or relatives to help look after him. He realized he no longer had the strength necessary to run a home, so he sold his house and auctioned off his belongings.

He packed his suitcase and then took one last walk around the house he and his wife had shared for over fifty years. Each room produced a flood of memories that sometimes brought a tear, but mostly smiles to his face. He then waited by the front door for a taxi to come and take him to the retirement center. When he got there, a receptionist welcomed him, but then apologized saying she was sorry, but his apartment wasn't quite ready.

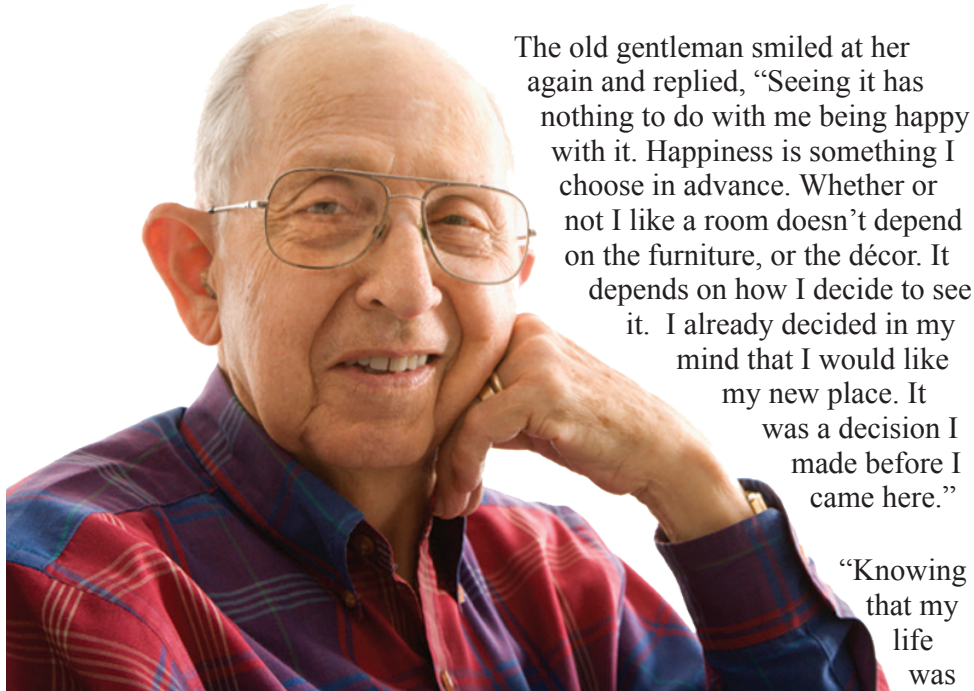
The retirement center was busy, and somehow in the busyness of work details, this old gentleman was forgotten by the staff. After nearly three hours, the receptionist remembered him and came to where he was waiting with some more apologies for the long wait. She said, "I'm so sorry you had to wait so long, but now your apartment is ready." He had no harsh words or complaints for her, just a gentle smile and a soft-spoken, "That's all right. No harm done. I was fine."

Walking slowly, using his cane, the receptionist guided him down the hallway to the elevator. She then began to describe his living space to him. "Now I'm sure, you may be surprised, but we had to change your apartment from the one you selected to a much smaller one. We had someone else who registered a day before you did, and they chose the larger unit." He responded, "Oh that's fine. I'm sure what you have for me is going to be perfect."

She paused, and then continued, "This new apartment you're getting is quite a bit smaller than the other one, and it might seem tiny compared to your old home." But he responded with "Not at all. Not a problem, I like it very much." The receptionist continued, "I'm also sorry to tell you that the apartment you originally had chosen was freshly painted and redecorated. It was located right in the middle of the building overlooking a park. It had several windows, but the one you are getting hasn't been re-decorated in a long time. The furniture is old and mis-matched, but if you stay for a year, we promise to update it. Oh, and it is located at the end of the building overlooking the alley, and it only has one small window."

The man smiled, then responded, "That won't be a problem. I'm sure the furniture and walls won't be a problem. I'm happy with them just as they are, and one window is great. It's terrific. I like it already. It's fine!"

The receptionist paused, with her jaw agape, "Wait a minute. You haven't even seen it, and yet you are saying you like it. What's going on?"



The old gentleman smiled at her again and replied, "Seeing it has nothing to do with me being happy with it. Happiness is something I choose in advance. Whether or not I like a room doesn't depend on the furniture, or the décor. It depends on how I decide to see it. I already decided in my mind that I would like my new place. It was a decision I made before I came here."

"Knowing that my life was

about to change dramatically today, I have decided to enjoy everything about the change and to think about it in positive terms. Every morning when I wake up, I tell myself, to enjoy everything the day brings. Every day I tell myself how much I am going to enjoy whatever comes. Sunshine or rain, heat wave or blizzard, I choose to like and enjoy them all. This comes from me recognizing the greatest gift of all, the power to choose how I will feel. I realize this is a gift from God. It is awesome. I can choose. I know I can spend my day in bed brooding and worrying about all the bad things in life. I can worry and fret about all the pain and difficulties I have with the parts of my body that no longer work very well, or I can get up and give thanks to heaven for those parts that are still in working order. Every day is a gift, and as long as I can open my eyes, I choose to focus on the new day, and all the happy memories that I have built up during my life and how I am going to add to them today."

What if all of us had the same attitude as this old gentleman; choosing to be happy, regardless of how circumstances change around us? We can, if we remember that life is like a bank account. We withdraw in later life what we chose to deposit along the way. If we focus on negative things and deposit complaints, sadness and fear; that is what we will have to withdraw in our older years. But if we focus on positive things and deposit happiness, joy, peace and contentment; that is what we will be able to withdraw and use during our senior years.

Choose wisely!

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.



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